



mulleraterong centre inc. disability support

choice empowerment support inclusion outcomes

Alexandra Parade, P O Box 358, Hamilton VIC 3300

Phone 5572 3035 e-mail admin@mulleraterong.com.au www.mulleraterong.com.au

January – March 2023

Christmas Party



The weather was kind to us for our Christmas Party. Ellen and Phonse gave it two thumbs up, Kerrie, Casey and Evan enjoyed the festivities, Nerida looked great dressed up and everyone waited for Santa to call their names and receive their gift.



Centre Closed
Fri 07/04/23 -
Fri 14/04/23
(Easter Break)
Reopen on
Mon 17/04/23

Centre Closed
Tue 25/04/2023
ANZAC Day
Reopen on Wed
26/04/23

Centre Closed
Fri 09/06/23 &
Mon 12/06/23
Queen's Birthday
and Centre
Closure
Reopen on Tue
13/06/23

Centre Closed
Mon 03/07/23-
Fri 07/07/23
(Winter Break)
Reopen on
Mon 10/07/23

Robert Menzel

20/11/1955 - 7/01/2023



It is with much sadness that we acknowledge the passing of Robert Menzel on 07/01/23. Robert commenced supports with Mulleraterong in 2018 for two afternoons per week at the Grange and out in the community as well as a swim at the Centre once per week. On behalf of the Mulleraterong Centre community, we extend our deepest sympathies to Ray and his family.

CEO Comment

Thank you very much to Santa who added a great deal of joy to our Christmas Party. The first three months of 2023 has been devoted to reviewing the past year and looking ahead at initiatives to continue to facilitate inclusion and engagement for our clients. In addition to the multitude of required staff meeting agenda items to meet the Quality and Safeguards Standards, we have also reviewed the Mulleraterong Strategic Plan, conducted a SWAT (strengths, weaknesses, opportunities & threats) analysis and given each team member an opportunity to set their own goals for 2023 which will be revisited through the year to monitor progress.

Following on from our successful submission to SGSC for funding to purchase a water testing kit, Julie has applied to the Greater Grants Program for funding to extend the concrete path that goes around the garden in the courtyard, to reach a newly installed raised garden bed that Sarah and Michael have been working on. The path will make the garden bed wheelchair accessible whereby creating gardening opportunities for additional people.

Well done to our independent living gardeners who have a great crop of tomatoes growing in their raised garden bed at the Corner House.

I am very pleased to welcome new trainees, Nisara Roll and Madeline McErvale both of whom commenced their traineeships recently and also Bianca Tamburro who is working one regular day per week plus she fills in for us when she can. We are very lucky to have these enthusiastic and committed ladies join our team. Ruby Lang completed her traineeship in December and relocated to Geelong. We thank Ruby for her contribution to the Centre.



On behalf of Mulleraterong Centre Annette presented former Board of Management Treasurer, Tim Hallam with a plaque in recognition of his six years service and contribution to Mulleraterong

After having served on the Board of Management for 6 years, due to ever increasing business commitments, Tim Hallam resigned from the BOM in February. We thank Tim for sharing his legal expertise and for fulfilling the role of Treasurer for the past 2 years. We now have three vacancies on the Board so if you, or anyone you know might be interested in knowing more about it, please let me know.

We were surprised and delighted this week to receive a letter advising us of a bequest in the amount of \$121,409.45 from Kevin John Doyle. If anyone is aware of Mr Doyle's association with Mulleraterong Centre, please let us know. The BOM is currently organising to have building condition reports done on our three campuses and depending upon what the BOM decides to do, these funds will be put to excellent use.

The very next day we received notification of another bequest, this time from Diane Ryan who attended the Centre for 55 years and made provision for Mulleraterong in her will in the amount of \$13,429.29 We are very appreciative of this generous bestowal.

Annette

Donors 2023

We would like to express our appreciation to Kevin Doyle and his family for the donation from his estate of \$121,409.45.
We thank them very much for their support.



OPERATIONS MANAGER'S REPORT

Happy New Year to you all, although the year seems to be flying already.

