

AUTUMN 2021



THE Yumba Yarn

YUMBA BIMBI SUPPORT SERVICES

**THE POWERFUL
INFLUENCE OF
adopting a
growth mindset**

**OCCUPATIONAL
THERAPY: Is
this an option
for you?**

**THE NDIA:
On track to
delivering
better
outcomes for
NDIS clients**

**DISABILITY
PODCASTS
for everyone
to listen and
learn from**

**EMERALD
ROTARY CLUB
shaping our
community**

*From life on the
farm, to life long
opportunities in town*

YB UPDATE

DID YOU HEAR?

➞ Twilight on Egerton



We thank **Future Hope** for nominating Yumba Bimbi Support Services to be recipients of the monies raised at their first Twilight market in December. A donation of \$3355.35 was gratefully accepted and will contribute to the programs and services we offer people living with disability.

#Future Hope YB community champion

➞ Containers for change



As part of our commitment to sustainable practices, Yumba Bimbi have set up 'containers for change' bins at our Service Sites and Head Office. We would be very appreciative to receive containers. Alternatively, you can recycle your containers at the *Containers for change* site and quote **Yumba Bimbi's ID: C10052122**. The monies received will support children and adults with disability in our community.

➞ New NDIS price guide



The **NDIS Price Guide and Support Catalogue 2020-21** (effective 1 December) is available here <https://www.ndis.gov.au/media/2818/download>.

The Yumba Bimbi Price Guide is also available on our website under the NDIS tab.



A MESSAGE

from the C.E.O

Welcome to the Autumn 2021 edition of The Yumba Yarn.

I hope after a challenging 2020, you were able to have a peaceful and happy festive season.

In December 2020, we said farewell to some Board Members, and welcomed new Board Members to the Team. I would like to acknowledge and thank our outgoing Secretary Kerry Lee for her work with our organisation over the past few years and her commitment to our organisation. Kerry Lee will be continuing as an organisation member and volunteer for YB.

We also thank our outgoing and much loved Board Member Lyn Brown who has served YB as both a Board Member and as an Executive since 2014. Lyn's quiet determination and steadfast leadership has been so greatly appreciated and she will be sorely missed. Lyn will also be continuing as an organisation member and volunteer for YB.

We welcome Kasey Wilson to our YB Board. Kasey is a Solicitor at CA Community Legal Centre Inc and her wealth of knowledge and practice in Law will be a welcomed addition to our governance.

We welcome back to our Board Sandra Hobbs who brings a strong breadth of experience in governance, leadership, regional and economic development.

On behalf of the YB operational team, participants and families, we would like to thank our Board of Management for their continued dedication to the Vision, Mission and Values of Yumba Bimbi.

We are so very proud and thankful that we have a Board who are dedicated first and foremost to the needs and aspirations of people with disabilities in our rural and remote communities, and a board who are so very well equipped in governance to lead us into an exciting future.

Rachel Freeman
C.E.O



Yumba Bimbi Support Services is a not for profit organisation in Emerald, Qld. It supports children and adults with disability within the Central Highlands and Western Qld regions. We are proud to be showcasing our stories through our quarterly Magazine, The Yumba Yarn. If you would like to subscribe to our Magazine, or to download a copy, please go to <https://www.yumbabimbi.com/yumba-yarn>

MARIST COLLEGE

listens to Martin's story

Martin presented his inspirational story to Marist College, Emerald. His story of triumph had the students of Marist College highly engaged as he brought honesty, humour and words of wisdom to the presentation.

If you would like Martin to present in front of your workplace, school or event, please contact YB on 07 4987 7933.



Join us by
subscribing to
our mail list.

Our quarterly Yumba Yarn magazine celebrates diversity and inclusion in our community. The Yumba Yarn will keep you up to date with everything that is happening at YB from participant and staff achievements, to projects and events.

We'd love you to come on board!



<https://www.yumbabimbi.com/yumba-yarn>



ACKNOWLEDGEMENT 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.

OUR SERVICES

Yumba Bimbi provides supports for people with an NDIS plan through

Phone us on 4987 7933 to see how we can help you.

- 1 **24 HOUR SUPPORTED ACCOMMODATION**
- 2 **ASSISTANCE WITH DAILY LIVING**
- 3 **ASSISTANCE WITH SELF CARE**
- 4 **CENTRE-BASED GROUPS**
- 5 **GROUP-BASED COMMUNITY SUPPORT**
- 6 **IMPROVED DAILY LIVING SKILLS**
- 7 **IMPROVED HEALTH AND WELLBEING**
- 8 **IMPROVED LIFE CHOICE**
- 9 **INCREASED SOCIAL AND COMMUNITY PARTICIPATION**



- 10 **SHORT-TERM ACCOMMODATION**
- 11 **SUPPORT-COORDINATION**
- 12 **ASSISTANCE TO ACCESS THE COMMUNITY**
- 13 **TRANSPORT**
- 14 **PLAN MANAGEMENT**





WEDDINGS / PARTIES / EVENTS

"Let's Get The Party Started"

- CHAIRS • TABLES
- VINTAGE FURNITURE
- + MORE

PH: 0407 832 536 

CODY'S

Column

We are excited to bring YB participant Cody to The Yumba Yarn Team. Cody will have his own column where he will interview fellow participants, discuss what matters most to him and undoubtedly bring his rich sense of humour too.

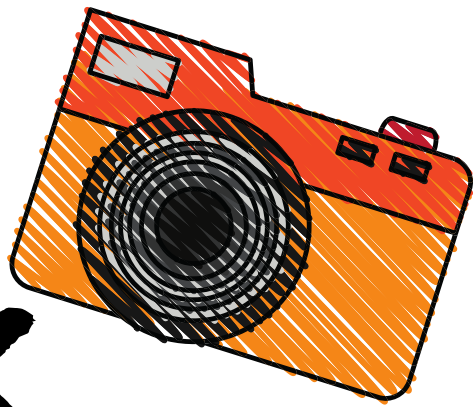
Welcome aboard!



“As often the tallest person in the room, I look down at people, but I don't look down upon them”



GOOD times



S.o m.u.c.h fun!

A snap shot of the many enjoyable ways participants reach life goals through NDIS funding!



☒ supported independent living by developing cooking skills

☒ assistance with community access through shopping

☒ in home supports by focusing on tasks to increase independence

☒ engaging within the local community

☒ strengthening numeracy skills through games

☒ walking through the botanic gardens to improve health and fitness

☒ accessing services

Destinee, Tayla & Colette

Toni with Nick

Tayla with Carey

Elton with Tamara

Debbie with Tim

Niamh with John



6 DISABILITY PODCASTS

for your autumn listening!

Listenable hosts Dylan Alcott and Angus O'Loughlin speak to people living with disability about their lives and ask them the questions you thought were off-limits. You'll laugh. You'll cry. You'll learn something. This is a podcast for everyone - disabled or abled, and hopes to break down stigmas, change perceptions and to challenge what you think it's like to live with disability.



Positive Partnerships Podcast Series Yarning With Our Mob. During this podcast series, Positive Partnerships Team Leader of Aboriginal & Torres Strait Islander Families & Community programs, Maria Watson-Trudgett of the Wiradjuri people, will be yarning with parents, carers and service providers who will be sharing their stories and challenges about autism in Indigenous communities.

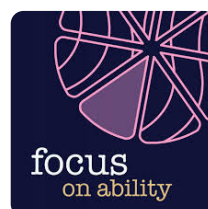
One in Five explores some of the most complex issues facing people with disability today. In Australia, one in five people live with disability. The podcast gives voice to people with disability and asks about their experiences with employment, housing, the law, supporting families and early intervention. A range of experts including people with disability, researchers and people working in the sector talk about what we can do to improve the lives of people with disability.



Inform engages in conversations with people who have a range of disabilities. It talks about their personal experiences on all the big topics. Inform asks for advice on getting work, changing careers, relationships, moving house, dating, playing sport, finding a hobby, caring for pets, navigating the NDIS and more. Inform also speak with industry experts and other organisations doing work in the disability space in Australia. This podcast is hosted by Rachel Tyler Jones.



Focus on Ability. In each episode Focus on ability gets to know a person with a disability and highlights their many abilities in the workplace.



This is life from a disabled lens. **Disability Visibility** is a podcast hosted by San Francisco night owl Alice Wong featuring conversations on politics, culture, and media with disabled people. If you're interested in disability rights, social justice, and intersectionality, this show is for you. It's time to hear more disabled people in podcasting and radio. Disability Visibility is a production of the Disability Visibility Project, an online community dedicated to creating, sharing, and amplifying disability media and culture.

*acknowledgement: excerpts have been taken from descriptions provided by the individual podcast social platforms.

YUMBA BIMBI'S

Social Club

Left: YB participants
Mel & Lou



Top: YB participants
Bec & Jonathon



Bottom: YB participants
Kirra & Michaela

NURTURING FRIENDSHIPS

is part of the role of a YB Support Worker.

Facilitating outings with participants provides opportunities for them to sit back, enjoy each other's company and continue to develop deeper, often life long friendships. The monthly social club gatherings are always full of fun and laughter; it is a favourite amongst our YB people!

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Central Highlands Marketplace
2-10 Codenwarra Road
Emerald, Qld 4720
Ph: 07 4982 0666



Western hospitality

Our Yumba Bimbi Support Coordinator and Plan Manager visited their most remote clients in the Longreach, Barcaldine, Blackall & Tambo regions to gain further insights to their way of life.

