

The Voice

December Edition 2022

newsletter

LifeSkills
Victoria Inc.



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NDIS

If you have any questions about your program or NDIS plan please contact Life Skills Vic on 51277999.



MERRY CHRISTMAS



The Newsletter group would like to wish all of our readers a very Merry Christmas and a safe and happy New Year.



And the quote is.....

Keep calm and jingle all the way.

Our Vision

A society where people with disability can fully participate and make a valuable contribution as citizens.

Our Mission

To deliver quality services, education, and training to enable people to reach their full potential.

What's happening at LSV....

Farewell

We would like to say 'farewell' to two of our long serving staff, Luana Brock and Wendy Gibson. Both will be saying 'goodbye' at the end of this term, after many years of working at Life Skills.

Wendy is looking forward to her retirement alongside her partner Neil.

They have both made a significant contribution to Life Skills and made a real difference in the lives of so many people with disabilities – both at Life Skills and in our community.

We wish them well for their future.



The Great Race—the drama group

Last week the drama group celebrated their last session with Wendy and Luana by having a 'great race' around Moe. Students were divided into three groups. Each group were given an envelope with instructions that they had to follow. Each clue led them to a shop where they received an envelope with their next clues.

"It was fantastic" said John Kelly. "It was exciting, and our group won!" said Angela Clement. Following this, the drama group had a costume party with lots of dancing, singing and laughter. A great way to finish the year.



Thank you to all of the shopkeepers who assisted with this activity.

Let's Get Cooking

Easy Christmas Shortbread

You will need:

250g softened butter

125g caster sugar

25g rice flour

5 drops of vanilla essence

375g plain flour



What to do:

Preheat oven to 190 degrees.

Beat together the butter, sugar and rice flour until they turn white. Add a few drops of vanilla essence and continue to beat.

Gradually add the flour to the mixture, whilst continuing to mix on a low speed until a paste forms.

Turn mixture onto a cool bench dusted with flour and work until a smooth ball forms.

I split my ball into two and place one in the fridge, covered in glad wrap.

Roll the other ball until approx 1cm thick and use cookie cutter to make desired shapes.

Bake in oven for approximately 12 minutes until edges start to turn a golden brown.

Joker's Corner

What happened to the thief who stole the Christmas calendar?

He got 12 months

What falls at the North Pole and never gets hurt?

Snow!

Why did the Christmas tree go to the barbers?

It needed to be trimmed!

What do you call a snowman in December?

A puddle!





Reports and Reviews



Did you know that Adele, from the Moe railway station, decorates the station waiting room each Christmas. This year the theme is 'the polar express'. It sure is worth a visit if you haven't already been there.

This picture was taken during the drama group 'great race'.

Pictured left: Frosty, Jacob, John, Andrew and Jack Frost



A word from the LSV President

It has been another challenging year for everyone involved with Life Skills Victoria (LSV). I am pleased that the people who attend LSV and their families have continued to support us despite the ongoing difficulties and that these have been overcome by introducing new ways to deliver the programs. This would not have been possible without the hard work of all the staff and I would like to thank them for this.

It was great that the Curtains for Certain performance was able to take place in October despite having had to be cancelled earlier in the year.

I would like to take this opportunity to wish everyone a Very Merry Christmas and look forward to catching up with as many of you as possible in the New Year.

Sue Carroll

President, LSV Board of Management.



Dates to remember:

Wednesday 14th December: clients Christmas party and last day of classes for 2022

Students return to LSV 2023: Tuesday 17th January 2023

Something to get you thinking...

Christmas craft activity

You will need:

Tree branch (about 30cm)

Roll of string or twine

About 20-30 different ornaments of your choice

Scissors

What to do:

Cut string to different lengths

Attach string to each ornament- add two or three to some.

Tie each ornament to the branch, making sure the lengths vary.

Tie a piece of string for hanging.



To readers with
December
birthdays,
we hope you have
a great day

Still
It's
OK
to complain

NDIS funded supports and services contact
[NDIS Quality and Safeguards Commission](#)
1800 035 544
contactcentre@ndiscommission.gov.au

LSV Board of Management (BOM)

If you would like information regarding matters to do with the BOM, please feel free to contact Deidre Carmichael on 51274525 or email deeandbill22@outlook.com



Don't forget to find us at www.lifeskillsvic.com.au for information, participant stories, The Voice editions and much more ...

Christmas Word Search



CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH



Its almost Christmas and Kali and Leiha (our 'resident') Therapy Dogs are getting into the Christmas Spirit.

They were recently invited to lead the dogs from the Gippsland German Shepherd Dog Club in the Latrobe City Christmas Parade in Traralgon. Ryan, a lovely young man, who some of you may know walked with them. He trains them every Saturday morning.