We have commenced the year with a bang, and our team members are fresh and full of ideas for the year ahead.

We have some great social events coming up on our monthly Community Connections calendar.

We are holding a mini golf tournament, attending the top shot bowls day in Portland and looking at another 10 pin bowling league in Warrnambool. For this year's league we are inviting Kyeema, Cooinda and Southern STAY and we will make up teams from all agencies and provide the opportunity for friendships to develop.

The team will continue to brain storm some more great ideas for suitable events. If you have any suggestions, please let us know.

Recently we ran a Strategic Planning training session with the team which included coming up with some really good ideas including utilizing the Corner House for a variety of activities both during and out of program hours, accessing more community activities and groups, and utilizing individual team members interests and skills to enable staff to share their ideas.

Jacqui has already facilitated some wonderful new activities at the Corner House and Jesse has started a mural in the pool area which clients are contributing to.

Mulleraterong staff have recently formed a committee to organize a grand event to celebrate International Day of People with Disabilities in December. Many wonderful ideas have been put forward to celebrate the day, have fun and involve our local community. Watch this space!

Please remember as we head into 2023, that Mulleraterong is able to tailor supports to suit your needs. You may need support to enjoy an event, go on a day trip or holiday, attend an appointment such as the hairdressers or a medical appointment.

Give me a call anytime to discuss personalized support to maximize choice and control.

Alison Dunn



Kara is very relaxed during her pamper session at the corner house with Jacqui

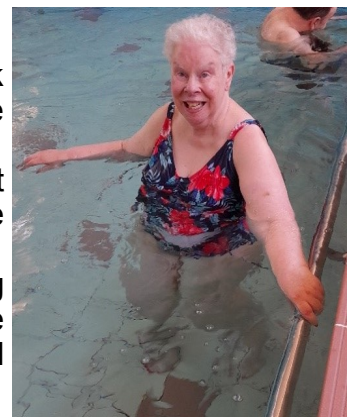


Swimming

Simone and Judy both have one regular swim per week in the Centre pool. Swimming is great for both exercise and socialising.

Simone walks up and down the pool with a constant smile on her face. Simone swims with Troy whom she loves walking around the pool with.

Judy exercises by jumping up and down and counting as she jumps. Judy also loves floating around on the noodle, playing catch with everyone and having a good old chat!





Personal iPad's / Tablets

We ask that anyone in an iPad program please bring in your own iPad / Tablet on the day of the program.



CORNER HOUSE MONDAYS



David enjoys cutting up the onion for spaghetti bolognese and is very determined to independently cook for the group on Monday mornings.



Coral enjoys taking the trolley to collect all the ingredients from the supermarket.



It is Marie's responsibility to collect the cream from the fridge at the supermarket as Emma and the rest of the group head to get golden syrup for dumplings.



Jarrod was very proud of his apple pudding and how it turned out.



Emma and Coral look through some recipes and discuss what to cook on other Mondays.

SALLIE & ELLEN

Donors 2023

We would like to express our appreciation to 2 Doors for their donation of \$622.55 following the BBQ breakfast fundraiser held in December 2022. \$600 was raised from the BBQ and \$22.55 was in tips.





Emma was very excited to go and have morning tea with Kerrie H, because she had been unwell. They were both so pleased to catch up.

Bev



Wednesdays at the gym, Tara, Jenna, Nick W, Jarrod, Nicky, Tyler and Francis like to use equipment of their choice. Nick enjoys the seated bike and using the exercise ball. Nicky enjoys walking on the treadmill while watching the big TVs and Jarrod usually walks on the treadmill as does Francis and sometimes they use the rowing machine.

Casey

EASTER RAFFLE



This year Mulleraterong will be holding an Easter Raffle to raise funds for the Good Friday Appeal. The raffle will be drawn on Thursday 6th April 2023 during our Easter lunch. Tickets are \$2.00 each or 3 for \$5.00. If you would like to buy a ticket please see the girls in Admin.



Phonse is a great help shopping for Mulleraterong's workshop. He always says good morning to everyone at Permewans and carries supplies out to the bus and unloads them at the Workshop.

