



ABOUT OUR CALENDAR:

For a long time now, we have presented our Quality Account in a calendar format because you've told us you like it. Each year we ask our staff to submit photos of the local area for us to feature. What's obvious from this year's collection is that most of the staff members featured gravitate to water, either lakes and rivers or the spectacular 90 Mile Beach.

We hope you enjoy the next 12 months with us, and appreciate the stunning images of our beautiful Gippsland backyard!

If you have any suggestions about how we can improve this part of the report, please let us know by emailing marketing@glch.org.au or give us a call on 5155 8300 and ask to speak to our Marketing and Communications team.

Photo: Laura Keam [Tarra Bulga National Park]

JANUARY 2019

MON	TUE	WED	THU	FRI	SAT	SUN
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Australia Day	27
28 Australia Day Public Holiday Summer School Holidays end	29	30	31			

A photograph of a sunset over a boat harbour. The sky is filled with vibrant orange and red clouds, with a bright yellow sun low on the horizon. In the foreground, several boats are docked at a pier, their silhouettes dark against the bright sky. A large, dark building with a flat roof and a small tower-like structure on top is also visible, its lights glowing slightly. The water in the foreground is dark and reflects the colors of the sky.

SOCIAL SUPPORT:

We provide a range of social and planned activity groups for people of many different ages, and for people with different abilities or interests.

These include:

- Art and craft groups
- Men's groups such as the Men's Shed
- Parenting groups, physical activity groups
- Support groups
- Coffee and chat groups.

The types of groups we provide may vary according to demand.

Please call us on **5155 8300** to find out what's currently available, and let us know if you have an idea for a new group.

FUN FACTS

- Social Support Clients planted **150 seedlings** for our Healthy Eating program
- Social Support book club clients participated over **50 book reviews**
- The Lounge group **travelled 731kms** searching for the elusive waterfalls, areas visited were W Tree, Tulloch Ard, Raymond Creek and McKenzie Falls.

FEBRUARY 2019

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			



LOOKING OUT FOR CLIENTS IN THEIR HOMES:

Earlier this year, staff member Jenni completed a Certificate IV in Health and Safety and is now an Aged and Disability Unit representative on our Health and Safety Committee. One of Jenni's responsibilities as a health and safety rep is to monitor and investigate reported hazards in our client's homes, such as faulty smoke alarms.

Jenni understands how difficult it can be to reach a faulty or beeping alarm, and so during her home visits, she carries a supply of batteries and replacement alarms so we can keep our clients safe. Jenni also assists with smoke alarm installation if a home has been reported as not having one.

