

# Flintwood Newsletter

Oct/Nov/Dec 2020

# Message from the CEO

## Jackie Romein

Hello everyone, I would like to wish you all a safe and happy Christmas. This year has been full of challenges but together we got through it safely. Over this Christmas holiday period I hope you take time to enjoy your family time and have a fun break. Sadly this year we said goodbye to Suzanne, Sahar, Dorrit and Linda, all gone too young and will be missed. May 2021 be a year to push forward and we hope for a safer world.

Thank you for trusting us with your support this year.

Jackie Romein



## Message from the Board

Seasons greetings. Although it has been a challenging year, Flintwood has continued to be able to provide services in a Covid safe manner, with no infections across Participants and employees. This is an excellent outcome, thanks to the hard and innovative work done by our team as well as the support of the Participants, their families and Carers. Also, thanks to the support from our government over this period, Flintwood has been able to keep staff and maintain a strong financial position.

Previously I have mentioned that one of our goals is to improve the long-term stability of our supported independent living. To this end, I am delighted to say that another group have moved into a recently purchased and renovated home in Roseberry Rd Kellyville. From first-hand experience, this is a beautiful home, and I trust that our Participants will enjoy and have a lot of fun in their new lodgings.

Traditionally we have always rented our Administration space, but recently we had the opportunity to purchase the Unit where Flintwood Administration is located. This purchase will provide long term savings on rent and a stable office environment for our admin staff.

As Flintwood develops, so does its need for sophisticated IT systems. To this end, we have been upgrading our IT systems to provide a more integrated approach to handling aspects of our business. We are currently in the early rollout stage, thanks to the tremendous effort of the team involved.

This year we held our AGM in a Covid safe manner, with some members present and others via zoom. All members of the board that stepped down were re-elected, making the current board members; Russell Martin, Sharon Smith, Sharon Foord, Helena Laves, Sigrid Rottmann and Russell Gould. I wish to thank my fellow board members for their commitment and support over the last year and look forward to working together in the coming year.

To finish up, with Christmas approaching, I want to take this opportunity to wish you and your family a wonderful Christmas and a safe New Year.

Russell Gould  
Chairman



# The Flintwood Story is now Available!

The Flintwood Story is a celebration of the last 20 years of Flintwood Disability Services. The book highlights the amazing achievements of Flintwood and the people who helped make Flintwood what it is today.

To receive a copy, please contact (02) 9630 1777 or [admin@flintwood.org.au](mailto:admin@flintwood.org.au)



