

Hamilton Happenings

Welcome to the Summer edition of the Hamilton Happenings which incorporates December and January.

As you may have noticed we have changed the format of our newsletters to be in line with other Aspire Offices and have called our newsletter the Hamilton Happenings. All information in the newsletter and calendar can now also be viewed on the Aspire website www.aspire.org.au

During the month of November we had a large turn out to our BBQ lunch in the Botanical Gardens and really enjoyed the company of our Portland staff and participants. During the day it was discussed that we should have another catch up over the summer period so you will find we have organised a beach BBQ in Portland for January.

The holiday season can be a stressful and difficult time for some people and for this reason Lisa and Amanda are holding a "Pre-Christmas De-stress Day" which will be a combination of practical and useful ways to manage the silly season!

Please read on for the details of the activities we have for the months of December and January and don't forget to RSVP to these events.

Please note there are a number of public holidays and staff leave during the month of December and January and the office will be closed on these days. If you have an urgent mental health matter, you can contact Lifeline 13 11 14 or Hamilton Mental Health Service 5551 8418.

From the Hamilton team of Aspire we would like to take this opportunity to thank you all for being part of our organisation and wish you all a very Merry Christmas and a Happy and Safe New Year.

Regards - The Hamilton Rehabilitation and Recovery Team

Rehabilitation Staff available in the Hamilton office

Monday
Amanda
Lisa

Tuesday
Amanda
Lisa
Megan
Sally

Wednesday
Lisa

Thursday
Amanda
Megan

Friday
Amanda
Sally

New Year Beach BBQ

The Portland Aspire Team are hosting a BBQ at the beach for all participants and their families to celebrate the New Year. We would like participants to invite any family or friends along however we will only be able to offer transport for participants only. Seats are limited so make sure your RSVP early, and if you are making your own way down to Portland please RSVP so we can cater for you.



Where: **Portland Foreshore BBQ Area (Lee Breakwater Rd)**

When: **Thursday 12th January**

Time: **11.30am. Transport leaving Hamilton Office 10am returning 3pm.**



Dog Walking

With the warmer weather here, and some of participants who have new dogs, we have decided to put dog walking back on the calendar for the summer months. Meeting at the office with your dog we will spend an hour walking our dogs around the gardens. Please ensure you have your dog lead and bags for poop, and only friendly sociable dogs please!

Where: **Hamilton Aspire Office**

When: **Tues 13th December and Tues 10th January**

Time: **2.00 pm**



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 as soon as next month.



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.