

Menzies NEWS

Gardeners deliver for Woodies



All Things Green program participants, Anne-Marie, Phil and Creag, are pictured at the Alexandra Community Shed.

We potted up succulents, using pots supplied by the Alexandra and District Woodworkers Guild and Community Shed.

Program participants mixed their own potting mix, blending recycled mix with castings from our worm farm at The Mount.

The potted succulents were then returned to the woodworkers, ready to be used in a display of hand-made wooden plant stands for the woodworking open day.

Earlier in the year, the woodworkers repaired our scroll saw. Clients have been creating all sorts of items on the saw since then. Jane donated a second saw to Menzies this year which has made the activity accessible to more people.

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International Day of People with Disability

Be part of creating an inclusive and diverse community in Australia.

International Day of People with Disability (IDPwD) is held on 3rd December each year. IDPwD is a United Nations observed day, and provides an opportunity to listen to the experiences of people with disability, reflect on our attitudes and behaviours, and shift the conversation around disability.

Read and watch stories of Australians with lived experience of disability: idpwd.com.au/stories-2/



Find us on Facebook

@MenziesSupportServices

THANK YOU

Footy Tipping

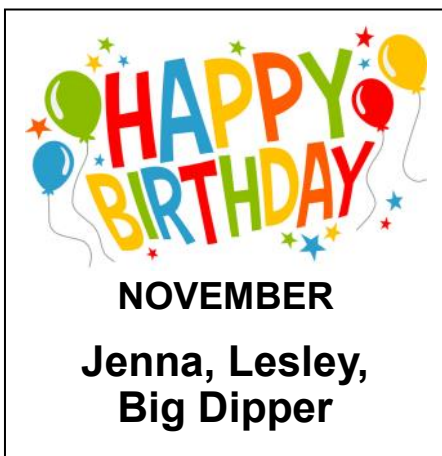
As I was running the AFL football tipping this year 2023, I would like to thank the following businesses and participants:

1st place Sarah Southam, prize donated by the Corner Hotel;
2nd place Ian Hewitt, prize donated by Alexandra Apparel;
3rd place Rhonda Best, prize donated by Foodworks; the wooden spoon was won by Rupert Brennan, prize donated by Ian Hewitt.

Thank you and I hope to see you all again next season.

JOKE

- Q. Where do sheep get their wool cut?
A. At the baa-baa shop!



Phone: (03) 5772 1888

On-call: 0427 579 961

Email: reception@menziessupport.org.au

Office: 49 Nihil Street Alexandra 3714
The Mount: 2456 GV Highway Alexandra
Mansfield: By appointment

Web: menziessupport.org.au

Facebook: @MenziesSupportServices

Contributors/Suggestions:

Please submit material for publication in Menzies News to Leisa Dent by email: leisad@menziessupport.org.au

watch THIS space

with Ian Hewitt



RECIPE

Beetroot Burgers

Try this delicious meat-free beetroot burger! Source: diabetesaustralia.com.au

Serves: 6

Ingredients

- ½ cup of Semolina
- 3 beetroot
- 3 carrots
- 3 kale leaves
- ½ onion
- 2 cloves of garlic
- 6 slices of low fat cheese
- Salt and pepper (if needed)
- 3 tsp olive oil
- 6 wholemeal buns

Method

1. Dry roast semolina in a pan (with no oil) over medium heat, until light brown. Transfer to a plate to completely cool. Set aside 2-3 tablespoons.
2. Peel and grate the beetroot and set aside in a bowl. Grate the carrots separately.
3. Finely chop the kale. Chop the garlic cloves and onion.
4. Boil 1 cup of water in a pan. Reduce the heat to the lowest setting, and add the semolina (leaving aside 2-3 tablespoons) and stir to prevent lumps forming. Switch off the heat and cool completely.
5. Heat a teaspoon of olive oil and saute onion and garlic on a medium-low heat. Add carrots and beetroot into the pan cooking until soft, followed by the kale. Cook for a few minutes, then switch off the heat, and work in the left over semolina, salt and pepper and mix well. Set aside to cool.
6. Using ½ cup of mixture, the kids can help you form 6 burger patties, and coat with the leftover roasted semolina.
7. Add 2 tsp of olive oil into a pan, and cook the burgers for 5-10 mins on each side. In the last few minutes of cooking, place a slice of cheese on top of each pattie to melt. Place patties onto a plate to cool before serving with your favourite toppings!



Visual arts: Photography works



Dazz: Goat family.



Glen: Farm shed.



Phil: Meeting of the Waters at Buxton.



Lesley: Sausage dog.

Mental health working group invitation

National Disability Services and VALID have received funding from the Victorian Government to lead a two-year project to look at mental health barriers and needs affecting people with a disability.

