

ISSUE 20

YARN

yumba

Meet the team

Say hello to
fresh faces

**Tony is
stronger
than ever**

His story on
page 11

**Bon
appétit**

Try this Chicken
Fajita Casserole

THE PERFECT VINTAGE

**Becky knows how to
celebrate in style**





A NOTE FROM THE CEO.

Recently, I was at a supermarket self serve checkout. I scanned my items and paid, grateful to be on my way home quickly. As I turned to leave, I noticed the man next to me (who happened to use a wheel chair) was experiencing difficulty in navigating the shop's checkout. The touch screen scanning device, and EFTPOS machine were set too high and not within his reach. The bagging area, too, was impractical and not accommodating to his physical needs. Whilst the shop assistant was more than helpful in assisting with the transaction, I couldn't help but think a few adjustments at one self serve terminal would make a world of difference to both the customer and the business.

Accessible shops with clear aisles, lowered displays, and accessible payment terminals ensure a dignified and independent shopping experience. This translates directly to increased economic participation - as people with physical disabilities form a significant consumer base across our nation. Navigating a shop, community space or workplace shouldn't be a hurdle, but a seamless experience. Yet for many Australians with disabilities, this remains an aspiration. Accessibility is not just a legal requirement under the Disability Discrimination Act 1992, but a cornerstone of an inclusive community. Accessibility unlocks potential, fuels economic participation and consumerism, and sends a clear message: everyone belongs and has a role to play in community.

I am very proud that Yumba Bimbi is focused on improving accessibility to our facilities. At our Anakie Street office, we are installing automated doors and creating a reception area that improves access for all people. At our Hub office we are modifying the height of our reception desk to ensure all people may engage with our team members eye to eye to converse, sign documents or make transactions.

Building a truly inclusive society requires a collective effort. We believe governments must enforce accessibility regulations, while businesses like ours should embrace it as an opportunity. By creating accessible spaces, we break down barriers, unlock potential, and send a powerful message of inclusion.



Rachel Freeman, CEO

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Radiant Angel

**A poem by Linda,
YBSS participant**

Staff at Yumba Bimbi are trained to inspire their clients with consideration, kindness and love. They all know that the clients they work with will be showed compassion, mercy, tenderness of heart, power, love and self-control.

As Jesus showed us their attitude should always guide, give inspiration and give their own clients independence to improve their day to day living.

Nothing is more important than love, for without love we wouldn't have anything. And every staff member is kind and loving and truthful to do the best with the gifts that god has granted them. To pray for their clients in their special way, and never give up hope for whoever they may meet. For with Yumba Bimbi staff their clients are like family and always will be forever and ever.

FRESH ON THE SCENE.

Say hello to Yumba Bimbi's new staff!

It's always a pleasure to welcome new-comers to the YB team and our latest additions are no exception. In the first half of 2024 we've welcomed three newbies to our head office team.

Alarna is our new Executive Assistant to the board and leadership team. Quickly, she's proven to be a highly organised and proactive team member. Alarna not only has strong problem-solving skills we're grateful for, but she's also a delight to have around

Bridie is our new HR Officer. We're pleased to welcome her back to the YB team after her work with us as a support worker many years ago. For those who know Bridie, you'll agree that her warmth, intellect and compassion are contagious.

Natalia has joined us as a maternity leave cover in the role of HR Coordinator. We have great confidence that her eye for detail, people skills and passion for the industry will see her succeed in the role.



Alarna



Bridie



Natalia

THANKS, AGAIN.

Our staff are the beating heart of Yumba Bimbi. Let's take a moment to say thanks to those celebrating their work-a-versaries!



fleur

Happy 16 years, Fleur!



