



## Find Us

Life Skills Victoria  
2A High St  
Moe 3825



## Write Us

PO Box 761  
Moe 3825



## Email Us

office@lifeskillsvic.  
com.au



## Phone Us

(03) 5127 7999

## Our partners



## We're Social!

Check out our content on:



Psst.....

Want more client stories, back issues of The Voice, or information on Life Skills Victoria?  
Check out our website!

## Check out our new bird bath!



Recently our Gardening, Maintenance & Community Projects group planned and installed a bird bath at 2A High St. Situated next to the Gerard memorial bench creating a lovely space for people to sit and enjoy the outdoors.

## Term 4 2023

We look forward to welcoming back our students for Term 4 on Monday 2nd of October 2023

## 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.

# Activities at LSV

If you have any questions about your program or NDIS plan please contact the LSV office on: (03) 5127 7999



## LSV Board of Management



If you would like information regarding matters to do with the BOM, please feel free to contact Deidre Carmichael on (03) 5127 4525 or by email on [deeandbill22@outlook.com](mailto:deeandbill22@outlook.com)

## Curated cards



Take a look at our curated selection of unique art cards. Send a card that is both beautiful to receive and display. Support our local artists. Cards are sold in packs of eight featuring one artwork from each of our eight Mainstreet artists.

We have three packs to choose from (A,B and C) Each pack is \$25.

Contact office on (03) 5127 7999 or email [office@lifeskillsvic.com.au](mailto:office@lifeskillsvic.com.au) to order



The audience will leave, eager to be invited back into this world where time doesn't exist, and joy is felt as much as seen. Tickets available at Gippsland Performing Art Center website: [www.latrobe.vic.gov.au/gpac/events/Our\\_Authentic\\_Selves](http://www.latrobe.vic.gov.au/gpac/events/Our_Authentic_Selves)



## LSV Annual General Meeting (AGM)

Life Skills Victoria will hold their AGM at High Street Community hub on:  
Wednesday 18th October 2023  
6pm - 8pm.

Supper and drinks will be provided. This meeting will provide you with all relevant reports for the period 1st July 2022-30th June 2023

If you would like to attend, please contact Life Skills office on (03)5127-7999 or email [office@lifeskillsvic.com.au](mailto:office@lifeskillsvic.com.au) by Friday 13th October for catering purposes.

## Important Dates

- 2nd October - Term 4 commences for students
- 5th of October - Great Chase community event -Warragul
- 7th October to 28th October - Spring Art show at Latrobe City Library, Moe
- 18th October - LSV Annual General Meeting
- 11th & 12th November - Our Authentic selves drama performance.

**HAPPY BIRTHDAY!**



Best wishes to all those who are celebrating or celebrated a birthday in September and October

# Word Search

**RUOK?**

**WORD SEARCH**

30 word



**Word List**

|              |            |            |           |
|--------------|------------|------------|-----------|
| CONVERSATION | CONNECTION | MEANINGFUL | COMMUNITY |
| EMOTIONS     | SERVICES   | PREPARED   | EVERYDAY  |
| TOGETHER     | CHANGES    | FEELINGS   | TALKING   |
| LISTEN       | FAMILY     | SAYING     | NOTICED   |
| FRIEND       | DOING      | HEALTH     | CHECK     |
| RUOK         | SUPPORT    | MOMENT     | ACTION    |
| TIME         | CARE       | HELP       | WHEN      |
| HOW          | ASK        |            |           |

## Creativity Corner

### Angela's holiday adventure



Leaving the port of Lakes Entrance.

Small boat across the Victoria and New South Wales Ocean border.

Newcastle Helicopter Pad leaving to Queensland border.

Brisbane River goes to Milton Pier

Catch the bus to the Heeler House driveway. Take the photo of the Heeler House.

Catch the bus to the Paddington café for lunch.

Leaving the Port Milton Pier to story Bridge to take some photos and send them to Newsletter.

Brisbane Helicopter pad to Newcastle and New South Wales border.

Newcastle Harbor across the New South Wales and Victoria border.



# TV Show Review



## Cobra Kai Season 3

The third season of Cobra Kai was released on Netflix on January 1, 2021.

The season is set after the school brawl which sees Cobra-Kai under Kreese's thumb and Daniel's Dojo has shut down.

My favorite characters are Ralph Macchio as Daniel Larusso, Mr. Miagi, Eli, and Jonny.



## The Funny Pages

Q? What sort of food does Tims eat?

A. Eat Tim Tams.



Q? What did the scientists prove when

they found bones on the moon

A. The cow did not make it.

Q? What kind of cars do toads drive?

A. Hop Rods.





## CUP OF GLORY

PREP: 5 MINS

COOK: 5 MINS

### WHAT YOU NEED

1/3 Cup thickened cream

2 pinches ground cinnamon

3 cups reduced fat milk

1/4 cup Cadbury Drinking  
chocolate

1/4 tsp instant coffee powder

### Method:

1. Place cream and cinnamon in a small bowl, whisk together until soft peaks form
2. Place milk in a small saucepan over medium heat. Bring to a simmer.
3. Remove pan from heat. Carefully pour milk into a mug.
4. Add drinking chocolate and stir until well combined.
5. Spoon cream into a piping bag fitted with a 1cm fluted nozzle. Pipe cream mixture onto hot chocolate and sprinkle with coffee.
6. Serve.



# Welcome to our new staff!

## Natalie Rowson

Client Support Service  
Coordinator.



### Brief Introduction to Natalie

My name is Natalie, I am the Client Support Service Coordinator at Life Skills Victoria!

I have worked in customer service for over 10 years, I am new to the NDIS space but I am eager to learn. I was previously employed as a disability employment consultant, helping people with disabilities to get into employment and link them with services to help them achieve their goals, big or small. I love football and rugby. I tend to go to as many of my team's games as I can (Hawks and Melbourne) I absolutely love jokes so if you manage to run into me please tell me your favorite ones. One thing that my family and friends would say about me is that I love to talk and meet new people.

### What does your role involve?

As the Client Support Services Coordinator my role is working closely with new and current clients to set goals, help identify the best programs based on client's interests/needs and ensure they having a great time. I work closely with the team to help identify any needs for new programs and social events to ensure our clients are receiving the best service and have access to a wide range of activities.

### Which site will you be working from?

I am located at the Life Skills Victoria office on High Street working full time 9am-5pm

### What do you enjoy working on most?

Anything to do with the clients!!  
I love seeing just how much they can achieve, hearing their stories and watching them develop their skills.

### What works well with your new role?

Everyone being so welcoming and kind.  
Starting a new job can be quite overwhelming and scary, but the staff and clients at Life Skills Victoria have made me settling into this job so easy.