

Aspire December 2011

A Pathway to Mental Health Inc.

The Warrnambool Wrap

Welcome to the December edition of the Warrnambool Wrap.

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 allow people to better plan and attend group activities. Each month updates will be sent out of important information and special events that are occurring. If you would like to know more about these or other changes for 2012 please call Barry at the Warrnambool office.

All activities are coming to an end during December as the term ends. Our 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 to each complete a 1 week community mental health placement. If you see them about please say hello.

The venue is now booked and the menu is planned so get ready for the Aspire annual Xmas event. This year 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

Rehabilitation Staff available in the Warrnambool office

Monday

Tamara
Kerrie
Joe-Anne
Paula
Christine
Jon

Tuesday

Tamara
Kerrie
Christine
Barry
Fiona
Jon
Paula 1st/3rd

Wednesday

Tamara
Kerrie
Christine
Barry
Fiona
Lauren
Joe Anne

Thursday

Tamara
Kerrie
Christine
Joe-Anne
Jon
Lauren

Friday

Tamara
Kerrie
Paula
Jon

Regular activities through December

Community Lunch

Don't forget to come along to the community lunch on Wednesdays. We prepare and share a variety of meals each week so there is always something nice to eat as well as the opportunity to enjoy good conversation with others.

Where: **Uniting Church Hall**

When: **Wednesdays volunteers needed**

Time: **10am to help, 12noon for meal**



On Wednesday the 21st of December there will be a special Christmas lunch. Please RSVP if you would like to attend this. Volunteers are needed to provide help to make this meal so please call and let us know if you can help.

Community Garden

Each Thursday afternoon we will be going along to the Community Garden to work on our patch of summer fruit and vegetables. We plan to grow tomatoes, cucumber, strawberries, several varieties of lettuce etc. Even after all the seedlings have been planted there are still jobs to be completed each week such as weeding, watering keeping the snails at bay and harvesting.

It really is a beautiful relaxed space and you can do as little or as much as you choose on the day. If you would like to come along please give the office a call to arrange a lift or let us know if you plan on meeting us there.

Where: **Warrnambool Community Garden, Grieve Street**

When: **Thursdays finishing on the 15th**

Time: **1-3pm**

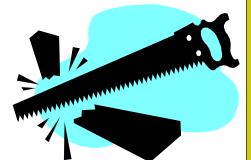


Woodwork @ the Men's Shed

Would you like to learn how to make things with wood?

This term we have been making some easels for next years art groups. We are open to people working on other projects they may be interested in. This group is open to both Men and Women. There is no cost involved and you get to take home the projects you make.

Please call the office if you need a ride or if you would like to attend.



Where: **The Men's Shed, Warrnambool Community College, Hyland Street**

When: **Thursdays, finishing the 15th of December**

Time: **1-3pm**

Christmas lights tour

Come along and see the Christmas lights glowing so bright in and around Warrnambool.

Seats are limited so book your seat to avoid disappointment.

Where: **In and around Warrnambool**

When: **Wednesday the 21st of December**

Time: **8.30–10pm**



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.



Warrnambool Recovery Activity Calendar December 2011

To put your name down to attend an activity please phone: 55 603 000

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