

NEW DIMENSIONS

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THANK YOU FOR YOUR DONATIONS

We would like to send a warm heart filled thank you to Zone-Global for their donation of \$12,723.15 worth of goods to Sunnyhaven.

Some of the donation items included were stationary, books, cleaning products and kitchenware.

The participants enjoyed unpacking the donation items and distributing to the sites.

Maree Mullins
Chief Executive Officer



message from the CEO



WELCOME TO THE 7TH EDITION OF SUNNYHAVEN'S NEWSLETTER.

Whilst COVID 19 has restricted and impacted our services I am pleased to see participants obtaining access to their services.

It has had some challenges in terms of social distancing however the participants' have tried their very best in practising this complicated process.

When we went into lockdown Sunnyhaven Day services provided much needed programs in an accommodation setting. I'm very thankful for our day service staff to assist our accommodation teams provide those supports.

My sincere thanks to our families who worked with us as I'm sure it was very difficult to have reduced access to their family member.

Some of the concerns have been with the NDIS rolling over participant plans and this can be a great detriment to the participant especially if their needs have changed. We have seen significant drop in participant funding levels. We are attempting to work with the NDIS to secure appropriate funding levels however, I'm not confident in this economic climate. It is important to have your support coordinator work with the NDIS to provide a change of circumstances if needs have changed.

We are pleased to report that Leonie Wild has returned to Sunnyhaven in the role of Operations Manager. Zeke has recently resigned from his role as Support coordinator and he will be inducting our new Support coordinator, Toni, into the role. The day programs Coordinator role has also been filled and Nevena Dinic will commence in two weeks.

Sunnyhaven is a finalist in the St George Business Awards and the special night will be held on the 29th of September 2020 .

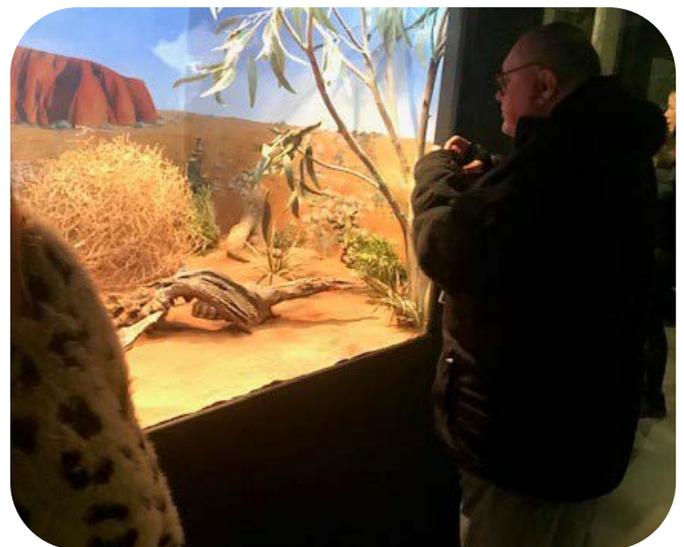
Newsletter stories

Wildlife Park Experience

STUDIES HAVE SHOWN THAT INTERACTING WITH ANIMALS MAKES US FEEL HAPPY, REDUCES ANXIETY AND PROMOTES BONDING. NO WONDER WHY VISITING THE ZOO IS ALWAYS A DELIGHT FOR OUR PARTICIPANTS.

Our clients, Brad and Helen, both enjoy going out and seeing their animal friends in action at Symbio Wildlife Park. They rejoiced with the wonderful company of species like koalas, kangaroos, deers, reptiles, and many more. Through games and activities, they learned how to take care of these animals and why it's important to conserve the environment as it has a significant impact on their lives.

They enjoyed the adventure and took a lot of photos which will serve as memorabilia of their wonderful experience. It's truly a memorable day full of fun and learning!



A Day at the Museum

SPENDING TIME AT THE MUSEUM IS ONE OF THE MOST FAVOURITE ACTIVITIES OF OUR PARTICIPANTS.

