



Winter 2016



Jacaranda News

Daily Living Skills Program

Volume 1, Issue 1



Brisbane Botanical Planetarium Gardens Social Recreation

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SOCIAL RECREATION

If you are looking for something to do on the weekend come and join Jacaranda Clubhouses Social Recreation Program. These outings are organised in-house by the Members. The activities range from watching a movie, social dinner, picnics and checking out festivals.

Social recreation is a great way to relax with friends on the weekend and enjoy something different.



These photos were taken at the Jazz and Jumper Festival at Warwick. There was music and a market and we took a picnic lunch



The Trip to the movies to see Ab Fab was great we had so much fun and the movies was funny too. Some of us had not been to the movies for ages and it was really cheap.



Jacaranda Clubhouse Cupcakes



4 for \$6

Ph 3281 0344
email orders to info@jacarandaclubhouse.com.au

If ordering in the Ipswich CBD delivery may be arranged

Real good, a lot of laughs everyone had a great time. Highly recommended movie.

Jacaranda Flour Catering – New Catering Menu

Platters

Seasonal Fruit
(10– 15 People) \$27.50

Seasonal Fruit and Cheese
(10 People) \$33.00

Mixed Sandwich

Prices start at \$5.50 per person

Mixed Fresh Rolls

Prices start at \$5.50 per person

Hot and Cold Selection

\$5.50 per person

(inc choice of 2 items min order 6)

- Spinach and feta rolls
- Clubhouse sausage rolls
- Samosas
- Mini quiches
- Mini savoury muffins
- Mini pies
- Pizza Scrolls
- Mini frittatas
- Homemade dips of your choice with vegetable sticks or crackers

Sweets Selection: Chocolate slice, clubhouse cookies, butter cake, scones with jam and cream, mini muffins.

Gluten Free Options

- Orange citrus cake
- Lemon slice
- Bliss balls
- Savoury muffins

Lunch Selections

Price start at \$8.80* per person includes side salad (Min order 6)

Choice of 2 salads

Pumpkin and feta, Moroccan Cous Cous, Gallery Vegetables, Green citrus salad, Potato and egg, Coleslaw

> and choice of one meat

- Butter chicken served with rice and raita
- Clubhouse gourmet pizza (V)
- Shepherd's pie
- Lasagne (GF,V)
- Moussaka (GF,V)
- Chicken and mushroom pie
- Enchiladas

> or choice of one vegetarian

- Samosas and raita sauce
- Spinach and rice pie
- Nachos (GF)

R.O.A.D Update

Our Rural Outreach Access Days (R.O.A.D) are specific days which are organized for Members who are living in Isolated areas around Ipswich to be picked up and brought to Club-house for the Work Ordered day and then taken back home afterwards. If you or persons you know would like to attend during these days and would like to be connected with the R.O.A.D program please call us on 32810344 Currently the days available are:

Monday	Tuesday	Wednesday	Thursday
Redbank plains and Goodna areas	Laidley area	Fernvale area	Blackstone area

Weekly Events: House meeting on Wednesday / Gardening Unit on Tuesdays and Thursdays

Some of our Supporters

Department of Health: Day to Day Living in the community and QLD Health

Articulate Framings



Member's Thank you Post

I would like to thank members of Jacaranda for David's birthday party you made my day. He would have been 37 and would have loved the food and company and to think our red cross worker Robyn has the same birthday as his sister Karen 40 and David was born on his sister 3rd birthday 3 weeks early only 9lb 1oz I was very luckily to have such a great boy I have had him all to myself 34 years I would like to do it again 22 sept and make it David's day and pay it forward to remember. He was kind hearted he was a good peacemaker now a year ago and I still miss him I never knew I would lose him. STOP take the time to love them and cherish them because you never know when there gone you cannot tell them and without Jacaranda our lives would have been poor and boring you love us both and enrich our lives and always welcome us with both hands A BIG THANK YOU for all our years since 2002. and may I have many more as a member. A Big Thank You for your support on his Day Carpe Diem Live for Today

Yours Elaine E



June

Daniel Ba 16/6; Edwin M 16/6; Gary F 1/6; Joe Z 15/6; Leon U 14/6; Naomi J 8/6; Rochelle T 27/6; Victor S 30/6.

July

Caroline H 15/7; Dennis W 4/7; Joy D 6/7; Ricky B 20/7; Susan R 5/7.

August

Barbara C 15/8; Dylan H 9/8; Jackie K 7/8; Jenny A 15/8;
Michael M 7/8

Member's Story—Victor S.

Recovery or Reconstruction?

