



# Amicus Exchange

2023 ISSUE 01



## Autumn's in the air

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## Amicus Calendar

### Office Closures

The Amicus office will be closed on the following public holidays. If you require support for these days, please contact us to ensure you have everything you need.

#### Good Friday Public Holiday

Friday 7 April, 2023

#### Easter Monday Public holiday

Monday 10 April, 2023 (Easter Saturday 8 April, 2023 Easter Sunday 9 April, 2023)

#### Anzac Day Public Holiday

Tuesday 25 April, 2022

### Important Dates

#### Autism Awareness Day

Sunday 2 April, 2023

#### World Health Day

Friday 7 April, 2023

#### Mother's Day

Sunday 14 May, 2023




#### National Reconciliation Week

Saturday 27 May - Saturday 3 June, 2023

### Head office

113 Williamson Street, Bendigo 3550  
9:00am – 5:00pm Monday to Friday

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Follow us on Facebook, Instagram and LinkedIn  



[@AmicusCommunityServices](https://www.facebook.com/AmicusCommunityServices)

[www.amicus.org.au](http://www.amicus.org.au)

# A message from the CEO

Kevin Feeney



## Welcome to our first issue for 2023!

We have just had our Open Day which acknowledged our relocation to a single location at Williamson Street and celebrated the Living the Values Awards. We are thankful to Mayor Cr Andrea Metcalfe for officially opening the site and for her kind words.

The Living the Values Awards recognises those participants who have demonstrated our core values of Developing Leadership, Active Participation, Capacity Building and Individuality. Congratulations to our worthy recipients Harriet, Katie, Emily and Daniel.

It was also an opportunity to celebrate the wonderful role that our outgoing Chair, Paul Somerville, has had with our organisation over the last 17 years – a herculean contribution. Paul has guided us through manner iterations, challenges and changes, always with a strong attachment to our core values and a desire to better people's lives. We are better for his involvement.

We are looking forward to a great year ahead and thank you for your continued support of the Amicus community.

## Amicus Open Day

We had an incredible day celebrating our wonderful community together, with the sun shining and smiles all round.

We were also thrilled to have the building officially opened by Mayor Cr Andrea Metcalf.

Our Open Day was the perfect opportunity to celebrate the achievements of our incredible participants, a big shout out to the following winners, Harriett, Katie, Emily and Daniel.

Thank you to those who attended, making the day a great one.





# Living our best lives

## Amicus community in the spotlight



### Beau's incredible woodturning skills

Check out Beau's amazing woodturning creations! Beau has been proudly woodturning with Bendigo Woodturners Inc. since 2018, and as you can see has honed his craft and skills to perfection.

Here are some of the incredible things that he has created. There is so much beautiful detail, texture and colour in the wood!

What an amazing achievement and skill that Beau clearly loves doing.



### The perfect cuppa

We are so lucky to have Charmaine visit the Amicus office weekly. She enjoys going into the HUB, and making Ally and Kim from the reception team the perfect cup of tea!

William created and presented Charmaine with a certificate of appreciation. Charmaine was delighted with her certificate and continues to make the Amicus team delicious cups of tea.



### Cupcake chefs in the making

Two Echuca participants have been having cupcake competitions during the school holidays. They've enjoyed refining their kitchen skills, decorating the cupcakes and, of course, eating the delicious final product.

Some of the cupcakes were made from scratch, and some were from a box - but both tasted great - you can't go wrong with chocolate!



### A Harley Ride

One of our participants has eagerly been anticipating a ride on a Harley Davidson motorbike! Recently, the day finally arrived. When his support worker arrived outside the front of his home, he was already keen and ready, waiting outside with a big smile. The house staff said, "he was extremely excited and could not wait for this special day to come".

They both headed off to Happy Jacks Reserve to meet Reg, who owns the three-wheeled Harley Davison. "When Reg arrived, you could see how excited and happy my participant was for this moment to arrive", his support worker said.

Reg helped him get ready for his ride, decking him out with a leather jacket, helmet, gloves and sunglasses. Then it was time for the adventure to begin!

