

MYCONNECTIONS

Spring 2021

November



CONNECTIONS

Your Own Life

Provide Feedback to Connections

Complaints

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

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 in the office and drop into the feedback box

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

Contact Us

Address: Unit 2, 12 Annie Street, Caboolture 4510

Phone: 07 5495 3472

Email: yourlife@connectionsinc.org.au

Web: www.connectionsinc.org.au

Facebook: Connections Inc Your Own Life



Tiahna

How long have you been working at Connections?

I have been working at connections for around 3 months now, since July

What is your job title?

My job title at Connections is Support Worker

What is your favorite movie and why?

One of my favourite movies would be Soul Surfer, because it shows that you can always overcome an obstacle in life if you put your mind to it and do the hard work for yourself

Who or what inspires you?

What inspires me would be outcomes, knowing you're working towards an outcome you want to achieve makes you want work harder to achieve it

Describe your dream holiday?

I would love to travel to Japan or Greece!

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

"Train the way you play" - if you don't practice things the right way, when it comes to performing those things you won't be as successful as you could be and perform to your full potential.

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

When stressed I like to listen to music or watch movies

Ricky



What are your hobbies and interests?

Reading the bible, playing indoor cricket, art gallery, collecting crystals, going for walks (not too far though)

What keeps you on track?

Smoking cigarettes because it's keeps me organised and gets me through the day

Describe your dream holiday?

Camping in the park up in cairns

What are the things that keep you well?

Drinking hot tea, reading the bible, getting up and about and not having naps during the day

What's your favorite things about Connections?

Meeting support workers at the office after men's shed makes me feel happy, I also enjoy when we pick up other participant to go to art on Friday

Cheesy Hash Browns



INGREDIENTS

1. 700g potatoes, peeled
2. 40g butter, melted
3. 1 egg, beaten
4. 1 cup grated tasty cheese
5. 100g ham, finely diced
6. 1 tbs self-raising flour
7. A pinch salt and pepper *to taste

METHOD

1. Preheat oven to 210C. Grease two 12-hole patty pans.
2. Grate potatoes, then use your hands to squeeze out any excess liquid and drain. Place the drained potatoes in a large bowl. Season well. Add butter and egg and stir to combine. Stir through cheese and ham and fold through flour.
3. Spoon mixture into prepared tins and bake for 20 - 25 minutes until crispy and golden. Use a knife to loosen around the edges and release puffs. Serve hot with tomato sauce and mayonnaise.

Corn Fritters



INGREDIENTS

1. 1 ½ cups flour(190 g)
2. 2 cups corn(350 g), or one 15 oz (425 g) can
3. ½ cup shredded cheddar cheese(50 g)
4. ⅓ cup fresh chives(15 g), chopped
5. ½ cup milk(120 mL)
6. 2 eggs
7. 1 teaspoon salt
8. 1 tablespoon chili powder
9. ½ cup oil(120 mL), for frying

METHOD

1. In a large bowl add the ingredients.
2. Mix well.
3. In a large skillet, heat a half cup of oil (or until entire skillet is covered with a thin layer) over medium-high heat.
4. Spoon 2 tablespoons of mixture to form each fritter into the hot oil.
5. Flip after about a minute and a half or when you can see the edges beginning to brown. Repeat for other side.
6. Serve with a dollop of sour cream and chives

Craft Activities With Connections

Card Making Classes are held every 2nd Wednesday in the activities at the Connections Office from 1:45 - 3:45. The cost of each class will be \$7 and you will take home the 2 cards.

Scrapbooking/Craft Class will be held on the opposite Wednesday at a cost of \$2. Bring along which ever craft you are working on. Linda will be there to help with any inspiration you might need.

Places are limited so you will need to call the office to book in.

These classes are both Facilitated by Linda.

Regular Activities With Connections

Make sure you pick up a copy of the Activity Calendar each month so you know what is happening during the month for example:

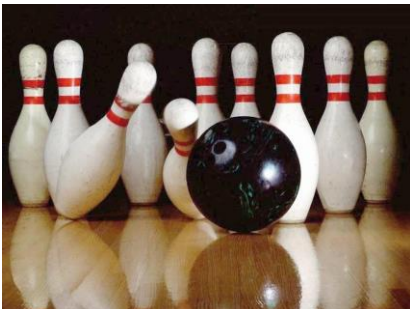
Wednesday 9:30—11:30 the Salvation Army Men's Group (free);

Wednesday 12:30—1:30 Ten Pin Bowling at Morayfield (\$5.50 for bowling);

Friday 9:15—1:00 Art for Art Sake at Strathpine (\$2 for art material and nibbles + Go card);

Second Thursday each month 11am PEP Meeting

Third Monday each month -Morning tea together at Dugong Café



UPCOMING EVENTS

If you'd like to participate in any of the upcoming events, let your support worker know or contact the office

Leaps & Bounds Ball

Dress your best to walk the red carpet

13th November

630pm-1030pm

Costs: \$25 includes entrance to event, food and drinks

Caboolture Christmas Carols - Centenary Lakes Park

Christmas Llamas, Twilight markets & food trucks, Santa's village, Giant snow globes, Fireworks, Carol events

28th November

4pm-8pm

Costs: bring money for food & drinks, and if you're wanting to purchase any items from the market stalls

Ways to look after your mental health and wellbeing

There are many simple ways to look after your mental health on a daily basis. We are all different and what works for one of us may not work for another. There are little things you can do daily which may help.

Do things with others

Spending time with family or friends, meeting new people and getting involved in activities can make a difference to how you feel. Get involved in community activities, kick the footy around, go for a bike ride etc.

Do something creative

Activities or hobbies can keep you distracted, have a positive impact on your sense of mental health and wellbeing and can help increase your confidence and self-esteem. This could be building something, playing an instrument, gardening, art, doing a puzzle, painting, cooking, writing etc.

Invest time in relationships

Connecting with people and investing in good relationships are important for your mental health. Get in touch with people who you trust or feel good around. Give them a call, send them a message or organise to catch-up with them.

Focus on strengths

Having positive thoughts can help you feel better

Take time out

When you relax, you give yourself permission to let go of worries for a while. Relaxing gives your mind and body time to recover from the stresses of everyday life. Try some relaxation apps to guide you on how to relax.

Sleep well

We cannot function properly without sleep. Sleep helps us to repair and restore our bodies and minds. Try these tips from the *Sleep Health Foundation* for guidance on how to get a better night's sleep.

Keeping active

Your physical health plays a key role in keeping you mentally healthy. Being physically active can improve your mood and reduces stress.

Eat well

Nutrition and eating well can make a difference to the way you feel and in-turn may improve your mental health.

Mindfulness

Mindfulness can help you feel better and reduce stress. It is easy to fit into your day. You can do it one minute at a time.

Community, Emergency & Services Contacts

Police link	131 444
Mental Health Service Line	1300 642 255
Caboolture Mental Health	5316 5600
Disability Services	5431 2250
Suicide Call Back Service	1300 659 467
Men's Line	1300 789 978
Women's Line	1300 811 811
Caboolture Community Action	5309 4122

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