



# NEWSLETTER

SUBEENEWLAKE NEWS AND PASSWORDS OCTOBER 2022

## EMPLOYEE OF THE MONTH



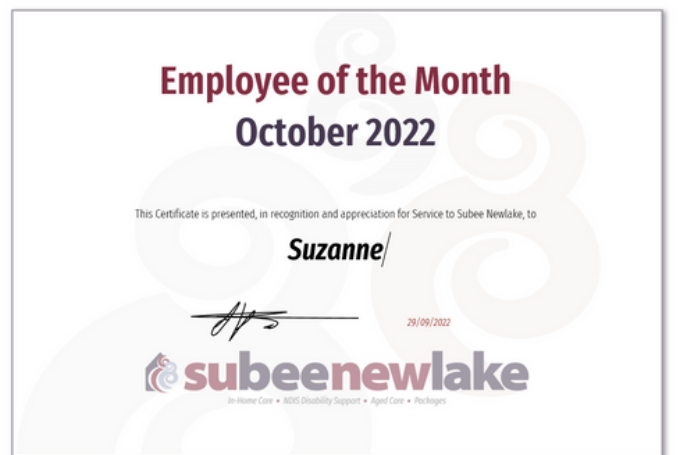
NEWCASTLE

### Barbara

Congratulations to Barbara,  
Our Employee of the month  
for October.

Barbara is an amazing EN  
who is always positive and  
passionate when caring for  
others.

Well Done Barbara !!



COFFS HARBOUR

### Suzanne

Our employee of the month is  
Suzanne who has been working  
for Subee for over 14 years.

You are down to earth and  
client focused.

We appreciate all you do, as do  
your regular clients!

Congratulations Suzanne!!

# Introducing Our New Employees



## Blake

Blake is a new Support Worker in Coffs Harbour. Blake has experience in Customer Service, and is currently studying Cert III in Individual Support. Blake is excited to start a new career path in Support Work.



## Zanthie

Zanthie is a new Support Worker in Coffs Harbour. Zanthie has experience in Customer Service and Admin, and is currently completing a Traineeship in Individual Support. Zanthie is excited to start a new career path in Support Work.



## Sharon

Sharon is our new Accounts Assistant in Coffs Harbour. Sharon has relocated to the Coffs Coast from the Blue Mountains, and is currently studying Accounting & Bookkeeping. Sharon is excited to be part of the SubeeNewlake team.



## Sarah

Sarah is a new RN in Newcastle. Sarah has experience in caring for aged care, palliative care & disability care. Sarah is excited to become part of the SubeeNewlake team after having some time off for Maternity leave.

# Seasonal Recipes

## Cucumber, Mint and Lime Refresher

### ingredients

- 8 cups water
- 1 cucumber, sliced
- 1-2 limes, juice and zest
- 2 tablespoons mint



**Prep Time:** 5 minutes **Chill Time:** 25 minutes  
**Total Time:** 30 minutes **Servings:** 4

### directions

1. Mix everything, optionally pureeing in a food processor and straining the solids out, before chilling in the fridge and enjoying!

**Option:** Replace 4 cups water with 6 cups of ice and puree in a blender to make smoothies!

## Spring Chicken in a Pot



### Ingredients

- 1 tbsp olive oil
- 1 onion , chopped
- 500g boneless, skinless chicken thigh
- 300g small new potato
- 425ml low-salt vegetable stock (such as Kollo low-salt vegetable stock cubes)
- 350g broccoli , cut into small florets
- 350g spring green , shredded
- 140g petits pois
- bunch spring onion , sliced
- 2 tbsp pesto

### Method

#### STEP 1

Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, then fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked. Can be frozen at this point.

#### STEP 2

Add the broccoli, spring greens, petit pois and spring onions, stir well, then return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through.

# Netflix Recommendation



## Raising Dion

In this family sci-fi series a widowed single mum discovers that her son, Dion, has super powers and tries to figure out how to raise him safely and responsibly.

The real star of the show however is Dion's classmate, Esperanza, who has osteogenesis imperfecta and uses a wheelchair. Esperanza is played by nine-year old Sammi Haney who actually lives with this condition.

