

CentacareCQ chat MONTHLY

Your goals are our priority

Navigating your **National Disability Insurance Scheme (NDIS)** package can be overwhelming. That is where **CentacareCQ support coordination** can help.

What is support coordination?

Support coordination is aimed to assist you in building the skills you need to develop, implement and use your NDIS plan.

Support coordinator Zoe Newman said the NDIS was a goals-based scheme recognising needs of each participant.

"Every participant's aspirations differ depending on what they wish to achieve. This might be returning to the workforce, moving house or getting help with daily tasks to remain independent in their own home

She said the NDIS plan would include your set of targets you wish to work towards and allow you access to NDIS funding in order to achieve them.

"A couple of our clients are currently studying at TAFE, but a number of them aren't yet confident enough to attend their classes on their own. To help them reach their educational goals, we have arranged for a CentacareCQ support worker to join them in attending the classes so they feel more comfortable and confident to go on their own.

What are the benefits?

Having a CentacareCQ support coordinator means you have a support team to assist you to negotiate with providers about the supports they have on offer and the costs involved to achieve your goals.

Support Coordinators can:

Negotiate with other organisations (including physios, occupational therapists, and other allied health professionals and employment agencies) to see what services are available to assist you with your ambitions. Assist with getting your NDIS plan reviewed, if your circumstances change and you require more or less supports, so that your plan can financially reflect your goals.

Ensure your service agreements and service bookings are completed and help build your ability to exercise choice and control, to coordinate supports and access your local community.



If you would like to know more, please call our team today on **1300 523 985**, webchat with us via **centacarecq.com** or find us on Facebook **@centacarecq**

Mackay launches social groups into the region



I'm very excited to share the success of our social group events kicking off in the Mackay Region.

It is heart-warming to see so many clients happy to see this venture come alive.

We appreciate your input and suggestions into the development of

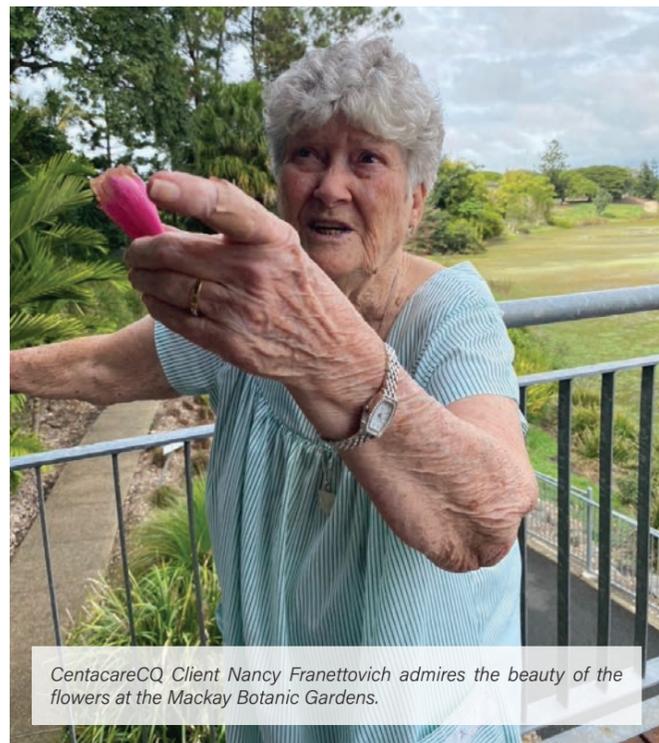
what activities you are most interested in being a part of for future events.

Although we have only had a small handful of events so far, word is spreading and we are happy to see attendance numbers grow with each event.

In other news, our Community Care and Family Relationship Centre Teams are working together to ensure quality services are provided to all our clients.

All our staff are passionate about the health and wellbeing of you, our clients.

Flavia Prospero,
General Manager
Health and Wellbeing Central Region.



CentacareCQ Client Nancy Franettovich admires the beauty of the flowers at the Mackay Botanic Gardens.



Mackay Social Group clients (from left) Carmel Ellis, Shirley Jensen, Nancy Franettovich and Betty Elmore enjoy a lovely morning outing at the Botanic Gardens.



Mackay Social Groups admire the beauty of the Botanic Gardens nearby the waterfall.



(left) Mrs Shirley Jensen and social groups coordinator Marjanca Soke.

Scenic views and social fun at Mackay's Botanic Gardens

Nancy Franettovich felt at peace as she admired the picturesque scenery, flora and fauna of the Mackay Botanic Gardens.

As her eyes scanned across the landscape of green, her attention was captured by the beauty of a bunch of beautiful pink flowers entwined on the pergola. Her smile grew as she reached for one.

