

VMCH Disability Services

Northern Victoria



Newsletter Term 3 2021

Hi to all our favourite people,

We would like to take this opportunity to say how excited we are to be delivering disability services in Northern Victoria. Please enjoy these updates of our latest programs and services. You can contact the Team Leader of Disability Services, Karyn on 456 958 881.

Meet our talented Coordinators Tam, John, Sam, Kelsey and Jennie. Read about what's new and some of the exciting things we have planned in Northern Victoria.



P2P

The Pathways 2 Possibilities (P2P) Program is designed to help young Adults to transition from school to employment and beyond. We discover skills such as cooking, using public transport and safe use of technology to name a few.

This program, run in central Wangaratta, from 9am-3pm, five days a week, part time or full time. Students who are interested are currently studying a Certificate 1 in Transitional Education.

This term we created a birthday tree which we decorated with butterflies labelled with everybody's birthday. Tam has only a few places left for new enrolments in this very popular program for next term and is now taking bookings for 2022.

Contact Tam on 0419 530 920 for more details.



Individual Supports and Dream Building

Have you got a goal you need support to achieve? Or do you want someone to take you fishing on the weekend? Our individual supports and Dream Building Program runs every day all year, to support people with shopping, cooking, exercise, rollerblading, homecare, attending appointments, fishing, or going away for a long weekend with a mate.

Kelsey matches people with a staff member with similar passions, so that together you can work towards your goals and build new dreams together. Tam has only a few places left for new enrolments in this very popular program for next term, and is now taking bookings for 2022.

Contact Kelsey on 0419 549 971 for more details.



Cre8

Our Cre8 shed in the Wangaratta industrial estate is the birthplace of new creations each week. John focuses on pre-apprenticeship skills, safety in the workplace and employment skills. The Cre8 team have been doing a roaring trade in prefabricated garden beds and bags of kindling, which has enabled them to upgrade some tools.

Cre8 runs for five hours a day Monday, Wednesday and Friday for people over 18, five hours on Thursday's for senior secondary students, and three hours after school Monday, Wednesday and Friday. Our Afternoon Activities (ANA) program supports children and teenagers from many local schools.

Contact John on 0419 657 410 for more details or to book a guided tour.



Afternoon Activities (ANA)

The Afternoon Activities group is regularly changing and updating our activities to reflect our groups' interests. Popular favourites include cooking, swimming, and bowling, however bushwalking, art, games, and many other activities, are all on the cards for this program.

We have a strong emphasis on building social skills. The program runs from 3pm to 6 pm every day after school, with pick up from any school in Wangaratta. Our new program coordinator Sam has big plans for ANA, but she is always keen to hear your ideas to make the program work for every family.

Contact Sam 0455 954 306 for more details.



Social Activities

What's new in Social?

We have a new bowling team and are looking for team members!! We play every Monday evening, so join in the fun and excitement. This activity encourages people with the same interests meet and make new friends. If you are interested we will organise a meal out, after bowling too.

Social Night:

Every second Friday we hold our mixed social nights for everyone. This group is for adults aged 18 to 25. Pubs, pool, bowling, pizza, BBQ's, trips out of town and many other activities are enjoyed, and together we like to plan our next adventure to look forward too. Jennie is the local contact for this group that is growing fast and planning some weekend day trips so those with extra-ambitious plans can meet their goals too.

Ladies Night:

One of our best kept secrets is our Friday night ladies' night which happens every two weeks. We have seen some fabulous theatre shows, enjoyed some glittering dinner dances, and formed some lifelong friendships. This group run by Jennie twice a month, is especially for over 18s.

Cooking Group:

Every Thursday for three hours we hold a cooking group. A delicious lunch is prepared and enjoyed together in our kitchen and dining area. Cooking and social skills are practised in a supported environment. Jennie has plans for our group to try many new recipes: it's fun to learn about yummy things together.

Contact Jennie on 0419 594 173 for more details



School Holiday Program

Our school holiday program runs for six hours each weekday of the school holidays. Experienced support workers support each child with communication, social and other personal skills. Each school holidays there are one or two camps, and many other activities to choose.

Last holidays we ran two trips to the snow, as well as gold panning and trampoline world excursions. Next holidays we are planning a two-night camp to Sovereign Hill, and some exciting new activities you have never tried before!

Contact Sam on 0455 954 306 for more details.