

The Chatterbox

April 2021



NewLake
peer support

Welcome to the latest instalment of The Chatterbox

Supported Holidays

We have a number of holidays planned for the next couple of weeks going to a variety of locations. If you would like to go on a holiday for a couple of days or week, please speak with Jin Im and she will be able to organise a holiday for you.

Staff Special Occasions



We would like to congratulate Amie on her marriage to Jesse. Also, birthday wishes to both Jin Im and Julie Curtis who are celebrating special birthdays this year.

Newsletter Activity Requests

Due to recent Australia Post changes which has resulted in mail delivery delays, we would appreciate if you could send it your Activity Booking request sheet by 20th of each month. This will give us enough time to process your requests and send out your Service Plans for the following month. Also, if you would prefer to have your Service Plan emailed to you each month, please advise your preferred email address.

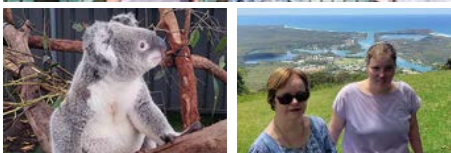
Energy Saver

Discover ways to reduce your energy use and save on power bills. To find out information on accessing rebates, saving power at home and offers that will help you along the way, go to website: <https://energysaver.nsw.gov.au/households>

Port Macquarie Trip

In February, Bianca, Rhianna and Kelly went for a holiday to Port Macquarie. They visited Billabong Zoo and enjoyed seeing the animals and watching their behaviours. Rhianna said she especially liked the kangaroos, whilst Bianca said her favourite was visiting the koala hospital and the vet viewing area. Kelly said she loved the house they stayed in.

The girls also enjoyed walking along the break wall, and sight seeing along the coast and hinterland. Lots of laughs and tired ladies at the end of each day!



Updated NDIS Price Guide effective 1 March 2021

The [NDIS Price Guide and Support Catalogue 2020-21](#) has been updated with the latest COVID normal measures which are effective from 1st March 2021. Support coordination line items claimable under a participant's Core budget will continue until 31 March 2021.

Coffs Harbour

Lauren, Debbie and Carrie recently enjoyed a holiday in Coffs Harbour. We began with a road trip, and once we arrived, the girls were impressed with their accommodation and very excited about the hot tub, pool and spa which they used every day. Every day we did something different. We visited The Big Banana, The Carob factory, The Dolphin Conservation Park, The Butterfly House and the Botanical Gardens. The beaches and the Jetty were great things to do and we also had a fun day at the local bowling alley. We left early on the last morning so that we could have morning tea at Ricardos Tomatoes and Strawberry farm. It was a lot of fun picking strawberries to take home to their families. We all agreed that Coffs Harbour has many fun and exciting things to do!



Magazines Please

If you have any old magazines or egg cartons, could you please bring them into the centre for craft activities in our day programs.

New Lake Peer Support Ltd.

Alice Ferguson Community Centre
30 Caldwell Street, Merewether 2291

☎ 02 4963 6420

✉ info@newlake.com.au

🌐 www.newlake.com.au



What's on April 2021

Thursday April 1st: Mitez

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch

Thursday April 1st: Linx

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch

Thursday April 1st: Stepping Out (Mobile A)

Place: Charlestown Multi-purpose Centre
Time: 5.00pm to 8.00pm Bring: Please bring your own meal

Friday April 2nd: Good Friday Service Closed

Saturday April 3rd: Easter Saturday – Service Closed

Monday April 5th: Easter Monday – Service Closed

Tuesday April 6th: Mitez

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Eastlakes/Swansea area

Tuesday April 6th: Tuesday Frolics

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Newcastle area

Tuesday April 6th: Bingo & Lunch

Place: Wests, 32 Industrial Dr Mayfield
Time: 10.00am (inside foyer) Pick Up: 2.30pm (outside foyer)
Cost: \$5.00 per book or \$2.50 half book Lunch approx. \$20.00

Tuesday April 6th: Viva (Mobile A)

Place: Charlestown Multi-purpose Centre
Time: 5.00pm to 8.00pm Bring: Please bring your own meal

