



NDIS update



Michelle Weinart

Many of you will know Michelle, as in one of her roles at Valley Industries, she gets round to all the services, businesses and offices - delivering and collecting the post – always delivering service with a smile!

Michelle was also one of only 30 NDIS Champions in the whole of Australia, trained in Melbourne to give presentations about what the NDIS means for people with disability - so she’s seen the potential from both sides.

Here she tells us about what the NDIS has meant for her and her lifestyle.

“I recently had my NDIS Plan meeting and it was great – everybody was really helpful and told me about things that would help improve my quality of life.

I now have regular help with my housework – to help with the bits that I find hard with my bad back.

I’ve also had help with learning to plan ahead and budget – every second Saturday somebody comes to take me out to the place of my choice – so that might be to go to Saltwater – to have a walk on the beach and treat myself to fish and chips Or I might take a packed lunch and have a good walk.

What the NDIS has done for me is life-changing – I now have the freedom to choose the things I want to do and the help to enable me to do them.

I really encourage everybody to prepare for their meeting – let the people know what you would like to do – and they will help you try and achieve your goals”

In this Issue

NDIS update 1

Your chance to win!
 Learning to compost 2

Save the Date
 Disability Advocacy
 Birthdays 3

A Day in the Life..... 4

Contact us 4



Your chance to Win!

Stardust Circus

Stardust Circus is coming to town.... and we have 2 FREE tickets to giveaway!

The tickets are for the opening night on Thursday 16th February at the Taree Showground - the show starts at 7pm.

All you have to do to get the chance to win these fantastic tickets is guess the number of lollies in the jar - the jar is on the reception desk in the admin office.

It's only 50c a guess!

Come and have a guess, leave your name and we'll announce the winner on Monday 13th February.

The jar is on the Admin reception desk



Scraps to Soil

Workshop

Saturday 4th March
1-3pm

Cost \$20.00

Learn how to compost your kitchen and garden scraps into amazing food for your garden.

\$20 entrance fee includes workshop attendance & either a compost bin + aerator or a worm farm + worms to get started at home!

Call 0422 151 402 to register





Save the Date

Putt Putt & Hydra Golf

Saturday 11th March

Cost \$40.00

It's the Putt Putt & Hydra Golf Bi-Annual Challenge in Tuncurry
Come and join in the fun and enjoy the lunch!

Buses leaving Wingham 9.00am Taree 9.15 Caltex 9.30am

Money & Names in by Friday 3rd March

Ten Pin Bowls Challenge

Saturday 25th March

Cost \$40.00

Ten Pin Bowls Challenge against Port Panthers at Port Ten Pin
Two Games and lunch included

Buses leaving Wingham 8.15am Taree 8.30 Caltex 8.45am

Money & Names in by Friday 17th March



Matthew Preston	Spooner
Esmee Yarnold	Robert Walsh
Kristy-Ann Hinton	Margret Robinson
Troy Unicomb	David Hayward
Joseph Grisold	Julie Townsend
Lani Rae McMahon	Leslie Walsh
Michael Kent	James Glass
Ann Russell	Stephen McGann
Gwynneth Webster or Gwynneth?	Matthew Williams
Beverley James	Emma Blissett
Kay Erby	Tony Berry
Maria Collison	Fraser Pollock
Scott Enright	Zachary Ashley
Jacob Sly	Glen King
Tracey Lee	Priscilla Field
	Keo Bayes
	Sean Moy

Disability Advocacy

Advocacy for people with disability

Who is it for?

For people with any type of disability

What does it mean?

Advocacy is standing by someone, or speaking out for someone's rights. It's being on their side... especially when the chips are down.

How can it help?

An advocate can help you if you have been unfairly treated or discriminated against:

- by any government department, service or business
- with transport or access issues
- with legal, healthcare or financial issues

If you think you need help, speak to Glynis, Karen or Renee and they will put you in touch with the Disability Advocacy Group.



advocacy for people with a disability





Valley Industries Ltd
Helping people to help themselves

Valley Vibes

A Day in the Life.....

Jennifer Hodges - Volunteer at Valley Vintage



So is deciding where to place things, how to categorise them, how to make everything look as appealing as possible and easily accessible by customers.

I have made some friends here and enjoy working with everyone here. I have even made friends with a few customers, so it is good for social networking too!

I have also found that I do not need to go to any other shop to buy anything (apart from groceries of course!) - if I need it, it will be around here somewhere!

It can be a little overwhelming sometimes (when the sorting room looks like a bomb went off!!), but everyone rises to the challenge and so this forms a sense of camaraderie.

All in all, it has been a rewarding experience and I have grown as a person :)



I moved to Taree a bit over 2 years ago and started at Valley Vintage about 10 or 11 months ago.

I have found it a lot more creatively fulfilling than I thought I would... put it this way, to try to make an op shop look pretty good and tidy is an interesting challenge!

And of course, there is always the sorting room and the pricing of all those donations to do.... this is a big part of the job.



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Helping people to help themselves

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Nature's Care Nursery

Complete Grounds Care

Timber Products

Valley Cafe

Work Skills and Joblinks

Valley Vintage

Valley Bee Keeping Supplies

Valley Laundrette

Intalink Therapy Solutions

Valley Secure Document Services

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