

# lifebridge

QUARTERLY

DECEMBER 2017

## OUR 30 YEAR JOURNEY

*Feature  
Story*

---

## 5 MINUTES WITH

*Jo Heighes*



# DISCOVER LIFEBRIDGE AGED CARE SERVICES

Our Aged Care Services allow people to realise their potential for physical, social and mental well-being throughout their life course. Our focus is on the person's wellness and enablement.

Wellness is an approach that builds on a person's capacity to improve their physical, social and emotional functioning while supporting them to live independently and autonomously.

Enablement is 'doing with' rather than 'doing for' the individual in order to enhance autonomy and/or independence.

At Lifebridge, together with you, we will design a tailored approach that meets your individual needs and provides you with the freedom to participate in the activities that have meaning and purpose to you.



Find out more.  
Contact Lifebridge  
**on 1800 043 186.**

# CONTENTS



CELEBRATING  
**30** years

## 3 CEO MESSAGE

*Brownyn's update on the happenings at Lifebridge*

## 4 FEATURE STORY

*Tim and Sheree's 30 year journey of love*

## 5 5 MINUTES WITH

*Jo Heighes*

## 6 A WHALE OF A TIME

*A gift from Tweed Seaspots*

## 7 AGED CARE SERVICES

*Our first Home Care Package customer*

## 8 DEMENTIA ESSENTIALS TRAINING

*Improving our workplace skills*

## 9 CARERS COUNT

*Thank you to our carers*

## 10 DISABILITY SERVICES

*Community Hubs*

## 11 LUKE & ZAC'S DAY OUT

## 12 CREATIVE ARTS EXHIBITION

*Visual Arts, Multi Media & Photography and Textiles display their works*

## 13 COOL TALK

*with Lucy*

## 13 WELCOME BACK, ITS ABBEY TIME

## 14 SOCIAL SUPPORT GROUPS

## 15 INTRODUCING

*Suzy Conolly*

## 16 NIGHT OF ABILITIES 2017

## 17 BOOMERANG BAGS

## 19 MOVEMBER MOS - BUY A MO SAVE A BRO

## 20 US THE BAND ACOUSTIC SESSIONS



[facebook.com/lifebridgeaustralia](https://facebook.com/lifebridgeaustralia)

ON THE COVER  
*Tim and Sheree's 30-year journey*

Lifebridge Australia Ltd.  
PO Box 338, Tweed Heads 2485  
1800 043 186  
[admin@lifebridge.org.au](mailto:admin@lifebridge.org.au) | [www.lifebridge.org.au](http://www.lifebridge.org.au)



# CEO MESSAGE

*Bronwyn Mitchell*

**THE** final quarter of 2017 is almost done and dusted. I know that people always say the years cannot go by any faster, yet for me, this year seems to have set a personal record. There is the adage that the busier you are the faster time flies so this is what I am contributing the swiftness of this year to.

At the beginning of the year Lifebridge had very clear goals on what it wanted to achieve and where it wanted to be. I am proud to say that these goals have been progressed and the milestones we needed to achieve have been met.

This was also a particularly exciting year as Lifebridge celebrated 30 years of operation; the introduction of individualised Home Care Packages and the rollout of the NDIS in Northern NSW.

There were many celebratory events that were highlighted through print and various media outlets for the 30-year celebration with the major function being held over to 2018. The decision to roll the event across to next year will allow the celebration to include the historical event of Lifebridge transitioning to NDIS and the successful addition of Home Care Packages to the business portfolio.

I have written before about the importance of goal setting and aiming for the things that are important to us. For each of our customers they now have an amazing opportunity where they can set the goals that are important to them and allow them to achieve their potential and remain as independent as possible.

For employees, entering such an historical time that really is changing the entire sector, it is an opportunity to reflect on professional goals and the opportunity that this new work environment brings to them; as an organisation, Lifebridge will also continue to set goals and targets to ensure that it is constantly evolving and developing to provide high quality services that are required from its community.

Next year is going to be another “FAST” year for Lifebridge as we execute the various plans and projects that have been designed and worked upon throughout this year and set new goals and targets.

I would like to thank everyone who has been associated with the Lifebridge community over the past twelve months for all they have contributed. Every person who has had reason to be part of Lifebridge, albeit it for short, long or episodic periods, has contributed to its success and the growth of the Lifebridge Community.

Finally, I take this opportunity to wish you all a very happy, safe, fun filled and relaxing holiday season. I look forward to working with you throughout 2018 as the Lifebridge Community take the final steps to completing our transition.

Regards,

Bronwyn Mitchell  
CEO



# FEATURE STORY

## *Tim and Sheree's 30-year journey*

**LIFE** has a way of bringing people together and for these two soul mates the stars were perfectly aligned.

Sheree and Tim's journey first started around 3 decades ago, when they were just 2 and 3 years old. They first met at Tweed Valley Early Childhood Intervention Service and it was from there that their friendship started. Sheree and Tim were lucky enough to have each other throughout their school years at St Joseph's Preschool, Centaur Primary School and Coolangatta Special School.

