December Mini Chinwag

WHAT'S IN THIS MONTH'S ISSUE:

- NDIS October 3rd changes - what do they mean for your family?



WELCOME TO THE MINI CHINWAG!

Written by Emma Zaia

Hello and welcome to the very first Mini Chinwag.

I'm thrilled to bring you this little mid-month update, a fun addition to our big quarterly newsletter, Chinwag.

In this quick bulletin, you'll find a snapshot of what we've been up to lately and what's coming up in the Biala calendar.

We'll also share any NDIS or My Aged Care news with you without all the jargon!

Help more people find Biala.
Scan or click to leave a review.

Biala
Let us add to your happiness
AGED & DISABILITY SUPPORTS

We invite you to call us on (02) 4943 9741

Visit us at 17 James Street, Charlestown

Or email us at reception@biala.com.au

What we did in November



NDIS

- Melbourne Cup day
- Movember walk-a-thon
- Theatre trip
- Bunnings activities
- Tuesday night disco
- Murrook Cultural Centre
- Swimming
- Resin crafts
- Fort Scratchley
- Library day
- Sensory park

AGED CARE

- Melbourne Cup Party
- Paint n Pot
- Clay creations
- Op shopping
- Tai Chi
- Blackbutt reserve
- TAFE training restaurant
- Teralba Bowls Club
- We've had the largest numbers in our Aged Care services in 5 years!



BIALA HAS SPOTS AVAILABLE RIGHT NOW. SHARE THIS NEWSLETTER WITH A FRIEND & IF THEY JOIN US WE'LL GIVE YOU 1 DAY OF SUPPORTS FOR FREE!

What's on in January

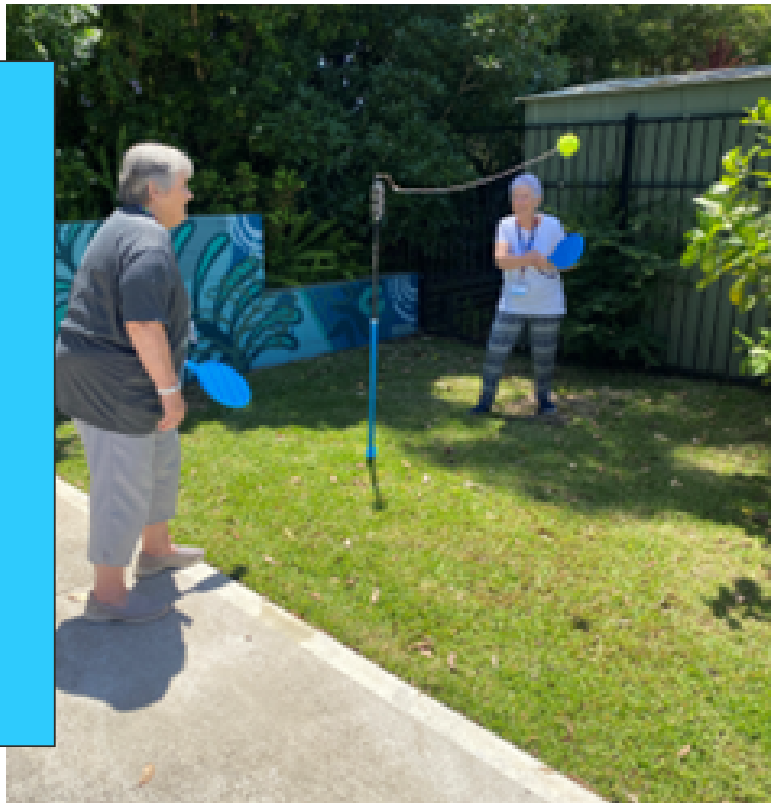


NDIS

- Key ring making
- Smoothie day
- Lemon Tree Passage
- Ferry ride
- Swimming
- Fshing
- Newcastle Museum
- Bowling Saturdays
- Christmas break - Biala shut down from 5pm December 18th - Monday January 6th

AGED CARE

- Golden Party!
- Slime making
- Crystal growing
- Lake Mac festival
- Bath bomb making
- Christmas break - Biala shut down from 5pm December 18th - Monday January 6th
- As we welcome more people, the bus pick up time is now between 08:30 and 10:30 AM.



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News and Updates



NDIS

- NDIS changed it's rules on October 3rd 2024.
- This will have a few impacts on our NDIS participants.
- The biggest change is that our Biala holidays are on pause for now.
- If holidays come back they will be set up differently, and what you pay for the holiday will also change.
- We will keep you posted.

AGED CARE

- My Aged Care is changing from now until July 2027.
- All assessments will now be done through 1 streamlined service.
- If you currently come to Biala you will still be able to attend as normal throughout these changes and into the future.
- If you need more support, call My Aged Care on 1800 200 422



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Spotlight on...