WE WANT TO MAKE OUR
CLIENTS AWARE WE ARE
THERE FOR THEM
THROUGH THEIR NDIS
JOURNEY. ”

When it comes to delivering excellence in the disability services sector, Donna, a YB Support Coordinator and Nikki, a YB Plan Manager, represent this ethos. Donna and Nikki took the initiative to take a few further steps (or make that a few hundred km's further), to meet their clients and to see first hand how they live day to day; the people who surround them; the environment they live in, and the local services offered.

Yumba Bimbi recognise you simply cannot replace the importance of face to face interactions between client and Support Coordinator/Plan Manager. The visit out west was imperative to both Donna and Nikki as at times clients rely on an advocate such as their parent/sibling/carer to communicate their needs over the phone or in writing. Being able to witness the non verbal, verbal and other social cues and gestures of a client ensures a more meaningful and genuine engagement between themselves, YB Coordinator and Plan Manager. As a result, stated Donna, "Visiting clients increased the connection and helped to build stronger relationships with our clients." Nikki commented, "It was really good to put a face to a name with people I have been supporting for a period of time." Taking the initiative to visit clients in their own community reinforces the commitment on both the part of Support Coordinator and Plan Manager.

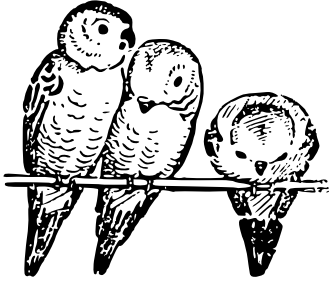
Donna continued, "An additional bonus to the trip was the ability to solve issues on the portal, request things people need in real time whilst with them and answer other general queries.

Included in their stay out west was a visit to the local LAC office in Longreach, Bolton and Clarke Aged Care facility in Longreach, Our Lady's Catholic Primary School in Longreach, as well as the Blackall/ Tambo Council and clients in those districts. Being witness to the services clients access allowed Donna and Nikki to meet other professional influences in their clients lives and help to paint a better picture of how their clients are supported.

When asked what impact Donna believes Support Coordination has on her clients, she commented, "I think the biggest thing is how we have helped change their lives through negotiating the NDIA with them and providing services they never knew they could have. Things have been life changing for our clients. Knowing they have someone at the end of the phone to further assist when they are unsure is a great feeling."

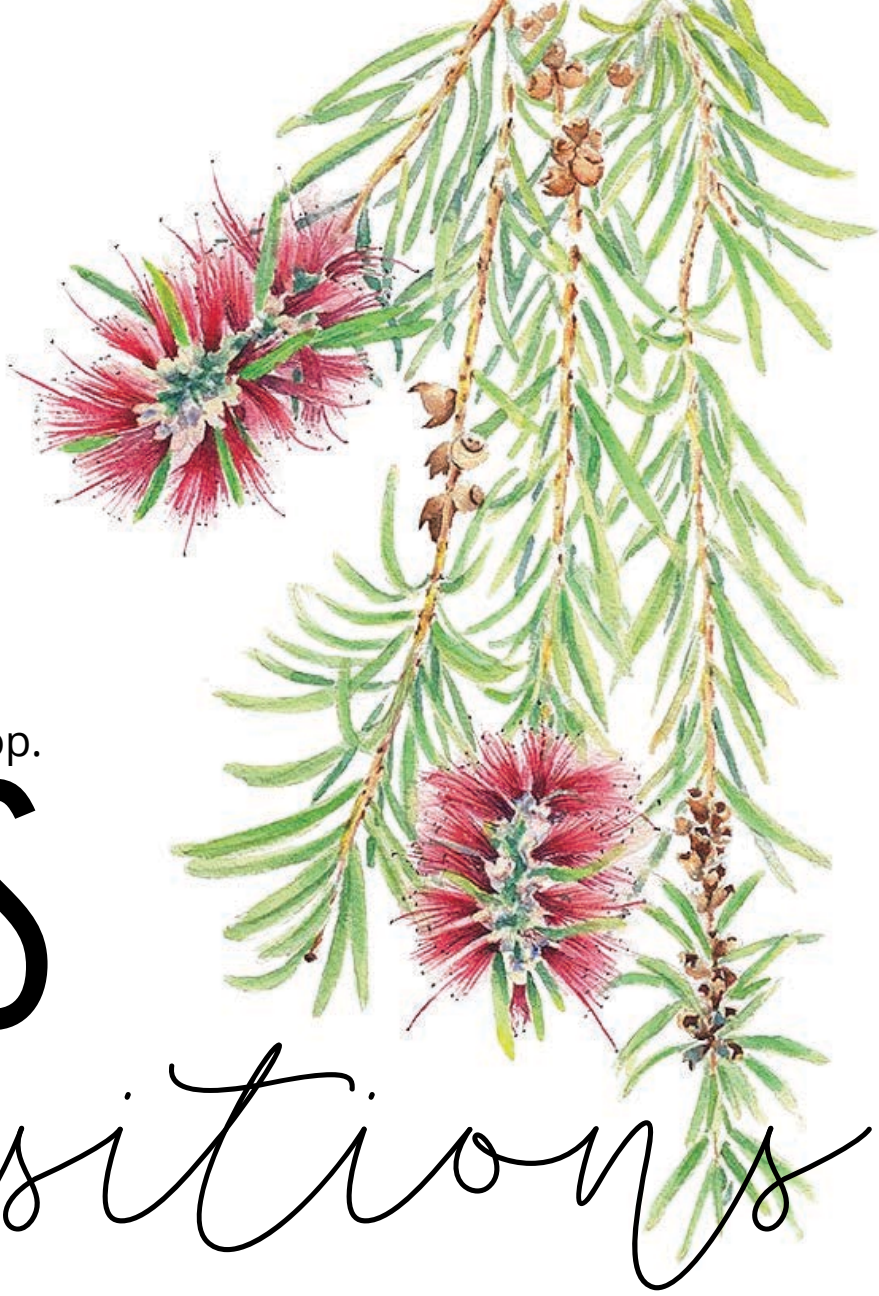
What makes Donna & Nikki visiting families in remote areas even more joyous is the incredible gratitude displayed from clients and their families. It is a different feeling, a unique welcome, afterall, it is as Nikki stated, "Western Hospitality."



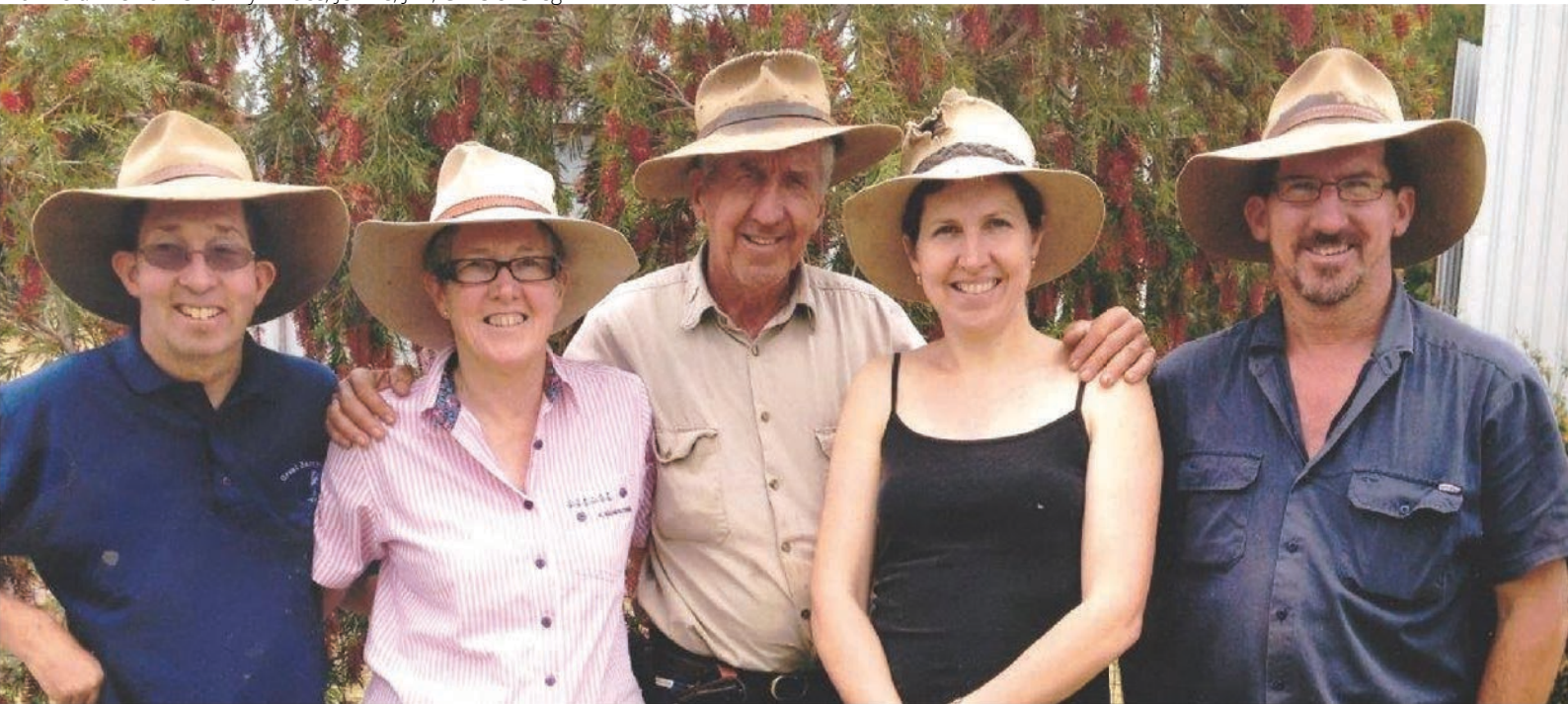


To fly the coop.

