

CELEBRATING 21 YEARS



Reflections

September 2020

MISSION STATEMENT

Billabong's mission is to enable adults living with mental illness to live their ideal life by fostering a safe and respectful environment.

Want to become a member?

Drop in and see us anytime for a guided tour and to receive our orientation pack!

No booking necessary! Our friendly staff and members are happy to chat anytime.

Contact Us

6 Darling Street, Tamworth NSW

Opening Hours: 8am- 4pm, Mon - Fri.

Ph: (02) 6766 9960

E: admin@billabongclubhouse.org.au

www.billabongclubhouse.org.au

Or find us on Facebook!

NEWS FLASH!!!

You can catch us on Facebook, Instagram, our website, monthly newsletters, email, phone, and of course...come on in! We look forward to seeing you!

WHAT CAN I DO @ BILLABONG?

Billabong is voluntary to attend and you can come here as often as you like, to do as much or as little as you like! We have qualified staff who can support you in many areas. We also have a variety of fun activities available, as well as different groups daily so see below for further details.

MONDAY	10.30am - Self care and recovery workshop 1.30pm - Housekeeping
TUESDAY	10.30am - Connection Group with our Occupational Therapist from the Rehabilitation Team from Community Mental Health
WEDNESDAY	10.30am - Wellness Wednesday exercise groups 12.30pm - Connexions Entrepreneurial Traineeship
THURSDAY	10.30am - Exploring Strengths 1.30pm - Cooking, shopping and budgets.
FRIDAY	10.30am - Movie Morning 11.30pm - Happy Hour (no alcohol involved!)

**Wii & Xbox, Cards & board games, Computers,
Movies, Arts & crafts and
Social outings**

Health and Fitness at Billabong



Mary Chris is our star fitness participant at the moment. She has particularly taken a liking to some boxing training and in a matter of 3 weeks, has significantly improved her style, technique and fitness. Mary Chris has also been doing lots of walking, often achieving over 10,000 steps per day.

Members



Haven with his creative artwork he etched on this wooden box.

It's a depiction of "Breadknife" from the Grand High Tops walk in Warrumbungle National Park. It is regarded as one of the best walks in NSW, offers close up views of the park's iconic rock



Workshops



Friday 11th September saw a group of our lady members gather together for a high tea on the back deck to chat about some of the many health issues women are faced with. It was a good time for reminders and some simple checks along with some handouts.

Workshops



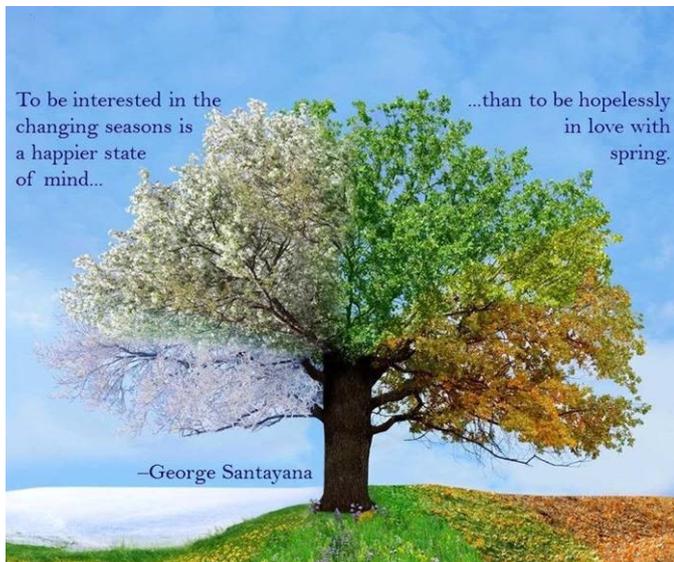
Recovery Workshop -

Recovery Workshop –
Vicki ran a Recovery Workshop on the deck under the new awnings on Monday 28th September .

16 members joined the group and were keen to share and offer input throughout the session.

The feedback was positive and members found this to be a really positive workshop and group.

A picture that reflects the journey is shared here and it is available for members who may like a copy of this to be laminated.



Meal time

BIG BREAKFAST

Billabong Clubhouse has been turning out some fantastic breakfast for our Members. Here we see Dane and Joe cooking up a storm on the BBQ.

Below is one of the more healthy options we have served up for breakfast.

Terri created this combination of fruit, Nuts, muesli and yoghurt.



