



Genuine Support Services Australia

Newsletter

JUNE-JULY 2023

Hi and welcome to the GSSA newsletter. If I haven't had the pleasure of meeting you, I would love the opportunity to do so – please contact me on 8166 7577 and we'll arrange a time to catch up.

I'm looking forward to announcing over the next few months, some exciting Genuine Support Services Australia (GSSA) projects that are in the final stages of their making, including some additional uplifting activities to add to our regular weekly GSSA activities - please reach out, if any of these are of interest to you.

We continue to be passionate about all aspects of community service and we thoroughly love giving back in as many ways as possible. This year our beautiful psychologist Rebecca will be delivering a Sib-work peer support program for the Murray Bridge Community Centre. The program focusses on connecting and supporting siblings of children who live with disability.

We work closely alongside The Rural City of Murray Bridge, and I sit on the Ability Action Group committee where there's a sincere passion to help and be a voice in the changes within our community. We're also thrilled to announce that we are the lead agency, once again, for this year's Murray Bridge Mental Health and Wellbeing Expo, so please watch this space for some exciting new developments.

Our passion, my passion, is simply, people and it's such a wonderful gift to be able to be a part of each other's lives. We all come from different walks of life, every struggle is different, every achievement is different, the way we need support is different, every disability or mental health condition is different. We are unique, beautiful humans - none of us are perfect, only perfectly flawed.

With an aim to work together to help each other achieve the most out of this life, I am so grateful to be on this journey with you.

With all my heart.
Lots of love

Gabrielle Mackenzie



GSSA Activities NEWS

With the Murray receding the GSSA Walking Group has moved back to meeting at Sturt Reserve. The GSSA Arts & Crafts group has been busy making clocks and the GSSA Pamper Night continues to grow with plenty of pampering and nibbles to the rhythmic beat of drums - even a positive "Affirmation Circle." (Details in Newsletter Activity List and Calendar)

The April ABBA themed GSSA Disco with DJ Ben in the house, held at the Longriders CMC Hall, Rocky Gully Road, Murray Bridge, was a wonderful success again – plenty of dancing, laughing and new faces. (Stay tuned - rumour has it another is planned soon)

As a part of the Coorong District Council regional inclusion plan, the GSSA's Fresh Perspective Photography (FPP) group have been busy photographing East Wellington's Pangarinda Botanical Garden (during the day and night) and the Mowantjie Willauwar Conservation Park near Tailem Bend. The group has also participated in a pop-up studio, visited the Murray Bridge Golf Club, the Mortlock Wing of the Library of South Australia, the Jam Factory, and the Art Gallery of South Australia – one member even accomplished his first photo editorial for Orana Australia Limited's Murray Bridge Workshop. (Details can be found on the GSSA Facebook page)

ReLink Activities have finished for now but be ready for more exciting and interesting activities coming soon.

News Flash - Photos of the Winner of the GSSA Giant Easter Egg Count will be published on the GSSA Facebook page along with all the Easter Bowling action held on April 14, 2023.



Always something flowiering at East Wellington's Pangarinda Botanical Garden. Image by Suzanne Mackenzie.



At Genuine Support Services Australia we embrace the unique qualities of every individual, building on skills and independence. Create strong connections within the community and assist people living with a disability, to grow, unlock their potential and achieve their goals.



Cooking Classes

Every Monday & Wednesday

Held in the commercial kitchen of the GSSA Community Hub at 5 Seventh St, Murray Bridge – classes run from 4 pm to 6 pm. You'll be involved in team planning, shopping, preparing, cooking, and even eating or taking home your own meal from the class – RSVP by phoning 8166 7577 the Friday prior to booking your spot.



Walking Group

Every Wednesday

This is a free activity, so come for the complimentary BBQ, meet new people, catch up with friends and enjoy the health benefits of a short walk. Starting from Sturt Reserve in Murray Bridge at 11 am until 1 pm – phone the office on 8166 7577 to get the latest Walking Group news.

Eight Ball Night

Every Thursday

Do you like meeting new people and having fun? Bring along \$5 for games and join in the entertainment every Thursday night from 6 pm to 8 pm at the Swanport Hotel, 3166 Jervis Rd, Murray Bridge. All levels welcome – please phone Shane on 8166 7577 at GSSA to book your spot.