LIFE'S *Transitions*



From left: The Purvis Family- Bruce, Jennie, Jim, Chris & Greg



The early years

Yumba Bimbi first met the Purvis family in 2003. A fair few years have now passed and so the time has come to sit with Bruce, Jennie and Jim and reflect on their experience with not only Yumba Bimbi, but on the journey we call life.

Evident in our conversation is the juxtaposition of their lives. A family that places nurturing, generosity and kindness at the forefront, has at times been paralleled with intense chapters of uncertainty and relentless hardship from periods of drought. Hearing the family's story in full reminded me of a birds nest. The sticks seemingly strong and unbreakable despite the weather. Additionally, inside the nest, you find warmth and security. For me, this is what makes the Purvis family who they are; resilient through life's forecast whilst maintaining deep compassion, devotion and love for each other. It is this love that has enabled Bruce to spread his wings and fly from his coop.

Along with several other significant moments in Bruce's life, meeting Yumba Bimbi proved to be a welcomed turning point. It was yet again where uncertainty meets trust, in turn opening another pathway to what one may consider, an expansion or even a getting closer to where Bruce was to find his own place, and stand on his own two feet.

Learning more about Bruce's early years provides a picture of the enormity of Bruce's courage to reach for greater independence. Ironically, this is one of Bruce's conditions - anxiety, and yet it did not stop Bruce from being Brave.

When Jennie was pregnant with Bruce, she explains how he was very eager to join his two older siblings, Greg and Chris, as well as father Jim on their cattle station 41km's SW of Clermont. Fortunately though, through modern medicine Bruce was able to stay inside a while longer until he was born a week before his due date. Apart from Bruce being born with low muscle tone, the Purvis' continued their lives as a now family of 5.

However, at 8 months of age, Bruce, and the family's lives changed dramatically. Bruce became the youngest known person in Qld to contract Q fever which led to Bruce's formative years being inundated by illness. Jennie describes, "For 12 months he was constantly sick, screamed most of the night and had little growth apart from walking. On his 1st birthday he got double pneumonia whilst visiting Brisbane and a specialist ordered tests. From there, we received a diagnosis belonging to a deletion of Chromosome 18." As parents, Bruce's diagnosis was a lot to process. Contrastingly, there was little knowledge around this disability and the specialists themselves had very minimal advice to give Jennie and Jim. Despite the uncertainty, parenting Bruce through this period continued, and fortunately by 8 years of age, the once daily fevers dissipated.

WHAT IS RING 18

Ring 18 is a rare disorder in which there is a loss (deletion) of genetic material from one or both ends of one of the 18th pair of chromosomes and joining of the chromosomal ends to form a ring.

The world-wide association for Ring 18 is based in Texas, USA.

Life on "Kilmarnock"

To live life is to engage fully in all that it offers. Bruce's life with his family on the property was no different. Whilst there were often modifications and variations to the 'general' way of approaching a task (such as using headphones to cancel out the noise of the lawn mower), Bruce was always an active participant. Learning a specific skill may have taken a little longer, but always achieved. It was just a matter of finding a different way to introduce a new concept which suited Bruce's understandings. For example, when learning to ride a bike, Bruce's sister Chris suggested to apply colour to each pedal; one brown pedal, and one blue pedal. Simply introducing colours to each pedal and prompting Bruce to press down on each colour vs left and right, enabled Bruce to successfully learn how to ride a bike. One of the many great attributes of the Purvis family was the ability to be innovative as they creatively came up with solutions. As Jennie explains,

"We met the needs as they became obvious, there was no script for Bruce's condition, except that he was unique!"

The Isolated Children's Special Education unit in Brisbane, supported Jennie and Jim through Bruce's homeschooling journey. This allowed Bruce to be homeschooled successfully along with his older siblings. Speech therapy was also crucial for Bruce's progress and despite the closest speech therapist being 450 km's away in Rockhampton, visiting 3-4 times a year throughout his childhood proved to be incredibly worthwhile. Bruce's last 2 years of school was based heavily around life skills; it was the most suitable and relevant pathway for Bruce to reach his goals.

Much of Bruce's childhood like most country kids involved learning from, and being part of the land. 'Blue Gum Resort', located on the bank of Theresa Creek as referred to by the Purvis family, was a special place to immerse oneself in nature. As Jennie comments, "This was a pleasant and spacious spot." It was also a fitting spot for Bruce as he loved birds and there was an abundance in this area. It was an ideal place to sit and enjoy their presence. It was his happy place.

Bruce recounts his time on the farm, "I had fun doing everything, driving on the property, and being with the chooks. I had a chook that I put on top of my 4 wheeler which I took everywhere. Her name was D'or, it means golden in French," explains Bruce. Spending time with his chooks was important to Bruce, he loved their company. Jennie and Jim offered Bruce a life rich in experiences and always as an equal partnership in the family dynamics. Everyone was capable; had something to contribute; and had a role to play on the farm.

According to Jennie and Jim, Bruce's main job as he entered adulthood was to drive around starting pumping engines on Kilmarnock. Reflecting on this period, Bruce and Jennie explain further about the ute Bruce once drove. "It was a green Hilux and was called wild thing," comments Bruce. The ute was purchased with Bruce's savings and needed to be collected 100's of km's away from the family home. Jennie and Bruce travelled the distance to collect the ute and whilst it was a long trip home, they delighted in "Singing to the tops of our voices," states Jennie. You can imagine Jennie, making the most out of any situation. Without air con in the ute, and a very long trip home, she savours the moment with Bruce. Creates a memory. Puts energy and love into life.

Bruce explains, "I use to go around the property and start pumping engines. If there was something wrong, I would let someone else know." The drive was a 20km round trip. Bruce always kept in contact with his parents on the 2-way. When Bruce was at his last landmark, he would call out on the 2-way and say, "I'm just at rusty 3 gate, would you please put the kettle on?" As time continued to demonstrate, Jennie and Jim trusted Bruce's abilities and empowered him with his own set of roles and responsibilities on the farm.



Bruce mowing, horse riding and quad biking in his younger days.

Once Bruce officially finished school, other opportunities arose. He attended Tafe weekly with a support worker as well as being employed for one morning per week for 7 years at Clermont Agencies CRT group. He transferred the skills he learned at Tafe to his workplace. Bruce's life continued to grow in learning and accomplishment.

It would take another 26 years of listening to their instincts, trial and error and love as parents to guide Bruce so that he could continue to reach his full potential. When Bruce was aged 27, Jennie and Jim engaged in more investigative work around Bruce's syndrome, Ring 18. Meeting a geneticist was a welcomed step to take on the family's part.

From Jennie's recollection, an interesting statement was made by the geneticist at the time. His comment to Jennie was; "Well Jennie, this is a bit of a role reversal as I think you know more about this (Ring 18), than I do." Whilst clearly a compliment to both Jennie and Jim for their ability to have supported Bruce through the unknown; what is so very commendable is that both Jennie and Jim were not only 'doing it', but 'doing it well'. Being a parent to a child with a disability (and a very rare disability that had minimal offerings of guidance from the experts), truly reflects Jennie and Jim's dedication. It was the attention to detail and the perseverance by Jennie and Jim that ensured all of Bruce's needs were met, regardless of his diagnosis. As explained by Jennie,

“

"Nobody was ever able to tell us anything of interest about Ring 18 despite our exploring many avenues."

”

For Bruce, Jennie and Jim, travelling to Swansea in NSW around the same time to attend a conference with the Australian Chromosome 18 members offered the chance for Bruce to meet other people similar to him and was an opportunity for Bruce to speak in front of an audience about his disability. As Jennie put it, "This was a big thrill for him." Jennie and Jim, as always, encouraged Bruce to be brave, and to continue to reach new heights. Thus for Bruce, fostering a strong sense of self worth and value.

One of Bruce's favourite jobs to do on the property, feeding his chooks.





Bruce with his father Jim, helping with daily jobs.
Bruce checking the pumps on the property.



Bruce feeding the cattle.
Bruce ready for work in his Clermont Agencies CRT uniform.

Bruce meets Yumba Bimbi

EXPLAINED BY JENNIE

Our family's journey with Yumba Bimbi began around 2003 when our daughter saw a poster at McDonald's informing people of services supporting disabled people up to 65 years by providing respite care at Yumba Bimbi in Park Avenue. As isolated aged parents/carers of a disabled son who was keen to spread his wings, this was of great interest to us!

It was soon arranged that our son Bruce would spend a week of respite at Yumba Bimbi. He was keen to make friends, as he lived in quite isolated circumstances and had been educated at home. I can well remember he was very excited, and whilst hopeful that the experience would be a positive one, I was a nervous wreck! I needn't have worried...he had a wonderful week and that was the start of our long and happy association with Yumba Bimbi.

“ Bruce met many new people during his stays at Yumba, made many buddies and had many outings, trips, and opportunities to see movies, live shows, go for picnics etc that he otherwise would not have had.

