

WAVLINK NEWS

Sept 2021 Newsletter



WE'RE STILL HERE

WATERCOLOUR
by Glenn S

Hi everyone,

Welcome to our quarterly newsletter!

Holidays seem to come around all too quickly, so due to popular demand this term break Wavlink has continued our regular activities throughout. The Term 4 online timetable is included below and we will soon be introducing some new activities, so keep an eye out for updates.

We are looking forward to some light at the end of the tunnel and to seeing more restrictions ease as we get closer to summer and Victorias vaccination targets.

Everyone is encouraged to make time to discuss the benefits of vaccination with their GP or health care provider if they haven't already. Many activities in future will be based on vaccination status of participants so we will need to collect that information from community members before recommencing face to face activities.

As always if there is something you would like to see on offer or you have ideas for new programs - let us know. In the mean time, enjoy reading about everything we have been up to!

Stay safe!

Amber Fleming

[JOIN US ON FACEBOOK](#)

WAVLINK ONLINE ACTIVITIES

Term 4 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Performing Arts 10.30am-12.00pm	Ceramics 10.00am-12.00pm		Water Colours 10.30am 12.30pm	Self Advocacy 11.00pm-12.30pm	
	Virtual Travel 11.00am-12.00pm				Sat Social 11.00pm-1.00pm
Paper Mosaics 1.30pm -3.30pm	Life Skills 2.00pm-3.30pm	Card Making 1.00pm-2.00pm	Social Online 1.00pm-2.00pm	Life Skills 1.00pm-3.00pm	Movies and Social 3pm-5pm
	Spanish Chat 2.00pm-3.30pm		Home Cooking 3.30pm-5.00pm	Happy Hour 3.30pm-4.30pm	
		Home Cooking 4.00pm-5.30pm			

For more information or to register and receive zoom links, please contact us

Phone: **9561 7104** or Email: **info@wavlink.org.au**

Social Online and Friday Happy Hour
A friendly and relaxed social group for individuals of all abilities. Activities include gentle exercise, art therapy, games and quizzes.



Spanish Chat Group
A relaxed Spanish speaking group practicing conversation and the use of language.



Tech Help
Make an appointment to get Technology related help and learning on hardware, software, the internet, email, scanning, printers and digital cameras - learn at any level and at your own pace.



Interpersonal skills and Advocacy.
This course explores communication in real life and aims to improve listening, speaking and questioning skills to build confidence and independence.



Performing Arts
Express yourself! Sing, Dance, Act, learn about music and theatre and have a good time with a fun and friendly group of fellow performers.



Saturday Social/Movies
A friendly and relaxed group enjoying activities including meditation, gentle exercises, dance a cooking demonstration and conversation on current topics.



Paper Mosaics
Students work on simple paper mosaic projects developing skills and knowledge around following a pattern and creating your own mosaic designs with paper.



Ceramics
Learn to create ceramic masterpieces from clay. Shaping, glazing and firing to produce unique works of art. Materials supplied.



Yoga and Meditation
Join the team for a short escape to relax the body and the mind. Margarita will lead us through an hour of gentle yoga and mindfulness meditation.

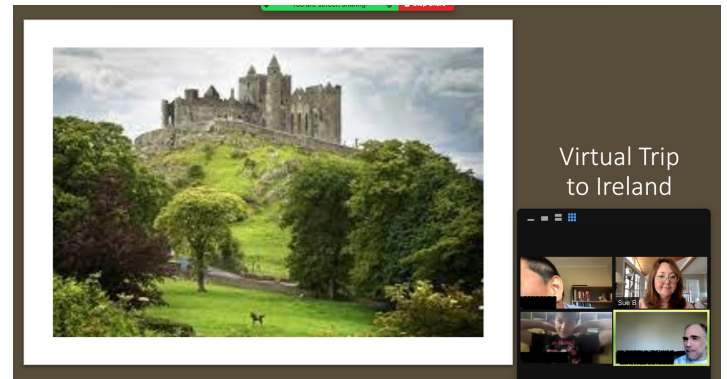


Cooking at Home
A cooking demo of a simple meal or snack which you can try out afterwards. Topics include nutrition, food safety, & trivia.



DIARY DATES

- Term 4 2021 Starts - Oct 4th
- AGM - Oct 20th (6pm)
- Cup day closure - Nov 2nd
- Term 4 2021 Finishes - Dec 11th
- Term 1 2022 Begins - Jan 10th



Come and join us on Zoom!



Students and staff loved catching up with recently retired tutor Barb the other day, all the way from Western Australia!