It was in those years particularly at Coolangatta Special School that their friendship started to develop into love. Tim was 16 years old and Sheree 15 years old when Tim asked Sheree out on their first date. Chaperoned by their mothers Debbie and Maggie, Sheree and Tim had a wonderful evening. The evening ended with their first kiss at Jack Evans Boat Harbour under the fireworks.

Throughout the years that followed, we all watched as their relationship and love grew for each other. After the completion of high school, Sheree and Tim started their adult education at TAFE, achieving numerous certificates and a diploma in many different areas of education, including Maths, English, Hospitality and Digital Media Technology. Sheree and Tim have been able to complement their love for technology

and nature, with art and photography classes offered through Lifebridge Australia. Sheree and Tim also share a love for Tenpin Bowling, competing in tournaments and state championships together.

With Tim's support Sheree can drive her adapted car with a full licence, allowing them to be independent and in control of their lives. Sheree and Tim have lived together for many years, continually pushing each other to be the best they can be, accomplishing so many things by themselves and together. Then after all those years, on one beautiful night, at just the right time, Tim asked Sheree if she would marry him, and Sheree replied with a resounding 'yes'.

On September 23, 2017, at the same place they had their first kiss 15 years ago, they joined hands and declared their love for one another in front of family and friends. Exchanging vows and rings, in front of a beautiful water backdrop on a perfect day, sharing their first kiss as husband and wife and joining their families together.

However, this is not the end of Sheree and Tim's story, it's just the beginning of an amazing new chapter of their lives together.

Congratulations, Mr and Mrs Jasprizza – St Leon, wishing you all the best for all your future endeavours together and may your lives be filled with love, laughter and happiness, as you continue to grow and strengthen your love for each other.



# 5 MINUTES WITH

*Jo Heighes*

### **What is your role at Lifebridge?**

Disability Support Worker, which includes Communication and Friday Night 'What's On' Group Leader and Key Worker.

### **Before working at Lifebridge, what was the most unusual or interesting job you've ever had?**

I was an Educational Interpreter in the QLD school system. I supported Deaf/Hearing Impaired students by signing Auslan. I also worked with Auslan mentors who taught me heaps about Deaf Culture. It was a fantastic experience.

### **How did you first learn about Lifebridge?**

I met a lady who uses our services for her grandchildren – funnily enough, I had just resigned from my QLD job just a couple of hours before then, so one door closed and another opened.

### **How has Lifebridge helped you in your career development?**

Lifebridge supported me to gain my diploma in Disabilities and also encouraged me to teach Auslan, which I now do at a Community College.

### **What do you like most about Lifebridge?**

Being connected with so many funny and interesting people, they are such a caring, friendly bunch! Plus the opportunity to share my passion of Auslan with others.

### **What is your favourite movie or TV show?**

Favourite movie is Contact or anything that is a thinker. I love true stories as well.

### **What is your favourite quote?**

'If you love your job, you never work a day in your life'

### **What is your favourite travel spot?**

Any travel is good to me but my favourite spot is home.

### **Where is your hometown?**

Liverpool – West of Sydney (not England with the Beatles)

### **If you had one Superpower what would it be?**

To fly.

### **If given a chance, who would you like to be for a day?**

The Prime Minister – so I could make massive changes and lock them in.

### **If Hollywood made a movie about your life, who would you like to see cast as you?**

Scarlet Johansen, because she is nearly as good looking as me.

### **If you could meet anyone in the world dead or alive who would it be and why?**

Either Steven Spielberg to talk about the amazing films he has made or Matt Damon because I love him.

### **Tell us some things most people don't know about you...**

- I love collecting books, which I never read and recipes that I never cook.
- I have a pet ferret called Violet, who I walk on a lead.
- Valerie Taylor – the famous shark lady, is my cousin.
- I love green tree frogs - I raise them from tadpoles.
- Chopper Read carried my luggage for me through Hobart airport.
- I have had the same smoothie every morning for the past 7 years.



# A Whale of a time

**IT WAS** the day the What's On and Media/ Photography Groups had anticipated for so long. Everyone had worked hard to save their pennies, the weather conditions were perfect and the excitement on everyone's faces when they realised it was finally happening, was priceless.

Monday September 18, 2017 was the day they went Whale Watching. An opportunity to experience the beauty of one of nature's most majestic creatures, the humpback whale, in their natural habitat and almost within their reach.

But this day didn't come easy, months' worth of communication back and forth, bad weather conditions, time limitations and funding were just some of the factors that came into play. It is through the sheer determination, hard work and perseverance by our support staff and customers that make activities like this come to life. It is about setting goals and putting in the effort to make it happen.