In 2014, we had a meeting with Juliette, Rachel & Fleur. Juliette asked Bruce if he was interested in moving to live in Emerald and Bruce responded, "Yes." So, six years ago, Bruce moved to Emerald to live and now shares a home with another Yumba Bimbi client. They are partly supported by Yumba Bimbi staff through NDIS funding, each goes to YB for STA (Short Term Accommodation, formerly called Respite Service) at different times for a couple of days which works very well- a little break away with others and a chance to pick up some new domestic skills, while for the one at home, it's a time to be independent and live his life in his own space. These times away from home at STA gradually bring about a new level of independence too as clients discover they can enjoy doing many new things.

It was of course, in the early days, not just about the client benefits.

These periods of respite provided parents with the opportunity to have a break from being full time carers. To be able to simply have a haircut, catch up on office work, meet a friend for coffee or simply put your feet up and stare into space for ten minutes, are often almost impossible for parent carers.

”



Bruce on holidays surrounded by Yumba Bimbi participants and Support Workers.

*"It is a good place.
They make you feel
at home and I feel safe."*

Bruce, commenting on YB's
Short Term Accommodation

One really important benefit of STA, is that parents have time to focus on their other children who at times have to play "second fiddle" owing to the various, often unpredictable pressures involved with supporting a disabled child. It is quite challenging at times to spread yourself and your love around!

Respite provides similar opportunities for families to have time to sort through issues and simply spend time together to improve their understanding of each other and plan for quality times for all the family in the future.

Whilst these days NDIS focuses only on the clients, there is no doubt that parent/carers and families still reap many benefits from their loved one accessing STA - a win-win outcome!

*“Knowing that our loved ones are
lovingly cared for, safe and
treated with respect whilst in
respite is of the utmost
importance, and Yumba Bimbi
families are so blessed in this way.*

I can honestly say that Jim and I have been able to go for breaks without ever needing to wonder or worry about Bruce's well-being, happiness or level of care. We have always been confident of his being happy as he grows from the experience of being with others, old friends or new, learning new tasks, gaining independence, seeing how others live and think, learning to sort out differences of opinion and hopefully realising how lucky he is to be a part of the Yumba Bimbi family. It is his home away from home!

Yumba Bimbi's STA is simply the best, whether it is for 2 hours while parents attend to business/appointments, for 4 days to visit specialists or attend funerals, for 7 days for much needed R&R, or 14 days while they cope with family illness or emergencies, it not only supports clients and their families, but contributes to new growth and new perspectives. I encourage all new families to take the first steps- you will have no regrets and will find your world enlarged and blessed!

Quite simply, we can't begin to imagine our family members' lives without Yumba Bimbi's Short Term Accommodation over the past 17 years. We are so, so blessed, and very very grateful.

JENNIE PURVIS

"Short Term Accommodation is a great opportunity for participants to take the next step of independence in living away from home and also provides a chance for participants to meet new people and develop new friendships. It can be a vital part in maintaining a person's current living arrangements by allowing participants and their parent/carer some time away from each other.

A stay with us can range from one night to however many nights a person chooses dependent on funding, availability and compatibility of participants booked in at the same time.

STA does not need to be delivered out of house as it once did traditionally, and can now be delivered pretty much anywhere within consultation with Yumba Bimbi."

*Katrina Smith,
Manager of
Accommodation Services*

Happy at home

The need to feel safe is deeply embedded in our biology. Bruce came from a place of safety from the family home and is now surrounded by a different type of security. His network of trusted supports include his flat mate, Yumba Bimbi Support Workers and professionals in the wider community. Living in town enables Bruce to continue to strengthen friendships, be part of YB programs, access services and immerse himself in all that is offered in Emerald. Bruce continues to receive the dignity, equity and freedom that was always evident within the Purvis family.

Jennie comments on the valued relationship between Kane, his flat mate and Bruce. "Kane cares a lot about Bruce. He bought Bruce a squishy hand thing for him for when he gets anxious in a storm." Knowing people around Bruce are tending to him similarly to the way in which his family would is a great relief for any parent, especially when you are a parent of a child with a disability who at times does rely on the words and actions of others in moments of need.

The YB Support Workers who assist Bruce continue to play an integral role towards greater independence which ensures he is living the way he chooses, and reaching the goals he wants to accomplish in life. Bruce also voices which support workers he feels are the best fit for him. As Bruce comments, "Julie is lovely, she is just like a mum." Through Julie, Bruce gains a sense of comfort and belonging. YB strive to achieve compatibility between participant and support workers in order to honour their wishes.



Bruce with one of his YB Support Worker's, Julie.

Bruce collecting eggs.



"It makes me happy to have my chookies!"

The future is bright for Bruce. He expresses his desire to "Learn how to make coffee by enrolling in a Barista course." His connection to the land also remains; Bruce suggests that one day he might attend a "Farm stay and help people on their properties. I can give them a hand and fix some things. It could be voluntary work, but if they want to pay me they can," comments Bruce. As instilled in Bruce from his family; life is full of opportunities to overcome challenges, experience joy and there is always a way to help others. It is after all, the true meaning of life.

Bruce recently welcomed new additions to his home. Named Anna, Elsa and Ariel, Bruce's chooks provide a great source of company for him and has reignited his fondness towards chickens. These interactions with his chickens are reminiscent of his time on the land.

As mentioned by Jennie, "Bruce has his own special brand of humour," which means you must always be prepared to hear a joke or a play on words from Bruce. When I suggest we take a photo of Bruce with the eggs that his hens laid, he replies, "Yes, that would be EGGcellent."

Reflecting on what it is like to see your child leave from under your watchful eye, and the trepidation associated, Jim, Bruce's father explains, "It is an enormous thing. Jennie being his mother and being around Bruce forever, her biggest ambition for Bruce was to have him be settled for his sake." 6 years on from spreading his wings and Bruce continues to ground himself in his surrounds. Bruce has flown from his coop and settled safely in the arms of the township of Emerald. Bruce is fulfilled. Bruce is happy.

The greatest of advocates

Throughout the interview, Jennie frequently reminds Bruce of his beautifully unique identity. When discussing some of the challenges Bruce faces, such as sensory sensitivity, obsessive compulsive behaviours and anxiety; Jennie is quick to follow up with a comment from the heart. She turns to Bruce and states with reassurance,

"All those things make you who you are."

In true Jennie form, gratitude for all of their life experiences is never far from her thinking. She continues, "I believe all our family are better for having Bruce in our lives. I'm sure we are all more compassionate and understanding."

Despite the changing dynamics of the relationships in Bruce's life, Jennie and Jim remain an anchor in guiding Bruce on the path of optimism and therefore opportunity. The gentle persistent encouragement from Jennie and Jim continues to keep Bruce on the trajectory of a meaningful life.

The Purvis family uphold many admirable qualities. They have overcome challenges in life through their tenacious spirit. They have instilled an immense amount of trust in their lives; trusting themselves and trusting Bruce. They have been brave and as a result demonstrated to Bruce how to be brave. Now as for love, this has been weaved through every conversation, every act, and every decision that has been made on behalf of, and alongside Bruce. Just like when a bird finds a sparkly thread and interlaces it in its nest; the Purvis' family love shines bright. It is love that gets you through life's unknown and the determination to graciously continue. They have shown Bruce what love looks and feels like, an overwhelming constant in life's journey of uncertainties.

"Loving Bruce was the only thing we knew we were doing right. It still is."

Jennie



Bruce with his mother Jennie, and his father Jim.



Join us!

Do you consider yourself to be

- **Reliable?**
- **Outgoing?**
- **Highly motivated?**
- **Willing to learn new skills?**
- **Committed to advocating and upholding the rights of people with disability?**

Do you have existing capabilities in

- **Child care**
- **Youth work**
- **Aged care**
- **Disability support**

Are you able to work full time, or perhaps mornings/ evenings/ weekends only?
Then we would love you to be part of our team at Yumba Bimbi Support Services.