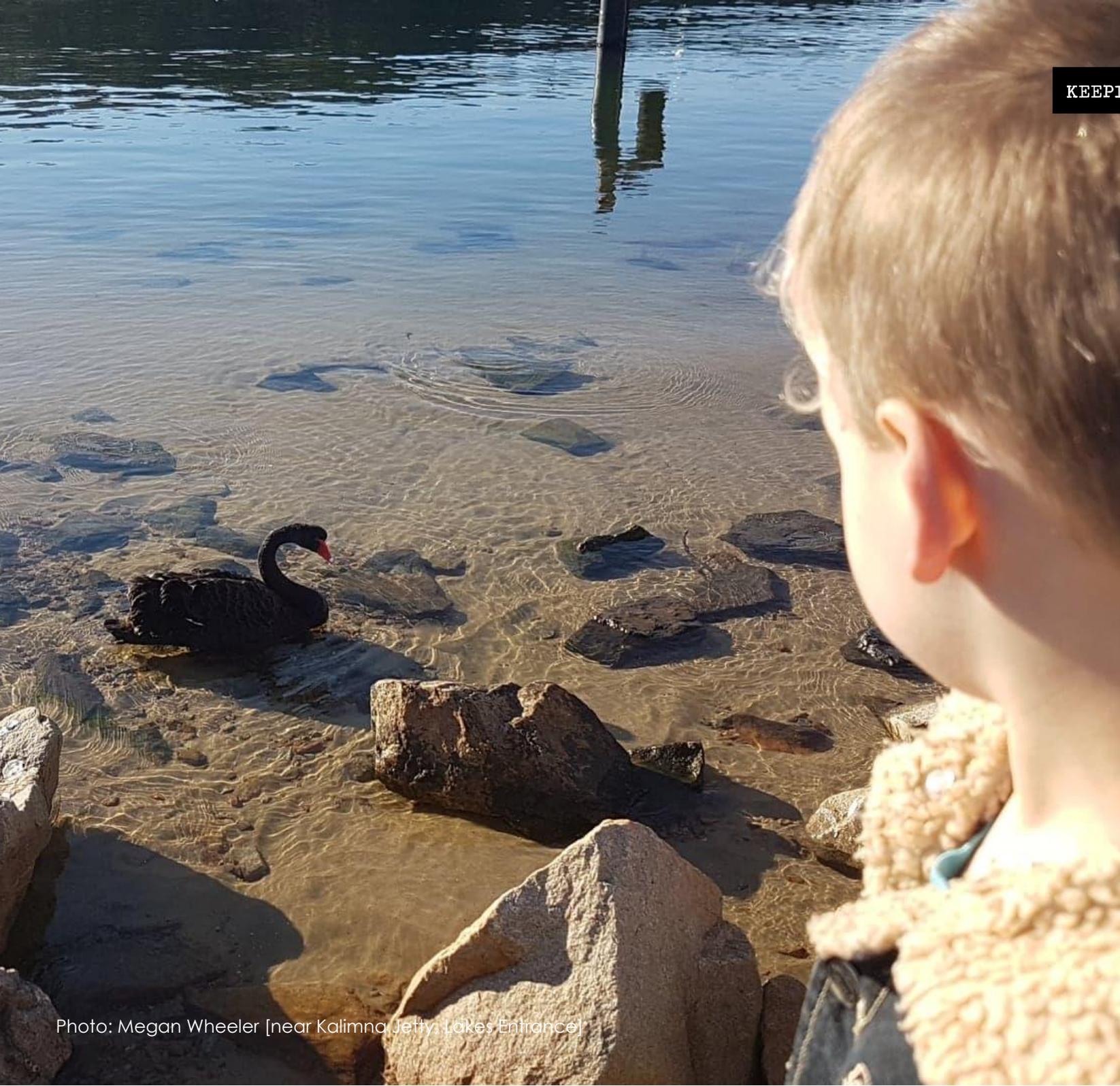
During Jenni's visits, she has also identified loose or frayed mats as a common trip hazard; and has rectified many older extension cords with exposed wires, and overloaded power boards.

Alerting a client to a hazard and providing an easy solution to remedy the problem has been a very successful and practical approach.

Photo: Sherryn Hewett [Genoa Falls]

MARCH 2019

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Labour Day						
18	19	20	21	22	23	24
25	26	27	28	29	30	31



KEEPING CHILDREN SAFE:

At GLCH, we have a zero tolerance towards child abuse and we are committed to establishing and maintaining child inclusive, safe and child-friendly environments.

Our activities have been reviewed in light of the new Child Safe Standards, and a Child Safe Policy was adopted recognising the importance of providing a safe environment for all children.

We aim to enable children to express their views, make suggestions on what child safety means to them; and to provide them with appropriate information.

Clear guidance is provided to all staff, students and volunteers on the standard of conduct and behaviour for working with children. Staff recruitment, induction and training procedures have been updated to identify an individuals' understanding of child safety, and to recognise and respond to child safety and abuse risks.

Regular Police and Working With Children Checks are conducted for all those with direct access to children. Procedures for responding to and reporting suspected child abuse have also been reviewed and updated.

Photo: Megan Wheeler [near Kalimna Jetty, Lakes Entrance]

APRIL 2019

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6 Autumn School Holidays commence	7
8	9	10	11	12	13	14
15	16	17	18	19 Good Friday	20 Easter Saturday	21 Easter Sunday
22 Easter Monday Autumn School Holidays end	23	24	25 ANZAC Day	26	27	28
29	30					



IMPROVING PHYSICAL & MENTAL HEALTH:

GLCH values the health and wellbeing of its staff. Through participation in the Victorian Government Achievement Program, we encourage workplace activities and initiatives that benefit our employees. Part of our commitment to staff is providing opportunities to be physically active in the workplace. At the Lakes Entrance site, there is a fully equipped gymnasium, which is available for staff to use every weekday morning and afternoon, free of charge. There are two supervised sessions run by a qualified trainer, and during other sessions individuals workout by themselves.

Among regular users, a number of positive changes have been observed, including improved health and feelings of wellbeing; loss of body fat; positive changes in eating habits; increased strength and fitness; improved mental health; and reduced stress levels.

They're saying:

"The staff gym is very sociable and I'm with people from other areas of GLCH that I don't normally work with"

"There is no pressure - just lots of encouragement"

"We can do this at work, which is such a bonus. It's good for my physical and mental health, I enjoy it."

MAY 2019

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		