With thanks to Tweed Seasports owner Pete and boat owner Trevor Horrigan, their whale watching adventure began. Lifejackets on, cameras at the ready and plenty of huge smiles on board they set off across the ocean in search of the star of the show, the majestic humpback whale and they weren't disappointed.

On their journey they learnt about the ocean, the whales and their migration and finally they spotted a pod of whales in the distance. "Experiencing first-hand the sight of whales breaching near our boat was truly magical." Group Leader, Liis said.

But the magic didn't stop there. In the end Tweed Seasports gave the group the Whale Watching experience as a gift. The group recently presented Tweed Seasports with a personalised gift basket as a token of their gratitude for such an amazing day.

# AGED CARE SERVICES

It has been a very busy year for Aged Care Services. We have provided to our 791 customers the following:



This includes domestic assistance, centre based respite, social support and flexible respite to our customers and their carers. From our centre at Kingscliff we have provided 2,457 meals and 8,315 transport trips.

During this time the service has also undergone a restructure with the appointment of a professional and experienced team to implement the changes with regard to the Aged Care Reforms, including the introduction of Aged Care Packages.

Renovations also began at Kingscliff in November and Aged Care staff are well on their way with setting up alternate work stations in the Cottage with some staff already operating from this location.

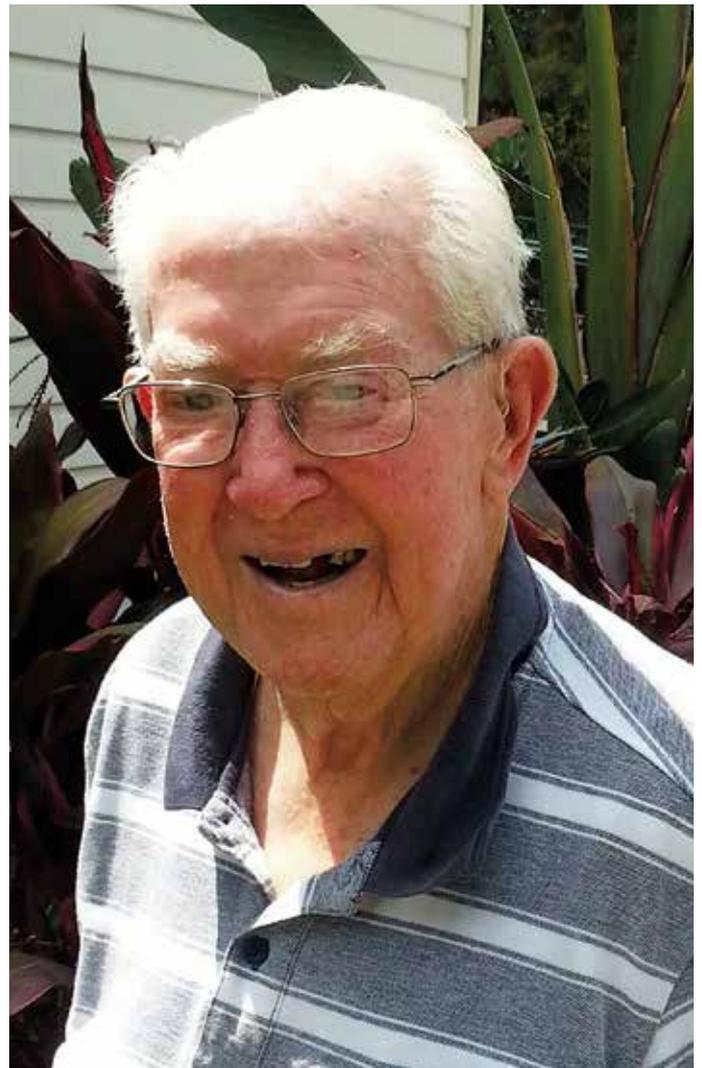
## OUR FIRST HOME CARE PACKAGE CUSTOMER

Walter White was our first Home Care Package customer. In April 2017 Lifebridge was approved as an Aged Care Approved Provider which allowed us to deliver Home Care Packages. Home care packages take a consumer directed care approach, meaning that our customers can choose the way services are delivered and by whom.

Walter lives in his own home, supported by his daughter and has enlisted the services of Lifebridge to ensure that he can continue enjoying life and maintaining his health into the future. Walter was able to choose the right support for his specific needs, which has enabled him to maintain his independence.

“I enjoy coming to Lifebridge for the company and being around people. The staff are wonderful and they all have wonderful personalities.” Walter White.

To find out if you are eligible for a Home Care Package call My Aged Care on 1800 200 422 or if you have already had an assessment contact Lifebridge on 1800 043 186.





# DEMENTIA ESSENTIALS TRAINING

*Improving our Workplace Skills*



**LIFEBRIDGE** have a solid reputation of providing staff and volunteers with ongoing training opportunities appropriate to the Disability and Aged Care Services industry. Staff training has many long-term benefits, not only to the individual but also to the business and most importantly to our customers.

