

# Yumba Yarn

## DSW Conference

DSW Conference is Queensland's largest conference for support workers in the disability and mental health sectors. Hear from five Yumba Bimbi staff who attended.

## CAMP FAIRBAIRN

Back for another year of fun at YB's Fairbairn Camping adventure

## MEET THE YUMBA BREW CREW

## DEAR MIND... MINDFULNESS MATTERS

WE ARE  
HIRING!

Seeking expressions of interest for Support Worker roles





Providing support services for individuals with disability across the Central Highlands and Western Qld Region for 25 years.

**“There is no greater disability in society than the inability to see a person as more.”**

ROBERT M. HENSEL

Robert M. Hensel was born with Spina bifida. A disability that has not stopped him from achieving success in his life... In his own words, “I have a Disability yes thats true, but all that really means is I may have to take a slightly different path than you”. Robert is also an International Poet-Writer with well over 900 publications published World wide. In 2000, Robert was nominated as one of the best Poets of the 20th Cen. Just most recently, he was nominated for the Pushcart Prize, an award giving to Outstanding Poets & Writers.

Hensel is also a Guinness & Ripley’s world record holder for the longest non stop wheelie in a wheelchair, covering a total distance of 6.178 miles. The reason for his record was to help raise money for wheelchair ramps throughout his Community.

[roberthensel.webs.com](http://roberthensel.webs.com)

# A MESSAGE FROM THE CEO

## “Community”



Rachel Freeman

In April this year we opened Yumba Brew, a hole in the wall coffee shop located at the GP Superclinic on Pilot Farm Road. Our mission is to provide our community with some seriously good coffee! Pop in and say hi to the team – Monday to Friday 8am – 12pm.

We are particularly thankful to our partners Central Highlands Healthcare and Infrabuild for their generous support in bringing our vision to life and to increase community awareness of the importance of inclusive employment. I'd like to congratulate the Yumba Brew Crew and the wider YB team who have worked hard to bring this project to fruition. A fantastic achievement to be celebrated!

Yumba Bimbi have embarked on a number of social events and endeavours this year and, as always, we are blown away by the community contribution. The willingness and desire from locals to participate and lend a hand is profound. It underpins a community spirit that remains sound and promotes a common ethos of shared values and reinforces positive attitudes of inclusion. We would like to thank everyone who has volunteered their time, money, or resources to help achieve our common goals. Your help is noticed and appreciated!



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### Acknowledgment to Country

Yumba Bimbi Support Services acknowledge the Traditional Custodians of the lands on which we meet, work and learn. We pay respect to the First Nation's peoples; their elders, past, present and emerging.

We value cultural diversity in our region and view Aboriginal and Torres Strait Islander cultures and heritage as integral in a shared national identity.

We have a strong commitment to building inclusive and vibrant communities. We are committed to providing services and opportunities that are respectful and accessible to all members of the community.



Yumba in the local language means good (Bimbi means home or place). On Monday 17 April we opened Yumba Brew, (good brew) a hole in the wall coffee shop based at the GP Superclinic.



This new business model is a social enterprise in partnership with our friends at Central Highlands Healthcare, located at the GP Superclinic, and Infrabuild. This opportunity allows for the paid employment and training of people with disability. Many thanks to everyone in the team who have contributed to this enormous body of work in so many different ways. You are amazing!

**READ ON TO MEET THE TEAM  
AND LEARN ABOUT THE YUMBA  
BREW ADVENTURE.**

# YUMBA BREW PARTNERS



We are thankful to our partners Central Highlands Healthcare and InfraBuild for their generous support in bringing our vision to life and to increase community awareness of the importance of inclusive employment.



## Flower Fridays!

Yumba Bimbi have planted a flower garden at our head office that will be maintained by the Gardening Group. Bouquets are then prepared to sell at Yumba Brew on Fridays!

8

YUMBA YARN | EDITION 18

# YUMBA BREW CREW

We welcome you to visit us at Yumba Brew, at 1 Pilot Farm road, next to the pharmacy, and say hi to our friendly team.



Martin



Courtney



Audrey



Louise



# DIRECT SUPPORT WORKERS CONFERENCE

The Direct Support Workers Conference is Queensland's largest conference for support workers in the disability and mental health sectors and is now in its seventh year and proudly hosted by Multicap and Open Minds. This year's DSW Conference was held on the 13<sup>th</sup> and 14<sup>th</sup> June 2023 at the Brisbane Convention and Exhibition Centre and Yumba Bimbi were able to send 5 of our staff members along.

