



Genuine Support Services Australia

Newsletter

AUGUST–SEPTEMBER 2024

Thank You So Much

While I continue my unwavering commitment to advocating for and supporting those with disabilities and mental health challenges, through various avenues and collaborative efforts within Murray Bridge, I would like to take this opportunity to share with you the dedication of our team at Genuine Support Services Australia.

Being certified by an external registration auditing body can be particularly daunting - all our documents, processes, procedures, communications, case notes, medical charts, clients' files, staff files, and much more, were thoroughly checked and reviewed, and I'm proud to announce, that we excelled in every area. Our dedication to excellence shone through, and the auditors congratulated us with an outstanding result. Selected support workers and participants were randomly interviewed, and their thrilled responses reflected the trust, warmth, and caring nature that defines our community service.

Thank you to everyone, our wonderful participants, and the entire team for the laughter, joy, and unwavering support you bring to each other's lives. This journey continues to be an incredible adventure, and we couldn't have achieved such success without each other.

In this newsletter, you will find an array of information about our upcoming events and the many ways we bring people together, offering opportunities for growth and empowerment. I hope you find this an enlightening and enjoyable read.

Much love to you all.

Gabrielle Mackenzie



Up-Lifting Story

Embracing Opportunities

For the past two weeks, Caleb Carter, a caring and spirited young man from Milang, has been embarking on a life changing journey with Orana Murray Bridge.

Caleb found the first few days were all about integrating into the Orana community, a NDIS provider renowned for empowering individuals with disabilities.

Caleb explained that he is lucky to have only a mild to moderate case of Down Syndrome, with a little intellectual disability.

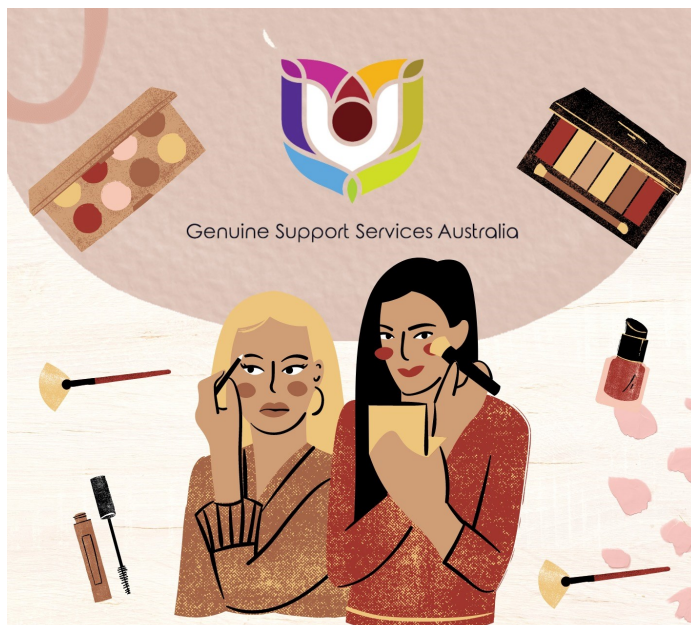
"I have learned to do most things, everyday things like reading, writing - all kinds of things, I take public transportation on my own - and I definitely enjoy shopping and playing eight ball," Caleb said. "I'm really concentrating on improving my spelling and grammar at the moment."

Orana stands as a beacon of hope and opportunity for over 650 South Australians with disabilities - the organization is committed to providing employment, housing, training, short-term accommodation, skill development programs, and life skills support. Their vocation is to enable individuals to live and work within their local communities, fulfilling their goals and becoming valued and productive members of society.

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



A fun-loving Caleb - making the most of his opportunities.



Genuine Support Services Australia

PAMPER NIGHT

NEED A NIGHT OFF?