Upskilling enables staff and volunteers to perform new and different tasks, therefore keeping them motivated and fresh.

Ongoing training ensures that our staff and volunteers are kept up-to-date with the latest information and strategies to enable them to provide the best possible customer service.

In August 2017, a number of Lifebridge staff members attended Dementia Essentials Training, at which they learnt about strategies to assist with

good communication, planning and developing appropriate activities and understanding behaviours in people living with dementia.

The three-day training course also included topics such as:

- Person centred care
- The nature and impact of dementia
- Understanding changed behaviours and developing effective responses

During the course, staff were able to share skills and strategies with their colleagues and gain a greater compassion and empathy for those customers suffering from dementia.

“It is an ongoing learning process and the more we are educated the more we can contribute to helping others in all stages of dementia.”



# Carers Count

As part of National Carers Week (October 15 to 21, 2017) Aged Care Services held a delicious high-tea on Thursday October 19, 2017 at Bistro 16 Terrace, Tweed Heads Bowls Club in appreciation of the carers in our community.

National Carers Week is a time to celebrate and recognise all Australians who provide care and support to a family member or friend with a disability, mental illness, chronic condition, terminal illness or who is frail. There are over 2.7 million carers in Australia providing 36 million hours of care and support every week to a family member or friend.

The replacement value of that unpaid care is \$1.1 billion per week.

Carers Count, the theme for National Carers Week 2017, highlighted these figures and by letting people know how many carers there are in our community and how much support they provide, hoped to raise awareness of carers right cross the State.

Support Coordinators Janelle Egas and Sharon Harvey commented that “everyone had a lovely time and really appreciated being able to connect with other carers in a relaxed setting.”





# DISABILITY SERVICES

## Community Hubs

**THE** transition to NDIS continues and with it our progression to creating more community based activities.

Disability Services have been working toward moving more of our programs out of Caloola and into the community. In October, we launched a revamped and expanded HUB at Chinderah with the intention of opening more HUBS by the end of the year. The introduction of the HUBS is more than a new place to run programs from, they have the potential for greater mainstream integration, which aligns perfectly with our vision and purpose.

Lifebridge are just starting to explore the possibilities of what a fully operational HUB can offer and although the transition does not come without its challenges, we are energised and excited about the possibilities that can be created and offered to our customers.

As we move further towards community integration for our customers, we have expanded the hours of the Chinderah Scout Hall to use it as a Lifebridge HUB. This has proven very successful with customers and staff commenting that "it is working out really well!"

There is a lot less travel time, meaning more time is spent on doing activities. Additionally, with the local community integration this facilitates greater access of resources in the Chinderah, Kingscliff or Tweed Coast areas.

One of the groups operating from the Chinderah HUB is the Tinker Shed where participants are learning new skills such as restoring old furniture and making wooden items available for sale to the public.

*"I like it here in Chinderah doing Tinker Shed. It's a great group and we learn skills like sanding tables and chairs" - Anthony Bourke*

Tinker shed is so much fun making new stuff and selling items. Its great being out in the fresh air doing these activities - **Matt Hurst**

I really like doing Tinker Shed and going for coffee at Brothers in Kingscliff. - **Jarrold Quinn**



# LUKE AND ZAC'S DAY OUT

**SATURDAY**, September 16, 2017 was an opportunity for two friends, Luke and Zac, to spend the day together. Zac provided his good friend, Luke with sunglasses and a hat to match and together with support worker, Therese they all set off, Murwillumbah their destination.

There was plenty to see and do but at the end of the day, two things stood out for the boys. One was the mural in the lane just off Wharf Street, Murwillumbah with some ultra-cool graphics which gave them both plenty to check out.

Perhaps topping the mural, was the Murwillumbah SES opening up its doors and vehicles to the public. There was a great turn out of locals and those from further afield.

Luke and Zac both got the chance to buckle up inside the emergency truck, with sirens screaming and the trucks watering system making it look like rain from the inside. Getting a handle on the hoses was another popular choice on the day and plenty of people, including Luke and Zac got their chance to test it out. The old engine from Burringbar was another favourite along with the billy cart engine which Zac couldn't get enough of!

Top it off with a sausage sizzle and the day was a hit.

The message of fire safety didn't escape the boys either, taking home 'show bags' with plenty of goodies and a fire plan booklet. A timely reminder as we head into what is set to be a very hot summer.



