

WINTER 2022



# THE Yumba Yarn

YUMBA BIMBI SUPPORT SERVICES



What is a  
'My Health  
Record?'

Celebrating  
our staff

YB's 2022  
Fairbairn Camp:  
A great success!

women

women

# Thread

A common

BRENE BROWN, A RESEARCH PROFESSOR, LECTURER, AUTHOR AND PODCAST HOST SHARED A STORY ABOUT A GROUP OF INDIAN WOMEN WHO WOULD MEET BY THE RIVER EACH DAY TO WASH THEIR CLOTHES. WASHING MACHINES SOON REPLACED THE NEED TO GO TO THE RIVER, AND A WAVE OF DEPRESSION EMERGED AMONGST THE WOMEN. HUMAN INTERACTION WAS ABSENT. THE SOUNDS OF LAUGHTER WAS ABSENT. SHARED STORIES WERE ABSENT. MUTUAL LEARNING DISAPPEARED. CONNECTION WAS LOST...



**In another rural town across the other side of the world, we find a group of women who have found themselves in a position just like the Indian women who would meet by the river. Our YB Women have also found connection through the fabric they hold in their hands.**

The idea to make sewing part of the group's week was born out of people reflecting on their NDIS goals of wanting to learn new skills, to be as independent as possible, and to create greater connections in the community, alongside their friends. Nikki Day, a YB Senior Support Worker and facilitator of the group approached a colleague Julie, who is a member of the Emerald Patchwork & Quilting group to ask if anyone in that group would be interested in volunteering their time to teach the YB Women sewing techniques. Betty, a member of the group said yes and naturally, Julie joined the Women's group as she too had the skills to share with the participants.



Courtney deep in concentration as she sews, being guided by Betty.

The objective of the group was to learn the basics of sewing, and the goal was to create their own patchwork quilt to take home. The first stages included material selection. Nan explains, "We went to the material shop and picked out the materials." Kajal states how she chose a dog pattern as one of her many choices of fabric as she loves dogs. "I love the feel of satin," says Courtney. "The materials were either bought or recycled and everyone picked a special colour," comments Nikki. The diversity of textures and colour fabric makes each quilt unique.

For most of the ladies, learning to sew was a new experience. "Tina was petrified and Louise didn't want to touch the sewing machine," says Betty. Kirra explains how she feels being part of the group stating, "I absolutely love coming. I love learning how to sew patches of material together on the lines. It's really helpful. I am relaxed. I feel so happy here, I am having fun."

Jasmin reflects on her time with the group, she says,

“ I enjoy  
doing this.  
I feel proud.”

Watching everyone sew, it is evident they are on a mission; tasks need to be accomplished. Kirra states, "I get into my zone." Similarly to the Indian women who spent time by the river washing their clothes amongst other women and in nature, Courtney acknowledges the benefits of being part of the sewing group. She says the sewing group is,

*"Calming,  
relaxing and  
good therapy."*

This level of focus and determination is paralleled with smiles. You never quite know what the quick witted Betty will say, but she certainly brings a heightened sense of fun. The first question to Betty is 'How do you feel being part of the group?' with Betty responding, "Do I tell the truth, Nan? The group erupt in laughter. Learning, growing, and laughing are some of the many reasons why the sewing group is loved amongst the women.



Top and middle right: Julie alongside Kirra. Bottom right: Kajal happily waiting for her turn to sew.

Julie and Betty have been instrumental in the success of the group; helping to shape and influence the ladies on a skills level, as well as socially and emotionally. All the women are respected, there is ample time to learn from one another, as well as time to share their stories. The health and wellbeing of all is being enriched, adding immense value to everyone's lives.

Julie explains her involvement in the Patchwork & Quilting group at a community level. "I joined the group after my house flooded in 2010. Getting together every Friday night was just what I needed to get me out of my dull moments. It gave me the pick me up I needed. The patchwork group is more than just creating," She continues,

*"It's the friendships you develop being part of the group. They are life long. There is camaraderie."*

It seems the act of holding material in ones hands gives permission for all to breathe, to let go of worries, to feel safe and to be authentically oneself.

Care and compassion are traits visible in the Patchwork and Quilting community group as they give back to the locals. Julie explains, "When we hear people are sick in town, we will make a quilt for them and send it to them anonymously. I love that the people I sew with are generous and kindhearted. They don't expect any reward or appraisal. It is special." Betty continues, "It's a really nice thing for someone to receive a quilt. We get a lot out of it too." One can see how the qualities and attributes of the Patchwork & Quilting group emerged on a community level and has transcended to our YB Women's Group. The act of giving and sharing, whether it is through a skill, life experience or simply ones presence, mirrors the same ethos as the Indian women by the river.