About us

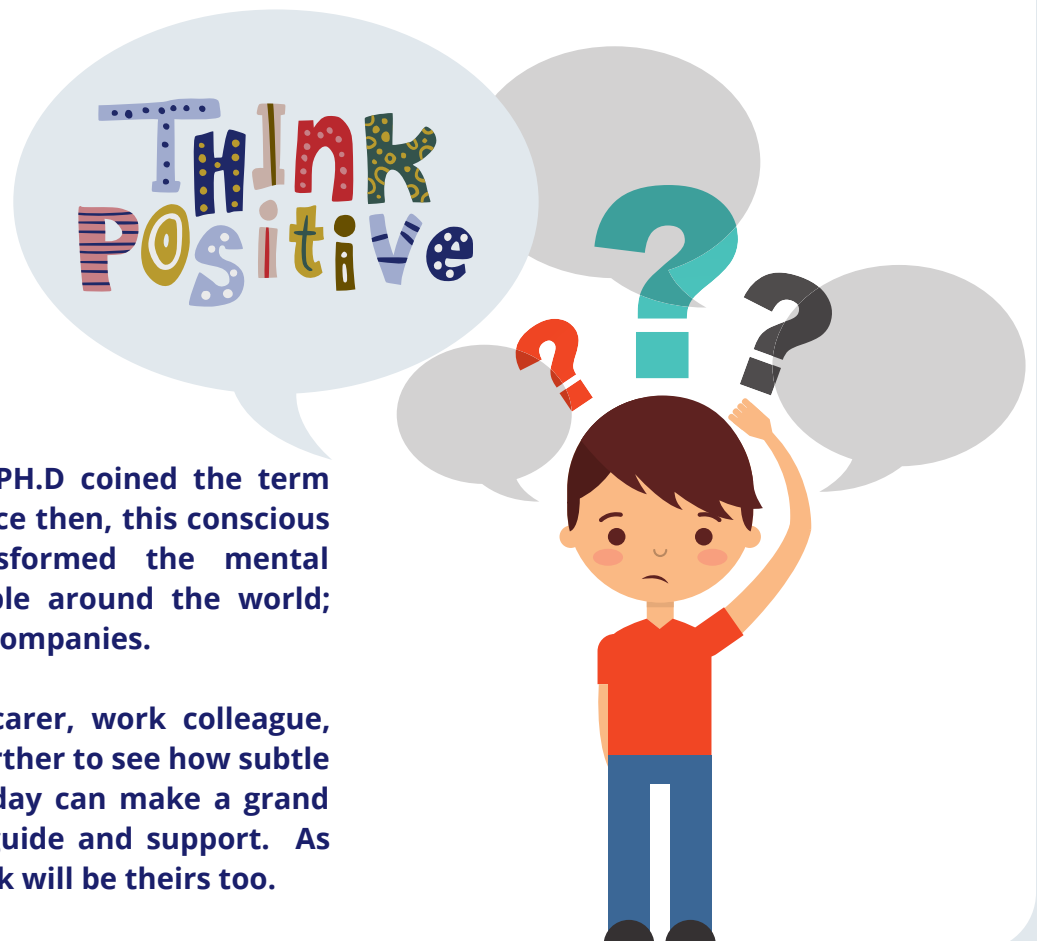
- **Yumba Bimbi Support Services is the leading disability support provider in the Central Highlands.**
- **We are a local organisation supporting children and adults with disability.**
- **We have a strong commitment to building inclusive communities and need you to continue to strengthen choice and life opportunities for people living with disability.**

If you are wanting to work in an organisation where you are supported to reach your full potential through training and career opportunities, where everyone in our organisation matters, and feel you can make a difference, then please send your resume to tayla.brown@yumbabimbi.com.au or for further details phone Yumba Bimbi on 07 4987 7933

Find out more about our organisation at www.yumbabimbi.com.au



Why having a growth mindset is needed EVERY DAY in EVERY WAY



Psychologist Carol S. Dweck PH.D coined the term "Growth Mindset" in 2007. Since then, this conscious way of thinking has transformed the mental attitudes of millions of people around the world; from the young child to large companies.

Whether you are a parent, carer, work colleague, sibling or friend, let us look further to see how subtle changes in your words each day can make a grand impact on those whom you guide and support. As ultimately the words you speak will be theirs too.

Dweck believes a person will adopt either a fixed mindset or a growth mindset. The language and attitude of a person, is reflective of which mindset they are using.

Whilst developing this habit of speaking may take time; embracing this approach will result in greater diversity of life experiences, increase your potential, open more opportunities in life, develop greater resilience to life's natural challenges and ensure a greater sense of self, and contentment.

Here are some phrases that will be useful for your everyday dialogue.

“ I don't know everything, no one does. I can **ask for help** when I need it.

I am **capable**. ”

“ There is always a **solution** to a problem.

” Even though I tried to do this before and didn't get it, I can try again and again until I **succeed**.

“ I am being **brave** when I find something challenging and keep going anyway.

” I **can do** hard things.

“ It's about **effort**.

” The only way to **learn more** is to find ways to do so; ask questions, give things a go, observe others.

The power of the word Yet!

As you transition your mindset, it might be difficult to learn entire phrases, but you need not worry. There is only one word you must remember; end your sentences with the word YET!

Here are some examples of how to incorporate YET into your sentences. If you make this word a habit, you will find yourself being more positive and I BET you will fall in love with the word YET!

I haven't tried **yet!**

I don't understand this **yet!**

I can't do this **yet!**

I haven't been taught **yet!**

I am not sure what you mean **yet!**



the GROOVE

n-flow

Dance Collaboration

Yumba Bimbi first met Kimberley in 2013 when she was a teacher with the former dance studio Rachael's Dance Central. Yumba Bimbi participants took weekly dance sessions under Kimberley's guidance where a variety of genres such as Tap and Novelty was learned. By December of 2013, Yumba Bimbi's first Christmas Concert was completed with a huge applause from the audience and feeling of success and pride from Yumba Bimbi participants.

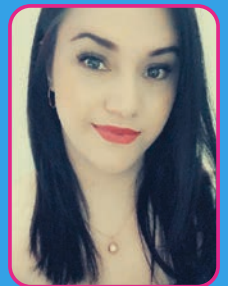
Fast forward a few years, Kimberley has returned back to Emerald, this time as owner of Groove-n-Flow and with this, the relationship between Kimberley and Yumba Bimbi was reignited. The same gentle, encouraging and motivating presence of Kimberley was introduced to the now "YB YANCE CLUB" (named by YB participants). In 2020, they accessed Kimberley's studio each week and learned a variety of routines that would set them up for an enormously successful Christmas Concert. The applause and roar from the crowd was like thunder, and many in the crowd shed tears of joy like rain. Kimberley herself was overwhelmed with tears of happiness for the group.

Kimberley has embraced the YB family back into her heart to offer her time, skills, studio and stage to create a life long memory for each of the participants. Many audience members approached Kimberley expressing how amazing the Yance Club performed.

Thank you Kimberley, you epitomise Yumba Bimbi's vision of building inclusive communities. As you stated, "Dance is for everyone." We are so very proud of our participants, and honoured to have you as one of our YB community champions.

#Groove-n-flow YB community champion

If you want to be part of a dance group which is heart centred, focuses on the joy dance brings to the soul, and allows you to build a variety of skills at your pace, then please contact our YB community champion Kimberley at GROVE-N-FLOW on 0409 590 606



From top left: Ngaire, Kayne, Nikki (YB Support Worker) & Malik. Middle: Ana
Front: Kajal, Toni (YB Support Worker) & Michaela.



MAKING A SPLASH



It takes courage to try something new and this is exactly what Connor has developed in order to reach his goals.

Since commencing NDIA supports with Yumba Bimbi for improved daily living, Connor has increased in confidence, and his capacity to absorb adversity and challenges has grown. Using subtle cues of encouragement, knowing when to allow Connor time to make decisions, along with offering bursts of energy and fun, YB's highly experienced Senior Support Worker Niamh, who is also a certified swim instructor ensures Connor feels heard, safe and supported to reach his goals.

As mentioned by Connor, having YB supporting him "Is something different. I'm not stuck at home. It is much better." Connor continues to explain that when he is receiving supports it is "exciting" for him. Matching the right support workers with our participants is key to the success of a participant, and there is no greater example than Niamh and Connor. He is officially confident and free in the water. We can't wait to see what goal Connor accomplishes next. GO CONNOR!



Participant Service Improvement Plan 2020-2021

The NDIS is continuing to improve its services to make it simpler, fairer and more flexible. Below is a breakdown of one of the the key areas of focus: USING YOUR PLAN. Here you see how the NDIS has committed itself to ongoing improvements and their projected dates for completion.

Using your plan



Service Improvement Plan commitment	Complete as at February 2021	Expected completion
Your plan will be longer and ongoing. It will be reviewed when you or we request it. For example, if your circumstances change or something significant happens in your life.	complete	complete
There will be a simple and quick process when you need to make minor changes to your plan - it won't require full "review."	complete	complete
We will give you more support for using your plan, for finding both disability services and mainstream supports.	50% complete	June 2021
We will be clearer about support coordination services, and what you should expect.	50% complete	June 2021
We will check-in with you on how the plan is going, and whether an update or review is needed.	50% complete	June 2021
You will be able to manage your plan more easily, using a new NDIS mobile app.	25% complete	June 2021
We will work with communities in remote and very remote areas, and other areas lacking services, to trial new ways of organising services so you can more easily use your support funding.	50% complete	June 2022
We will make plan budgets more flexible so you can use your funding as you wish.	25% complete	June 2022
We will make it easier to self-manage your plan, with the right support and controls in place; and to change easily between plan and self managed.	not started	June 2022

If you would like to view a breakdown of other key areas of improvement including;

- Communicating with us
- Getting information from us
- Gaining access to the NDIS
- Making your plan
- Payments from your plan
- Parts of your plan
- Support for engaging with us

Please visit the NDIS website: www.ndis.gov.au



The NDIS is always welcome to feedback.
You can fill out their online feedback form on their website or email feedback@ndis.gov.au

Thank you
MITRE 10!

For your generous contribution towards the upgrade to our garden at our Short Term Accommodation Service.

#Mitre 10 YB community champion



From left: Martin, YB participant, with Senior Support Worker Amanda accepting their donation from Justin Benjamin.



YB participant Emma setting up the outdoor space.

What is the role of an OCCUPATIONAL THERAPIST?



Yumba Bimbi's Support Coordinator's work closely with a variety of therapists under the NDIA to ensure their client's needs are being met. The types of therapists include; Exercise Physiologists, Counsellors, Podiatrists, Speech Therapists, Behavioural Therapists, Psychologists, Physiotherapists, Occupational Therapists and more.

The role of the Support Coordinator remains impartial to those who are seeking supports. For example, when a client is requiring therapy supports from an Occupational Therapist, the client has complete choice and control over whom they see. When the client is unsure who to see, the Yumba Bimbi Support Coordinator is able to provide a list of providers and then ultimately, the decision is made by the client/parent/carer.