The project brings together disability workers, people with lived experience and the new Mental Health and Wellbeing Local Services representatives to find solutions to mental health access and support barriers, test solutions and evaluate these for ongoing system change.

As a key service provider in the state, VALID invites people with lived experience of a disability and have used mental health services; along with family and carers with lived experience of supporting their family member with a disability, to join the working group.

VALID have three project working groups that meet every six weeks online, that include Mental Health and Wellbeing Locals, representatives and people with lived experience. They are looking for

a couple of representatives with lived experience in the Benalla, Wangaratta and Mansfield region.

Each person with lived experience and family/carer will be paid to contribute to this important codesign project.

They will receive \$100 for attending (The meetings will be online (ZOOM) every 6 weeks, for 1.5 hours). VALID are looking for:

- 1-2 people with lived experience of a disability and have used mental health services, and
- 1-2 family members with lived experience of supporting their family member with a disability to use mental health services.

Upcoming meeting dates 2023: December 12th; 2024: January 30th, March 19th, April 30th, June 11th, July 23rd, September 3rd, October 15th, November 26th; 2025 dates to be scheduled.

Please contact Zoe at VALID:

Email: zoe@valid.org.au

Mobile 0431 607 962.

VALID talks about rights



Nola and Rupert attended the Your Service, Your Rights workshop in Alexandra, presented by VALID.

Inclusion Australia have been advocating for the rights of people with an intellectual disability since formation in 1954. They provide expertise and advice to Federal Government and other organisations to drive systemic change in Australia.

Inclusion Australia is working in partnership with other organisations, like VALID, to roll out Your Service, Your Rights, a national project to build the capacity of people with an intellectual disability, to understand their rights when receiving services.

The workshops are about:

- Rights and Services: What are rights and why are they important for everyone? How do you know if you're getting your rights met by your service?
- NDIS Commission Code of Conduct and Complaints: What is the NDIS Commission? What do workers need to do to make sure you get your rights, and how can you make a complaint to the NDIS Commission?
- Speaking Up and Supports: Why it is important to speak up; how to get support; using an advocate.
- Being Involved: what are the things your service can do to include you in making sure your service is safe and good quality?

VALID presented a workshop in Alexandra. We asked participants what they learned:

JM: The course has been good and I've learnt about my general rights as a human.

DS: We had a good morning tea and I know things like my support workers can't hurt me and have to listen.

NT: If something is not right and doesn't feel right, I can make a complaint.

NC: I've got the right to ask questions about my funding from NDIS.

RB: My house is my house to feel safe in. My support workers should listen to me.

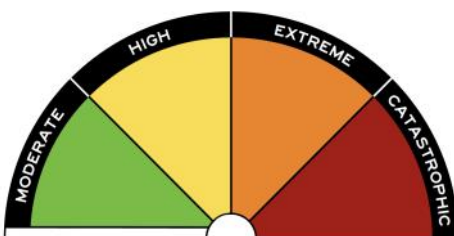
JE: I can make complaints if I need to. I can speak up and have a choice. It's my right to talk for myself.

WB: My support worker should always listen to what I want

GP: Freedom to choose makes a good life.

- valid.org.au
- inclusionaustralia.org.au

NEW FIRE DANGER RATINGS



MODERATE Plan and prepare	HIGH Be ready to act
EXTREME Take action now to protect life and property	CATASTROPHIC For your survival, leave bushfire risk areas

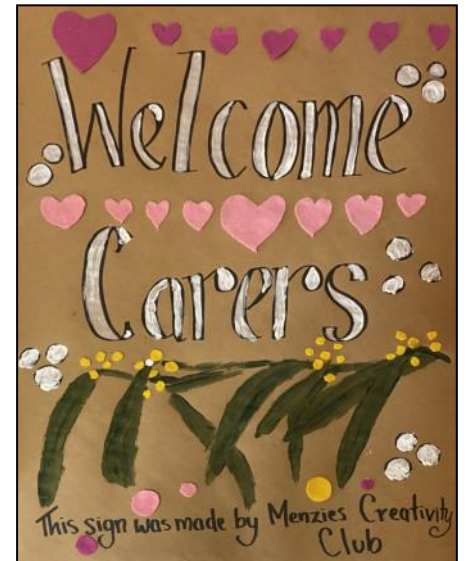
Fire danger ratings tell you how dangerous a fire could be if one started. Menzies monitor fire ratings and weather conditions, and modify activities for the safety of clients and staff.

On days of extreme heat, services will be provided indoors, and only essential activities will go ahead. Support will be provided in the morning

where possible, before the main heat of the day. In most cases, transport will be limited to the local township. Your understanding and assistance during the summer period is appreciated.