# Upcoming Events - Coffs Harbour

**COFFS COAST  
JAZZ FESTIVAL**  
NOV 11-13  
2022

## Coffs Coast Jazz Festival 11 - 13 November 2022



This Project is supported by Coffs Harbour City Council through its Arts and Cultural Development Grants program. Presented by the Coffs Harbour Regional Conservatorium.



Book tickets  
online now!

The Festival is the first of its kind at the Coffs Harbour Regional Conservatorium (CHRC) and is a 3-day celebration of performing arts, culture, community and collaboration. Beginning on Friday 11 November, festival goers will be treated with a spectacular opening night concert. Join us afterwards for a complimentary drink. Saturday 12 November brings afternoon workshops, delving into “jazz analysis of a standard” with Glen Hodges and “harmony in improvisation” with Chris Frater. After a light afternoon tea break, you will then be able to sit back and enjoy our second concert of the festival: a funk fusion band presented by Danny Stitt. Sunday 13 November will have morning workshops – a “rhythm and bass” with Danny and Phill Stitt and “melody in improvisation” with Pablo Blitzer. A light lunch will then be available, followed by our final afternoon concert featuring the band Triptych alongside community musicians. Passes include access to all three concerts and four workshops, at a discount of 22%. Passes are limited, so get in quick.

[Book Here](#)



## Coffs Coast Rally 25 - 27 November 2022

Coffs Coast Rally is an annual car rally event held at Coffs Coast in northern New South Wales; one of Australia’s biggest and most challenging motorsport events in the country. The event is known for its unpredictable, dramatic, and spectacular nature. Tickets include a variety of four-day and one-day passes for kids and adults. There are many spectating options available for families that cater to all preferences and budgets. Additionally, several free attractions will be provided throughout the event. The primary free attraction is the service park, where both kids and adults can see how mechanics do their work on rally cars following the action. Food and drink will be available as well.

[Rally Guide](#)

# Made with Love Markets

## 27 November 2022

Our next market is the massive Christmas market. Gift ideas for everyone - teacher's presents, secret santa, gifts for babies and kids, furbabies, parents, grandparents - something for everyone! Our famous local handmade market has over 120 stallholders, both new and old favourites. There'll be an amazing mix of items made with love - everything from soap to artwork, clothes to greeting cards, cupcakes to woodwork.



ALL undercover at Lvl 1 Carpark, Park Beach Plaza.



10am - 12:30pm Woolgoolga \$88

[Book Here](#)

## Beeswax Candle-Making Workshop

### 1 December 2022

An introduction to candle making using pure beeswax. Learn how to render, cast, and roll beeswax and take home some gorgeous xmas candles. This workshop will mix theory and practical work, and you will get to take home the candles you make. Perfect for the Christmas table. The course fee covers making approximately 3 to 5 candles (depending on size chosen). All equipment needed will be provided.

# 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!

# Upcoming Events - Newcastle

## Nurse Georgie Carroll Comedy Show 4 November 2022

Nurse Georgie is just what the doctor ordered.

Winner of 'Best Comedy Show' at this year's Adelaide Fringe Festival and following a sell-out season at the Melbourne Comedy Festival, don't miss Nurse Georgie Carroll as she performs for one night only in Newcastle.

Georgie has seen it all and is bringing her hilarious award-winning stand-up to the Playhouse for one night only. You'll laugh, you'll gasp, you'll cry, it might even hurt, but it will make you better. Make sure you're there to hear it all in this very special one-off event. She should have been a midwife as she always delivers!



[Book Here](#)

## Gem & Jewellery Fair 12 - 13 November 2022



Newcastle Lapidary Clubs annual show is on again with over 50 tables selling minerals, rocks, opals, gems, jewellery and tools in a large hall. Come and see what its like to belong to a friendly craft club devoted to lapidary and jewellery making. Silver and faceting demonstrations. Free parking and entry. Easy walk from public transport. Kid freindly (they love the fossicking table)

## Michael Bublé Concert 30 November 2022

Global superstar Michael Bublé makes his big return to Australia this November & December! The sensational Canadian entertainer will perform music from his new album, Higher, alongside his original smash hits and the great classics.