Wednesday April 7th: Crafty Creations

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Eastlakes/Swansea area

Wednesday April 7th: Connections

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Newcastle area

Wednesday April 7th: Day Trip – The Entrance

Time: TBA when booking in
Bring: Morning tea, packed lunch and drink

Wednesday April 7th: Encore (Mobile A)

Time 5.00pm to 8.00pm Cost: \$4.00 (incl. light meal)

Thursday April 8th: Mitez

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch

Thursday April 8th: Linx

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch

Thursday April 8th: Stepping Out (Mobile A)

Place: Charlestown Multi-purpose Centre
Time: 5.00pm to 8.00pm Bring: Please bring your own meal

Friday April 9th: Friday Frolics

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Newcastle/Eastlakes/Swansea area

Friday April 9th: Day Trip - Hunter Valley

Time: TBA when booking in
Bring: Morning tea, packed lunch and drink

Friday April 9th: Cooking, iPad & Craft

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch

Saturday April 10th: Arty Antics (Mobile A)

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Newcastle area

Saturday April 10th: Ten Pin Bowling (Mobile C)

Place: Warners Bay
Time: 10.30am to 1.30pm
Cost: \$10.00 (per game) Bring: morning tea, lunch and drink
Transport: Eastlakes/Swansea area

Saturday Apr 10th: Koala Sanctuary Port Stephens (Mob G)

Place: 562 Gan Gan Road, One Mile
Time: TBA when booking in
Bring: Morning tea, lunch or money to buy, hat, sunscreen
Cost: \$17.00 paid on day. Transport \$15.00 to be invoiced
Transport: Bus trip ♦ M'wether ♦ C'town

Monday April 12th: Crafty Creations

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Eastlakes/Swansea area

Monday April 12th: Monday Melodies

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Newcastle area

Monday April 12th: Toronto Capers

Monday April 12th: Harmonies (Mobile A)

Time: 5.00pm to 8.00pm Cost: \$4.00 (incl. light meal)

Tuesday April 13th: Mitez

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Eastlakes/Swansea area

Tuesday April 13th: Tuesday Frolics

Place: Alice Ferguson Community Centre
Time: 10.00am to 3.00pm
Bring: Please bring your own morning tea & lunch
Transport: Newcastle area

Tuesday April 13th: Movies & Lunch

Place: Charlestown Hoyts Theatre
Time: 10.00am to 3.00pm. Cost: \$16 per ticket
Bring: Morning Tea and Lunch, Drink

Wednesday April 14th: Crafty Creations

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Eastlakes/Swansea area

Wednesday April 14th: Connections

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Newcastle area

Wednesday April 14th: Day Trip – Paterson

Time: TBA when booking in

Bring: Morning tea, packed lunch and drink

Wednesday April 14th: Encore (Mobile A)

Time 5.00pm to 8.00pm Cost: \$4.00 (incl. light meal)

Thursday April 15th: Mitez

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday April 15th: Linx

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday April 15th: Stepping Out (Mobile A)

Place; Charlestown Multi-purpose Centre

Time: 5.00pm to 8.00pm Bring: Please bring your own meal

Friday April 16th: Friday Frolics

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Newcastle/Eastlakes/Swansea area

Friday April 16th: Day Trip – Gan Gan Lookout

Time: TBA when booking in

Bring: Morning tea, packed lunch and drink

Friday April 16th: Cooking, iPad & Craft

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday April 16th: Knights Football Game (Mobile G)

Place: McDonald Jones Stadium 294 Turton Rd Broadmeadow

Time: 5.00pm to 8.00pm Game commences 6.00pm

Cost: Ticket. \$16.00 Bring: Money to purchase meal or bring snacks etc. from home

Transport: Newcastle area

Saturday April 17th: Saturday Scene (Mobile A)

Place; Charlestown Multipurpose Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Newcastle area

Saturday April 17th: Young People's Theatre (Mobile C)

Place: Cnr Lindsay & Lawson Streets, Hamilton

Time: TBA when booking in. Show commences 2.00pm

Cost: \$25.00 per ticket

Transport: Eastlakes/Swansea area

Saturday April 17th: Tea Gardens Day Trip (Mob G)

Bring: Morning tea, packed lunch and drink

Cost: Transport: \$15.00 to be invoiced

Transport: Bus trip: ♦ M'wether ♦ C'town

Monday April 19th: Crafty Creations

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Eastlakes/Swansea area

Monday April 19th: Monday Melodies

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Newcastle area

Monday April 19th: Toronto Capers**Monday April 19th: Harmonies (Mobile A)**

Time: 5.00pm to 8.00pm Cost: \$4.00 (incl. light meal)