## Individual, Social and Recreational Programs

### Salisbury Road

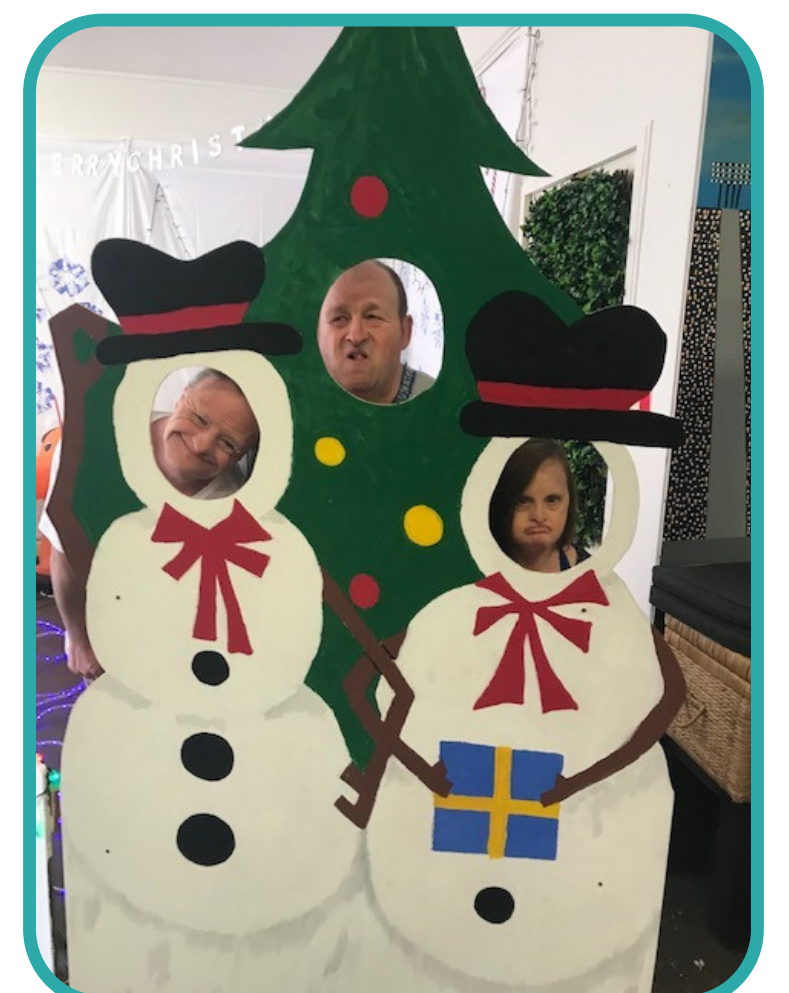
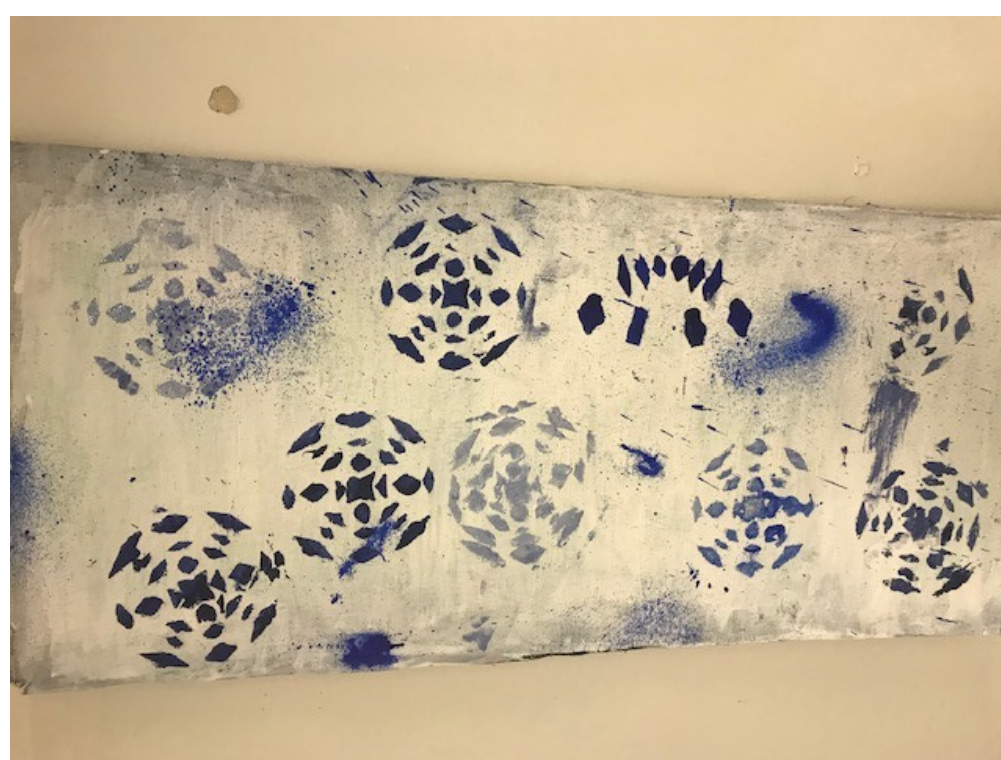
It has been all hands on deck at Salisbury to create amazing Christmas decorations for this year's Christmas party. Every Participant has been involved in fun-filled activities that focus on crafting Christmas decorations to match this year's theme "Christmas wonderland". We have also been playing Christmas songs in our music therapy classes as well as learning sign language to classic Christmas carols for our Christmas party performance.

31 Salisbury has started T-ball and soccer programs to keep active and beach days to keep everyone cool in the hot summer weather! We Adventured to Endeavour Park, an all accessible park that is perfect for Participants to stay active while continuing to social distance. We look forward to seeing what next year brings as we hope we can conduct more community access activities next year. Have a safe and Happy Christmas!



### Brookvale

As shopping centres get busier during the Christmas period, safe social dancing around shopping centre Santas becomes harder. Therefore, the participants at Brookvale have created their own Christmas photo booth! The Participants have created a handcrafted Santa sleigh photo-booth to decorate their site. The Participants also created snowman props to accompany the sleigh, not to mention the amazing Christmas themed stencils and mobiles.

