

Improvement Opportunity:

We identified the need for our consumers to have opportunity to share their stories and thoughts, highlight things that are important to them and/or share their achievements with others.

Originally our TSU Newsletter was put together by our Social Committee (Staff) highlighting our consumers achievements and things that happened over the month. What we realised, was we were missing what was important to the consumers and weren't giving consumers an opportunity to contribute on things that were important to them as well.

How were consumers engaged in the improvement project?

We discussed in a Community Meeting with consumers if they'd wish to contribute and the opportunity was jumped at. We added a new group to our activity planner called the planner, 'Newsletter Editing Group' to run fortnightly. During this group, consumers are supported to choose something they wish to write about. They are given an opportunity to share whatever they like in their words, give advice, share a story, highlight someone else's achievements or share thanks, it really is a blank canvas each month. They are invited to share as many articles as they wish and to choose images or take their own images to go with this article.

What changed as a result of consumer engagement?

Our consumers now put together the newsletter each month if they wish to contribute.

In the words of our current consumers, they 'feel really special' when they see others reading their work. 'It's really nice to share things with others' and 'see what everyone else is doing'.

It's a really special thing to see when someone acknowledges one of our consumers' articles. We have also noticed it's a really good conversation starter and we can see the consumer's talking to each other about what they've written. Every month there are new ideas, new highlights and new achievements.

The pride on the consumers' faces says it all. They feel motivated from reading each other's achievements and also drive a lot of motivation for the staff.



Consumer Participation

TSU



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23rd March 9:30am 10:00am 10:30am 2:00pm 4:00pm 6:30pm	24th March 9:30am 10:00am 11:00am 1:30pm 4:00pm 6:30pm	25th March 9:30am 10:30am 2:00pm 4:00pm 6:30pm	26th March 9:30am 10:00am 11:00am 2:00pm 4:00pm 6:30pm	27th March 9:30am 10:00am 11:00am 2:00pm 4:00pm 6:30pm	28th March 9:30am 10:00am 11:00am 2:00pm 4:00pm 6:30pm	29th March 9:30am 10:00am 11:00am 2:00pm 4:00pm 6:30pm

Today's Date is: FRIDAY 1st APRIL

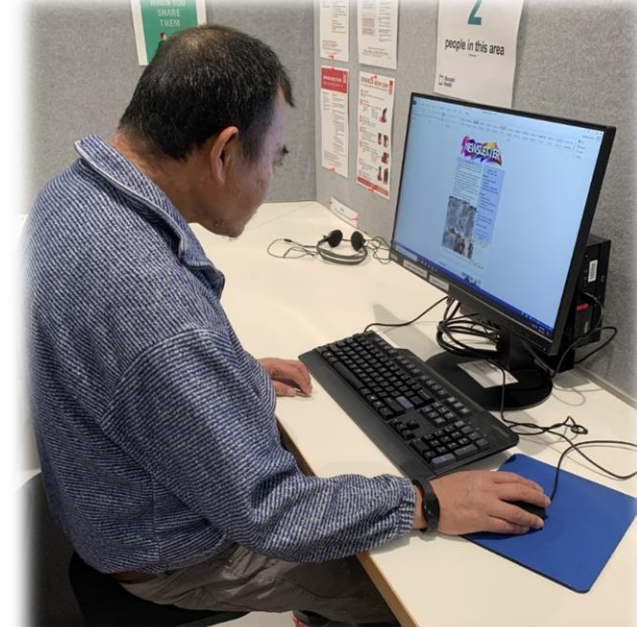
STAFF

MORNING

AFTERNOON

NIGHT

STAFF NOT IN



NEWSLETTER

TSU UPDATES

A huge congratulations to everyone at TSU as we experienced our first isolation and positive case onsite.

Everyone did a really incredible job following all the strict instructions during this period which allowed us to return to our routines and open.

We have updated our sensory area adding some fun, exciting and different sensory items.

We are also creating sculptures in Art group that we will be able to add to our garden once we have completed them.

Our Gym sessions are back and everyone is smashing out their individual programs.

