March Mini Chinwag

WHAT'S IN THIS MONTH'S ISSUE:

- Camp breakaway photos
- Could you be selected to help the NDIS?



MARCH ON IN MARCH

Written by Emma Zaia

Welcome to our March newsletter! Did you know that March was named after Mars, the Roman god of war? Luckily, we're all about fun—no battles here!

This month, we've got fresh insights, practical tips, and exciting updates.

Thanks for being part of our community—let's make this month a great one!

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

What we did in February



NDIS

- Camp Breakaway!
- Upcycle Crafts
- Murrook Culture Centre
- Newcastle Show
- Lunar Year Lantern making
- Gallery Exhibition
- Library Day
- Bunnings Crafts
- Bowling at Raymond Terrace
- Cardiff RSL
- Feel good with Melissa
- Tram ride

AGED CARE

- Shoe box diorama
- Tai chi
- Zen garden making
- Hexham bowling club
- Belmont baths
- Cocktail/mocktail making
- Valentaine's Day
- High tea
- Redhead Beach
- Clay model making
- Cherry road nursery



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 April

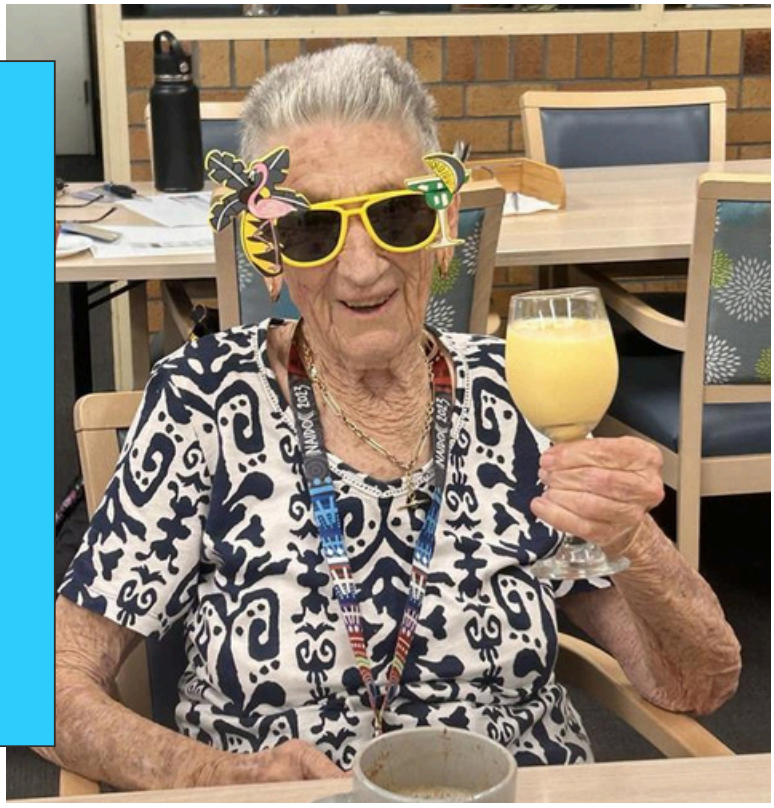


NDIS

- April fools fun day
- Spaghetti crafts
- Autism awareness day
- Smoothies at Patterson
- Fishing
- Succulant pot plants
- Easter hat parade
- Easter egg hunt
- Salamander Bay BBQ
- Budgewoi food truck
- ANZAC walk
- ANZAC biscuit baking

AGED CARE

- Kahibha Bowls
- Mini Easter baskets
- Chocolate making
- Cardiff Bowls
- Physio program on Wednesday and Thursdays
- Kokedama ball plants
- Lake Macquarie Tavern
- Doylo Club Lunch
- Rock painting
- Museum of Art and Culture



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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.
- People with disabilities can join a team to help leaders make better rules for them. This is a very special role, and can be applied for here - https://engage.dss.gov.au/ndis-reform-advisory-committee-expression-of-interest/

AGED CARE

- We have officially introduced a waiting list for CHSP clients.
- Support at home takes over from Home Care Package on July 1st. This is not expected to affect your attendance at Biala.
- My Aged Care is changing, this means that if you're thinking about having a reassessment to get different supports, now is the time to ask for it. Call My Aged Care on 1800 200 422



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Spotlight on...



POLICY REVIEW

Our policy in the spotlight this month is our Participation and Inclusion Policy.

The policy starts with a statement that sums it up perfectly.
"Biala Services recognises that all people have the right to feel valued and have the opportunity to participate fully in life in society as they choose."

TRUSTED NETWORK

This month the spotlight's on Tactix Training.

A Disability-Focused Gym servicing the Hunter, Newcastle & Lake Macquarie since 2015.

We're excited to be working with Sean and the team at Tactix Training, as we attend the gym every Friday until early May for our NDIS gym program.