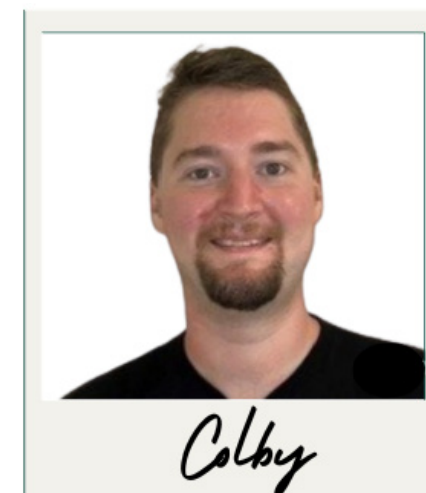
Charlotte

Happy 1 year, Charlotte!



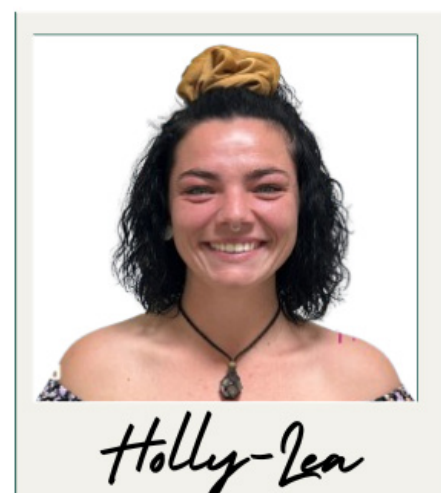
Debbie

Happy 7 years, Deb!



Colby

Happy 3 years, Colby!



Holly-Lea

Happy 1 year, Holly!

THE PERFECT VINTAGE.

Is there a better feeling than flying down the open road with the wind in your hair? Rebecca doesn't think so; especially as she shifts gears into a new vintage!



In the vibrant landscape of Weipa, where the rustling wind meets the hum of engines, Rebecca found her first love - V8s. Introduced to one of her great loves by her grandfather 'Gummy' all those years ago, Rebecca, affectionately known as Becky Boo, still recalls the merging of nostalgia and horsepower fondly. It's the reminiscence of Gummy's old blue ute - that she spent days in cruising between Weipa and Cairns in - that comforts her. The thrum of its engine a comforting melody in her memories. "I love the sound of a V8 and the wind in my hair," Becky said. "It reminds me of Gummy and those wonderful drives". Her passion for speed and spectacle found a home early on, fueled by family ties to the Cairns Speedway. "My parents worked at the Speedway," Becky said. "I grew up watching the Monster trucks, mesmerised by their power and agility". So, when it came time to celebrate a milestone birthday, it was no surprise that she could barely wipe the smile off her face when the roaring engine of a purple hotrod made an entrance at her party. Since joining Yumba Bimbi Support Services in 2016, and becoming the first participant to receive her NDIS package, she cemented herself in a community who not only values her personally but also her need for speed. Becky's family, friends and Yumba Bimbi community banded together to give her the ultimate gift of an afternoon with her dream vintage ride. Becky's birthday bash is not only something special for her, but something that serves as a reminder of the beauty of community, shared interest, and let's face it, style.

"I love the sound of a V8 and the wind in my hair"



BY THE NUMBERS.

Your exclusive insight to our not-so-secret services!

In the first quarter of 2024 YBSS delivered the following:

205

Short Term Accommodation shifts

167

Day Service at Theresa St shifts

2,982

Individual Support and Community Access shifts



12,170 shifts 39,533 hours

of support in STA, Group, Individual and Community Access Supports in 2023.



A GOOD CAUSE.

Meet Hayley, our social work student!

They say great minds think alike, and this couldn't ring more true for our new social work student, Hayley, who has joined us with a strong passion for mental health in regional communities.

The passionate social work student from Sydney, who's joined us for a 16-week placement, has a bachelor in Counselling and Therapeutic Studies, and is pursuing her master's in Social Work at the University of Sydney.

Hayley loves the close-knit community and work-life balance

of regional areas. "I feel like everyone is happy to help each other, and people are genuinely passionate about what they do," she said. In fact, she plans to build her career in a regional town.