Have you thought about your emergency plan? Drop into the office and ask for a Red cross checklist to get started today.

Celebrating carers



We welcomed carers and the community to drop in for a cuppa and cake, to celebrate and recognise carers during National Carer’s Week. Our guest Jason, from the Carer

Gateway, told us about a variety of supports and services available to carers. If you would like to learn more, you can collect printed information from the Menzies

office, including Carer Gateway information packs, and a handy list of carer services and local support groups. Learn more: www.carergateway.gov.au

HOT WEATHER TIPS

SunSmart UV app

The free SunSmart Global UV app puts sun protection advice at your fingertips, so you know when UV levels can damage your skin leading to skin cancer. Download the app from: www.sunsmart.com.au/resources/sunsmart-app

Radio UGFM

Emergency broadcaster for Murrindindi and surrounds:
 106.9 Alexandra / Eildon
 88.9 Yea / Highlands
 98.5 Marysville / Lake Mt
 94.5 Kinglake Ranges
 98.9 Flowerdale / Hazeldene



EMERGENCY PLANS

The Red Cross “RediPlan” form helps you create your emergency plan, with prompts for documenting key information for each member of your household, like your driver’s licence and tax file numbers, along with utility providers, contact details of your support network, alternate places to stay, and medical information. The form can be downloaded from the Red Cross website, collected from the Menzies office, or ask your support worker to pick it up for you: www.redcross.org.au/emergencies/prepare/organise/

IT’S GETTING WARMER!

Don’t forget to drink water regularly.
Survive the Heat Campaign:
betterhealth.vic.gov.au/campaigns/survive-heat
Heat Health Warnings:
health.vic.gov.au/environmental-health/heat-health-warning



COMMUNITY AGED CARE NEWS

Lunch with friends for Senior's Week



To celebrate Senior's Week and recognise the contribution that seniors make to our community, we invited Menzies Social Support clients to "bring a friend" to lunch.

Over 40 clients and friends enjoyed a roast lunch and dessert at Alexandra's Masonic Lodge.

This event was supported by Foundation Murrindindi Connecting Communities Small Grants Program.

If you are interested in joining social support outings and activities, your first step is to call My Aged Care and request a referral for social support.

My Aged Care

Phone: 1800 200 422



Plans for informal carers announced

The Federal Government has announced a range of promising initiatives to support Australia's informal carers, allocating almost \$6 million over the next three years to help some of our most dedicated community members.

Key initiatives announced by the Government include the creation of a National Carer Strategy, a new Carer Inclusive Workplace Initiative to better support carers in the workforce, and a two-year extension for the Carer Gateway portal.

Learn more:

hellocare.com.au/informal-carers-recognised-as-the-government-funds-major-initiatives/

Top: Aileen, June and Josie at the Senior's Week lunch. Above: Ange and Lee Ann with Community Aged Care Assistant, Lalita.

RECEIVING IN-HOME SERVICES DURING HOT WEATHER

For the wellbeing of our support workers, please turn on air conditioning or fans while you receive services in your home.

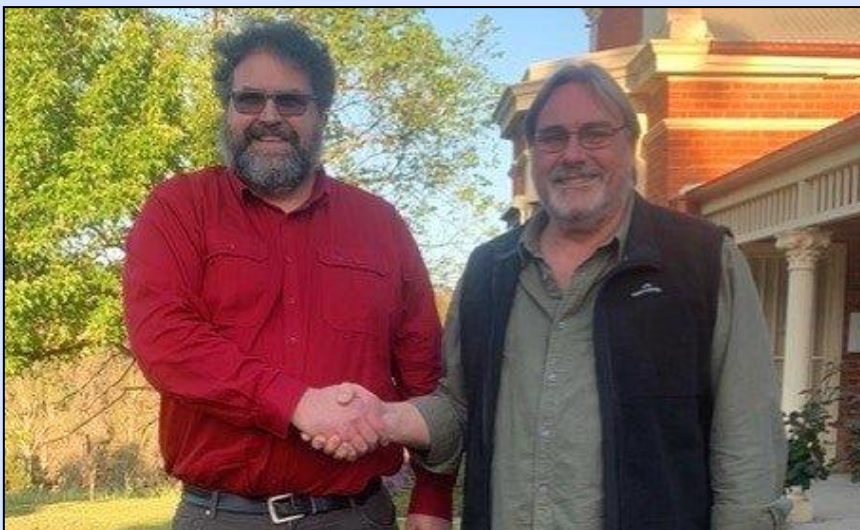
U A B S O L U T E L Y F A B U L O U S N
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 X S E O W P W C O M B A N K S H A R E S

WORDSEARCH:

Back to the 1990s

- ABSOLUTELY FABULOUS
- DARYL BRAITHWAITE
- GEOFFREY RUSH OSCAR
- MURIELS WEDDING
- COMBANK SHARES
- QUANTAS SALE
- MABO DECISION
- WOMEN PRIESTS
- VICTOR CHANG
- KYLIE MINOGUE
- JOAN KIRNER
- THE X FILES
- OPTUS LAUNCH
- TWIN PEAKS
- NYPD BLUE

DPMC ANNUAL GENERAL MEETING



We welcome new President Andrew Langley, left, and thank Present Peter Elms-Smith for his commitment to DPMC.

