



Genuine Support Services Australia

# Newsletter

OCTOBER—NOVEMBER 2023

## Hello and welcome to our latest newsletter,

This season of the year creates new light for us all, giving us longer days with the glorious warmth of the sun - and the prospect of more time to spend on long evening adventures. I adore the fresh calming colours of mid-spring, with all its fresh foliage bursting into the sky. Summer is almost upon us, goodbye Mid-Spring and thank you.

This issue we celebrate the up-lifting lives of Adrian and Glenys Elliott, and hope that the few paragraphs below will inspire you to go to our website and read more about this inspirational story in full.

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



## Adrian's Best Friend, Morris

The bond between Adrian Elliott of Murray Bridge and his dogs, is like no other. His cherished companions have been along for the ride for the past ten years, no matter what obstacles Adrian has had to face.

Being partially blind from birth, Adrian describes his congenital blindness or low vision, as like having tunnel vision. "My condition is known as Retinitis pigmentosa, you can see everything in front of you, but everything above, below, and around you, are cloudy," Adrian said. "It's like you're looking through a narrow tube or a tunnel – you lose all your peripheral vision."

Retinitis pigmentosa is an inherited degenerative eye disease that causes severe vision impairment. Symptoms often begin in childhood and include decreased vision at night or in low light and loss of peripheral vision – presently, there is no effective treatment for this condition.

(Go to [genuinesupportservicesaustralia.com.au](http://genuinesupportservicesaustralia.com.au) for full story)

## Up-Lifting Story



Glenys and Adrian Elliott relaxing after a refreshing walk along the swamplands near Long Island Reserve, Murray Bridge with Guide Dog Morris.



# *La Hattam* in concert

with associate artist, pianist Nerissa Pearce, will perform 'art songs' poems set to music where the composer 'paints a picture' of what the poet might have envisioned.

Murray Bridge Regional Gallery (acclaimed as one of the premier regional galleries in SA)

Sunday October 15, at 2pm

For more info about the performance, contact Janet Hattam on 0402 408 271

[janethattam@yahoo.com.au](mailto:janethattam@yahoo.com.au)

## MENTAL HEALTH & WELLBEING EXPO

**Guest speaker**  
**Kevin Kropinyeri**

**Guest speaker**  
**Hannah Arnold**

**Friday 20th October 2023**  
**10am – 3pm**  
**at The Murray Bridge Town Hall**

**Murray Bridge Local GP & Mental Health support practitioner Dr Martin**

**Food, Coffee & Massage!**

**FREE EVENT**

**Yoga, Stalls & More!**

For more information contact  
The Rural City of Murray Bridge  
08 8539 1100  
Genuine Support Services Australia  
08 8166 7577

**MURRAY BRIDGE**  
THRIVING COMMUNITIES

**Genuine Support Services Australia**



## 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 am to 11.30 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.



*Cadeyrn having a special private glimpse of the "Our Mob 2023" exhibition with Poppy from the gallery office at the Adelaide Festival Centre.*





## Bingo & Board Games

Every Fortnight

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



Ben and Shimeeka at Ben's first SALA Exhibition, Coorong Gallery, Tailm Bend. Congratulations also goes to Veronica and Cadeyrn who could not make it to see their fine contributions at today's launch event. GSSA's Fresh Perspective Photography was well represented and all their imagery generated a great deal of interest from fellow artists. Colleen (Below) also made it to the gallery to support our GSSA artists.



All exhibiting GSSA Fresh Perspective Photography members had a very successful and, most, also had a financially rewarding, Myriad 2023— held at the State Library of South Australia, North Terrace, Adelaide.

# Our TEAM



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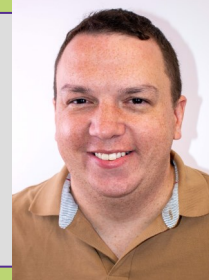


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Would you like to meet our team call us on (08) 8166 7577

# FIND-A-WORD

## Positive Thinking



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

Power  
Happiness  
Control  
Thoughts  
Positive

Commitment  
Health  
Joy  
Selfesteem

Attitude  
Improvement  
Mental  
Feelings




Affirmations  
Honesty  
Challenge  
Emotional

# CONNECT GROW


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

# Calendar of COMING EVENTS

OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 Cooking Class	31	Pinnaroo Show & Field Days	*MB Gold Cup, Racecourse Oct 7 *Spring Nationals @ The Bend over Oct 21-22 *Coonaplyn Show Oct 21	*Parilla Seasonal market Oct 22 *The Bend Classic over Oct 27-29 *Callington Shoew Oct 29	 Wellington Strawberry Fete	1* Coffee & Cars, Murray Bridge
2 Cooking Class	3	4 Walking Group & Cooking Class	5 Pamper & Eight Ball Night	6 Music, Hub Lunch, Arts & Crafts	7* MB Auto Fest 6-7 October at the Speedway	8
9 Cooking Class	10	11 Walking Group & Cooking Class	12 Eight Ball Night	13 Music, Hub Lunch, Arts & Crafts	14	15 
16 Cooking Class	17	18 Walking Group & Cooking Class	19 Pamper & Eight Ball Night	20 Music, Hub Lunch, Arts & Crafts	 Mental Health Support Group 2023	22
23 Cooking Class	24	25 Walking Group & Cooking Class	26 Eight Ball Night	27 Music, Hub Lunch, Arts & Crafts	28	29 * Photography by arrangement

NOVEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Walking Group & Cooking Class	2 Pamper & Eight Ball Night	3 Music, Hub Lunch, Arts & Crafts	4* White Hill Truck Drivers Memorial service & Family Fun	5* Coffee & Cars, Murray Bridge
6 Cooking Class	7	8 Walking Group & Cooking Class	9 Eight Ball Night	10 Music, Hub Lunch, Arts & Crafts	11* Handpicked Festival Nov 11	12  *Sixth Street Makers Market Nov 5
13 Cooking Class	14	15 Walking Group & Cooking Class	16 Pamper & Eight Ball Night	17 Music, Hub Lunch, Arts & Crafts	18	19* MB Riverfront Christmas Festival Nov 19-20
20 Cooking Class	21	22 Walking Group & Cooking Class	23 Eight Ball Night	24 Music, Hub Lunch, Arts & Crafts	25	26
27 Cooking Class	28	29 Walking Group & Cooking Class	30 Pamper & Eight Ball Night			* Photography by arrangement



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## MAIN OFFICE

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## COMMUNITY HUB & ACTIVITIES CENTRE

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