

# BUSH DANCE 2024

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# B-I-N-G-O!

Our weekly Bingo and Cash Housie events across the Central Coast are a chance to win cash, prizes and support Fairhaven, your local disability charity.

## Cash Housie

Thursdays 7.30pm

Ettalong Bowling Club

103 Springwood St, Umina Beach

## Bingo

Mondays 11.00am

Ettalong Bowling Club

103 Springwood St, Umina Beach

Fridays 10.30am

Everglades Country Club

Dunban Rd, Woy Woy



## CREATING BUTTERFLIES

Participants at “The Hub” crafted a vibrant butterfly as a picturesque backdrop for their photos.

Photo above shows the Hub group working hard to create the Butterfly.

Photo below shows participants in Fairhaven’s Work Experience Program demonstrating the dynamic effect of the butterfly background.

The butterfly remains attached to the Hub wall for use by other Fairhaven participants who visit the site.



## OP SHOP DONATIONS

By donating your unwanted goods, you’re not only giving a once loved item another home, you are helping Fairhaven continue to create opportunities where people living with disability can achieve what they want from life.

Fairhaven Op Shopping Village Donation Hours

10am - 3pm, Tuesdays, Wednesdays and Saturdays only.





## A WORD FROM THE CEO

2024 commenced with great enthusiasm from our residents and participants regarding up and coming events, with planning under way for many new and exciting activities such as the highly successful Bush Dance held on site at Point Clare, a trip to Kiama including visits to the Blow hole and the Michael Jackson concert, attending the Hunter Valley Lights, Grease the Musical at the Capitol Theatre and Steamfest at Maitland to name just a few.



The NDIS reform agenda detail is still not defined. However, it is clear change is necessary and the government's priority. Redefining registration to include varying levels of registration may be an outcome but something needs to change when there are more than 150,000 providers of services to the disability community with only 15,000 of those providers (Fairhaven included) being registered with the NDIS. Fairhaven is preparing for its NDIS mid term review by independent Auditors and welcomes further consideration by the NDIS of how best to protect the interests of those living with disabilities through improved registration processes.

We said thank you and farewell to one of our valued Board members, Matthew Topp, who has moved on to enjoy his growing family and further his career in the growing market of electronic vehicles. Matt's participation, expertise and enthusiasm has been greatly appreciated by Board members and staff. We wish him well for his future.

Fairhaven's strategic plan 21-24 is coming to an end on 30 June 2024. Given the many changes and financial stresses currently occurring in the sector, it is a perfect time for us to be redefining our strategic direction with our new 24-27 strategic plan by the Board, Management team and staff.

Watch our website for more information on our coming events – Glow at Sydney Zoo, Central Coast Air Show, Float your Boat and our flagship activity ... VIVID!



## Donating your preloved goods to the Fairhaven Op Shopping Village

Declutter, help to reduce waste and landfill in our environment and support a worthy cause! When you donate your preloved stuff to our op shop, you are helping to support a great local charity.

When sorting through your pre-loved items for donation, please consider "Would I give this to a friend?" Using op shops and charity bins to dispose of rubbish costs charities money they would otherwise use to help others.

We can't accept damaged or unclean items and there are some items we can't accept due to either health and safety or logistical issues. Please don't be offended if one of our staff cannot accept an item that you are donating. Your understanding around this is greatly appreciated. Check the list on our website for more information. <https://fairhaven.org.au/get-involved/op-shop-donations/>

Please note that there may be times where we are unable to accept donations because we are full and need to work through what we have. Please contact our retail supervisors on 0488 003 992 or email [retail@fairhaven.org.au](mailto:retail@fairhaven.org.au) to confirm if we are accepting donations.

We accept donations from Monday to Saturday, 9:30am to 2:30pm.

Donations can be dropped via our Margaret Street entrance and then following the directions on the signs to our main sorting shed in the rear lower carpark.



**PLEASE NOTE – WE CAN NOT ACCEPT DONATIONS ON A SUNDAY AS WE ARE CLOSED. PLEASE DON'T LEAVE DONATIONS AFTER HOURS OR WHEN WE ARE CLOSED AS THEY MAY BE SUBJECTED TO WEATHER OR VANDALS.**



## KIAMA VISIT 2024

We have recently taken a trip with 2 staff and 5 participants to Kiama, we were fortunate with mainly fine weather.

We left from Tuggerah on Wednesday 03/04 and returned home on Friday 05/04

Here are some of the places we visited:

- Symbio Wildlife Park Helensburgh
- The Blowhole
- Stayed at Stayz accommodation at Kiama, which is a 2 storey home which slept up to 10 people.

The Anita theatre where we had the pleasure of watching The Michael Jackson Tribute show, what an awesome experience and great time was had by all.

Due to there being a bit of drizzle on the way home the participants got a choice to pick between 2 museums and they decide they would go to the HARS Aviation Museum at Albion Park they thoroughly enjoyed the near 2-hour experience.

