



Inclusion Services Newsletter - INSYNC



May/June 2024

Welcome to our May/June Newsletter.

Our Team will continue to provide a Bi- Monthly Newsletter to all Clients and Families that participate in our Inclusion Service Programs.

This newsletter will keep everyone up to date by providing information on current activities and opportunities as well as future events.

Over the May/June months our Clients have had the opportunity to engage in activities and have had a good time socialising with their Peers.

These Programs provide additional choices for people and include community engagement, learning opportunities, Social Inclusion, goal setting and fun.

Please let us know if there is an activity or program you would like to participate in. As you are aware we have added some new programs to our already favoured activities.

Staff Updates:

Firstly, We would like to wish Tayla Wilson well in her future endeavours as she has decided to move from the Bega Valley to new adventures.

It has been a pleasure to work alongside Tayla and she will be missed by her Tulgeen Family, and we all wish her well!

Tayla's last day with INSYNC will be on Tuesday 25th June 2024. From everyone here at Tulgeen again, we wish her well.

I would also like to **“Congratulate”** Tayla Wilson on being selected as a finalist in the Bega Business awards for Outstanding Female Employee. This is a prestigious event and to be selected is an Honor, to be placed in the top 3 is recognition for her dedication to the Role and the Team she works within.

Please see an update to our INSYNC Leadership Team and their programs.

Heather – Coordinator of Programs – Art in the Garage

Sally- Team Leader –STA, Excursions, Inprint , Merimbula INSYNC

Tayla- Team Leader- Bega INSYNC, Rosters

In the Interim prior to Tayla leaving INSYNC, we will be seeking expressions of Interest for the Acting Team Leader Role and looking for a suitable candidate for ongoing Part Time Employment.

Lisa- Inclusion Services Manager

If you have any enquiries, please contact the Team

Tulgeen Update:



Exciting News from the Bega Valley Business Awards!! 🌟

We are thrilled that Tulgeen has been named among the finalists in three prestigious categories for the **Bega Valley Business Awards!** This is a testament to our entire team, and your unwavering commitment to excellence and the impactful work we do within our community.

The categories we've been nominated for are:

- **Excellence in Diversity and Inclusion**
- **Excellence in Large Business**
- **Outstanding Female Employee**

These nominations reflect the dedication and hard work of our entire team, and we couldn't be prouder.

Last year, we were honoured to receive the Excellence in Diversity and Inclusion Award, both at the Bega Valley and the Far South Coast Business Awards, highlighting our role as a leader in creating inclusive workplaces.

In 2021, Riverside Nursery was recognized for its exceptional customer service, winning the Bega Valley Award for Customer Service in the not-for-profit/community business category. This year, we aim to shine once again, potentially in the Excellence in Retail category.

We need your support! Every vote counts, and we encourage all staff to participate in celebrating our collective achievements. Voting is simple and can be done through the Bega Valley Business website: [Vote Here](#).

Some of the Client Activities include:

Celebrating First Nation's Artists living on Yuin Country- Exhibition

Sabrina had the honour for the second year in a row to be invited to exhibit her artwork. This exhibition was held at the Spiral Gallery.

Sabrina draws on her Indigenous Culture, connection to country and Family to create unique vibrant artworks to tell her story.

This artwork is called "Umbarra" (Black Duck) this was featured on the invitation



Slumber party Weekend Respite

All the ladies enjoyed their weekend which was full off pampering including foot Spas, Facials, Cooking, Movies, Dinner at the Club, Ten pin Bowling, Top Fun.



Australiana Artworks completed by Judith Walker

Over the weeks, I watched Judith in all stages of completion with her art piece depicting Australian Wildlife. With my passion for wildlife, I knew I had to purchase this piece from Judith. On its completion Judith was excited to show us all the final artwork. The outcome is I purchased this lovely piece, and it is now hanging on the wall in my office for everyone to see. Great work Judith!



Laura Canberra trip

After some Planning Laura and Nicole went on a road trip to our Capital, Chilly Canberra.

Laura had her 3 days organised with many fun filled activities. Laura had looked up many activities on the Computer and chose her favourite ones.

Laura had a great time attending many different places including:

- Cockington green
- Dinosaur park
- Reptile zoo.
- The Australian War Memorial



Merimbula boat ramp jetty

Bev enjoyed her day out at the Merimbula Boat Ramp Jetty, She loved the feeling of the jetty moving. Great afternoon out. Bev also enjoys when Captain comes for a visit to INSYNC and her walks to feed the Goats and the horses.



Footy fun day at Merimbula Insync.

Merimbula participants and staff have worn their favourite teams' colours today, they are all looking so bright and wonderful, Enjoyable day had by all !!



Thank a First Responder Day

Tulgeen's Clients and Staff supported the Thank a First Responder Day which was celebrated on Wednesday 12th June.

Fortem invited communities across Australia to make Thank a First Responder Day extra special, by creating thank you letters, artwork and video messages for our local emergency services.

It was a chance for the Bega Valley to celebrate members of Marine Rescue, State Emergency Service, Surf Life Saving, Volunteer Rescue Association, Police, Fire & Rescue, Ambulance, and Rural Fire Service for the work they do *every day* to keep our community safe.

Tulgeen's INSYNC Team organised a video with our Clients and Staff thanking the Emergency Services and for the Bega Fire Brigade to attend our INSYNC Venue so our Clients could access the fire truck and ask questions about the Services provided by the Firies

I hope you can join us in making Thank a First Responder Day 2024 the biggest and brightest yet!



Artwork at INSYNC

Many of our Clients enjoy engaging in various forms of artwork. Today was painting and there were colours galore. The expression of art brings out the smiles and laughter of all who wish to be involved.



Engagement with Schools – School Leavers

Our leadership Team have continued our communication and consultation with the local high Schools from Bega to Eden regarding years 11 and 12 students looking at transitioning to Services once they have finished their school years.

Tulgeen have provided Teachers, Parents, Carers and Students information packs on the Services that Tulgeen provides across all areas of their support needs.

These meetings will continue for the remainder of this year and the support for Students with their transition. This is a very exciting time to Tulgeen with the introduction of new Participants wanting to attend our programs.

Bombala support services

Our Insync Team have been investigating the opportunity to deliver support services for new clients in Bombala, starting with a small group aged 16+.

For a long time Tulgeen has aspired to provide more services for young people in our region, while also supporting regional centres in our vicinity.

We have finally secured a venue “Bombala Youth Booth” and will be holding our initial “Meet and Greet” with Clients and Families on Wednesday 19th June.

This is an exiting venture for Tulgeen to provide an Inclusion Services for Rural Communities engaging Clients in Life Skills, Employment and social engagement.

Childrens Programs

Our INSYNC Team have been working hard in consultation with Families in the Bega Valley to discuss the opportunity and need to deliver Childrens Programs.

From these discussions it was evident that there was a need for Services for young people in 2 different age groups 7-12yrs and 13-18yrs.

We have received communication from many interested Families for the Saturday supports for their young person to be involved in a group setting to promote socialisation, inclusion, community access and providing the Parents/ Carers a respite opportunity. Currently, due to requested need there is a focus

on the 13yrs-18yrs group. Currently we are planning a meet and greet with Families and Tulgeen Staff to discuss individualised support needs for the young people.

We are very excited about this program and will advise of a start date soon.

So, as you can see it has been a busy time for our Clients and our amazing Staff.

We are happy to receive feedback on the Service and any ideas that you would like to discuss.

Our next Newsletter will come out in August 2024

Lisa Barbour
Inclusion Services Manager
Tulgeen Disability Services
INSYNC Services

