



MOE LIFE SKILLS COMMUNITY CENTRE

THE VOICE

Edition 1 2017

Contacts

Postal Address

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MOE 3825

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Postal Address:

Remember when
posting anything
to us our
address is



P.O. Box 761
Moe 3825

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ndis National Disability
Insurance Scheme

SAVE THE DATE

MLSCC are holding a forum for parents and family members about the NDIS. This will be a great opportunity to hear and discuss up to date information.

Date: Wednesday May 10th

Time: 7.00 to 9.00pm

Venue: High St

David Craig from VALID will be facilitating the forum and MLSCC will provide a fabulous supper.

Hope to see you there

COMING EVENTS

AFL 2017 season starts	Thursday March 23rd
NDIS Family Forum	Wednesday May 10th 7.00 to 9.00
MLSCC Holidays Centre closed	Thursday April 13th to Monday 17th

#NDIS



#NDIS



Achieving Goals & Aspirations

Vision

To empower people with disabilities to fully exercise their rights and responsibilities as contributing citizens

Mission

MLSCC will enable people to achieve their goals and aspirations by:

- Encouraging life long learning
- Providing a supportive and stimulating environment
- Offering experiential learning opportunities
- Being open to change
- Developing self-advocacy skills & using person centred planning

Footy Tipping

The Footy tipping competition starts again very soon. It cost \$5.00 for the year to enter. Each week you need to do your tips at High St.

Good luck to everyone!

Who is your favourite team?



What's been happening at Life Skills?

Do you want to read more about the campaign our Advocacy group worked on for road safety?

<http://www.latrobevalleyexpress.com.au/story/4165900/walking-tall/>

There is no staff support until 9.00 in the morning at High St, Parer Ave and Performing Arts.

You can make a complaint if you are unhappy with the service you receive from Moe Life Skills. You can talk to the staff and they will let you know what to do or you can contact the staff at the Disability Services Commissioner

More information can be found at www.odsc.vic.gov.au or check out their Facebook page or phone 1800677342



Reminder to ring the office if you cant come in or are unwell on 51277999

Check out our website for more information about Moe Life Skills, Newsletters and Program reports
www.moelifeskills.vic.edu.au

#NDIS

MLSCC Board of Management News.....

If you would like information regarding matters to do with the BOM please feel free to contact Deidre Carmichael on 51274525 or email dsmcarmichael@gmail.com



Australia Zoo is in Beerwah Queensland.

It has lots of animals including fresh water crocodiles.

Some of the other animals are tortoise, reptiles, southern hairy nosed wombat, wedge tailed eagle, rhino, zebra, giraffe, cheetah and Tasmanian devil.

I LOVE going there, my favourite animal is the Tasmanian Devil. I have seen Terri Irwin at the Zoo.

It costs \$59 for an adult, \$35 for a child and \$47 for a pensioner. That's cheap at half the price!

By Chris B



Chicken Larb Salad

Ingredients

2 tbs peanut or sunflower oil
500g chicken mince
1 red onion, sliced
2 garlic cloves, crushed
1 lemongrass stalk, inner core finely grated
1 bunch coriander
2 tbs soy sauce
½ bunch Thai basil, leaves picked
150g mixed salad leaves
250g mixed tomatoes, halved
1/3 cup (55g) almonds, toasted and chopped

Lime dressing

Juice of 2 limes
2 tbs fish sauce
1 birdseye chilli, finely sliced
½ tsp palm sugar, or raw sugar

Method

Heat oil in a large frypan over high heat. Add chicken and cook for 6-8 minutes until golden. Add onion, garlic, lemongrass and coriander roots. Cook for 2-3 minutes until fragrant. Add soy sauce and cook a further 2-3 minutes then remove from the heat. For the dressing, combine all ingredients in a bowl and set aside. To make the salad, combine coriander leaves, Thai basil, salad leaves and tomatoes. Divide between bowls. Top with chicken, almonds and dressing.

By Wayne K



Having a Say conference February 2017

Road Safety Presentation

I went to the Having a Say conference in Geelong.
On Wednesday afternoon I did a presentation called the Road Safety Campaign in Geelong.
I practiced my presentation on Tuesday afternoon at Moe life Skills before we left.

The presentation has a photo of the self-advocacy group walking across the road outside Moe life Skills Centre.

There were a lot of people listening to me.
I was a bit nervous.

By Georgia Green



Red Faces & Conference

We entered Red Faces, Justin and I.

We dressed up in women in drag and danced to 'I Will Survive' just like from Priscilla Queen of the Desert.

We scored a 10. 10 & 8 from the judges.

We came second in the final.

We worked really hard and had to focus during our performance.

I got to play soccer, go to Georgia's presentation, walk to the shops, had a ball at the dinner disco and went swimming in the pool near the beach.

By Andrew Prior



BIRTHDAYS

March

11th

Anne

16th

Lincoln

29th

Rachel

30th

Andrew

April

8th

Stacey



Arvo – Afternoon

Sheila – Woman

Bonza – Very good

Bloke – Man

2017 Term Dates

Term 1

January 23 to April 12

Term 2

April 18 to June 30

Term 3

July 10 to September 22

Term 4

October 2 to December 2

Centre Closure Dates

Thurs April 13 to Mon 17 April Easter

Monday April 24 Holiday

Tuesday April 25 Anzac Day