From left: Julie & Betty



Everyone gathering over morning tea.



Observing how each participant has personally developed Nikki states, "The friendships have definitely grown. You feel proud to see their independence grow too."

Steph, YB Senior Support Worker comments,

"WATCHING MIKA HELP KAJAL ON THE SEWING MACHINE, IT'S SO BEAUTIFUL TO SEE. YOU'RE NOT TELLING THEM TO HELP EACH OTHER, THEY WANT TO HELP EACH OTHER."

Finalising their patchwork quilt coincided with the Emerald Show Society's annual patchwork competition. *The division: Section M Patchwork Class 13014. Item done in a class setting under a teacher.* The ladies put a great effort into completing their quilt on time and were thrilled to see their unique pieces up on display at the Emerald Show. Betty says it well,

“ Society is seeing them as capable, and that is what they are. ”

The quilts will be in the Emerald Art Gallery at the Yumba Bimbi exhibition in September. Each quilt will be hung on the walls, undoubtedly another proud moment for all.

From left: Katie and Courtney seeing their quilts on display at the Emerald Show.



From left: Julie & Betty with Nan sitting down, laughing at each other's comments.



Nan shares her thoughts on Betty. "B is for beautiful Betty!" she says. Nan continues, "Betty likes helping us. I've enjoyed my time with her, we have fun together." With a touch of sarcasm Nan elaborates, "She's a good girl!" which has the group laughing. Everyone enjoys and appreciates Betty.

"It feels good to see the group each week. Kirra tells me about her job. When the group sees you and tells you what they have achieved, I feel like I am important to them," comments Betty. Whether you are by the river or in the sewing room, it represents belonging.

When asked what Betty thought of the progress the Women's Group has made over time, she states, "I have seen how their confidence has grown. They are concentrating and you know they are enjoying what they are doing. It is great to see their achievements. They are expressing themselves and doing so well at it, it is rewarding to see. The friendships have grown. They are enjoying life. We have fun, we joke. They can even hear us laughing next door! The group have gone from saying 'I can't do that', to being able to do it. I've gotten a lot out of being here, a big reward, more than I thought I would."

"There's been times where I have been stressed out before going but at the end of the afternoon with the group, I've felt that it has been well worth it for me, comments Betty.

*Connection is why  
we're here. It is what  
gives purpose and  
meaning to our lives."*

Brene Brown

A fundamental human need is to be seen and heard. To feel safe amongst our network of people. To belong.

There seems to be something special about the Patchwork room. When you enter the room, surrounded by a plethora of material, it is a reminder that you are connected by the threads.

Whilst sewing with Betty was intended to finish once the quilts were completed, it was recognised the relationship between Betty and the group was too special to let go. Therefore, the connection remains strong and the ladies will continue attending the Patchwork shed with Betty. As Katie says, "I have very good friends here. It makes me really happy." This good story continues as the women soon prepare to make their next material selection, ready to once again meet not by the river, but at the Patchwork shed.

# Join our team!

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 to strengthen choice and life opportunities for people living with disability.

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?



Come and help others live their best lives. For expressions of interest, please phone Tayla at Yumba Bimbi Support Services on 4987 7933 or email [careers@yumbabimbi.com.au](mailto:careers@yumbabimbi.com.au)

# Chocolate caramel cupcakes

Each week, our YB Baking Program excel in the kitchen. They produce decadent desserts and irresistible savoury foods guided by Senior Support Worker Stephanie who also has a Cert III in Food Processing (Retail Baking - combined). There are many skills being learned at the Baking Program, including their ability to perfect a recipe.

So why not try one of their latest creations.



Makes 12  
Prep 20m  
Cooking 25m  
NOTE:  
+ cooling time

Dietary information  
Vegetarian  
Nut-free  
Peanut-free  
Sesame-free  
Soy-free  
Yeast-free



Enjoy!

