



Genuine Support Services Australia

# Newsletter

JUNE – JULY 2024

## Welcome to Winter

If the colours of springtime are its magnificent flowers, then the moods, colours, and tones of winter are its imagination.

Our imaginations can be a wonderful coping instrument in our symphony of life. Having a lively imagination isn't just an entertaining part of a healthy childhood; it can be particularly helpful as we grow into adulthood. Imagination comforts us and keeps our minds healthy throughout our lives. We don't have to outgrow being imaginative; we can keep that inspiration alive throughout our lives.

Winter is not just a season; it's a celebration. We have so much to celebrate at Genuine Support Services Australia. Nothing is perfect, but we continue to strive for the best version of ourselves. I am so proud that we have created a magical space of caring and devotion. I cannot wait to put on my dancing shoes and join everyone at our next disco, which is being held aboard the Captain Proud Paddle Boat.

Like one kind word can warm three winter months, we all hope for a little liquid sunshine, like a cup of hot tea, to make this winter a special one for all.

*Gabrielle Mackenzie*

Managing Director



## Up-Lifting Story

### Indoor Bowls Theraphy

Planned high speed rail links combined with a marvelous warm holiday in Australia motivated Wendy Johnson of Purnong, north of Mannum, to join her sister in the country down under.

Born in London, England, Wendy recalls moving to Kent, in southeast England, at the age of about four years, before emigrating as an adult to Australia.

Wendy is now living in Purnong, a small, picturesque river community, about a two-hour drive from Adelaide and a 15-minute drive from Mannum. Purnong is surrounded by farming properties and is well-known for growing and exporting onions and potatoes around the world. It is famous for its Dark Sky viewing platform, which overlooks the town – the town also features the narrowest crossing of the Murray River, with a free 24-hour ferry service on hand.

"We've been a part of the Taillem Bend community for years," Wendy said. "I still travel to Taillem regularly to play Indoor Bowls with the girls at the Town Hall."

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



Wendy enjoying life and her regular Taillem Bend Indoor Bowls.



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# \* Cooking Class

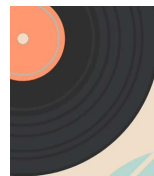


Join us to learn new skills in kitchen and enjoy some delicious food! Call Kayla on 8166 7577 to book in!

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

Shop 5, 4 Seventh Street,  
Murray Bridge

ONLY \$10 PER  
PERSON



# RE-CREATIVE MUSIC THERAPY



**10:30-11:45AM  
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!



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# DISCO NIGHT

*Rock the boat*



DRESS WHAT MAKES YOU FEEL BEST

Captain proud - 1 Wharf Rd, Murray

\$20  
ENTRY  
FEE

Saturday  
June 29th  
At 630pm - 9Pm

*Kayla* 8166 7577





## 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 while shopping with the Cooking Class



## 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 with the Friday Music Group.

## 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.



**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 your 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



Images by Rachael Yeend of Wildlife SA







Image by Veronica Ward



**ARE YOU INTERESTED**  
in a Tuesday afternoon

**MYSTERY**  
BUS TOUR ?

Please register your interest with  
the office.

# 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**



Genuine Support Services Australia

## 8 BALL NIGHT

Genuine Support Services Australia



**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



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## ARTS & CRAFTS

*Fridays 4pm - 6pm  
Join us for a range of  
different Arts & Crafts  
activities*

Call our Activities Coordinator  
Kayla on 8166 7577 today to  
book in

# 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



FOOD & DRINK AVAILABLE AT KIOSK| PAY  
ENTRY FEE AT THE DOOR

Murray Bridge bowling  
Date: Friday, June 14th



**BOOKING NOW**

88166 7577 GSSA Office



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



# 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.

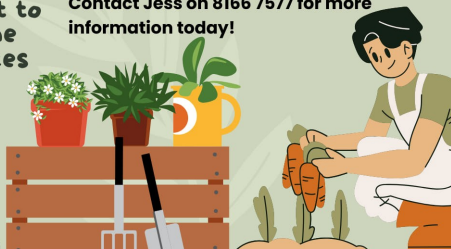
**MONDAYS & THURSDAY'S 9AM - 3PM @ THE STATION**

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!



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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!

**NDIS PARTICIPANTS AGED 12-25**

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

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# 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**



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# FIND-A-WORD




## Australian Animals

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


cockatoo	kangaroo	platypus	echidna
wallaby	quokka	possum	goanna
lizard	wombat	bilby	dingo
koala	snake	emu	

# Calendar of COMING EVENTS

JUNE

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

JULY

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



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



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