**"I wanted to go on the trip in hopes of learning some leadership techniques, team build with my peers, and see if I could bring back some free pens... The trip was a reminder that even though our role may seem thankless sometimes, the impact we have on participants' lives is priceless. Some just may not be able to express it. Our support matters... It was enjoyable. It was inclusive. It was both confronting and challenging on a personal level, and it was absolutely fantastic!"** Edward Eagles, YB Senior Support Worker.

And remember, no matter who you are, in order to thrive we all need a support system to be there for us. The DSW conference allows support workers the unique opportunity to interact with their peers, learn, be inspired, and build their support network. It is an investment in your career as a support worker and gives you the tools to progress and enhance the quality of your life and the life of the people you support.

**"I wanted to go to the conference to grow in my career and focus on my own personal and professional development, while simultaneously learning strategies to enrich our clients lives!"** Caleb Christensen, YB Support Worker.

Working as a DSW is a truly rewarding and fulfilling career choice. Even though the role can be hard and often challenging, making a positive difference to someone's life, and helping them become more independent brings immense feelings of accomplishment and pride. Your support means people have choice and control in their lives and the tools & confidence to achieve their goals.

Some of the best parts of the job are sharing new experiences together, creating new memories and celebrating successes. You'll enable people to overcome their fears and challenges whilst helping them to build confidence and self-esteem and truly change someone's life.



## LEARN, LEAD, DELIVER

No matter who you are, in order to thrive we all need a support system to be there for us.



By helping one person we may not change the world, but we will change the world for one person.

– DON ELGIN.



“The highlight of the trip overall was getting to know a few of my coworkers a lot better, we have a pretty amazing team and some very talented and passionate people in our fold. As far as the conference itself it was interesting networking and talking to other direct support workers about their own clients and organisations. We are very lucky at Yumba Bimbi and have an organisation that really cares, both for its employees and participants.

I learned more information on how we can all be leaders in our organisations and how true leadership elevates all of those around us, not just ourselves.

It’s definitely worth it for anyone who is considering it. It’s two jam packed days of learning, networking, and if you’re anything like me it will excite you about your job and remind you just how important the work we do is.”

“The most important takeaway from the DSW Conference for me was from Don Elgin, who spoke of the importance of taking care of yourself in order to look after others. We all have a fire inside us that can dim and grow on occasion, but as long as we keep our pilot light lit we can accomplish anything we set our minds to!” Caleb Christensen, YB Support Worker.

The conference enabled our staff to hear from NDIS industry leading experts, academics and those with lived experience of disability as insights into all that’s new and relevant for support workers in the disability and mental health sectors.

“The reason I wanted to go to the conference was to gain more knowledge on how to support our participants the best I could, and boy did I learn a lot.

I loved hearing from all the speakers, but especially listening to all the stories about how people with disabilities did not let anyone or anything stop them from reaching their goals in life. There were a lot of road blocks for the speakers, but they overcame them with the love and support of their families, friends and support workers.

The highlight for me was listening to Don Elgin. He took me on a emotional roller-coaster ride. Very inspiring and his quote that really stuck with me was: *By helping one person we may not change the world, but we will change the world for one person - Don Elgin.*” Talialofa Uili, YB Support Worker.



Thanks for the opportunity to attend the disability support conference, this was an important and special opportunity to come together to share, learn and shape an equitable and inclusive, person-centred future for all the participants in our care.

– Maureen Fletcher, YB Support Worker.



# BINGO

## NIGHT

FRIDAY 14

6.00PM

DOORS OPEN

Bimbi SERVICES

FUNDRAISE

AT THE

SPOT NOW: \$25.00

ENTER, \$20 FOR 1 OR \$35.00 FOR 2

DRINKS FROM THE BAR ON THE NIGHT

# SOLD OUT

BOOK  
HERE:



[trybooking.com/CHJQC](http://trybooking.com/CHJQC)

@YUMBABIMBI

# YUMBA BIMBI BINGO NIGHT!

Yumba bimbi decided to host a bingo night extravaganza in order to raise funds and have fun. For those who purchased your tickets, thank you!

As a community organisation, it is our hope to be able to host and plan more events like this in the future that provide opportunities for inclusive, social fun.

Thank you to everyone who donated and pitched in to make this event possible.



Cracked Pepper  
Canteen & Catering





# CAMP FAIRBAIRN

*May 2023*

Each year Yumba Bimbi invites participants on a 2-night camping adventure at Camp Fairbairn Outdoor Education Centre (CFOEC). Situated on the foreshore of Fairbairn Dam, CFOEC has access to an expanse of varied bushland and the cool waters of Lake Maraboon. These surrounds allow the perfect setting for Yumba Bimbi's annual camp, where we learn life skills, challenge ourselves, achieve goals and make friends.