Tuesday April 20th: Mitez

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Eastlakes/Swansea area

Tuesday April 20th: Tuesday Frolics

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Newcastle area

Tuesday April 20th: Bingo & Lunch

Place: Wests, 32 Industrial Dr Mayfield

Time: 10.00am (inside foyer) Pick Up: 2.30pm (outside foyer)

Cost: \$5.00 per book or \$2.50 half book Lunch approx. \$20.00

Tuesday April 20th: Viva (Mobile A)

Place; Charlestown Multi-purpose Centre

Time: 5.00pm to 8.00pm Bring: Please bring your own meal

Wednesday April 21st: Crafty Creations

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Eastlakes/Swansea area

Wednesday April 21st: Connections

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Transport: Newcastle area

Wednesday April 21st: Ten Pin Bowling

Place: Warners Bay Time: TBA when booking in

Cost: \$8.00 (per game) Bring: morning tea, lunch and drink

Wednesday April 21st: Encore (Mobile A)

Time 5.00pm to 8.00pm Cost: \$4.00 (incl. light meal)

Thursday April 22nd: Mitez

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday April 22nd: Linx

Place: Alice Ferguson Community Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday April 22nd: Stepping Out (Mobile A)

Place; Charlestown Multi-purpose Centre

Time: 5.00pm to 8.00pm Bring: Please bring your own meal

Friday April 23rd: Friday Frolics

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Newcastle/Eastlakes/Swansea area

Friday April 23rd: Day Trip – Central Coast

Time: TBA when booking in
 Bring: Morning tea, packed lunch and drink

Friday April 23rd: Cooking, iPad & Craft

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Saturday April 24th: Arty Antics (Mobile A)

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Newcastle area

Saturday April 24th: Hunter Valley Zoo (Mobile C)

Place: 138 Lomus Lane Nulkaba
 Bring: Morning tea, drink, lunch or money to buy lunch
 Cost: Entry: \$25.00. Transport: \$15.00 to be invoiced
 Bus trip: ♦ M'wether ♦ C'town ♦ Toronto

Saturday April 24th: Dolphin Cruise (Mobile B)

Place: Moonshadow Cruises Nelson Bay
 Bring: Morning tea, drink, lunch or money to buy lunch
 Cost: Ticket: \$25.00. Transport: \$15.00 to be invoiced
 Time: Cruise departs 10.30am
 Bus trip: ♦ M'wether ♦ C'town

Monday April 26th: Crafty Creations

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Eastlakes/Swansea area

Monday April 26th: Monday Melodies

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Newcastle area

Monday April 26th: Toronto Capers**Monday April 26th: Harmonies (Mobile A)**

Time: 5.00pm to 8.00pm Cost: \$4.00 (incl. light meal)

Tuesday April 27th: Mitez

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Eastlakes/Swansea area

Tuesday April 27th: Tuesday Frolics

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Newcastle area

Tuesday April 27th: Ten Pin Bowling

Place: Warners Bay Time: TBA when booking in
 Cost: \$8.00 (per game) Bring: morning tea, lunch and drink

Wednesday April 28th: Crafty Creations

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Wednesday April 28th: Connections

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Newcastle area

Wednesday April 28th: Day Trip – Nelson Bay

Time: TBA when booking in
 Bring: Morning tea, packed lunch and drink

Wednesday April 28th: Encore (Mobile A)

Time 5.00pm to 8.00pm Cost: \$4.00 (incl. light meal)

Thursday April 29th: Mitez

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Thursday April 29th: Linx

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Thursday April 29th: Stepping Out (Mobile A)

Place: Charlestown Multi-purpose Centre
 Time: 5.00pm to 8.00pm Bring: Please bring your own meal

Friday April 30th: Friday Frolics

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch
 Transport: Newcastle/Eastlakes/Swansea area

Friday April 30th: Day Trip – Morpeth

Time: TBA when booking in
 Bring: Morning tea, packed lunch and drink

Friday April 30th: Cooking, iPad & Craft

Place: Alice Ferguson Community Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