\*recipe from Coles website





# Ingredients

125g butter, softened  
 1 cup (220g) caster sugar  
 2 Australian Free Range Eggs  
 1 cup (150g) plain flour  
 ½ cup (50g) cocoa powder  
 ½ tsp baking powder  
 ½ tsp bicarbonate of soda  
 ¾ cup (185ml) buttermilk  
 Caramel topping, to drizzle

## SALTED CARAMEL BUTTERCREAM

250g butter, softened  
 2 cups (320g) icing sugar mixture  
 1 tsp vanilla bean paste  
 ⅓ cup (80ml) caramel topping  
 ¼ tsp salt

## CHOCOLATE SAUCE

50g dark chocolate  
 2½ tbs thickened cream

# Method:

### STEP 1

Preheat oven to 180°C. Line a 12-hole, ⅓-cup (80ml) muffin pan with paper cases. Use an electric mixer to beat the butter and sugar in a bowl until pale and creamy. Add the eggs, 1 at a time, beating well after each addition. Sift the flour, cocoa powder, baking powder and bicarbonate of soda over the butter mixture and stir until combined. Add the buttermilk and stir until combined.

### STEP 2

Divide the mixture evenly among the paper cases. Bake for 20 mins or until a skewer inserted in the centres comes out clean. Set aside for 5 mins before transferring to a wire rack to cool completely.

### STEP 3

Meanwhile, to make the salted caramel buttercream, use an electric mixer to beat the butter in a bowl until very pale. Gradually add the icing sugar, in batches, beating well after each addition. Add the vanilla and beat until well combined. Add ¼ cup (60ml) caramel topping and beat until well combined. Add the salt and beat until well combined.

### STEP 4

To make the chocolate sauce, place the chocolate and cream in a small saucepan over low heat. Cook, stirring, for 2-3 mins or until the chocolate melts and the mixture is smooth. Transfer to a bowl and set aside to cool.

### STEP 5

Use a small serrated knife to cut a cone-shaped piece from the top of each cupcake. Spoon the remaining caramel topping into the holes.

### STEP 6

Transfer the salted caramel buttercream to a piping bag fitted with a 1cm fluted nozzle. Pipe the buttercream onto each cupcake. Drizzle with the chocolate sauce and caramel topping.

From top left:  
 Courtney, Tina & Lou  
 decorating their cupcakes.



Below image: Eddy adding the final touches to the cupcakes alongside Julie.



Do you want to become a

**YB**

**COMMUNITY**

**CHAMPION?**

Would you like to create a more inclusive workplace by opening up opportunities for people living with disability to volunteer or work in your organisation or business?

Please contact Head Office on 4987 7933 to find out more.

Let us continue to

*build inclusive  
communities*





# My Health Record

## What is My Health Record?

It is a safe and secure online summary of your key health information.

Your record may have information like:

- Your medical conditions
- Your medicines
- Any allergies you may have
- Your latest test results
- Your notes from appointments
  
- **You can control** who can look at your record, and what is in it. You can talk to your doctor about your record.
- If you don't want information added to your record, ask your doctor not to add it.
- You can make some things private so only you and the people helping you can see them.

## Help with managing your My Health Record

- You can choose someone you trust to help you manage your My Health Record. This is called a Nominated Representative.
- This could be a family member or a close friend. You can have more than one person help you.
- You decide what they can see and do in your My Health Record. You do not have to have someone help you manage your record. It is your choice.

There are **3 types** of access for people that help you manage your record.

**General access.** This means the person that helps you can see almost everything. They cannot see the things you made private.

**Restricted access.** This means the person that helps you can see everything. This includes the things you made private.

**Full access.** This means the person that helps you can see everything. They can also add information to your record.

- You can change your mind at any time.
- You can change the access that the person that helps you has.
- You can add or delete people that help you manage your record.

## How to start using your **My Health Record**

- Talk to your doctor and any healthcare providers you see.
- Add information yourself or ask your doctors to add your information into **My Health Record**.
- If you have someone that helps you manage your record they can do this for you.
- Go online and have a look at your My Health Record.

### **How to use your myGov account to look at your My Health Record.**

Click [here](#) to go the website. Then follow these steps:

- Log in to myGov
- Confirm your identity. You may be asked questions that only you can answer.
- Click on 'Services'
- Click on 'Link another service'
- Click on 'My Health Record'

If you do not have a myGov account you can get one.

### **How to get a myGov account**

Go to the myGov website [here](#) to set up your account or call **1800 723 471** for help.

## How **My Health Record** can help you

- Your health information can be in one place.
- You can look at your information online anytime and anywhere.
- If you are on holiday a pharmacist or doctor can look up your medicines if you forgot what you need to take.
- You control your health information. It is safe and secure.
- It helps your doctors work together to give you safer treatment and care.
- If you do not want a My Health Record you can go online to [myhealthrecord.gov.au](http://myhealthrecord.gov.au) or call 1800 723 471 to cancel it.
- This means it will be permanently deleted including any information in it. You can create a new one in the future if you want to.

## Questions:

### **Who can see it?**

- You control who can look at your record, and what is in it. If you want extra privacy, you can set an access code.

