

## WELLBEING



### UPCOMING

## Bravo Events

**EVERY THURSDAY | 9 AM**

*Bravo Movers Heart Foundation Walking Group*

**18 SEPTEMBER 2023**

*(PAW) Health, Safety & Wellbeing in the Workplace Survey Closure*

**27 OCTOBER 2023**

*Bravo Annual General Meeting (AGM)*

**14 - 16 NOVEMBER 2023**

*Bravo Team Meeting*

### UPCOMING

## Community Events & Holidays

**15 SEPTEMBER 2023**

*Gympie Business Awards / People's Choice voting opens*

**16 SEPTEMBER - 01 OCTOBER 2023**

*QLD School Holidays*

**17 SEPTEMBER 2023**

*Gympie Community Gardens Naming Day Event*

**18 SEPTEMBER 2023**

*Salus Group CPR/First Aid Training*

**21 OCTOBER 2023**

*Gympie Business Awards Gala Presentation*

**17 NOVEMBER 2023**

*Cooloola Disability Interagency Network*

## Part One

# General Manager Update



### From the desk of Patricia Wilson

Welcome to another edition of the Bravo Brief Newsletter.

We would like to share with you some planned activities, information and past events.

### September – October 2023 Edition

Bravo is focusing this edition on mental wellbeing. Mental wellbeing is important in your personal, work, leisure cycles and by taking time for “you” can only make “you” happier.

Check out the Queensland Government website – your mental wellbeing for further information:

[www.mentalwellbeing.initiatives.qld.gov.au](http://www.mentalwellbeing.initiatives.qld.gov.au)

### **Publication of the National Disability Advocacy Framework and Workplan**

On 21 April 2023, Disability Ministers around Australia endorsed the new National Disability Advocacy Framework 2023-2025 (NDAF) and associated Disability Advocacy Work Plan (Work Plan).

The new NDAF commits governments to work together to improve national consistency and access to advocacy services for people with disability across Australia.

The NDAF and Work Plan were developed by the Australian, State and Territory Government, in consultation with people with disability, families, carers, disability advocacy providers and disability representative organisations.

The NDAF is available in a range of accessible formats. For more information please visit the [Department of Social Services webpage](#).

### **Queensland Government Savers**

Queenslanders will be able to quickly and easily see what savings and rebates may be available to them with the launch of the new [Queenslander Savers website](#).

More than \$8.2 billion is available in concessions and rebates for Queenslanders in 2023–24 to help ease cost of living pressures being felt nationally.

The website makes it easy for Queenslanders to check what assistance is available to them, their friends or family, including low or no interest loans, energy rebates, vouchers, travel concessions, and more.

To find out more, please visit the [Queensland Savers website](#). [www.queenslandsavers.qld.gov.au](http://www.queenslandsavers.qld.gov.au)

## Part Two

# Community Networker Update

## *Bravo movers & the Heart Foundation walking group*

Bravo Movers have just completed their 10th walk since commencement. The weather has been amazing, and no walks have been cancelled – Bravo!

Thank you to all the people that have been Brave and came along week after week. Special mention to Tyson for his great enthusiasm every week. Tyson has also brought along a friend, so feel free to invite your friends or family, just like Tyson.

Special thank you to Amy from Gympie ARC for promoting and joining the walking group along with ARC members. Amy also organised a fabulous healthy and yummy morning tea after one of our walking days.

For anyone who would like to join the Bravo Walking Group contact Cindy on 0428 680 465 or turn up at the starting point, 37 Tozer Park Road, Gympie every Thursday at 9 am for sign-up.





July 2023

# Naidoc Week

<https://www.naidoc.org.au>

The Bravo Community Networker, Cindy Buchan, attended the raising of the flag on Monday 3rd July and followed up a couple of weeks later, with a day of networking at Nelson Reserve. The stalls and activities made for a great day out for all.



## Community Forum

Bravo's Community Networker, Cindy, attended the Community Forum hosted by Gympie Regional Council (GRC) & Community Human Services Network (CHSN).

The first Community Forum was held on 25 July 2023. It was well attended and it was about connecting services to build outcomes of what is missing in the community and to connect vulnerable persons to services. The question was What Gympie does well & what Gympie can do better? The GRC is establishing a Community Directory that will be developed from the first Community Forum and another forum will be organised to continue discussions and build community relationships.

