



Genuine Support Services Australia

Newsletter

OCTOBER–NOVEMBER 2024

Mental Health & Well-Being Expo 2024

As Genuine Support Services Australia (GSSA) gears up as the leading agency for the 2024 Mental Health and Wellbeing Expo, now in our third year, we are excited to continue bringing this important event to life. This year, we're offering a variety of new experiences, including special guest speakers like "Nat's What I Reckon" and Dr. Kim Le, as well as free food, coffee, and more.

Join us at the Murray Bridge Town Hall on **October 11, from 10 AM to 3 PM**, for a day full of activities, resources, and support, focused on mental health and well-being. If you'd like to volunteer and help make this day even more impactful, please reach out and let us know. For more information, visit the Mental Health and Wellbeing Expo Murray Bridge Facebook page.

Gabrielle Mackenzie

Managing Director



Resilient Spirit

Colleen Williss of Taillem Bend embodies resilience and warmth, with a life story that spans decades and brims with love, loss, and unwavering determination. Born in the winter of 1959 in Wynarka, west of Karoonda, Colleen has faced her share of challenges, yet her spirit remains indomitable.

Growing up on a farm, Colleen's childhood was filled with the simplicity and hard work of country life. Her mother, now a vibrant 90-year-old residing in Adelaide, has been a constant source of strength. Sadly, Colleen has endured the heartache of losing her two brothers, Wayne and Trevor, but finds solace in her surviving brother, Tony, who lives in Meningie.

Colleen's life took a drastic turn when she suffered from bronchial pneumonia and nearly died. Hospitalised for a while, she faced a double blow when her beloved husband passed away while she was still recovering. "My husband used to be a farmer, a farmhand I should say," Colleen recalls with a gentle smile. "He loved picking fruit and vegetables, especially strawberries in Murray Bridge. He often told me about fighting off the sleepy lizards who also enjoyed the strawberries. He used to laugh about that."

Read the full story at
<https://www.genuinesupportservicesaustralia.com.au/uplifting-stories/>.

Up-Lifting Story



Colleen Williss of Taillem Bend, waiting for the first course of her two-course Goldies Lunch to be served by the Volunteers at the Taillem Bend Community Centre, July Friday, June 28, 2024.

Time to unwind, relax
& enjoy a night
dedicated to self care

Pamper & Well-being Night

Once a month
6 Seventh St, Murray Bridge
NDIS Participants \$10 & Public Entry \$15
Call us on 8166 7577 today to book your spot



Genuine Support Services Australia



RE-CREATIVE MUSIC THERAPY

**10:30-11:45AM
EVERY
FRIDAY** | **5 SEVENTH STREET,
MURRAY
BRIDGE**

Express yourself through music and sound!
Join us in singing old classics, new songs
or even pick up an instrument.
Open to all community members!





Genuine Support Services Australia



**EMBRACE CONNECT
GROW**

Genuine Support Services Australia



Genuine Support Services Australia

Cooking Class

Join us to learn new skills in the kitchen and enjoy some delicious food! Call Bee on 8166 7577 to book in!

**EVERY MONDAY &
WEDNESDAY 4PM - 6PM**

Shop 5, 4 Seventh Street,
Murray Bridge

ONLY \$10 PER PERSON



Genuine Support Services Australia

ARTS & CRAFTS

*Fridays 4pm - 6pm
Join us for a range of
different Arts & Crafts
activities*

Call our Activities Coordinator
Bee on 8166 7577 today to
book in

Cooking Classes

Every Monday & Wednesday

Held in the commercial kitchen of the Ability Café 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 book your spot.



iPhone fun - GSSA's Ability Café Scones are always a big hit.



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. Every Wednesday from 11 am until 1 pm, please phone the office on 8166 7577 to get the latest meeting spot.

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 Jervois Rd, Murray Bridge. All levels welcome – please phone Shane on 8166 7577 at GSSA to book your spot.

Pamper Night

Thursday Monthly

Connect with other locals over a few nibbles, while being pampered in the GSSA Activities Centre, 6 Seventh St, Murray Bridge. Held every month on a selected Thursday, 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 10.30 am to 11.45 am in the GSSA Activities Centre, 6 Seventh St, Murray Bridge.

iPhone fun—Evie cooking up a storm at GSSA's Ability



EMBRACE CONNECT
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Genuine Support Services Australia

GSSA Community Hub

Every Friday

Why not join us for our regular low cost weekly lunch special at the Ability Café – 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 \$10 and be a part of colourful creativity. Every Friday afternoon from 4 pm to 6 pm, next to the GSSA Community Hub in the GSSA Activities Centre, 6 Seventh St, Murray Bridge. All levels of skill are welcome – please phone 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 necessary. 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.

Royal Adelaide Show image by Ben Hedger





Tyneile Wilson – Genuine Support Services Australia, Rostering Officer

"I currently manage the rosters for over 60 wonderful participants."