RELAX, PUT YOUR FEET UP & LET US TAKE CARE OF YOU

SELF CARE IS SO IMPORTANT
YOU CANNOT POUR FROM AN EMPTY CUP
TAKE CARE OF YOURSELF

Shop 5, 4 Seventh Street, Murray Bridge
Call Bee on 8166 7577 to book in
Thursday Fortnightly
\$ 10 Entry Fee



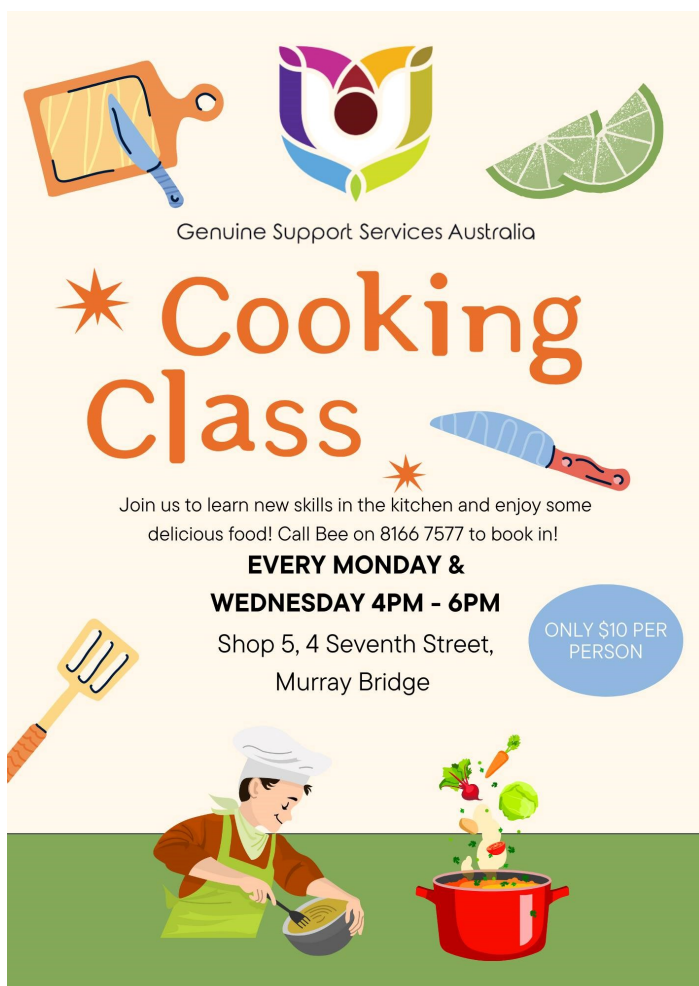
RE-CREATIVE MUSIC THERAPY

**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



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 - Friday's Music Group

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.

iPhone fun at GSSA Disco



Genuine Support Services Australia

EMBRACE CONNECT
GROW

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 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.

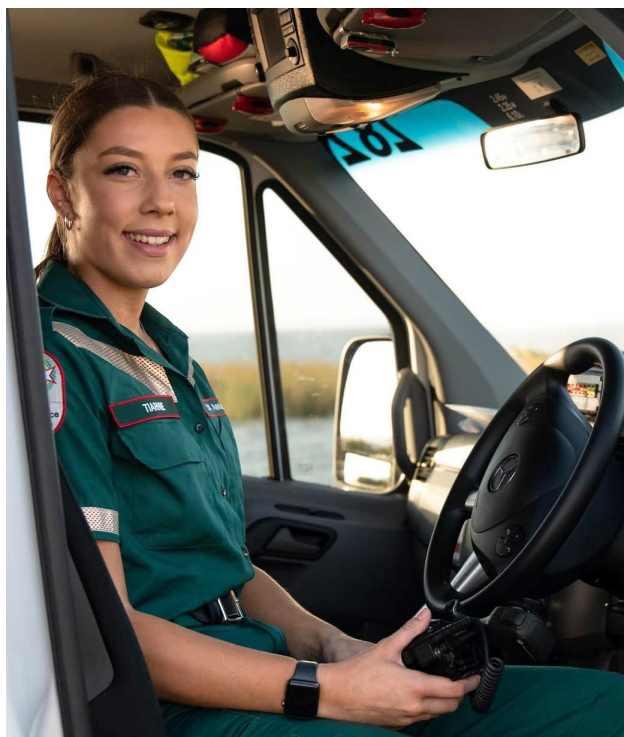


Genuine Support Services Australia

EMBRACE CONNECT
GROW

FRESH
PERSPECTIVE
PHOTOGRAPHY

CELEBRATING DISABILITY
GENUINE SUPPORT SERVICES AUSTRALIA



A Fresh Perspective on Photography

Formerly of Meningie, photographer and SA Ambulance Service Volunteer, Tiarnie Ling of Murray Bridge, joins Genuine Support Services Australia's, Fresh Perspective Photography, bringing years of photographic inspiration to people with disability.