You choose if you want someone to help you manage it.

- In an emergency, your doctors can see your record to help them give you safer treatment and care.
- It is against the law for someone to look at your record unless it is to provide you with healthcare.

### **Can the police or Centrelink see my record?**

- It is against the law for My Health Record information to be given to police or government without a court order.

### **What if I am on holiday?**

- You can still access your record from any device connected to the internet.

### **What if I am in jail?**

- You will have access to your record and doctors in jail can add their notes in too.

### **When can I start using My Health Record?**

- Right now. You need to sign in to your myGov account and link it to My Health Record to use it.

### **Will the website read aloud?**

- Yes. Visit the website [here](#). Press play at the top of the page.
- If you have a screen reader you can use it for the myGov website to hear the information.

### **Can I add my own information?**

- You can add your emergency contacts and choose if you want to get a message when a new doctor looks at your record. You can also add your own information about your medicines and allergies.

### **I have no internet or a digital device, what can I do?**

- There are going to be education sessions all over Australia soon to help people.
- If you do not have internet you can go to your library or call **1800 723 471** for help.

## **Did you know?**

- You can set a PIN to control access to your information.
- You can see who has accessed your information.

My Health Record is an Australian Government Initiative for all Australians. Call 1800 723 471 for support.

# PROUD!

Ngaire has been part of the YB family for many years. Her supports include social participation in the community, dance class and fitness. These experiences contribute to Ngaire achieving her life goals of engaging in activities of interest, meeting new people, developing and maintaining friendships, increasing independence, decision making, as well as communicating effectively.

When Carol supports Ngaire, she focuses on introducing Ngaire to different environments in Emerald; ensures she maintains social connections with friends and that Ngaire has equal access to opportunities in every fitness experience.

Carol explains how she communicates with Ngaire. "I ask Ngaire a question and she will nod, give me a thumbs up or point," says Carol. These gestures inform Carol that Ngaire gives her approval of a situation, as well as indicating how she is feeling. It is Ngaire's way of having a voice.

Ngaire's commitment to her own health and wellbeing has seen her go from strength to strength. Through her high engagement in any fitness activity from yoga, to gym sessions, to outdoor recreational exercises, "Ngaire is willing to try anything," comments Carol. She continues,

*Ngaire is living her best life. She loves being involved in everything we do.*

Along with other YB Support Workers, Carol is a strong advocate for people living with disability. Carol explains how fitness sessions are adapted to suit Ngaire. "We modify the position Ngaire is in for yoga to make sure she is comfortable, or we offer modified equipment, but she always participates in everything. It makes her feel she is doing the same as everyone else. She particularly loves the rower, and pulling herself up. Sometimes people might not see her capabilities, but we do." We are confident through the sparkle in Ngaire's eyes and her smile that she is proud of herself, as we are of her.





Top image: Ngaire at the Botanic Gardens using exercise equipment. Middle and below images: Ngaire at Stadium Premier Fitness in a group fitness program.

# YB CAMP 2022



OVER THE YEARS, YB has offered customised supported holiday packages to suit people's interests and abilities. Unfortunately as we all experienced as a society, Covid-19 suspended travel for some time. When the opportunity came up for participants to attend a YB Camp at Fairbairn Dam, there was great enthusiasm with many participants opting for the full 3 days and 2 night experience, and others selecting the option of day trips.

Led by the highly experienced team, Tony and David from Camp Fairbairn Outdoor Education Centre, there was the perfect combination of mentally and physically challenging experiences, alongside rest and relaxation. With canoeing, rock climbing, abseiling, campfires, and games, there was opportunity for adventure and fun for all.



Background image: Everyone around the campfire.  
From left: Tony, Bec & David.

Our Yumba Bimbi staff provided a safe, supportive and nurturing atmosphere. Wonderful attributes such as determination, teamwork, courage, accomplishment, emerging and deepening friendships as well as triumph were witnessed across the 3 days. Amanda, YB Client Services Coordinator - Accommodation explained, "The goal of the camp was to get the participants out of normal routine. To provide new experiences and to build friendships." The Camp experience met these objectives and as a result, was a great success. We cannot wait for the next adventure!

The best part  
about the camp  
was canoeing!

*Katie*

YB Participant



Emma in deep focus.

“ IT WAS AMAZING TO SEE OUR PARTICIPANTS OUTSIDE OF THEIR FAMILIAR ENVIRONMENT GIVING THE ACTIVITIES THEIR BEST SHOT.

