



Connections

Your own life

MYCONNECTIONS

November 2019

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Find us on
Facebook

[www.facebook.com/
ConnectionsIncYourOwnLife](https://www.facebook.com/ConnectionsIncYourOwnLife)



Summer is fast approaching,
which means we need more
ways to cool down! Details on
the local pool to be found
inside!



flawsome:

adjective

An individual who embraces their perceived
"flaws" and knows they are awesome
regardless

LIVIN

ACTIVITIES WITH CONNECTIONS

Check out these spooky pictures taken at the Ghoulies and Ghosties Halloween event!



2019 RECOVERED FUTURES ART EXHIBITION



5-11 OCTOBER | TOOWONG ROOM | BRISBANE CITY HALL

A collection of artwork by artists with a lived experience of mental illness, or carers/family members of someone with lived experience.

Connections went on a day trip to this incredible exhibition held in Brisbane. These pictures were taken by Shirley.



This beautiful butterfly was submitted into the exhibition by Sammi. She named the piece 'Flutter'.





Rhylie

How long have you been working at Connections?

I have been working at Connections since May of 2019.

What is your job title?

Mental Health Recovery Worker.

What part of your current job is your favourite?

My favourite part of my job is the interaction I have with the participants and working towards their goals.

Who or what inspires you?

I am inspired by people who want to make a difference to someone's life through a smile, an act of kindness or just an ear to listen. It is the little things that can make all the difference.

Describe your dream holiday destination?

My dream holiday destination would be America.

What is the best advice you've ever been given? And by whom?

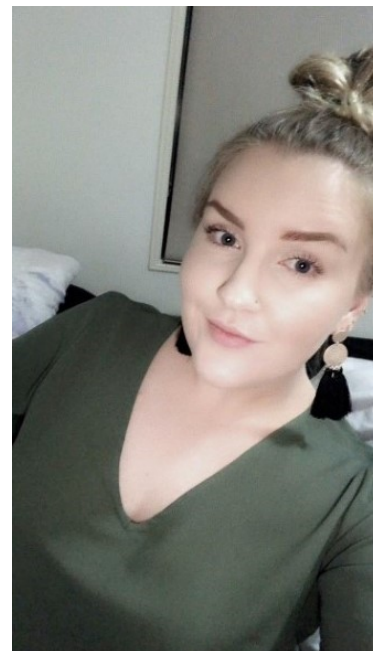
"If you don't stand for something, you will fall for anything" - my Mum.

What is your favourite movie? Why?

My favourite movie would probably be The Green Mile. This movie highlights the importance of compassion, embracing differences and looking beyond a person's colour or race.

When stressed or worried – what self-care activities help you?

I like to sit outside, listen to some music or have a chat with my partner.





John



What are your hobbies and interests?

Fishing, cooking and sport. I love to play indoor basketball and tennis. I am also joining up with a gym shortly.

Who inspires you?

Rex Hunt because he's so dedicated to his fishing. Most foodies inspire me too.

You're a very keen fisherman, can you tell us about your proudest catch?

I was fishing in the river and I was using my very last worm. I caught a 4kg Rainbow Trout. This catch won me a fishing competition and I was printed in the Sydney newspaper. I also won a \$200 Daiwa fishing reel.



What are the things that keep you well?

Keeping busy with support with case worker and my wife loving me. I am looking forward to my 9th year wedding anniversary with my beautiful wife.

What's your favourite thing about being with Connections?

You guys are so easy going. Whatever I want to do you are always up for supporting me. You guys are very friendly and non-judgmental towards me about my illness.



A Poem by Marion



Marion where have I been?

Walking down by the stream.

Marion what did I see?

Birds and butterflies flying past me.

Marion what did I hear?

Birds singing up in the air.

Marion what did I do?

Screwed up my mouth and I whistled too.

Written 01/2013



Upcoming Activities

Join us on a trip to the Caboolture Warplane Museum! This is happening on Tuesday 26th November at 10am-1pm. Concession fee is \$5, full fee is \$10. Bring an extra \$3 for transport and BYO lunch and drinks. There will be vintage aircrafts restored to flying condition, many from WWII. This will be an outing to remember!