Andy

Introducing



Bianca Tamburro

I have lived in the Hamilton region for 13 years. My previous experience related to disability includes student placement at Parklands in 2019 as part of an education support course, which led to interest in supporting others in the community. I also have interests in photography, art, exercise including walking dogs, classic cars and events, reading and live music. I have been a volunteer with the SES since 2021.

Nisara Roll

I am undergoing a traineeship with Mulleraterong, I have lived in Hamilton for 10 years. I don't have any previous experience working in the disability sector. I am married with two children. I enjoy sewing, walking and exercise and learning new things.



Madeleine McErvale

I have lived in Hamilton for 20 years and spent 3 years in Perth and 1 year in Ballarat. I have a brother with Autism and have grown up with a certain level of responsibility. I care for him if Mum or Dad are unavailable. I have a genuine passion for this role. I enjoy hiking, swimming, camping and the outdoors, TV shows and podcasts.



Crafts Studio



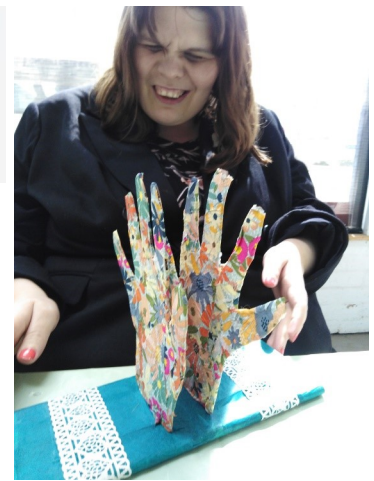
Katrina wanted to make a fruit bowl. She covered a large bowl with glad wrap and layered it with newspaper using many layers before we took it off the bowl. Katrina added more layers of paper until the bowl was firm - the next step is to do a layer of white paper, then she will decide how to decorate the finished product.



Jarrod with assistance made these NRL men out of pipe cleaners then we added paper to make them stronger. Jarrod painted them in his favorite team colors, then he painted the board and marked the lines and put up the posts. He was very proud of the finished product.



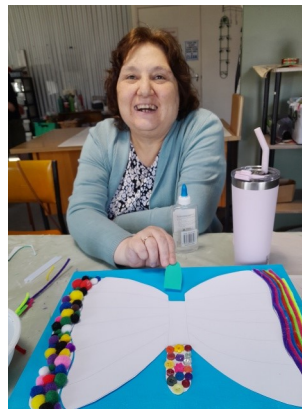
Emma did this diamond art picture then chose to put lace around the outside as a frame.



We traced around Kara's hands and cut them out. Kara used ripped up tissue paper and decorated the hands and then she decorated the base and we made it into a serviette holder.



Jessica painted the board her chosen color. She then painted newspaper different colours using a sponge. After it was dry she cut out large, medium and small circles. Jessica scrunched them up a bit then placed them on top of each other to form flowers then Jessica attached them to the board with cut out leaves.



Suzanne painted the backing board and drew a picture of a butterfly that we made into segments. Suzanne will use different bits and pieces to finish off this very colourful butterfly.



Emma weaved on a weaving frame with bits of wool and ripped material, with some assistance we made it into a bag.

Jacqui

A message from the OH&S Representative...

In keeping with policies of Disability agencies in South West Victoria, staff can now all breathe a bit easier due to removing the requirement to wear masks in the Centre. Mulleraterong still asks that visitors to the Centre continue to wear a mask and staff will be required to wear one when working alongside Allied Health workers and other visiting professionals.

We continue to work hard to maintain a safe working environment for both staff and clients who attend the Centre by ensuring regular cleaning, practicing good hand hygiene and **testing if symptomatic or not coming to work if symptomatic**

For more information on COVID-19 and personal protective equipment please visit [health.gov.au](https://www.health.gov.au)

Kate
OH&S Representative



Community Drive

Thursday afternoons are always full of fun & excitement. The weekly community drive program provides the opportunity to access the community.

Frank and I keep in mind our clients' interests and do our best to create a happy, memorable experience as we explore what there is to see around our community.

