



PECKYS NEWS – MARCH 2013

General Manager Update

Hello everyone.

Welcome to 2013 – this year seems to be flying by already. All our programs have been up and operating since our return in January and all the new clients and staff have settled in well into the everyday routines.

Our new brochures advertising our programs have been printed and are being distributed. Thankyou to the client's for allowing us to use their photos, they look great and show what we achieve and do in our programs.

We are closing down for training twice this year, one day at the end of March and four days in June. Our training topics include manual handling, social stories, dual diagnosis and behaviour management.

In 2013, we have a new OH&S and policy review committee. If anyone would like to be part of the committees we have operating, please give me a call and let me know. Most of our committee's meet once a month and we always welcome new members.

Peckys continually strives to improve our services and like to hear any feedback or concerns you may have on anything to do with Peckys, so please feel free to give me a call or email me at hboardman@peckys.org.au with any suggestions you may have.

Easter and end of daylight savings is coming fast upon us. I hope you all enjoy the chocolate eggs and break with your families.

Heidi

Day Service

Hi Everyone,

Welcome back to our first Newsletter for 2013, it's going to be a huge year for Peckys and already we are feeling the excitement of it all. A big welcome to all our new clients this year and it's great to see that they are all settling in well. Also welcome aboard to all our new recruits this year, we hope that you enjoy being part of the Peckys family team.

Activities

I would just like to take you back to last year's clients Christmas party , it was a fun filled day had by all , the clients and staff participated in various sports games and activities , the clients also made and took home their very own individual ginger bread house – which looked spectacular !

Fitness

This year we are focusing big on fitness and health. Our aim is to keep everyone moving regardless of their physical ability. Monday group participate in motivational sensory sports programme, and on Tuesday we have martial arts for those who enjoy something a little high impact, clients develop sparring techniques and self defence. There is also a gentle exercise and fitness programme for clients who are non ambulant.

Choir

After the success of the last performance, our choir group The Wind chimes are back in rehearsal mode and already learning new songs. We look forward to

performing for the elderly at various nursing homes as well as other members of the community. For any events booking please call Kerrie or Sara at Day Service.

Entertainers

Last year Miracle the rapper gave us a very special hip hop performance; he rocked the house down and had everyone in a frenzy – stay tuned for more performances from Miracle.

The Elvis show was a huge success; everybody was highly entertained with his rhinestone suit and big sideburns, nice to see that everyone got up and had a dance.



We were very fortunate to have Sonia Bennet folk singer from the Blue Mountains performing for us in January, the feedback was very positive and Sonia has agreed to be back again later in the year- stay tuned for more.



Therapeutic Massage



Something new that has been introduced in our Day Service centre is the sensory therapeutic massage, some of the beneficial factors that have been found through therapeutic massage are as follows:

- Relieves stress, Improves circulation
- Encourages relaxation, Improves posture
- Lowers blood pressure, Relaxes muscles



Improves flexibility and range of motion and strengthens the immune system. This is purely a one to one session and is facilitated with a professional therapist and assistance of our staff.

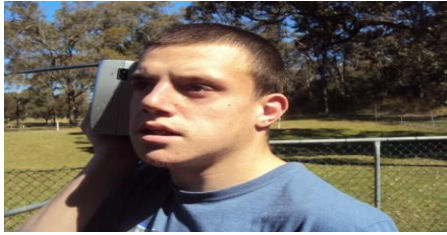
Antonella King our massage therapist can be contacted on 0410 659 026.

Up and coming Events

Rockwood Rockers , Hip Hop/Drama

Arts workshop,

Easter & Hawkesbury Show



Sara Adderley

Day Service Coordinator

LIVING SKILLS TEAM

Hello All,

What a beautiful rainy and wet summer, we have had. Now as we prepare for the cooler months the Living Skills program is planning on getting a little cozy and preparing for some indoor activities. We have a diverse range of arty, crafty and textile projects up our sleeves.

The group has commenced with our needle work program, where we are making some very quirky personalized cushions. The fabrics are loud and the decorations are bright.

Soon to follow will be our clay workshop taught by Fun Time Art.



Huge congratulations to the Living Skills clients, whom entered their wood and metal work items in the Blacktown Show. What a fantastic job and effort. We took out some places this year and some recommendations... Well done. Special thanks to Peter, we couldn't have done it without you.



Jodie Caruana

Viva Vibes

Welcome, I hope everyone had a wonderful time over the holidays & kept cool in the Aussie heat.

The members have returned with great enthusiasm and new clients have joined the group with fresh energy and and all are gearing up ready to go. We happily welcome to the group Bronwyn, Michael and Tracy. Most have voiced their excitement and eagerness over the "Health Kick" activities such as tennis, swimming and especially the personal training days. On these days the members will be given the opportunity to work in pairs, teams and groups providing the freedom to build on their relationships, create new friendships and enhance team building skills. This is the season to strive to live healthy, gaining more energy which leads to happy, wonderful and fit lives. I'm mentally working towards this dream

(Really working out on the inside) and I'm hoping my body will follow suit.

