

Amicus Exchange



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Head office

18 Myers Street, Bendigo 3550
9:00am – 5:00pm Monday to Friday
(03) 5441 2666

A message from our CEO

Ann-Maree Davis



Welcome to the Autumn edition of the Amicus Exchange and our first for 2022. We have certainly had a very different start to 2022, with COVID-19 having a very big impact for so many of us.

We have had a number of participants and staff who were impacted this time, most of whom have now recovered. For those that are still impacted, we wish you a speedy recovery.

We have had a number of donations of Rapid Antigen Tests (RATs) specifically for participants. If you are having difficulty accessing a RAT please contact us on 5441 2666 to organise collection at 53 Myers Street Bendigo, or alternatively we can post them to you.

We have responded to a number of our participants living in isolated communities who have struggled to get access to a RAT previously, and postage has worked well for them.

We are also still providing assistance for participants who would like support to organise and attend COVID-19 vaccination appointments. If you would like assistance, please call us on 5441 2666 to arrange this.

In December last year our Board of Directors approved our new Vision, Purpose and Values along with a new Strategic Plan. We will be providing more information regarding this in coming editions of the Exchange and on our social media.

This work signals an important and exciting new chapter for Amicus, and I look forward to working with all of Team Amicus to fulfil our Vision of everyone living their best life.

In late January our Support Coordination, Behaviour Support and Pathways Teams, along with Leeanne and myself moved to a new home at 97 Williamson Street, which is just around the corner from 18 Myers Street.

It is a great workspace and brings us all much closer together. We have also been very lucky to get a new tenant for the old office site at 90 Queen St. We look forward to seeing you for a visit sometime soon!

One of our biggest projects over the last couple of years has been the transformation of the five acres of land we own in North Bendigo into a subdivision. This has provided income through land sales for us to create affordable and accessible housing for people with a disability.

Our Specialist Disability Accommodation (SDA) in North Bendigo is now almost complete. With one, two-bedroom home for High Physical support and one, two-bedroom home for Improved Liveability, soon to be available for participants with SDA funding in their plans to consider as an option. We plan to hold an opening before Easter, so please keep an eye out on our Facebook page for further details.

It is with sadness we share the news that Shayne Scott, our Adult Services Manager has resigned from his position and will be finishing up at Amicus at the end of next week (25th March). The decision is not one he has taken lightly, but the significant travel and time away from home has been a big factor. It has been wonderful to have him back and we wish him well and thank him for stepping in when needed, and helping us through the last 12 months.



We will commence recruitment for his replacement and you will also see a few other positions on offer, as we get our team in place to deliver on our new Strategic Plan.

Just in closing, I will be taking a short break from Monday 11 April to Tuesday 26 April. Previously Acting CEO, Sophia Wight also has some upcoming leave planned during this time, so Melissa Zera will be acting in my role whilst I am away. I know you will all give her a warm welcome to the role! Take care everyone.

Cheers!

Ann-Maree Davis
Amicus CEO

COVID-19 information and updates

RAPID ANTIGEN TESTS AVAILABLE FOR AMICUS PARTICIPANTS

Tamara, one of our Support Coordinators reached out to Bendigo Health's Disability Liaison Officers and received free RATs for participant use.

If you are an Amicus participant and need to do a test and can't afford or can't access a RAT, please contact Amicus at our 53 Williamson Street office. Or we are happy to post them out to you if you live remotely, or can't get to our office. Please call Amicus on **5441 2666** during business hours.

Our thanks to Tamara and both Amy Clancy and Michelle Lucas from Bendigo Health.



VACCINE UPDATE

If you need help getting your COVID-19 booster shot or vaccine, or to get your proof of vaccination, Amicus will assist you.

We can help you by:

- providing information on the COVID-19 vaccine and/or booster
- providing locations of clinics to get your COVID-19 vaccine
- assisting to arrange an appointment with your GP if you have questions
- helping to book your appointment
- supporting you to attend the appointment
- helping you to access or set up your proof of vaccination.

Amicus is here to support every participant with COVID-19 vaccinations. If we haven't called you and you would like help, please call the Amicus Pathways Team on **5441 2666**.



