

'TIS THE SEASON FOR GIVING

# LIBERTY'S Mini Magazine



Volume 78 - 2021



## *J a n e t ' s   S t o r y*

Greetings friends of Liberty. My name is Janet and I have been volunteering at Liberty since January this year. I am married, blessed with two children, have five beautiful grandchildren, and have resided on the Gold Coast for the past 41 years. My parents are both in their 80's and, up until Covid, my Dad had been volunteering at the Bendigo Hospital talking to patients and brightening up their day (he loves to talk). Following in my father's foot steps, I too wanted to contribute to the community by volunteering.

I have been fortunate to volunteer here at Liberty in the Over 65's Social Support Group on a Wednesday and Thursday. The clients often share stories of yesteryear with me and I have gained so much from listening to their experiences. It is wonderful to see people come together each week like a family for a variety of fun activities, games, informative information, outings, laughter, or just to have a good old chinwag. We also get to share together over morning tea and lunch carefully prepared by Yvonne the Cook, get a a new hairdo from Lorraine the Hairdresser, or grab a bargain from Sharyn at our little gift shop, Deja Vu .

I'd like to thank Liberty for giving me this opportunity where I get to work and play with the wonderful clients, staff, and volunteers - it's nice to be able to give something back to the community.

A VARIETY OF VOLUNTEERING OPPORTUNITIES REGULARLY BECOME AVAILABLE AT LIBERTY INCLUDING GARDENING, ASSISTING IN THE SHOP OR KITCHEN, HELPING WITH TRANSPORT AND KEEPING OUR VEHICLES LOOKING GOOD, PUTTING TOGETHER PROMOTIONAL ITEMS, OR ASSISTING IN ONE OF OUR PROGRAMS. IF YOU ARE INTERESTED IN SHARING YOUR SKILLS, ADDING VALUE TO THE COMMUNITY, OR JUST LENDING A HAND GIVE CHRIS A RING ON 5578 1668 TO FIND OUT MORE ABOUT LIBERTY'S VOLUNTEERING PROGRAM

# Leisure & Lifestyle Upcoming Events!

First visit is  
complimentary.  
Please phone  
to book  
T&C's apply

## Christmas EVENTS

7 and 8 December ~ Centre Based Christmas Parties

13 - 17 December ~ Elderly and Community Access Christmas Parties

20 - 22 December ~ Special Event - Christmas Light Drive. Phone 5578 1668 to express your interest

20 - 23 December ~ Christmas Carols, Games and Trivia

## Activities in the Centre - A HOME AWAY FROM HOME

This is just a sample of what our group social programs offer. To book or to obtain a full copy of the program phone Chris or Karina on 5578 1668.

4 January - **Paid Venue**

All groups will be enjoying a catch up over lunch at a paid venue on the first day back to the group social program

[DON'T FORGET TO BRING PROOF OF VACCINATION FOR ENTRY INTO PAID VENUES OR PHONE US FOR ALTERNATE ACTIVITIES](#)

5 - 7 January - **Podiatry**

Phone Anne on 5578 1668 to book a spot in our first Podiatry Clinic of 2022 - \$20.00 (subject to funding stream)

24 - 28 January - **Australia Day**

What a proud week to be Australian! Come join our crew and celebrate the history and culture of Australia, with food, thong toss, and plenty of other activities.

7 - 11 February - **Wedding Theme**

Bring along a photo of your wedding or anniversary, or an item from your special day, and share your memories with the group.

### Like to Get Out n' About on the Gold Coast?

**Come and join our Community Access Group for picnics, games and good company**

7 December - Club Musgrave

10 December - Preston Park

20 December - Mystery Tour

10 January - Boat House Tavern

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Transport, morning tea and lunch are included in our community access fee (unless attending a Club/Pub for a meal)

\*subject to change

12 January - Robert Neuman Park

21 January - Laguna Lake

24 January - Flooded Gum Park

7 February - Abraham Park

23 February - Currumbin Rock Pools

# GOVERNMENT FUNDED SERVICES

WE ARE ABLE TO PROVIDE SERVICES TO CLIENTS THROUGH THE BELOW FUNDING STREAMS

***Melissa and Rowena will be Guest Speakers in our Leisure and Lifestyle Program from 14 - 18 February 2022 to educate us on Liberty Services and the various funding streams. If you would like join us for this informative session phone Chris or Karina to book your place. If you are unable to come, Melissa or Rowena will be happy to speak to you over the phone - 5578 1668***



## National Disability Scheme (NDIS)

Liberty is dedicated to supporting adults with a physical disability, primarily providing group activities in our centre and/or the community in our group social programs. Under the NDIS we welcome enquiries to discuss your individual needs and goals that will best support your independence in the community and activities of your choice.

## Home Care Packages (HCP)

Home care packages are for older people who require coordinated services to help them stay at home, or a younger person with a disability, dementia or other care needs not met through other specialist services. My Aged Care can be contacted on 1800 200 422 to discuss eligibility criteria, or phone Melissa or Rowena at Liberty on 5578 1668 for further information.



## Commonwealth Home Support Programme (CHSP)

CHSP is government subsidised funding to enable service providers to provide basic support and care. To be eligible you must be aged 65+, or 50+ for Aboriginal and/or Torres Strait Islander people, and have a referral from My Aged Care. A minimal client contribution is required. We aim to support people to reach their goals - living a life of their choice. My Aged Care can be contacted on 1800 200 422 for eligibility and assessment.





# Public Holidays

Leisure & Lifestyle programs will be in recess from Friday, 24 December, recommencing on Tuesday, 4 January, and also on Wednesday, 26 January (Australia Day Holiday)

Home services will be closed on the following public holidays

Monday, 27 December - Christmas Day

Tuesday, 28 December - Boxing Day

Monday, 3 January - New Year's Day

Wednesday, 26 January - Australia Day

To assist Liberty in the planning of services over the Christmas period, please phone our team as soon as possible on 5578 1668 to let us know if you are going away or you do not require services during this time.

If your service falls on a public holiday we will be in contact with you to discuss alternate arrangements.

No one should spend Christmas alone

## FREE COMMUNITY CHRISTMAS LUNCH

Free Christmas lunch at Labrador State School Hall (Imperial Parade, Labrador, off Government Road). All welcome, the more the merrier.

DATE: 25 December 2021

TIME: 9am - 3pm

To book please email [goldcoastchristmaslunch@gmail.com](mailto:goldcoastchristmaslunch@gmail.com) or phone 0416 313 482 for further information, or if you are in need of transport to and from the event.

For many, Christmas can be a time of loneliness. If you are feeling a little down this festive season please call Lifeline for a free confidential chat on 13 11 14



The  
Department  
of Health



Thank you to Angie Bell who  
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