Here we interview Jessica Grenfell from RAR Therapy. We ask her a few questions about her role and how it positively influences peoples lives.

How long has RAR Therapy been a registered NDIS Provider?

RAR Therapy was part of the original NDIS pilot program when it was first trialled in Townsville in 2016. Due to the success of the program, RAR Therapy have extended beyond Townsville across Qld and right to the township of Emerald.

What is the role of an O.T (Occupational Therapist) in supporting a person with a disability?

The role of an O.T when supporting an individual with a disability is to help facilitate and build or maintain independence in daily activities that are meaningful to the participant. RAR Therapy provide services to children, adolescents and adults, and complete Functional Needs Assessments, Equipment and Assistive Technology (AT) requests, Developmental screenings, Home safety/ Falls Assessments and home

I support the ndis

Flexible, mobile, home & centre/school based Allied Health Services

RAR Therapy

Making A Difference
1800 734 466

- Children & Adult Services
- Functional Needs Assessments
- Equipment/Assistive Technology (AT)
- Developmental Screening
- Home Safety/Falls Assessments
- Positive Behaviour Support
- Home Modifications
- One on One/Group Therapy
- Hydrotherapy

Registered NDIS Provider

E: info@rartherapy.com.au
www.rartherapy.com.au

Jessica Grenfell, O.T from RAR Therapy.

modifications. There are also Positive Behaviour Support Clinicians that specifically help and support individuals and families experiencing significant behavioural difficulties. In the area of Paediatrics, Occupational Therapists support children and families in the area of: sensory processing, daily living skills including dressing, toileting, and mealtimes, fine and gross motor skills, social and emotional skills, attention and focus, learning, healthy sleep, assistive technology and home modifications.

How has adding O.T to NDIS funding positively impacted participants, their family and wider community?

The NDIS rollout has been so beneficial to participants, their families, and the wider community in so many different ways. Through the scheme, participants and families are now more involved and empowered in the process of their own care and support. Participants and families are able to express their needs, set their own goals, and choose their own service providers. We all know how expensive therapy services and equipment can be, so it has been a huge relief to most participants and families that they can get help and support they need, without having to worry about whether or not they can afford it.

Within the wider community, it has helped create additional jobs out there in these remote and rural areas, that otherwise may not have been previously serviced. I think most participants and families are very grateful to have local services available to them so that they don't have to spend hours on end travelling to bigger cities to access the support they need. I have also found that there has been a huge sense of community, NDIS can definitely be hard to navigate at first, however there are amazing support coordinators out there and local Facebook pages with parents supporting other parents going through similar journeys.

Is there some advice you could give families out there?

The most important thing for parents to remember is to trust themselves, however sometimes you don't know what you don't know. If parents feel something is not quite right regarding their child's development, or they have questions about their child's development, there is no harm in picking up the phone and contacting someone that can help answer your questions and provide you with more information. RAR Therapy are planning to roll out a short, free one-off phone call consultation for families to be able to get their questions answered. Early Intervention is the largest window of opportunity for therapists to be able to make positive changes in a child's life- so the earlier you access support, the better the outcome for children and families.

My son has been lucky enough to be given funding for an OT via NDIS and what a difference it makes not just for Jackson

but our family.
Charlotte,
Parent, Emerald

THE BENEFITS OF AN O.T FROM A MOTHER'S PERSPECTIVE.

We see Jess weekly and the knowledge she passes on has helped our son achieve his goals at a great rate. Jess communicates so well with myself to manage a plan so that Jackson (3 years) can achieve his goals. This isn't just one area but gives us skills and knowledge to make the everyday jobs a little bit easier. This includes overall development, emotional regulation, community, and so many other things. Jackson wouldn't be where he is today without Jess and we continue to look forward to seeing her each week.

Charlotte,
Parent, Emerald



Top 5 APPS

for our little people

"My favourite thing about my role is the rapport and relationship you build with these children and families. Many of the children on my caseload have a diagnosis of Autism Spectrum Disorder, however they are all such unique individuals, each with their own strengths and interests. I can't say I have ever met two children the same. Some of these families are so close to my heart and I feel like they are not only learning from me, but I am constantly learning from them as well. My passion has and always will be improving the quality of service that is delivered to these children and families."

Jess

- 1 TIME TIMER
- 2 WRITING WIZARD
- 3 BUGS & BUTTONS
- 4 SESAME BREATHE
THINK DO
- 5 CHOICE WORKS



If you think you or someone you know could benefit from seeing an Occupational Therapist, please contact your local G.P for a referral. If you or your child has an NDIS plan, you can contact RAR Therapy directly on 1800 724 466.

Are you interested in keeping your important health information in a safe and secure digital space?

Ask

Your participating healthcare provider to upload a summary of your My Health Record. The information in your record is controlled by you and will build over time.

Sign up to

How?

Create a my.gov.au account or login to your existing account. Select 'Services.' Select 'Link another service.' Select 'My Health Record.' Verify your identity.

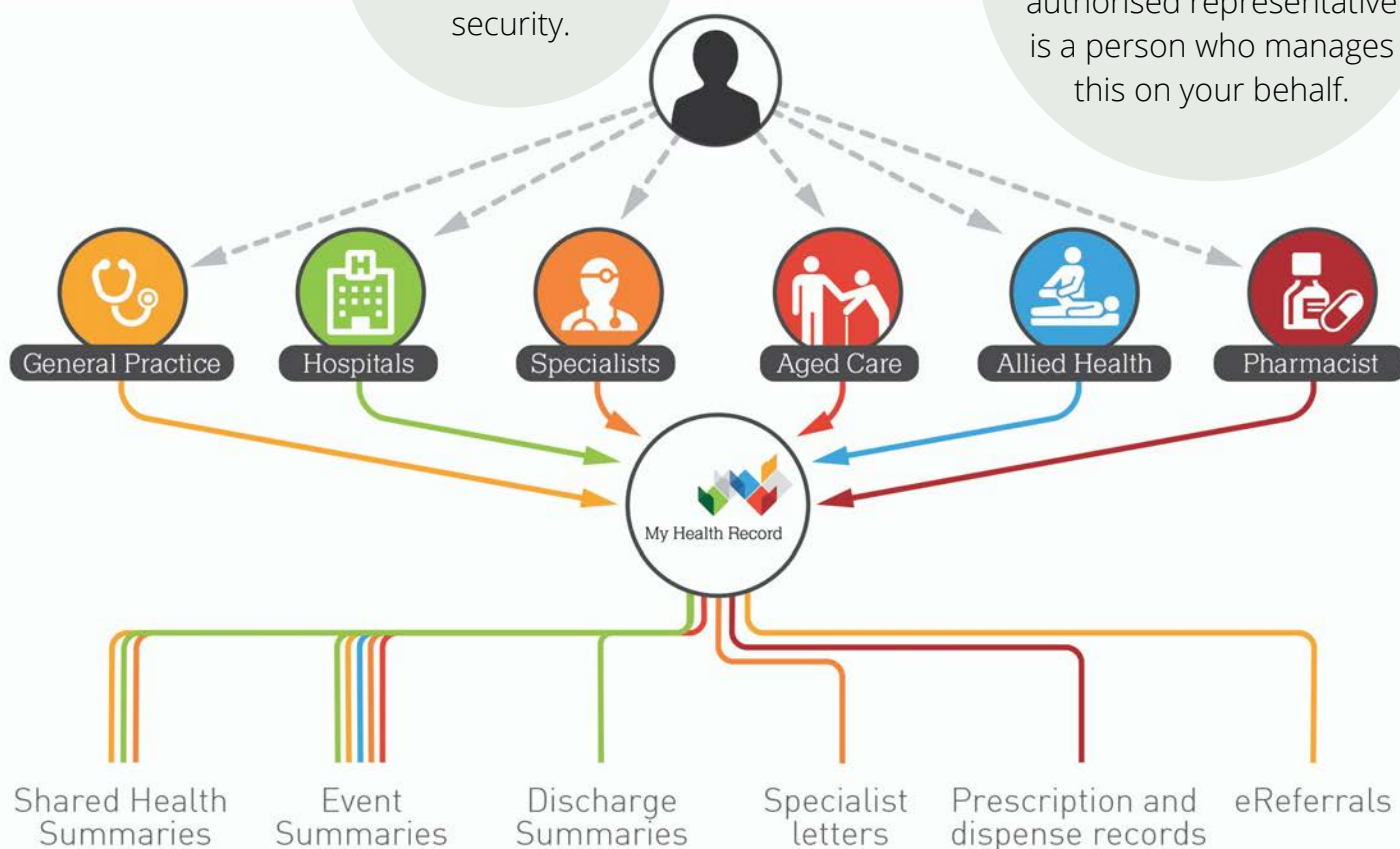
My health Record

Privacy

Set access codes and restrictions for extra privacy and security.

Nominate

A nominated representative is a person you have invited to manage your My Health Record. An authorised representative is a person who manages this on your behalf.



For further information and support, phone 1800 723 471



My Health Record

TRISHA

AUTHOR
IN THE
MAKING



About Trisha

Trisha has been an Emerald local all of her life. Married for 12 years and co-owner of the Emerald Hobby Shop, she loves the beach, shopping, adult colouring-in books, cooking and baking. Trisha and her husband also make annual visits to conventions such as Oz Comic-con & Supanova. She is busy making memories; making the most out of every opportunity in life; and now, is making sure the supports she receives through NDIS funding is being used in the most optimal way for her to continue to achieve, and succeed.