Get vaccinated



Wearing a mask is recommended



Practice social distancing



Wash your hands often

Participant updates

BEN'S FUN AT THE GYM

Following on from our team meeting on Monday, Renee decided to ask Ben what machines he wanted to try at the gym. Kate, his Exercise Physio was unable to make the session so after following his usual routine it was a "Ben's choice workout".

Ben had a great time and we even had a member of the public (who attends the same time as us) comment that "he seems to be really enjoying himself today, it's great to see him deciding what he wants to do."

Renee incidentally discovered that Ben appears to enjoy machines which provide resistance more than the cardio ones he usually uses. She kept the resistance high on all the equipment, including what Ben regularly uses, and he stayed on for 30-60 secs each set, as compared to his usual 15 seconds. Amazing job Ben!



MARIO ENJOYS MUSIC AND FUN AT THE GARDEN FOR THE FUTURE

This is Mario enjoying live music and beautiful weather on Friday evening at the Garden of the Future in Bendigo, as part of the City of Greater Bendigo 'Summer in the Parks' events.

Mario looks after the chickens at home and this is the biggest chicken he's ever seen!



LISA'S VISIT TO BALLARAT WILDLIFE PARK

Lisa spent a lovely day making memories with her son at the Ballarat Wildlife Park. Great to get up-close to nature, and to spend valuable time with a special family member.



CRAIG'S CHRISTMAS GIFT

Craig was very happy with the Christmas gift that he received from his support worker Neil. When he received the cricket ball he threw it up in the air and gave it a spin.

It looks like you enjoyed your present Craig!



EDDIE'S HANDMADE GIFTS

Eddie worked on a few gifts for his family for Christmas with the help of his support worker, Rochelle in December. After he finished his gifts, Eddie wrapped them up ready to give to his family.

Eddie is very happy to be able to provide handmade gifts each year to his dad and step-mum. Great job Eddie!



GARY'S CHRISTMAS EXCITEMENT

Gary enjoyed the lead up to Christmas last year. He had decorated his tree and went down to Rosalind Park to see the big Christmas tree and the decorations!



KODEY'S SUCCESS STORY

Kodey is a new participant to Amicus and unfortunately, has had many negative experiences with a previous support agency. Amicus needed to get things right for Kodey and his family so that he could live his best life.

Kodey's team leader and Behaviour Support Coach have been collaborating and working closely with Kodey's wider care team to ensure they are on the right track.

A large training session was held at Amicus which included all support workers, Kodey's mother, Behaviour Practitioner, Amicus Team Leader and Behaviour Support Coach. This covered the Behaviour Support Plan (BSP) strategies and a planning and mapping session for the future.

With training, consistency, and a positive approach, Kodey has been able to actively engage in his community. Activities have included:

- Delivering eggs to the Daylesford Food Bank
- Recycling at the Bendigo recycling plant
- BBQs in the park where Kodey has assisted with cooking
- Shopping at Big W
- Learning to kick a soccer ball
- Buying his own lunch



We recently received some great feedback from Kodey's mum stating that:

"Kodey is responding extremely well to his support worker which is fantastic. It's been a long time since Kodey has responded to someone like this, which I'm super thankful for."

The team on Wednesday have also been awesome and had a BBQ at the park. I saw some pictures where Kodey is paying attention and is happy. I'm loving the outcomes at the moment!"



CHARMAINE AND CASSIE'S ARTWORK

Charmaine and Cassie have been working hard with their support worker Jamie, on Wednesdays to produce beautiful artwork.

They visited the office in Myers Street to provide some artwork to put on the walls. Cassie and Charmaine are going to regularly update the artwork in the office, so feel free to pop in and see their latest work.

Jaime has done a fantastic job in supporting the girls to express their artistic skills in different mediums and forms of art. Great job girls, thanks for sharing your passion with us!



Announcements and updates

WEBDON DRIVE SPECIALIST DISABILITY UNITS

We are very excited that our project over the past couple of years, to subdivide Cecil Street and build two SDA units in Webdon Drive is due for completion by the end of March.

We will be looking for potential tenants, so please keep in contact with us if you are interested. Both are two-bedroom units, one is for high physical support and the other is for improved livability. We will have some brochures soon that will provide more information on the style and layout of the units, and opening and inspection times. You can see a sneak peak of the work to date below.