THE WAY OUR PARTICIPANTS LOOKED OUT FOR EACH OTHER AND ENCOURAGED ONE ANOTHER WAS HEART-TOUCHING.

THEY GAVE NEW MEANING TO THE EXPRESSION "TEAMWORK".

WELL DONE TO ALL!

*Debbie*

YB Senior Support Worker

Everyone ready for a big day of adventures.



“ “ The best part  
about the camp  
was being with  
friends. ” ”

*Victoria*

YB Participant



From left: Victoria & Katie.



“

MY HIGHLIGHT OF THE TRIP WAS WHEN REBECCA AND TAYLOR WERE HOISTED IN THE AIR. REBECCA MADE TONY AND DAVE LAUGH WITH HER COMMENTS ABOUT HEIGHTS. SHE OVERCAME HER FEAR AND HAD A GO...SO DID I!

THE ACTIVITIES WERE AMAZING!

*Kacie*

YB Support Worker

”



Taylor feeling triumphant as she abseils, being supported by Debbie and Kacie.

Below left: David. Below right: Katie. David and Katie putting all their effort into rock climbing.



“

THE BEST THING ABOUT THE CAMP WAS BRINGING THE BEST OUT OF EVERYONE.

I LOVED THE CHEERS, THE “I CAN DO THAT!”, OR THE “LET ME TRY!”

THE FRIENDSHIPS FORMED BETWEEN PARTICIPANTS AND STAFF MEMBERS DURING THE CAMP WERE THE. BEST. THING. EVER.

*Was*

YB Senior Support Worker

”



Above images: Brody giving a thumbs up as he challenges himself abseiling.

Thank you to everyone involved who made the Camp so memorable for all.

# Thanks

EMERALD QLD & FIRE  
EMERGENCY SERVICES

## FOR YOUR CASH FOR CONTAINERS CONTRIBUTION

Emerald Fire Station Officer Scott Castree said, "Yumba Bimbi has a very special place in our crew's heart, with crew member Cameron McMurtie's own uncle being a regular attendee of Yumba Bimbi Support Services." Scott continued, "We have had some good laughs with Yumba Bimbi attendee's and they always bring a smile to our face when we have the pleasure of meeting with them. We also admire and honour the staff for the incredible work they do. We consider Yumba Bimbi to be part of the Emerald Fire Station family and we look forward to many more visits to come."



If you would like to donate your recycling at the *Containers for Change* site to Yumba Bimbi, quote YB's ID: C10052122. The monies received will directly support children and adults with disability in our community.



From front left: Georgia, Jasmin and Courtney.

Middle: Firefighter's Scott Castree, Matthew Lamb, Cameron McMurtie and Corey Birse.

Far back: Katie and Kajal in the vehicle.

Absent: Firefighter's Tom Barron and Michael Barson who were instrumental in arranging for the recycling of containers to be carried out.

New

TO 2022:  
YB PROGRAM

**BOOK  
CLUB!**

# Bonding OVER BOOKS



**Green grass, birds singing, gorgeous weather, a warm beverage and afternoon tea makes for the perfect scenery for our YB Book Club.** The group was established based on participants NDIS goals of wanting a program that encompassed their interests and desire to learn more in a quiet environment with friends.

Facilitated by Senior Support Worker Vas, a variety of genres are explored each week. The aim of the group is "To gradually, at the pace of the participants unpack both images and words to each book to create a deeper level of understanding. We try to read and discuss difficult words by finding out their meanings and connecting that to real situations in life, says Vas." Each person is positively challenged to strengthen their literacy and communication skills surrounded by friends, in turn improving their self-confidence. The goal is to increase capacity for critical thinking, form new perspectives, increase conversational skills, focus and memory.

The interests of the group are broad, from Kajal loving Harry Potter & Super Heroes, to Jasmin's interests in Disney, to Lou's love of horse books, Bec's joy of comics, and Bruce's fascination with mystery and Twilight, making the dynamics of the group even better. Participants learn from one another which helps expand their world view.

Bruce comments, "I feel very happy because I have got all my friends around me." This is a sentiment shared by every other person. Jasmin says "I'm very happy being with my friends and reading books." Jasmin loves to read independently and is for the first time in a social context where she is able to share her love of books with others.

As part of Book Club, the group occasionally attend the library to seek out books of interest. "I have also taught them how to borrow e-books from the library," states Vas. This opens up possibilities for each member of the group by creating greater independence and autonomy. The book Club serves as an avenue of empowerment for each individual.

In addition to meeting their NDIS goals, the group have established a rhythm to their sessions. For example, Bruce and Bec are known as the 'baristas', ensuring everyone has a warm beverage whilst reading. The group is calm, relaxed and ultimately have strengthened their bond over their love of books.