Partnerships amongst community groups, understanding the connection for vulnerable persons to services, and how emergency services protocols will connect through emergencies and disasters to support vulnerable persons.



Friday, 21 July 2023

## Winter on Mary - Wheels on Mary

Bravo tree was decorated with the Winter Warmer Dad Jokes with barcodes to take you to the Bravo Socials. Bravo received great feedback with many enjoying the Dad Jokes. If you have any great Dad Jokes for next year, please send to [admin@bravo.org.au](mailto:admin@bravo.org.au)



Sunday 17 September | 2 - 5 PM  
37 Tozer Park Road, Gympie

## Gympie Community Gardens Naming Day

**Please mark this in your diary and tell everyone you know!**

**Refreshments:** Free sausages (meat & vegetarian) on wholemeal bread, salad & drinks. 'All in the Cup' will be selling coffee.

**Entertainment:** Giant kids games to play: Jenga, Snakes & Ladders & Checkers. Just Us will be singing, La Samba Rosa & drumming band will

perform. Everyone can choose a seed packet to take home for free. Demo of how to plant seeds in banana leaves, garden tours, and much more! The Mayor and Mayoress will also be dropping in.

The purpose of the day is to find a name for the community garden space. Gympie Community Gardens (GCG) are holding a competition (with a very generous prize), so please get your thinking caps on as we want to find the best name for our community garden!

GCG would like to thank Gympie Regional Council for providing some funding for the day and our local businesses who have donated prizes for the winner!

## Part Three

# News & Community Events

## Bob, 80 years young.

Bob turned 80 in July and celebrated this milestone. Bob is pictured enjoying the celebrations and his memorabilia.

Congratulations & Happy Birthday Bob.



*"Count your age by friends, not years. Count your life by smiles, not tears". John Lennon*



80th Birthday Fun Fact - 80 is only 21 with 59 years of experience!

### 2023

## Chamber of Commerce Business Awards

**Bravo has been nominated in the 2023 Chamber of Commerce Business Awards.**

The nominated applications have been finalised and will be judged & shortlisted into finalists who will be interviewed between 4th & 8th September.

- Not-For-Profit Business of the Year
- Community Contribution

- Workplace of Choice
- Customer Service Hero
  - Cody Johnson
  - Rachel Hockey
  - Patricia Wilson
  - Cindy Buchan

The announcement of finalists for each category will be made on 15th September when People's Choice voting will be opened. A link will be available on the Gympie Chamber of Commerce website for voting:

[www.gympiechamber.com.au/business-awards](http://www.gympiechamber.com.au/business-awards)

The 2023 Gympie Business Awards culminates at the Gala Presentation Night where the winners of all categories will be announced.

28 July 2023

## Bravo Ten Pin Bowling Disco Night

There was some Disco Fever and boogying down at the July 2023, Ten Pin Bowling Disco event night, hosted by Bravo. Special mention to Stephen, for this initiative and captaining of the night. Keep a look out for the next bowling night event.



1998

## A Poem by Jillian

### *These little unimportant things*

Life is many little things.  
Like stitches in a cloth  
Done they're unimportant.  
Complete, they mean a lot.  
A friendly smile or handshake  
Perhaps a word of cheer  
Sharing of the good times  
Or a sympathetic ear  
Bird song in the morning  
Rain drumming on a roof.  
The tenderness of lovers  
Sweet memories of our youth  
The magic of a rainbow  
The Stillness of the night  
Moonlight on the water  
Soft glow of firelight  
Cries of happy children  
Playing in the sun  
The sense of satisfaction  
From a task that's been well  
done  
As we each grow older  
And memories we recall.  
It's these little unimportant  
things.  
We treasure most of all.  
We look back and remember.  
The stresses and the strife  
And know these little  
unimportant things.  
Weave the tapestry of life.

## Part Four

# Bravo Team Participation

## Ideas for

## The Future Of Bravo

***Bravo would like to hear from you with suggestions, ideas and feedback that could be considered in planning the future of Bravo.***

If you've thought of a good idea or wondered, 'why doesn't Bravo do that?' or 'would Bravo consider...?' Would you like to put the IDEA forward?

