



Valley Industries Ltd

Helping people to help themselves

February Edition 2021



VALLEY VIBES

Helping people to help themselves

Tea Cups

Glenn is an avid gardener, and participates in the programs at The Hub, Tuncurry.

He noticed that the teacup ornament in the front garden didn't have any plants growing in it.

With help, he refreshed the potting mix, planted some Pigface (A small hardy plant with pink flowers), and placed the teacup ornament back into the garden.

Thank you, Glenn, for your attention to detail.



Upcycling Program

The Hub runs an Upcycling Program each Wednesday.

Jason and his Support Worker cut drink bottles down to size, painted them, and then created a decoration for the garden.

It looks good, Jason!



Valentine's Day

The Craft Group were busy before Valentine's Day, creating gifts.

Brook showed me some of what she had been making.

Gifts for throughout the year are available at Valley Vintage.



This page stories written by Elizabeth Kempers

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Good News Stories



Who is Meaghan Payton?

Meaghan Payton has joined the Media Team sector of Valley Industries and had already constructed some familiar articles for Valley Vibes in the past. She started off with Transition to Work and Training in early 2020 and possibly had some experience in the past. From this she gained a lot of experience through 'theory' (Community Services Work Certificate 2), shredding, painting fence posts, stacking both the polypropylene chairs and fence posts. Now, in 2021 – it's a pleasure to finally have her working on our team, while she also finishes up some of her own study undertaking Certificate III in Individual Support.

Meaghan is a local and one of her favourite hobbies is crafting stories that she likes to post on some media sites and has shown some people here one of the stories that she had written. Another hobby is her creative skill when it comes to art. She also enjoys going for leisurely walks around her block every once in a while.



Participant Editorial

Let's go Cooking



It had just gone past 10 in the morning on an overcast Monday. Not only was it the day of the Super Bowl as well as a participants 21st; but it was also time to head to Coles for the Cooking Group to select their Monday meals.

This week the cooking group chose Curry Sausages and Rice! Sounds like a good idea, so we headed to Coles on the bus where it was advertising the Super Bowl over the radio. About 15 to 20 minutes went by and we had basically everything that we needed - so now it was time to return. The weather in Taree was not as great, but we still enjoyed this bus trip.

On arrival at Skills for Life, we headed in to wash our hands with hot, soapy water before we prepared the food using techniques to get the ingredients properly ready to construct the meal. By about 11am, we were basically ready to heat up the stoves and organise the ingredients. I won't go into too much detail, as similar recipes can be generally found online.

But what I can say is....

Shane cooked the sausages on the fry pan, which involved the addition of the sauce and various vegetables. John Lewis boiled the rice before allowing the teacher to drain it. I was the one who cut up the sausages to small rounds.

In the middle of all of this - we had a bit of an accident while adding the curry powder. I was a few feet away and POOF! the curry accidentally came into contact with the fan; it was not good trying to not inhale too much of the powder.

Other than that, by about 12noon; the meals were ready and here is a review of it.

A bit much curry, the sausages were alright. But overall, hot and my reaction was probably the sweats - I'm not used to that much, it was more than what my DAD puts in...

I wasn't able to finish it due to the heat. I think I'm a bit sensitive to curry now and I think a trip to the bathroom would end badly...

Next week, I'll have that meatball recipe ready. Now - where is that video that I can compare the recipe to...

Story written by Meaghan Payton



Participant Editorial



Let's Go Painting....

Mid-morning on a Wednesday is probably one of the busiest periods of the day here at Valley Industries. Coming out of morning tea – many workers were already returning to their workstations in the factory. More specifically – the Transition to Work (TTW) team were going to try their hand at one of the more 'complicated' parts of this workplace; the painting. At first, you may think it's an easy task, but when you take into consideration of the work style that the clients implement, along with their painting skills; THAT's when you know that something could slip up.

To give you a rundown of what TTW is and who is involved, here's a brief definition. TTW is a program that focuses on helping the participants get ready for the workplace, by teaching them what the workforce is about as well as learning about each other's wellbeing through the module 'Healthy Minds, Healthy Body' along with the 'Work With Others' topic that comes with the Community Service Work (Cert 2) that we focus our theory on. The group that are involved and are the ones painting the fence posts: Sam, Ella, and the two Maddi's. There were others also there at the time, helping out in the factory.

There are two main components of the painting process – besides the collaborative stacking that occurs. The first is the general brush technique and the other is where you would jab the fence post directly into this tall bucket. The participants would regularly rotate around this area every 20-30 minutes, so that they wouldn't feel stuck in the same section.