POLICY REVIEW

Recently updated, our policy in the spotlight this month is our Bullying, Harassment and Discrimination Policy.

This policy has been updated to bring harsher punishments for bullying, harassment or discrimination. We're working hard to pride ourselves on being "Bully-free Biala"

TRUSTED NETWORK

This season we're putting the spotlight on healthy eating!

Optimum Intake dieticians in Newcastle can help people on the NDIS, My Aged Care, or private clients to assess their diets, resolve concerns around food and eating, and understand the best nutrition options for them.

Call them today on 0499 008 451



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Here's 3 fun Biala facts for you:

1. Our average staff member has been with us for 2 and a half years.
2. Our average participant has been with us for 3 and a half years.
3. We provide free lunch on every support.

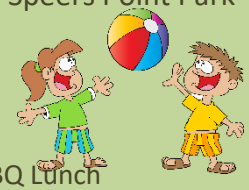
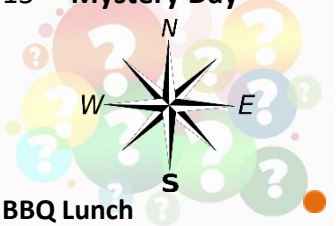
Call us on 4943 9741 if you know someone looking for a provider that truly adds to your happiness.



Biala disABILITY SUPPORTS COMMUNITY ACCESS

January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE NOTE: • Transportation will be charged at $6 pickup and $6 drop off, if this service is not used there will be no charge. Participants must be at Biala by 9am unless otherwise arranged • Activity transportation cost is included in Activity Fee • Healthy lunch options are provided daily and included in activity price.		1 			
6 Belmont Foreshore Walk  Takeaway Lunch	7 Café 360  Community Incl Pamper Night  Curry Chicken	8 Smoothie Day @ Lemon Tree Passage  Wraps for Lunch	9 Cardiff RSL Concert Cardiff RSL Club Lunch	10 Fishing and Games at Budgewoi  BBQ Lunch	11 
13 Ball Games at Speers Point Park  BBQ Lunch	14 Café 360  Community Incl Craft Night  Noodle Dish	15 **Mystery Day**  **BBQ Lunch**	16 Peta's Birthday  Club Lunch	17 Key Chain Making @ Train Shed  Stir Fry	18 **Bowling** *Raymond Terrace*  *Gross Motor Skills*
20 Newcastle to Stockton Ferry Ride  BBQ Lunch	21 Café 360  Community Incl Paint and Sip Night  Stir Fry	22 Swimming or Walking Newcastle Baths   Chicken Rolls Lunch	23 Floral Day  Chicken Schnitzel Pesto Burger	24 Ray's Birthday  Club Lunch	25 Biala's Bunnings Sausage Sizzle 
27 Australia Day Public Holiday 	28 Café 360  Community Incl Redhead Bowling Club	29 Newcastle Museum Train Sheds  Burritos Lunch	30 Cinema Experience Community Inclusion  Healthy Lunch	31 Lynne's Birthday  Club Lunch	*Activity Pricing Key* $10 $12 $15

Biala
INSPIRED AGED LIVING
SOCIAL SUPPORT GROUP

JANUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHSP Fees are as follows **$12 - $17 per day** **Capped at 4 days** **5th day is free**		1 Happy New Year	2	3
6 **IAL Return for 2025** **GOLDEN PARTY** Wear Something gold Champagne Lunch	7 Lake Mac Festival 08/01 – Colin K	8 Pamper Day Centre Lunch 09/01 – Norma E	9 Teralba lawn Bowls Speers point morning tea Chinese Lunch **$5**	10 Cycle without Age Nobby's Morning Tea Hexham Bowls lunch **$5**
13 Homemade Slime Centre Lunch	14 Tenpin & Ball Games Caves Beach morning tea BBQ Lunch	15 Bubble Party Blowing bubbles in the backyard BBQ Lunch	16 Park Morning Tea Redhead Bowling Club **$5**	17 Bath Bomb Making Biala Affogato Centre Lunch
20 TAI CHI Biala Ice Creamery Centre Lunch	21 Crystal Making Science Experiment Centre Lunch Op shopping before Home	22 Cocktail/ Mocktail Making day Centre Lunch	23 **Park Morning Tea** Cardiff Bowling Club **$5**	24 **Rock Painting** Centre Lunch 25/01 Janice H
27 Australia Day Public Holiday	28 **Portrait Painting** Partner up and paint a portrait of your partner. Centre Lunch	29 Chinese New Year Chinese Lunch	30 Cycle without age Blacksmith's morning tea Swansea Workers lunch **$5**	31 Games Day Centre Lunch