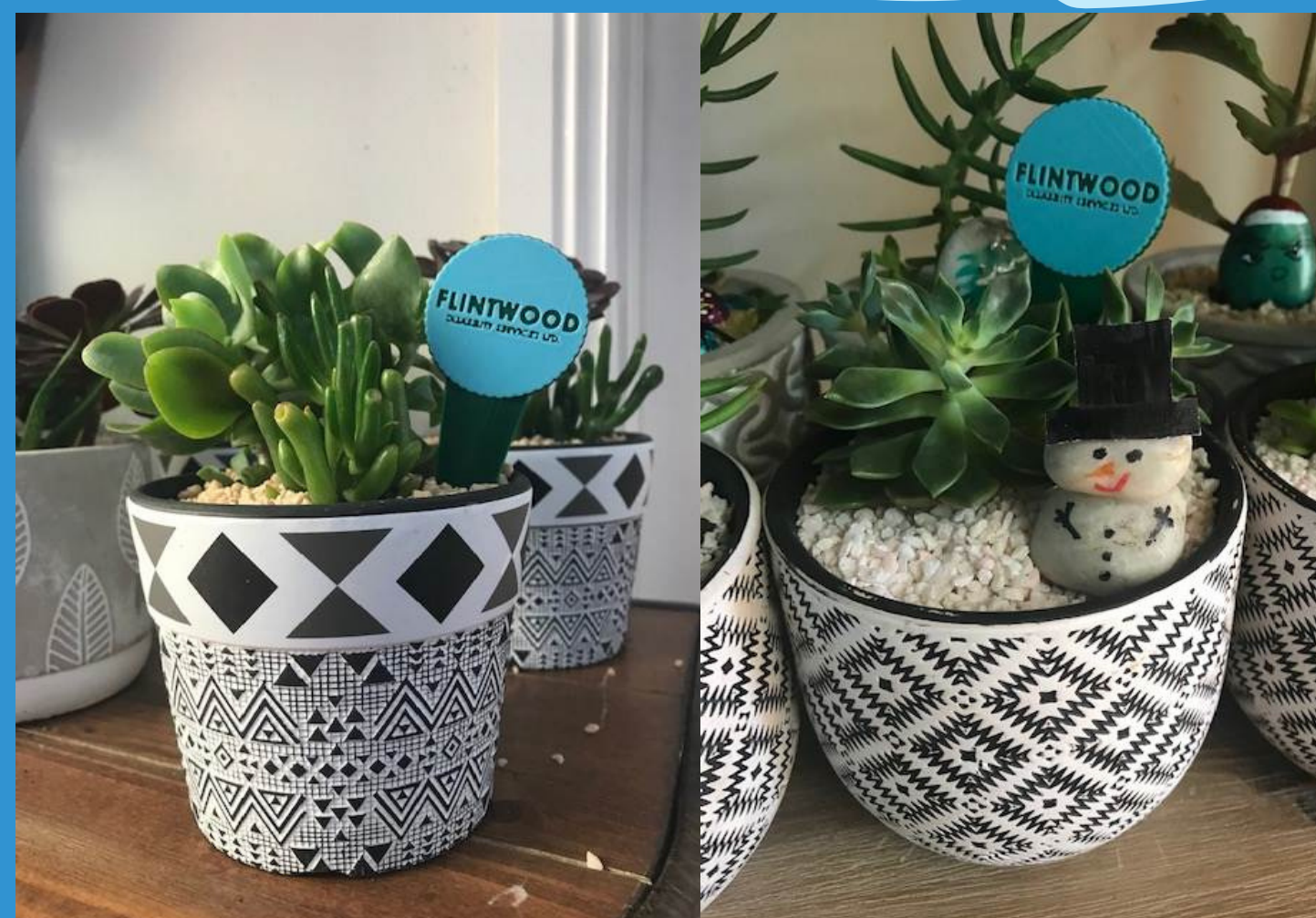


# Kingswood



Kingswood is very excited about our upcoming move to York Road. This new site will allow us to conduct more fun and beneficial activities for all the Kingswood Participants. Our first day back in January will be at York Road and we can't wait to show you all the activities we have planned! In the meantime, Kingswood has been hard at work creating beautiful Christmas decorations and continuing our famous Zoom Bingo, which allows Participants the chance to socialise and have fun over zoom!