The first main area of this; is the general brush technique that is done on these work benches and the main ones that done this, are the two Maddi's. They are two participants with individual needs but can mainly work well together when they do this painting. When we used the word 'mainly'; some things don't exactly go that way – occasionally leading to paint being splattered on each other or themselves. But on the bright side, it does still get onto the wood before being stacked and we all have a great time with a light-hearted conversation in the mix, when it comes to working in this area of the factory.

Then, we rotate round to the 'dipping' of the fence posts, this task can seem a bit more difficult, but can still be accomplished. First, before the participants rotated – there was Sam doing an excellent work of the fence posts and was happy enough to do either. He then rotated with the participants, resulting in a new (yet familiar) group to try their hand at this job. It turned out to be Ella and Maddi as they had just come around from doing the brush technique on the fence posts. At first, it may seem like a simple task of jabbing the posts into the paint cylinder; but it does require a fair bit of strength and after a few repeats – the posts were ready to be stacked onto the pallets. Ready to be re-arranged into clusters of posts that would be bound together to be ready to be shipped off to someone that would most likely need this.

As you can see, lot of things can be achieved in the Valley Industries factory such as the production of fence posts, the sales of potting mix and the supply of polypropylene chairs. This is why our company had been known for their work for over 40 years, with new participants coming in to work every day, alongside those that have been working here the entire time.

Story written by Meaghan Payton



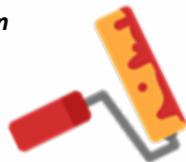
Did you know? – At full capacity,
our factory can produce up to
10,000 pegs a day!



Photo Gallery



Photos taken by Meaghan Payton



Social Page



The Devils Comp

Brad Neal winner of Beetham Shield for most improved player

- Mark Davidson Winner league for 2020
- Matt Lambert Highest mens score in 2020
- Sharon Griffis Assisted League winner 2020
- Kristy Muldoon Ladies Highest Score



The Putt Putt Golf Bi Annual Challenge.

This event was held at the Tuncurry course.

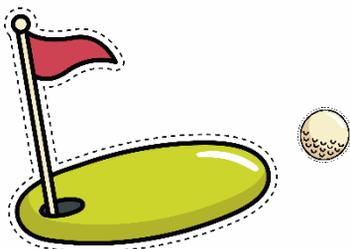
There were four teams from Valley Industries. Their achievements are listed below:

Cassin's Cruisers: Game won by Tom N on his first day out with the group only 2 shots in front of our resident champ Ben G.

Holly's Horrors: Game won by Paul B with Dylan J only 1 shot behind

Luke's Likely's : Game won by Raymond with only two shots between 1st & 3rd

Belinda's Beauties : Game won by Marc J with the girls in hot pursuit.



Upcoming Social Events

Saturday 6th March

8:30am – 3:30pm

Names in by
25th Feb

Morpeth

If you like old towns and different stores, or are just coming for the lolly shop it's a fun town to wander through. Lot's of photo opportunities and shopping!
Departs 8:30am bring lunch money



Saturday 13th March

10am – 3pm

Names in by
26th Feb

Mystery Date & Lunch

We could be bowling, or the movies, you never know where we will go. The Weather will decide....



Saturday 20th March

9am – 3pm

Names in by
6th March

Hub & Pub

Check out the markets then check out the menu at our fav Pub.
Bring \$20 for Pub, Hub spending is up to you



Saturday 27th March

9am – 3pm

Names in by
14th March

Easter Egg hunt

See how many you can find but I get to count them Before you get to eat them.
Bring your lunch or lunch money



THERE WILL BE NO SOCIAL EVENTS EASTER WEEKEND 2nd-5th April

Valley Skills 4 Life

Upcoming Events

Monday March 1st
5pm – 8pm

Ladies Night

Come along and enjoy some craft, upcycling and time to create new friendships. Light refreshments provided



Thursday March 18th

Teddy Bear's Picnic

Gather all your teddy bears and bring them to Skills and have a wonderful party with friends. We will be making bears out of upcycling materials and sharing a morning tea with friends. The Bandaged Bear Appeal is The Children's Hospital at Westmead's largest annual fundraising appeal.



Wednesday March 24th

Wear Purple Wednesday

Dig out the best of your purple clothes. March is National Epilepsy Awareness month. In house activities and BBQ to help raise awareness