Aside from learning about culture and heritage, it also exposes them to new ideas and concepts that inspire them to create their own artworks.

In June, Ricky went out for an exciting day at the Casula Powerhouse Art Museum with a Sunnyhaven staff member.

He enjoyed looking at the artworks made by local and international artists in the gallery and learned new things about art.

Our ever jolly participant, Bradley, also spent a day at the Hurstville Museum and Gallery. Although a large part of the museum was still empty because of the coronavirus restrictions, he still managed to check out artworks from the local area. He was very excited to take photos of the unique art collection including items related to the history of St. George.



Social Fun time

HERE AT SUNNYHAVEN, WE ENCOURAGE OUR PARTICIPANTS TO ENGAGE IN DIFFERENT SOCIAL ACTIVITIES THAT WILL MAKE THEM FEEL RELAXED AND ENERGISED.

During the last few months, the residents at Princes St. have enjoyed many outings. Some of them have included trips to the beach, coffee shops and many more.

We can all agree that getting close to the beach is one of the best feelings in the world. It's a great place where we can enjoy and hang out with friends.

One weekend, the Princes St crew visited the beach to take a walk and look for shells while enjoying the fresh air and company of fellow housemates. We also took a few photos that will help them remember that beautiful day.





Last April, the Frederick St crew also enjoyed a day where they did some clean up, arts and crafts, stretching exercises and some group discussions for Easter.

They also munched on some delightful lunch prepared by Patricia and Craig. After that, they did a karaoke session where the participants sang together to their favorite tunes. It was a fun and productive day indeed.



Ricky's Day Out

RICKY LOVES VISITING DIFFERENT PLACES AND HE'S ALWAYS CURIOUS ABOUT MANY THINGS.

Ricky went out to practice his memory and money skills.

A Sunnyhaven staff brought some materials to teach him the basics of money, such as knowing the difference between coins and bills and learning its value. He went to Caffè Cherry Beans and bought his own lunch and coffee. He also purchased a memory game and two therapy colouring books at the Everest Bookstore.





Arts and Crafts Activity

**ART HAS THE CAPABILITY TO
ENRICH ONE'S LIFE.**

Not only it improves our physical and mental health, but it also empowers us to create great things.

Last July, we took some of our clients outdoors to do some button arts. Completing art projects like this helps our participants gain more confidence and bring out their sunny side.

Interacting with other participants with the same interests in arts and crafts also gives them the opportunity to socialize. We're looking forward to creating more fun sunny activities to help them build their strengths and interests, and give them an outlet to express themselves.



Fun Birthday Bash

OUR BIRTHDAYS ONLY HAPPEN ONCE A YEAR AND WE ALWAYS MAKE SURE THAT WE MAKE OUR CLIENTS' BIRTHDAYS EXTRA SPECIAL.

It's a great opportunity for them to bond with their loved ones and this is also our way of showing that we appreciate them and we're thankful that they're part of our sunny family.

On 14 August, we celebrated Helen's birthday. We invited her close friends and family members for lunch to commemorate her special day. She got to enjoy her favorite blueberry and strawberry cheesecake with the other participants, too.

In September, participants were also excited to join Jessica Mycak to celebrate her 40th birthday. Jessica is a jolly and an amazing person. She always brings joy to Heath St so we decided to give her a special treat on her birthday.

We asked her friends, family and the rest of the Heath St crew to have a pizza party with Jessica on her special day.

Again, happy birthday, Helen and Jessica! Thank you for celebrating your lives with us. Looking forward to more celebrations with the both of you.



Terry St. crew's New Hairdo

AT SUNNYHAVEN, WE ALWAYS REMIND OUR RESIDENTS ABOUT THE IMPORTANCE OF PROPER GROOMING AND HEALTHY PERSONAL HABITS.

Our staff always set regular haircut appointments to make sure that our residents are well-groomed. Having a new hairdo makes them look good and boosts their confidence. Just like what they say, "Good hair days can help you rule the world."

Check out our residents from Terry St. sporting their new look!