# CREATIVE ARTS EXHIBITION

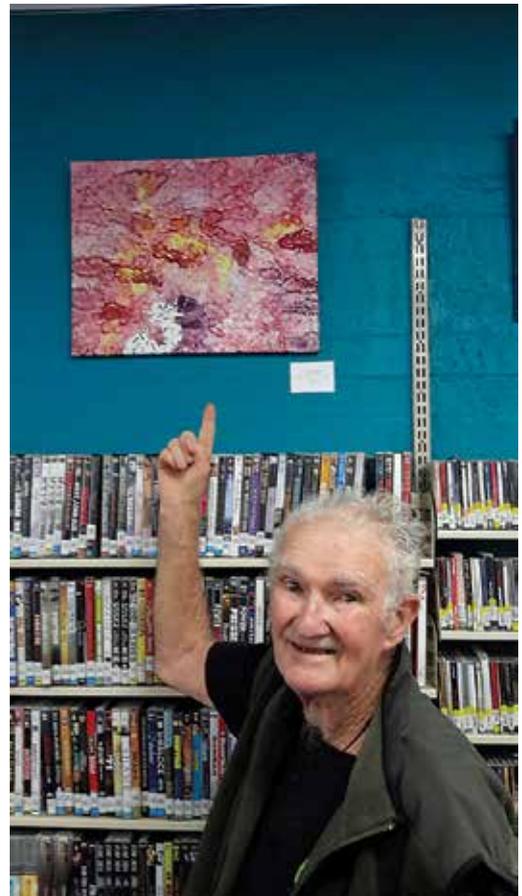
**THROUGHOUT** the months of September and October, The Lifebridge Creative Arts programs – Visual Arts, Multi-Media and Photography and Textiles programs showcased some of their brilliant artwork at the Murwillumbah Library.

During the course of the exhibition, the artists regularly visited the Library to answer any questions regarding their works. Each artistic piece, whether it be a painting, photograph or hand-made item, has a vision and a story to tell. Regardless of abilities, through

our creative arts programs, our customers are able to express exactly what that is.

All the artwork displayed in the exhibition was available for purchase and on the first day, Ellee Sibley sold, not one but two of her beautiful paintings, “Breaching” and “City Life.”

Visual Arts Tutor, Kathryn Cleland said “It was such brilliant news when I heard Ellee had sold two of her paintings, I was so very proud of her.”



# COOL TALK

It's Lucy, the Cool Kid.

I love doing leatherwork as part of the Monday Textiles Group at the new Chinderah HUB and I made an awesome bag.

On Tuesdays I have fun with Lesley, Amber and Anne. Last week we went to the fire station and cooled down with the water hoses. Rod the fireman would love to bring his fire truck to Lifebridge one day.

I also love art on Thursdays and every month I go for an overnight stay with Lesley and Anne and learn to be more independent – more about this next time!

Until next time, be cool, be famous...



## WELCOME BACK, IT'S ABBEY TIME

Hey it's Abbey here again, time flies when you are having fun.

I am really enjoying my Thursday girls group. In this group, we have lots of laughs and the best part for me is it is girls only. We did Zumba one day followed by lunch and another fun day was, Putt Putt Golf at Robina.

Lifebridge keeps me happy and smiling every day.



## WRITE FOR LIFEBRIDGE QUARTERLY

Interested in having your own column in the Lifebridge Quarterly?  
Submit your interest to [admin@lifebridge.org.au](mailto:admin@lifebridge.org.au)

# SOCIAL SUPPORT GROUPS AT KINGSCLIFF

Our Social Support Groups at Kingscliff can help you to keep your independence and wellness by being engaged and supported to live in the community. These groups offer a range of activities such as day trips, music programs, men's group, bingo and ladies shopping group. All groups are open to men and women who are 65 years or over.

## **The role of the groups is to:**

- Promote and maintain independence and wellness
  - Provide respite and support to carers
  - Provide socialisation
- Provide a close and supportive environment to share the day with others
  - Provide activities to promote active aging
  - Involve the community in the programs
- Support members to live in their community as independently and autonomously as possible

## **Details of our Social Support Groups**

- The groups operate Monday to Saturday 9.30 to 3 pm
- Each session cost \$20 with lunch and morning tea or \$15 without lunch



For more information  
call a Lifebridge Support  
Coordinator on  
**1800 043 186**



## INTRODUCING

*Suzy Conolly*

**SUZY** has been a support worker at Lifebridge for over 16 years and first heard about our services when she was working for FSG Queensland in Southport. I heard through a customer of TVRS, as it was known back then, that they were recruiting for staff to work in the Tweed area and it was the perfect opportunity for me to work closer to home.

Suzy really enjoys the comradery amongst the staff that she works with and has made some wonderful friends over the years. Working mostly with our high needs customers, Suzy enjoys the challenge of meeting goals and setting new ones.

Suzy grew up in the Bilambil area and has a keen interest in keeping fit by going to the gym, bushwalking and kayaking.

### THINGS MOST PEOPLE DON'T KNOW ABOUT SUZY:

1. Suzy was trained in accountancy and secretarial work at university.
2. Suzy was a singer and dancer in her younger days and still enjoys a dance on a night out with the girls.
3. She grew up on a dairy farm and had her own horses.