Menzies Support Services is governed by the Dame Pattie Menzies Centre volunteer Committee of Management.

The DPMC AGM was held on Monday 23rd October at The Mount.

We are pleased to congratulate Andrew Langley as incoming President. Thank you Peter Elms-Smith for your commitment to DPMC, serving as President for a total of 17 of the past 20 years.

Committee of Management:

President Andrew Langley;
 V. President Karen Doherty;
 Treasurer David Beattie;
 Secretary Maxine Murray.

Members:

Bryan Quinn, Peter Elms-Smith, Michael Adaway, Karyn Mackew.

Life Governors:

Jan Fry, Tom Pritchett, Margaret Abbey PSM, Dean McLean, Peter Elms-Smith, Mark Lewis.

SOCIAL SUPPORT UPDATE

During November we'll see the Retro Jo Show at Whittlesea Morning Melodies, and Englebert Humperdinke at Healesville.

We'll have shopping days at Shepparton SPC factory, and Westfield Plenty Valley.

We'll see 'My Sailor, My Life' at Swanpool Cinema, spend a day in Mansfield for lunch and shopping, and wrap up November with a tour of the gardens at Ripponlea House.

Wednesday lunches in Alexandra and Eildon are on hold for now, but in December we'll have a combined social Christmas lunch for clients in Alexandra, Eildon and Yea.

Please see your social support schedule for details and RSVP at the Menzies office, or call us on 5772 1888.

Save the date for the Menzies Christmas Party on 19th December. Details will be provided in the December edition of Menzies News.



ACD supporting children and families

Association for Children with a Disability (ACD) advocates for children with disability and their families. ACD offers a variety of services and resources for children and families, including information, workshops, support line and advocacy. Workshops and resources available on the ACD website cover the NDIS, early years, school, and teenage years, and help for families.

Learn more: <https://www.acd.org.au>

Subscribe to the newsletter: <https://www.acd.org.au/newsletter>

Support line: 03 9880 7000 or 1800 654 013 (regional)

The ACD Support Line hours are Monday to Friday, 9am-5pm. For after-hours support, call Parentline on 13 22 89, 8am-12am, 7 days.

EXPRESSIONS OF INTEREST

Training Opportunities 2024

Have you considered a career in the health, aged care or disability sectors? Training will be offered next year in a variety of formats from taster courses, short courses, professional development and full accredited certificate courses. Training will be held locally.

Expressions of interest are open. If you would like to receive updates, please email your contact details to the address below, optionally with a summary of the training topics you're interested in, or phone Leisa at Menzies Support Services:

careers@menziessupport.org.au

Pathways for Carers, Alexandra

Carers meeting carers over a friendly and free morning, sharing information about carer supports available.

Enquiries please phone Anthea 0418 402 455.



DIRECTORY

EMERGENCY

Dial Triple Zero 000

Alexandra District Health
5772 0900

Alexandra Family Medical
114 Grant St, 5772 1699

Alexandra Medical Centre
54 Downey St, 5772 1444

Alexandra Taxi
0408 576 420

Murrindindi Shire Council
www.murrindindi.vic.gov.au
Access and Inclusion Officer
Andrew Langley, 5772 0333

My Aged Care
www.myagedcare.gov.au
1800 200 422

Aged Care Quality and Safety Commission
www.agedcarequality.gov.au
1800 951 822

OPAN (Older Persons Advocacy Network)
1800 700 600 | opan.org.au

NDIS
ndis.gov.au | 1800 800 110
facebook.com/NDISAus
youtube.com/DisabilityCare

NDIS Quality and Safeguards Commission
1800 035 544
www.ndiscommission.gov.au

The Disability Gateway
1800 643 787
disabilitygateway.gov.au

VALID
Free independent advocacy for Victorians over 18 with an intellectual disability.
1800 655 570 | valid.org.au

Association for Children with Disability
acd.org.au

Self Advocacy Resource Unit (SARU)
03 9639 6856 | saru.net.au

Mental Health Victoria
www.mhvic.org.au/

Nurse on Call
1300 60 60 24

Poisons Information
13 11 26