



Genuine Support Services Australia

Newsletter

FEBRUARY – MARCH 2024

Embracing a New Year

Welcome, dear members of Genuine Support Services Australia, to the commencement of another promising year.

Reflecting on the past year's accomplishments has been truly heartening, and I'm grateful for the discussions around the strides we've collectively made.

As we step into the future, let's maintain a robust focus on social and emotional well-being. Our community thrives on the care and connections fostered within GSSA.

Let's continue to check in on one another, report concerns, and nurture the beautiful bonds that define our organisation.

If you have a story to share in our upcoming newsletter,

I encourage you to reach out. Your experiences contribute to the tapestry of our community.

Gabrielle Mackenzie

Managing Director



A place for Olly to share

Championing their Olly, and with a dream of helping others with similar dyslexia, level one autism and depression issues, Lisa and Darren Henly, **their children** Olly, Charleigh and Harry, sold everything, forsaking their city lifestyle, to develop a dream in an old dairy in Jervois, South Australia.

Naming their 26-hectare dream 'EGO Farm' (an abbreviation of 'Everyone's Got an Olly') the Henly family established the farm to help their Olly and stop youth from falling through the cracks and to give them respite in a country environment away from sterile hospital surroundings. A chance to be with nature, a chance to experience the freedom and healthy lifestyle of living on a farm.

"Our farm provides guests with a chance to discover who they really are and allow them to be comfortable in their own skin," Olly said. "We want to help young people like me to be comfortable being themselves and to help them take a long-term approach in creating their own balanced life, through the understanding of routines that support improved physical, mental and social wellbeing."

Away from his family, Olly finds caring and encouraging support from his team at Genuine Support Services Australia.

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

Up-Lifting Story



Olly Henley checking the health of one of the friendly goats at EGO farm.



Artistic Surveyor of the Universe

Alan Loi of Lameroo arrived with his mother and siblings from Ho Chi Minh City, Vietnam in 1985 – it was here that they were reunited with their husband and father, an ex-serving South Vietnamese soldier. Initially settling in North Melbourne, Victoria, the family later relocated to Footscray, Victoria.

Unsettled with adolescence, Alan left home at age 17, regretfully, not finishing year 12. “The phase between moving from childhood to adulthood can be difficult,” Alan said. “I had a few extra things to contend with.”

It was during this unique stage of his personal development and understanding the importance of laying a sound foundation for good health into the future, that Alan met his lifelong partner, Gary.

“Unfortunately, I had to leave my family at 17 years and 3 months,” Alan said. “I moved to St Kilda, and I’m so grateful to all the social workers who supported me through this difficult time.”

It wasn’t long before Alan, a self-taught visual artist and search engine optimiser, found longstanding employment with an Oakleigh Commercial Graphic Design Studio.

“Life was brilliant, until my road accident in 2011 on Toorak Road, Toorak,” Alan said. “The world changed dramatically for both Gary and me, at that time.”

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

Genuine Support Services Australia

COUNTRY Disco

**SATURDAY
3RD FEBRUARY
2024 6PM-9PM**

LICENSED VENUE
18+
\$10 TICKETS AVAILABLE
FREE FOOD
MUSIC
OPEN BAR
OUTSIDE
ENTERTAINMENT AREA
Call 8166 7577

**LONGRIDERS CMC
37 ROCKY GULLY
ROAD**

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.



Cooking at home—image by Cadeyrn.

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 Jervis 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.



Boardroom fun at GSSA Videography session.

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.



Cadeyrn photographed the goats at the Adelaide Zoo and Ben enjoying his first night photography lesson in Murray Bridge.



Facebook, December 1, 2023

Grateful for an incredible day with the Rural City of Murray Bridge Council! for the International Day of People with Disability.

A heartfelt thank you for the Recognition Award, acknowledging GSSA Fresh Perspective Photography with Glenn, we are lucky and delighted to have him on our team.

Most of all, Caderyn's award for his inspiring journey living with disability. As he encourages others to reach for the stars, spreading happiness, and fostering inclusion and achieving amazing goals. Congrats to all nominees for their contributions in Sports and Rec - looking forward to future collaborations! The day in general was full of laughter, friendships and enjoyment - was beautiful to watch.

grateful





Pottery!

We are so excited to be having our next pottery session with Tatty K. Friday 23th of February from 4-6pm - Theme is Planters.



Everyone welcome. Limited spots available.

\$20 to secure booking

If you would like to book please give the office a call on 8166 7577

Where: 5-6 Seventh Street, Murray Bridge

Workshop run by Studios Tatty K



Genuine Support Services Australia

Tai Chi

We welcome you to come join in Tai Chi with Meegan Quarry!

When: Fortnightly from Thursday 1st Of February

Where: Shop 3/4 seventh street

Time: 10am - 11am

Cost \$10

Book by 25/1/2024 to Secure your spot.

If you would like to book or for more information contact Kayla at our office on 8166 7577 or text 0432 291 636



EMBRACE CONNECT GROW

Genuine Support Services Australia

grateful



Christmas at the Ability Café.
*Image by Christina.



Bingo & Board Games

Every Fortnight

If you are interested in getting this activity up and running please phone us on

(08) 8166 7577



Fun at the International Day for People with Disability
*Image by Cadeyrn.

FIND-A-WORD

Positive Affirmations


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

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|----------|------------|-----------|------------|
| honest | worthy | connected | spiritual |
| healthy | fun | loved | amazing |
| abundant | successful | peaceful | determined |
| quick | awesome | funny | kind |
| loving | STRONG | | |

CONNECT GROW

Calendar of COMING EVENTS


FEBRUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3 	4* Coffee & Cars, Murray Bridge
5 Cooking Class	6	7 Walking Group & Cooking Class	8 Eight Ball Night	9 Music, Hub Lunch, Bowling, and Arts & Crafts	10	11
12 Cooking Class	13	14 Walking Group & Cooking Class	15 Pamper & 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, Pottery, and Arts & Crafts	24	25
26 Cooking Class	27	28 Walking Group & Cooking Class	29			



* Photography by arrangement

MARCH

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



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



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