The fun never stops with a range of engaging activities led by a qualified and experienced outdoor education team. Camp activities are designed to provide a fun, high-quality camping and recreational experience by enhancing the physical, social and mental well-being of each individual.

The team participated in activities such as the ropes course, canoeing, problem solving, group challenges, rock climbing, and stories round the campfire. All the activities are inclusive, creating a fun, joyous adventure in a safe & positive environment allowing everyone to participate and challenge themselves.

The team look forward to YB's Fairbairn Camping adventure each year, and we already can't wait for Camp 2024!



It was beautiful to see so many people so happy. It allows everyone to have a judgement free zone where they can just be themselves and know they're safe.

Spending a large amount of quality time with a relatively small group was wonderful, and it fostered relationship-building rather quickly. The laughter and fun was contagious!

YB SUPPORT WORKER



**CHALLENGE**  
 \*Problem Solving  
 \*Challenge by Choice  
 \*Mindset  
 \*Resilience

**HALI**  
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# GALA

IN THE GARDEN



– *Gold Sponsors* –



– *Silver Sponsors* –

LACHLAN MILLER  
MEMBER FOR GREGORY



AG GROW  
EMERALD

Thank you to everyone who has bought tickets to our Gala in the Garden. We can't wait to see you all there!

# DISABILITY GATEWAY

disabilitygateway.gov.au

**Are you looking for information and services about disability in Australia?**  
The Australian Government made the Disability Gateway for people with disability, their families and their carers.

You can use the Disability Gateway website to find helpful information and useful links about 10 different areas of life.

The Disability Gateway also has helpful information about groups who can help you, advocates who can speak up for you and networks of people you can connect with.



**Income and finance**  
Access to income and financial supports



**Employment**  
Training and help to find a job



**Aids and equipment**  
Technology to make your everyday activities easier



**Housing**  
Programs and information to help you find a home to suit you



**Transport**  
Help to get you where you want to go



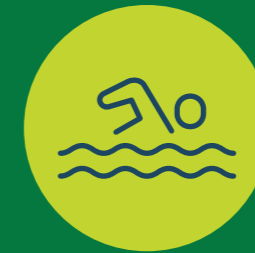
**Everyday living**  
Help with the things you need to do every day



**Health and wellbeing**  
Support and services for your health and wellbeing



**Education**  
Access to educational opportunities at all stages of life



**Leisure**  
Access to sport, recreation, travel and tourism



**Rights and legal**  
Help with discrimination or legal problems

**WE ARE  
HIRING!**



Do you want to be part of a passionate, creative, committed team?

**WE WANT TO  
HEAR FROM YOU!**

Yumba Bimbi have new positions available across a range of services such as Short Term Accommodation, Supported Independent Living, Community Access, Centre-based programs and Individual supports (in-home and in the community).

[yumbabimbi.com.au/careers](http://yumbabimbi.com.au/careers)

Or email a cover letter and resume through to:  
[tayla.brown@yumbabimbi.com.au](mailto:tayla.brown@yumbabimbi.com.au)

**EXPRESSIONS  
OF INTEREST**

Support Worker  
positions available now  
across Emerald and  
the Gemfields

**SUPPORT WORKERS WANTED**  
*Expressions of Interest*

**The Successful Candidates will:**

- Be employed on a permanent or casual basis.
- Undertake shift work, including overnight sleepover shifts and weekend work on a rotational roster.
- Hold a current QLD Driver's license.
- Have a roadworthy vehicle to transport clients.
- Have current first aid and CPR (or ability to obtain).
- Have a current Working with Children check (BlueCard) (or ability to obtain).
- NDIS Worker Screening Check (Yellow card) (or the ability to obtain).
- A certificate III or IV in Disability or Individual support, or a qualification similar in the community services sector is highly desirable.

Only applicants who have a strong focus on quality service delivery and a genuine interest in supporting people with disability are encouraged to apply.

