



liberty
community connect



LIBERTY'S Mini Magazine

Volume 81 - 2022

This month we celebrated two of our amazing volunteers, Leanne and Patricia (Pat), who were both successful in receiving a Central Gold Coast Volunteer award.

Angie Bell, Member of Parliament, presented the award at the event in Nerang to honor special volunteers in our local area. We congratulate and thank Leanne and Pat for the selfless work they do for Liberty and our clients.

Our Volunteer Coordinator, sat down with one of the recipients, Pat to give us an insight into her life and her contribution to Liberty.

Pat was born in Warwick in the 1940s and lived in a number of towns in Western Queensland, from Stanthorpe to Texas.

She has fond memories of living with her family in Inglewood, where she remembers walking barefoot to school.

As an adult, Pat travelled extensively, before settling on the Gold Coast with her second husband. These days, Pat enjoys spending time with her precious poodle, Amira. They enjoy early morning walks and cuddles on a cold night.

Pat joined our team in late 2020 as a volunteer kitchen hand and loves assisting our cook Yvonne, and spending time with our clients.

Pat and Leanne truly enrich our community and we appreciate their service at Liberty.



"I have never been nominated for an award before, I feel very honored by the whole experience"

- Pat



Better Together - Liberty Celebrates National Volunteer Week

National Volunteer Week was celebrated in May with this year's theme being "Better Together". Volunteering brings people together, builds communities, and improves our society. Liberty hosted a high tea for all of our volunteers in appreciation of their commitment and generosity towards Liberty and our clients. All the volunteers received a gift and a certificate, followed by a delicious spread of culinary delights, supplied to us by a local café in Nerang, Kaffe Europa.

We would like to thank all of our valuable volunteers for their vital contribution to the Liberty community. Clients, volunteers, and staff are truly 'Better Together!'

"I would like to thank Liberty for the wonderful high tea today and to let you know how much I appreciate your appreciation. It is a great place to work and volunteer and I am so glad I found Liberty and everyone that's a part of this great organisation." - Kerrie W



38 people
currently
volunteer at
Liberty

→
generously giving
6,956 hours of
their time over
the last 12
months

Are you
interested in
becoming a
volunteer?
Please call Jade
on 5578 1668



Leisure & Lifestyle's Upcoming Activities

Art Group

If you have a creative side you wish to inspire, this class is for you. We will be trying an assortment of art ideas to bring your imagination to life. Join us in trying different techniques and styles. Even if you have never given art a go, come along and try it.

Bingo

Eleven, two little ducks, and 10 Downing Street are some of the calls that you may hear. Come along and enjoy some fun and see what you can win. An enjoyable game for all abilities.

Cooking Class

Join in for some delicious cooking classes to tempt the taste buds and enjoy the fruits of your labour.

Board Games

Always a favourite here at Liberty. Rummikub, Trionimos, Scrabble, Cards, and many more games are on offer. The competitive spirit is high but so is the fun and companionship.

Gardening

Do you enjoy being outside in the garden and fresh air? Do you have a green thumb or wanting to learn. Join us in preparing the soil and replanting for the autumn season.

We invite you to come along and try our new look programs. We start the day with everyone enjoying a delicious morning tea together in our centre in Nerang, connecting with others, followed by exciting activities in our community or in the centre that you have chosen. Contact us today if you are interested in making new friends and participating in some fun and exciting outings and activities.

*For a full copy of Liberty's calendar please check out our website
www.libertycommunity.org.au*



ACTIVE at home

Liberty recently launched our Active at Home Program. The program is designed to assist our clients with regaining mobility and improving overall health and wellbeing. Our goal is to assist our clients' to maintain their independence for as long as possible.

Several of our support workers are fully qualified to administer the training, which uses simple weight-bearing exercises to increase strength, balance, and mobility.

We are happy to announce that we have had an amazing response to the program thus far and we look forward to seeing many more of our clients join and reap the benefits.

If you are interested in joining the 12-week Active At Home Program, please talk directly to your support worker, or call the office on, (07) 5578 1668. For more information, visit www.activeathome.org.au.

"I was capable of doing all exercises and found the whole experience very good. I am hoping Active at Home will help me gain strength in my my overall body, particularly my back - I am looking forward to noticing results"
- Zoe N



Australian Government
Department of Health

The
Department
of Health



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