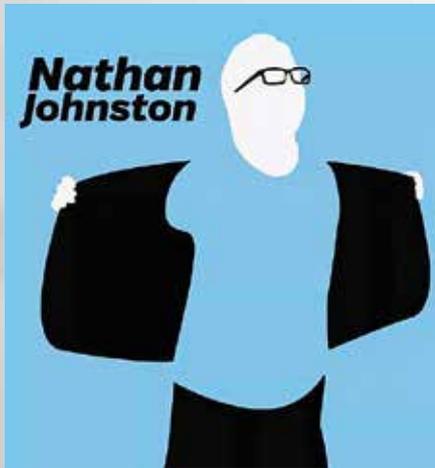


**lifebridge.org.au**

Keep up to date with latest information, real-time updates and news on the NDIS.  
Available on your mobile device, pc and laptops.

**DISCOVER LIFEBRIDGE**

# NIGHT OF ABILITIES 2017



Now in its third year, this event which is the brainchild of Nathan Johnston and his mother, Elaine has gone from strength to strength. Eight young people with a diverse range of abilities captivated the audience with their performances which ranged from music to art.

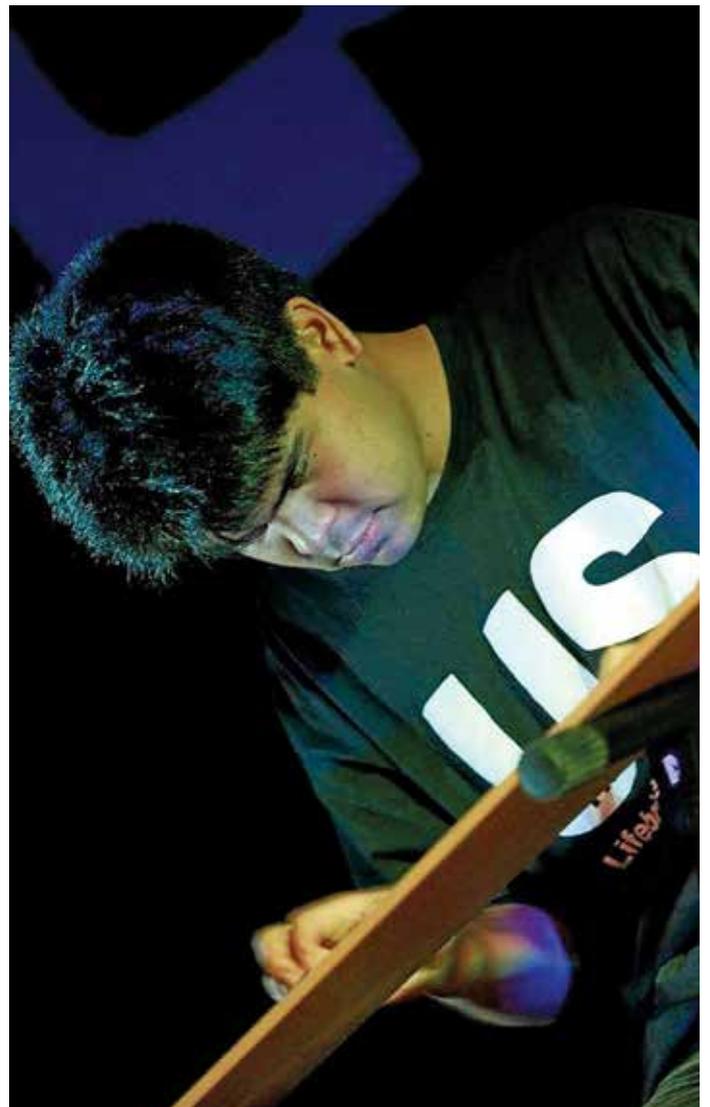
Nathan's support worker Mel Martin said "they will earn the respect they shouldn't need to fight for and change people's perspectives of people with a disability."

Nathan, who describes himself as a cross between Jack Black and Liberace, was once again host and performer on the night. Since a young age Nathan has always found comfort in performing and he made sure everyone knew that. His love of singing, dancing and performing has led him to host multiple events with the end goal of hosting the Nickelodeon Kids Choice Awards.

Returning also from last year's show, Patrick Scott not only showed his amazing skills on both the drums and on the keyboard but ended up also being quite the entertainer. Having music as a key part of his life for a long time, Patrick's rhythm and enthusiasm for what he does really shows when he performs.

Night of Abilities 2017 managed to raise over \$4,000.00 for the Kids In Need Association, which has supported families of children with a disability in the Tweed region for the past 35 years.

Nathan and his mum, Elaine are already preparing for next year's event which will be held on August 25, 2018. Watch this space!



# BOOMERANG BAGS



Boomerang Bags is an initiative aimed at reducing the use of plastic bags by engaging communities in making re-useable “Boomerang Bags” as a fun, sustainable alternative. Each boomerang bag harnesses the power of community engagement to create environmental and social change. The bags provide a platform for conversation and an alternative to the plastic bag, which is clogging drains, filling up our landfills, washing up on beaches and strangling our precious marine life.

