



Genuine Support Services Australia

# Newsletter

DECEMBER 2024 – JANUARY 2025

## A New Year Almost Here

Welcome everyone, to the festive season! As we wrap up the year, I just want to say how truly outstanding this year has been. We've accomplished so much together, and it's been such a joy to see all the wonderful people we've had the honour of helping and connecting with. Our company continues to grow and thrive because of the heart and care we put into what we do. We love what we do, and I truly believe it shines through in the work we share. By all accounts, people are loving the impact we're making, and that's what drives us forward. Here's to another incredible year in 2025, filled with even more love, support, and community. Let's continue helping people reach their goals and dreams with the same passion we've shown this year.

Merry Christmas and cheers to a bright new year!

*Gabrielle Mackenzie*

Managing Director



## Lighting Up the Room

Brian James' (BJ) smile lights up any room, radiating warmth and positivity – the Murray Bridge Navy Veteran understands the power of deploying his smile, which not only brightens the atmosphere, but also promotes well-being for everyone present.

A simple smile naturally boosts mood-enhancing hormones, while lowering stress-related hormones like cortisol and adrenaline. It even helps him regulate his blood pressure, so that when BJ shares his smile, his muscles trigger his brain into releasing endorphins, the body's natural pain and stress relievers, creating a cycle of happiness that benefits himself and those around him.

Born in Rose Park, Adelaide in 1954, Brian "B.J." James lived in a bustling household of six brothers and one sister. Growing up in such a lively family, Brian learned to hold his own at an early age, which sparked an interest in boxing.

(Read more about BJ's eleven tours of duty in Vietnam at <https://www.genuinesupportservicesaustralia.com.au/lighting-up-the-room/> )

## Up-Lifting Story



BJ enjoying a GSSA's Friday morning Music Therapy session, with Support Worker Hailey. HMAS Anzac and the HMAS Derwent escorting the HMAS Sydney to South Vietnam. (Image courtesy of the Australian War memorial)






Time to unwind, relax  
& enjoy a night  
dedicated to self care

# Pamper & Well-being Night

Once a month  
6 Seventh St, Murray Bridge  
NDIS Participants \$10 & Public Entry \$15  
Call us on 8166 7577 today to book your spot



Genuine Support Services Australia

Open to all community members!



## Re-creative music THERAPY

10:30-11:45AM  
EVERY FRIDAY

Express yourself through music and sound!  
Join us in singing old classics, new songs  
or even pick up an instrument.

6 Seventh Street, Murray Bridge

**International Day of  
People with Disability**  
Celebrate diversity and inclusion





EMBRACE CONNECT  
GROW

Genuine Support Services Australia



HAPPY  
*Australia*  
DAY



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 - Christina preparing ingredients at the GSSA Ability Café.

## 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. 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

### Thursday Monthly

Connect with other locals over a few nibbles, while being pampered in the GSSA Activities Centre, 6 Seventh St, Murray Bridge. Held every month on a selected Thursday, there's always something new and interesting – phone 8166 7577 to book your spot for a night of pampering and interactive mindfulness.

## Music Group

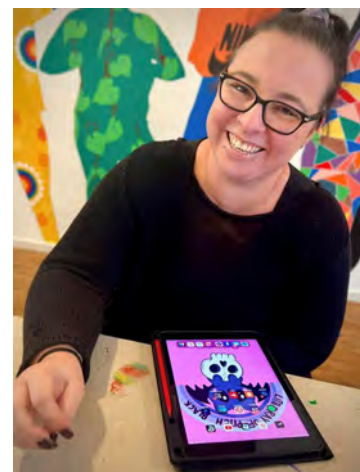
### Every Friday

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.



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GROW



iPhone fun—Prue preparing concepts at GSSA's Friday Arts & Crafts.

## 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 colourful creativity. Every Friday afternoon from 4 pm to 6 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 necessary. 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.





# Shining On and Off Stage

David Wicker's life is one of determination, joy, and passion, proving that Down Syndrome holds no boundaries when it comes to pursuing dreams.

For David, happiness is a full-body experience - something infectious, radiating warmth and pure joy to everyone around him. His bright outlook and unselfish nature have made him a standout both on and off the stage, as he continues to chase his dream of performing.

(Read more about David's creative outlook on life at <https://www.genuinesupportservicesaustralia.com.au/shining-on-and-off-stage/>)



**FREE**  
SUNFLOWER SEEDS  
available from GSSA





# 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



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## RHYTHMFIT FUSION

JOIN THE RHYTHMFIT FUSION MOVEMENT TODAY  
6 Seventh Street, Murray Bridge

Ignite your passion for fitness through dance,  
with our inclusive Rhythmfit class.  
Dance, shimmy and strut your way to feeling great!

NDIS Participants \$5  
Entry & Public Entry \$10

Call GSSA on 8166 7577  
for information and to  
secure your spot

EVERY MONDAY  
4:30pm - 5:30pm



## 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



## International Day of People with Disability

Celebrate diversity and inclusion

WATCH THIS SPACE  
SAVE THE DATE  
FRIDAY DECEMBER 6, 2024





# 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.

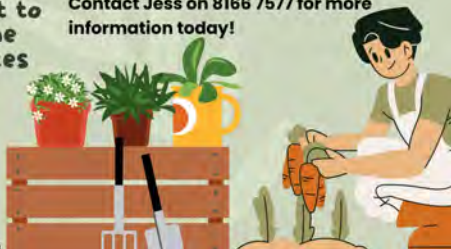
**MONDAYS & THURSDAY'S 9AM - 3PM @ THE STATION**

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**

Proudly brought to you by Genuine Support Services Australia



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## FIND-A-WORD



**YOUTH YOUR WAY**

# WHAT'S THE A TEAM?

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.

**NDIS YOUTH PARTICIPANTS AGED 13-16**

**WEDNESDAY'S 3PM-6PM @ THE STATION**

Contact Jess on 8166 7577 for more information today!



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**Positive affirmation Wordsearch**

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.



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

**WORD BANK**

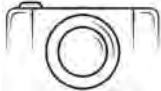

1. CARING	2. WORTHY	3. HAPPY	4. AWESOME
5. SMART	6. STRONG	7. KIND	8. GRATEFUL
9. HONEST	10. LOVED	11. CREATIVE	12. BRAVE
13. HELPFUL	14. CONFIDENT	15. POSITIVE	

# Calendar of COMING EVENTS

DECEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 Seed2Plate, Cooking Class & Rythmfit Fusion	31	 *Photography by arrangement				1* Coffee & Cars, Murray Bridge
2 Seed2Plate, Cooking Class & Rythmfit Fusion	3	4 A-TEAM, Wings, Walking Group & Cooking Class	5 Seed2Plate, Eight Ball Night, & Living Skills	6 Music, Ability Café Lunch, and Arts & Crafts	7	
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	
16 Seed2Plate, Cooking Class & Rythmfit Fusion	17	18 A-TEAM, Walking Group & Cooking Class	19 Seed2Plate, Eight Ball Night, & Living Skills	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

2025 - JANUARY

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



Genuine Support Services Australia



## MAIN OFFICE

6 Third Street, Murray Bridge SA 5253



## COMMUNITY HUB & ACTIVITIES CENTRE

4 & 5 Seventh Street, Murray Bridge SA 5253



(08) 8166 7577



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