Amicus updates

NEW TEAM LEADERS AT AMICUS

We are pleased to welcome Rebecca Postans and Vick Funanderan as new Team Leaders for Adult Services. Both come with lots of experience and the rest of the team is currently introducing them to the Amicus family.



AMICUS HAS MOVED FROM 90 QUEEN STREET

Please be advised that all our Queen Street staff (Behaviour Support and Support Coordination) have moved to a new office locations at 97 Williamson Street, along with our Pathways Team, Ann-Maree and Leeanne. This is around the corner from our head office at 18 Myers Street.

For reception, please come to our 18 Myers Street office first and we can direct you to any appointments with our 97 Williamson Street team members. Both offices are sharing meeting rooms and interview rooms, and our Williamson Street office has no reception facility, so let Kim and Ally guide you from 18 Myers Street.

To welcome staff to our new office, Ann-Maree organised churros for morning tea. They were very yummy!



Office closures and important dates

Office closures

Our offices will be closed on the following public holidays. If you require support for these days, please contact the office prior to the day ensure you have everything you need.

Good Friday Public Holiday

Friday 15 April, 2022

Easter Monday Public holiday

Monday 18 April, 2022

(Easter Saturday 15 April, 2022

Easter Sunday 16 April, 2022)

Anzac Day Public Holiday

Monday 25 April, 2022

Important dates

National Day Against Bullying and Violence

Friday 18 March, 2022

World Down Syndrome Day

Sunday 21 March, 2022

World Autism Awareness Day

Saturday 2 April, 2022

Easter Sunday

Sunday 17 April, 2022

World Health Day

Thursday 7 April, 2022

Mother's Day

Sunday 8 May, 2022

National Reconciliation Week

Friday 27 May - Friday 3 June, 2022

Information for participants

ELECTRIC SCOOTERS – DID YOU KNOW?

One of our Amicus staff looked into riding an electric scooter to work and was surprised to find that it is illegal to ride private e-scooters on public roads and footpaths.

However, the Victorian Government has partnered with the City of Melbourne, City of Yarra, City of Port Phillip and the regional City of Ballarat to run e-scooter trials following a targeted expression of interest process in 2021.

The trials will run for up to 12 months, making it legal for e-scooters (operated by commercial hire companies only for the purposes of the trial) to travel within designated council areas, subject to safety-based trial regulations.

More information is available on Vic Roads website.
www.vicroads.vic.gov.au/safety-and-road-rules

There is also information on the same website regarding power assisted bicycles, including the road rules that apply to all cyclists.



Seasonal health information

INFLUENZA (FLU) VS COVID-19 VACCINES

Whilst Australia is delivering COVID-19 vaccines and boosters nationally, it's important to keep up good hygiene practices to not only help prevent COVID-19, but to also prepare for the flu season.

The Australian Government Department of Health currently provides this advice about receiving both the COVID-19 and Influenza vaccines:

- COVID-19 vaccines and the flu vaccine have been approved to be administered on the same day. You will no longer need to wait 14 days between vaccines.
- There is no particular requirement regarding the order of receiving a dose of flu vaccine and either the first or second dose of a COVID-19 vaccine.

If you belong to any of the categories below, you are eligible to receive a free flu shot each year.

- Person with a medical risk factor or chronic illness
- Aboriginal and Torres Strait Islander person
- Person aged 65 years or older
- Pregnant women

Remember, if you do get sick this Autumn, stay home and get tested to help stop the spread of the virus.

Community events

DA VINCI'S MACHINES

19 February - 1 June, 2022

Now, like no other time in history, the world needs the next Leonardo Da Vinci. Da Vinci did not limit his thinking to the times within which he lived, but rather imagined a future where his ideas were not only possible, but doable.

Come and learn from the master how to imagine the kind of world that you want and, more importantly, what it takes to create it.

