



PECKYS NEWS - DECEMBER 2012



General Manager Update

Hello everyone.

I can't believe this year is almost over and Christmas is nearly here. We held our annual Christmas party on Saturday 15th December and had a lovely time celebrating with the families and clients. Don't forget Peckys will be closing down over the Christmas period our last day is Thursday 20th December 2012 and clients return on the Tuesday 15th January 2012. We will be holding a training day for staff on Monday 14th January on First Aid Resuscitation, Anaphylaxis awareness & Epilepsy Management.

We are busy revamping our website and finalising our brochures for each of the programs. They have all been redone to incorporate our new logo and vision for the future of Peckys.

Six new clients leaving school have chosen to come to our programs next year, we are busy planning and recruiting new staff to accommodate the growth.

Keep an eye out for the new clients and staff that will be joining us next year.

Thankyou to all the families and staff for returning our annual surveys. We will be collating the results and using it as a continual improvement tool for the services we provide.

As the year comes to a close once again, I'd like to thank all the staff at Peckys. They work tirelessly throughout the year and succeed in making the programs a success everyday for the clients.

We wish everyone a very blessed Christmas and a joyous New Year.

Heidi

Day Service

Hi Everyone,

Welcome to our December and last issue of our newsletter for this year. It has been a very productive year here at Peckys with many new changes and we look forward to ending this year with a big bang.

Activities Update

Our clients had the opportunity to see Cirque De Solei last October. What a colourful, interactive and wonderful sensory experience it was. Everybody left with big smiles on their faces and all talked about it for days.

Melbourne cup was a big day. The clients and staff played horse racing games and made hats and fascinators which they all proudly wore in the hat parade. It was great to see everyone having a flutter or two getting into the spirit of Melbourne Cup.

Last term I spoke about sailability at the Penrith Regatta centre – the response and feedback from clients was very positive, the centre took great care in ensuring that

clients and staff safety was first priority. Each individual client that participated in that programme can't wait to do it again.

Our clients and staff have been learning about different cultures and music through our Cultural cooking programme. So far our clients have had the opportunity to experience food and music from Thailand/Cambodia, Italy and the Middle East. This exotic culinary cooking experience has certainly tantalised our taste buds and left us guessing – what's next?

Every second Tuesday it gets a little bit loud here at the centre, as we bring out the inner tribal dance in us and rhythms from Africa, it's very interactive and everyone is encouraged to make lots of noise.

Our choir group named the Wind Chimes is sounding heavenly and performed on the 10th of December 2012 at Ashleigh Lodge Nursing home. The Wind Chimes were accompanied by our resident musician Graham Ahearn and lead vocalist Kerry Philliponi and Maureen Mara.

As we all reflect on the year that is passing, I would like to thank everyone for the support I have felt here at Peckys. Please have very safe and happy holidays and I look forward to share a bright and prosperous new year with you all .

Feliz Navidad.

Sara Adderley

Day Service Coordinator



LIVING SKILLS TEAM

Hello All,

Who can believe we are in the final leg of 2012, the year has just flown by.

Thanks to Heidi and her successful submission, the Living Skills program has purchased an outdoor setting, consisting of a large 10 seater table and chairs, perfect time for it's arrival leading up to summer, I can smell the bbq's already.



The Living Skills program enjoyed celebrating the Melbourne Cup in style with our good mates from the day service program. A scrumptious lunch of roast chicken and salads was enjoyed. We designed our own hats which were showcased in the hat parade; luckily we all won prizes for our creative masterpieces. To cool down we made snow cones and had cake for desert. Congratulations to Eric for winning first place in the sweeps. Thank you Day Service for the wonderful day.

Photography Workshop: The clients that participated in this workshop, learnt new techniques and walked away with the understanding that everything around you is a photo, we now know new dimensions and different angles to position the camera, using a flash, photographing reflections, manual movement for different effects and lighting. Never delete your photos until you have downloaded your image and seen exactly what you have encompassed.