Grabbed a bite to eat at the Café at the museum

They then set off for home and arrived back at ADE Tuggerah on time.







# What's On @ The Hub

Call: 4349 5500 Email: [hello@fairhaven.org.au](mailto:hello@fairhaven.org.au)  
 Activities are subject to change pending group requirements, weather or availability etc.



## Monday 9am-1pm

### Drumming Circle

Drums & Fun supplied.  
 10.00am-11.00am  
 \$10 Fairhaven members  
 \$15 non-members Out-of-pocket



**A Group Craft / Art Activity**  
 Be part of the creativity  
 Paint, Plaster, Sculpture  
 Sewing, Weaving etc



## Tuesday 9am-3pm

**Games**  
 to get  
 your  
 brain  
 thinking



### Movement & Dance activities

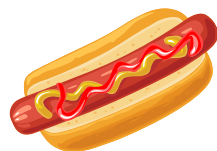


BYO lunch or purchase  
 in the CAFE & enjoy the  
 outside area



## Wednesday 9am-3pm

Woodwork, Upcycling  
 Create a masterpiece!



Sausage Sizzle  
 \$2

## Music Activities

Singing, Music Movies  
 Learn a dance, Music trivia.



## Thursday 9am-3pm

**Cooking** \$10 Enjoy making, sharing,  
 tasting & taking leftovers home.



### Nature

Gardening, planting,  
 flowers, herbs

## Friday 9am-1pm

**Jamhaven 10am - 12.15pm**  
 Jam along with Loomis and  
 be part of the band to bring  
 out your inner musician.

\$20 Fairhaven members \$25 for non-members



### Games and Tunes

Charades,  
 Darts, Bowling





## BUSH DANCE 2024

FEATURING NIGHT OWLS



Friday 15th March

What a great turn out it was for our first ever Bush dance. We had close to 100 attendees and held the event in our Top Shop area due to the interchangeable weather that was forecast.

We were supported by locals' business' that assisted financially in either donating goods or gift cards to purchase items for the evening.

We had a live Band on the night "The Night Owls" which were a huge hit.

We welcomed some line dancers that showcased their skills, and we had some attendees join in.

We would like to thank our sponsors that assisted with making the evening a success:

- Night Owls - Band - Central Coast Central
- Coast Branches of Bendigo Bank
- Coles
- CRT
- Heart and Soul Baristas
- Grill'd
- BBF Cafe Woy Woy
- Woolworths
- Bunnings West Gosford
- Bunnings Umina
- Gosford Ten Pin Bowling
- Woy Woy Poultry Supplies
- Gosford RSL Club
- COAST FM 963
- Hardwick's on Blackwall Cafe



 Bendigo Bank

Proudly supported By  
Community Bank  
East Gosford, Lisarow and  
Kincumber



## TRIP TO DUBBO



In November last year we offered our participants an opportunity to attend a supported trip to Dubbo.

Our first group had 9 participants and 4 staff that attended from the 1st to the 4th November.

The second group had 8 people and 4 staff that attended from the 8th to the 11th November.

We attended the Information centre to purchase our passes for the attractions that we were heading to for the time we were away.

We then assisted the support workers with the shopping for the time we were away and we all split the bills for our breakfasts and lunches

Firstly, we visited Dubbo Zoo. There were so many things to see and do. Then we visited Dubbo Jail.

The last trip was to the Royal Flying Doctor Service Museum.

We ate at the local RSL each evening and got to have a chat about the adventures that we had earlier that day and also what was in store for tomorrow.

## A DAY AT THE REPTILE PARK





## JADE Black Belt



## Bingettes Creating Dog Bandannas

Some photos of our WONDERFUL Bingettes cutting out dog bandannas for a collaboration with one of our Tuggerah customers a pet supplement company – Groke Pets.

We are so lucky to have such fantastic volunteers! Sue, also a Bingette was behind the camera.



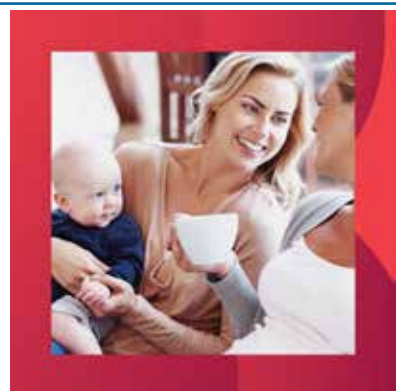
We're proud to be supported by @communitybankcentralcoast

No matter where you "are" in life, **Community Bank Central Coast** can help with; Savings Accounts, Home Loans, Personal Loans, Business Accounts, and more.

Phone East Gosford on 4323 4559

Lisarow on 4328 5472

Kincumber on 4363 2133 or visit them in person.



  
fairhaven

-  Supported Employment
-  NDIS Support Coordination
-  Residential Living Options
-  School Leaver Support
-  Point Clare Shopping Village
-  Community Activities

[www.fairhaven.org.au](http://www.fairhaven.org.au)

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