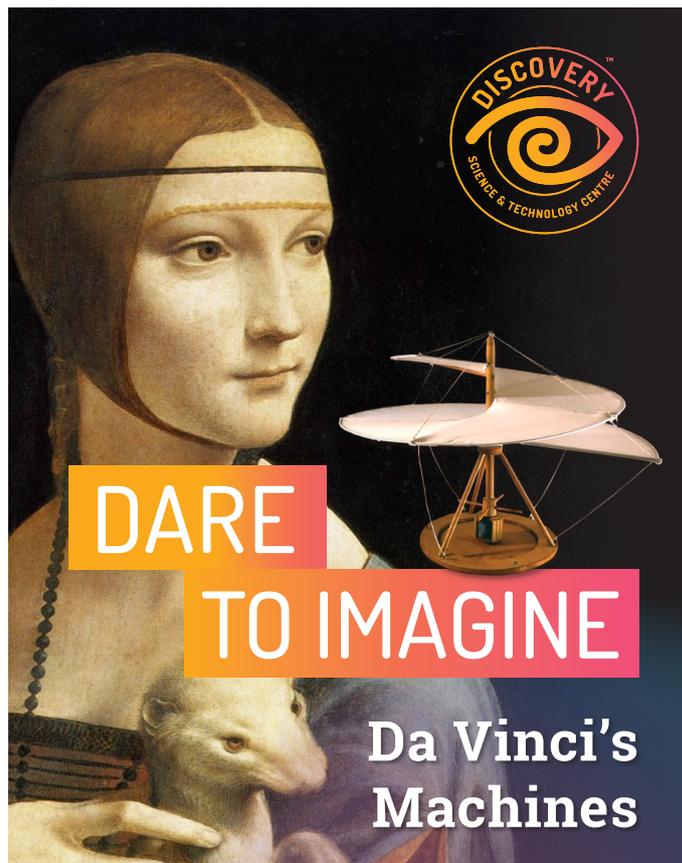
Created by the acclaimed Artisans of Florence, this international exhibition consists of carefully reconstructed, and functional, machines which were invented by Da Vinci in the 15th Century, as well as excellent recreations of some of his most famous paintings.

Time: 10am - 4pm, Tuesday - Sunday
School Holidays open everyday

Location: Discovery Science & Technology Centre

Price: Ticket prices range from \$5 - \$16,
children 3 and under Free. Family tickets \$54

www.bendigo.com.au



BENDIGO PRIDE FESTIVAL

18 March - 3 April, 2022

The Bendigo Pride Festival is a community initiated and run event that celebrates, explores and promotes diversity and inclusion within the Greater Bendigo Region and beyond with particular focus on LGBTIQ+ communities and people.

Various events and activities will be held over the fortnight. For more information and list of events, visit the Bendigo Pride Festival website.

Location: Various locations

www.bendigopridefestival.com.au



ELVIS: DIRECT FROM GRACELAND

19 March - 17 July, 2022

This exclusive exhibition explores the extraordinary life and style of Elvis Presley. One of the most iconic public figures of the 20th century, Elvis' influence on music, design, art and pop culture was profound.

Direct from the Graceland archive, the exhibition features a wide range of costumes and ultra-cool outfits, vintage memorabilia and treasured items from his beloved Graceland home.

Time: 10am - 5pm

Location: Bendigo Art Gallery

Price: \$15 - \$30, children under 5 years free

www.bendigoregion.com.au



HARMONY FAIR 2022

Sunday 20 March, 2022

A celebration of cultural diversity and inclusiveness with multicultural food, music, dance and art in recognition of National Harmony Day, March 21.

Time: 11am - 2pm

Location: Hargreaves Mall, Bendigo

Price: Free

www.bendigoregion.com.au



150TH BENDIGO EASTER FAIR

Friday 15 April - Monday 18 April, 2022

Over the four-day Easter long weekend, Bendigo's beautiful Rosalind Park and surrounding streets will be transformed into a vibrant precinct bursting with family-friendly entertainment, hands-on activities, live music, roving performers, an Easter egg hunt and more!

Easter Egg Hunt: 10am - 5pm, Friday 15 April

Bendigo Advertiser Gala Parade: 12:30pm, Monday 18 April

Torchlight Procession: 7pm, Sunday 17 April

Location: Various locations in the Bendigo CBD

Price: Free

www.bendigoregion.com.au



AWAKENING OF THE DRAGON

Sunday 17 April, 2022

A traditional celebration of lion and dragon dance, presented by the Bendigo Chinese Association and visiting lion teams. It will conclude with lighting a spectacular string of 100,000 firecrackers used to wake Dai Gum Loong for the Bendigo Advertiser Gala Parade.

