



NEWSLETTER

SUBEENEWLAKE NEWS AND PASSWORDS FOR MARCH / APRIL 2023

Introducing Our New Employees



Taylor

Taylor is a new support worker in Coffs Harbour. Taylor is a Coffs local with 4 years experience in care work, and is also studying Register nursing. Taylor is looking forward to becoming part of the Subee Team.



Kerrie

Kerrie is a new support worker in Coffs Harbour. Kerrie has previously worked in aged care and has completed her cert III in Individual Support. Kerrie is looking forward to becoming part of the Subee Team.

Welcome

Seasonal Recipes

Easter Egg Truffles

40m prep | 50m cook | makes 28

- ⊕ 600g pkt Green's Vanilla Mud Cake mix
- ⊕ 2 Coles Australian Free Range Eggs
- ⊕ 1/4 cup (60ml) vegetable oil
- ⊕ 2 tsp finely grated orange rind
- ⊕ 400g white choc melts
- ⊕ Red, blue, green and yellow liquid food colouring
- ⊕ Rainbow sprinkles or confetti, to decorate
- ⊕ Select all ingredients



Step 1

Preheat oven to 170°C. Grease a 20cm (base measurement) round cake pan. Line the base with baking paper.

Step 2

Prepare the cake mix using the eggs, oil and ½ cup (125ml) water following packet directions. Pour into prepared pan. Bake for 45 mins or until a skewer inserted in the centre comes out clean. Turn onto a wire rack to cool completely.

Step 3

Line a tray with baking paper. Crumble the cake into a large bowl. Add the icing mix from the packet with the orange rind and orange juice. Stir until the mixture comes together. Roll 1-tbs portions of mixture into oval shapes. Place on the lined tray. Freeze for 15 mins.

Step 4

Meanwhile, place the choc melts in a heatproof bowl over a saucepan of simmering water (make sure the bowl doesn't touch the water). Stir until melted. Divide into 4 bowls. Use food colouring to tint the chocolate pale pink, blue, green and yellow.

Step 5

Dip 1 cake ball in melted pink chocolate, shaking off excess. Place on lined tray. Repeat with remaining cake balls and chocolate, alternating between different colours. Top with sprinkles or confetti.

Step 6

Spoon the remaining chocolate into 4 sealable plastic bags. Cut off 1 corner of each bag. Drizzle truffles with chocolate. Set aside for 10 mins or until set.

Netflix Recommendation



True Spirit

A tenacious Australian teen chases her dreams — and faces her fears — as she sets out to become the youngest person to sail solo around the world.

Upcoming Events - Coffs Harbour

The Smurfs Great Escape

25 March 2023



Looking for an exciting adventure with your family and friends? Save the Smurfs from the evil wizard Gargamel at this immersive new escape-room-style experience. On Saturday the 25th March, 2023, the streets of Coffs Harbour will be transforming into a unique outdoor scavenger hunt. Solve puzzles, complete challenges, and join hundreds of other teams as you race against the clock to save the Smurfs.

[Click Here for more info](#)

Birth, Baby & Beyond Expo

30 April 2023

The Birth, Baby & Beyond Expo was created to showcase products and services available to families in the community. Come and talk to our wonderful local stallholders about hypnobirthing, essential oils, breastfeeding, casting kits, photography and much more. Entry is by gold coin donation. Jetty Beach House - 11am to 3pm



Upcoming Events - Newcastle

Cirque Mother Africa 13 April 2023



Celebrating 15 years and DIRECT from a sell-out BROADWAY SEASON, Cirque MOTHER AFRICA is returning to Australia in 2023 with an all NEW SHOW featuring the amazing hand to hand balancing act as seen on AUSTRALIA'S GOT TALENT performed by the RAMADHANI BROTHERS. Seen by more than 2 MILLION people worldwide, Cirque Mother Africa is guaranteed to captivate audiences young and old. Combining the best of contortion, acrobatics, traditional dance, live music, pan spinning, hand balancing and so much more.

[Book Here](#)

Chilli Festival 30 April 2023



The Hottest Day in Newcastle. This is a FREE event. A great day for all you chilli lovers with loads of chilli products and food. Not so thrilled on chilli - don't worry we have you covered with food trucks, wine & beer, stalls and live music. The kids will be amused with a kids zone. A great day for all the family.

Notices

Heaven has gained an angel



In loving memory of Angela, who sadly passed away on the last weekend of February. Angela, a service coordinator/ RN in Coffs Harbour was gentle, kind, caring, highly skilled and always put others before herself. Subee staff and clients will miss Angela greatly. We have sent our sympathy to her son and family.

