



# CODA

# CHRONICLES

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Well what a start to the new year we have had. The weather has been very kind to us and it has been very comforting knowing that we haven't had any major bushfires in our area.

There have been many activities so far that have included staying up all night, treading the boards, fun in the sun and much more. So please read on and see what everyone has been up to since Christmas.

## Respite for Older Carers

### Do you need a break?

CODA are pleased to announce we have received funding from DHS to provide a number of "ROC" packages to carers in our area. If you would like time to yourself to Relax, attend

appointments, spend time with family or just recharge the batteries then we will work with you and your family to develop a respite plan that suits you. We can also organise respite breaks at your home, out and about in the community, or weekends away and holidays. Breaks can be for a few hours, overnight or several days.

Respite for older carers provides a break for primary carers of a person with a disability. The service is free, and you are eligible if:

- ◆ You are an older carer, 60 years and over (or an indigenous older carer 45 years and over)
- ◆ The person you provide care for lives in the same home, or
- ◆ The person you provide care for is eligible for services under the Victorian Disability Act 2006.

If you would like further information, please contact Jacqui or Pip at the CODA office on 5231 1573

## Holiday Options

With the new year comes all the new brochures. We have received information books from Leisure options and Oz Mates, which showcase all the planned holidays and get a ways for people of all abilities and needs. Feel free to pop in and have a look - we are happy to photocopy any pages or information for you.

## Relay for Life 2012



Our team, CODA All Abilities, participated in the Cancer Council's Relay for Life 2012 which was held on 25th and 26th of February. Everyone had a fantastic weekend despite the very hot weather. A total of 13 clients participated; some walked at various times and a few clients came to support us all but couldn't walk in the extreme heat. Sue helped to keep us all cool by using spray bottles filled with ice cold water. Together with the nice ice cold drinks, we all survived the heat amazingly well. Ben loved carrying the baton and Mary & Angela decided they were staying to do an "all nighter" although the camp bed did get a bit of a work out. Pizzas at midnight were a highlight of the evening with everyone enjoying the treat.



To the individual support guys who also stayed through the night along with staff and their family members who also stayed and helped pack up next morning, a big thank you to you all.

It was a brilliant effort by everyone who collected or donated money to our team. After being registered for approximately 5 weeks only, we managed to raise \$1067. To everyone that was involved, please give yourself a pat on the back for a job well done.

Now we start fundraising for next year as we have already entered our team. So please keep an eye out for our fundraisers and help to support this great cause. A big thank you from Bernice, our team leader.



**Top:** Our sign which was decorated by ALL the Clients and had pride of place at the front of our tent site.

**Middle:** Ben with Laura carrying the Baton, which was also decorated by all the clients.

**Bottom:** Our "flower garden" - Flowers all individually decorated by staff and clients



Some team members at the after celebrations, Fish & Chips followed and was enjoyed by all



Our "HOPE" sign made using team members for the overnight scavenger hunt.

**From left:** Stephanie, Angela, Bernice, Catherine, Mitzi, Sue, Claire & Peter

## Antz Pants

Some of our individual support and respite clients who are involved with Antz Pants theatre were able to tread the boards recently at the newly opened Theatre in Cororooke - The Caroline Theatre. They put on a play for the public, family and friends - "Con Artists—Faking it in the Gallery". We learnt something about art, solved a mystery or two and the actors were all fantastic in their roles. If you missed it, then maybe next time they are performing you might consider supporting them and go along to watch.



## Langdon House

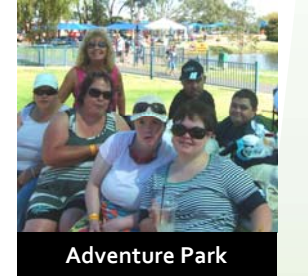


Langdon House has had yet another busy few months. Our Christmas Party was a great success at the Scout Hall, with all wanting to return there again in 2012, followed by attending the carols by candlelight rehearsal at the Myer Music bowl in Melbourne, which everyone also wants to return to next year. In the new year we have been to Adventure Park, a Dance at Colac Bowls Club, an evening of Wandering Minstrels in the Colac Gardens. It was way too hot for our clients to attend the Colac Cup, so lunch at La Porchetta followed by Bowling was a great substitute that was enjoyed by all. Australia Day at Beeac, everything was set up well, and under shade, free Ice-creams were enjoyed by all. There have been plenty of Birthdays in the past few months which means cake, candles and singing Happy Birthday to all....

Thanks to Heather Cardinal for the lollies at the Kana Parade, yum yum!!! We have also had all the usual walks and shopping trips .



Christmas at Scout Hall



Adventure Park

## Cass House



Cass House residents have been enjoying all their usual activities, including trips to the shops, movies, visits from family and friends, massages and afternoon teas. We recently celebrated Simon's Birthday with all the usual party trimmings and, most importantly, cake and we all look forward to helping Jim enjoy his birthday this month.

We have been working to tidy up the garden - where do those weeds come from? The staff were pleased to welcome back Bruce back from Long Service Leave.

Everyone is now looking forward to an Easter break and maybe even some CHOCOLATE!

## Jalmah



Wow, is it April already? Where has the time gone?

The residents have been busy as usual; lots of lunches, teas out and family contact as well as a trip to Camperdown. All residents at Jalmah participated in the Relay for Life and certainly enjoyed the chance to participate in a significant community activity and willingly donated some of their time and energy to a very worthwhile cause, supported

by our staff team.

As well as our usual celebrations we recently helped Heather celebrate her 60th Birthday. All birthdays are special but the ones with an "0" are even more so! Everyone had a great time, particularly Heather.



Heather cutting her Birthday Cake



Australia Day at Jalmah

## Individual Support

We are delighted to welcome a new client to CODA, Andrew.

Neil celebrated his birthday with a party at the RSL along with 30 guests, a great time was had by Neil and all his friends.

Peter went to Melbourne by train to attend the 3 day truck show. He said it was fantastic and can't wait to go again.

Claire, Catherine, Brendan and Peter had fun at the Relay for Life. There were lots of stories of who stayed up the longest and who walked the most.

Marlene had a day trip with ADAP to Portarlington, where they had lunch at the golf course .

Marlene also went to a country and western show and won the raffle (picture frame ) she was very excited.

John has had a great month celebrating a lot of events with his friends at Jalmah.

Catherine, Claire, Brendan, Peter and Andrew had an evening event with Antz Pants and Thumbs Up, they went via bus to Gellibrand and had tea with the Antz Pants staff .

Jodie, Catherine, Brendan and Andrew meet up each week at the "Meeting Place" and have tea, play pool and chat with their friends.

In the months ahead the individual support crew are going to be busy with lots of activities, birthdays, work and socialising .



*Catherine, Brendan & Claire all relaxing after many laps*



*Marlene, Jane & Stephanie (Jennie's Daughter) enjoying the atmosphere*

## EFT (Electronic Funds Transfer)

Did you know that you can pay your bills at CODA or over the phone by EFTPOS? We encourage you to take advantage of this method and save a trip to the bank.



## Comings and Goings

We welcome to our ranks the newly appointed Individual Support Coordinator, Jo Ryan, who started with us in early February.

We are also very pleased to have recruited some new casual disability support workers, Aaron, Sue and Jenny.

Welcome to CODA everyone. We very much hope that you will enjoy being part of the CODA team.

**Comings  
&  
Goings**

The next Newsletter is due out in June 2012. If you have any exciting news for the Newsletter or a healthy recipe that you would like included then please forward it to [sgamble@codas.org.au](mailto:sgamble@codas.org.au) with the subject Newsletter.

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