"I've enjoyed taking photographs since school, my art class teacher was a real inspiration for me," Tiarnie said. "I really love being the person who captures the moments so memories can stay alive – whether it's when I am with friends, family, on holiday, exploring different towns, or eating different foods – I enjoy capturing every moment."

Before joining Genuine Support Services Australia (GSSA) as a Support Worker, Tiarnie was the Digital Marketer with Coorong Realty, tasked with creating and collecting content for social media and industry newsletters.

"It was my passion for helping people, that lead me to Gabby and her team at GSSA," Tiarnie said. "The work is so rewarding and fulfilling, and seeing your support for others, whether it be big or small, making such a difference in people's lives, is such a privilege."

Read the full story at

<https://www.genuinesupportservicesaustralia.com.au/a-fresh-perspective-on-photography/>

Claire Fidge – Support Coordinator/
Compliance Officer

Why did you want to get into Disability support? "I have family members with disabilities including two of my children and I wanted to start helping others to live life their way. Any kind of support, including from Support organisations, has been an immense help to me personally and I wanted to pass my support onto others."

What do you like doing in your personal time? "I like to exercise and travel – I've recently recaptured the travel bug while on my last lot of holidays. I also love my dance classes and hanging out with my beautiful children and grandchildren."

What's your favourite colour and midnight snack? "My favourite colour is purple, and I can't go past a double chocolate coated Tim Tam at midnight."



Olivia Hollis – Senior Team Leader

Why did you want to get into Disability support? "Initially I got into disability support by chance, but as the years passed, my passion for advocating for people who may not be able to advocate for themselves, grew – I enjoy helping everyone to live a fulfilling life."

What do you like doing in your personal time? "I enjoy gardening and spending time with my two sausage dogs – Cecil and Remi."

What's your favourite colour and midnight snack? "My favourite colour is Emerald Green, and midnight snack would be Mint Aero Chocolate."



A Beacon of Hope and Dedication

In the heart of South Australia's Mallee, a quiet revolution in disability support is taking place, led by the dedicated and inspiring group of Team Leaders at Genuine Support Services Australia. (GSSA)

One of those Team Leaders is Bee Bygrave of Mt Barker. Bee's journey to this pivotal role is a testament to her unwavering commitment to supporting individuals with disabilities and her passion for making a tangible difference in their lives.

Her story begins in the serene Riverland, where she was born, then, at the tender age of four, her family relocated to the Northern Territory, settling in the small town of Elliott. Here, Bee attended school as the only non-Indigenous student in her class, an experience that fostered in her, a deep appreciation for diversity and inclusion.

Bee's family's journey took them to Katherine and then eventually Victor Harbor, when Bee was eight - these formative years were marked by a series of moves that instilled in Bee a sense of resilience and adaptability.

Read the full story at

<https://www.genuinesupportservicesaustralia.com.au/a-beacon-of-hope-and-dedication/>



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

Proudly supported by Genuine Support Services Australia



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



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



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!



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



DR KIM LE

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.

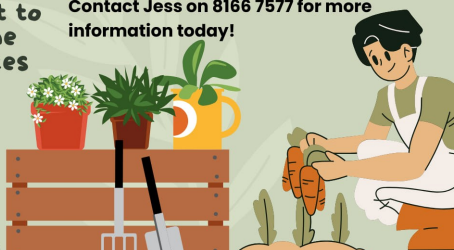
MONDAYS & THURSDAY'S 9AM - 3PM @ THE STATION

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!



Proudly brought to you by Genuine Support Services Australia



Genuine Support Services Australia

NDIS PARTICIPANTS AGED 12-25

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

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

AUGUST

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

SEPTEMBER

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



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