



Genuine Support Services Australia

Hello and welcome to one of my most special times of the year.

It's almost spring, and a time for revival as the natural world stirs and renews after the dormant winter months. In spring, our days start to get longer, flowers begin to bloom, and warmer weather allows us to spend more time in our community enjoying the outdoors.

To help us celebrate this transition between seasons, we have decided to feature a regular "Up-Lifting Story" in our newsletters, and I hope that the few paragraphs below will inspire you to go to our website to read Kerrie McDonald's inspirational story in full.

Newsletter

AUGUST-SEPTEMBER 2023

As your local registered NDIS provider, I hope our newsletters continue to help you stay informed of our approaching activities and inspire you to consider sharing your thoughts and stories in future newsletters.

With love from your GSSA Family,

Gabrielle Mackenzie

Managing Director



Clash with pet, turns life upside down

Kerrie McDonald's life changed in May 2018, after an unlikely encounter with her pet lamb, which landed her in a coma with a rare flesh-eating bacterial *infection*.

The altercation with the lamb has left Kerrie with two missing limbs, her right leg from the hip and part of her left leg from the knee.

Kerrie cannot recall all the details of the accident, but she can remember loading a trailer of sheep, and a pet lamb jumping from the trailer and running at full speed, colliding with her right leg, just above the knee.

"It didn't even hurt, I was a little sore, but I just kept working - then it drastically went downhill, and I ended up with Necrotizing fasciitis." "It's a rare flesh-eating bacterial *infection* that spreads quickly through the body and can cause death." "I was very sick, it only took a few days, and if it wasn't for Bernie at the Taillem Bend Hospital, I would have died," Kerrie said.

(Go to genuinesupportservicesaustralia.com.au for full story)



Up-Lifting Story



Kerrie with her mates "Poppy" and "Oakley" about to visit her horse "Bella">

Free - Drop in



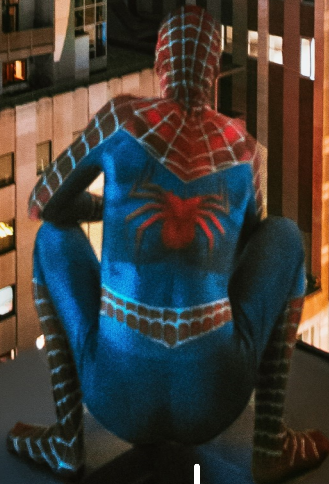
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Superheros & Villains Disco

Longriders Christian Motorcycle Club

37 Rocky Gully Rd, Murray Bridge

16 September from 6pm till 9pm

Music, Dancing, Fun & Sausage Sizzle only \$20 entry

RSVP by 8th of September

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 book 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 Homburg Park 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 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 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.



Wendy and Roslyn love serving customers and friends every Friday at the GSSA Community Hub Café.

TERM 3 Programs with GSSA - Reclink Australia



26th JULY WEDNESDAY

Mini Golf - West Beach - 11am - 10 participants
1 Hamra Ave Corner of Military Road and, Hamra Ave, West Beach SA 5024

2nd AUGUST WEDNESDAY

Go Karting - Kart Mania - 12pm - 10 participants
1 Port Wakefield Rd, Gepps Cross SA 5094

9th AUGUST WEDNESDAY

Archery - Hills Archery - Lenswood - 9:30am - 10 participants
693 Swamp Rd, Lenswood SA 5240

16th AUGUST WEDNESDAY

Croquet - 12:30 -3:30pm - 15 participants
Cnr Hutt Road & Glen Osmond Road (enter from Hutt Road)

23rd AUGUST WEDNESDAY

Lawn Bowls - Murray Bridge Bowling Club - 10:00am - 10 participants
Adelaide Rd &, Thomas St, Murray Bridge SA 5253

30th AUGUST WEDNESDAY

Laser Tag - Games Lobby - 11:00am - 10 participants
Shop4/22-28 Hutchinson St, Mount Barker SA 5251

6th SEPTEMBER WEDNESDAY

Laser Tag - Games Lobby - 11:00am - 10 participants
Shop4/22-28 Hutchinson St, Mount Barker SA 5251

13th SEPTEMBER WEDNESDAY

Archery - Hills Archery - Lenswood - 9:30am - 10 participants
693 Swamp Rd, Lenswood SA 5240

20th SEPTEMBER WEDNESDAY

Lawn Bowls - Murray Bridge Bowling Club - 10:00am - 10 participants
Adelaide Rd &, Thomas St, Murray Bridge SA 5253

27th SEPTEMBER WEDNESDAY

Go Karting - Kart Mania - 12pm - 10 participants
1 Port Wakefield Rd, Gepps Cross SA 5094



Bingo & Board Games

Every Fortnight

If you are interested in
getting this activity up
and running please
phone us on (08) 8166



reclink
australia

PROUDLY SUPPORTED BY RECLINK
AUSTRALIA

Our TEAM



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Would you like to meet our team call us on (08) 8166 7577

FIND-A-WORD



Affirmation Search

T Q M I R T D P W X R Y E T S L U F E C A E P Z
A O N S S X I L B Y E D D A R W M P D W D T C K
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Believe
Inspire
Strong
Powerful

Calm
Love
Peaceful
Confident

Courageous
Happiness
Ambitious
Positive

CONNECT GROW

www.gssa.org.au

Calendar of COMING EVENTS

AUGUST

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

SEPTEMBER

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



Genuine Support Services Australia



MAIN OFFICE

6 Third Street, Murray Bridge SA 5253



COMMUNITY HUB & ACTIVITES CENTRE

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