Kingswood would also like to share our succulent garden program. We have grown all the plants from cuttings. The pots are sourced from the community with donations from nurseries or gifted to us for as little as \$2 pot. We are very excited by our Christmas Gift ideas and look forward to expanding the program next year if anyone would like to purchase a succulent garden.



## Best Road and 55 Harris

55 Harris and Best Road are creating some fantastic artworks for the Christmas decoration competition. Equipment has been purchased for Best road and is now in the process of being built. The Participants recently enjoyed trips to the beach and cricket activities and we are looking forward to introducing new programs as Covid restrictions ease.



# McMillan

At McMillan, we have been continuing our TAFE gardening program. We have also planted some beautiful flowers and made a sprinkler system. McMillan has commenced a baking program onsite and with Christmas fast approaching we have made Christmas decorations to be displayed on site. The Participants also created a life-sized witch statue for our spooky Halloween party. We hope everyone has a merry Christmas and a happy new year!



# Derby Street

At Derby, We have held monthly culture cooking and craft programs where Participants explore a new culture every month! We have also made Christmas crafts such as coasters to decorate our site for Christmas. We have been running our pamper program and Jam sessions other the last three months to great successes, the recent jam session theme was the 80s and 90s! We have been focusing on outdoor trips like the botanic gardens and outdoor gyms as a way to stay active and stay covid safe! We hope everyone has a happy holiday and we can't wait to see you in 2021!



# Supported Independent Living

## Graham and Carnation

Last week was an extremely hot week at Carnation, so we decided to stay in and have pizza with a cold can of coke in the air conditioning and put up the Christmas tree. It was a great day to put up a Christmas tree and listen to some Christmas music! Graham close is now looking forward to our big move to a new home and we can't wait to share our upcoming activities in 2021. We hope everyone has a Merry Christmas and a happy new year!



# Crown Street

Well we made it! What a year this has been for everyone. We would like to thank all families/carers for all your support this year. It has been very different year with so much cancelled for community access. We did have some amazing things happen on site and we are very lucky that we have a lovely back yard. Thank you to all staff who have worked so hard this year.



In the HDPE Plastic Program, Participants no longer require staff assistance and independently run the lid sorting station with setting up, sorting and packing up. We look forward to expanding the program in 2021 with refining the shredding and product making processes and furthering Participant independence.

We are also proud of the Zoom Circus as Participants thoroughly enjoyed the entertainment and found themselves laughing during every act. TAFE Horticultural returned this year and we thank all the TAFE teachers for assisting participants to achieve their goals.

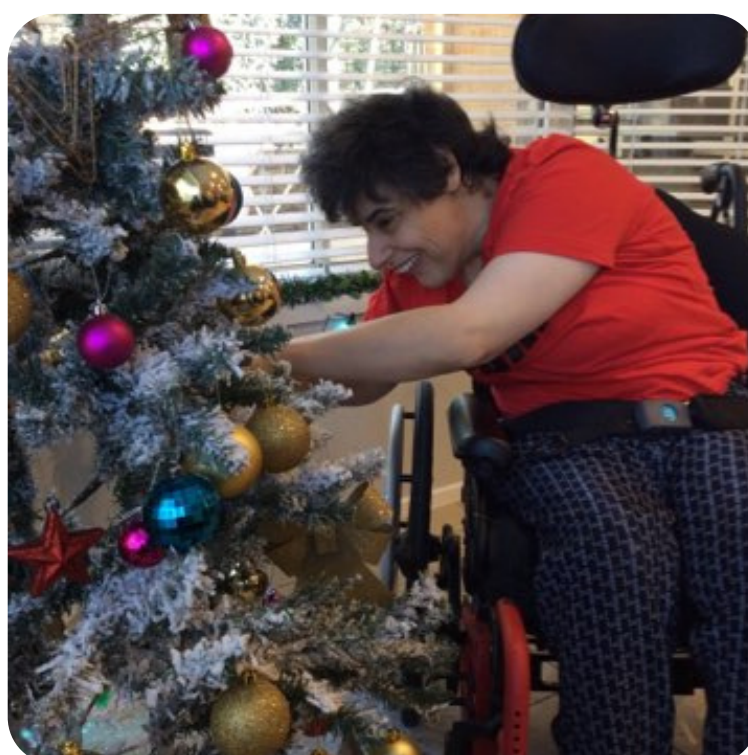
Participants embraced the Christmas spirit with singing carols while decorating multiple trees, making snowflakes, ballerinas & even snow! Participants also enjoyed throwing the odd snow ball at each other and also went on a pine cone hunt in Bilpin. To sum up our fun and creative Christmas experience we recorded a video to add to the display.