Performing Arts

Musical cats, phaser blasting Klingons, a Fiesta, drama games, pantomimes and a whole lot of singing and dancing! The show must go on and the Performing Arts group has been keeping the spirit of the theatre alive throughout lockdown



Performing a scene from Cats the Musical

WHAT WE'VE BEEN UP TO



Placing Your Order

In the Ordering Drinks section, we saw that "**Te encargo...**" is something you can say to ask for anything. You may use this as well for ordering food. Other alternatives are:

- ¿Me puede(s)* traer.... por favor? = Could you bring me.... please?
- ¿Me puede(s)* dar.... por favor? = Could you give me.... please?
- Quiero.... por favor** = I want... please.

* We add an S to puede to talk in an informal way.

It may feel rude to say quiero, but as long as you say por favor and use a nice tone of voice, it's just fine.

Nos puedes traer la cuenta, por favor – Could you bring us the bill, please?

La cuenta, por favor – The bill, please (more straightforward but equally correct)



Online Spanish Classes

Buenos días a todos!

I congratulate all my students for their motivation and dedication throughout the term. Gracias!

The focus of this term was Spanish conversation practice. As well as improving grammar and listening skills. Being conversational is an important skill in any Spanish learner's checklist.

Students have learnt useful phrases, expressing likes and dislikes, discussing time and the weather, making a reservation and ordering food. They also have enjoyed the social aspect that the class has to offer and the access to a world of rich Hispanic culture.

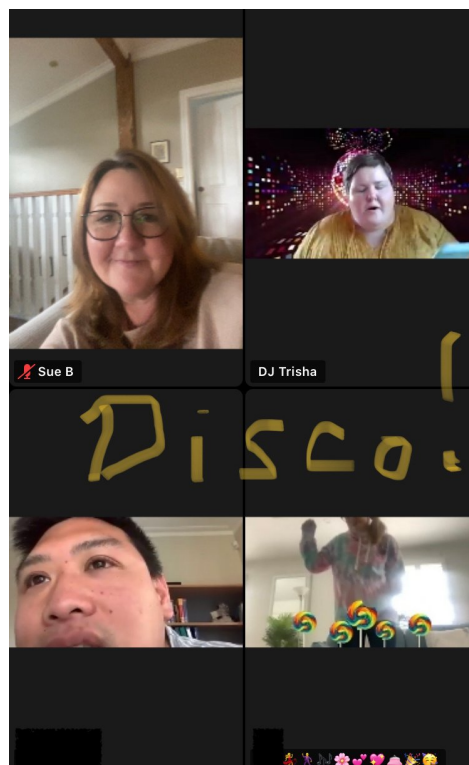
See you all on Term 4.

Señora Teresa.

DJ Trisha's Disco

Trisha treated students and staff to an afternoon of tunes last Saturday.

