

AUGUST 2021



ABILITY NETWORK CLIENT

Newsletter

Welcome Home!

Lyall Street opened its doors to residential accommodation earlier this month. So far the residents have been enjoying exploring the new facility and making it their home.



Our star client Paige Boswell-Webb and Support Worker extraordinaire Kristy Frazer

In July we invited all clients to our new Lyall St premises for pizza and to have a look around. Everyone was really impressed and looking forward to the future. Now that Spring is just around the corner, we will be starting to prepare and plant our veggie gardens to grow and nurture lovely produce which will be used with our cooking programs and short term accommodation stays.



Puppy Love

Meet Teddy! Teddy is a 13 week old Black Labrador. Teddy likes to be around people and loves attention. She is fully vaccinated and is learning lots of new tricks.

Her first visit to Ability Network was when she was six weeks old, with her 7 siblings. She liked it so much she wants to come every day!

Teddy works on Fridays at Lyall Street. Teddy likes to help find things around the paddock, eating the leftovers after lunch, playing with a ball and generally just having fun. She likes all kinds of music, food and games.

Hopefully everyone can meet Teddy soon!

MEET EMMA

I am a Mum to six children (6-17 years) and have over 8 years experience working with children from 0-12 years. I hold a Diploma of Early Childhood Education & Care.

My educational philosophy is to create a learning environment that is fun, exciting & engaging for each individual child and focuses on reaching the goals in their NDIS plan. I value all children as competent and capable learners and will always strive to help them reach their full potential.

Above all my goal as an educator is to always spark joy in the life of each little person that I'm working with.

I look forward to building relationships with all the families and children that I'll be spending time within my role at Ability Network.

EARLY INTERVENTION & THERAPY



The past couple of months have been exciting times for our little service here in Berowra Street, as we have grown considerably. Several new families have joined our programs.

We would personally like to welcome all our new families to our programmes.

Emma Bright and Tayla Fosh joined our busy team of key workers. Together they are overseeing the introduction of our After School Groups and Transition to School Groups as well as seeing children individually in their natural environments.

Thalia Murray also joins our team as support worker as well as an assistant to our educators.

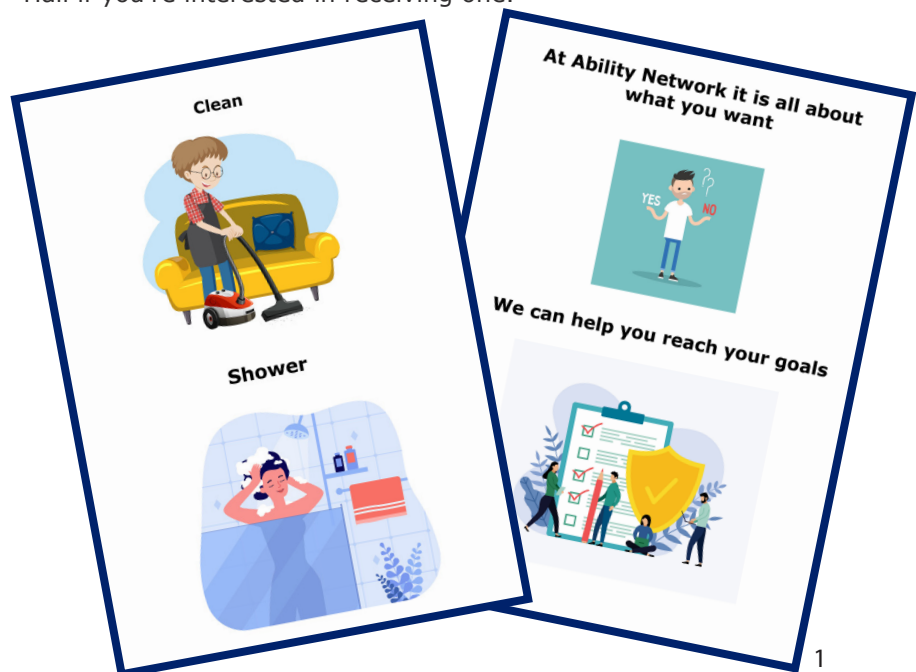
"Thank you Emma and Amber, you are doing a great job, we appreciate all you are doing to help with Jay transitioning to school." - Parent

NEW IDEAS

The team from Group and Employment Services had the initiative to recreate some of our programme information into Easy English format.

The booklets are designed with few words and descriptive graphics to help your understanding of some of the fun and exciting things we have to offer at Ability Network.

These booklets are available to clients and families, contact Sarah Hall if you're interested in receiving one.





Congratulations Sarah Hazell - Manager Aged Care

Sarah was successful in gaining a grant to assist with cleaning services to our aged care clients. This will not only provide support to our clients but employment to local residents. To find out more about this program contact shazell@abilitynetwork.com.au. Well done Sarah!

5 minutes with Tony Pollard Support Co-Ordinator

Interests:

Family, The great outdoors, including camping, fishing, bush walks. Food and sports.

Favourite musician:

AC/DC, Michael Buble, Queen, U2, Beatles, Ray Charles.

Favourite food:

Seafood, anything from the ocean.

Favourite sports:

NRL, Rugby, Golf, Tennis, cricket.

Things you would like others to know about you:

I am a proud Wiradjuri man who is loving being back on Country since returning to Cowra. I am proud of my Wiradjuri Daughter who also works for Ability Network.

What do you enjoy about working at Ability Network?

The teamwork and working with our participants.

Great achievements in your department:

I travelled to Bathurst and have introduced Recovery Camps and Recovery Coaching to multiple services in Bathurst. During this visit Ability Network signed up our first out of Cowra referral.

Goals kicked:

First out of Cowra referral for Recovery Coaching.



"The teamwork and working with our participants are what I enjoy most about working at Ability Network"



Happy Birthday Josh!

Happy Birthday to
everyone who celebrated a
Birthday in August.

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 everyone 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

BANANA BREAD

Ingredients

- 2 Cups all-purpose flour
- 1 Teaspoon baking soda
- ¼ Teaspoon salt
- ¼ Cup butter
- ⅛ Cup nonfat plain yogurt
- ¾ Cup brown sugar
- 2 Eggs, beaten
- 2Cups mashed overripe bananas

Method

Step 1
Preheat oven to 350 degrees F (175 degrees C).
Lightly grease a 9x5-inch loaf pan.

Step 2

1. Combine flour, baking soda, and salt in a large bowl.
2. Beat butter, yogurt, and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
3. Add room-temperature eggs one at a time, allowing each egg to blend into butter mixture before adding the next.
4. Stir in mashed bananas until well blended. Pour banana mixture to flour mixture; stir just to moisten. Transfer batter into prepared loaf pan.

Step 3

Bake in preheated oven until a toothpick inserted into center of loaf comes out clean, 60 to 65 minutes.
Let bread cool in pan for 10 minutes, then turn out onto wire rack to cool completely.

PAPARAZI



Out and about



Winter Wonderland



Adventure time