At Yumba Bimbi, Hayley has worked on various projects, including a presentation on trauma infant care for staff training day. She credits her positive experience to her supervisor, Rebecca Anderson (Bec) who is a qualified social worker. Shadowing Bec has provided Hayley with invaluable knowledge and

practical skills. "I feel comfortable asking questions, and people care a lot for the participants and know them so well. That's beautiful," she said.

A highlight for Hayley has been participating in the Fairbairn Camp. "We got to go on the canoe, enjoy the dam, and just see how participants were having so much fun, interacting with their friends, and just being happy. It was a wholesome experience I will never forget," she said.

We look forward to seeing Hayley's continued growth!



I'M WELL, THANKS!

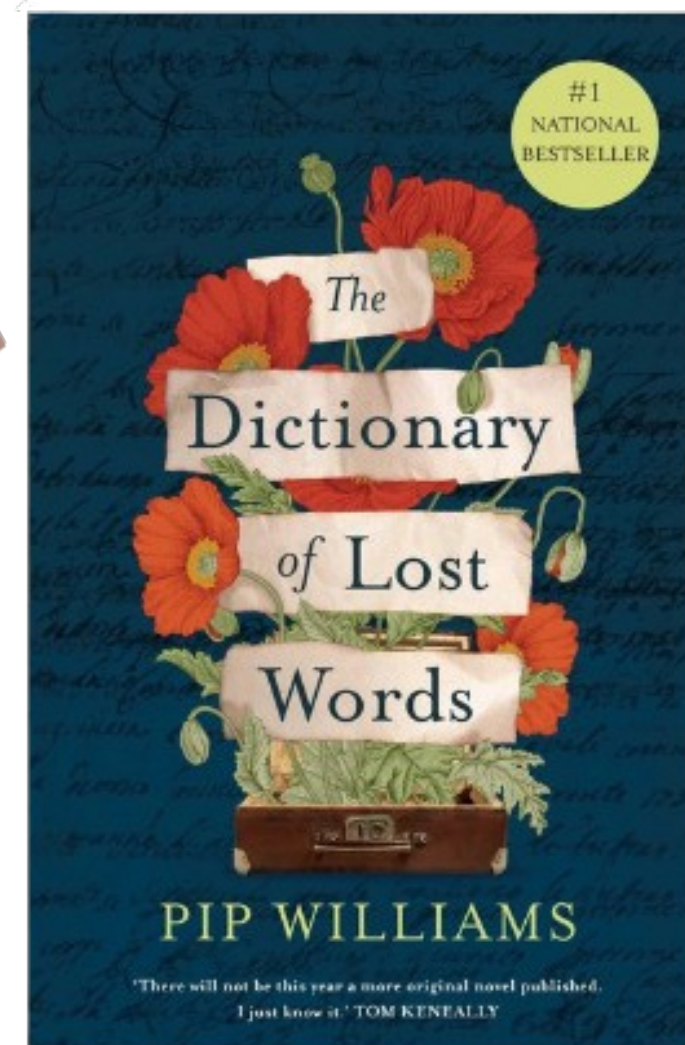


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BY THE BOOK.

Needing something to curl up on the couch with? Here's what our team are reading (and loving) lately!



Rachel Freeman, CEO

I'm currently reading *The Dictionary of Lost Words* by Australian author Pip Williams. It is a historical fiction novel set against the backdrop of the Oxford English Dictionary. Following Esme, a young woman immersed in the world of lexicography, the story delves into the fascinating realm of "lost words," those words deemed unfit for inclusion in the dictionary, often reflecting women's experiences. Through Esme's secret project, a "Dictionary of Lost Words," the novel explores the power of language, societal biases against women, and the importance of preserving the untold stories hidden within the margins of history. A great read!



STRONGER THAN EVER.

An acquired brain injury with permanent spinal cord damage is something that changes life as you know it. But Tony is living proof that quality of life, improved strength, mobility and resilience is possible afterwards.

