From the Manager: Hello everyone,

Welcome to our final newsletter for 2008. This year has raced by and I’m sure we are all now starting to think about Christmas preparations. With that in mind I would like you to mark in your calendar our end of year get together on the Thursday 4th of December 3 pm at Gunabul. Invitations have been sent but if for some reason you have not received one please call Sandi or Colleen for details as you are most welcome.

It has been a busy year with auditing by different bodies and then follow-up audits already starting and of course the general tasks of delivering service. Service to our Families and Individuals remains our reason for being despite a seemingly endless call on our resources by funding bodies.

Our Annual General Meeting was held last month and the new Management Committee contains three new members. The Committee is as follows:-

President……….. Denise Neilson
Vice Pres………….Garry Davison
Secretary…………..Robyn Allen
Treasurer…………..Paul Gorman
Member……………Anne Richardson
Member……………Dr. Daryl Dodt
Member……………John Vetter

Paul Gorman is a long time resident of Gympie and has a background in bookkeeping. Paul currently works for Main Roads in the finance section. Anne works part time in child care, has two children and has lived in Gympie for 10 years. Daryl is a General Practitioner and works in the Excelsior Road Medical Practice. Our new members bring with them skills that are relevant to our organisation and they will be an asset to us as we move toward planning the future direction of the organisation.

I would like to say a big thank you to all our Support Workers for their work and dedication throughout the year and I look forward to meeting you at our get together at Gunabul. I wish you a happy Christmas and all the best for the New Year.

Greg Wilson

PAY REMINDER

Pay date has been changed to Wednesday 24th December

Please make sure you get your timesheets in no later than 10am Wednesday 24th to ensure you receive your pay

Feel free to talk to Administration or Co-ordinators if you have any questions

“I am only one, But still I am one. I cannot do everything, But still I can do something; And because I cannot do everything I will not refuse to do the something that I can do.”

Helen Keller
Staff 2009 Pay Date Calendar

Timesheets in by Thursday 10am

January 8th, 22nd
February 5th, 19th
March 5th, 19th
April 2nd, 16th, 30th
May 14th, 28th
June 11th, 25th
July 9th, 23rd
August 6th, 20th
September 3rd, 17th
October 1st, 15th, 29th
November 12th, 26th
December 10th, 24th

Disability “Access All Areas 2008” guide
www.sunshinecoastcis.qld.gov.au
Email: cis@sunshinecoast.qld.gov.au
Locked Bag 72, SCMC, Qld. 4560
Ph: (07) 5475 8925

Topics include:
- Australian Red Cross
- Advocacy
- Community / Neighbourhood Centres
- Employment
- Health
- Libraries
- Mental Health Service & Support
- Social Groups
- Program
- Support Groups
- Translation
- Transport
- Visitor Information

Weeroona will be holding a families and staff End of Year Party at Gunabul Homestead on Thursday 4th December at 3:00pm.
Finger food will be provided.
Please advise Sandi or Colleen by 26/11/08 if you would like to come for catering purposes.

No one can speak with your voice, Say your piece, Smile your smile, Or shine your light.
No one can take your place for it is yours alone to fill.

Ludwig Wittgenstein
WHATS ON:

**Fogarty's Auction**  
(Black tie event)  
Friday Dec 5th @ 7pm  
$5 entry fee (covers drink & food)  
Also opening of the Friends of the Gallery Art and Craft Extravaganza Christmas Shop.  
They are also looking for volunteers to assist.  
If you are interested in volunteering or want to attend contact Pamela on 5482 8375 or the Gallery on 5481 0733

**DANCING AND DRUMMING!!!**  
For Fun and Fitness  
Come along and join us on Thursdays from 1pm to 2pm  
(school holidays excluded)  
11 Red Hill Rd  
(Old Cooloola Creative Lighting building)  
The venue is wheelchair friendly and off street parking is available at the back of the hall  
Cost is $5.00. Carers free  
Ph. Sherena 5486 6001 or 0423 478 649

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**GYMPIE REGIONAL GALLERY**  
**HOLIDAY WORKSHOPS**  
6-12 years of age