With this in mind, the Monday Creative Craft Group in partnership with Tugun Fruit Market are actively participating in this worthwhile project. With Group Leader, Louanne King at the helm, the Creative Craft participants are gaining upcycling skills and giving new life to used fabrics as they create their Boomerang Bags.

The Boomerang Bags Project provides a platform for community members from all demographics to participate in a practical and innovative solution to plastic pollution and the group have already been approached by members of our Facebook community to extend their partnerships to other businesses.

Together we can work towards shifting society’s throw away mentality to a more sustainable revolution of re-use, one community, needle and threads at a time!





## MOVEMBER MOS - BUY A MO - SAVE A BRO

Back in 2003, two mates from Melbourne, were having a quite beer at the Gypsy Bar in Fitzroy when their conversation turned to recurring fashion trends. The moustache, a fixture in past decades, was nowhere to be seen in recent trends and they joked about bringing it back.

Inspired by a friend's mother who was fundraising for breast cancer, they decided to talk their mates into growing a Mo to raise awareness about men's health and raise money for prostate cancer.

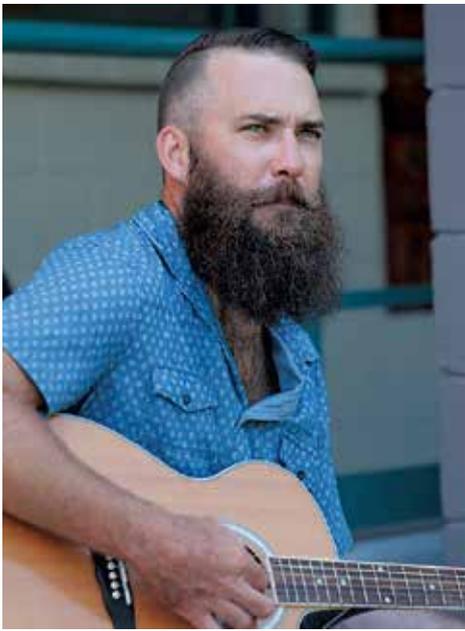
Since those first few years, Movember has continued to grow at an extraordinary pace. There are now official campaigns in 21 countries and collectively they have raised more than \$730 million to fund over 1000 men's health programs. With the support of millions of Mo Bros and Mo Sistas from all over the world, Movember is

working towards its vision, to have an everlasting impact on the face of men's health.

With this in mind, the Visual Arts Group decided to start a little campaign of their own "Buy a Mo - Save a Bro". The group were very enthusiastic about the idea and had a lot of fun coming up with weird and wonderful Mo designs.

The Mo's come in all shapes, sizes and colours, even glittery ones; and were available for a gold coin donation.

Plenty of people participated in their campaign showing their support for the Movember Foundation. Final tallies are still to be counted, but it was a great experience for the Visual Arts group and a great chance to support such a worthy cause.



## US THE BAND - ACOUSTIC SESSIONS

Formed several years ago Us the Band have spent many hours perfecting their award winning musical style which includes a mixture of cover versions and original material. Playing songs from the likes of Fleetwood Mac, Gun's n Roses, The Beatles and other major rock "n" roll legends, Us the Band certainly know how to get the party started and the audience on their feet.