Why did you want to get into Disability support?
"I wanted to get into disability support because I like to help people and wanted to make a difference in the world. It's such a rewarding job, and there is nothing better than embracing each day with a participant, knowing you're making a difference in that person's life."

What do you like doing in your personal time?
"I like to spend time with my 14-year-old daughter and my dogs – family is important to me. I love to sing, go to the river, have picnics – anything outdoors."

What's your favourite colour and midnight snack?
"My favourite colour is green, and my favourite midnight snack is a Raymondo Pizza from Pizza House."



Nigel Carter – Genuine Support Services Australia, Support Worker

Why did you want to get into Disability support?
"I sort of fell into being a Support Worker after a couple of carers suggested that I give it a go. I had been rearranging items in my mother's house to help the Carers out and before I knew it, here I am."

What do you like doing in your personal time?
"In my personal time, I like to do woodwork and tend to my philatelic pursuits (stamp collecting) of which I find both hobbies, extremely relaxing."

What's your favourite colour and midnight snack?
My favourite colour is green, and my favourite snack is sardines on toast."



Looking good Dion - after a free cut and feed at Muscle Cutz Murray Bridge. Image by Bec.



Genuine Support Services Australia

8 BALL NIGHT

EVERY THURSDAY 6-8PM

SWANPORT HOTEL

BRING \$5 TO PLAY SOME GAMES
Have a meal, play some games, have fun & meet new people!

Join now – Call the office on 08 8166 7577

SibWorks

A support program for children who have a sibling with disability.
Connect with others who share similar experiences.

Join Provisional Psychologist Rebecca Muchamore, as she runs a three day program to help build emotional wellbeing and resilience.

Who: 8-12 Years Old
When: October 8th – 10th, 2024
Time: 10am till 4pm
Where: GSSA Activities Space
6 Seventh St, Murray Bridge
Cost: Free
Lunch & snacks provided

If you would like to book or for more information contact
Bee on 8166 7577 or bee@genssa.au



EMBRACE CONNECT
GROW

Genuine Support Services Australia



WALKING GROUP

JOIN US FOR A RELAXING WALK & A SAUSAGE SIZZLE!

MEET SOME NEW PEOPLE,
MAKE SOME
CONNECTIONS AND LOTS
OF LAUGHS TO BE HAD
WITH A FREE SAUSAGE
SIZZLE, DRINK AND WALK
ALONG THE RIVER

EVERY WEDNESDAY
11AM - 1PM
@
STURTS RESERVE
EVERYONE WELCOME
PHONE 8166 7577 FOR
MORE INFORMATION



EMBRACE CONNECT
GROW

Genuine Support Services Australia



NATS WHAT I RECKON



SCAN ME!



MURRAY BRIDGE
**Mental Health
& Wellbeing Expo**

SAVE THE DATE

11

10

24

MURRAY BRIDGE TOWN HALL
10AM - 3PM

GUEST SPEAKERS, FOOD COFFEE AND MORE

DON'T MISS THIS AMAZING OPPORTUNITY ♥

FREE EVENT!

**MURRAY
BRIDGE**
THRIVING COMMUNITIES



DR KIM LE

RYTHMFIT FUSION

Genuine Support Services Australia
Presents

JOIN THE RYTHMFIT FUSION MOVEMENT
TODAY

Have you ever felt the rhythm and energy of Zumba,
igniting your passion for fitness through dance? Then
you're in for a treat! Come and join us!

Every Monday
10:30am-11:30am or 4:30pm -5:30pm

6 Seventh Street, Murray Bridge

NDIS Participants \$5 Entry
& Public Entry \$10

Contact Bee on 0426 397 371 for more
information or call the office on 8166 7577 to
secure your spot



DIGITAL HELP SESSIONS

Do you need help navigating the digital world?
We are now running Digital help sessions
Alternate Tuesdays and Wednesdays
from 4:30pm to 5pm

Contact the Library on 8539 1175 for more information and to
book your spot.



DO YOU NEED HELP
WITH:

- Using your Phone
- Using Apps
- Laptops
- Photos



SEED 2 PLATE PROGRAM

YOUTH YOUR WAY

Join Seed2Plate: Grow, Learn, and Thrive!

NDIS YOUTH PARTICIPANTS AGED 12-25 YEARS

Want to learn gardening, gain new skills, and explore cool career paths?

Seed2Plate is for you! Get hands-on with plant care, soil management, and garden design while building teamwork and problem-solving abilities. Meet new friends, boost your well-being, and learn how to take care of our planet.

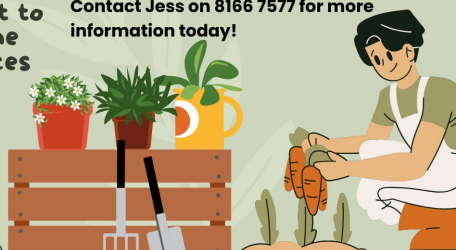
MONDAYS & THURSDAY'S 9AM - 3PM @ THE STATION

This program is integrated with our Living Skills Program - learn how to grow your own veggies and turn them into delicious dishes in the kitchen!

