



Monthly Newsletter – September 2021

I would like to thank you all for your support to myself and my family during this time. I have received many cards and messages of support and I would like to acknowledge them all individually. At this point I have come back to PTBL in a limited capacity and am slowly getting stronger and look forward to being able to contact each and every one of you. Thank you for your continued patience with me. Please all stay safe during these challenging times. - Much Love Katie

Ongoing Covid-19 Requirements

With multiple exposure sites across Northern NSW and SE QLD, the need to adhere to Covid-19 Restrictions and Public Health Orders is essential.

We are committed to ensuring our team are healthy when they are at work. We are equally committed to reducing your risk of exposure to illness.

We are following Department of Health guidelines around infection control and request you do the same:

- wash your hands often with soap and water. This includes before and after eating and after going to the toilet
- use alcohol-based hand sanitisers when you can't use soap and water
- avoid touching your eyes, nose and mouth
- clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes
- use tap and go instead of cash where possible
- increase the amount of fresh air by opening windows or changing air conditioning
- No shaking hands, hugs, high fives or unnecessary touch
- Maintain physical distancing, it is important everyone continues to stay 1.5 metres away from others wherever possible.



If you or anyone in your household are experiencing any of the following symptoms please stay home:

- * Fever of 37.5C or more or a history suggestive of fever (night chills, sweats)
- * Cough, shortness of breath, sore throat
- * Loss of smell or loss of taste
- * Headache, muscle pains, joint pain, runny nose, nausea, vomiting/diarrhoea, loss of appetite.

Please notify your doctor and refer to the Australian Health Department [symptom checker](#) if any of the above apply to you.

- [Get tested](#) and isolate until you receive a negative result.

We are ensuring team members remain at home if they are unwell and any necessary shift cancellations will be notified as soon as possible.

Please note: We are constantly monitoring the Covid-19 situation in both NSW and QLD and we will be guided by the restrictions and advice provided by the relevant state authorities. If cancellations or changes of venue for any group activities or supports are deemed necessary we will advise you immediately.

Joke of the Month

Why do Janine and Craig take an extra pair of socks to golf?

Answer: In case they get a hole in one



We wish you all a very Happy Birthday and hope you enjoy your special day

SEPTEMBER BIRTHDAYS

Larni – 1st September

David – 2nd September

Alex - 15th September

Alesi - 14th September

Charlie - 14th September

John – 19th September



IMPORTANT ANNOUNCEMENT REGARDING GROUP ACTIVITIES

Unfortunately, due to the recent lockdown, and the strict public health requirements that the Government has imposed...

It is with much regret that the team at PTBL have made the difficult decision to cease our group activities for the remainder of 2021.

The following groups have been cancelled

- Coffee group - Fridays
- Dinner group - Wednesdays
- Monday Madness

This is to ensure the safety of everyone and to safeguard our participants and workers alike.

We are looking forward to getting everyone at PTBL back together in 2022!!!!

Activities while you stay at home. Some ideas for you.....

- Keep Active - Walk around your local area or complete your exercises provided by your physio
- Colouring books
- Painting
- Jigsaw Puzzles
- Outdoor activities such as Bocce, Skittles or Giant Jenga
- Playdoh or Clay modelling
- Drawing
- Or get creative with a new hobby like macramé, knitting, crocheting



**PROJECT MAKE LEMONADE ARE RUNNING A MASK COMPETITION.
HEAD TO THEIR FACEBOOK PAGE FOR MORE INFORMATION.....**



PML MASK COMPETITION!

Enter into the running to win a \$50 Coles Myer Gift Card
by posting a funny photo of you in your Mask, or you in your self-made mask.
Also, If you enter with your support worker, you'll be in the running to win a \$50 gift
card each!

It's SIMPLE - Go to our FaceBook page, find the post about PML MASK
COMPETITION and add your image in the comments. Click on the link below to go
to PML Facebook now!

Entries close 15 September 2021

[MASK COMPETITION - ENTER
HERE](#)



Memories from 2019-2021.....