# Rosebery and Phoenix

The Participants at Fraser have now moved to a new home (Rosebery). Everyone at Rosebery loves the new house, as it is much larger and has been refurbished to support everyones needs. Rosebery recently held the virtual Halloween disco with the help of our General Manager Mat, and it went off without a hitch! Thank you, everyone, who attended via Facebook Live.

With the Hot weather, Phoenix has been utilising the swimming pool. To mix up our walks we have been seeking different parks and trails every weekend. We have been creating a massive amount of handcrafted decorations for the Christmas decorations competition. Every decoration is hand made, even a snowman made out of plastic cups!



## Alpine and Hungerford

Alpine enjoys visiting Merrylands Park to get some exercise. Everyone is getting into the festive season with everyone lending a hand to put up the Christmas tree!

Participants continue to enjoy going to Hydro and exercise therapy. We are excited to incorporate additional fun weekend activities as Covid restrictions ease. At Hungerford, Participants continue to build on their independence by doing chores such as the laundry, setting the table and cooking. Over the past 3 months Participants have been seeing their families and staying active by going to local walking trails. Hungerford and Alpine would like to wish everyone a Merry Christmas!



## Woodi and Jirramba

In the afternoon Participants at Woodi come home to rest after a busy day. At night time, we like to watch quiz shows. Over the past 3 months we have been focusing on building our cooking skills. At dinner time the Woodi house supports the ladies to cook their favourite meals which include roast pork and curry with rice. As the ladies at Woodi continue to cook, we can't wait to see what delicious recipes they will try next! Jirramba likes to shop on the weekend and buy supplies for the house. The ladies at Jirramba have recently been learning new meals to cook throughout the week such as lasagne and shepherd's pie. Over the past three months we have enjoyed going to different outdoor parks on the weekend to have lunch in the fresh air and stay active!

## John

At John Street we have been preparing for Christmas by making decorations and seeing families over the Christmas break. Saturday nights is BBQ night and Sunday night is usually roast night where we encourage healthy baking by the Participants. John Street visits a new park every weekend to have some variety while staying active. We find this activity extremely fun and beneficial as everyone is walking a lot more! Merry from everyone at John Street.



## Perseus

Perseus has been a very busy place over the past three months. The house has undergone renovations to better suit the needs of the Participants. A shade cloth has been added to the backyard, so participants can stay in the shade while getting some fresh air. The grass area has also been re-turfed, the ladies at Perseus maintain the new grass by consistently watering it. While renovations are underway outside, inside a Christmas tree has been put up! We wish everyone a safe and happy holiday break!





## Moala

On the weekends the Moala house likes to bake they play with musical instruments such as the tambourine and maracas. This week has been especially Christmas focused as we have made ginger bread houses, personalised Christmas cards and we have also made Christmas reefs out of recycled goods. We would like to wish everyone a safe and happy new year.



## Springfield and Neila

Neila has a new and improved dinner menu! With the help of the participants, a recipe book was made to add new healthy dinner options. At the start of the week, each house member picks a meal of their choice to be made. They then cook the meal they have chosen for the rest of the house. The Salmon stir fry and butter chicken have been big hits recently! At Springfield the ladies have been going to the beach or a park on the weekends. We are excited for restrictions to ease so we can increase our weekend outings into the community. In the meantime, Springfield is decorating the house for Christmas, we wish everyone a safe and happy Christmas!

## Short term Accomodation

Short term Accomodation is moving through the time of Covid as normal as we can make it. Although we cannot participate in the community as we are used too, we are still keeping busy with skill building, and making new connections.

Weekend BBQ with friends old and new is popular over the weekends both at the house or out in a parkland setting. The house is very busy with people coming and going and all enjoying their stay. Infection control is at a high standard to keep us all safe.

Bookings are now open for 2021! If you require a booking please email or call Joanne Blume on 0488000648 or [joanne.blume@flintwood.org.au](mailto:joanne.blume@flintwood.org.au)



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