This information will be considered at planning for the future development of Bravo.

Please forward your ideas to: [lynn.boyd@bravo.org.au](mailto:lynn.boyd@bravo.org.au)

## Bravo

## CPR & First Aid Training

***CPR & First Aid Training in collaboration with the Salus Group Academy is to be held at 22 Dennis Little Drive on Monday 18th September 2023.***

The training dates are available on the Salus Group Academy website. [www.sgacademy.com.au](http://www.sgacademy.com.au)

For Bravo employees to attend their mandatory CPR/First Aid training, bookings are available through the website [www.sgacademy.com.au](http://www.sgacademy.com.au).

Bravo employees to email: [hr@bravo.org.au](mailto:hr@bravo.org.au) once booked.

For other individuals, organisations or community groups that would like to come and receive their training through the Salus Group Academy and join the courses at the Bravo office, book online NOW.

## Bravo's

## Facebook Likes Campaign

***Bravo currently has 1.7K Likes. Can you help us reach 2K Likes?***

Bravo needs you for the success of this campaign! The benefit is, you keep up to date with what's going on within the disability sector whether it's about the organically focused local based platforms or shared information from leading experts and motivators.

If you have some suggestions about different content send your ideas to: [lynn.boyd@bravo.org.au](mailto:lynn.boyd@bravo.org.au)

What can you expect to currently see on the Bravo Facebook:

- Upcoming community & disability news & events
- Shared memories with Bravo Participants & Team Members
- Role Model information & sharing
- Shared Goal Setting & Achievements
- Bravo event information.
- Recognition Awareness Days

**#BeBraveandGoThere** and make **BRAVO** the most **LIKED** 'Supports Provider' in Gympie. Click on [www.facebook.com/BravoDisabilitySupportNetwork](http://www.facebook.com/BravoDisabilitySupportNetwork) and support the campaign.

# Mental Health Awareness for Businesses

Attendance at the Gympie Chamber of Commerce & STEPS Group Australia training event was well received by attendees from Bravo & other businesses in the month of August.

The training event was an open forum for business leaders to discuss & receive information on how to recognize, minimise & eliminate risks of psychological health & create a workplace environment that is mentally healthy.

An information pack was provided to attendees with some helpful tools such as the below.

## TIPS on effective ways to express yourself:

### Describe how you feel

HELPFUL	UNHELPFUL
<b>Being honest:</b> letting the other person know how you're truly feeling.	<b>Being aggressive:</b> yelling, using hurtful language, or being sarcastic.
<b>Being specific:</b> naming the different emotions you're experiencing, instead of using general or vague terms.	<b>Shutting down:</b> withdrawing or giving someone the 'cold shoulder'.
<b>Using 'I' statements:</b> explaining how the situation you're in is affecting you rather than blaming or criticising others' behaviour.	<b>Blaming the other person:</b> making the conversation about them rather than about you.

More information can be found by visiting the *This Way Up* website: [thiswayup.org.au/coping-and-resilience-tools/](https://thiswayup.org.au/coping-and-resilience-tools/)

## Bravo survey to assess

# Psychosocial Hazards & Psychological Risks

## Thank you to all the Bravo Team Members who have already responded to the Health, Safety & Wellbeing in the People AT Work (PAW) survey.

Your feedback is important to Bravo and with your contribution, Bravo can achieve a more inclusive and safer workplace.

The survey will remain open until 18th September 2023.

### Know how to be heard

When experiencing strong emotions like fear, anger, or frustration, it can sometimes feel like others are just "not getting" us, which can lead us to snap, yell or withdraw from the situation without solving or getting our needs met.

### Try these 3 steps:

1. Notice and label how you feel, e.g., "I'm feeling frustrated right now".
2. Take a slow breath in and out of your nose before you respond.
3. Explain the problem, the situation, how you feel or what you need using calm and respectful language.

At the team meeting in November, an opportunity will be provided by Bravo to discuss any identified psychosocial hazards & risks from the survey.

Recommendations & suggestions from the Team Meeting will be reviewed, with approved strategies to be implemented throughout Bravo.

