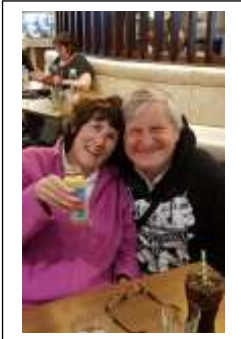




# September Newsletter

EDITORIAL 2020.



Hi Readers,  
 Welcome to our spring newsletter,  
 As you see Reinforce has not been in the Office since March the workers and Committee have been working from home. We Have been doing lots of meetings and regular Catch-ups on zoom. But we are still sending out

The newsletter even though we can't send it out by post we are managing to post it on the Reinforce Facebook page and the website and also by email. These are difficult times for Reinforce

We had a lovely catch-up on Zoom which took us all the way to Greece thanks for a lovely trip from Sue Smith from (SARU). When Reinforce are finally back in the office we will be so happy seeing each other again and we will be doing more things for you to join in with, training in the country. Even though Zoom is great it is not the same as working together face to face.

We would like to hear from our members what you like about the newsletter? If you would like to receive the newsletter by email? I will make sure you get a copy.

Send in your email address to

[gipsygirl88@bigpond.com](mailto:gipsygirl88@bigpond.com) or

[sw@reinforce.org.au](mailto:sw@reinforce.org.au)

If you wish to know more about Reinforce please see our website

[www.reinforce.org.au](http://www.reinforce.org.au)

**Disclaimer** All information contained within the Reinforce newsletter is as accurate as possible and is provided in good faith, however it is not guaranteed. Reinforce does not recommend any product, activity, organisation, service or item – such details are provided with the Reinforce news for general information and interest only.

## WHAT'S IN THIS NEWSLETTER

Two poems  
 From Colin Hiscoe  
 Our weekly Catch-up

Zoom members

Events/  
 An article by Janice and John Slattery.

A message from Sale from

Amanda Milliar

An article  
 Georgina Mills

Birthday Column

## **Birthday Column**

The committee wishes these two members of Reinforce a very happy birthday in August.

Colin Franks: August 10.

Judith Buchanan: August 11<sup>th</sup>



If any of the members would like their birthday mentioned in the birthday column just SMS me your birthday and your name to (0439806000)

## Verse from Colin Hiscoe

### LOST AND FOUND

Oh it's slowly I go through the thick falling snow crying and dreaming of my loved one, my dreams are attempting to construct in my mind my thoughts, my soul, my mind is in anguish and in pain for my loved one. Please forgive me my dearest for this sour note but my feelings are taking me far beyond it, my comprehension I do not know is driving me insane dear for some time I thought that I had lost you Oh God that was shock to my system and all of me, but I am happy, glad and joyful that you and I my dearest are together again.

### **SMILE**

S could stand for the Sincerity of a smile

M could stand for the Memory of a smile

I could stand for the Involvement of a smile

L Could stand for the Lasting of a smile

E could stand for the Everlasting of smile

Put all these letter together of the words Sincerity, Memory, Involvement, Lasting, Everlasting They spell the word SMILE

So come on people let's all just smile and let's make this a wonderful thing to do.

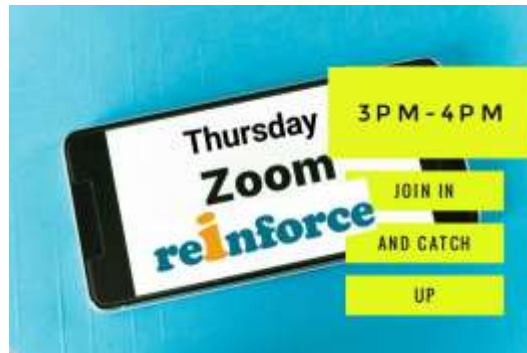
# REINFORCE Zoom -Afternoon Catch-Ups & Members Events

Please join us every Thursday afternoon at 3pm for our weekly catch-up.

Meet new people and see old friends.

Check our Facebook page for the Zoom Link or contact [sw@reinforce.org.au](mailto:sw@reinforce.org.au)

for the link to be send to you each week



## REINFORCE Zoom Member Events



Date	Picture	Activity	Time	Host
27 <sup>th</sup> August		Bring your own coffee mug or your favourite song	2:30pm - 4pm	Susan & Heather
24 <sup>th</sup> September		Self Advocacy Who Wants to be a Millionaire – your rights	2:30pm - 4pm	Susan & Heather
29 <sup>th</sup> October		Self Advocacy Who wants to be a Millionaire – the law	2:30pm - 4pm	Susan & Heather
26 <sup>th</sup> November		Your favourite food to cook / recipes	2:30pm - 4pm	Reinforce member
17 <sup>th</sup> December		Christmas Carols or dress up	2:30pm - 4pm	Susan & Heather



**By Janice and John Slattery:**

Since the lock down begun in March we haven't been doing much, we go out for our morning walks and then we get take away coffees and then home and get ready for our meeting's and every Thursday we have weekly catch-up on zoom, and the rest of the time we play games ether on the computer, iPad or phone. We both can't wait when we can do more things like going swimming, Bentleigh RSL and going to the pictures. It has been a bit boring. We hope it doesn't drag on. Keep your spirits up and join us when you can on Zoom



**By Amanda Millear:**

I have been in Sale since March and I am still here it's like being away from home on holidays; I have been keeping myself busy. I have been going down the street for coffee and reading the newspaper to find out what's happening in Melbourne thinking of all my friends under stage 4 lockdown. I have been walking around the lake of Sale. I have been working with crafting things with wood and other things as well, and I am learning how to do Zoom we have been having committee meetings on Zoom and this is the only way I can see people because I miss all my friends back home.





Self Advocacy Training Unit Project  
Coordinator – Georgina Mills

Hello to everyone from my home office. Like you, all the Reinforce workers are staying at home. We have been working from home since March and we have had to do our work differently than we did before.

The Self Advocacy Training Unit (SATU) has started the new 3-year project by following a work plan to make sure we get the job done.

The Advisory Group for the project meets often to help the workers plan the project. They have been meeting on-line instead of in the office at Ross House. The Peer workers, Heather and Susan, have learnt how to use zoom on their computers too. They have done Zoom training, Zoom catch-ups and have made a calendar of Zoom events for all Reinforce to join. It's a great way to see each other when we can't be together. Please have a look at the calendar in this issue. There will be music, self-advocacy games, and sharing our favourite food.

We look forward to seeing you at one of the events!

### **Coronavirus information**

For Easy English versions of Coronavirus information please follow the following links

<https://www.dhhs.vic.gov.au/information-people-disability-coronavirus-disease-covid-19>

<https://www.afdo.org.au/easy-english-guide-to-corona-virus/>

<https://www.dana.org.au/covid-19-disability-resources/>