



# NEWSLETTER

SUBEENEWLAKE NEWS AND PASSWORDS OCTOBER 2022

## EMPLOYEE OF THE MONTH



NEWCASTLE

### Tammie Mobley

Congratulations to Tammie who has been awarded our Employee of the Month for September 2022.

Tammie, we are so happy to have you as part of our team! Your caring nature shines through in all the support you provide.



COFFS HARBOUR

### Jo O'Dell

Congratulations to Jo who has been nominated by the Coffs Subee team to receive Employee of the Month. You are reliable and client focused, and we have had lots of positive feedback about you. Thank you.

# Introducing Our New Employees



## Vinny

Vinny is a care worker in Coffs Harbour. She is new to the Coffs Coast after relocating from Newcastle where she worked as a carer.



## Vichit

Vichit is a care worker in Coffs Harbour. Vichit is currently studying individual support and has volunteered for DCJ.



## Elijah

Elijah is a care worker in Coffs Harbour. Elijah has previously worked as a chef but has decided to start a new career path in support work.



## Brittany

Brittany is a care worker in Coffs Harbour. Brittany is currently studying nursing and has experience working in aged care.

# Seasonal Recipes

## ROASTED PEACH AND STRAWBERRY FIZZ

🕒 Prep Time	10 minutes
👨‍🍳 Cook Time	25 minutes
🕒 Cooling time	10 minutes
🕒 Total Time	35 minutes
👥 Servings	6 people

### Ingredients

- 3 peaches
- 600 g strawberries
- 1 1/2 cup apple juice
- 1 1/2 sparkling water
- abundance of crushed ice

### Instructions

1. Preheat the oven to 175 °C.
2. Cut peaches in half and remove the pit. Cut strawberries in half. Place the fruit on a baking tray lined with baking paper and roast for 25 minutes.
3. Take the tray out and leave to cool for 10 minutes or more.
4. Remove the skins from peaches and blend the flesh together with apple juice in a blender to get a smooth puree.
5. Blend the strawberries separately.
6. Divide the strawberry puree into 6 glasses and add ice. Pour the peach and apple juice mixture over ice and add sparkling water.
7. Serve immediately.



## HALLOWEEN CANDY BARK

YIELDS:  
**4 - 6**

PREP TIME:  
**0 HOURS 10 MINS**

TOTAL TIME:  
**0 HOURS 30 MINS**

### INGREDIENTS

- 2 c. white chocolate, chopped
- 15 drops Flo-Coat Candy Coating
- 1 drop purple food coloring
- 1 drop green food coloring
- 1 drop orange food coloring
- 2 tbsp. large Halloween-colored nonpareils
- 1 tbsp. Halloween-colored sprinkles



### DIRECTIONS

- 1 | Place chocolate in a heat-proof bowl over a pan of simmering water and stir until completely melted.
- 2 | Divide 3 tablespoons melted white chocolate into three separate bowls. Add five drops Flo-Coat and one drop of food coloring to each bowl; stir to combine.
- 3 | Pour remaining white chocolate onto a parchment-lined baking sheet. Using an offset spatula, spread chocolate until it's 1/8"- to 1/4"-thick. Drizzle colored chocolate on top and drag a toothpick to create swirls. Dust top with nonpareils and sprinkles.
- 4 | Transfer to the refrigerator to set, 20 minutes. Break into pieces to serve.

# Netflix Recommendation



## The Healing Powers of Dude

Noah, an 11-year-old boy with social anxiety disorder, has to start middle school, he turns to a mutt named Dude, a sarcastic emotional support dog who might need Noah as much as Noah needs him.

# Upcoming Events - Coffs Harbour



## Hands on Surf Day 29 October 2022

We're getting back on board - surfboards that is!!

Sign in from 8:15am, event debrief and hit the water at 9am. Sausage sizzle lunch 12ish.

We've survived COVID restrictions and adverse weather conditions but we can't wait to kick off this season. All past, present and future participants, carers and volunteers welcome. Preregistration essential!

All participants, carers and volunteers (yes even the committee/organisers) will need to pre-register, not just turn up on the day. We understand this can be tricky to navigate and even plan ahead sometimes, but we're trying to streamline the sign in process on the day and minimise the number of people at the sign in table at any time.

[Register here](#)

## Blues & Berries Festival

### 6 November 2022

## Blues & Berries Festival

*with Port Bus to Woolgoolga*

Sunday 6th November 2022



*Join us for a day of all things  
Blues Music & Berries by the Beach.*

This is the fifth year and 2021 is going to be an epic day. Join us for a day of all things Blues music and berries by the beach.

This is the fifth year and 2022 is going to be an epic day. Join us for a day of all things Blues music and berries by the beach. There will be a Pie Eating competition, Farm tours to Costa Berries Farm, and loads of food and market stalls.

