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A Message from our Chief Executive Officer.

I trust that you all had an enjoyable festive period with your friends and family. It is hard to believe that it is 2020.

In 2020 Crosslinks Inc. will continue to provide quality support that promotes individuals with disability to have choice and control over their lives.



It is important that we continue the great work being delivered now whilst we implement a system of continuous improvement as we realign our services to meet the requirements of the Quality and Safeguarding framework that will be introduced into Western Australia in July 2020.

It may interest some of you to know that a Royal Commission "first progress report" has been released summarising the Commission's work to date in the Eastern States. You can access this information via the link provided : <http://bit.ly/2NHEGzd>

We look forward to sharing with you the achievements of the individuals that we support.

Denise Michelsen - Chief Executive Officer

Parent/Carer - Catch up Morning Tea.

Café Poste

The next morning tea will be held;

Date: Tuesday 4th February 2020

Time: 10am to 12noon (or any time in-between)

Address: Café Poste, 24 Stirling Street Guildford 6055
Next to the Old Guildford Post Office



These Morning Teas are an opportunity to meet up with others, share stories and have a great laugh. For further information, please contact Cherylynn on: 0407 198 938



Introducing a Crosslinks Superstar

Name: James

Participates in: Community Inclusion & RAP

Receiving Support from Crosslinks since: 2010

Q: What is the best thing about Crosslinks?

A: Going out with my friends and having fun

Q: If you could choose a superpower what would it be and why?

A: More energy to dance, sing and play my air guitar

Q: What is the best thing you have ever learned?

A: I have learned to cook, do washing and help Mum clean

Q: What is your all time favourite song?

A: OMG that's hard. I do like "Psycho" by Post Malone.

"Peace on Earth / Little Drummer boy" by David Bowie / Bing Crosby or "White Christmas" by Louis Armstrong are my favourite Christmas songs.

Q: What would you say to someone who wants to work at Crosslinks?

A: Please come and make friends with us. We have loads of fun.

Q: What are you most proud of achieving?

A: Staying overnight at Aimee's house and helping

Q: If you could do anything you wanted to, you would...

A: Go on another holiday and work at an Op Shop.



Crosslinks 'Family and Friends Advisory Group'



Please Join Us

The Family and Friends Advisory Group meetings are open, friendly, relaxing and not stressful. The group is here to provide a voice for participants & families as well as learning and understanding how Crosslinks works. The Group meets on a bi-monthly basis at Crosslinks and we welcome you to attend.

Next meeting: Thursday 13th February 2020 at 6 Cale Street, Midland – 10am

Alternatively, please contact us via details below to have an item added to our meeting agenda or just to find out more about the group.

Cherylynn Hunt: (Secretary)
Phone: 0407198938
Email: book500@hotmail.com

Kerrian Sale (Chairperson)
Phone: 0408412901
Email: kerruss@bigpond.net.au

Quote of the Month

**No one ever made a difference
by being just like everyone
else**

P.T Barnum (The Greatest Showman)

Dates for your Diary:

Monday 27th January
Tuesday 4th February
Thursday 13th February
Monday 2nd March
Tuesday 3rd March

Public Holiday – Australia Day
Parent/Carer Coffee Catch Up
Family & Friends Advisory Group Meeting
Public Holiday – Labour Day
Parent/Carer Coffee Catch Up

RAP Recreation & Participation News

On Saturday morning the RAPPERS got together at Lilac Park in Guildford for a breakfast BBQ. In between bacon and egg rolls the guys played games and decided what they would like to do this year. Some of the suggestions were; AQUA, Adventure World and a Rottnest Island day trip.



Peter kicking goals.

A great day was had by all.

We are all looking forward to a fantastic year ahead with lots of adventures.

Matt and Scott enjoying the sun and good food.



RAP Recreation & Participation News (cont)



Thank you to Deb for helping cook the BBQ and thank you to everyone that helped pack away.

Community Inclusion News

Welcome back to all our amazing participants and support workers. We hope you enjoyed your holiday season and recharged your batteries for a busy year ahead!

We would like to confirm that the programs you have enjoyed over the past several years are still up and running, with some exciting changes coming in the next few months- stay tuned!!

- **MONDAY-** Music Time at Midland Sports Complex. Come along and enjoy live music and mingle with friends. Light refreshments provided. Cost- \$8
- **TUESDAY-** Belly Dancing and Pampering at Guildford Hall. Let our fabulous instructor Nikki get those hips swinging! Sue will be running a pampering session as well so bring your makeup kits. Light refreshments provided. Cost- \$8 (please note that a cooking class will be coming to Tuesdays shortly).
- **WEDNESDAY-** Karaoke at Guildford Hall. Warm up those vocal chords and get ready to belt out those favourite tunes! Light refreshments provided. Cost- \$10
- **FRIDAY-** Drumming at Caversham Community Centre (135 Suffolk St, Caversham). Find your rhythm with our talented singer/WAPA instructor Mel. Light refreshments provided. Cost- \$10
- **FRIDAY-** Art at Lockridge Anglican Church. Express your creativity with our professional instructor (coming soon...). Light refreshments provided. Cost- \$10



(The crowd enjoying themselves at Music Time)

Community Living News

Dlanon is always ready to give a helping hand, whether it is peeling potatoes and veggies, cleaning the bird cage for Desmond with or without Phillip's help, looking after the front and back yard, trying to grow the Woolworth veggies from seeds or setting up the Christmas tree.

He just loves to help out and socialize. Dlanon enjoys one on one time with staff and of course, Dlanon loves his arts and crafts and enjoys handing out his creations, especially around Christmas time and has a big grin on his face when people complement him.

He likes to go shopping with staff. On Sunday morning he usually goes to the shop to buy a newspaper. Dlanon walks to the shops by himself.

He organises his own medical appointments and uses public transport to attend them.

Dlanon has a close bond with his family, which he contacts regularly on his own phone.

Anne (Support Worker – Lombardy Crescent)



Community Living News (cont)

During the festive season, our group homes held Christmas parties.



Community Living News (cont)

Moojebing Street, Clarke Way and Roberts Road residences held a gathering at Sandy Beach Reserve in Bassendean. This gathering was attended by participants, employees and families.



Community Living News (cont)



Special mention to the residents and employees at Walter Road for their prize worthy Christmas decorating.



Giant Morning Tea – December 2019

On Saturday 7th December 2019, we held our Annual Giant Morning Tea to celebrate International Day of People with Disability, at Midland Sports Complex.

This year we had over 120 people attend. It was such a huge success due to the amazing team work from everyone. There were many hands on deck to set up, facilitate and pack up. Thank you so much to all that assisted with the facilitation of this event.

We would like to give a special mention to our Family & Friends Advisory Group for their assistance with preparing all of our wonderful raffle prizes and for making themselves available to answer enquiries from participants, families and friends on the day.

We would like also to thank everyone who donated tasty treats, hosted the stalls and most importantly supported our participants so that they were able to attend and take part in this event.





Want to get fit, have fun and make new friends? Kalamunda United All Abilities Soccer may be for you!



When: Thursday nights

Where: Maida Vale Reserve, 35 Acacia Road, Maida Vale

Time: 6pm to 7pm

Bring a water bottle, shin pads and boots for a fun training session



For enquiries contact Cherylynn on 0407 198 938