



Genuine Support Services Australia

Newsletter

DECEMBER – JANUARY 2024

Hello and welcome to our latest newsletter,

Summer is here, and it's a wonderful time to let in the fresh air—it's finally warm enough to let the outside in. This issue we celebrate the Murraylands Sunflower project and I hope that the few paragraphs below will help inspire you to consider growing some beautiful Sunflowers of your own – please feel free to visit our website to read more about this inspirational story.

Like Sunflowers, with their vibrant colourful petals and towering strong stems, despite knowing they won't be here for long, they still choose to look to the sun and live their brightest lives. Celia Thaxter, an American author of poetry and stories, writes "There shall be eter-

nal summer in the grateful heart," I'm so grateful for all the warm, generous and compassionate hearts we have in our GSSA family.

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



Facing The Sun

GSSA joins the Sunflower project

After sharing an optimistic story with a class of students about a small Sunflower seed growing in a student's garden pot, Pauline Linke of Meningie has taken her passion of helping people with mental illness to an immeasurably sunnier space.

With over 30 years working in Mental Health, Pauline continues to help people keep their faces in the sunshine and less in the shadows, "After all, that's what sunflowers do – they follow the sun!" Pauline says.

Pauline became involved with the Suicide Prevention Network (SPN) part of Coorong Conversations Matter Inc. in 2017.

The district's Suicide Prevention Network is a voluntary community group working to improve mental health and wellbeing, it helps to reduce the stigma associated with suicide and increases community understanding about where to access help when needed.

The service includes support services for people bereaved by suicide, with the group's focus being on reducing the impact of suicide by educating the community and empowering others to seek help and give hope.

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



Up-Lifting Story



Pauline Linke of Meningie relaxing with a hot cup of tea after delivering Sunflower Seeds to Genuine Support Services Australia.



SAVE THE DATE

INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

FRIDAY | DECEMBER 2023 - 10AM - 1PM
Murray Bridge Regional Rowing Centre
Sturt Reserve

(Between Wharf Road & Murray Cods Drive)

**COME ALONG AND BE A PART OF THE
EXCITEMENT!**

Free Events, New Activities, Modified Sports & Activities,
Recognition Awards, Petting Zoo, Face Painting and Free
Healthy BBQ Lunch



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.



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 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

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 10.30 am to 11.45 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 \$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.



Ben took this photograph during his Shutter Priority Sports Photography Lesson at the Dragway at The Bend on October 20, at the 2023 Spring Nationals.



Bingo & Board Games

Every Fortnight

If you are interested in getting this activity up and running please phone us on (08) 8166 7577





Our TEAM

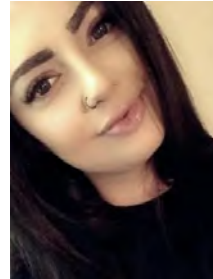


Gabrielle Mackenzie

MANAGING DIRECTOR

gabby@gssa.org.au

(08) 8166 7577



Kayla Jones

TEAM LEADER/ROSTERING

kayla@gssa.org.au

(08) 8166 7577



Paul Beuret

FINANCIAL DIRECTOR

finance@gssa.org.au

(08) 8166 7577



Olivia Hollis

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

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

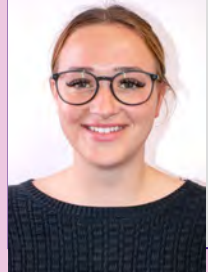


Colleen Wells

ADMINISTRATION

admin@gssa.org.au

(08) 8166 7577



Bec Henry

TEAM LEADER/ROSTERING

bec@gssa.org.au

(08) 8166 7577





Tyneile Wilson

ROSTERING TEAM

tyneile@gssa.org.au

(08) 8166 7577

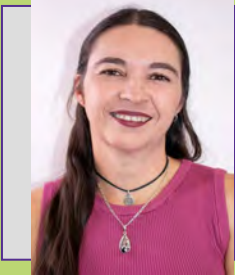


Rebecca Muchamore

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

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



FIND-A-WORD

Positive Affirmations

COMPASSIONATE	H M V H B R A N R Y B Z Y P X O X N T D Q I R X
INDEPENDENT	C R A Z V J A C P S W E E A M Q U H A P P Y C S
IMAGINATIVE	F F R Z H S J F H O R H P G K E U V U U B D D L
MEANINGFUL	I T P W Q W H C A D M I R E D P I B D P F J A A
WONDERFUL	V C J M E A N I N G F U L V U G F D G U L L L H
CONFIDENT	W B S G H A N D S O M E T O M W S T R O N G Z N
BEAUTIFUL	W E C V Q L H R G K N D G L Q L K A K O L V W S
VALUABLE	V A O X X E L W I K R L E Y J F L V R M J A C A
RELIABLE	S U M T X H R Z X P R G E N E R O U S E C L F D
POSITIVE	C T P X U F U N N Y U J M B K L W U O G X U C T
HANDSOME	R I A G L X F S I N D E P E N D E N T X H A L P
GENEROUS	E F S Y O H E Y S E F I M J J U W U W L S B E I
FRIENDLY	A U S W V J L E A D E R X W K Y T E I M J L V X
CREATIVE	T L I G I B C B X P F P A U S M D P M J E E E C
ADMIRED	I V O O N U A S R K C O U Q A U X T A E S N R E
STRONG	V M N O G A R B E D R S M A R T I S G O B X T I
LOVING	E H A D Q C I N Z W E I L P I H T J I B R H Z D
LEADER	S I T B J L N T P C L T K I T R P E N C A V J L
CLEVER	L C E I U R G J S B I I S K C Y Z H A Z V B N A
CARING	P K Z G K J F X B Y A V F G W C F M T R E E C K
SMART	D C G U H D U T S W B E X B S O K D I Z U W W R
HAPPY	R V G O W M V Y E G L E R Y W X M C V E O E O G
FUNNY	C O N F I D E N T G E M H W M O L T E Y J G W F
BRAVE	Z V R G U W P F R I E N D L Y W O N D E R F U L
GOOD	






CONNECT GROW

www.gssa.org.au



Calendar of COMING EVENTS



DECEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 International Day for People with Disability & a BBQ Diamond Park	2	3* Coffee & Cars, Murray Bridge
4 Cooking Class	5	6 Walking Group & Cooking Class & Archery @ Lenswood	7 Eight Ball Night	8 Music, Hub Lunch, Arts & Crafts	9 Staff Christmas Party	10
11 Cooking Class	12	13 Walking Group & Cooking Class	14 Pamper & Eight Ball Night	15 BBQ Diamond Park	16	17
18	19	20	21	22	23	24
25 	26	27	28	29	30	 * Photography by arrangement

JANUARY 2024

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



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



admin@gssa.org.au

www.gssa.org.au