They headed out the back of Lockwood before merging onto the Calder Freeway so the participant could experience some real speed. They then cruised through Kangaroo Flat and Golden Square before detouring back to the participant's house.

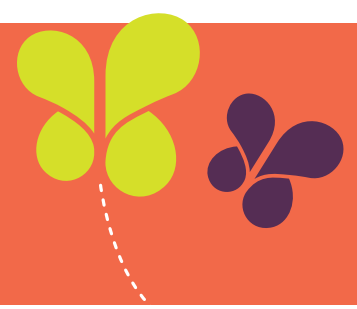
When they arrived back, a staff member and another resident were out the front to greet his return. The participant got off the bike with the biggest smile

on his face, full of confidence. Reg helped him remove his riding gear, the participant gave him a big hug and they all said their goodbyes

The house staff and support worker discussed future opportunities for more fun and interests based activities, as the day was a big success.



# Catch up on the latest Community news



## Amicus reception entrance update

When you next visit us at Amicus please enter via the Williamson Street reception door (near the roundabout) where you will be warmly greeted by Meryle and our friendly team.

Our reception entrance in McClaren Street will no longer be staffed.

All participants and visitors will be greeted at the Williamson Street reception.

Thank you for your understanding and we look forward to seeing you soon!



## Free TAFE Auslan in Victoria

Some great news if you are wanting to expand your accessibility skills. The Victorian government has added the following courses to their 2023 free TAFE courses:

- Diploma of Auslan
- Diploma of Interpreting (Auslan)
- Advanced Diploma of Interpreting (Auslan)

What a fantastic initiative that provides people with the tools to be inclusive and accessible.

[www.vic.gov.au/free-tafe](http://www.vic.gov.au/free-tafe)

## Youth respite at Melissa Court Respite House

In order to support the growing need for youth respite in the community, we have recently introduced youth respite services at Melissa Court Respite House.

The Short-Term Accommodation facility now provides care for children aged 6 to 17 years, in a safe and nurturing environment to unwind and connect with others, and for their carers to have a break during the term school holidays.

Our team at Melissa Court Respite House provides a range of activities and skill-building opportunities, including visits to local attractions, cooking, crafting and much more.

Amicus is proud to be offering this service to children and teenagers across Central Victoria. Supporting them, their carers and their families to have a much-needed break.

Please contact us for more information. [amicus.org.au/melissa-court](http://amicus.org.au/melissa-court)



## Autism Awareness Day

Sunday 2 April, 2023 is Autism Awareness Day. Autism is a neurological developmental difference that changes the way a person relates to the environment and people around them. It changes the way a person sees, experiences and understands the world around them.

The term 'spectrum' is used to reflect that every individual's lived experience of autism is different. Each person with autism is an individual with unique qualities, strengths and support needs.

It is estimated that one in 100 Australians are autistic, three-quarters of which are aged 5-24 years. Autism Awareness Day is a day to celebrate, and build awareness and understanding within the community. We stand by this and are committed to creating a world where all people with autism can reach their full potential.

[www.autismspectrum.org.au](http://www.autismspectrum.org.au)





# Stay informed

## Updates for participants



### Cheaper V/Line train tickets

Starting on Friday 31 March, 2023, train ticket prices will be dropping for V/Line regional train rides. For travel anywhere in Victoria, daily travel costs will be capped at \$9.20, bringing regional prices in line with Metro Melbourne's daily costs.

[www.vline.com.au](http://www.vline.com.au)



### Amicus HUB Art Exhibition Centre

Amicus is introducing an exciting opportunity for participants to display their creative works and achievements in our new and upcoming, Amicus HUB Exhibition Centre.

We will hold a public exhibition event every two-three months, where we will celebrate the creativity and passions of artists within the Amicus community.

We would love for all staff, families, participants and people in the Amicus community to attend. Keep an eye out for information about the first event!

Also, speak to your support worker or contact us if you would like to contribute to the exhibitions.