Congratulations to the Superstar of the week:

Travis for:

- Doing awesome with discharge
- Adjusting to changes well
- Being a great friend to others

Kenny for:

- Going to the gym
- Getting up and ready on time
- Cleaning room
- Cooking lots of new things

Jess for:

- Being awesome at isolating
- Following restrictions really well
- Looking after others

QUOTE OF THE MONTH

Act as if what you do makes a difference. It does.

WILLIAM JAMES

April 2022 Newsletter - Written by TSU Consumers and Social Committee

Back at Gym

Welcome new sessions at gym in Narre Warren. We go to the gym every Wednesday morning.

We have loads of fun in the gym trying out different equipment like arm ones. We had fun with staff from TSU, also I had fun on the treadmill. We ensured we took wipes with help from staff reminding us to wipe down the equipment and clean properly.

Just a friendly reminder from the gym, when we go we need to remember a small towel and water bottle to keep hydrated during exercise and we also need to eat plenty before gym.

I also had food shop after the gym and lunch out.

- Jess

MasterChef of the Month

Kah has been doing an amazing job with his cooking and we are really impressed with how he is budgeting for cooking and preparing more than one meal. Here's what Kah had to say about his cooking:

Every Tuesday with my Support Worker I do my cooking. I go to Casey Central to get my shopping. Every week I choose a different recipe to try and sometimes I choose a new recipe that I've never made before.

I really enjoyed the Beef Rendang, Hokkien Mee and Chicken Drumstick curry with Rice.

I cook a meal for my dinner that night and a meal to take to work for lunch the next day. Sometimes I make even more.

- Kah

Love, Hope and Respect for All!

Proud of every disability, disorder, gender and age. No discrimination of race or disability.

Accept everyone with love, hope and will for a positive future.

Love from their families, friends and community with respect in the community for all.

TSU is really good at not discriminating. We help all people.

- Natasha

April 2022 Newsletter - Written by TSU Consumers and Social Committee

Environmental Group

- Our Staff ran a cleaning up group where staff and consumers cleaned up the TSU grounds and picked up all the rubbish that was around. It was really awesome to see everyone helping out.
- It was also really good to see how well everyone understood the impact rubbish has on the environment.
- We are really proud of how willing everyone was to help clean up to make sure TSU is looking the best it can.

Road Trip to Geelong

Road Trip to Geelong in preparations for my discharge out of TSU soon. Together with my Support worker we travel to Geelong. We have enjoyed time together, lots of laughter and giggles in our long 2 hour trip. Then we went out for a walk to a park, played music and football and walked back over so much. I go to a program called Edge for people with a disability and we cook, we made quiches.

I am attending Monday's activities. We also made pizza, we cook every Monday. Then at 2pm an OT Visits. I talked about different things and learning about disability. I am looking for a few more days to join in activities.

We have a coffee and sometimes lunch out beforehand. We had meet and greet chats with staff for the first week. We played kahoot quiz, test your knowledge and celebrity heads. Did some colouring for a little while, meerkats, tigers and all animals. I look forward to going again.

- Jess

Learners Licence

TSU suggested the idea of me trying to sit for my licence. TSU staff helped me with reading the information and doing the quizzes online. I decided to take the opportunity as I wanted to get my licence and look at buying a car in the future.

I have never had a licence before. Currently I use public transport and have relied on my mother to drive me to places. My Mum was happy that I was looking at getting my licence. I have learnt many new driving skills which I enjoyed learning about. It was all new to me so I had to spend a lot of time reading the information. I was pleased with what I have been able to learn. I am thankful for my time in TSU and to be given the opportunity to begin the learner's course and looking forward to when I get my licence and a car in the future.

I tried the test for the first time on Tuesday 23rd and I was really happy with myself but I just needed one more right to pass. I tried the test for the second time ever on Wednesday 24th, and I passed. I am really proud of myself, I can't believe I did it.

- Travis

Respect for Others

It is important to be kind and polite to others. It's good to use your eyes and mouth when communicating. No violence or verbal abuse is acceptable. Be patient with each other. Everyone should be treated the same. Consumers and staff should be respected. Everyone should be considerate of others and try to understand each other. For example if someone is unable to speak, try a different way to communicate with them, or if someone can't hear then try to speak clearly so they can lip read. It's important to have different people here. It's good to see everyone trying hard to respect each other at TSU and staff helping to make sure everyone is being respectful.

- Natasha