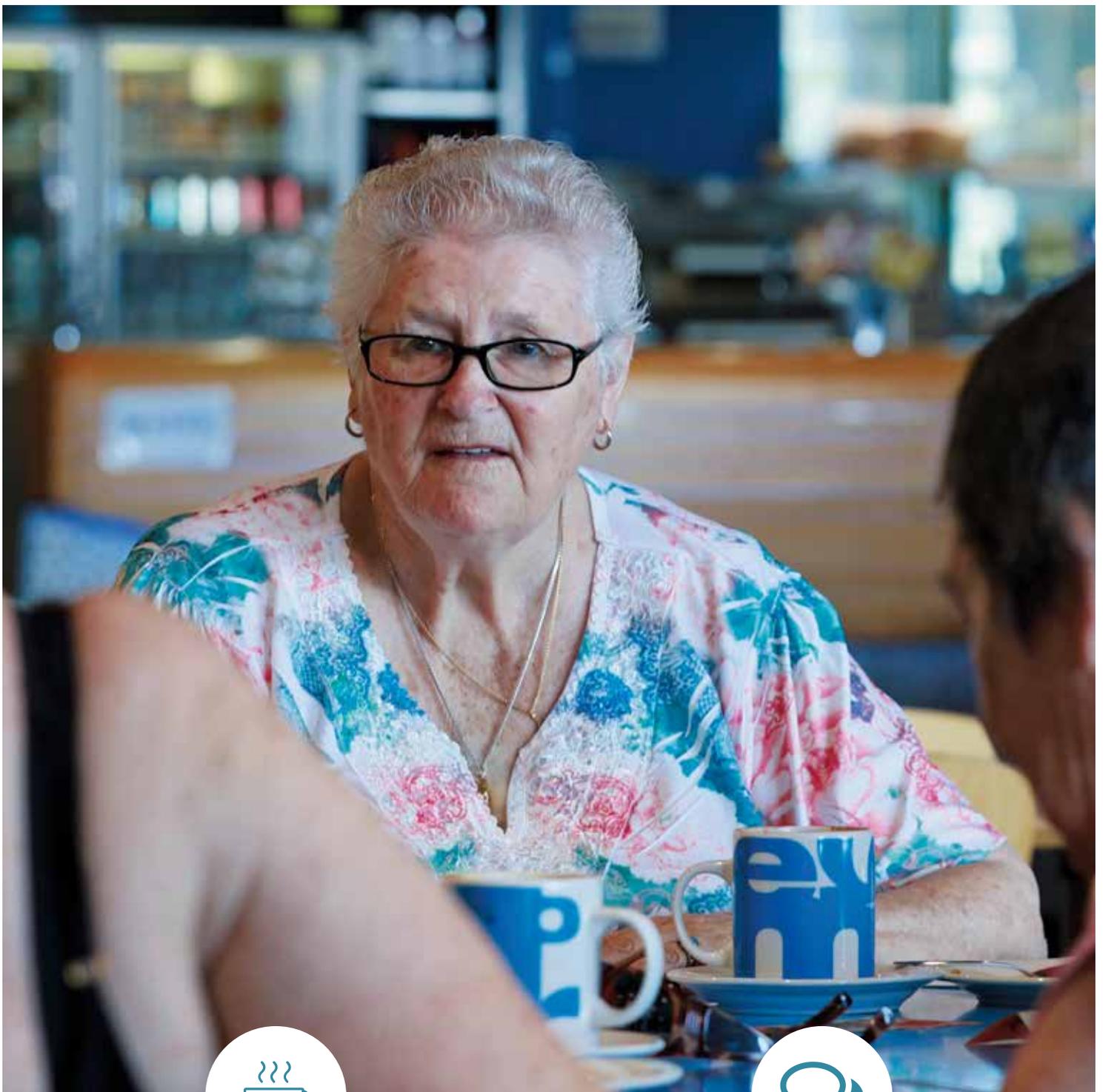
Lead singer, Nathan Johnston is well known for his charismatic onstage presence and stage antics and is backed up by an impressive array of musicians.

- Drums: Jess Proellochs is an energetic powerhouse on the skins and exudes a sense of passion that is infectious when she plays.
- Acoustic Guitar and back-up vocals - Jannah Goodman-Jones, who is also the Manager of the Band looks the part with her flowing locks and rock star glamour. Jannah is also supported by various other musically minded staff who often join in for a jam session.
- Guitar and back-up vocals – Jai Gorton rocks it

with his Elvis-inspired dance moves on stage and often joins Nathan at the mic during their emotionally charged performances.

- Guitar and percussion – James Small's sense of passion and determination shines through with every performance and you can just tell he is having the time of his life up there on stage.
- Keyboards – Musical prodigy Patrick Scott is a master on the keys and is known for his heartfelt performances.
- Roadies – Kate Smallmon, Roderick Johnson and Chris Chapman assist the band in setting up their gigs and join in on percussions. Kate also likes to take photos of the band.

Us the Band also invite guest musos to join them for jam sessions from time to time and one such session was held recently at Tweed Heads. Taking advantage of a gorgeous sunny day, they set up their kit on the back steps and rocked the joint. Everyone who walked past either belted out a few lines of the song they were singing or performed a few dance moves of their own.



## *Coffee and Chat*

A relaxing outing with peers where you can have a chat and enjoy a laugh.

Share experiences and develop supportive relationships over a delicious coffee. Coffee and Chat is a chance to get out in the community with friends and have some fun.

**Discover our Coffee and Chat Group.  
Register your interest on 1800 043 186.**



## *Carers Support Group*

Join a social, friendly and welcoming environment where participants can freely share experiences and learn from other carers alike.

Make some friends, develop a support network and most of all have some fun.

**Discover our Carers Support Group.  
Register your interest on 1800 043 186.**



## Give Lifebridge the thumbs up

Follow Lifebridge Australia on Facebook for exclusive contents, real-time information, the latest news and updates and loads and loads of images.

Join the Lifebridge online community  
[Facebook.com/lifebridgeaustralia](https://www.facebook.com/lifebridgeaustralia)



## We are on YouTube!

Visit our YouTube channel to see our promotional videos and some of our very own customer stories.

Visit [youtube.com](https://www.youtube.com) and search [Lifebridge Australia](#).



Discover Lifebridge  
Visit [lifebridge.org.au](http://lifebridge.org.au) or call **1800 043 186**