Pampering Night

Every Thursday fortnight

Connect with other locals over a few nibbles while being pampered in the GSSA Activities Centre, 6 Seventh St, Murray Bridge. Held every Thursday fortnight from 4.30 pm to 6.30 pm, there's always something new and interesting – phone 8166 7577 to book your spot for a night of pampering and interactive mindfulness.

Music Group

Every Friday

A wonderful place to meet people and have a lot of fun! A casual drop-in activity for everyone, no need to book, just follow the sounds of music and make yourself at home. Every Friday morning from 10 am to 11.30 am in the GSSA Activities Centre, 6 Seventh St, Murray Bridge.

GSSA Community Hub

Every Friday

Why not join us for our regular low cost weekly lunch specials – or just drop in for a refreshment and a casual chat from 12 noon to 2.30 pm at 5 Seventh St, Murray Bridge – everyone is welcome.

Arts & Crafts

Every Friday afternoon

Wanting to meet people, and discover new creative skills? Bring along \$5 or \$10 and join in all the colourful enjoyment. Every Friday afternoon from 3.30 pm to 5.30 pm next to the GSSA Community Hub in the GSSA Activities Centre, 6 Seventh St, Murray Bridge. All levels are welcome, please 8166 7577 to book your spot.

Photography Group

Monday to Sunday

Providing personal support and mentoring, entry-level tools with access to an in-house studio and all the creative processing facilities required. GSSA's Fresh Perspective Photography enjoys providing one-on-one or group photography lessons, day or night for NDIS participants. The \$80 membership fee includes a 50-page personalised lesson plan folder, personal portfolio folder and a group t-shirt. Members progress at their own pace. Limited places, bookings essential phone 8166 7577.





Latest NEWS

CONGRATULATIONS

Rodney won the Fourth Division Lawn Bowls Grand Final held at Meningie on Saturday, March 4, 2023.

Rodney is extremely happy about the result and is currently discussing with Leah, an opportunity for him to provide Lawn Bowls lessons for participants and staff.



CAREERS IN DISABILITY SUPPORT

As we provide 24/7 Support to participants in Home and Community Care, staff need to be flexible, reliable with good availability and have a positive attitude. We look for people who are able to demonstrate empathy, compassion, patience and have strong communication skills.

The recruitment process never stops, mainly due to across-the-board worker shortages, especially in the Aged Care and Disability sectors. NDIS Participants in the Murray Mallee area currently numbers approximately 700, and by the end of 2023 it is expected to double.

For anyone wanting a career as a Disability Support Worker, all information can be found in the GSSA website or by contacting the office.

EMBRACE

Upcoming EVENTS

2023
TBC

FREE iPhone & iPad LESSONS

GSSA's Fresh Perspective Photography is offering NDIS participants, keen to know more about the creative features of their iPhones and iPads, to join them as they plan to visit Adelaide's Apple Store. Apple's free instore training sessions are extremely informative and a lot of fun - to top it off, their coaches are beyond amazing and really go out of their way to help everyone at whatever level they're at. No hard sell at all, just bring along what you have and it's all free. Interested? Contact Leah at the office so Glenn can organise the final details.

