

The Camperdown Chat

Welcome to the December edition of the Camperdown Chat .

This is our final newsletter for the year, in 2012 you will all notice a big change in how we provide you newsletters and our programs. Starting next year there will be a term based calendar being sent out to participants that will allow you to better plan for and attend group activities. Each month updates will be sent out, these will include important information and special events that are occurring in the coming month. If you would like to know more about these or other changes for 2012 please call Barry at the Warrnambool office.

All our activities are coming to an end during December as the term ends. The people attending the woodwork group at the Men's Shed are currently finishing off making their own Art easels, while the Craft group are finishing off their calico bags and the Community Garden group have been busy harvesting fresh vegetables ready for Christmas feasts.

It is not only the silly season but also the student season. While the TAFE welfare students finished during November we will now have 5 TAFE nursing students who will each complete a 1 week community mental health placement. If you see them about please say hello to them all.

The venue is now booked and the menu is planned so get ready for the Aspire annual Xmas event. This year it is at Port Fairy on the 7th of December so mark this date in your diary. The more the merrier so please get your RSVP in ASAP.

Merry Xmas and Happy New Year to those of you I don't personally catch up with over the next month. See you all in the new year.

Regards

Barry and the Rehabilitation and Recovery Team

P.S Apologies for any confusion that resulted from errors in last months newsletter.

Please note Camperdown participants are most welcome to receive the Warrnambool

Rehabilitation Staff available in the Camperdown Office

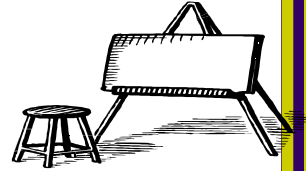
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Lauren	Joe-Anne Lauren	Jon Paula	Paula Fiona	Joe-Anne Fiona

Regular activities through December

Corangamite Aspire Art

An Art Program for Camperdown participants will be available to participants on Monday afternoon. It will be based on the idea that Art therapy is a tool that uses the creative process of art to improve the physical, mental and emotional well-being of everyone. So come along and create in a relaxing space. Participants may need to provide some materials.

If you are interested please see Rehabilitation staff.



Where: Uniting Church, Cnr Leura and Barkly Street, Camperdown

When: Monday –5th of December

Time: 1-3pm

Spring into Walking in Summer

Summer is now upon us and this gives us a great opportunity to get out to stretch our legs, feel the sun, and enjoy the beautiful sights of everything growing.

It may be a walk up the avenue, or getting in the car and trying somewhere different.

Please let Rehabilitation staff know a couple of days beforehand if you'd like to come.

Don't forget to wear appropriate clothing for the weather conditions!



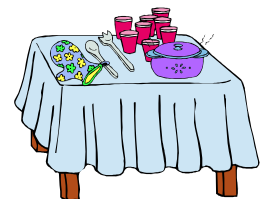
Where: Leaving from the office

When: Thursdays up to the 15th of December

Time: 10:30am-11:30am

Community Lunch

Don't forget to attend the community lunch on Wednesdays. Come along and share a variety of meals each week. There is always something nice to eat as well as the opportunity to enjoy some good conversation with others.



Where: Uniting Church Hall, , Cnr Leura and Barkly Street, Camperdown

When: Wednesdays of SCHOOL TERMS

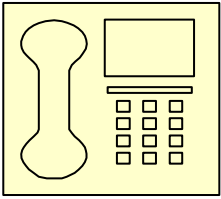
Time: 10am to help or 12noon for a meal



Don't forget the Camperdown Community Christmas Lunch on the 21st of December. Enjoy festivities and a lovely Christmas meal. Please RSVP if you would like to come as bookings are

Disclaimer—We print this newsletter for the exclusive use of Aspire participants and those associated with them. Any views or opinions presented in this newsletter are solely those of the staff or author and do not necessarily represent those of Aspire.

Phone messages when you call the office



We apologise for any inconvenience you may have experienced when calling our office and trying to leave a message for us. We have had technical issues trying to establish a quality answering machine service. We now have an answering machine that can take messages if we are unable to answer, but if you call the office and the phone is engaged please call us back.



Smoke Free Policy Aspire

Making Aspire a healthier workplace.

Some of you may be aware that since July this year our workplaces have been 'smokefree' for all staff, volunteers and professional visitors, but not for participants and carers.

In 2012 we will be expanding this policy to include carers and participants- anyone who visits our offices or works with our staff. Whilst this will have little effect in many of our offices where there is no smoking area on site anyway some offices such as the Warrnambool office will see some changes.

There will be signage in place and Aspire staff will speak to participants and carers individually about how best to manage the changes.

Aspire will be doing our best to communicate the changes clearly to everyone, as well as making available information and resources from QUIT for anyone considering reducing or giving up smoking.

As we expand this policy to include all people on Aspire sites, I would welcome any contribution, feedback or ideas. I can be contacted through the Warrnambool office on 55 603000 or by email phose@aspire.org.au

Some more detailed information will be provided to all participants and carers as we bring this policy in and I ask your support to make Aspire a healthier place to be and to work.

Many thanks

Phil Hose

State Manager Victoria.



The official Opening of the Camperdown Aspire office

You are cordially invited to the opening of the new Aspire Office in Camperdown. Although many of you may have attended the office already its important that we officially celebrate the fantastic new space we have now.

Please let us know if you're coming along as afternoon tea is provided.



Where: **154 Manifold Street**
When: **Thursday the 8th of December**
Time: **2pm—3:30pm**



COMMUNITY INFORMATION

Camperdown Community Carols

Including the Uniting Church Choir and Lakes and Crater Band

Where: **Camperdown Theatre Royal, Manifold Street**
When: **Tuesday the 20th of December**
Time: **7:30pm-9:30pm**



SCAMPS

Camperdown Peer Support Group

SCAMPS is a peer support community group, that meets the second Friday of the month and is hosted by Tony Salter who is an advocate from VMIAC (Victorian Mental Illness Awareness Council) in Melbourne.

Current and past participants are welcome as well as community members that may like to attend a group of this nature.

For more information contact Aspire staff at the Camperdown office.

Please RSVP for catering for the Friday lunch.

Where: **Camperdown Neighborhood House, (6 Gunner Street)**
When: **Friday the 9th of December**
Time: **11am-1pm**








Would you like to receive your newsletter by email?

If so Aspire could email the monthly newsletter to you. Please give your email details to Rehabilitation Staff so that we can begin emailing the newsletter directly to you.

Camperdown Recovery Activity Calendar December 2011

To put your name down to attend an activity please phone: 55931060

Mon	Tue	Wed	Thu	Fri	Sat	Su
			1 Walking Group 10:30am - 11:30am	2	3	4
5 	6	7 Community Lunch 12:00pm—1:00pm Regional Christmas party	8 Walking Group 10:30am - 11:30am	9 SCAMPS 11-1pm 	10	11
12 Art group 1-3pm	13	14 Community Lunch 12:00pm—1:00pm	15 Walking Group 10:30am - 11:30am	16	17	18
19 	20	21 Camperdown Christmas Community Lunch 12:00pm	22	23	24	25
26 	27 	28	29	30	31	