Tony's life changed overnight after a farming accident in 1992 left him with an acquired brain injury and a spinal cord injury, affecting the right side of his body. The fallout of his accident meant Tony also struggled with depression further complicating his physical and mental well-being. Though, it was in April 2023 that it all began to change for the better. Tony began working with Stew and Sarah at NeuroPhysics Therapy, and his progress has been nothing short of remarkable. Tony's journey with NeuroPhysics Therapy (NPT) has significantly increased his range of movement, strength, and mobility. His coordination has improved, and he now has a more positive mindset and

better attitude towards life. This transformation has had a huge impact on his general well-being and his ability to deal with stress. NeuroPhysics Therapy is a therapeutic exercise system that uses exercise equipment as calibration tools to enhance our perceptions and responses to physical and emotional stress from our environments. This innovative approach can benefit anyone, from improving general well-being and composure to dramatically reducing chronic pain, anxiety, depression, and disease, as well as enhancing cognitive and athletic performance. NeuroPhysics Therapy operates by using light weights at super slow speeds in a relaxed and composed manner. This method

helps detect misalignments and isolate stress within our systems, displayed as bilateral instability and hypervigilance. By identifying these errors, therapists can work on calming them down and positively altering how patients respond to stress. Through regular sessions with Stew and Sarah, Tony has learned to take things slower and concentrate more, ensuring he uses both sides of his body equally. This mindful approach has not only improved his physical capabilities but also his mental resilience. Tony's enhanced strength and mobility have given him a newfound sense of independence and confidence, while his positive mindset has improved his overall quality of life.



We asked,
you answered

WHAT DOES HUMAN RIGHTS MEAN TO YOU?

**“Friendship for everyone
regardless of personal
disabilities.” - KL, participant**



“To be treated the way that you want to be treated and to be treated in the way that everyone deserves to be treated.” - KR, participant

“Human rights for me means that we are all equal, we have the same fundamental rights no matter our race, ethnicity, gender, nationality, status or abilities. As a Support Worker I think its important that human rights represent the foundation of the work we provide to empower and uphold dignity and respect to those we assist.” - Jasmin, staff member

“Being included in my community and given the same opportunities as those who don’t live with disability.” - CE, participant

“The right to freedom of speech and being afforded the same rights as the next person.” - EA, participant

“Everyone is equal.” - LS, participant

“Human rights means equality for everyone without discrimination because of your race, religion, sexuality, age, economic status or disability.” - Fay, staff member

“Being spoken to in a nice manner, using respectful language and kindness to everyone.” - JN participant

“Having my voice heard and easier access to every community for those living with disability.” - RB, participant

“‘Human rights’ is more than an ideal, it is a collective responsibility all human beings have to leave this world better than we found it. ‘Human rights’ is not just a term, it is a call to action.” - Caleb, staff member

“The right to be respected and to live a life in which I feel safe, secure and valued by others.” - Deb, staff member

“The term ‘human rights’ means the independence of having my own opinions and beliefs, as well as having responsibility over my decisions as a human being, regardless of my status.” - Mutsa, staff member

ON THE .COM

Ready to up your game with accessibility tips for Facebook and Youtube? Our IT Officer Sandy Petty has gathered the goods, so you can feel extra confident online.



Facebook

MOBILE WEBSITE

If the main Facebook site is challenging, try the mobile version at m.facebook.com for a simpler interface.

FACELY HD APP

For iPhone, iPod Touch, or iPad users, the Facely HD app provides Facebook access compatible with the VoiceOver screen reader.

FINDING FRIENDS

For blind or vision-impaired users, finding friends can be easier by knowing that search results prioritise people who live nearby or have mutual friends.

PHOTO CAPTIONS

Adding photo descriptions using the 'Add a caption' option beneath images helps screen reader users understand the content.

ARIA LANDMARKS

Facebook supports WAI-ARIA landmarks, allowing modern screen readers to jump between sections of the website easily.

