



## Monthly Newsletter September 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 September awareness dates

1st – 30th – Dementia Awareness Month – Alzheimer’s Australia

1st – 7th – National week of deaf people

5th -11th – Spinal Cord Injury Awareness Week – Independence Australia

12th-18th – National Stroke Week – National Stroke Foundation

11th-15th – Idiopathic Hypersomnia Awareness Week – Hypersomnolence Australia

18th-24th – Parkinson’s Awareness Week – Parkinson’s Australia

21st – World Alzheimer’s Day – Alzheimer’s Australia

Larni 1<sup>st</sup>

Alesi 14<sup>th</sup>

Charlie 14<sup>th</sup>

John 19<sup>th</sup>

### JOKE OF THE MONTH

Why couldn't the bicycle stand up by itself?

It was two tired!



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

Contact:  
1300 702 845

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



## PTBL Partners

Pathways to Better Living have been fortunate to have crossed paths with many wonderful companies who provide a wide range of services. These businesses form the Pathways to Better Living network and are an invaluable resource to both us and our participants.



Simplify OT is a mobile Occupational Therapy service started by Brodie Dietze that provides therapy to NDIS participants on the Gold Coast and Northern NSW.

Simplify OT understands that a person's goals and performance change as the person changes and it is my priority to support participants long-term. Brodie strives to address their needs and ensure they are supported at each stage of their journey by always providing a client-centred approach to therapy.

Brodie has experience working with children and adults of varying conditions and abilities in the public health system and in the community. She also has a special interest in persistent pain, neuro rehabilitation and mental health.

If you would like to find out more about Simplify OT please visit: [www.simplifyot.com.au](http://www.simplifyot.com.au)

or contact Brodie via:

Email: [brodie@simplifyot.com.au](mailto:brodie@simplifyot.com.au)

Phone: 0421 898 546



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# SPRUNG!!

## Dance Theatre and skills practice

Are you interested in dance and theatre?  
This might be the activity for you!

Sprung!! Have put together a series of workshops to build skills in dance, movement and physical theatre. These workshops will be held from **1pm – 4pm (NSW time) at Banora Point High School in their dance studio**. Listed below are the dates of each workshop:

**10<sup>th</sup> September 2022**

**12<sup>th</sup> November 2022**

**10<sup>th</sup> December 2022**

Teachers, disability support workers or performance practitioners are also welcome to attend the workshops.

Address:

**2 Eucalyptus Drive, Banora Point**

A series of workshops by Sprung!! Integrated Dance Theatre



## Dance Theatre Skills & Practice

Honouring self expression within social connection.

Saturdays

Aug 20, Sep 10, Nov 12, Dec 10

**1-4pm - NEW TIME**

Dance Studio

**Banora Point High School**

2 Eucalyptus Drive, Banora Point

Skills building in dance, movement and physical theatre using an inclusive approach, to engage people with and without disability. Sprung!! has been running workshops in the Northern Rivers for 11 years, with regular performances.



**BOOKINGS ESSENTIAL**

<https://sprungbookings.as.me/>

For more info on pricing and bookings

e: [info@sprung.org.au](mailto:info@sprung.org.au)

m: 0478 879 706

w: [sprung.org.au](http://sprung.org.au)

**Sprung!!** Integrated Dance Theatre

For more information on bookings and pricing visit their website at <https://sprungbookings.as.me/> or contact Sprung!!

via

Email: [info@sprung.org.au](mailto:info@sprung.org.au) or Phone: **0478 879 706**



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PROVIDER

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## SUPPORT WORKER OF THE MONTH

PTBL would like to recognise each member of our amazing Support Team. This month we would love to introduce Pam 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 at they approach.

4<sup>th</sup> – Father’s Day

8<sup>th</sup> – R U OK? Day



Pam is an amazing support worker who loves connecting with others and bringing out the best in them. She has a big passion for helping people and ensuring that they reach their goals.

Pam grew up in the country and describes herself as a tomboy as she loves all sports and has a competitive nature. When she is not working, Pam loves playing golf, reading, art and gardening.

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