



# CROSB Newsletter



**Christmas is coming and End of Year Celebrations begin!**

**CROSB Office will be closed from**

**4.30pm Wednesday 24 December 2014**

**and will reopen at**

**8.30am Monday 5 January 2015**



Over the Celebration period minimal support will be provided. If you're going on holidays or are not requiring support, please call the office as soon as possible.

CROSB—Ph—4162 9081 or email—crosb@sbctc.com.au

## Upcoming CROSB Events

- South Burnett Community Christmas Lunch – December 25 - Front Page
- Combined Groups – End of Year Beak-up Bowling Night 16 December 2014
- Relay for Life 2014 Page 3
- Ken Baines Disco 6 December 2014 Christmas Party Page 4
- The Gumnut Place— Place your orders for the Holidays

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## South Burnett Community Christmas Lunch

### December 25

**Kingaroy Senior Citizens Centre**  
(opposite SupaIGA)

**Doors open 11:30am**

*Everyone is welcome*

**Bookings essential!**

*Proudly hosted by the Salvation Army and various Kingaroy community groups*

**Donations to help cover costs appreciated**

**For more information or bookings please call CTC on 4162 9000**

# December



## End of Year Celebration Bowling Night



**16 December - 6pm to 8pm – Kingaroy Ten Pin Bowling & Mini Putt Putt**

**Cost - \$18.50 for dinner, bowling and shoe hire  
\$5 contribution for transport**

**Please make sure you RSVP before the 12 December 2014  
so we can make sure everyone gets a game of  
Ten Pin Bowling and dinner**

## Up Coming Events—December 2014

- \* Wednesday 3 – International Day of People with Disability
- \* Friday 5 – International Volunteer Day

## For a Hot Day—Fruit Smoothies

### Ingredients:

- > 2 cups fresh fruit; eg. Strawberries, kiwi fruit, watermelon
- > 2 cups milk
- > 1 cup Greek-style yoghurt
- > 1/3 cup Honey

### Directions:

1. Roughly chop 2 cups of fresh fruit and put in a blender or food processor
2. Add 2 cups of milk and blend or process until finely chopped
3. Add further 1 cup milk, 1 cup Greek-style yoghurt and 1/3 cup honey.
4. Blend or process until a smooth mixture forms
5. Put into 4 large glasses and serve



# “Relay for Life 2014”

On Saturday 11th October, “Relay for Life” was on at Kingaroy Show Grounds.

CROSB didn't have a big crew but those who participated or called in had a great time.

Sophie ended up doing about 35-40 laps and Sue broke her record of last year's 75 laps with a total of 87.

Sophie is going to be the Ambassador for the 2015 Relay For Life.

## A note from Sophie—

I arrived at Relay for Life at 2.30pm.

There were activities like Laser Skirmish, Foot Massage and Nail Technicians just to name a few.

I was walking throughout the time and I slept some of the night and I had breakfast there.

The band played till late Saturday night and I participated in the lighting of candles for those who are not still with us. I lit one for my Auntie Heather.

I would like to thank Sue for being part of the team and to those who came to support me and I would like more people to join Relay for Life in 2015.



» All smiles from Leanne Sainsbury, Sophie Baker and Sue Donnelly.

## No-drip Ice Blocks Recipe

These ice blocks are made from jelly mixture and still won't drip even when they are melting. Jelly crystals come in a wide variety of colours and flavours and this is a really economical way to make ice blocks.

**Ingredients:** 1 pkt jelly crystals, any flavour  
250ml boiling water  
200ml cold water  
Ice block moulds



### Method:

In a bowl, add jelly crystals and boiling water. Stir. When the crystals are all dissolved, add the cold water. Stir.

Pour mixture into ice-block moulds and freeze.

**Notes:** You can use only one flavour of jelly or try using a few different flavours and layering them in the moulds.

# Ken Baines Disco Date Claimer 2014

*For people of any age,  
living with a disability  
(intellectual or physical)  
and their families  
and friends.*



**Dates for 2014:**  
 Saturday 15th February  
 Saturday 26th April  
 Saturday 14th June  
 Saturday 16th August  
 Saturday 18th October  
 (Halloween)  
 Saturday 6th December  
 (Christmas Party)

*St. Mary's Hall, 15 Albert Street, Kingaroy.  
7:00 pm until 11:00 pm.  
Carers need to remain in attendance.*

**Refreshments provided!**  
**No charge. Gold coin donation appreciated.**

For all enquiries please contact the  
Centacare South Burnett Office on: 4162 5439

Sponsored by:  
St Mary's Catholic Parish Kingaroy



Proudly Supported by:  



## December Promotion

With Christmas fast approaching  
The Gumnut Place are busy whipping  
up some fantastic treats to see you  
through the holiday period.

