



CROSB Newsletter



Christmas is coming and End of Year Celebrations begin!

Are you going away?
Are you requiring support over the break?

If so please contact the CROSB Office and talk to one of the friendly staff about what support you may need during the Christmas break....

CROSB—Ph—4162 9081 or email—crosb@sbctc.com.au

Upcoming CROSB Events

- Combined Groups – Games & Karaoke
18 November 2014
and
Bowling Night
16 December 2014
Christmas Breakup
- Disability Related Events—October and November (page 2)
- Ken Baines Disco
18 October 2014
Halloween Night
- CROSB Information Day
13 November 2014

Brendan Clark loves to Paint!

Brendan Clark has a disability called CHARGE—with deafness, visual problems, intellectual impairment and Asperger’s being some of the things he has to deal with.

Brendan has a part-time job and a couple of hobbies. Just recently Brendan was in a play with Nanango Theatre Group called “Elsie and Norms Macbeth!”

Brendan’s favourite hobby is painting. He has won a prize for one of his paintings and is trying to do some painting from photos, it’s very hard work. Brendan also likes horse riding and goes to Toowoomba Riding for the Disabled, it’s great!

Brendan is also kept busy with his 2 dogs, a cat and his chook.

In summer Brendan likes to swim at the great pool in Nanango. Brendan saves his money from his job and last year he and his family went overseas. They went to the Edinburgh Tattoo and lots of places in the UK and to Budapest.

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CROSB Information Day Planning For Future Options

Thursday 13th November, 2014 from 9:30am to 2:30pm

CROSB are proud to hold a day where all families can come together, share ideas and share stories.

We will have speakers from Parent to Parent, Adult Guardian, Centrelink and Public Trustee.

Staff Training

Throughout the months of October and November CROSB staff will be attending training on -

- > 23rd Oct—Complex Behaviour Training and Storage of Hazardous Substances Training
- > 5th and 19th Nov—Medication Training

In some instances client support may need to be changed to accommodate staff to attend these training sessions.

Our office staff will be liaising directly with those clients well in advance.

Disability-Related Events Calendar 2014

October

Mental Health Awareness Month and Breast Cancer Awareness Month

- 17th — **Loud Shirt Day**—to benefit deaf children—Hear and Say Centre
- 27th — **Pink Ribbon Day** —Cancer Council
- 31st — **National Bandanna Day**—Canteen

November

Movember — Movember Australia

- 7th — **National Walk to Work Day**—Pedestrian Council
- 14th — **World Diabetes Day**—Diabetes Australia
- 24th—28th — **Assistance Dog Australia Awareness Week**—Assistance Dogs Australia



October Promotion



The Gumnut Place has a fantastic new special -

*\$6 for an assorted pack of 6 Macaroons
Peppermint, Strawberry, Passion Fruit and
Chocolate*

Please send your orders to South Burnett CTC Headquarters or email gumnut@sbctc.com.au

Expression of Interest

Tracie is looking for anyone who may be interested in:

- > Theatre workshop
- > Trip to Bunya Mountains

If you are interested or know of someone who is please let the CROSB Office know on 4162 9081.

Zucchini Pancakes

Ingredients -

- 1 zucchini
- 1/4 cup finely chopped parsley
- 1/3 cup grated parmesan or cheddar cheese
- 300g gluten-free buttermilk pancake mix



Directions-

- Grate zucchini into a bowl and add parsley, and parmesan or cheddar cheese
- Prepare pancake mix following packet instructions
- Pour into bowl with zucchini and stir well to combine
- Fry in a greased non-stick pan (1/4 cup mixture per pancake), for 2 minutes each side until golden and cooked through

Preparation time: 5 minutes

Cooking time: 20 minutes

CROSB Combined Group Nights!!

November

Games & Karaoke Night



18 November - 6pm to 8pm

Venue to be confirmed

Cost - \$10 for dinner

\$5 contribution for transport

RSVP 14 November 2014

December

End of Year Celebration

Bowling Night



16 December - 6pm to 8pm

Kingaroy Ten Pin Bowling

& Mini Putt Putt

Cost - \$18.50 for dinner, bowling and shoe hire, \$5 contribution for transport

RSVP 12 December 2014

The South Burnett Pantry Inc.

The South Burnett Pantry Inc. is a ministry to the community by the Christian Life Centre, friends and associates.



About Us:

- ~ Our food is always fresh
- ~A \$35.00 hamper contains approx. \$100.00 worth of food/items
- ~You can buy for your own use as many hampers as you wish
- ~You can use this service every week we are open
- ~You do not have to have a pension or concession card

The hampers are a supplement only and are not intended to comprise your total week's shopping

Fridays: New registrations and shopping from 10am till 1pm—sorry, no eftpos

www.thesouthburnettpantry.org

Ken Baines Disco Date Claimer 2014

For people of any age, living with a disability (intellectual or physical) and their families and friends.



Dates for 2014:

Saturday 15th February

Saturday 26th April

Saturday 14th June

Saturday 16th August

Saturday 18th October

(Halloween)

Saturday 6th December

(Christmas Party)

St. Mary's Hall, 15 Albert Street, Kingaroy.