Ready to grow and thrive? Join us at Seed2Plate!

Proudly brought to you by Genuine Support Services Australia

Contact Jess on 8166 7577 for more information today!



Genuine Support Services Australia



YOUTH YOUR WAY

Living Skills Program

We're thrilled to introduce our brand-new Living Skills Program, brought to you by Youth Your Way. Want to learn how to cook tasty and healthy meals from scratch, meet awesome people, and become more independent? This program is for you!

Our hands-on workshops and expert guides will teach you everything from basic cooking skills to making gourmet dishes. Whether you're a total beginner or already have some kitchen experience, we've got you covered.

Say goodbye to boring meals and hello to fun cooking adventures.

This group is integrated with our Seed2Plate program—learn how to grow your veggies and turn them into delicious dishes in the kitchen!

Contact Jess on 8166 7577 for more information today!

NDIS PARTICIPANTS AGED 12-25

MONDAY'S & THURSDAY'S 9AM-1PM @ THE STATION

Proudly brought to you by Genuine Support Services Australia



Genuine Support Services Australia

WHAT'S THE A TEAM?

YOUTH YOUR WAY

NDIS YOUTH PARTICIPANTS AGED 13-16

We invite you to come and experience the benefits of our school aged based interactive mentoring program.

Learn some cool new life skills, dive into awesome activities, build on self confidence, and discover new passions in our friendly and inclusive community.

Our A Team is a safe place for you to explore personal growth and adventure with us.

Contact Jess on 8166 7577 for more information today!

WEDNESDAY'S 3PM-6PM @ THE STATION



Proudly brought to you by Genuine Support Services Australia

Genuine Support Services Australia

FIND-A-WORD

Positive Attitude

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

determination
motivation
happiness
respect
strong
love


appreciation
character
together
success
smile

achievement
beautiful
positive
believe
brave


courageous
confident
helpful
growth
peace

Calendar of COMING EVENTS

OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 *Photography by arrangement	1	2	3 Seed2Plate, Eight Ball Night, & Living Skills	4 Music, Ability Café Lunch, and Arts & Crafts	5	6* Coffee & Cars, Murray Bridge
7 Seed2Plate, Cooking Class & Rythmfit Fusion	8	9 A-TEAM, Wings, Walking Group & Cooking Class	10 Seed2Plate, Eight Ball Night, & Living Skills	11 Music, Ability Café Lunch, and Arts & Crafts	12	13
14 Seed2Plate, Cooking Class & Rythmfit Fusion	15	16 A-TEAM, Walking Group & Cooking Class	17 Seed2Plate, Eight Ball Night, & Living Skills	18 Music, Ability Café Lunch, and Arts & Crafts	19	20
21 Seed2Plate, Cooking Class & Rythmfit Fusion	22	23 A-TEAM, Walking Group & Cooking Class	24 Seed2Plate, Eight Ball Night, & Living Skills	25 Music, Ability Café Lunch, and Arts & Crafts	26	27
28 Seed2Plate, Cooking Class & Rythmfit Fusion	29	30 A-TEAM, Walking Group & Cooking Class	31 Seed2Plate, Eight Ball Night, & Living Skills			

NOVEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 *Photography by arrangement				1	2	3* Coffee & Cars, Murray Bridge
4 Seed2Plate, Cooking Class & Rythmfit Fusion	5	6 A-TEAM, Walking Group & Cooking Class	7 Seed2Plate, Eight Ball Night, & Living Skills	8 Music, Ability Café Lunch, and Arts & Crafts	9	10
11 Seed2Plate, Cooking Class & Rythmfit Fusion	12	13 A-TEAM, Walking Group & Cooking Class	14 Seed2Plate, Eight Ball Night, & Living Skills	15 Music, Ability Café Lunch, and Arts & Crafts	16	17
18 Seed2Plate, Cooking Class & Rythmfit Fusion	19	20 A-TEAM, Walking Group & Cooking Class	21 Seed2Plate, Eight Ball Night, & Living Skills	22 Music, Ability Café Lunch, and Arts & Crafts	23	24
25 Seed2Plate, Cooking Class & Rythmfit Fusion	26	27 A-TEAM, Walking Group & Cooking Class	28 Seed2Plate, Eight Ball Night, & Living Skills	29 Music, Ability Café Lunch, and Arts & Crafts	30	



Genuine Support Services Australia



MAIN OFFICE

6 Third Street, Murray Bridge SA 5253



COMMUNITY HUB & ACTIVITIES CENTRE

5 & 6 Seventh Street, Murray Bridge SA 5253



(08) 8166 7577



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www.gssa.org.au