Online Training

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

Upcoming Topics:

March - Minimising Restrictive Practices: Restraint

April - Bullying, Harassment & Discrimination in the workplace



[Click Here to start Learning](#)

Farewell Susan

Please join us in extending Best Wishes to our Quality Manager Susan King , who will be leaving us on 17th March 2023. Susan has been valued team member of Subeenewlake since 2019 , in this time Susan has implements many changes in improving overall Client Service Delivery and the way Subeenewlake meets Industry Standards. We greatly appreciate Susan's leadership and guidance. Susan's dedication to her work has been remarkable , we will miss her dearly. I am sure you will join us in Wishing Susan all the best for her new venture.



wishing
you 
ALL THE BEST

I personally wish to extend our grateful thanks to Susan for her generous spirit, innovation and hard work in the time she has been with Subee.

Whilst we will miss her daily presence I am thrilled that she has decided to remain working in a remote role to continue to drive our continuous quality process within Subee.

All the very best for your exciting relocation and hope to see you soon.
Sue and Mick Beehag

Its time to say farewell after 4 years at Subee. I've learnt lots about the home care industry and met many lovely clients and kind and dedicated staff. The admin team have been fabulous, and we have created a work environment that is enjoyable to turn up to. I am heading north and will have fond memories of my time at Subee.

Gracias, adiós,
Susan x



Well being podcasts

Sharing inspiration through the words of people with a lived experience of mental health. In this podcast series we've invited people we know and admire to tell their stories. These are people who may not have made the headlines, but whose stories are just as worthy of your attention as those you hear in the media. These are people who have flourished and met life's challenges while managing their social and emotional wellbeing.

<https://www.blackdoginstitute.org.au/education-services/podcasts/being-well-podcast/>


Understanding Traumatic Brain Injury


March 2023

Understanding Traumatic Brain Injury (TBI) is a MOOC (Massive Open Online Course). Participants in this free online course will gain an increased knowledge of TBI. The aim of the course is to improve management, rehabilitation and public awareness.

 Wicking Dementia Centre

 Starts: 27th Mar 2023

 Duration: 5 Weeks

 Location: Online Course

 Completion Certificate: Yes

 Cost: **FREE**

[Click here for more info](#)



The screenshot shows the Subee Newlake Staff Portal website. At the top, there are social media links for Subee and Newlake. The main navigation menu includes Home, Library, News, Training, Feedback, Other Resources, HR, and Staff Discounts and Deals. The page title is "Subee Newlake Staff Portal" with the subtitle "Your place to access to News, Library, Forms and Training". A prominent banner for COVID-19 vaccine booster doses is displayed, with the text "Don't forget!" and a note to send a copy of the booster vaccination to update records. Below the banner, there are four main sections: LIBRARY (Forms, Policies, Legislation), NEWS (News, Submit Your News), TRAINING (Go to Altura, Instructions: New Staff, Instructions: Staff), and HR (HR Page, Employee Handbook).

Your New Password

The new password to access the Staff Portal for March / April is

USERNAME: Staff

PASSWORD: Easter

[Our Staff Portal](#)

[Our Website](#)

A big happy birthday to everyone with a birthday this March & April.

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.

Please remember to inform the office if you have a change to your residential address, or any other details including availability, next of kin, new car details etc.



Has a client got a skin tear or pressure sore? If so:

Add to progress notes under risk section.

Phone or email service coordinator or RN



With client permission take a photo and send to service coordinator/RN

Complete basic first aid to ensure wound is covered.

Do NOT apply an adhesive dressing to the wound.



Reminder: Progress notes to be completed in order of services, eg write progress notes for the 9am service before the 5pm service.

This assists with preventing errors in client-to-client travel by our system.

The next Support Worker meeting (Coffs and Newcastle) will be held in April 2023. The meetings will be held quarterly over the year now 😊

These meeting times will be placed on your roster soon.

News for next newsletter?

Email: rphillips@subeenewlake.com.au



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

[OUR WEBSITE](#)

[OUR STAFF PORTAL](#)

10,000 Steps A Day In March

#Steps2SaveLives



Lifeline
Saving Lives

**Steph and Kirin are walking to raise funds for Lifeline in March and need your help !!!!!
10,000 Steps a Day in March Facebook Challenge**



To coincide with Lifeline's 60th anniversary, Lifeline are imploring people around the country to join them in walking 10,000 steps every day in March in a nationwide Facebook challenge.

Funds raised will support Lifeline to continue working towards our goal of an Australia free of suicide.

If you would like to donate to this great cause, please click on the links below.

Your help is greatly appreciated.

[Steph](#)

Donate Here

[Kirin](#)

I AM TAKING ON THE 57 SQUAT CHALLENGE



Hi Everyone,
This March I will be participating in the 57 Squat challenge in support of the 57 Australians diagnosed with breast cancer everyday and raising funds for breast cancer research. As a breast cancer survivor myself, I know first hand how important it is to help the NBCF continue their research to improve treatment for breast cancer, and ultimately reach their goal of zero deaths. Please donate to my page to help reach this goal.

Rachel - Reception, Coffs Harbour 😊



[Donate Here](#)