Our TEAM



Gabrielle Mackenzie

MANAGING DIRECTOR

gabby@gssa.org.au

(08) 8166 7577



Leah Colman

ACTIVITIES COORDINATOR

leah@gssa.org.au

(08) 8166 7577



Paul Beuret

FINANCIAL DIRECTOR

finance@gssa.org.au

(08) 8166 7577



Olivia Hollis

SUPPORT TEAM LEADER

olivia@gssa.org.au

(08) 8166 7577



Wayne Smith

GENERAL MANAGER

Wayne.S@gssa.org.au

(08) 8166 7577



Claire Fidge

TEAM LEADER/SUPPORT COORDINATOR

claire@gssa.org.au

(08) 8166 7577

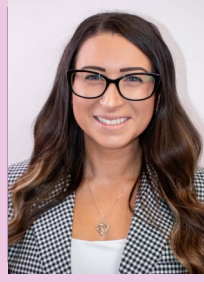


Jess Lynn

INTAKE & ASSESSMENT CLIENT SERVICES

jess@gssa.org.au

(08) 8166 7577



Holly Clasohm

SUPPORT TEAM LEADER

holly@gssa.org.au

(08) 8166 7577



Wayne Kuhn

HUMAN RESOURCE MANAGER

wayne@gssa.org.au

(08) 8166 7577



Shane Bown

ROSTERING TEAM

shane@gssa.org.au

(08) 8166 7577



Colleen Wells

ADMINISTRATION

admin@gssa.org.au

(08) 8166 7577



Bec Henry

TEAM LEADER/ROSTERING

bec@gssa.org.au

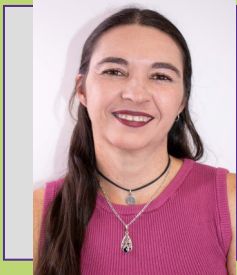
(08) 8166 7577



Kayla Jones
 ROSTERING TEAM
 kayla@gssa.org.au
 (08) 8166 7577



Rebecca Muchamore
 PROVISIONAL PSYCHOLOGIST
 rebeccam@gssa.org.au
 (08) 8166 7577



Catherine Raeburne
 PROVISIONAL PSYCHOLOGIST
 catherine@gssa.org.au
 (08) 8166 7577



David Muchamore
 PROVISIONAL PSYCHOLOGIST
 davidm@gssa.org.au
 (08) 8166 7577

We'd love to meet you for a chat and a cuppa, so please feel free to call and book a time to drop in

FIND-A-WORD

Affirmations

V H O Q G W U K N R K I N D J
 O U C U H A D F P E E W V I O
 H M S O B E R U O S I F F U P
 R B S V R C F H S P L M S B O
 F L J E N T N A I E P U T U W
 R E D K I C O P T C O B R C E
 I E F O C Y A P I T L F O Q R
 E O I S E I U Y V F I U N C F
 N N Z J N A F B E U T N G X U
 D W O R T H Y C J L E N I I L
 L W G X R B K W F P W Y Z H N
 Y C V U A T P M B I V R F U N
 A U S P Q V P R O U D Q H Z S
 R I L S H E L P F U L L E U F
 J G Y I V P M H K E U I N N J

- | | | | |
|----------|---------|--------|------------|
| KIND | FUNNY | PROUD | FUN |
| POLITE | SOBER | NICE | WORTHY |
| POWERFUL | HELPFUL | HAPPY | RESPECTFUL |
| POSITIVE | HUMBLE | STRONG | FRIENDLY |

CONNECT GROW

Calendar of COMING EVENTS

JUNE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Pampering & Eight Ball Night	2 Music, Hub Lunch, Arts & Crafts	3	4 * Coffee & Cars, Murray Bridge
5 Cooking Class	6	7 Walking Group & Cooking Class	8 Eight Ball Night	9 Music, Hub Lunch, Arts & Crafts	10	11
12 Cooking Class	13	14 Walking Group & Cooking Class	15 Pampering & Eight Ball Night	16 Music, Hub Lunch, Arts & Crafts	17	18
19 Cooking Class	20	21 Walking Group & Cooking Class	22 Eight Ball Night	23 Music, Hub Lunch, Arts & Crafts	24	25
26 Cooking Class	27	28 Walking Group & Cooking Class	29 Pampering & Eight Ball Night	30 Music, Hub Lunch, Arts & Crafts		* Photography by arrangement

JULY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 Cooking Class	* Photography by arrangement				1	2
3 Cooking Class	4	5 Walking Group & Cooking Class	6 Eight Ball Night	7 Music, Hub Lunch, Arts & Crafts	8	9
10 Cooking Class	11	12 Walking Group & Cooking Class	13 Pampering & Eight Ball Night	14 Music, Hub Lunch, Arts & Crafts	15	16
17 Cooking Class	18	19 Walking Group & Cooking Class	20 Eight Ball Night	21 Music, Hub Lunch, Arts & Crafts	22	23
24 Cooking Class	25	26 Walking Group & Cooking Class	27 Pampering & Eight Ball Night	28 Music, Hub Lunch, Arts & Crafts	29	30



Genuine Support Services Australia



MAIN OFFICE

6 Third Street, Murray Bridge SA 5253



COMMUNITY HUB & ACTIVITES CENTRE

5 & 6 Seventh Street, Murray Bridge SA 5253



(08) 8166 7577



0456 243 244



admin@gssa.org.au

www.gssa.org.au