Vas discusses the next goal for the group, "We are looking for local authors to connect and engage with as well go to Avalon to read to the elderly. I am also trying to create connections in the community for our participants to read a book at the local daycare centres." Demonstrating great enthusiasm Bec excitedly exclaims, "I want to read to the kids in the future."

Bruce expresses his ambitions for the future, "I want to make my own books one day." Vas replies, "Of course, anything is possible if you put your mind to it." It is the expressed possibilities and self belief from each individual that will make certain there will be many chapters to come from the YB Book Club.



Top left front row: Bruce, Louise, Jasmin, Bec & Kajal holding the book of the day. Back row: Vas and Stephanie. Other images: Each individual taking turns to read out loud.

# NWRH

## *Offering much needed Speech Pathology services to our rural and remote communities*

One of the challenges people living in rural and remote towns face, is access to high quality allied health services. North and West Remote Health has identified this need and subsequently, a Yumba Bimbi participant and other individuals in these communities have been the fortunate recipients of their services. In this article we interview Mel regarding her time out west, and we introduce Lauren who has recently joined the NWRH team.

From left: Speech Pathologists Mel and Lauren.



**What is your role?** Speech Pathologists at North and West Remote Health.

**How does this relate to people living with disability?** We provide speech pathology services to clients accessing the National Disability Insurance Scheme (NDIS). This supports participants to access speech pathology assessment and intervention for communication and eating/drinking/swallowing difficulties. An important part of our role is also providing education and capacity building to our participants and the important people in that person's life so that they are able to implement strategies and supports to make communicating and eating/drinking easier during their everyday life.

**Have you met a need for people living in rural and remote regions?** There is limited access to speech pathology services in Longreach and the surrounding region so we feel very privileged to be able to provide a much-needed service to NDIS participants in these areas.

**What area do you cover?** Lauren and I are both based in the NWRH Townsville office. We provide services to the East Coast regions around Townsville and also to Central West Queensland. In 2021, I (Mel) started visiting Longreach once a month and this year Lauren has taken over and will be expanding services to include trips to Barcaldine and Blackall. Lauren and I also provide telehealth services which provide a way for clients to access speech pathology online.

**Can you give some examples of how peoples lives under the NDIS have been improved since being able to access your service?** NWRH provide a multidisciplinary team of supports, including exercise physiology, occupational therapy, physiotherapy, dietetics, podiatry, psychology and speech pathology. Many of these health professionals are based in the NWRH Longreach office so it is great for Lauren and I to see the team during our Longreach outreach trips and work together with participants to find the best solutions to support them.

Some participants we work with are older people with acquired brain injuries who were able to receive speech pathology support at a metropolitan hospital when the brain injury first happened, but since moving back home have not been able to access services for many years. It has been great to be part of their journey of discovering there is still so much progress and improvement they can make with speech pathology support, such as being able to confidently order their coffee at their favourite cafe or join in conversations at their local Men's Shed.

Other participants we work with are school-aged children who are able to access some supports through school, but haven't been able to make use of their NDIS funding due to a lack of speech pathology services in their local area. Now that they are linked in with speech pathology services, we can work together towards their goals of improving literacy/written communication and social communication skills.

We have also been able to support participants needing mealtime management plans. Mealtime management plans provide recommendations and strategies to ensure mealtimes are safe and enjoyable for people who have difficulty swallowing

(a condition known as 'dysphagia'). We are also able to provide education and training to participants' support workers to assist them with implementing these strategies. I had the opportunity to complete an in-service about safe mealtimes with the Yumba Bimbi team earlier this year and continue to work with the support workers via telehealth for one of the participants.

**If someone reading this believes they could use your service, what steps would they need to take?** You can visit our website to read about the steps to accessing NDIS supports. For people in Central West Queensland who are already on NDIS and would like to access speech pathology or any of our other services, the participant, their support coordinator or their plan nominee can phone our office on 07 4781 9300 or click [here](#) for our website.

**Is there any other information you can provide which may be useful to our readers?** The Speech Pathology Australia website has more information about how speech pathologists can support people across their lifespan, including some great fact sheets. You can find these online by clicking [here](#).

## New phase for the Emerald MyTime program



**MyTime**  
*supporting parents of  
children with disabilities*



**Down Syndrome  
Queensland**

## Free support for parents of children with disabilities

MyTime is a Federally funded program to support the parents and direct supports of school-aged children with disabilities. The program is about empowering participants through peer support and facilitated knowledge sharing.

