



THE CLIENT CHRONICLES

Disability Inclusion Guide!



Have you seen it? The 'Learning about Community' program together with the support of Hi-tech have created a Disability Inclusion Guide!! We visited so many great businesses in Mudgee who were eager to get on board, creating more awareness in our already supportive community.

If you know of someone with a disability who would like to feel more confident in going to visit a local business, let them know about this! We all want to feel safe and supported in our community, we really hope

this helps. It's easy to use to!

It's on Lifeskills Website here: <https://lifeskillsplus.com.au/inclusion-directory/>



In the Limelight!



You thought 20 years of service went unnoticed! Sorry Rose, you are just too fabulous for that! We all very much appreciate the work you do at Lifeskills plus, keeping us in the flow with your organisational skills.....

Q – Can you tell us a little about yourself?

A – I'm a mother of 3 and a grandmother. I like gardening and art.

Q – What do you enjoy about your job?

A – I'm always learning, changes with staff and clients.

Q – What has changed most in the last 20 years?

A – A big new building, great programs and the number of client staff ratio increase

Q -Why would you recommend working at Lifeskills Plus?

A – It's just great! Always changing and learning. Varied work with great outcomes. It's great to see clients achieve goals And Lynn.... What can we say, we think you are amazing for giving your 20years of service and dedicate yourself 100% to the clients at Lifeskills Plus. New staff learn a lot from you!!

Q – Can you tell us a little about yourself

I have 4 children (2 boys 2 girls) and 4 grandchildren (2 boys and 2 girls) Have lived in Mudgee all my life and lived in a farm for 12 years. I like growing my own vegetables and making preserves.

Q – What do you enjoy about your job

A – The smiles on people's faces

Q – What has changed in the last 20 years

A -Much bigger buildings, more people with a disability being supported, people's perspective on disability, safety procedures are much better

Q – Why would you recommend working at Lifeskills Plus?

A – A great team, assisting one another and laughing together, with clients to!



Work Experience - Alyssa

Where are you doing work experience?

A. Mudgee bakery

How long have you been there?

A. 5 months

What do you like about it?

A. It's fun and I like meeting people

How has it improved you as a person?

It's has made me more confident to speak to people



Rice paper rolls

Ingredients



1. 100g vermicelli **rice** noodles.
2. 12 **rice paper** sheets.
3. 2 spring onions, cut into long thin strips.
4. 1 carrot, peeled, cut into long thin matchsticks or grated.
5. 1/2 continental cucumber, peeled into ribbons.
6. 50g bean sprouts.
7. 1/2 bunch coriander, sprigs picked.
8. 1/2 bunch mint, leaves picked.

Place noodles in a heatproof bowl. Cover with hot water. Set aside to soak for 2-4 mins or until tender. Drain well.

Fill a wide, shallow bowl or tray with water. Dip 1 rice paper sheet into the water. Remove and shake off excess. Place on a clean work surface. Repeat with 5 more rice paper sheets. Quickly arrange a small strip of noodles along the bottom third of each rice paper sheet. Top with some of the spring onion, carrot, cucumber, bean sprouts, coriander, mint, chicken and peanut. Fold the bottom edge of 1 rice paper sheet over the filling, then fold in the sides and roll up to enclose. Transfer to a serving dish. Repeat to make 5 more rice paper rolls. Repeat with the remaining rice paper sheets, noodles, spring onion, carrot, cucumber, bean sprouts, coriander, mint, chicken and sweet chilli sauce.

To make the Vietnamese dipping sauce, combine the sugar, lime juice, fish sauce, chilli and garlic in a small bowl. Taste and add more sugar, lime juice or fish sauce if needed.

Serve rolls with dipping sauce

Bahahahahaha...

What did the shark say when he ate the clownfish?

This tastes a little funny.

Knock, knock. Who's there?
Hatch. Hatch who?



Bless you!



The Interview....



What is your program called?

Puppetry

What are you doing today?

Making witch puppets

What is your favourite part of the program?

Doing the puppet show for everyone

What is something you have learned this year?

It's lots of fun coming up with new puppet ideas 😊

1 Minute of Mindfulness.....