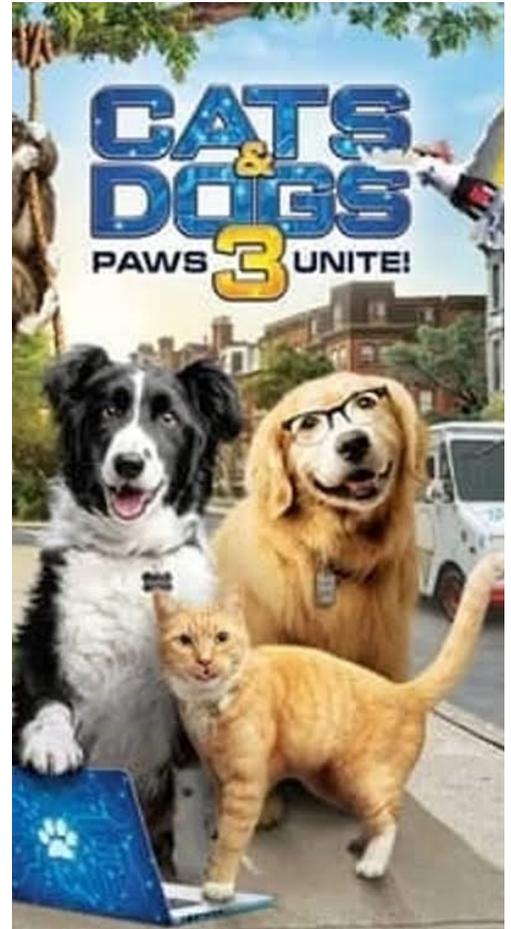
Movie Review

Cats and Dogs 3: Paws Unite

For a while now cats and dog have had an agreement to keep the peace. What happens though when an unsuspecting villain interrupts the brain waves of cats and dogs worldwide, turning them against each other once again.

Can observers Roger and Gwen (now turned field agents), find out who is the villain and restore the peace that once was. This is a really great feel good movie that every member of the family will enjoy.

MickC



Music Group



Here are a few of our promising musicians. We have spoken about getting a music group of the ground for a while and finally it had it first hit out. Haven has put hi hand up to help the other members as much as he can as he has been involved in the music game for a while.

IN THE KITCHEN...



Some more creations from the ever busy kitchen.

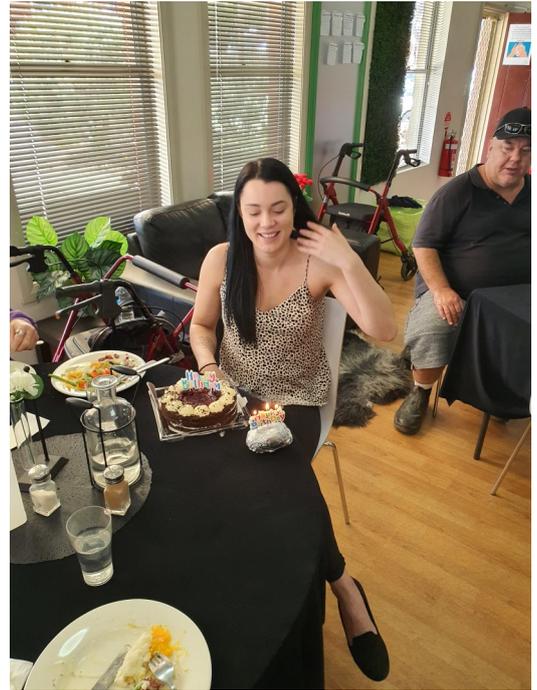
Above we can see Preet serving up one of her delicious Indian dishes which we were treated to every Monday.

Below Terri getting creative with a healthy breakfast.



SEPTEMBER BIRTHDAYS

Happy birthday
to all those who
celebrated theirs
in September



Recipes

Wombok Salad



Ingredients

- 1 Chinese Cabbage shredded finely
- 6 green onions, sliced to 4-5mm
- 100g lightly roasted chopped almonds or pine nuts
- 1 pack Chang's original or crunchy fried noodles

Dressing

- 1/4 cup white vinegar
- 1/4 cup castor sugar
- 1 table spoon soy sauce
- 1/2 cup olive oil

Method

1. Combine the shredded cabbage, sliced green onions and almonds in a salad bowl.
2. Mix together all the dressing ingredients and add to the salad.
3. Add the noodles just before serving. Toss to combine.



MENTAL HEALTH FUN DAY

POSTPONED

for 2020

Due to COVID 19, we have decided to postpone our Mental Health Fun Day for 2020 . We look forward to hosting it in October 2021, bigger and better than ever.

HELPFUL CONTACTS

Mental Health Line	-	1800 011 511
Lifeline	-	13 11 14
Beyond Blue	-	1300 22 4636
Suicide Call-back Service	-	1300 659 467
National Sexual Assault & Family Violence Counselling Service	-	1800 737 732
Kids Helpline	-	1800 55 1800
Men's Line	-	1300 78 99 78
One Door Carer Advocate		0438466 542
Link2home – Homelessness Support		1800 1521 526
Rosalie House		67768140
Family Drug Support		1300 368 186

PROUD SUPPORTERS