**JANUARY:**  
10am—12
Tues 13th - Collage  
Create a picture using organic materials  
Wed 14th - Bird, Bug in a Tree  
Use leaves to make a tree then coil a bug or bird with coloured paper  
Thus 15th - Painting  
Paint a picture of life at your house  
Fri 16th & 23rd  
Create mini seedpods  
Tues 20th - 9am - 12  
Make percussion instruments  
Wed 21st - Paint with Ink & Wax  
Thurs 22nd - Seedpod Critters  
Make critters with seedpods & plasticine  
Sun 25th Jan & 1st Feb  
Create large seedpod Mobiles to hang in trees  
1pm—3pm  
Tues 13th- Fabric Painting  
Paint a design on fabric  
Wed 14th - Butterfly, Beetle Collage  
Use wax crayons & paint to make colourful papers  
Thurs 15th - Crazy Collage Faces  
Use magazine images to create a crazy face  
Fri 16th  
Create mid size seedpods  
Tues 20th  
Make percussion instruments  
Wed 21st - Friendship Bands  
Try the ancient craft of “tollen” weaving  
Thurs 22nd - Cartooning  
Try this fun way of Drawing  
Fri 23rd - Seedpods  
Sun 25th Jan / 1st Feb  
Create seedpod mobiles

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**P.A.I.L**  
Parents Advocating for Independent Living  
Parents Advocating for Independent Living (P.A.I.L) recently formed in Gympie for families to explore ideas and find practical solutions for our adult family members to have independent lives.  
In 2009 the group will host a number of workshops so that families across the region may join with us to gain the knowledge to achieve a good life for their family member.  
Meetings will be held on the 2nd Thursday of each month  
From 1pm - 3pm  
At Gympie Community Health Centre  
20 Alfred St Gympie  
Our Next Meeting will be on Thursday 11th December 08  
All Welcome  
For all enquiries call Annette 5482 8950 or Jean 5481 6427
**New Policy - Conflict of Interest**

Conflicts of Interest may arise whenever you are in a situation where your interests are likely to ‘get in the way’ of the interests of the person for whom you are supporting.

For example:
- It could be perceived to be a conflict of interest, if you and the person you are supporting always went to the same café which happens to be owned by your cousin.
- It could be perceived as a conflict of interest, if you were doing your laundry while supporting a person.
- It could be perceived as a conflict of interest when you are working with a person who is your cousin, sister/brother, niece or so.

Remember each situation is unique and a conflict of interest may not necessarily have a negative consequence.

*If you feel there may be a conflict, chat to your Coordinator about it & when relevant, note the potential conflict on the register at Weeroona.*

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5 things you may not know about STRESS
(from QComp Spring Newsletter)

The Foundation for Research into Injury and Illness in the Workplace has reported there are 5 things most people don’t know about stress.

They found that:
- **Stress is the major workplace injury of the 21st century.** Having fun at work can help reduce stress, improve productivity & reduce sick leave.
- **It's much easier to keep on working than take time off to go to a seminar on stress.** It’s important to keep a sense of balance in our working lives & take time to look after ourselves.
- **You don’t have to be a victim of stress.** Even if the answers aren’t always obvious, there’s usually something you can do.
- **When you can’t change your circumstances, you must change you.** Think about how you might positively reframe an experience.
- **Keep your sense of humour**—it can help you through the tough times.

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**REMINDER TO ALL SUPPORT STAFF**

To bring copies of your First Aid Certificates in to reception for copying by the end of November.

All staff who need to obtain a First Aid certificate please let Administration know as soon as possible.

If you are employed in Aged Care, Disability Care or Home & Community Care for 25 hours or less you can give yourself a "New Year’s Gift"

The Dept of Employment & Industrial Relations in conjunction with Maisie Kaufmann Learning Centre is offering:

- Accredited computer and/or Excel training to improve your computer skills
- Course will commence: 12th January 2009 and is free to eligible participants
- 60 John St Maryborough
- Places are limited so book now—phone Sheree or Gay on 4121 3364

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