# SAUSAGE ROLLS

*A favourite meal made by  
our Baking Group*

prep: 20 mins  
cook: 30 mins  
total: 50 mins

makes 20  
sausage rolls

## INGREDIENTS

### *Filling*

- 200g bacon, minced or finely chopped
- 2 cloves garlic minced
- 1 small onion, finely chopped
- 1 small carrot, finely shredded/grated
- 1 stalk celery, finely chopped
- 1 teaspoon ground fennel seeds
- 250g ground pork mince
- 250g ground beef mince
- 1/2 cup panko breadcrumbs
- 1 large egg
- 2 tablespoons barbecue sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon fresh parsley, chopped
- 3/4 teaspoon salt
- Cracked black pepper

### *Assemble*

- 2 1/2 sheets frozen puff pastry, thawed
- 1 large egg, lightly beaten

### *Nutrition*

Calories: 290kcal |  
Carbohydrates: 17g |  
Protein: 8g | Fat:  
21g | Saturated Fat:  
6g | Cholesterol:  
44mg | Sodium:  
292mg | Potassium:  
141mg | Fiber: 1g |  
Sugar: 1g | Vitamin  
A: 482IU | Vitamin C:  
1mg | Calcium:  
18mg | Iron: 1mg

## INSTRUCTIONS

### *Filling*

- Fry bacon in a skillet over medium-high heat for 2-3 minutes until just starting to crisp and bacon releases grease. Add onion, celery and carrot to the pan, sauté for 2 minutes or until veggies have softened. Sauté the garlic until fragrant (about 30 seconds).
- Transfer to bowl and let mixture cool for 10 minutes.
- Add remaining **FILLING** ingredients to the bowl and mix well using your hands.

### *Assemble*

- Lightly flour a work bench. Cut one pastry sheet in half and lay one half down in front of you.
- Spoon 1/5th of the filling down the middle of the sheet and press/shape into a compact log.
- Brush edge of pastry with egg then roll up. Lightly press/seal on the edge with egg wash and arrange seam-side down.

### *Bake*

- Preheat oven to 350°F (180°C). Line 2 baking sheets with parchment paper, or lightly grease with nonstick cooking oil spray.
- Slice each log into four equal pieces for party-sized sausage rolls, or two pieces for long full-sized sausage rolls. Brush the tops with egg wash.
- Arrange rolls on baking sheets and bake for 30-35 minutes, rotating baking sheets around halfway through cook time to ensure they bake evenly. The pastry should be crispy and golden brown.
- Let cool to the touch. Serve hot (or warm) with ketchup/tomato sauce.

*Enjoy!!!*



recipe from:  
<https://cafedelites.com/sausage-rolls/>

# GROUP PROGRAMS

Our programs aim to create social & community inclusion; self-awareness; independence; confidence and to develop life-long skills in each individual.

Underpinning all of our programs is an emphasis on self-worth, kindness and belonging. We believe this will ensure more meaningful learning experiences with participants and see life-long skills emerge or enhanced within our programs.



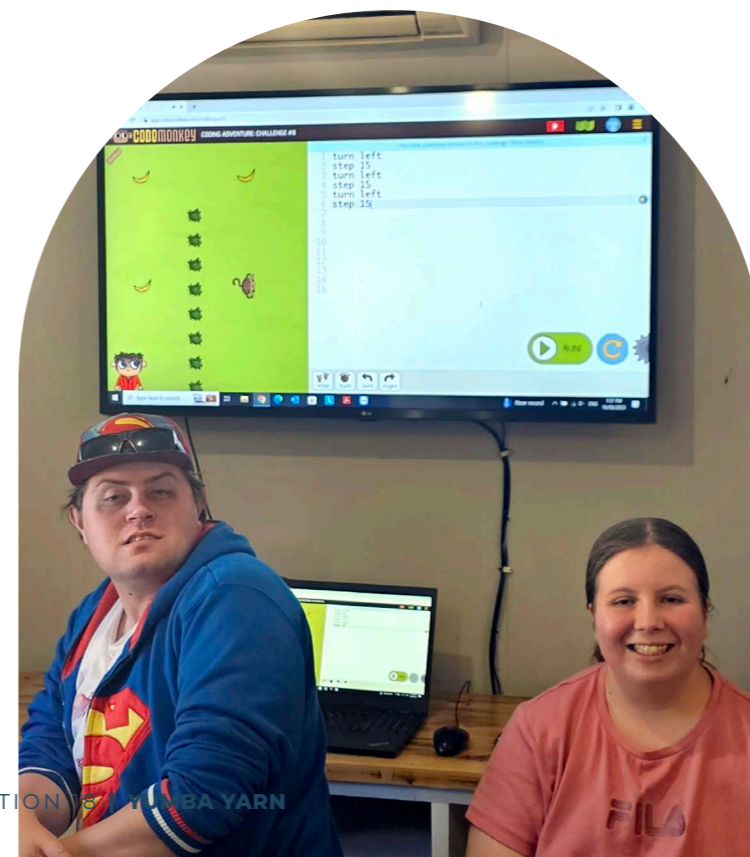
## Fitness Group

The Fitness Group is going from strength to strength and would like to thank the trainers at Stadium Premier Fitness Emerald for leading them in some high energy, fun workouts.



