

SEPTEMBER 2021



ABILITY NETWORK CLIENT

# Newsletter

## Thank You Carers



ABILITY NETWORK

### Carers Week Morning Tea

Wednesday October 13th - 10am - 11.30am  
Squire Park, Kendall Street Cowra - All Welcome  
RSVP to [lrobertson@abilitynetwork.com.au](mailto:lrobertson@abilitynetwork.com.au)  
or 0448 727 634

National Carers Week is 10-16 October and our amazing grant writer, Lisa Robertson, has been successful in gaining a Carers Week grant to host a morning tea.

We would like to take this opportunity to thank all of our wonderful staff and carers of our clients for the work that they do.

It takes great strength of character to help people take care of themselves, including their health and well-being, often at the expense of their own health and well-being.

Additionally to have the patience to talk with someone when that person sometimes doesn't remember who you are, and to have the power to help frail others to perform their daily activities, such as cooking, bathing, clothing, when they no longer can.

Ability Network is proud of all our support staff, workers and especially the parents and carers of our clients.

We want to take this opportunity to thank you all by providing a morning tea in your honour.

Please join us at Squire Park, Kendall Street Cowra on the 13th of October for morning tea.

## 5 MINUTES OF FAME..

*Lisa Robertson - Support Co-ordinator*

**Interests:** Hockey, Labradors, any sport except Netball, learning new things at work and spending time with people – any people! I love company!

**Favourite musician:** Jimmy Barnes

**Favourite food:** Lamb Risotto from the Imperial Hotel

**Favourite sports:** Hockey, hockey and hockey. I also go to the gym and walk/run five times a week.

**Things you would like others to know about you:** I live on 200 acres just out of Cowra and have in order of importance - four dogs (temporarily, I will only have three soon), one cat and two kids, son Fraser aged 21 and daughter Chloe aged 17. Oh yeah, and husband Robbo.

**What do you enjoy about working at Ability Network?** The people! Participants and their families are the reason we do this work and I would do it for free (but my husband may object).

**Greatest Achievement:** Winning 12 Annual Masters Hockey State Championships with Cowra over 35's teams – a pretty special achievement since our range of ages is 35 to 55 and we compete against 35 year old's!

**2021 Goals kicked:** Getting this job and understanding the NDIS Act

**Best advice you have been given:** The best advice I've ever been given is - Ask questions! I hate not knowing things so I spend lots of time on Google and asking people questions.



## EARLY INTERVENTION & THERAPY



The team at Early Intervention headed out into the streets to deliver care packages to all the Early Intervention families.

Their approach to the Covid-19 Lock down restrictions has been innovative and well received.

We look forward to daily story time and who will be next to read to our families.

Congratulations Early Intervention!

*"To Kim and all staff at Ability Network, Liam, Lily-Rose and I would like to send a big THANK YOU to you and a big THANK YOU to Emma and Tayla for the gift bag."*

## BAKING 101

*- Sallieann Thompson*



Earlier this month we had our Baking 101 and it was super successful, super yummy and super fun.

The clients got to make Yonanas ice-cream and then eat it. Each client chose which fruit to put in with really yummy choices like banana, blueberry, raspberry or strawberry. They pushed the fruit through the machine and ate their soft serve ice-cream. Then they all made apple turnovers to take home. It was so much fun and I loved working with an inclusive, helpful and fun team again. I would like to thank Barb Sheehy, Steve Bryant, Kristy Pollard for just being themselves - fun, hard working, hilarious and inclusive with each and every client and staff member.



## 5 MINUTES WITH EARLY INTERVENTION

**Kim Parris, from Early Intervention  
shares some great moments  
from the Early Intervention team**

### The Good Stuff

We have been getting a lot of positive feedback for the school holiday programmes and everyone has been loving story time. A great opportunity to introduce all Ability Network staff.

School Transition Groups are becoming very popular with a more groups being added to the programme.

### Shout out

My whole team. I (Kim Parris) call them the "Dream Team" going above and beyond at all times.

### Team Spotlight

Jarrold - For his imaginative approach to school holiday activities.

Jarrold initiated the kite flying and park activities.

Emma and Tayla - For ensuring all of our families were cared for during the lock-down by providing care packages.

Tammie - For continuing to provide exercise physiology to our clients to maintain their health and well-being.

Jacqui - Being extraordinary at what she does every day.

### Exceeding Goals

The high number of enrolments in the school holiday activities. Tele-health is up and running and therapy still being delivered through lock-down. The children are responding well to Tele-health.