Blues and Berries Festival is a celebration of the rich agriculture history within the Mid North Coast region. Woolgoolga and the Northern Beaches have been known for decades for their plantation crops and increasingly in recent years, blueberry farming. The area is widely known as the 'Berry Capital of Australia' and as such the festival will recognize and instill pride in this title.

Itinerary: Pickups will commence by 8:00. Departing the Donut by 09:30. The approximate arrival at Woolgoolga Beach will be 11:45. We will depart by 21:00.

Bring your chair, picnic blanket, and sunscreen for an awesome outdoor family-friendly event.

Adults \$50 pp | Youth \$35 (13 to 17) Kids 12 under FREE (with a paying adult)

[Book here](#)



# Body Mind and Soul Festival

**8 - 9 October 2022**

**Saturday 10AM to 7PM**

**Sunday 10AM to 5PM**

**At the CEX**

[FB Page](#)



## Sound of Rock Music Festival 22 October 2022

After gaining much success in QLD, SOUNDS OF ROCK continue to grow, with a new COFFS HARBOUR event with an iconic line up. The Sounds of Rock Festival will take place on Saturday 22nd October 2022 at the Coffs Harbour Showgrounds – and will feature some of the biggest names in Australian Music!

The huge line up boasts performances from Australian music legends and Daryl Braithwaite, Ian Moss and Australian Rock favourites Baby Animals, Ross Wilson, Dragon, Radiators, Wendy Matthews, Eurogliders and Rick Price!

[Book Here](#)

## Harbourside Markets

A boutique market by the beach held every Sunday from 8am to 2pm near our beautiful historic Jetty in Coffs Harbour.

Support your local business community, you can't get more local than this! Your favourite food trucks, art, jewelry, clothing, beauty & lifestyle products, plants, vintage and collectible stalls.

Harbourside Market's philosophy of ethical and fair-trade, locally made, and locally grown guarantees you a unique experience.

Harbourside Markets is an all abilities market. We have extra wide footpaths and disabled toilets closeby.

Dogs are permitted in the market space on a lead and our council approved leash-free dog beach is a short walk away if they need a good run!

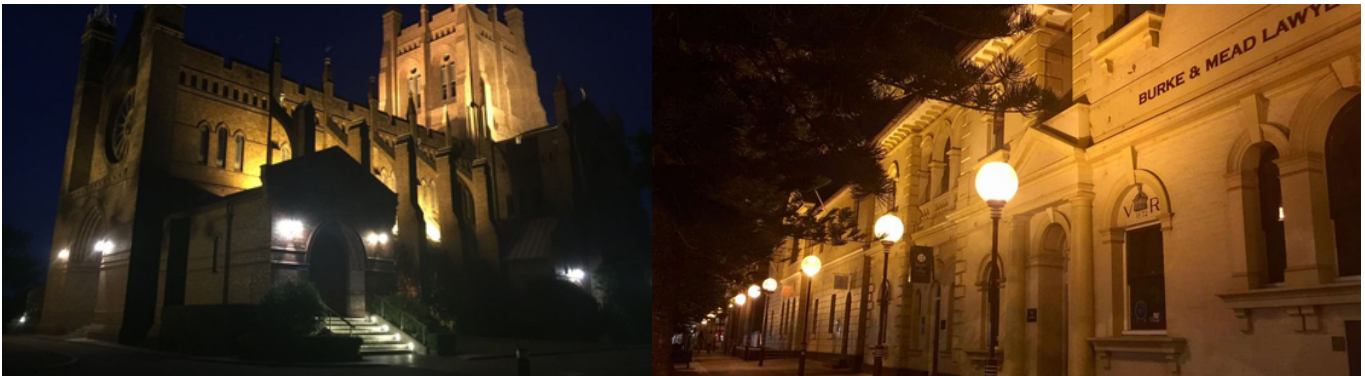
# Fun Things To Do - Newcastle



## Nelson Bay: Dolphins, Slides, and Spa Cruise

Spend a magical 2 hours looking for dolphins off the coast of Nelson Bay and get some time to splash about in stunning blue water. Choose from a morning, afternoon or tea-time departure and be entertained by the informative commentary as you go on search of beautiful dolphins jumping through the ocean waves. Get stunning views of the harbor, including spectacular Tomaree and Yacaaba headlands. Relax on the deck with a stronger drink and snacks purchased at the licensed bar. Laugh your way around the harbor as you make use of the large boom net and water slide. Soak up your surroundings at the on-board salt water spa.

[Book Here](#)



## Newcastle: True Crime Guided Walking Tour

Take a stroll through one of Australia's oldest settlements and uncover a city with a disturbing criminal past.