## Part Five

# Bravo Services

## Bravo Direct Support has capacity For New Referrals

### Meet the Direct Support Facilitators responsible for delivering direct support arrangements to Participants

**Jacquie** has 3 years' experience within Bravo. She has lived experience with disability and high support needs within her immediate and extended family. Jacquie enjoys advocating for inclusion and encourages growth and opportunities for all.

**Rachel** has 9 years' experience within Bravo. She started her career with Bravo as a Support Worker. Rachel enjoys making meaningful connections with the Participants Bravo supports and working with Bravo Support Workers to deliver the outcomes that the Participant wants.

**Jess** has 13 years' experience within Bravo. She started her career with Bravo in Administration and has had the opportunity to work in many different areas. Jess enjoys the connections she makes and is looking forward to making more.

**Chris** started with Bravo in 2022. He has extensive experience in the community sector and



L - R: Jacquie, Rachel, Jess, and Chris

Contact Bravo to discuss your individual support needs on (07) 5482 5336 – Ext 3, or Email: [directsupport@bravo.org.au](mailto:directsupport@bravo.org.au)

has worked with disability for over 10 years. Chris is about improving the quality of life of people who are disadvantaged or marginalised; to give them a voice to achieve what they want.

Collectively this is 26 years of Bravo experience and even more years within the disability sector. What can Bravo's Direct Support team provide?

Assistance to Participants with accessing and participating in their communities and at home. These services may be funded by NDIS, DSOA, or as a brokered arrangement to another Provider.

## Meet Bravo's

## School Based Trainee

Hi, my name is Natalie and I've joined the Bravo team as a Trainee Receptionist. I attend St Patricks College as a year 11 student, but will be at the Alma Street Office most Tuesday's learning the skills to complete my Cert III in Business. After school I'm not 100% sure what I want to do, but I would like to either get an apprenticeship in the army as a diesel mechanic or become a support worker in the local area. In my spare time, I like to work on my 2003 extra cab Hilux, spend time with my younger sister and our four dogs. I enjoy camping and 4wding with my family. I often go out on the family boat crabbing, fishing, tubing, paddle boarding, swimming, and jet-skiing. I look forward to my time at Bravo.



Natalie – Trainee Receptionist

## Part Six

# From Bravo Governance Board

## It's Spring

## Hello everyone

Spring, also known as springtime, is one of the four temperate seasons, succeeding winter and preceding summer. Spring is characterised by sunny days and cool nights. Jacarandas and wildflowers are in bloom, creating a spectacular display of colour in many of this beautiful country's cities and towns.

## Constitution

Bravo's Constitution has been updated and will be presented for approval at a General Meeting prior to the Annual General Meeting on Friday, 27th October 2023 at The Albert Bowls Club, River Road, Gympie at 9:45 am. Bravo!!

## Honour Board

In recognition of past and present Board Members, the current Board has decided to initiate the development of a Board Member's Honour Board. More information will be provided in the December Bravo Brief.

*Happy Springtime everyone!*



From left to right: Dave Cohen (Bravo Treasurer), Dianne Melnyk (Bravo President), Glen Hartwig (GRC Mayor), Cindy Buchan (Bravo Community Networker) and Michelle Perrett (Representing Tony Perrett MP)

**Board Meetings are held on the third Friday of each month.**

President:	Dianne Melnyk
Treasurer:	Dave Cohen
Member:	Jackie Harding
Member:	Lesley Nissen
Member:	Rebecca Tulle
Member:	Barbara Berwick
Community Representative:	Emma Buhse
Secretary:	Gail Brown

