



Group Inc.
Creative And Therapy Activities

NEWSLETTER

Phone: 9448 8804

September 2008

DATES TO REMEMBER

CATA Closed

Monday 24th November

Monday 22 December to Friday 2nd
January 2009

MELBOURNE CUP DAY

Tuesday 4th November - All Welcome

OPEN WEEK

Tuesday 25th to Friday 28th November
CATA operates as usual.

CARERS MORNING TEA

Wednesday 26th November - All Carers
Welcome

CATA CHRISTMAS PARTY

Friday 19th December - All Welcome

CATA OLYMPICS AND PEP

During the Olympic fortnight we ran a games and sports program in the Rec Room. Everyone who participated got some physical exercise and some laughs from the sessions.

Remember the Physical Exercise Program is on in the games room Monday, Thursday and Friday afternoons where Faith, our physiotherapist assistant, holds a free, fun, gentle exercise session.

Richard, Lesley, Faith and Tresna are doing a great job of developing the Rec (Games) Room program and we encourage everyone to come along, join in and try the new-feel games room and some of the new activities.

AGM

The AGM was held on Tuesday 9th of September and the following appointments were made to the Management Board.

President: Felicity Mawdsley

Vice President: Penny Langridge

Treasurer: George Mischin

Committee Members: Lesley Alexander, Audrey Brookman, Maria Mischin, Murray Franconi and Bob Hales.

CATA MEMBERSHIP

Some new Members were also welcomed to CATA. Membership is open to everyone; Consumers, their support network, family, friends, Carers and members of the wider Community. It's an opportunity to support CATA and the service we provide to the Community. As a member you attend the AGM and luncheon each September and are invited to attend the Christmas lunch at a discounted price each December. Membership is \$5.00 and application forms are available from the Office.

THE COMPANION CARD

is for people with a significant and permanent disability and allows a support person to attend an activity or event with them at no charge or at discounted entry rates. It is now FREE information is available at the CATA office.

Independent Living Centre

CATA attended the ILC Open Day to see what equipment and services are available. Many Clients won raffles on the day and received small prizes.

Jenny Schofield hit the jackpot with her Quiz entry and won an enormous gift box of chocolates.



MELBOURNE CUP LUNCHEON

Tuesday 4th November is Melbourne Cup day and we are celebrating the big race at CATA with singing and dancing in the morning, a two course luncheon and bingo in the afternoon. It's a Hat-Day so wear a hat and join in the fun.

Sweeps will be offered for the race and family and friends are welcome. Cost is \$9.00, plus \$5.00 for transport if required.

Even if Tuesday is not your CATA day - you are invited to attend.

CAMP BUSSELTON

Pam and Richard are coordinating the Spring Camp at Busselton this year and we are visiting a new venue - the Forte Cape View Apartments - which are very nice and new and right on the beach. There will be all the usual fun and outings mixed with rest and relaxation. If you have never been to a CATA Camp we are holding more Camps in Spring to similar venues so watch

for the notice about them and put your name down to join the fun. The CATA Staff manage these camps and we provide transport, care and meals.



CHRISTMAS LUNCH

This years Christmas Lunch is at Glengarry Tavern on Friday 19th of December. Invitations will be sent out in November with further details but mark that day on your calendar now so you don't miss out.



CHRISTMAS HOLIDAYS

The Christmas party on the 19th December is our last day for 2008. **CATA re-opens on Monday 5th January 2009.**

ARE YOU TAKING A BREAK OVER THE HOLIDAYS.

Many Staff and Consumers take a break or have a holiday with family and friends over this time. We need to know if you are **not attending CATA in January** so we can organize our Staff Rosters and Transport. Please complete the form attached to this newsletter and give it to one of the Staff.

FOOTY TIPPING

Paul Caine won this years footy tipping competition by 4 points with a score of 122. Mick Kodra was second on 118 and Rob Rolt third on 117. Well done Paul. The Staff who participated, Robyn, Reece and Ben, were a bit like the Dockers and Eagles this year - they didn't even get a placing!

OPEN WEEK

CATA is closed on Monday 24th of November 2008 while Staff prepare for the launch of Open Week that evening and for the CATA Open Days from Tuesday 25th to Friday 28th November.

Open week is a celebration of the achievements and abilities of our Members. It is used to promote the service we provide to the Community by inviting them to visit the Centre while it is operating and see what we do at CATA. It is also an opportunity to display the items we have made throughout the year and for visitors to purchase those items. Family, Friends and Carers are all welcome to visit from Tuesday to Friday between 10.30am and 2.30pm daily.

This year we have added to the scope of Open Week by including a Carers Morning Tea and Try-CATA activity sessions.

CATA CARERS MORNING TEA

Will be held on Wednesday 26th November where Carers from the local community are invited to visit CATA open week and learn more about the service we provide. Morning Tea will be served and Carers WA will give a short presentation about the service they provide. This is an opportunity to meet other Carers in the community and learn more about services available to you in a relaxed informal environment. So take a short break and enjoy morning tea at CATA. Contact Robyn in the Office if you wish to attend.

TRY Creative And Therapy Activities

Try-CATA is a new initiative where we are holding Art, Woodwork and Recreational Activities during Open Week and inviting members of the Community who may be interested in joining CATA to come and try us out. So pass this on to anyone who may be interested or have them contact Robyn in the Office. An information brochure is available and bookings are essential.



ECU OT Students

You may have spent some time with Shadreck, Emma, Kelly, Kaitlin or Divia at CATA lately. They are Occupational Therapy Students from ECU and for the last two months we have been lucky to have them working with us every Monday and Thursday. Their term with us finishes at the end of the October.

You have all been terrific team members at CATA - thank you and good luck.



Things to do:

- ✓ Pin up the November and December Calendars to keep track of Activities, Lunches and Closed Days.
- ✓ Return the Melbourne Cup attendance form to CATA
- ✓ Return the CATA Christmas Party attendance form to CATA.
- ✓ Return the following January Attendance form to CATA.

HEALTH AND MEDICATION

In consideration of the health of other Clients and Staff we remind you not to attend CATA if you are unwell.

Analgesic Medication: In line with current medication best practice, CATA will no longer supply analgesic medications such as Panadol.

January Attendance

CATA will be closed for Christmas from Monday 22nd December to Friday 2nd January 2009.

Will you be attending CATA in January?

Name

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Yes, I will be attending CATA on my usual days.

No, I will be taking holidays and will not be at CATA on the following days in January:

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