Perfect for history buffs or lovers of true crime, your guide will engross you with tales of famous crimes that unfolded right where you stand. The tour takes you to iconic sites in the Newcastle East area including the Convict Lumberyard, the original Newcastle gaol site, the cathedral as well as the best scenic views that Newcastle has to offer. You'll walk down hidden laneways and discover iconic nooks as you attempt to put together the facts for yourself. Each waypoint will include a retelling of the mysteries that lie beneath your feet. These are the stories that the city tried to forget.

[Book Here](#)

## Newcastle Hidden Gems + Pub Walk with Tastings

The Newcastle small bar scene is thriving and now is your time to discover it! Explore the character and unique atmosphere that each of Newcastle's small bars have to offer. This pub walk is a 3 hour trip that is not to be missed in Newcastle. The tour takes you to all of Newcastle's hidden gems from small bars to breweries.

More than a pub crawl, think of our day trips as a progressive lunch with healthy dose of local history. The tour involves learning about the history of beer, how beer is made, different beer styles and how to match beer and food. We blend this with the history of our city, told to you by your very own local guide. When it comes to things to do in Newcastle, this tour is not to be missed. You get priority seating, custom menus, priority service, meet and greet with the owner, brewery tours, tasting notes and so much more.



[Book Here](#)

# Notices



Please join us in extending Best Wishes to our Registered Nurse Allison Clarke, who has retired on the 25th September 2022. Allison has been in the Nursing industry since 1976 and has been a valued team member of Subeenewlake since 2016. During Allison's time at Subeenewlake she has delivered a high level of Care Staff training, Clinical Services and Case Management. Allison's dedication to the industry and her great work ethic has been remarkable , we will miss her dearly.



goodbye  
AND  
goodluck  
ON YOUR  
NEXT  
adventure



# welcome little one!



Congratulations Heather on becoming a nanna to a beautiful baby boy

*Parker Oliver Charles Matthews*

Born 16th September 2022

Weighing 2.8 kgs

SURBE: 02 6653 3153 | Facebook | NEWLAKE: 02 4366 8399 | Facebook

GO TO ALURA HELP

**subee**  
Infection Control • Accredited Quality Support • Infection Control • Hygiene

**newlake**  
Infection Control • Sustainability Support • Infection Control • Hygiene

Home Library News Training Feedback Other Resources HR Staff Discounts and Deals

*Subee Newlake Staff Portal*  
Your place to access to News, Library, Forms and Training

**COVID-19 vaccine booster doses** Don't forget!  
Send a copy of your booster vaccination so we can update your vaccination records.

<b>LIBRARY</b> ACCESS OUR FORMS, POLICIES & PROCEDURES HERE	<b>NEWS</b> ALL THE NEWS & UPDATES YOU NEED TO KNOW	<b>TRAINING</b> ACCESS TO YOUR COURSES & TRAINING SCHEDULE	<b>HR</b> EMPLOYEE RESOURCES FOR NEW AND EXISTING STAFF
FORMS POLICIES LEGISLATION	NEWS SUBMIT YOUR NEWS	GO TO ALURA INSTRUCTIONS: NEW STAFF INSTRUCTIONS: STAFF	HR PAGE EMPLOYEE HANDBOOK

## Your New Password

The monthly password to access the Staff Portal for October is

USERNAME: Staff

PASSWORD: River

[Our Staff Portal](#)

[Our Website](#)

A big happy birthday to everyone with a birthday this October.

Wishing you a day full of laughter and happiness and a year that brings you much success. May all life's blessings be yours, on your birthday and always. Wishing you a happy birthday, a wonderful year and success in all you do.



# Medication Charts

Medication charts are a legal document. Remember signed medication charts need to come into the office so we can scan them into client files.

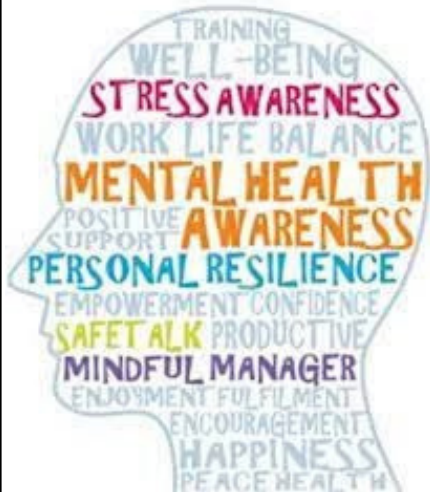
## 7 "Rights" of Medication Administration

1. Right patient
2. Right drug
3. Right time
4. Right route
5. Right dose
6. Right reason
7. Right documentation



# Your Wellbeing

1 in 5 of us will experience symptoms of mental illness in any given year. In Australia that's around 5 million people. And roughly 60% of these people won't seek help. It's OK to have a break if you need to. Think about who you can talk to if you need extra support.