[Book Here](#)

# Notices



## SUBEE CHRISTMAS PARTY



COME JOIN US TO CELEBRATE  
THE END OF THE YEAR



The last 2 years have been a challenging time as we worked through the covid-19 pandemic. We would like to thank you all, for the care and dedication you provide Subee clients.

**SATURDAY 17TH DECEMBER 2022**

**King Tide Brewery**

**1 Studio Lane, Coffs Harbour**

**5:00PM**



PLEASE RSVP BY 1ST DEC  
EMAIL OR CALL RACHEL 6651 3153  
[rphillips@subeenewlake.com.au](mailto:rphillips@subeenewlake.com.au)

 **subeenewlake**

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



We hope you can join us for the 2022 Staff Christmas party

**Date:** Friday 16<sup>th</sup> December 2022

**Where:** The George Tavern, 3 Molly Morgan Dr, East Maitland

We have a private function room booked with platters of finger food to enjoy

**Time:** 5.30pm

**RSVP:** Email or call Kirin before 1<sup>st</sup> December 2022

We are happy for partners to attend, however this will be at their own cost of \$30 per head, payable to the office by 7<sup>th</sup> December

Alcoholic beverages are not included and can be purchased at the bar.



# Serious Incident Response Scheme (SIRS)

From 1st December 2022 Subee Newlake has extended their Incident Reporting System to include SIRS which is now required in In-Home-Care. This is an initiative that helps prevent and reduce incidents of abuse and neglect in aged care services.

Reportable incidents must always be reported immediately to the office and a written incident report to follow.

The following 5-minute video has examples of reportable incidents under SIRS (Neglect, Psychological or emotional abuse, Unexpected death, Stealing or financial coercion, unlawful sexual contact or unreasonable force)

<https://www.agedcarequality.gov.au/resources/reportable-incidents-under-sirs-video>



Australian Government

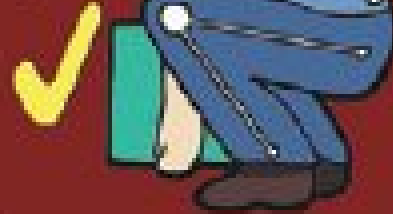
Aged Care Quality and Safety Commission



# PREVENT WORKPLACE INJURY



back straight  
legs bent



When lifting:

- keep your legs bent
- keep your back straight

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

GO TO ALURA HELP

**subee**  
Innovation • Accessibility Support • Agitation • Pilgrims

**newlake**  
Influence • Sustainability Support • Agitation • Pilgrims

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: Sunflower

[Our Staff Portal](#)

[Our Website](#)

**A big happy birthday to everyone with a birthday this November.**

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.