Once Coral, Simone, Shane, Stephen, Jake, Jesse and Troy (on occasion) are on the bus, they never know what they may see.

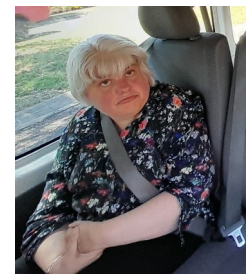
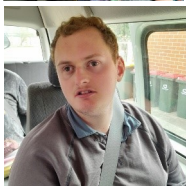
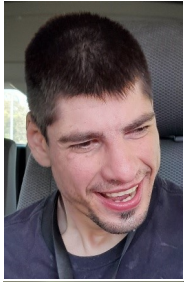
From robot lawn mowers to four double decker buses, full of visitors, we've seen it all.

Through this program, we have built relationships with local businesses.

It's not uncommon for business owners to give us a wave each Wednesday as we're looking in on what's going on at their workshop, as they unload new goods at the local op shop or as they test out a boat they're working on down at the lake.

With Coral in the passenger seat being the navigator you just never know where we will end up.

-Janette-



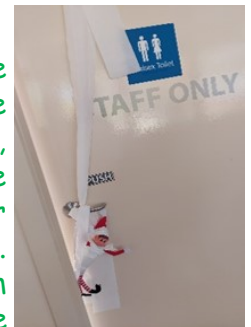
WHEN I VISITED MULLERATERONG

Last year, I was sitting in the North Pole with a few of my Elfie mates, discussing our upcoming period of antics, when a place called Mulleraterong popped up on our special Santa screen. Well, I said to my mates, this looks like a fun place to create some havoc!! So, the day before December began, I had a door magically appear at Mulleraterong Centre, ready for my descent. On the first of December, I abseiled from my door hanging from a sparkly set of Christmas lights and that's where my adventure began!!

Every night I ran around the Centre looking for my next antic, then waited in anticipation for the clients to arrive in the morning, it was soooooo hard to stay still and keep a straight face as I watched them look for me....all I wanted to do was giggle and wiggle!!

I dressed as a banana and hid in a fruit bowl, tipped over a cup of water trying to get a drink, tried to catch fish in the art room fish tank, got a bit of toilet paper wrapped around myself in the staff loo's, slopped icecream all over the bench, made snow angels, tried my hand at trapeze by hanging from an exit sign, got myself in a right tangle trying to add tinsel to the foyer Christmas tree, and even thought I'd trick everyone into thinking I was CEO (chief Elfie Officer) for the day!!! On my second last day, I thought it would be nice to have a friend to help me next year, so I made a wish to Santa, and waited under the tree all night. I must of fallen asleep, because when I woke up, there was a box and a tiny baby Elfie was smiling up at me!! I can't wait till this Christmas to double the fun and antics at Mulleraterong, look out for our door, because I will definitely be back with my mini Elfie sidekick!!

See you then.....Love your mischievous mate Elfie xxx



by ELFIE

ART

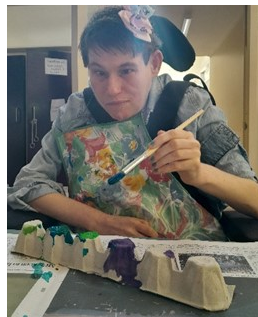
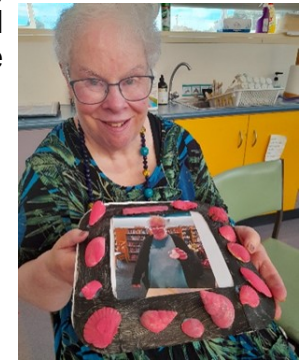
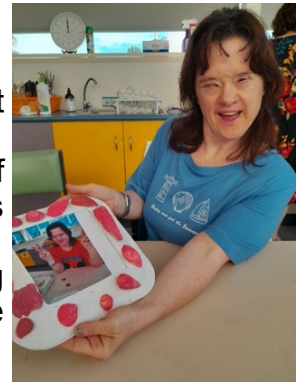
We have some incredibly talented clients in the Art programs.