**Where ambition
and the right
supports create
the perfect
match for Trisha
to reach for her
dreams.**

Whilst extremely competent and capable, Trisha acknowledges that being born with Spina Bifida and Hydrocephalus at times has its challenges and the need to access specialised supports would help her to continue to reach life goals. Receiving an NDIS plan in 2018 has enhanced many aspects of Trisha's life, as explained by Trisha,

**"The NDIS has allowed
me to get the help that
I need to be able to
develop the skills to be
more independent so
that I can live the life
that I want, how I
want."**

Debbie alongside Trisha, supporting her with meal prepping.



Under her NDIS plan, Trisha receives supports with cleaning, cooking, shopping trips, counselling, physiotherapy, health and wellbeing retreats and assistive technology. She is aware of how the implementation of these different supports is building her capacity for better health outcomes and greater independence. As commented by Trisha,

“
The NDIS offered me
the chance to
become independent
by opening up
opportunities.
”

Trisha continued to explain specific ways in which her NDIS funding will continue to contribute to easier daily living. Trisha expressed, "I am currently waiting on a bench top oven and home modifications to further improve my independence."

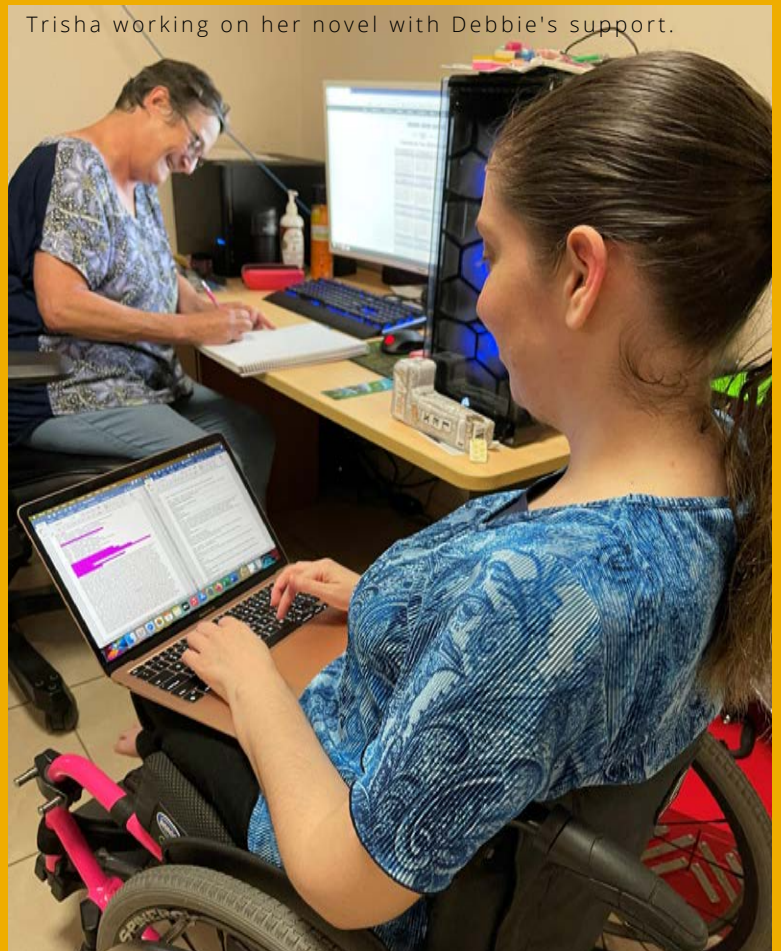
Without NDIS funding, this would not have been possible for Trisha. Accessing funding continues to empower her on many levels.

One area in particular where Trisha is blossoming is through her commitment to creative writing. Trisha has always focused on her skills and abilities, and whilst she has many, her vivid and wild imagination is anticipated to set her on a path to become a published author. In doing so, Trisha hopes it will facilitate her mission to develop a stay-at-home business and allow more time for her to spend in the hobby shop, and, as Trisha stated, "Most importantly, be as independent as possible."

Debbie, a Yumba Bimbi Senior Support Worker is playing a crucial role with Trisha's ultimate and grand goal. Debbie's teaching qualifications and excellent organisational skills greatly compliment Trisha's overall objectives for her novel. Debbie helps to arrange Trisha's novel notes, something that Trisha is extremely grateful for. Having Debbie support Trisha each week with her novel keeps the momentum going and Trisha's dream alive. There is no putting the book aside when there is a person (aka Debbie) ready with pencil and paper to continue to move forward with delightful encouragement.

As with anything worth pursuing, it takes time, how much time is unknown but what is certain is that Yumba Bimbi will be there cheerfully clapping as we one day celebrate Trisha, the author.

Trisha working on her novel with Debbie's support.



WHAT IS DISABILITY?

A DISABILITY IS ANY CONDITION THAT RESTRICTS A PERSON'S MENTAL, SENSORY OR MOBILITY FUNCTIONS. IT MAY BE CAUSED BY ACCIDENT, TRAUMA, GENETICS OR DISEASE. A DISABILITY MAY BE TEMPORARY OR PERMANENT, TOTAL OR PARTIAL, LIFELONG OR ACQUIRED, VISIBLE OR INVISIBLE.

OVER 4.4 MILLION PEOPLE IN AUSTRALIA HAVE SOME FORM OF DISABILITY.

THAT'S 1 IN 5 PEOPLE.

THE YUMBA YARN IS A MAGAZINE DEVELOPED AND DISTRIBUTED BY YUMBA BIMBI SUPPORT SERVICES. YUMBA BIMBI SUPPORT SERVICES IS A NOT FOR PROFIT ORGANISATION BASED IN EMERALD, QLD. WE SUPPORT INDIVIDUALS WITH DISABILITY WITHIN THE CENTRAL HIGHLANDS AND WESTERN QLD REGIONS. THE YUMBA YARN IS DISTRIBUTED EVERY QUARTER TO LOCAL ORGANISATIONS AND BUSINESSES.

Advertise with us!



When you are part of our Yumba Yarn, the monies received through advertising is directed back into our programs and initiatives. Therefore you are directly supporting an individual with disability in our community.

Contact Bianca at Head Office for further information on 07 4987 7933 or email bianca.marconi@yumbabimbi.com.au

The Rotary Club of Emerald



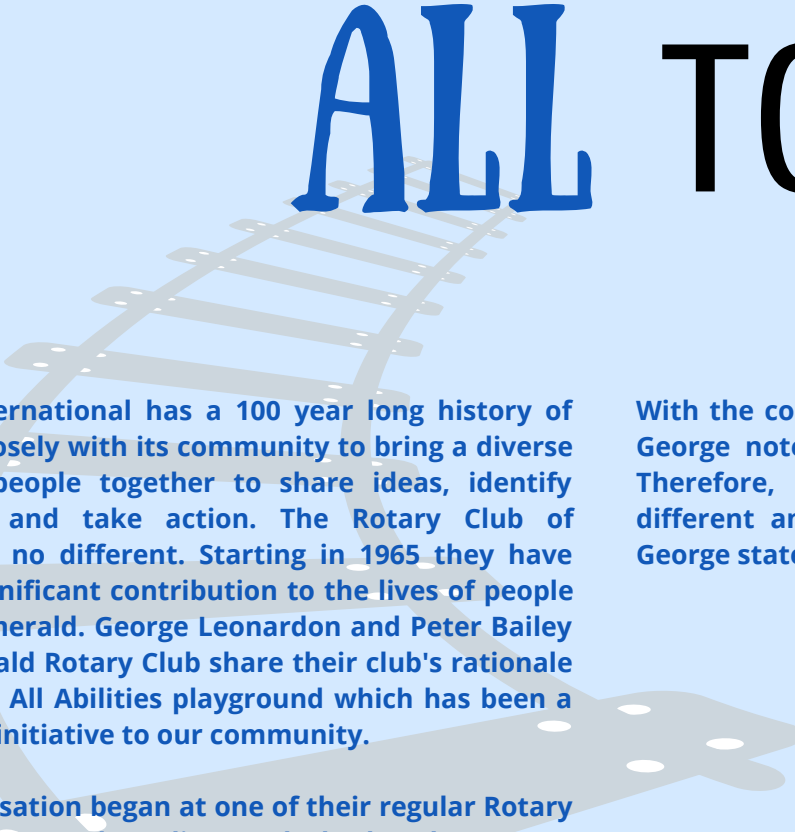
Caring for our community



The All Abilities playground is located at Rotary Park on Hospital Road.

From left: George Leonardson & Peter Bailey from The Rotary Club of Emerald.

A PARK IS FOR ALL TO PLAY



Rotary International has a 100 year long history of working closely with its community to bring a diverse range of people together to share ideas, identify problems, and take action. The Rotary Club of Emerald is no different. Starting in 1965 they have made a significant contribution to the lives of people living in Emerald. George Leonardon and Peter Bailey from Emerald Rotary Club share their club's rationale behind the All Abilities playground which has been a welcomed initiative to our community.

The conversation began at one of their regular Rotary meetings; its members discussed whether there was a particular group of individuals who's lives would be enhanced through Rotary Club's help. As explained by George, there is always criteria that needs to be met when deciding on a project and on this occasion, the votes were in, and the conclusion was that whilst there are beautiful playgrounds on offer for the children of Emerald, currently no playground offered complete inclusiveness. Thus the concept of an All Abilities playground was introduced. This specialised playground would offer play equipment that allowed children with disabilities the opportunity to fully access and enjoy, equal to that of their siblings and peers.