YouTube

ACCESSIBLE PLAYERS

Use screen reader-friendly websites such as Accessible YouTube, Easy YouTube, and Accessible Interface to YouTube for easier playback of YouTube videos.

YOUTUBE APP

The YouTube app for iPhone, iPod Touch, and iPad is compatible with the VoiceOver screen reader, making navigation easier for users with visual impairments.

CAPTIONS

Look for the 'CC' button in the bottom right-hand corner of a video to enable captions if they are available. This feature is essential for viewers who are deaf or hard of hearing.

AUTO-CAPTIONS

YouTube can automatically caption videos. After uploading your video, go to the Captions and Subtitles pane and select the 'Request Processing' button. Captions are typically generated within 24 hours.





SUPPLIED PHOTO: PHOTOGRAPHER: RACHEL MAREK, FOOD STYLIST: HOLLY DREESMAN

WINTER WARMERS.

Beat the Winter chill with this staff-favourite one-pot dish that'll be a complete crowd-pleaser. From Carolyn Casner at *Eating Well*, this Chicken Fajita Casserole will pack a punch of freshness and flavour.

CHICKEN FAJITA CASSEROLE

Method:

1. Preheat oven to 180C
2. Blend together in a small bowl the spices, shred BBQ chicken, put into a separate bowl and mix with 1 tsp of the spice mix, set aside. Heat oil in a large ovenproof pan over medium heat. Add red and yellow capsicum, zucchini and onion, cook stirring for 2 minutes. Stir in the remaining spice mix, continue cooking until the vegetables are soft.
3. Stir through chicken, remove from heat stir in the lime juice. Gently stir in the tortilla strips. Sprinkle with cheese. Place in the oven and bake until the cheese is melted and lightly browned, around 15 to 20 minutes. Sprinkle with chopped parsley if using.

Note if mixture is looking too dry, stir through 1/4 cup of water, before topping with cheese and putting into the oven. For Gluten or Lactose free use LF cheese, Corn tortillas should be GF if in doubt check the ingredients. Serve with a green salad if desired!



Here's what you'll need:

- 3 tbs olive oil
- 1 large red capsicum, thinly sliced
- 1 large yellow capsicum, thinly sliced
- 1 medium zucchini, thinly sliced
- 1 medium red onion, cut in half and thinly sliced
- 12 tsp chilli powder, for mild, 2 tsp medium up to 4 tsp for very spicy
- 2 1/2 tsp ground cumin
- 1 1/2 tsp garlic powder
- 3/4 tsp salt
- 1/4 tsp pepper
- 1/2 a BBQ Chicken shredded
- 1 tbs lime juice
- 6 small corn tortillas, halved and sliced into thin strips
- 1 cup Mexican cheese blend,
- 1/4 cup chopped parsley for garnish

BECOME A YUMBA BIMBI MEMBER.

Yumba Bimbi values the support of our members to achieve our goals. By becoming a Member, you are actively sharing our vision for strengthening choice and life opportunities in an open and inclusive community.

In joining Yumba Bimbi you help us develop a comprehensive and diverse membership base. The more members Yumba Bimbi has, the more our submissions and activities will be noticed and valued. Becoming a YB member also gives you the opportunity to have an input into our organisation. Join now to make a difference by having your voice heard. As a member you will have voting rights at annual general meeting and special general meetings held by the organisation and assist us in paving the future of Yumba Bimbi. There are Individual and Business Membership options available and membership runs from 1st December until 31st November the following year.



SCAN HERE



**SUPPORTED
INDEPENDENT LIVING**



**SHORT TERM
ACCOMODATION**



IN HOME SUPPORT



**SUPPORT COORDINATION
& PLAN MANAGEMENT**



**EMPLOYMENT
SUPPORT**



**SCHOOL HOLIDAY & AFTER
SCHOOL PROGRAMS**



COMMUNITY ACCESS



GROUP PROGRAMS



TRANSPORTATION



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