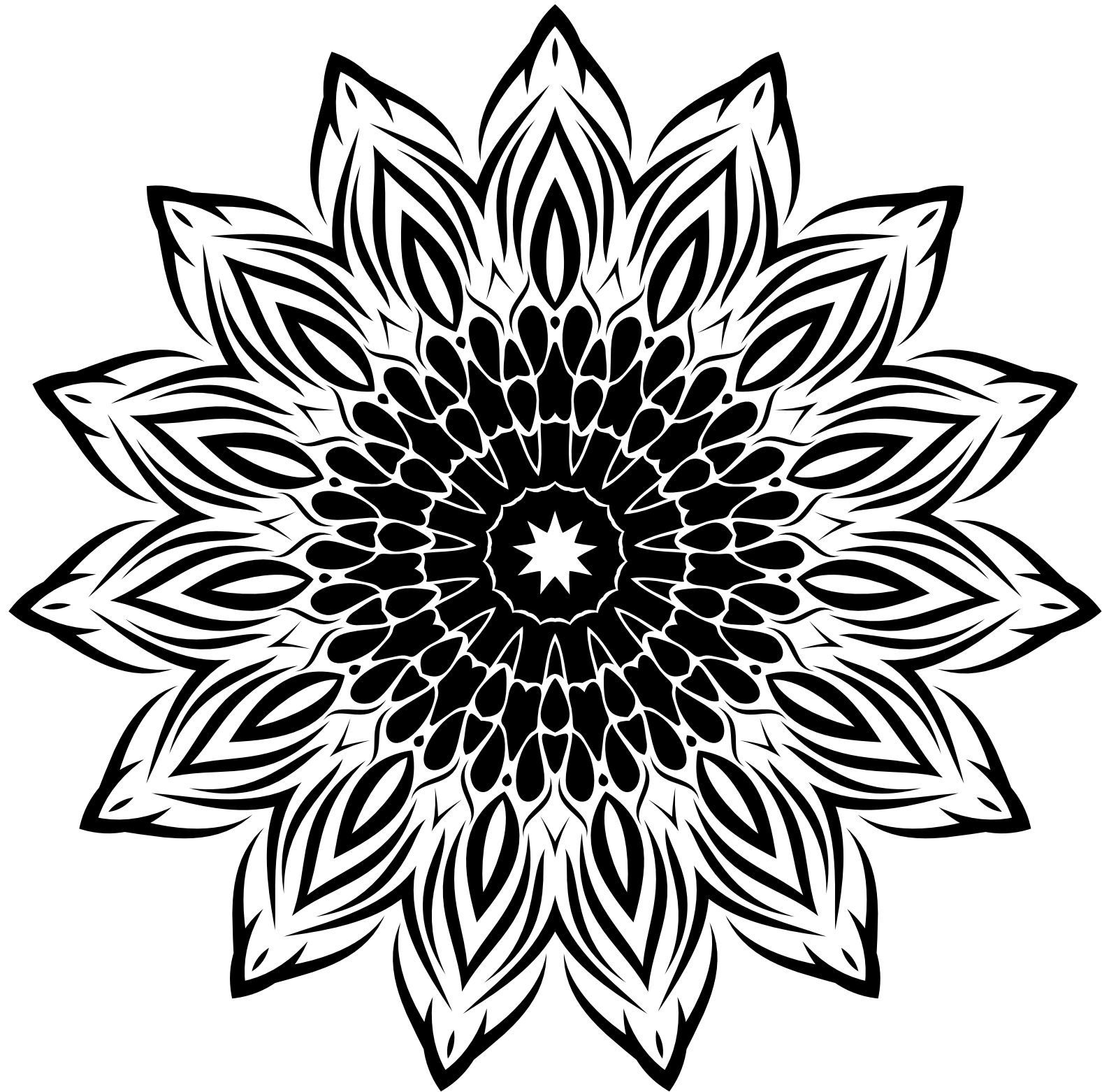
The group has also been enjoying movies and trivia over the last few weeks.



Mandala Art

We have enjoyed relaxing and chatting on zoom while creating Mandalas using water colour pencils on canvas. Participants receive a kit each with all the materials needed for their own master piece.

Have a go below!



OTHER STUFF



COMMUNITY SUPPORTS

It's very normal to feel stressed and anxious with the uncertainty of Lockdowns and COVID 19.

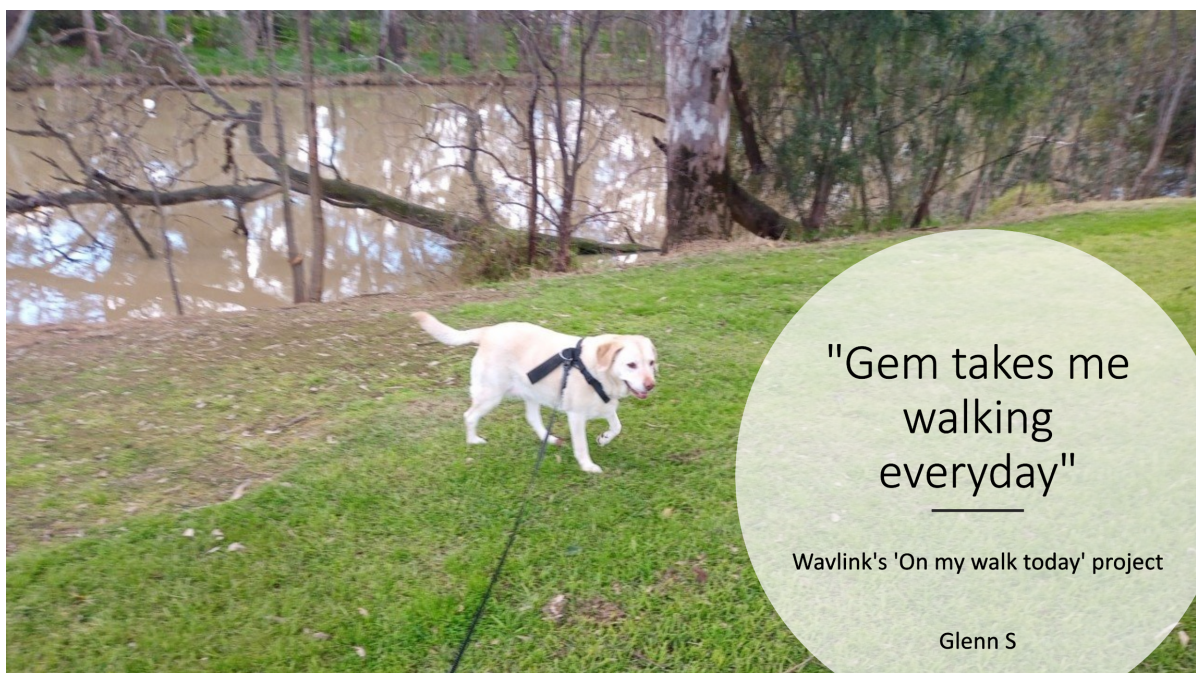
Black Dog Institute's tools and resources can be accessed by anyone, anywhere to help deal with those feelings.