7:00 pm until 11:00 pm.

Carers need to remain in attendance.



Refreshments provided!
No charge. Gold coin donation appreciated.

For all enquiries please contact the Centacare South Burnett Office on: 4162 5439

Proudly Supported by:

Sponsored by:
St Mary's Catholic Parish Kingaroy



Comments, Compliments & Complaints

We value your views and encourage you to make them known to us so we can improve the services we offer

To Make a Comment, Compliment or Complaint:

- Talk to your Support Team ie: Support Worker, Service Co-Ordinator or Service Manager and/or family/advocate (see contact details below)
 - Talk with South Burnett CTC Headquarters on 07 4162 9000
 - Contact your service funding body

If after all steps have been taken you are unhappy with the response that CTC and/or CROSB give, you can contact:

24 Hour Crisis Support Numbers

Lifeline	13 11 14
Kids Helpline	1800 55 1800
Parent Helpline	1300 301 300
Police, Fire & Ambulance	000 (mobiles 112)
SES	132 500
13 HEALTH	13 43 25 84
Poisons Helpline	13 11 26

Department of Communities, Child Safety and Disability Services

Phone (free call): 1800 177 120
 Phone: 3224 7179
 Email: complain@communities.qld.gov.au

Complaints Referral and Resolution Services

Phone (free call): 1800 880 052
 Phone: 13 14 50
 Email: crss@workfocus.com

CTC Services Contact Details

Headquarters

4162 9000

Disability Services

CROSB 4162 9081
 Gumnut 4168 1852
 Your Life Your Choice 4162 9081

Youth Services

Kingaroy 4162 7788
 Murgon 4169 5940

Partners in Foster Care

Wondai 4169 0177

Childcare

Community Kids 4171 0033
 Nanango Childcare Centre 4163 1279

Employment Services

Kingaroy 4162 2566
 Murgon 4168 2155
 Gympie 5481 1488
 Tin Can Bay 5486 2739

CROSB Contact Details

Shed 3 and 4,
 6 Cornish Street or
 PO Box 490
 KINGAROY QLD 4610

Phone: 4162 9081
 Fax: 4162 9030
 E-mail: crosb@sbctc.com.au



Funded by



SUPPORTING PEOPLE WITH A DISABILITY IN THE COMMUNITIES OF THE SOUTH BURNETT

www.sbctc.com.au

Music and Stress Relief: How To Use Music In Your Daily Life



Music can help you get going in the morning and feel happy throughout the day.

Music can affect the body in many health-promoting ways, which is the basis for a growing field known as music therapy. However, you can use music in your daily life and achieve many stress relief benefits on your own. One of the great benefits of music as a stress reliever is that it can be used while you conduct your regular activities so that it really doesn't take time away from your busy schedule. Music provides a wonderful backdrop for your life so that you can find increased enjoyment from what you're doing and also reduce stress from your day. The following are some of the ways you can use music to enhance your regular activities.

Getting Ready in the Morning:

You can wake yourself up with music and start your day feeling great, setting the tone for a lower-stress day.

During a Commute:

Put an end to road rage by playing your favourite music in the car. It can relieve some of the tension you feel from the commute itself and the day so far, and help you feel less like you're wasting time in traffic, and more like you're having some nice time to yourself. It can also take your mind off of all that you need to get done once you reach your destination, so you'll arrive less stressed and more prepared to take on what awaits you.

Cooking:

Good nutrition is an important part of a healthy lifestyle and it can actually keep your stress level down. Eating at home is a great way to ensure healthy meals and less expense, but many people find themselves too tired to cook once they get home. If you put on some smooth jazz or other genre of music that you enjoy, cooking becomes a fun activity rather than a chore, and you'll likely find yourself relaxed and in a better frame of mind once dinner starts, which can enable you to savor your dinner and your company as you eat.

While Eating:

As you're eating your meal, music can also be a helper. Soothing music can trigger the relaxation response, which can lower cortisol levels, making it easier to digest food. Also, studies have shown that classical music in particular can help you eat less, digest better and enjoy your food more.

Cleaning:

Keeping a simple, organised home can really help to cut down on your stress level, but cleaning itself is a chore that many busy people don't have the energy to face after a long day. However if you throw on some energetic music, hip-hop or pop for example, you can raise your energy level and have fun as you clean. If you tell yourself that you only need to clean for a certain amount of songs and then you can be done, you may work more efficiently and even come to look forward to doing the job.

When Paying Bills:

We all need to pay bills, but the job doesn't always take a high degree of concentration. Playing music while you write your cheques can help take your mind off of financial stress you may be feeling and make the task more enjoyable.

Before Bed:

Getting enough sleep is important for proper functioning, and getting enough sleep can help you handle stress better. Unfortunately stress can also interfere with sleep in several ways. Playing music as you drift off is one way to counteract the effects of stress by taking your mind off of what's stressing you, slowing down your breathing, and soothing your mind.