The MyTime program in the Emerald region will be delivered by Down Syndrome Queensland (DSQ) from July 2022. For those who currently participate in the program, please be assured that the funding agency, Parenting Research Centre (PRC), have been very clear that the transition is to be as seamless as possible. Participants will be able to continue with MyTime and will benefit from a simplified and strengthened approach to the delivery of the program. New participants are also most welcome.

DSQ is delighted to be working with the Parenting Research Centre, to deliver MyTime services, on behalf of the Department of Social Services, to the peer support groups within the Central Region of Queensland from 1 July 2022 (including Emerald). DSQ has been working within the community to support, inform and empower members of the community with disabilities for several decades and delivering MyTime services is a logical extension of the existing supports offered. DSQ is excited to be facilitating MyTime and continuing the fabulous work supported by Bushkids in what is now known as the Queensland Central Region.

DSQ intends for the MyTime Central Region transition to occur with the most minimal of interruption to the existing groups and supports. However, if there are questions concerning MyTime programming in Central Region from 1 July, the following details are provided for your assistance:

DSQ Contact: MyTime Coordinator - Liz Willis  
Phone: 07 3356 6655  
Email: [coord@mytimeqld.org.au](mailto:coord@mytimeqld.org.au)

CELEBRATING

**Yumba Bimbi Staff**

It has been a very busy few months surprising our staff on their work anniversary date. It is a simple gesture to say thank you to each member of our team for the skills, enthusiasm and commitment they bring to our organisation. We value each and every one of you.

*Thank you*

# Work Anniversaries





"Thanks so very much to you, Jo and indeed the whole team for the wonderful surprise you guys gave me, I feel very blessed to be part of the Yumba Family."  
**YB Support Worker Brad**



# CHIT CHATS

## HAIR AND BEAUTY SALON

When Senior Support Worker Nikki Day approached Chit Chats Hair and Beauty Salon to see if they would be interested in having women in our community be their hair models, the response was an enthusiastic yes. Michala, studying a Certificate III in Hairdressing and Barbering has not only developed her skills in this space but also created the opportunity for the ladies who are part of the Women's Group to experience a dash of pampering free of charge. With hairstyling the focus of each experience, the ladies felt on top of the world. Thank you Chit Chats!



Above: YB participant Bec. Below: YB participant Jasmin. Both ladies enjoying having their hair styled by apprentice hairdresser Michala.

# What is Ontrack?



Ontrack College is a Special Assistance School for the families of the Central Highlands, the college is located in Emerald and operated by GEMS Christian Education Limited. We are an independent, non-government, co-educational school for students in years 7 to 10; which offers a supportive learning environment for young people who have found mainstreaming schooling unsuitable.

We have small class sizes, individual programs for each student and work with families to rebuild their learning. Most of our graduates are aiming for a trade or direct entry into work. As a Christian organisation we work with students to help them understand their real potential in life.

Ontrack College is more than just another school, we support our students in times of need and encourage them to achieve their dreams. Our school provides practical education with individual learning support and a range of life skills; we aim to provide purpose and direction in the lives of young people, along with pathways to becoming positive and contributing members of the community.

Students are offered a supportive learning environment that allows them an opportunity of:

1. Re-entering mainstream schooling at some point in time;
2. Developing life skills and a stable, sustainable lifestyle;
3. Accessing health and other support services when needed;
4. Accessing work experience, training or apprenticeships that match their life goals.

Ontrack College is located 41 Capricorn Highway, Emerald, Qld.  
Contact 0437 563 239 for further information.

## How does a YB Support Worker contribute in an OCCUPATIONAL THERAPY SESSION?

“

*Vas, our YB Senior Support Worker states,*

*Part of my professional goal is to establish a good relationship with our allied health partners to help our participants maximise the session with them. It makes a difference if support workers are engaged and are prepared when we support our participants in their session.*

*Gabby Davidson from R.A.R Therapy – we call her Gab, helps the participant I support a lot. She is prepared with activities, introduces activities to the participant gently and makes her engaged in play. Gab also emails me ahead of time to what my participants activities will look like. With this, I can prep the participant ahead of time for the upcoming session. Sure enough, the participant is not stressed because she knows what lies ahead.*

”



NDIS Quality  
and Safeguards  
Commission

# NDIS News

## **ATTENTION:** **Yumba Bimbi Support Services** **Participants, Families & Carers**

### **Changes to NDIS Pricing** **Arrangement and Price Limits**

The NDIS Price Guide has been issued by the National Disability Insurance Agency (NDIA) effective from 01/07/2022.