## Black Dog Resources and Support

[www.blackdoginstitute.org.au/resources-support](http://www.blackdoginstitute.org.au/resources-support)

**Beyond Blue 1300 22 4636**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Lifeline 13 11 14**  
[www.lifeline.org.au](http://www.lifeline.org.au)

**1800 Respect 1800 737 732**  
[1800respect.org.au](http://1800respect.org.au)

# Online Training

We are transitioning to a new online learning platform 'AUSMED'. An invitation has been sent to your email to join. If you have not received an invitation via email, please contact HR. Each month there will be a new module to complete. This months module is 'Medication Safety'

 **Ausmed** [Click Here to start Learning](#)

## TOP TIPS FOR MANUAL HANDLING

<b>1</b> CONDUCT A MANUAL HANDLING RISK ASSESSMENT	<b>3</b> USE MECHANICAL AIDS WHEREVER POSSIBLE
<b>2</b> ENSURE EMPLOYEES HAVE THE CORRECT MANUAL HANDLING TRAINING	<b>4</b> PLAN THE ROUTE BEFORE YOU START
<b>5</b> HUG THE LOAD	<b>6</b> WORK FROM A STABLE BASE
<b>7</b> BEND YOUR KNEES	<b>8</b> AVOID TWISTING OR LEANING
<b>9</b> KEEP YOUR HEAD UP	<b>11</b> PUSH A LOAD RATHER THAN PULL IT
<b>10</b> KNOW YOUR LIMITS	

# Reporting of Injuries

Just a friendly reminder that if an accident/injury occurs please report this as soon as possible so we can notify Work Cover.

Please call the office to report to Zara and send an email to [hr@subeenewlake.com.au](mailto:hr@subeenewlake.com.au); [rosterscoffs@subeenewlake.com.au](mailto:rosterscoffs@subeenewlake.com.au) and [sking@subeenewlake.com.au](mailto:sking@subeenewlake.com.au)

An injury report form must also be completed and will be sent to you by HR.

Thank you



## OCTOBER IS BREAST CANCER AWARENESS MONTH

BreastScreen NSW



9 in 10 women diagnosed with breast cancer do not have a family history.



It's free!



All women aged 50-74 should have a breast screen every 2 years.



Over 150 locations in NSW.



A mammogram can pick up breast cancers that can't be seen or felt.



Call **13 2050** to book your free mammogram.



Takes only 20 minutes.



[breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au)

**THIS OCTOBER REMEMBER TO HAVE YOUR SCREENING MAMMOGRAM**

## BE BREAST AWARE

Remember you don't need to be an expert or use a special technique to check your breasts

Changes to look for include:

### A new lump

Or lumpiness, especially if it's only in one breast

### A change

In the size or shape of your breast

### A change

To the nipple, such as crusting, ulcer, redness or inversion

### A nipple discharge

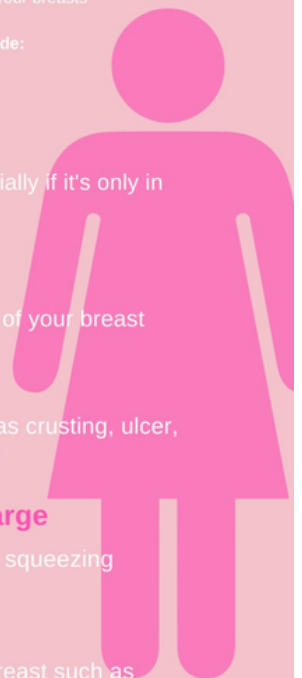
That occurs without squeezing

### A change

In the skin of your breast such as redness or dimpling

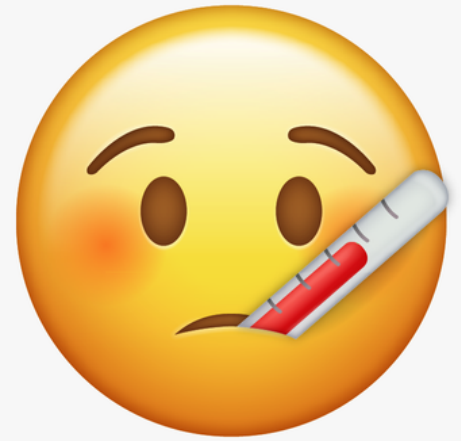
### An unusual pain

That doesn't go away



## Reminder

If you are unwell in the afternoon and believe you will need the next day off, could you please inform the office the day before by 3:30pm. Thank you.



**THE FLU VACCINE  
YOUR BEST SHOT AT  
STOPPING THE FLU**



**FOLLOW US ON FACEBOOK**

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[Newcastle](#)

**News for next month?**

**Email: [rphillips@subeenewlake.com.au](mailto:rphillips@subeenewlake.com.au)**

 **subeenewlake**

*In-Home Care • NDIS Disability Support • Aged Care • Packages*

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[OUR STAFF PORTAL](#)