Time: 2pm - 4pm

Location: Dai Gum San Chinese precinct

Price: Free

www.bendigoeasterfestival.org.au



STAR WARS PAINT BY NUMBERS

Saturday 30 April, 2022

Prepare your walls for May the 4th celebrations with a Star Wars paint-by-number creation by you! Five images to choose from. Best suited to ages 8+. Frosty Bantha milk and cookies supplied. Dress ups encouraged!

Time: 10am - 12pm

Location: Kangaroo Flat Library

Price: Free, register via Eventbrite

www.eventbrite.com.au



HEAVENLY VINTAGE DRESS EXHIBITION

Open daily

Celebrating fashion and ephemera from life's great occasions from around the globe. From the high Victorian era through to the 1970s, this exhibition traces the history of special occasion fashion from the strapped up Edwardians, simplicity of the roaring 20's, sleek lines of the 1930's, austerity of the war years and beyond into the reemergence of luxury through the 60's and 70's.

Recently featured on ABC TV, see Gertrude's stunning and pristine wedding dress and wedding paraphernalia that almost ended up in landfill!

Location: Upstairs Gallery at Run Rabbit Run Cafe
24 Hargraves Street, Castlemaine

Price: Free

castlemainecostumegallery.com



DJAARA LIGHTS

Ongoing

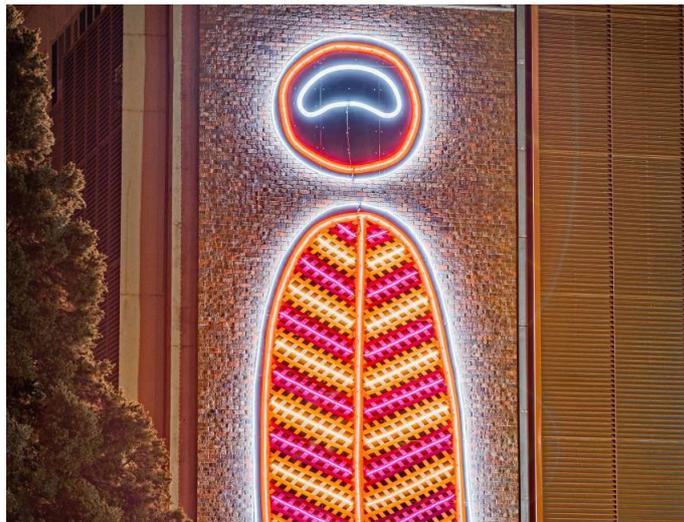
Djaara Lights highlights Dja Dja Wurrung culture in the Bendigo region through the display of Djaara artwork and augmented reality experiences. A sequence of activations tells stories of the Dja Dja Wurrung six seasons on Djandak (Country) from Dja Dja Wurrung People, the Traditional Owners of Bendigo.

Time: 7pm - 11pm daily

Location: Oscars Walk and Bath Lane Precinct, Bendigo

Price: Free

www.bendigoregion.com.au/explore-bendigo



HAND MADE, HOME GROWN: MALDON MARKET

Second Sunday of every Month

A monthly farmers and makers market that bring together the very best hand made products and home grown produce from local independent artisans, gourmet food makers and growers in the picturesque town of Maldon.

Time: 9:00am - 1:30pm

Location: Bill Woodfull Recreation Reserve

Price: Free

www.maldonnc.org.au



CASTLEMAINE FARMERS MARKET

Monthly and Weekly Markets

Castlemaine and surrounds has an abundance of excellent local producers. Find fresh fruit and vegetables; excellent meats and cheeses, delicious homemade cakes, jams, preserves and chocolates as well as plants, livestock and much, much more.

Monthly Market: First Sunday of the month, 9am - 1pm

Weekly Market: Every Wednesday, 3:30pm - 6pm

Location: Mostyn Street, adjacent to Castlemaine Market Building (Visitor Information Centre)

Price: Free

www.castlemainefarmersmarket.org

