February Mini Chinwag

WHAT'S IN THIS MONTH'S ISSUE:

- Upcoming gym program
- Aged Care special guest entertainer



HOW WAS YOUR VALENTINE'S DAY?

Written by Emma Zaia

Welcome to our February newsletter! We're thrilled to have you here as we dive into another month filled with exciting updates, valuable insights, and plenty of opportunities to grow together.

From practical tips to upcoming events, there's something for everyone. We appreciate your continued support and love having you as part of our community.

Happy reading!

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

Don't forget to bring your hat, suncreen and water bottle everyday

What we did in January



NDIS

- Key ring making
- Smoothie day
- Lemon Tree Passage
- Ferry ride
- Swimming
- Fshing
- Newcastle Museum
- Bowling Saturdays
- Out to the cinema
- Newcastle beach
- Birthday parties
- Floral day

AGED CARE

- Golden Party!
- Slime making
- Crystal growing
- Lake Mac festival
- Bath bomb making
- Ten Pin Bowling
- Teralba Lawn Bowls
- Swansea workers
- Nobby's beach
- Hexam Bowling club



BIALA HAS NDIS 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 March



NDIS

- Gym program starts
- Plane spotting
- Cardiff Cabaret
- Fishing
- Bowling
- BBQ's in the park
- Pamper night
- St Patrick's Day
- Cinema trip
- Harmony Day celebration
- Photo day

AGED CARE

- Baking day
- Special guest entertainer
- Newcastle Art gallery
- Belmont hotel
- Chair dancing
- Dixon park beach
- Op shopping
- P&O virtual cruise
- Upcycle crafts
- DIY bird feeders
- Gwandalan Bowlo



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News and Updates



NDIS

- We have spare spaces in our Tuesday group program. If you or a friend would like to join us please call Biala on 4943 9741.
- Remember to bring a hat, sunscreen and water bottle to supports each day so you can stay safe in the heat.
- The NDIS has confirmed there'll be no change to the price for art and music therapy.

AGED CARE

- We have officially introduced a waiting list for CHSP clients.
- All our staff took up Fire training in January, so we can be sure we're as prepared as possible in case of a fire.
- Support at home takes over from Home Care Package on July 1st. This is not expected to affect your attendance at Biala.



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Spotlight on...



POLICY REVIEW

Our policy in the spotlight this month is our new Conflicts of Interest Policy.

The NDIS has highlighted the need to review, reduce and disclose conflicts of interest, so we've listened and written a new policy based on their guidelines.

If you notice a conflict of interest, let us know.

TRUSTED NETWORK

This month the spotlight's on Carer Gateway.

It's a government funded resource, that has many practical ways to support those of us who care for a loved one.

Being a carer can be hard, you deserve support.

Call 1800 422 737



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Here's 3 fun Biala facts for you:

1. The average NDIS provider staff turnover is 17-25%. Biala's staff turnover last year was only about 6%. So you know you're getting the same staff for the long term.
2. Our average participant has been with us for 3 and a half years.
3. We provide free lunch on every group 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