Meaning of Recovery—a return to a normal state of health, mind, or strength. Meaning of Reconstruction—the action or process of reconstructing or being reconstructed. My recovery journey after the use of substance abuse for the first time has been a wake up call. Lucky for me I was intercepted by my case manager at an early stage and returned to hospital to reconstruct my rehabilitation . There were a number of things that got me through: Hope, self-esteem, resourcefulness, relationship, income, contribution, and transition. My self-esteem which has improved my personal growth , confidence and my contribution to work and being relied on are important to me. I now have a new understanding, identity and the resilience to my circumstances. Recovery can be described as a process of change through which people improve their health and wellness, live a self directed life, and strive to reach their full potential.

Find a Word Puzzle

Personal Hygiene

E	F	P	U	L	E	N	N	A	L	F	H	S	R
T	S	P	E	R	F	U	M	E	E	H	Y	O	W
S	T	A	W	A	T	E	R	O	W	R	A	A	R
A	S	S	O	S	P	A	O	S	O	S	S	B	S
P	Y	H	O	W	G	U	T	T	H	O	H	M	
H	H	A	G	E	R	A	G	O	S	A	F	O	S
T	T	V	E	A	I	S	O	A	R	M	M	T	O
O	L	I	R	T	E	T	O	S	G	P	O	T	R
O	A	N	M	B	H	O	R	H	S	O	T	N	A
T	E	G	S	B	E	G	A	N	T	O	O	T	L
P	H	F	R	H	S	C	R	U	B	B	I	N	G
T	A	U	D	E	O	D	O	R	A	N	T	R	A
W	S	W	S	H	O	W	E	R	C	R	A	H	I
H	A	Y	L	S	S	F	G	N	I	H	T	A	B

DEODORANT
SHAMPOO
PERFUME
TOOTHBRUSH
HEALTHY
TOOTHPASTE
SCRUBBING
GERMS
TOWEL
SHOWER
FLANNEL
BATHING
WATER
WASH
SOAP
RAG
SHAVING
SWEAT

The Ozcare— Secret Men’s Business is a great way to engage with other men who like doing manly things. Don’t miss out on these gatherings as they are a lot of fun. There are four more events for this year from September to December.

IPSWICH COMMUNITY ACCESS
DISABILITY SERVICE

Ozcare **SECRET MEN’S BUSINESS**
ICADS BLOKES ACCESSING THEIR COMMUNITY & MATESHIP

2016 CALENDAR OF EVENTS

 JACARANDA CLUBHOUSE		JULY 29	
FEB 26	LUNCH AT JACARANDA CLUBHOUSE	AUGUST 26	LUNCH AT JACARANDA CLUBHOUSE
MARCH 18	LUNCH AT JACARANDA CLUBHOUSE	SEPT 23	
APRIL 29		OCT 14	
MAY 20	LUNCH AT JACARANDA CLUBHOUSE	NOV 18	LUNCH AT JACARANDA CLUBHOUSE
JUNE 17		DEC 16	

**FOR ALL ENQUIRIES CONTACT ICADS
Ph. 3432 6020**

Current Projects

- Mad Hatters High Tea Party
- Cupcake Drive
- New Catering Menu
- Halloween Lunch
- Christmas party
- Update Task Sheets
- Catering
- NDIS Info Session

Jokes





PeerZone builds recovery capacity in people with mental distress, the people who support them and the organizations that serve them.

PeerZone provides affordable professional development opportunities for peer workers and other support workers with experience of mental distress or addiction by training them to deliver workshops and offering them ongoing support and supervision.

There is sound evidence that peer support and peer led recovery education increases wellbeing.

Christmas in July Raffle won by Steve





JACARANDA
CLUBHOUSE

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E-mail:
info@jacarandaclubhouse.com.au

We're on the web!
Jacarandaclubhouse.com.au

To book in for a
Tour just give us a
phone call and we will
book you in!

When you arrive one of
our Members will show
you around the
Clubhouse and let you
know what we do!

MEANINGFUL WORK.

MEANINGFUL
RELATIONSHIPS.

A PLACE TO COME.

A PLACE TO RETURN.

Jacaranda Clubhouse offers a safe place where people can start again and are perceived as a resource, not a burden on society. The Clubhouse is based on simple principals. It does not focus on illness or disability while recognizing that these exist. The clubhouse hinges on the basic needs that many of us take for granted. The need to be needed..

Upcoming events

WRAP

PeerZone Workshops

Mental Health Week

Secret Men's Business

Goal Planning

Knitting Group

Mondays Pet Days



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ABN 26 376 31 863