Suzanne, Janet, Tim and Judy are pictured showing off their shell painted photo frames while Phonse works on his latest masterpiece.

Kara, Philippa and Judy made caterpillars out of egg cartons and put their painting skills to the test to make them look attractive to display around the Centre.

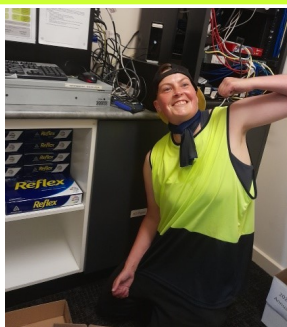
The pirate ship with mermaid dioramas that Duncan, Judy, Cam, Katrina, Janet and Marie made required creativity and a steady hand and looked very effective upon completion.

Thank you to Anthony, Nisara and Sarah for their creative support



BELINDA

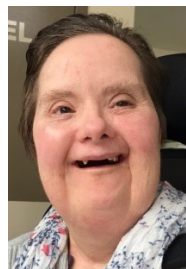
Worker of the Month



Each Tuesday afternoon Casey has been helping out around the Centre with any jobs that need doing. One Tuesday in February she put all the reams of paper away in the Office and took the boxes for the recycling. Thank you Casey.



Donors 2023



We would like to express our appreciation to Diane Ryan and her family for the donation from her estate of \$13,429.29.

We thank them very much for their support.



GREEN ROOM FUN, GAMES AND CONNECTIONS!



Group activities increase participation with people cheering each other on and clapping. The audience encourages participants to stretch that little bit more or try that little bit harder. The concentration and determination to knock those skittles over shows how engaged our skittlers are.



Stephen and Annie really enjoy each other's company and Stephen shares himself around by having a chat with Simone as well.

Belinda, Frank & Nisara

Thinking outside the square – with Frank

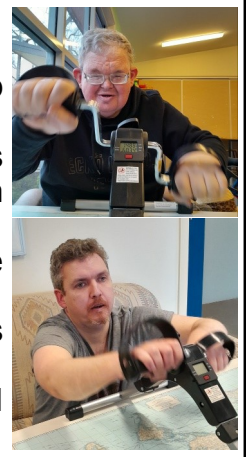
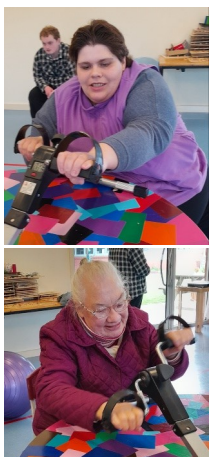
In the Green Room we love to mix things up a bit, and come up with creative ideas to have fun and get exercise.

One of the activities is to use a foot pedal exerciser with our hands rather than our feet. This helps to build endurance and strengthen muscles in upper body.

Jenna is a real speed demon with the pedals, and loves to see the numbers increasing with the distance she pedals.

Coral always does this activity with a smile on her face, and is proud of her achievement.

Stephen and Nic like the competitive nature of the activity and cheer each other on as they have fun.



Recycling

Shredding is one of Tim's favorite activities, even when the paper is too big for the shredder Tim rips the paper apart, showing a strong determination to shred paper. He enjoys this activity so much he even draws a picture of the shredding machine when given the chance.

Coral is our one and only stamp organizer and collector. All the used envelopes with stamps go to Coral for categorizing. She snips the stamps off with her excellent scissor skills and puts them all in a container. Her favorite stamps to find are ones with cars, trains and planes.

Marie is someone who can make something as simple as ripping envelopes apart exciting. She travels around the program room to deliver a stamped envelope to Coral. Playfully throwing ripped letters around like a sport, she engages with everybody in the room with all sorts of jokes and conversations.

The partly ripped open envelopes also make brilliant hats.



Anthony

Literacy & Numeracy

On Tuesday mornings Katrina, Tyler and Marie from the Literacy & Numeracy group joined in with the Garden Maintenance group, to create a wheelchair accessible sensory garden. Everyone has been getting involved, from picking what to grow in the garden with Marie requesting lambs ears, Katrina choosing cherry tomatoes and Tyler happy to help sort the garden bed. Katrina likes to cut the flowers back along the path and Casey shovels all the old leaves into the garden bed so Marie can join in and in future we hope to get a path that goes all the way into the garden bed so Marie and other wheelchair clients can access it.