March 2025



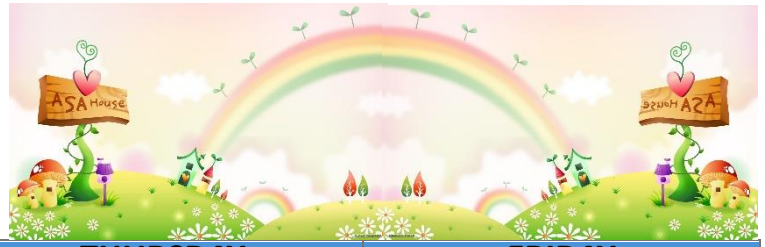
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE NOTE: • Transportation will be charged at $6 pickup and $6 drop off, if this service is not used there will be no charge. Participants must be at Biala by 9am unless otherwise arranged • Activity transportation cost is included in Activity Fee					1 CAMP Breakaway enhancing lives No Bowling
3 Wildlife Day @ Shortland Wetlands  BBQ Lunch	4 Café 360  Beading Craft Satay Chicken & Rice	5 Tie Dye  Centre Lunch	6 Cardiff RSL Cardiff RSL Club Lunch	7 Plane Spotting @ Lemon Tree Passage  BBQ Lunch	8
10 Cinema Experience  Healthy Lunch	11 Café 360  Mystery Craft Noodle Dish	12 Sports @Dudley Park  BBQ Lunch	13 Feel Good with Melissa FEEL GOOD KEEP SMILING Healthy Lunch	14 Barefoot Bowls @ Charlestown  Club Lunch	15 Bowling @ Raymond Terrace Gross Motor Skills
17 St Patrick's Day Wear Something Green  Healthy Lunch	18 Café 360  Pamper Night Shepards Pie	19 Fishing/ Games @ Central Coast  Soft Taco Lunch	20 Day of Happiness Cardiff Cabaret  Club Lunch	21 **Harmony Day** **Wear Orange** HARMONY DAY Food from around the world	22
24 Crafts in the Park Mystery Location  BBQ Lunch	25 Café 360  Redhead Bowling Club	26 Pottery Classes  Centre Lunch	27 Floral Day @ Mystery Location  Stir Fry	28  BBQ Lunch	29 Bowling @ Raymond Terrace Gross Motor Skills
31 Walk and Talk  Healthy Lunch					**Activity Pricing Key** $12 $14 $17

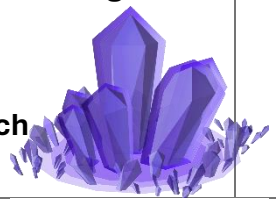
Biala

INSPIRED AGED LIVING

SOCIAL SUPPORT GROUP

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Biala Baking Day  **Centre Lunch**	**4 DIY Bird Feeder**  **Centre Lunch** 5/3 Robert B	**5 Upcycle Crafts**  **Centre Lunch**	**6 Caves Beach** **Morning Tea** **Gwandalan Bowlo $5** 5/3 Gayle K 6/3 Frances Wh	**7 Redhead beach** **Morning Tea**  **Ten Pin Bowls** **Centre Lunch**
10 Portrait Painting Partner up and paint a portrait of you partner  **Centre Lunch**	**11 Speers Point** **Morning Tea**  **Minmi Hotel Lunch $5**	**12 P&O Virtual Cruise**  **Centre Lunch**	**13 Newcastle Art Gallery**  **Stag & Hunter Lunch $5**	**14 Paint a Pot**  **Centre Lunch**
17 Dixon Park Beach **Morning Tea**  **Op Shopping** **Warners Bay Hotel $5**	**18 Biala Ice Creamery**  **Centre Lunch** 17/3 Pat H	**19 TAI CHI**  **Centre lunch** 21/3 – Loretta N	**20 Belmont Baths** **Morning Tea**  **Lake Mac Tavern lunch $5**	**21 Harmony Day**  **Centre Lunch**
24 Chair Dancing  **Centre Lunch** 22/3 Glenys R	**25 Pamper Day**  **Centre Lunch**	**26 Park Morning Tea** **OP Shopping**  **Belmont Hotel lunch $5**	**27 Blackbutt morning tea**  **General Roberts seniors Lunch $5**	**28 Golden Carers Activities**  **Centre Lunch**
31 Crystal Making  **Centre Lunch**				**CHSP** Fees are as follows **$12 - $17 per day** **Capped at 4 days**

INSPIRED AGED LIVING
SOCIAL SUPPORT GROUP

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Warners @ The Bay Lunch 	5	6 Friendships Activities Physio Program Delicious Lunch	7
10	11 Jewells Tavern Lunch 	12	13 Friendships Activities Physio Program Delicious Lunch	14
17	18 Cafe 360 Lunch 	19	20 Friendships Activities Physio Program Delicious Lunch	21
24	25 Stockton Bowling Club Lunch 	26	27 Friendships Activities Physio Program Delicious Lunch	28