

SOCIAL INCLUSION WEEK
Encouraging communities to reconnect
November 21 - November 29

CONNECT, COLLABORATE AND CELEBRATE!

The Cassidy Crew

As a Registered and Accredited Disability service provider, The Cassidy Crew provides quality, meaningful and flexible supports to people with disabilities, aged care or for those just needing supports. The Cassidy Crew understand that everyone's disability is unique, and the support we provide is individual to assist your needs and abilities. The Cassidy Crew has continued to provide supports during the challenging 2020 Covid time with wonderful, committed Support Workers that are qualified and caring, with very different skills and personalities, providing a holistic approach to supports. We provide assistance with personal care, home care, meal preparation, swimming, gym, community access and transport. We are excited to now, with



The former Hub opened up a much-needed opportunity for the Cassidy Crew, that will utilise it for indoor leisure and recreational activities for people with disabilities. From left, Pauline Luchetta, Managing Director The Cassidy Crew, Jeremy Van Baxtel, former president, Glenn Bellingham, former treasurer and Julie Bellingham, former centre manager. Photo taken prior to mandatory masks.

the lifting of restrictions, offer new groups, as well as Centre Based Activities in our new Cassidy Crew Headquarters at 126 North Road in Warragul. Our new programs include a Kids Club, teens group, and adult social nights, like Karaoke, chess, club and music nights.

Our inclusive day programs include: Music & Movement,

Creative spaces, walking groups, gardening, cooking and kitchen skills, Coffee club, as well as planned outings, group camps, weekend respite services, and many more.

For more information on the group activities or a tour through our new centre, call us on 1800 60 10 20.

The Cassidy Crew, a fresh approach to disabilities.

Zoom helps Headway Gippsland group avoid lockdown isolation

Staying home had an unexpected way of strengthening connections in a local social group for people with disabilities.

The members created Zoom accounts to maintain social contact during lockdown and the group dynamic even became more personalised, even though they could not be together face-to-face, its coordinator said.

"We'd have people taking us on a tour of their kitchen and we'd see what their lounge-room looked like. I loved seeing people's knickknacks," Headway Gippsland social support group coordinator Michelle Meggetto said.

Before COVID-19, the Warragul-based group would catch up every Friday and learn new skills such as cooking and crafts



Headway Gippsland Warragul social support group members Trevor Buckton, Joan Humphrey and Steve Wilson with coordinator Michelle Meggetto (second left) at the Moe Cup.

according to their goals and interests.

When restrictions came into effect, Ms Meggetto seized the opportunity to move the group online and build skills with technology.

"Social inclusion has massive benefits in improving mental health. That's why we tried to keep connected and reduce loneliness and isolation," Ms Meggetto said.

"Zoom is good because you can sit there in your pyjamas."

Participant Trevor Campbell agreed lockdown would have

been a challenge if the social group had stopped entirely.

"I thought Michelle did a magnificent job keeping us together even when we weren't meeting. She had us doing puzzles over the telephone," he said.

The participants received monthly activity packs during lockdown containing quizzes, games and even prizes in the mail.

Phone Headway Gippsland on 5127 7166 or visit headway.gippsland.org.au for more information on social support groups.

Empowering people with disabilities.

NDIS service provider

Visit headwaygippsland.org.au

Phone 5127 7166



HEADWAY bow
GIPPSLAND INC.

Mawarra

A Registered NDIS Provider proudly supporting people with a disability to access their community for over 60 years.

- 1:1 support whenever and wherever YOU like
- Casual after hours social activities, with an emphasis on fun and friendship and inclusion
- Centre based social activities with fully trained and qualified staff
- Variety of leisure & recreational in the community
- Supported employment opportunities with our social enterprises
- Volunteer opportunities with our local Op shop & sorting centre

Phone us on 5624 3400 for an appointment or a chat about how we can help.

atWork Australia's Disability Employment Services

"I felt like I had been given a chance to prove my self-worth" - Rhiannon.

Employment can be difficult to attain and maintain for the best of us. There's the job search, resume writing and re-writing, research into suitable companies... and sometimes you're left wondering whether this was even the career for you! If you're lucky enough to be offered an interview, there's a new set of challenges.

Warragul local, Rhiannon has an experience of Asperger's Syndrome. This is a condition that affects the way people cope with situations, relate to other people and communicate*. It was for this reason, that Rhiannon enlisted help from atWork Australia's Disability Employment Services.

A meeting was scheduled with a dedicated Job Coach, who devised a job plan around Rhiannon's skills, challenges and goals. She received resume assistance and valuable insights into the labour market. The Job

Coach contacted local employers and discovered a job vacancy at The Blue Dolphin Fish and Chippery.

The Job Coach discussed interview strategies and negotiated a support plan for both Rhiannon and employer. Rhiannon was offered the job and couldn't be happier.

Working with a supportive family business, meant that she was able to sustain employment through the COVID-19 pandemic and Tula from The Blue Dolphin Fish and Chippery expressed, "Rhiannon is just lovely to have around. She is always very positive and reliable".

By fostering employer partnerships and providing ongoing support, atWork Australia is committed to finding the right person the right job.

To find meaningful and sustainable local work in the area, contact atWork Australia on 1300 080 856 or visit www.atworkaustralia.com.au



Registered NDIS Provider



1800 60 10 20

cassidycrew.com.au



CARERS, ADVOCACY, SUPPORT SERVICES
INDEPENDENCE, DISABILITIES AND YOU!

LOOKING FOR WORK, OR TO EMPLOY GREAT TALENT?

wdgazette#danielbowden1509@gmail.com

atWork
AUSTRALIA

We are here to help.

Our free Disability Employment Services support people living with disability, injury or health condition to find sustainable work, and employers to access great talent and hire a diverse workforce.

Find out more today!

1300 080 856

atworkaustralia.com.au/register



VISIT US at our offices in: Warragul, Leongatha, Moe, Morwell, Traralgon, Yarram, Pakenham

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