### Volunteering at the 2026 Commonwealth Games

The Victorian Commonwealth Games will provide opportunities for our communities to be a part of the Games both in the lead-up to and during the event, such as volunteer opportunities, ticketing and cultural programs.

If you are interested and need some support to express an interest or to volunteer, please contact us or your support worker.

[www.vic.gov.au/victoria-2026-commonwealth-games-get-involved](http://www.vic.gov.au/victoria-2026-commonwealth-games-get-involved)

### Liberty Swings

Have you seen a Liberty Swing at your local park?

Liberty Swings allow children in wheelchairs the chance to enjoy the happiness of swinging. Liberty Swings bring able-bodied and non-able-bodied children together where they can enjoy the simple pleasure of playing and swinging as all children should.

Amicus support workers have a key to access the swings, speak to them if you would like to use a swing at a park in your local area. Here are some that are nearby:

- **Bendigo** - Strathdale Park, Crook Street
- **Gisborne** - Macedon Ranges Adventure Playground, Brantome St
- **Kyabram** - John Pilley Reserve, Lake Road, (adjacent to Kyabram Fauna Park)

[www.libertyswing.com.au](http://www.libertyswing.com.au)



# Keep healthy and safe

## Seasonal health updates and reminders



### COVID-19 vaccination update

The Australian Technical Advisory Group on Immunisation (ATAGI) has updated their recommendation for COVID-19 booster doses in 2023.

All adults can get a booster if it's been six months or longer since their last COVID-19 booster or confirmed infection (whichever is most recent). This will provide additional protection against severe illness from COVID-19.

This is particularly recommended for people at higher risk of severe illness, including:

- Everyone 65 years and over
- Everyone 18 years and over with medical comorbidities, disability or complex health needs

All boosters are free for all Victorians. You can get them from your local pharmacy or GP. Find one near you using the Vaccine Clinic Finder.

[www.health.gov.au/resources](http://www.health.gov.au/resources)

### We're your local NDIS provider



Here's where you'll find us



### Flu season preparation and vaccination

As we approach the peak flu season (June - September) it is important to stay prepared. The flu is a highly contagious viral infestation that can cause mild to severe illness, which the flu vaccine can help prevent.

Flu vaccinations are recommended for anyone six months and over. From mid-April onwards ahead of the flu season. If you belong to any of the categories below, you are eligible to receive a free flu vaccine each year:

- Person with a medical risk factor or chronic illness
- Aboriginal and Torres Strait Islander person
- Person aged 65 years or older
- Pregnant person (at any stage of pregnancy)
- Children aged six months to five years

There are other things you can do to decrease your risk of getting the flu, like increased hand washing, mask-wearing and social distancing.

Remember, if you do get sick this Autumn, stay home, rest and seek help if your symptoms become severe.

### Practice good hygiene in the colder seasons

To reduce the spread of colds, the flu, COVID-19 and other illnesses, it is important to practice good hygiene. This will minimise the risk of spreading and contracting illness during the cooler months ahead.



Wash your hands frequently with soap and water, before and after eating and after going to the toilet.



Social distance and avoid contact with people when you or they are sick.



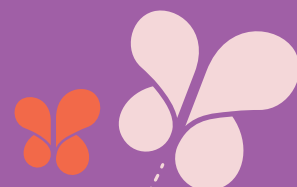
Use alcohol-based hand sanitiser often.



Cough and sneeze into your elbow and dispose of used tissues.

# Get out and about

## Upcoming community events



### All abilities exercise class

#### Tuesdays and Thursdays

Gentle movement with fun music!

**Time:** 11.15am - 12pm

**Location:** Gurri Wanyarra Wellbeing Centre, Kangaroo Flat

**Price:** \$5.30

[www.gurriwanyarrawc.com.au](http://www.gurriwanyarrawc.com.au)



### Bendigo Pride Festival

#### 17 March - 2 April, 2023

The Bendigo Pride Festival is a celebration of queer culture, arts and history and an opportunity for allies and LGBTQIA+ people to come together to celebrate Bendigo.

Various events are happening in Bendigo. See the link below for more information.