Those who participated in Viva's "Grow a vegetable garden" stated this was a great activity". Parsley, corn, shallots, lettuce and even strawberries were planted for all to take home. Pete took on the class and provided step by step instructions, making it clear for those of us who have not been blessed with a green thumb. All worked well as a team and individually, some lending a hand to those who needed it. This activity will be repeated towards the end of the year concentrating on summer vegetables and herbs.

One of the highlights of Peckys February Sleep over was a dinner and concert (The Acoustic Harmony Tour 2013) featuring country music band "The McClymonts" who are a true representation of Australia's finest talent.

It's been an enjoyable and memorable time for staff and members in the last couple of months. Looking forward to happy members partaking in Viva's many activities in the future.



Health Kick
Pancake making

Grow a vegetable
Peckys Sleep Over

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

Bye for now Andreana

Teen Zone

Hello There,

Firstly I would like to bid a huge farewell to all our great pals of the Teen Zone program, whom are, or will be turning 18 over the next few months. It has been a

ball getting to know you, hope you have enjoyed your time with the Teen Zone program and take away many happy memories of your time spent with us....

Teen Zone has vacancies within the program, if you could please spread the word, to your friends, families and schools... Word of mouth is worth gold, and I look forward to recruiting some new friends to our awesome program in 2013.

The year has seen many great Teen Zone Activities including BMX racing, a day excursion to Cockatoo Island, Pancakes at the Rocks, a visit to the Aquatic Centre & beach outing.

Camp Night, once again was a huge success, and thoroughly enjoyed. We commenced the afternoon, with finding the perfect location for setting up camp. The erecting of the tents is always the most FUN. Cooking our camp fired meals, sharing stories, watching the sunset and adventuring on a twilight walk. We were up at the crack of dawn, for the fun filled and active morning ahead.



Teen Zone program will be closed Easter long weekend - Saturday 30th & Sunday 31st March 2013.

Wishing you a

Jodie



Transition to Work

Welcome back to 2013!!!

Transition to Work has had a great start to the year. I would like to welcome Bronwyn, Jessica and Luke to the group and hope that over the next 2 years we can support you to uphold a long term employment position in the area you wish to work.

With the growth of the Transition to Work program this year we would also like to welcome Lacey to our team, we hope you enjoy your time at Peckys supporting our clients to achieve their goals.

So as you can see there has been a few changes to this year already to the Transition to Work program. Our focus is to support the clients in achieving long term employment in the area in which they would prefer to work. The first step in achieving this goal, the clients have started their work placement for the year!

Four clients have had the opportunity to work at Coles Kings Langley for work experience. They have been learning new skills, OH&S in the work place, how to work as part of a team and much more.

Three clients have been attending Endeavour Enterprises and are continuing their work placement for an extra few weeks. Many achievements have been made and many more to come! Keep up the good work!!



Melissa Terheegde

Manager Community Access Programs

Kindifarm visits Peckys

Day services had a very special visit on 19th December 2012 from our friends at the Kindifarm.

The clients had the opportunity to hold, pat and bottle feed the animals. It was great to see all clients involved in the day enjoying themselves.





Staff profile – Emma Bonnici-Weir



We would like to thank the Kindifarm coordinator and staff for giving our clients the opportunity to be involved. Hopefully in the future we will be able to do it all again.

If anyone is interested in Animals – Kindifarm is widely regarded as providing the best quality service in the field of mobile animal farms. Kindifarm provides a range of educational and fun-filled visits for children and adults to enjoy. [Child Care Centres](#), [Schools Birthday Parties](#), [Playgroups Vacation Care](#), [Shopping Centres Aged Care Centres Fetes and Fun days!](#)

Visit the kindiFarm website on www.kindifarm.com.au Phone: (02) 99 708 708 or (02) 9651 5405 Mobile: 0415 708 708



JUSTICE OF THE PEACE

Just a reminder to all Peckys Staff, families, clients etc. that our Office Manager Lynelle Newman is a JP, if anyone would like to utilise her services, by having documents certified, just give Lynelle a call to make an appointment to come in to see her.

I am currently working at Pecky's as a Part-Time Disability Support Worker.

Previously I studied Community Services Work Cert 4 in 2012, I carried out a number of work opportunities within the community services industry for experience. I have worked at St Clair Youth and Neighbourhood Centre Inc, as a youth worker and had various duties such as establishing and building relationships with the young people; program organising, networking and raising various endeavours for the organisation.

I am now undertaking a Community Services Work Diploma. Through this course I will further develop my knowledge of the community services industry within the society.

Working at Pecky's, I have found it to be a very hospitable and pleasant environment to work. The established organisation has allowed me to increase my understanding of service delivery, based around the organisations quality of work ethic standards, which enriches people's lives by a holistic approach for the individuals attending.