Nancy was one of five CentacareCQ clients who attended the second ever Social Group Activity event in the Mackay Region.

She and the others enjoyed a morning of sandwiches, tea, coffee and cake before wandering the garden surrounds and listening in on a presentation on the history of the gardens by Mackay Regional Council.

Nancy explained: "It was a well-organised outing. I really enjoyed the morning tea and meeting the other ladies."

She said she was looking forward to the next social outing.

"I'm enjoying meeting others, socialising and getting out and about around our beautiful Mackay. They're great because it helps us with social and physical activities," she said.

CentacareCQ Mackay Health & Wellbeing Manager Flavia Prospero said adding Social Groups as a service to the region, was something her team had been working on for months.

After receiving funding from the Commonwealth Home Support Program (CHSP) to provide respite for people over the age of 65 years and linguistically diverse people, she said her team looked at finding ways to provide a service that clients of this nature could benefit from.

"We've learned from our own clients, that the group activities they had been involved with, through other organisations, were not ideal to their interests," Flavia said.

"We knew this was a great opportunity for us to do something that would give our clients the ability to share their ideas of what they would like to be involved in."

“It was very well-organised. I really enjoyed the morning tea and meeting the other ladies.”

CentacareCQ Social Groups Client Nancy

Flavia said a morning tea was held last month with the clients to discuss the types of social activities they enjoyed.

A couple of weeks later, a second social activity had been organised at the Botanic Gardens.

She said social group activities had great benefits for the clients who attended including enhancing their social and emotional wellbeing and improving their connections with the community.

"We are looking forward to growing this service in the coming months - tailoring the activities to the clients who attend them," she said.

CentacareCQ support worker and social groups coordinator Marjanca Soke, who has been a part of the project since its launch last month, was excited for the future.

With the skill set of speaking five languages (including Slovenian, Croatian, Serbia-Croatian, German and English) Marjanca sees the future of Social Groups as an integral way of bringing CentacareCQ Clients and the community closer together through a range of cultural activities and events.

She said she was particularly excited about researching and organising specific celebrations and events that CentacareCQ clients could get involved in.

CentacareCQ
Friends GROUP
MACKAY

Find out more



Phone
1300 523 985



Web Chat
centacarecq.com



Facebook
Messenger

Everyone is welcome



One of the things that I am most proud of, when I think of the great range of programs and services that we deliver at CentacareCQ, is our devotion to help every person.

Our mission, to share in the healing ministry of Jesus by providing professional community services to enhance the wellbeing of individuals, runs deep within each CentacareCQ staff member.

This inclusion, and ability to access services within the community, is vital to all our client's feelings of belonging and value.

Our team, throughout the Diocese, does a remarkable job of caring for each and every client no matter what service that may be - aged care, disability, counselling and family support services - everyone is welcome.

To be a part of a team that cares so much about enhancing every client's life is very humbling and heart-warming.

And while every client's journey is different, our mission doesn't change - we strive to help those in need one way or another - everyone is welcome.



Don Butler
Human Resources Manager

Wordsearch - musical instruments

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

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|-----------|--------------|------------|
| ACCORDION | EUPHONIUM | TARKA |
| BAGPIPE | FLUTE | TRIANGLE |
| BALALAIKA | FRENCH HORN | TROMBONE |
| BANJO | HARP | UKULELE |
| BASS | HURDY-GURDY | VEENA |
| BODHRAN | LAOUTO | VIBRAPHONE |
| CABASAS | MANDOLA | VIOLIN |
| CELLO | MARACAS | XUN |
| CHIMES | MELODICA | |
| CITTERN | MIZMAR | |
| CLARINET | OBOE | |
| CONGA | ODU | |
| CORNET | PENNYWHISTLE | |
| COW BELL | PICCOLO | |
| DIGERIDOO | SAZ | |
| DRUM | SITAR | |

PUBLIC SERVICE ANNOUNCEMENT

Free Shingles Vaccine will end in October

Currently, anyone between the ages of 71 to 79 can receive a shingles vaccination for free, under a program which began in 2016.

As stated by the Queensland Government website, this program is being closed at the end of October 2021. From November 1st, anyone wishing to have the vaccination will be required to pay for it, which in some cases can be as much as \$200. Shingles is a painful condition caused by a reactivation of the Chickenpox virus.

"The condition can lie dormant for years until triggered, usually as a result of a decline in immunity due to age or immunity-suppressing medication."

CentacareCQ recommends clients between the ages of 71 to 79, who have not already had the vaccine, to speak to their GP or health provider about getting vaccinated and their suitability for it, to protect themselves and avoid having to pay a premium for it after October 31st.



For more information about our wide range of services please visit centacarecq.com or call 1300 523 985