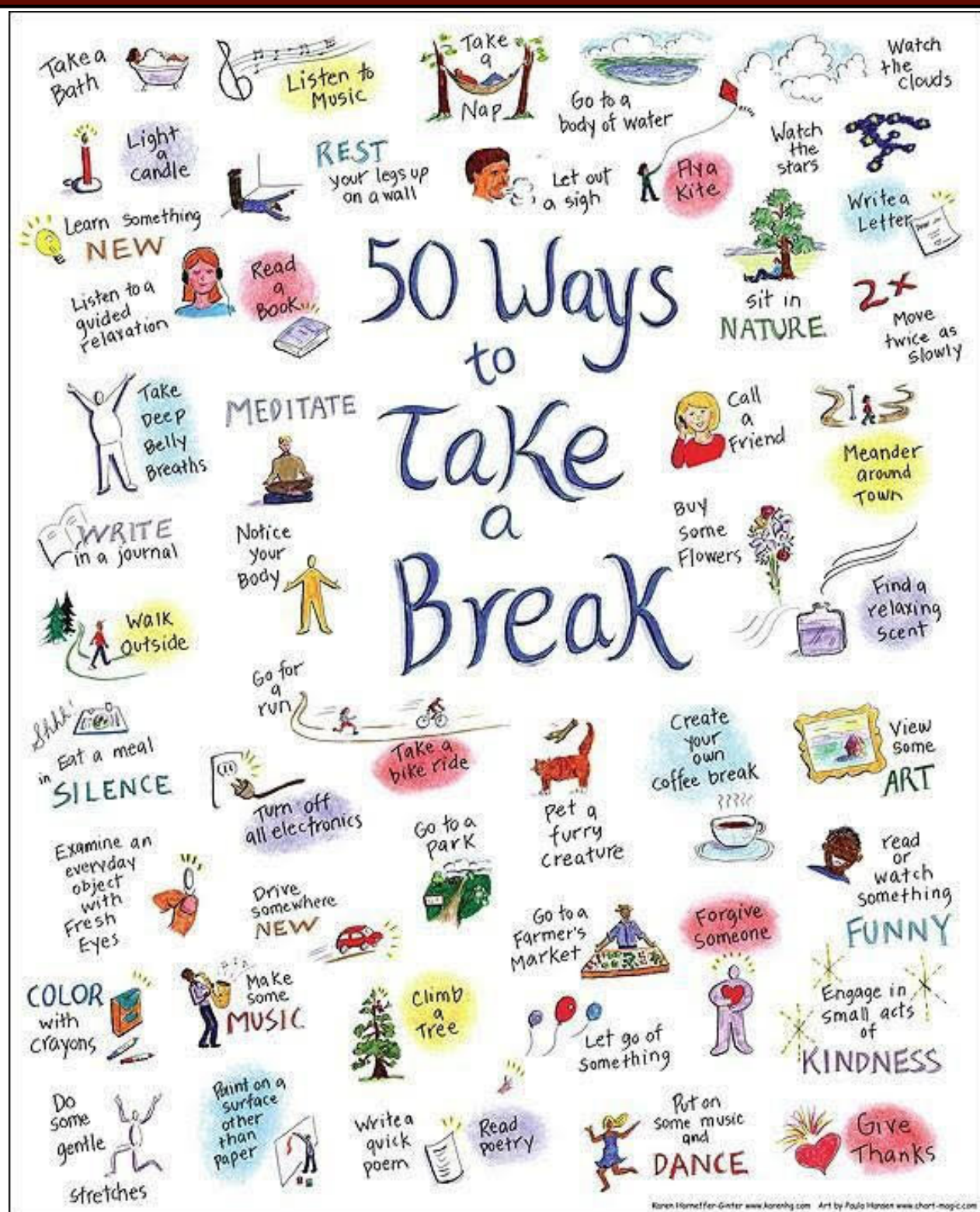
# Online Training

Thank you to everyone who has completed their online training so far. Please let HR know if you are having any troubles with your online learning.

**This months topic is**

**'A diabetes Emergency'**

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



# Black Dog Institute Online Clinic

Created by leading clinicians and based on research, we have developed this free mental health assessment tool.

It is suitable for anyone over 18 years of age who is:

- worried they may be developing a mental health problem, or
- would like to get a better understanding of their mental health.



**Black Dog  
Institute**

We provide global access to the Online Clinic but please note some of the suggested resources are specific to Australia.

## What is involved?

The Online Clinic takes you through a range of clinical assessments for common mental health conditions. At the end you will receive a personalised report with suggested support services and free or low-cost resources for you to access. This report can be downloaded, printed or emailed to share with your family or doctor.

Your responses are completely anonymous. However, you have the option to provide contact details if you would like future updates and opportunities to get involved.

[Click Here to get started](#)

## REMEMBERANCE DAY 11.11.22

*On the 11th Hour  
of the 11th Day  
of the 11th Month  
We will Remember  
you*

*Lest We Forget*



An Employee Engagement Survey will be emailed out to you in November by HR. Please complete via clicking on the link emailed. It only takes 10 minutes and we really appreciate your feedback. Thank you.



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



**FOLLOW US ON FACEBOOK**

Coffs Harbour  
Newcastle

**News for next month?**

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

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