Click [here](#) for the new pricing arrangements.

This significant increase is designed to address the major cost pressures providers, including changes to the SCHADS Award, minimum wage increase and superannuation guarantee and costs associated with NDIS registration and the pandemic. It has been calculated based on:

- 1.7% increase to base prices
- 2% temporary loading, reviewed annually
- 4.6% increase in award minimum wages
- 0.5% increase to superannuation guarantee charge

The NDIA have made a commitment to index all current NDIS plan budgets to account for these price limits. Yumba Bimbi encourages participants/families to monitor their funds for the increment and report any error to the agency if it does not occur.

Click [here](#) to see the NDIS media release.

The Yumba Bimbi Price Guide will also be available on our website under the NDIS tab. Yumba Bimbi will not be applying these increases until 1st of August 2022.

Kerri Downie  
General Manager - Client Services  
Yumba Bimbi Support Services

# What's your story?

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 people living with disability to achieve equity? Then we would like to hear from you. Please email [admin@yumbabimbi.com.au](mailto:admin@yumbabimbi.com.au) to share your story. You may even feature in our Yumba Yarn Magazine and on our social media.



Become a  
**YB member**

*Join us!*



Be a member of YB and become part of our vision in strengthening choice and life opportunities in an open and inclusive community. We are deeply passionate about our core values of:

- People
- Community
- Respect and Dignity
- Integrity
- Choice
- Quality
- Social Responsibility

And we need you to help us fulfil our vision to be a vibrant people-focused organisation providing a range of sustainable social solutions.

Our membership fee is \$5.00 per year and you will receive an emailed copy of our quarterly Yumba Yarn and have an opportunity to join us in building inclusive communities.

Click [here](#) to join us.

# Advertise with us!

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 ONLINE EVERY QUARTER, WITH A PHYSICAL COPY DELIVERED TO LOCAL ORGANISATIONS AND BUSINESSES BY OUR YB PARTICIPANTS.

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 Head Office for further information on 07 4987 7933 or [admin@yumbabimbi.com.au](mailto:admin@yumbabimbi.com.au)



## BRUCE'S JOKE OF THE SEASON

WHAT DOES A STAPLER LIKE TO EAT



A STAPLE DIET!!!



We love seeing inclusiveness in action!

It was great to observe Emerald State School using Auslan alongside singing the national anthem at their weekly parade.

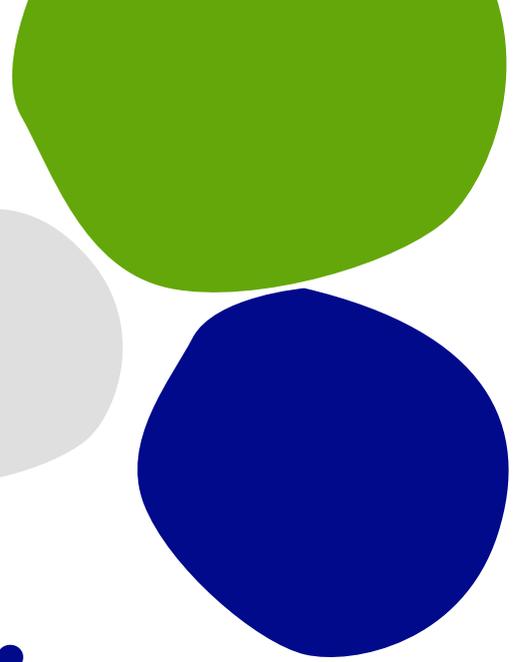


Image: Auslan sign for belong

Have you noticed the new emojis on your i-phone?

#representation matters  
#representation matters  
#representation matters





# Our Services

**CENTRE-BASED  
GROUPS**

**ASSISTANCE WITH  
SELF CARE**

**ASSISTANCE WITH  
DAILY LIVING**

**GROUP-BASED  
COMMUNITY SUPPORT**

**IMPROVED DAILY  
LIVING SKILLS**

**IMPROVED HEALTH  
AND WELLBEING**

**INCREASED SOCIAL  
AND COMMUNITY  
PARTICIPATION**

**PLAN  
MANAGEMENT**

**TRANSPORT**

**IMPROVED LIFE  
CHOICE**

**SHORT-TERM  
ACCOMMODATION**

**SUPPORT-  
COORDINATION**

**ASSISTANCE TO  
ACCESS THE  
COMMUNITY**

**24 HOUR  
SUPPORTED  
ACCOMMODATION**



**Yumba Bimbi**  
SUPPORT SERVICES

Building inclusive communities



# 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