As Project Manager, George developed a plan. He met with local families, visited Nikki, an Occupational Therapist at the Emerald Hospital, spoke to local mothers of children with disability, the organisation Bush Kids, and CHRC counsellors such as Meagan Daniels to gain a greater insight to the limitations of existing playgrounds. George diligently took notes, and from there he began his research into the individual elements that make up the physical structure of a specialised playground.

With the cost of the project in excess of \$300,000.00, George noted that was "A lot of sausages to sell!" Therefore, the Rotary Club decided to adopt a different angle in order to recruit sponsorship. As George stated, the theory was

**"BUILD IT
AND THEY
WILL COME."**

George continued, "As soon as we started construction, that is when the money started coming in." The community could envision the project's potential and the powerful impact the all inclusive playground would have on children with disability, their families, friends and wider community. CHRC, MITRE 10, Ensham Resources, and Kestrel (Charity Golf Day) provided substantial financial contributions along with many more organisations and local businesses who came to Rotary Club's call.

Every element of the project was carefully examined; from creating a new accessible car park, to sensor lights as well as accessible tables and chairs for families to sit at (which will also include charging pods for phones). The table and chairs have particular significance as it has been donated by fellow Rotary Club of Emerald 'Sunrise Rotary,' and is dedicated to Colin Dziewicki who made a great contribution to Rotary over many years.

Deciding on a theme for the play equipment itself was swift; a train as the main feature would fit perfectly as it connects to the existing operation of the train Rotary run for children at the Rotary Park.

With Covid placing a hold on the official opening of The All Abilities park, the date is now set for **17th APRIL 5.30pm** and is open to the general public to attend. A Yumba Bimbi representative has excitedly accepted the official role of cutting the ribbon together with Mayor of CHRC. This act will not only recognise and congratulate the enormous achievement by Rotary, but also symbolise through cutting the ribbon, removing the barriers children with disability experience in order to make the space open and inclusive for all.

Thank you Rotary.



YB Participant Taylor with Peter & Robyn Bailey.



YB Participant Lou holding the baton.

Did you know?

THE ROTARY CLUB OF EMERALD is the public donation centre for the initiative 'Wheelchairs for Kids.' If you are able to save the metal rings from drink cans, the Rotary Club will send the rings to the manufacturing plant where the metal is turned into wheelchairs for children who would otherwise be without.

Go to wheelchairsforkids.org to find out more.
#Rotary Club of Emerald YB community champion

Rotary

celebrating
100 years of
community
service

The Rotary Club of Emerald celebrated 100 years of service by participating in the international Rotary Baton relay which arrived in Emerald in January. Yumba Bimbi participants had the honour of holding and walking with the baton. It was wonderful to witness such a grand milestone for Rotary.



From left: YB Senior Support Worker Amanda with participant Lou, YB Support Worker Nikki, participants Taylor, Johnno and Bec.



Do you think you have a story or idea to add to our Yumba Yarn Magazine? Are you advocating for people with disability in your school, workplace, recreational club or organisation? Have you made a difference to those living with disability to achieve equity? Then we would like to hear from you. Please email bianca.marconi@yumbabimbi.com.au to share your story...you may even feature in our Yumba Yarn Magazine and on our social media.





The making of a Mocktail

After YB participants Bec & Lou returned from a holiday having tried some cocktails, the CREATIVE MINDS group decided it was time for the entire group to experience the art of mocktail making!

YB participants chose a selection of mocktail recipes where they practised their culinary skills by cutting up the fruit and blending combinations of fruits, juices and soda water to create their delicious drinks. The Creative Minds group particularly enjoyed presenting the suite of mocktails to one other. What a morning!

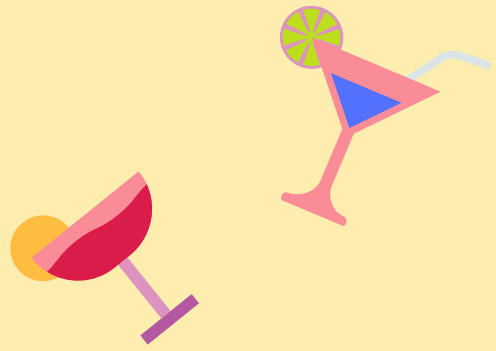
Cheers!



From top left: David, Courtney & Kirra
From middle left: Ashley, Ashlee
(Senior Support Worker) with Lou, & Nan
Bottom: Courtney with Bec.

mocktail recipe

To try at home



INGREDIENTS:

- 1/2 honeydew melon, seeds removed
- 3 black tea bags such as Australian breakfast tea
- 1L (4 cups) pineapple juice
- 750ml (3 cups) ginger ale
- 4 mint sprigs, plus extra to serve
- 4 passionfruit, plus extra to serve
- pineapple wedges to serve

METHOD:

STEP 1:

Scoop out balls of melon using a melon baller or small ice cream scoop and place in a plastic container. Freeze for 1 hour.

STEP 2:

Place the teabags in a large jug with 3 cups (750ml) boiling water. Stir in the tea bags and allow to steep for 10 minutes. Remove and discard the tea bags and allow to cool completely.

STEP 3:

Stir Pineapple juice, ginger ale, and mint sprigs into the cooled tea. Stir through the passionfruit pulp and top with ice cubes.

STEP 4:

To serve, fill glasses with ice cubes and frozen melon balls, then pour over the punch. Garnish with pineapple wedges, extra passionfruit pulp and mint sprigs.



From left: Chelsea from Lifeline, YB participant Tina, Channy (YB Senior Support Worker) & Eboni (YB Support Worker).



Tina: Continuing her commitment to supporting her local community

Tina is no stranger to volunteer work, in fact, prior to returning to Emerald, she spent 4 years volunteering for the organisation 'Meals on Wheels'. Through her NDIS funding, Tina is able to continue giving back to her community by volunteering at Lifeline. She is guided by her YB Senior Support Worker Channy. Each week Tina is provided with options from Lifeline Manager Chelsea, and asked which tasks she would like to complete. From sorting items to organising shelves and other light duties, Tina is certainly continuing to strengthen skills whilst contributing to a worthy cause. Well done Tina!

Join us by BECOMING A YB MEMBER



Become a member of YB and join us in our mission to strengthen choice and life opportunities for people with disabilities in open and inclusive communities.

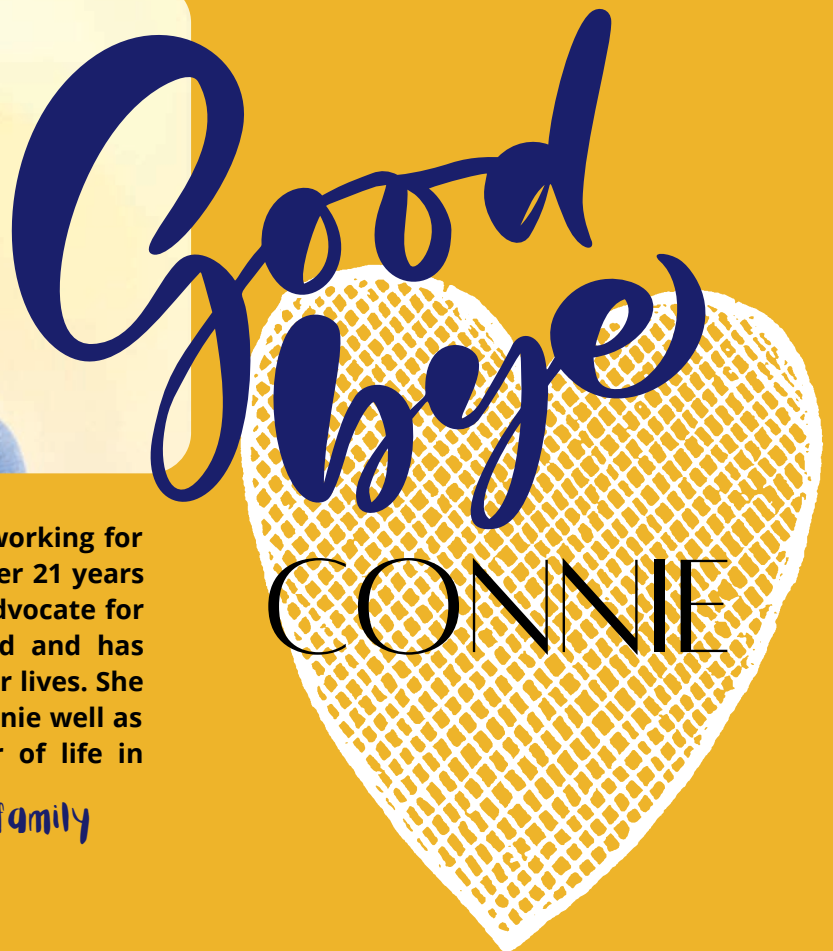
Annual membership of Yumba Bimbi is \$5. Simply complete the form at <https://yumbabimbi.com.au/get-involved/join-us/>

Thank you



We farewell Connie who began working for Yumba Bimbi as a Support Worker 21 years ago. Connie has been a strong advocate for every person she has supported and has been a powerful influence in their lives. She will be very missed. We wish Connie well as she embarks on a new chapter of life in Mackay.

Love from your YB family



YUMBA BIMBI SUPPORT SERVICES

Providing supports for individuals with disability across
the Central Highlands and Western Qld Region
for over 20 years. Ph: 07 4987 7933