Everyone will be involved in the planting and watering so at the end the clients can eat the vegetables and feel and smell the lambs ears, mint and lavender.

Sarah



LIBRARY

During our Library session we choose six books which we read together. Afterwards Jake, Judy, Leigh and Coral chose magazines to browse through allowing them all to enjoy some 1:1 time with staff.

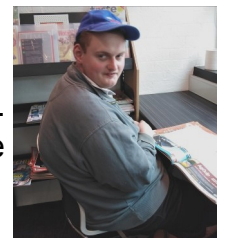
PAULINE

Judy, Leigh and Coral enjoying their time at the Library

Jake particularly enjoys browsing through outback magazines



Coral has lifted her magazine to show a delicious recipe she has found



Recycling / Pick Ups



Fortunately for the owner, the recycling program participants discovered a sum of money that had been left in an envelope and collected during the Pick Ups program. Working together, the two programs were able to identify the owner who was very grateful and return the money.

A very excited and happy outcome!

Pauline



Duncan enjoyed the trip to Halls Gap

Special Support

Over the Christmas holidays Kate, Jacqui and I had the pleasure of working one on one with some of our clients. We filled our days swimming at HILAC, shopping up the street and going for walks and picnics at the Botanical Gardens. A highlight of the holiday support was a trip to Halls Gap for a bushwalk and ice-cream which was fantastic. It was a great opportunity to support clients out in the community in a relaxed atmosphere doing some of the activities they enjoy the most.

Ellen

POOL MASTERPIECE



Cody adding his touches

It's been nearly 2 years since I've been here at Muller, swimming 2-3 times a week, staring at that big ol' beige blank wall, and I finally cracked!

So I headed on into Annette's office and asked 'can I please paint that wall?' to which she replied 'I've been waiting for you to ask'... Yewww! So the plan started to come together. There was no use me painting it all on my own so why not take on a couple of apprentices I thought.

So we got to work, with an open invite for anyone (even Andy was allowed - I've touched up his parts FYI) we started to turn it from drab to fab, we're getting closer and closer with every passing week but at the time of this newsletter we aren't 100% finished so stay tuned. And please don't tell me we've 'missed a spot' or 'do you know what would look good, if you did.....' - we've already heard all the dad jokes 1,289 times in the past month.

JESSE



The almost finished feature

Garden Maintenance

Some of our Garden Maintenance Crew have been working hard this month giving the Corner House a good general tidy up, along with the normal lawn care. We have been cutting back overgrown bushes, cleaning up around the footpaths and removing any unwanted garden waste. The Garden Maintenance team members enjoy working outdoors and are proud of how nice the Corner House gardens look when we are finished.



Casey trimming back some plants around the veggie boxes to make it easier for people to move around them.



Casey uses the whipper snipper to clean the edges around the veggie boxes.



Matt likes to sweep up around the Corner House and keep the pathways clean.

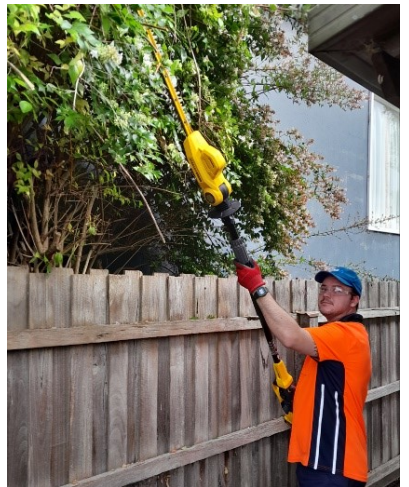


Nicky loads up the trailer with green waste.

Tom uses the blower to clean up the paths after all the work is done.



Tom takes care of the lawns at the Corner House.



Tom uses the extended hedger to trim back some bushes along the fence line.



Michael