[www.bendigopridefestival.com.au](http://www.bendigopridefestival.com.au)



### Australiana Exhibition

#### 18 March - 25 June, 2023

*Australiana: Designing a Nation*, surveys the iconography of Australiana in art and design through key chapters in our history through to the present day.

**Time:** 10am - 5pm

**Location:** Bendigo Art Gallery

**Price:** Free

[www.bendigoregion.com.au](http://www.bendigoregion.com.au)



### Castlemaine State Festival

#### 24 March - 9 April, 2023

A diverse curation of the very best local and international arts talent and events will bring focus to Castlemaine, spotlighting the wealth of the region while bringing visitors from across Australia and overseas to experience this renowned family-friendly, fun, and accessible seventeen-day event.

Various events are happening in Castlemaine. See the link below for more information.

[www.castlemainefestival.com.au](http://www.castlemainefestival.com.au)





SUN

## Castlemaine Sunday Farmers Market

### First Sunday of the month

Find fresh fruit and vegetables; excellent meats and cheeses, delicious homemade cakes, jams, preserves and chocolates as well as plants, livestock and much more.

**Time:** 9am - 1pm

**Location:** Western Reserve Forest Street, Castlemaine

**Price:** Free

[www.castlemainefarmersmarket.org](http://www.castlemainefarmersmarket.org)



1-30  
APR

## Kaleidoscope Maze

### 1 - 30 April, 2023

An experience that confuses the senses, where you can explore colour and light inside a shifting illusion. Allow approximately 30 minutes to fully see the display.

**Time:** 2 - 9pm daily

**Location:** Rosalind Park, Bendigo

**Price:** Children and seniors free and full price \$15

[www.bendigoregion.com.au](http://www.bendigoregion.com.au)



7  
APR

## Avalon Raceway

### Friday 7 April, 2023

Are you interested in experiencing the action of Speedway? Please contact 0428 164 334 if you wish to attend.

**Time:** 3.30pm

**Location:** Avalon Raceway, Lara

**Price:** Concession \$30 and full price \$35



7-10  
APR

## 2023 Bendigo Easter Festival

### 7 - 10 April, 2023

Bendigo's beautiful Rosalind Park and surrounding streets will be transformed into a vibrant precinct bursting with family-friendly entertainment.

**Time:** 10am - 5pm daily, parades: 7 - 8.30pm Saturday and 12.30 - 3pm Sunday.

**Location:** Bendigo CBD

[www.bendigoeasterfestival.org.au](http://www.bendigoeasterfestival.org.au)





## Bendigo Van Nationals 2023

**Saturday 8 April, 2023**

Vanners old and new will catch up with other like-minded people and enjoy their prides of joy. With a great variety of vans on show, you're bound to see something that takes your eye!

**Time:** 10am - 4pm

**Location:** Bendigo Showgrounds

**Price:** \$5

[www.vannationals.com.au](http://www.vannationals.com.au)



## Bendigo Bricks Exhibition

**15 - 16 April, 2023**

Amazing lego creations from around Victoria and retailers selling everything from bricks, minifigs, retired and new sets.

**Time:** Saturday 10am - 5pm, Sunday 10am - 4pm

**Location:** Bendigo Exhibition Centre

**Price:** \$8 (free under four years)

[www.bendigobricks.com](http://www.bendigobricks.com)



## Groovin The Moo

**Saturday 29 April, 2023**

Australia's favourite regional touring festival is back! Bringing music back to the hearts and ears of fans across the country and again in Bendigo.

**Time:** 11am - 11pm

**Location:** Prince of Wales Showgrounds, North Bendigo

**Price:** \$176

[www.gtm.net.au/bendigo](http://www.gtm.net.au/bendigo)



## Bendigo Writers Festival

**4 - 7 May, 2023**

A three-day festival that brings together more than 100 writers for discussions and presentations about every kind of writing under the sun.

Various events are happening across Bendigo. See the link below for more information.

[www.bendigowritersfestival.com.au](http://www.bendigowritersfestival.com.au)