We will also be having a movie night at Morayfield cinemas on Tuesday 12th November. The movie and meeting time will be advised closer to the date. Tickets are only \$11.50 because of the cheap Tuesday special!!



Connections will be holding a Christmas party BBQ with staff and participants. The BBQ will be held in early December. Details regarding the exact location, date and time will be confirmed shortly so keep an ear out! 🎅

Caboolture Pool and Fitness Centre

A beautiful health and leisure facility serving the Caboolture community and surrounding areas.

If you're looking for a way to cool down over summer, or you're wanting to improve your health and fitness then this could be the go! Prices are as follows:

Concession Prices

- Pool \$4.30
- Gym \$5.50
- Gym and swim \$9.50

Bring your companion card and your support worker can come with you for free.

Connections also has a Reclink card which will provide you and your support worker with a FREE visit at this facility. If you would like to use this card, please contact the office in advance.

Don't forget the usual activities which include Men's group every Wednesday, bowling every second Wednesday and art group every Friday!

How to Provide Feedback to Connections

Internal Complaints

Complaints can be made in writing or by speaking to a staff member of your choice.

A written complaint can be made using the Complaint Form online at www.connectionsinc.org.au.

All complaints will be dealt with promptly and confidentially. You will receive confirmation of your complaint within seven days.

If you are not satisfied with the complaint process, you can contact the Connections Board of Governance by writing to Connections Board of Governance, PO Box 151, Caboolture, QLD, 4510.

Compliments

To let us know something we've done well—or if you have a suggestion for how we could do something better—please complete the Feedback Form online www.connectionsinc.org.au.

Alternatively, you can inform a staff member or telephone:

(07) 5495 3472

Email: yourlife@connectionsinc.org.au

All feedback and suggestions will be responded to within seven days.



Feedback

Connections Inc. is guided by a voluntary Board of Governance who are voted into office each year at the Annual General Meeting (AGM). The Board, Participants Engagement Panel and GM work together to ensure that the organisation provides a quality service to the community, is managed efficiently and effectively.

People interested in becoming a member of Connections Inc. and contributing to the development and future direction of the service are able to become members and also vote at the AGM by paying a small annual membership fee.

You can also have your say by giving your ideas to your support worker or completing a feedback form and placing in the box available at our office, or mailing / emailing it to us. All your suggestions will be reviewed and documented on our continuous improvement register to ensure your suggestions are fed into our service improvements.

Connections Participant Engagement Panel (PEP)

Connections monthly Get Together consists of clients and members of the community who wish to contribute to the development of the organisation and provide advice to both the Board and General Manager.

If you are interested in being a part of our PEP group you can:

- Speak with your support worker
- Come along to one of our monthly meetings to find out more
- Phone the office 5495 3472

**Just a
reminder...**

*The PEP group is moving to a
different day from October!!!*

3rd Monday of the Month

This months PEP meeting will be held on Monday 18th November at 11am. Come along and have YOUR say on activities /outings/ and where the Christmas Party will be held this year!

Reminders about Connections activities

If there is less than two Connections participants attending activities unfortunately the activity will now be cancelled. If you would like to attend any activities on our monthly calendar please let your support worker know or you can contact the office. For one off special outings to go ahead we need 6 or more people to attend and at least 24 hours notice if you are attending or cancelling. Please discuss with your support worker if you are unsure of any of the changes.



Community, Emergency & Services Contacts

Emergency	000	Lifeline	13 11 14	Loaves & Fishes (Food Assistance)	5495 5240
Policelink	131 444	Suicide Call back Service	1300 659 467	Caboolture Neighbourhood Centre	5495 3818
Mental Health Services Line	1300 642 255	Mensline	1300 78 99 78	Translink	13 12 30
Caboolture Mental Health	5316 5600	Womensline (DV Connect)	1300 811 811	Aboriginal & Torres Strait Islander Health Service—Caboolture	5428 5855
Disability Services QLD	5431 2250	Caboolture Community Action	5309 4122	SES—State Emergen- cy Service	132 500