VMCH Support for Carers Program have a range of activities for Carers coming up from October to December 2021. Go to their website for information or [click here](#) to find out more.

Monash Council has compiled information to help residents better understand the local services and support options available to them during the COVID-19 pandemic. Find out more by visiting: www.monash.vic.gov.au 'Support for our community' page.

#ONMYWALKTODAY PROJECT

Thank you to all those that have submitted their photos and captions for this fun project. It's been so lovely to see all the pictures, especially now that Spring will be changing the landscape. We have been sharing the shots on Facebook and are planning to put together a compilation of all towards the end of the year, so keep them coming! Send your walking photos with captions to info@wavlink.org.au



COVID-19 Vaccine: The Facts

Getting the COVID-19 Vaccine:

Reduces your risk of getting sick with COVID-19



Protects you against becoming very sick if you do get COVID-19



Helps to protect your friends, family and community



If most people are vaccinated, the virus can't spread as easily. This also protects people who can't get vaccinated.

About the COVID-19 Vaccines

People eligible to receive a COVID-19 vaccination are advised to do so as soon as possible. With new COVID-19 vaccine developments every day, it's normal to have questions about safety and availability.

The two vaccines that have been approved by the Therapeutic Goods Administration require two doses. Both are administered at no cost to those who are eligible in Australia.

- Information on COVID-19 Pfizer (Comirnaty) Vaccine
www.health.gov.au/resources/publications/covid-19-vaccination-information-on-covid-19-pfizer-comirnaty-vaccine
- Information on COVID-19 AstraZeneca Vaccine
www.health.gov.au/resources/publications/covid-19-vaccination-information-on-covid-19-astrazeneca-vaccine



WE LLAMAS

Who said you can't travel in Lockdown? The Wavlink community were lucky enough recently to have a personal introduction (via Zoom of course) to some special residents at the Hanging Rock Llama Farm. Amanda was kind enough to let us meet some of their gorgeous Llamas and teach us a little about them.

Did you know?

Llamas live to around 20 years of age.

They make great guards for herds of goats or sheep as they protect them from foxes.

They will spit if they feel threatened, and can spit around corners!

They all have very different personalities.

Llamas are related to Camels and Alpacas.

Their ears are shaped like bananas.

They originally came from South America.

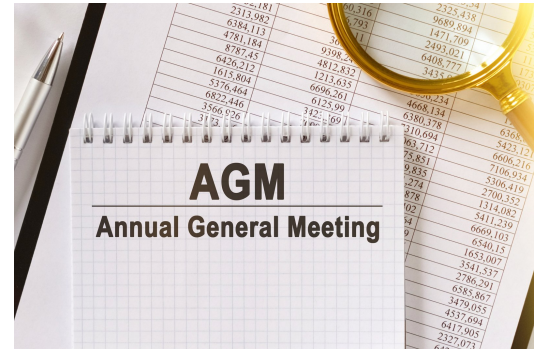
Llamas communicate by humming.



ANNUAL GENERAL MEETING

The annual general meeting (AGM) for Wavlink Inc. is to be held at 6pm on Wednesday 20th October 2021.

This meeting will be held online via Zoom. Members of our Community will receive the link to the meeting via email. If you are not on our mailing list but would like to attend, please contact Isabel by email – isabelho@wavlink.org.au and she will forward the link to join the meeting, the agenda and any other relevant documents.



NDIS APP

Self-managed participants using an android mobile device can now download the 'my NDIS app' from Google Play Store to:

Make and manage claims; and

View their self-managed budget and personal details.

Self-managed participants are encouraged to try the app and to provide the Agency with feedback.

An Apple version of the app will be available soon following the completion of additional testing.

