



Genuine Support Services Australia

# Newsletter



APRIL – MAY 2024

## Hugging Autumn

Welcome to gorgeous Autumn, a season that brings warmth to our skin and smiles that fill our hearts.

As a disability and mental health, community and people centered provider, we are overwhelmed with joy to be able to place energy in the youth sector, being recognised for our commitment to our town and each other, we will be sliding into the Murray Bridge STATION, ( a very important safe and welcoming space for our young people) to continue to deliver youth programs with interactive activities and holistic approach to life skills. Now called "youth your way " - more information will be advertised as the weeks progress.

We appreciate the unique journey of each and every person we encounter. If you have a story you would like to share with us, we would love to hear from you.

Wishing you a very happy Autumn Season, filled with special sunshine, lots of laughter, and all the things that make you want to sing.

*Gabrielle Mackenzie*

Managing Director



## Up-Lifting Story

### Life is Beautiful

Local Foster Parent, Janet Smith of Murray Bridge, is convinced that life is beautiful, when it's about family and giving.

The World Champion Master Powerlifter believes that family means no one gets left behind or forgotten - born in Mannum and growing up in Bow Hill, Janet can't think of anything more pleasing than making a positive difference to a person's life, at a time when it's most needed.

"It's a wonderful feeling when you're offering a child a safe, nurturing environment," Janet said. "And it's great watching them grow and develop their self-esteem and confidence - it's truly heart-warming when you know you're making a difference."

Janet's passion for caring started with on-the-job training at 15 years of age, when she moved to Adelaide from Bow Hill, leaving a factory job to work in Aged Care.

(Full story at <https://www.genuinesupportservicesaustralia.com.au/life-is-beautiful/>)



Powerlifter, Janet Smith of Murray Bridge, taking a well-earned rest during her gruelling training routine at Anytime Fitness 24/7, Murray Bridge.



iPhone fun - Cadeyrn "Smiley" Smith enjoying Music Therapy, before starting his shift at the Ability Café, Murray Bridge.

## Smiles are Free

By Veronica Ward and Glenn Power. Images by Glenn Power.

Cadeyrn Smith of Murray Bridge advocates for disability awareness and the rights of all individuals - his infectious smile constantly encourages others to never lose hope.

Born in Murray Bridge in 1996, Caderyn, known to many as Smiley, moved with his parents, to Bundaberg at the age of three. "My parents say that I was a very quiet child, too quiet - however, it was in Bundaberg that I really began to speak," Caderyn said. "It was Mr Mick; my special education teacher's aide, who helped me come out of my shell - it was he who gave me my nick name of 'Smiley.'

(Read more at [genuinesupportservicesaustralia.com.au](http://genuinesupportservicesaustralia.com.au))



You may not always see the results of your kindness...  
but every bit of positive energy you contribute to the world makes it a better place for all of us.



Genuine Support Services Australia

# \* Cooking Class

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

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

Shop 5, 4 Seventh Street,  
Murray Bridge

ONLY \$10 PER PERSON



## RE-CREATIVE MUSIC THERAPY

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

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!

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## 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—Roslyn Pilmore always has a free smile for everyone.

## 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.



iPhone fun—BJ's smile always brightens up the room.

## GSSA Community Hub

### Every Friday

Why not join us for our regular low cost weekly lunch special – 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 the colourful creativity. 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 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 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.



 **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!

**Starting Monday 8th April**  
**10am-12pm or 4pm-6pm**  
**6 Seventh Street, Murray Bridge**  
NDIS Participants \$5 Entry  
& Public Entry \$10

Contact Kayla on 0432 291 636 for more information or call the office on 8166 7577 to secure your spot





Latest  
**NEWS**



# WINGS

A local support group for women

THE MURRAY BRIDGE WOMENS WINGS  
GROUP WILL BE AT GSSA ONCE A MONTH!  
GREAT WOMEN SUPPORT (OTHER) WOMEN



It's  
Free



JOIN THE AMAZING WINGS SUPPORT GROUP.  
TEA COFFEE SHARED MEALS AND ACTIVITIES.

We meet on the first Wednesday of every month  
11am - 2pm

5 Seventh Street Murray Bridge

Call group Leaders Jodie and Narelle for more  
information 0402148639

**SUPPORTED BY**



## 8 BALL NIGHT



JOIN NOW – CALL THE OFFICE ON 08 8166 7577

BRING \$5 TO PLAY SOME GAMES



EVERY  
THURSDAY  
6-8PM

📍 SWANPORT HOTEL  
ALL ARE WELCOME – HAVE A MEAL,  
PLAY SOME GAMES, HAVE FUN & MEET  
NEW PEOPLE!

## Arts & Crafts

JOIN US FRIDAY'S 4-6PM FOR A RANGE  
OF DIFFERENT ARTS & ACTIVITIES  
CALL KAYLA OUR ACTIVITIES  
COORDINATOR ON 8166 7577 TO BOOK IN

Genuine Support Services Australia

See you there!

# 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



MURRAY BRIDGE

**Mental Health  
& Wellbeing Expo**

PREPARE TO  
SAVE THE DATE

FREE EVENT!

OCTOBER 2024

Join our yearly Murray Bridge Mental Health Expo—fostering community connections, providing support, and creating a safe space for sharing. Together, let's promote positive mental health for a happier life.



EMBRACE CONNECT  
GROW

Genuine Support Services Australia

*grateful*





## Bingo & Board Games

Every Fortnight

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

(08) 8166 7577

If you see someone falling behind, walk beside them.

If you see someone being ignored, find a way to include them.

If someone has been knocked down, lift them up.

Always remind people of their worth. One small act could mean the world to them.

Unknown / tinybuddha.com



## FIND-A-WORD

Goodluck :)

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

optimistic delighted satisfied confident grinning  
 carefree cheerful positive beaming gleeful  
 pleased blessed joyous smile bliss  
 merry happy hope good gay



**FAREWELL** – all our love and best wishes go to Colleen & Holly, Colleen thinks she may retire and Holly has taken up a position with the Rural City of Murray Bridge. Both will be sadly missed, but we're sure to see them out and about supporting the community



# CONNECT GROW

[www.gssa.org.au](http://www.gssa.org.au)




# Calendar of COMING EVENTS

APRIL

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

MAY

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



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



admin@gssa.org.au

[www.gssa.org.au](http://www.gssa.org.au)