

## Monthly Newsletter – July 2022

### UPCOMING BIRTHDAYS

We wish everyone who has a birthday this month a VERY Happy Birthday and we hope that you enjoy your special day

### National July awareness dates

July 12<sup>th</sup> -18<sup>th</sup> – National Blood Donor Week – Australian Red Cross Blood Service

July 18<sup>th</sup> – Black Leaders Awareness Day

July 23<sup>rd</sup> - World Sjogren's Day

July 28<sup>th</sup> - World Hepatitis Day

July 29<sup>th</sup> - Crazy Hair Day – Cystic Fibrosis

**Justine 15<sup>th</sup>**

**Jackson 16<sup>th</sup>**

**Kaina 23<sup>rd</sup>**



**Lisa, Scott, and Justine with the horses at Winchester farms**



# BRAVE MINDS

The team at brave minds were kind enough to send though a couple of flyers for activities they have set up weekly. For more information please feel free to visit their website at [www.braveminds.net.au](http://www.braveminds.net.au) or contact them directly via email or phone.

Email: [admin@braveminds.net.au](mailto:admin@braveminds.net.au)

Phone: 1800 975 000

## FISHING GROUP

**WHEN:** Every Wednesday

**WHERE:** Winders Park,  
139 Duringan Street,  
Currumbin

**TIME:** 8:30am – 11:30am

## ARTS AND ACTIVITIES GROUP

**WHEN:** Every Thursday

**WHERE:** Nerang  
Bi-Centennial Community  
Centre

**TIME:** 9:30am – 11:30am

## SOCIAL BBQ GROUP

**WHEN:** Every Friday

**WHERE:** Cascade Gardens  
2730 Gold Coast HWY  
Broadbeach

**TIME:** 10am – 12 pm

**BRAVE MINDS SOCIAL SERVICES**  
**Fishing Group**

Every Wednesday morning  
Time: 8.30am to 11.30am  
Where: Winders Park,  
139 Duringan St, Currumbin  
Fishing gear is provided  
but please feel free to bring your own

Come along and chill out while we throw in a line together and relax

Phone: 1800 975 000  
Email: [admin@braveminds.net.au](mailto:admin@braveminds.net.au)  
Website: [www.braveminds.net.au](http://www.braveminds.net.au)

Find us on Facebook

**BRAVE MINDS SOCIAL SERVICES**  
**MindSpace**  
Arts and Activities Group

Join us for art activities, board games, jenga, bingo, cricket, soccer and many other activities

Every Thursday  
When: 9.30am to 11.30am  
Where: Nerang Bi-Centennial Community Centre at Nerang

All supplies and morning tea are provided

Pricing as per NDIS price guide for therapeutic groups

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**BRAVE MINDS SOCIAL SERVICES**  
**SOCIAL BBQ GROUP**

A specialist service provider under NDIS

WELCOMES YOU TO JOIN US FOR OUR WEEKLY

Come join us for good food and great company in an idyllic location. Meet new people with a shared experience of mental illness in a safe, relaxed and inclusive environment.

**FREE TO ATTEND**

**WHEN?** Every Friday (weather permitting) 10am to 12pm

**WHERE?** Cascade Gardens 2730 Gold Coast Hwy Broadbeach QLD 4218

Gourmet Burgers \$5.00  
Gourmet hotdogs \$4.00  
Soft drinks \$1.00

[BRAVEMINDS.NET.AU](http://BRAVEMINDS.NET.AU) 1800 975 000



**Website:**  
[www.ptbl.com.au](http://www.ptbl.com.au)

**Contact:**  
1300 702 845

**Email:**  
[hello@ptbl.com.au](mailto:hello@ptbl.com.au)



**We recognize you!**

**The amazing Support Team at PTBL.**

**You are what makes PTBL special – going those extra miles to provide supports to our valued clients.**

PTBL would like to recognise each member of our amazing Support Team. This month we would love to introduce Debbie to everyone and say Thank You for all your support and hard work

## Upcoming events this month

With each upcoming event this month we have decided to include ways in which we can celebrate / contribute / learn and educate each other during each event.

More information will be posted to our social media pages about each event as they approach.

**29<sup>th</sup> July -  
Crazy Hair Day**



Debbie is a very patient and compassionate worker who likes to “create peace in life, with plenty of fun and laughter”. She finds her role as a support worker to be quite rewarding as she has the opportunity to help others achieve their expectations and to enjoy life.

When she isn't working, Debbie loves to be outdoors and enjoying the simple things life. Her favourite activities are walking and having a picnic, however, she loves animals and watching the football.

If you would like to find out more about Debbie, please head over to our website to read her BIO or contact our office at 1300 702 845.



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