## Book Club

The Emerald Book Club have continued on their literacy journeys and enjoy their time in the park. Reading in nature is always a good way to spend your day.



## Techno's and Gizmo

The group's focus has been coding. They have learned the starting steps to making games with Code Monkey, which is an educational computer coding environment that allows beginners to learn computer programming concepts and languages. We have been focusing on the use of a mouse and keyboard to be able to complete challenges and get the monkey to where he needs to go.

Our next focus will be on online shopping, we will use our devices to find a recipe and use Coles/Woolworths online to find items and budget.



# BAKING GROUP

The baking group spent a lovely morning making and decorating some yummy treats.



# DEAR MIND... MINDFULNESS MATTERS

Our mental health is very important, it affects the way we think, feel & act and impacts our everyday life – how we interact with others, our work, friendships family and our overall health. The Queensland Government has developed a mental wellbeing site called 'Dear Mind' which has a list of building blocks and activities to help you make small changes in your life and work towards a stronger mental wellbeing.

The following are some activities from Dear Mind that you can use to help improve your mental wellbeing. Some of these you can do daily and others you might try once a month.

[mentalwellbeing.initiatives.qld.gov.au](http://mentalwellbeing.initiatives.qld.gov.au)

## Enjoy a meal outdoors

Go for a picnic or set up an outdoor dining space at home. Not sure where to go? Search for a picnic spot in a national park or Botanical gardens near you.

## Watch the Sun Rise

Set your alarm and wake up with the sun. It's a great way to appreciate the beauty of mother nature as your day begins.



## Take a dog for a walk

Take a dog for a walk and see how they respond to nature. If you don't have your own, offer to walk your friend or neighbour's dog or volunteer at an animal shelter.



## Get an indoor plant.

Bring the beauty of the natural world indoors, by adding a plant to your office or around your home.



## Pitch a tent in your backyard

Camp outside for a night in your backyard. Enjoy the stars and experience your garden in a new way.

## Share your gratitude

Try sharing something you are grateful for in conversation. Not only will you feel good, but you'll share your positivity with others too.



## Forge an inter-generational friendship

Catch up with someone from another generation and talk about their experiences growing up. Check out #OldMate to connect with people of all ages in your area.

# GROUP PROGRAMS



**Life Tutorials**  
Run by Deborah



**Book Club**  
Run by Vasma



**Walkers Club**  
Run by Colleen



**Fitness Squad**  
Run by Maureen



**Social Club**  
Run by Nikki W



**Baking Group**  
Run by Steph



**Surviving the Outback**  
Run by Shane



**Creative Minds**  
Run by Nikki W



**Technos and Gizmos**  
Run by Sandy



**Teens Social Club**



**Gardening Club**  
Run by Yasser



**Women's Club**  
Run by Nikki D



**Mindfulness Matters**  
Run by Nikki D



**Hearty and Healthy**  
Run by Julie



**Social Saturdays**  
Run by Maureen

# WE WANT TO SAY THANK YOU!

IGA | Crave | Post Office | Theos | Hoopers | Office National | Golf Club | King's Coffee House | Fair Dinkum Meats (Coles) | Chemist (Coles) | Chemist (Big W) | Maraboon | Gloria Jeans | NAB | Fair Dinkum Meats (Old Woolies) | Fair Dinkum Meats (Mayfair) | Fair Dinkum Meats (Mayfair) | Studio 62 | Cracked Pepper | Tourist Park, Roberts Street | Yolo Shoes | Elders | Bidfood | Chemist (Old Woolies) | Inner Bean

# EMERALD AQUATIC CENTRE!



## To the locals helping locals

Have you spotted our donation boxes in Emerald? We appreciate the local businesses who hold a space on their counter for us. Every donation provided by you, helps a community member be directed into the programs and services we offer. Your ongoing support is part of the reason why we think our community is pretty awesome! So thanks!

## Thank you Emerald Aquatic Centre!

Shout-out to the Emerald Aquatic Centre! Thank you for allowing us to use your facilities year after year as part of our fitness group. We have a great time making a splash and cooling off in the pool, along with all the benefits we get from our swimming exercises. Thank you!





A vibrant, people-focused organisation providing a range of sustainable social solutions.  
Strengthening choice and life opportunities in an open and inclusive community.