This year's menu includes mince pies,  
pecan and honey biscuits, truffles and  
more!!

If you want to spend the holiday re-  
laxing and not slaving in the kitchen  
then complete the attached order  
form and return to The Gumnut Place  
by 15.12.14.



## SORTLI

### App for Iphone or Android

Transitioning to adulthood is an empowering experience.

To help get you there, Sortli provides information, step-by-step guides and support. There are no rules and no due dates.

Sortli is your pocket guide to growing up. It's easier when you know how.


Sortli gives you 7 paths towards being independent:

- Identity	- Health
- Relationships	- Finances
- A place to live	- Living Skills
- Education & employment	
- UI fixes	

Download from Apple, Android and Windows stores

### POSSIBLE SUGGESTIONS TO ASSIST YOU WITH YOUR ELECTRICITY BILL !

**Home Energy Emergency Assistance Scheme**



**The Home Energy Emergency Assistance Scheme:**

- Is for low-income households who've experienced a short-term financial crisis or unforeseen emergency that has limited their ability to pay their current electricity bills
- Is a one off emergency assistance to help with paying your home energy bills
- Pays up to \$720 in any 12 month period for a maximum of 2 consecutive years

**Eligibility:**

To be eligible you must meet one of the following:

- Hold a current concession card in the name shown on your electricity bill
- Be part of your natural retailer's hardship program to payment plan, or
- Have an income less than the Australian Government's maximum income rate for part-age pensioners. Contact Centrelink for details of the maximum income rate

Full eligibility details, including the types of emergency situations you might get help for, are available from your energy retailer.

**How to apply:**

For more information, or to apply, contact your energy retailer. You can find their phone number on your energy account. Your energy retailer will start the application process after considering all the eligible criteria.

**Bill Smoothing**

Bill Smoothing is the plan that makes budgeting for your bills easier and more predictable. It is the process of spreading the estimated total cost of your bill for the next year across equal monthly, fortnightly or weekly instalments. Bill smoothing is easy to set up, simply call your provider and nominate the start date of your plan and frequency of instalments. You will still continue to receive account statements on your usual billing cycle.

## Comments, Compliments & Complaints

We value your views and encourage you to make them known to us so we can improve the services we offer

### To Make a Comment, Compliment or Complaint:

- Talk to your Support Team ie: Support Worker, Service Co-Ordinator or Service Manager and/or family/advocate  
(see contact details below)
- Talk with South Burnett CTC Headquarters on 07 4162 9000
  - Contact your service funding body

If after all steps have been taken and you are unhappy with the response that CTC and/or CROSB have given, you can contact:

### 24 Hour Crisis Support Numbers

Lifeline	13 11 14
Kids Helpline	1800 55 1800
Parent Helpline	1300 301 300
Police, Fire & Ambulance	000 (mobiles 112)
SES	132 500
13 HEALTH	13 43 25 84
Poisons Helpline	13 11 26

### Department of Communities, Child Safety and Disability Services

Phone (free call): 1800 177 120  
Phone: 3224 7179  
Email: [complain@communities.qld.gov.au](mailto:complain@communities.qld.gov.au)

### Complaints Referral and Resolution Services

Phone (free call): 1800 880 052  
Phone: 13 14 50  
Email: [crrs@workfocus.com](mailto:crrs@workfocus.com)

## CTC Services Contact Details

#### Headquarters

4162 9000

#### Disability Services

CROSB 4162 9081  
Gumnut 4168 1852  
Your Life Your Choice  
4162 9081

#### Youth Services

Kingaroy 4162 7788  
Murgon 4169 5940

#### Partners in Foster Care

Wondai 4169 0177

#### Childcare

Community Kids 4171 0033  
Nanango Childcare  
Centre 4163 1279

#### Employment Services

Kingaroy 4162 2566  
Murgon 4168 2155  
Gympie 5481 1488

## CROSB Contact Details

Shed 3 and 4,  
6 Cornish Street or  
PO Box 490  
KINGAROY QLD 4610

Phone: 4162 9081  
Fax: 4162 9030  
E-mail: [crosb@sbctc.com.au](mailto:crosb@sbctc.com.au)



*SUPPORTING PEOPLE WITH A DISABILITY IN THE COMMUNITIES  
OF THE SOUTH BURNETT*

[www.sbctc.com.au](http://www.sbctc.com.au)