

JUNE 2022



ABILITY NETWORK CLIENT Newsletter

June Edition

Welcome to our June Newsletter!

Thankyou to everyone who has responded to our Satisfaction Survey. We have been receiving many letters in the post. If you did not receive a Satisfaction Survey by email or post, please let us know and we will send one to you.

A number of survey responses included suggestions and feedback on areas where we can improve. We will review all of these and provide an update on actions we can take.

We have also had interest in families and clients joining the Consumer Committee which will meet with the Board and CEO five times a year. The dates for the meetings are below so there is still time to let us know if you are interested in attending. The first meeting will be held at 10am at the Services Club. Please join us if you can.

29 June 2022, 31 August 2022, 26 October 2022, 22 February 2023, 26 April 2023

Ability Network is being audited by the NDIS in June. This occurs every 3 years. You will have received a letter in the post advising you about this and asking whether you would like to 'opt out'. This means, that you do not wish your file to be reviewed by the Auditors. If you did not receive a letter and would like to 'opt out', please let us know as soon as possible. If you are happy to be included, the Auditors may view your file and speak with you directly.

Hoping everyone is staying warm.

Best Wishes

Janis Redford, Chief Executive Officer

Ability Network



***Staying warm in our craft
groups over winter***

Our Values - respect, confidentiality, diversity.

What's On

Bathurst Winter Fest

Bathurst Winter Festival

Thursday July 7th 2022

9.30am to 4pm

\$30 includes ticket and travel

Morning tea in Blayney on the way, followed by Ice Skating Session on the outdoor rink

Pack lunch or bring money, plus any extra money to buy souvenirs or rides



Pizza Party



Pizza & Movie Party

Wednesday 29th June

9.30am-3.30pm

\$10

Join us for Pizza and Movie Party at Lyall Street

Five Minutes with

We did an interview with Cody-Lee last week to find out what they love about spending time at Ability Network.

How long have you been at Ability Network? 10 years

What is your favourite group activity? One on One activities, I love fun Friday and making lunch.

Why do you like to come to our group programs? I like to help people with disabilities, make new friends, and go away on trips.

Who are your friends here? Tiana, Keegen, Page, Suzy.

What are some of your goals? Getting my own house to live in by my self, visit my brother Justin, getting a job, getting my drivers licence.



Something I have acheived/ am proud of? I am better at cooking, baking and doing my own washing.

An activity I would like to try? Sewing, learning french and knitting.

Key Contact Numbers

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Lyll Street Update

Thanks to everyone who has contributed their ideas and suggestions for the new Activity Centre and Workshop at Lyll St. We now have final plans, ready to submit to Cowra Council for DA approval. Very exciting!



RECIPE OF THE MONTH

Recently Nick made the most delicious Curried Sausages - so here is the recipe for you to try as well.

Curried Sausages

500 g Sausages (beef pork, chicken, the choice is yours!)

1 Brown Onion

1 tsp Curry Powder

1 tbsp Cornflour

3/4 cups Water

Method:

You don't need to cook the sausages beforehand, its entirely up to you,

1. I cooked mine in a saucepan for 5 minutes just to seal the meat and to remove the skins and then chopped into 5cm pieces.
2. Pop into a large saucepan with chopped brown onion and cover with water.
3. Add enough curry powder to taste (I used 2 Tbsp.) and leave to simmer until your sausages are cooked through.
4. Add enough water to your cornflour in a cup to make a smooth paste and add to curry.
5. Turn up the heat and the sauce will thicken.

Simple Curried Sausages are suitable to freeze for up to two months.

You can add fruit, such as sultanas and apples, if you like your curry with a fruity kick.

Carrots and/or peas also bulk up this meal and add to your daily veggie intake.

This recipe can be made in the slowcooker, just add uncooked sausages and cut up mid-way through cooking. Takes about 4 hours on low. For a coconut curry flavour, replace the water with a tin of coconut cream!



Super STAR

THIS MONTHS STAR OF THE MONTH IS

Matt C.

June super star of the month is Matt C.

Matt Comer always helpful, courteous and nothing is ever an issue. It is lovely to have you as part of our program.



Aged Care

With Winter in full swing, we are urging all our clients to rug up and take care during these colder months. Why not ask your support worker or volunteer to help you whip up a nice hot stew? If you would like extra time on the service to help with some extra cooking, please get in contact and we can discuss what we can arrange.

We have new project for our Aged Care Clients across Orange, Cowra, Canowindra and Grenfell. We are proud to introduce our first project the Knit-A-Thon. We are encouraging the avid knitters and crocheters amongst our clients to get involved and help us build a donation of baby blankets, lap blankets, teddies and other knitted items to the Ronald McDonald house in Orange. They are anxiously waiting on our donation that will help keep children warm and toasty while having chemo and bring some colour to their hospital rooms. Get your knitting needles and crochet hooks ready as the clock starts now and will finish on the last week of July. More information will be posted in the coming week.

To register as a participant in the

Knit-A-Thon please give me a call on 0422088929.

Today we farewelled one of our long-time volunteers Jennifer. She has dedicated a lot of time and energy to our clients, and she will be greatly missed. She is looking forward to kicking her feet up on the coast and doing some fishing.

On behalf of all of our Cowra Social Support Service Clients- Thank you for everything you have done for us.



HAPPY Birthday!

Happy Birthday!
to all our June and
July Birthdays!