## AGM

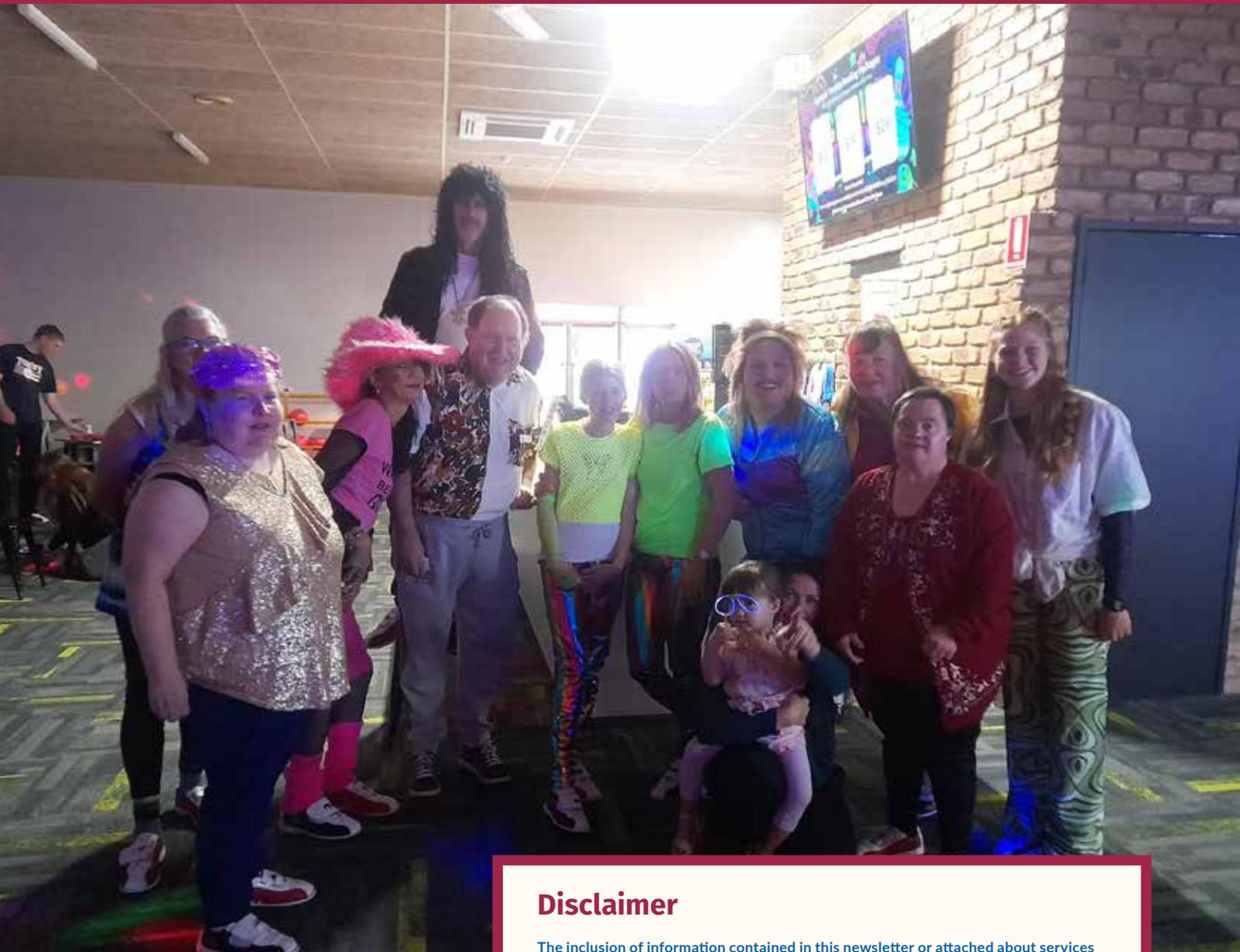
Bravo's Annual General Meeting is scheduled for Friday, 27th October, 2023 at The Albert Bowls Club, River Road, Gympie at 10:00 am.

All Members will be invited, look out for your invitations in your 'in box / letter box'. We look forward to seeing you there!!

## Board Members

Good News. The Board has the pleasure of accepting three new Members with a positive outcome of increasing the numbers of the Board with dedicated and committed Members. Bravo!!

**Be brave and go there! Bravo will partner with you to provide respectful, responsive, reliable, high-quality, safe disability supports.**



### Disclaimer

The inclusion of information contained in this newsletter or attached about services provided by any organisation does not imply a recommendation by Bravo Disability Support Network Inc.



**(07) 5482 5336**



**[admin@bravo.org.au](mailto:admin@bravo.org.au)**



**[www.bravo.org.au](http://www.bravo.org.au)**



**7 Alma Street  
Gympie QLD 4570**



**PO Box 935  
Gympie QLD 4570**