### Pat on the back

All the Ability Network Staff deserve a pat on the back for coping through the constant changes the pandemic brings.



## Ability Network are now offering Cleaning Services for aged care clients

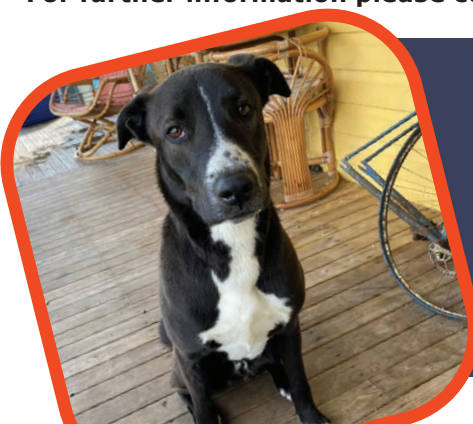
- Servicing the Central West
- Servicing Commonwealth home support programme clients approved for domestic assistance
- Private clients
- Competitive rates, quality service, meeting clients needs
- Available in all areas of the Cabonne , Orange, Blayney and Weddin Shire

**For further information please contact Sarah Hazell P: 0439 246 380 E: [shazell@abilitynetwork.com.au](mailto:shazell@abilitynetwork.com.au)**



### Pet of the Month - Clive

Clive lives in Canowindra and came to live with his family when he was about 12 months old. He loves to "have a chat" and tell you off when he doesn't get his own way. He is responsible for hole digging and pruning of mum's pot plants at the moment but we hope he will settle in stop that soon. He also enjoys a cup of tea from his big sisters mud cafe.



# MASTER CHEF COOK UP

Each week the Master Chef programme cooks up delicious meals. We are working on putting them into a recipe book for them to take home.

We are also hoping to sell them to fund raise for the program. If you have a simple recipe to add to the book or feature in the newsletter, please send them through to [slord@abilitynetwork.com.au](mailto:slord@abilitynetwork.com.au)

This month cheap and cheerful for the warm Summer days coming!

## TUNA PASTA SALAD

### Ingredients

- 1 Bunch of spring onions
- 400g pasta shapes
- 2 x 185g cans tuna in sunflower oil, drained
- 400g canned sweet corn, drained
- 2 tbsp mayonnaise

### Method

Trim away the root ends and the dark green leaves from the spring onions, then finely slice and set aside.

Fill a large saucepan to three-quarters full with water and bring to the boil.

Add the pasta and cook according to packet instructions until al dente (tender to the bite), then carefully drain using a colander.

Put the pasta back into the saucepan and add the spring onions, tuna, sweet corn, and mayonnaise, and mix everything together. Easy!



# Super STAR

THIS MONTHS STAR OF THE MONTH IS

*Daniel Kemp*



This month we recognise the amazing achievement by Daniel Kemp. Daniel has shown amazing commitment to improving his lifestyle and the staff at Ability Network would like to congratulate him on this achievement.

Nominated by: Sallieann Thompson

Reason: For improving his lifestyle and learning how to take care of himself better.

So Daniel, What is it that you have achieved? Improving my health, eating better and trying to be more active and i have lost over 40kg.

What motivates you? To improve my health so i feel better and better.

What are your goals? To improve my health, reading and writing.

How are you achieving them? Working with staff to improve my skills.

Favourite thing to do/ activity? Online gaming with mates.

Who is helping you? My Ability Network staff.

What is your favourite part of being a part of ability network? Spending time with staff and clients and improving my life skills.

Who should be next months superstar and why? I pick Kyah Johnstone because she is a wonderful support worker.



## What Kids Say

### New to the newsletter is "What kids Say"

Each month we will interview the children from Early Intervention to find out some very interesting facts about our littlest clients.

This month we have Maggie H. Maggie attends speech therapy at Ability Network.

**How old are you?** 7 turning 8 soon.

**What is your favourite food?**  
Chocolate!

**What is your favourite thing to do?** Play Hockey.

**What do you want to be when you grow up?** Be a horse rider that teaches horse riding.

**How do you make a cake?** Well you need eggs, milk and vanilla. Mix it all up and put it in the oven.

**Favourite dinosaur?** I can't pronounce it but it looks like a mix of a shark cross dolphin.

**The best part of going to early intervention?**

I get to play games like pop the pig and uno.

**If your pet could talk what would it say?**

Words like hi and bye and then words like squirrel and probably chase.

**Where do you want to go on holiday?**

Tangalooma or Africa.

# HAPPY Birthday!

Happy Birthday to Lana Armstong  
all our Staff and Clients  
celebrating in September.