Wishing you a Merry Christmas and a Safe and Happy Holiday:

Jodie Caruana

Viva Vibes

Welcome to Viva Vibe's pre x-mas, end of year, 2012 newsletter. The group have begun the festive season early by broadening their culinary taste buds and turning into real bonafide foodies. The members enjoyed Oriental cuisine at the Asian food festival, bureki & custard pastry at the Granny Smith festival, devouring the best seafood in town if not NSW at the breathtaking Sylvania Waters. There was also the Fishers Ghost festival, Japanese, Polish & Egyptian festival need I say more the food goes on & on & on.....

I am happy to announce the new booklet will feature "Health Kick". Without giving too much away the activities will be energetic, exhilarating and sporty gearing towards healthy living. With each activity information will be provided to all participants such as nutritious recipes, list of exercises etc aiming to assist all involved in sustaining a healthy lifestyle. The members will have the opportunity to work in pairs, teams and groups providing

the opportunity to build on their friendships and team building skills. Wishing all a beautiful Christmas surrounded by love and light and a safe New Year.



For more information please contact Andrea Young on 0437 007 390 or email ayoung@peckys.org.au.

Bye for now Andrea

Teen Zone



Deck the halls with boughs of holly,

*Fa la la la la la, la la la la.
Tis the season to be jolly, Fa la la
la la la, la la la la.*

Getting a little carried away, with Christmas so, so close.

Hello There,

Teen Zone will be active little vegemites, with all the forth coming programs and Christmas festivities.

Activities to look forward to:

- Ferry, Swim and Picnic at Cockatoo Island
- Camp Night

- Dragon Boat Races
- Blacklight Mini Golf & Lasertronic Maze

The Teen Zone program will close over the Christmas break. Our last day of program is Saturday 15th December and we will return to full swing Saturday 19th January 2013.

Just a reminder there will be no program operating Australia Day, Saturday 26.1.12. Teen Zone will operate Australia Day weekend Sunday 27.1.12.

A huge congratulations, to the newly married Mrs Lyndall Fitzgerald, who honeymooned in style on a P&O Cruise ship.

Wishing the very best of luck to Felicity and her family whom will be welcoming a tiny bundle of joy shortly into the world, Felicity will be commencing her maternity leave in 2013.

Wishing you a Merry Christmas,



Jodie

Transition to Work

How quick has this year been!!!!

Transition to Work group have been involved in a range of different work experiences over the past 12 months-

- Yuranga industries- Support work shop
- Woolworths Seven hills
- Memory Homestead Nursery

- Endeavour enterprises –Supported work shop
- Spot Light Mt Druitt
- Mc Donald's
- Salvation Army Seven hills
-

I would like to take the opportunity to thank all the Businesses for allowing us to be as part of the team.

The group has been involved in a hospitality group over the past 12 months. They have made some delicious meals at the centre and have cooked them at home as well. The clients have been typing the recipes on the computer so keep an eye out next year - we might even put the book together.



The program have a study group on a Tuesday at the Stanhope Library learn program. The clients have learnt about their rights and responsibilities while working, OH&S training, stranger awareness, time management and much more.

All clients on the Transition to Work program have learnt to catch public transport to the Sargents centre at Blacktown which has been a high achievement for all. Well done guys!!!

Last but not least. We hope that you all have a safe and happy Christmas and a wonderful new year.

Melissa Terheegde
 Manager Community Access Programs

Staff profile – Graham Ahearn

Hi, my name is Graham Ahearn. I am a support worker on the Day service program. I have been working at Peckys for around 7 years. I enjoy working at Peckys because I get a sense of achievement when able to offer an enjoyable day for clients and each day is varied and unique.

When I am not at work, I enjoy spending time with my wife Chrissy and my Daughter Abigail who is 3 ½ years old. When we have the chance we often go 4wd and camping. I like to play guitar and occasionally bring it in to play for groups at Peckys. I also enjoy going out and socialising with friends and family