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Here's 3 fun Biala facts for you:

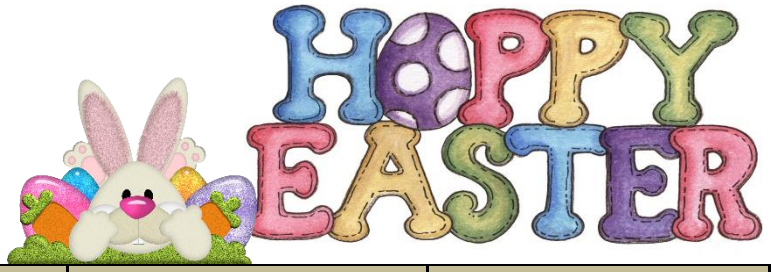
- Our average staff member has been with us for 2 and a half years.
- Our average participant has been with us for 3 and a half years.
- We provide free lunch on every support.

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



Biala disABILITY SUPPORTS COMMUNITY ACCESS

April 2025

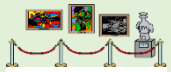


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE NOTE: • Transportation will be charged at $6 pickup and $6 drop off, if this service is not used there will be no charge. Participants must be at Biala by 9am unless otherwise arranged • Activity transportation cost is included in Activity Fee					
	1 April Fools Fun Day Chicken salad wraps Nature Craft Spaghetti Bowl	2 **Wear BLUE for Autisim day** Positive Affirmation craft Healthy Lunch	3 Charmaine's Birthday Club Lunch	4 Smoothies @ Paterson BBQ Lunch	5
7 World Health Day Healthy Lunch	8 Café 360 DIY Coasters SUBWAY Dinner	9 Games & Fishing @ Rathmines Park BBQ Lunch	10 Cardiff RSL Concert Club Lunch	11 Mystery Day Wraps for lunch	12 Bowling @ Raymond Terrace Gross Motor Skills
14 **Succulent Pot Plants** Stir Fry	15 World Art Day Salads Wraps Easter Craft Noodle Dish	16 Easter Hat Parade Easter egg Hunt Centre Lunch	17 Easter Craft Redhead bakery lunch	18 Closed Good FRIDAY	19
21 Closed Easter MONDAY	22 Toronto Op Shop Takeaway Lunch Anzac Biscuit Making Apricot Chicken	23 Salamander Bay BBQ Lunch	24 Feel Good Fitness with Melissa Wraps for Lunch	25 Closed ANZAC DAY	26 Bowling @ Raymond Terrace Gross Motor Skills
28 **Dixon Park** Anzac Walk BBQ Lunch	29 Budgewoi Food Truck Beads & Keyrings Beef stoganoff	30 Bunnings Craft BUNNINGS warehouse Centre Lunch			**Activity Pricing Key** $12 $14 $17

Biala Services P: 02 4943 9741 | W: www.biala.com.au | E: tahnae.burge@biala.com.au

Biala
INSPIRED AGED LIVING
SOCIAL SUPPORT GROUP

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHSP Fees are $20 per day Billed Monthly on Account	1 Easter Raffle Hampers  Centre Lunch	2 Pinot & Portrait Drawing  Centre Lunch	3 Carriages Shed Morning Tea Cardiff Bowls Lunch	4 Dixon Park Beach Morning Tea  Centre Lunch
7 Newcastle Baths Morning Tea Pack your swimmers & towel  Centre Lunch	8 Golden Carers Activities  Centre Lunch	9 Easter Crafts Physio Program  Centre Lunch	10 Speers point Park Morning Tea Wangi RSL & Sailing Club	11 Mini Easter Basket Decorating  Centre Lunch
14 Chocolate Making  Centre Lunch Barbara M 15/4	15 Belmont Baths Morning tea  Centre Lunch	16 String Art Physio Program  Centre Lunch	17 Caves Beach Morning Tea Doylo Club Lunch Roslyn B – 27/4	18 Closed Good FRIDAY
21 Closed  	22 Kokedama Ball Plant  Centre Lunch	23 Rock Painting Physio Program  Centre Lunch	24 Museum of Art & Culture Booragul  Toronto Workers Lunch	25 Closed ANZAC DAY
28 Blacksmiths Beach Park Morning Tea  Centre Lunch	29 Table Ball Games  Centre Lunch	30 Physio Program Op Shopping after Lunch  Centre Lunch		

Biala
INSPIRED AGED LIVING
SOCIAL SUPPORT GROUP

April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Park Morning Tea  Teralba Bowls Lunch	2	3 Friendships  Activities Physio Program Delicious Lunch Joyce G – 04/04	4
7	8 Park Morning Tea  Lake Macquarie Tavern	9	10 Friendships  Activities Physio Program Delicious Lunch	11
14	15 Park Morning Tea  Cardiff Bowls Lunch Narelle A – 15/04	16	17 Friendships  Activities Physio Program Delicious Lunch	18 
21 	22 Park Morning Tea  Kahibah Sports Club lunch	23	24 Friendships  Activities Physio Program Delicious Lunch	25 
28	29 Park Morning Tea  Gwandalan Bowls Lunch	30		CHSP Fees are $20 per day Billed Monthly on Account