

Able Stories

Autumn 2022



Able Art 2021

We held our much-loved Able Art exhibition late last year in celebration of International Day of People with Disability.

The theme was Rainbow Connection, because of the lovely use of colour in many of the artworks. Our Able Art exhibition is one way that we love to celebrate the creativity of our clients.

The floral artwork in this newsletter banner was created for Able Art by our wonderful client, Nicole.

One of the other standout pieces from the exhibition was a group mosaic that was made by sixteen

of our clients in Tasmania (pictured above). The joint effort took two months to complete and the clients were involved in the full process.

Planning has already begun for the 2022 Able Art exhibition!

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Together we are able

Building independence



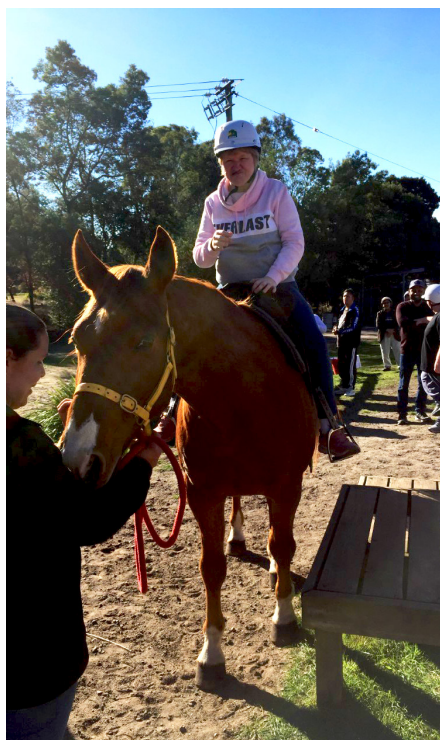
This is Joel. Joel attends our Young Adult Program (YAP) in Tasmania. YAP is our Day Program for clients aged 18-30. The program empowers our clients to build positive relationships with one another and engage in activities that support independence and life skills.

Joel especially enjoys listening to music, bagpipes and The Wiggles. He recently participated in a YAP Bike Education Program where he learnt bike handling skills, road safety and bike maintenance. He had a lot of fun riding with other clients.

Building skills with activities

Theresa has been attending the YAP Program in Tasmania for 11 years.

Theresa loves doing skills-building activities. Her favourite activities are horse riding, arts and crafts, playing the keyboard, walking and attending a swimming program. It's wonderful seeing Theresa having so much fun and building her confidence.



Out of hospital and reaching goals!



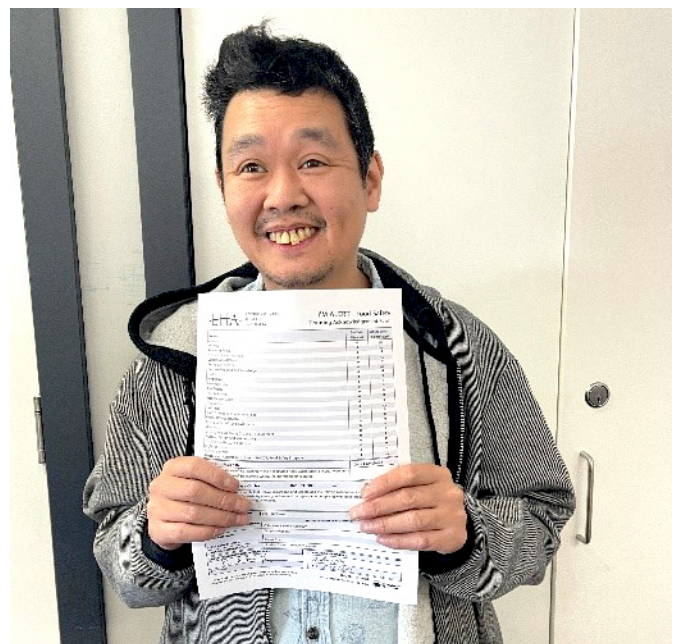
As many of you would agree, spending time in hospital isn't great. Imagine being there for nine months. That's the situation John found himself in. Fortunately for John, we were able to get him out and into a home.

Since moving out of the hospital, he has improved in so many ways. John is able to move more, he has gone from being a wheelchair user to hardly using it at all and his overall health has improved as well. John's eating home cooked meals for the first time in a long time. He's also looking to increase his day program from 3 days per week to 5. All this in a few short months – well done John! We can't wait to see what the future holds for John.

Shining volunteers

Recently two of our clients, Eric and Craig, received their Food Safety Certificate. They were awarded the Certificate after completing volunteer work through the Gagebrook Community Centre's Fast Foodies program. Both Eric and Craig love to cook and help others.

With the support of Able support staff, they volunteered their time every Tuesday to help prepare and cook meals. Congratulations to Eric and Craig!



Paul's talents add colour to life



Meet Paul. Paul is our talented client who lives in Tasmania and makes beautiful rugs by hand. Each one of these colourful and textured rugs takes Paul up to 100 hours to finish.

Paul started this form of art therapy about 6 years ago. He will often sit for hours working through this meditative activity. Each rug is unique in its colour scheme, pattern and size and it is exciting to see what he will create next. Keep up the great work, Paul!

Celebrating World Kindness Day



To celebrate World Kindness Day on 13 November our Queensland Seniors Community received a free ice cream, provided anonymously as a random act of kindness to promote reconnection within the community.

It's great to see our seniors getting out and about and socialising in their local community – and who can say no to ice cream?

Support our work ❤️

Much of our work is funded through generous donations. If you would like to donate, please use this QR code or visit <http://ableaustralia.org.au/donate>.



National Office

413 Canterbury Road, Surrey Hills VIC 3127
T: 1300 225 369 | info@ableaustralia.org.au
ableaustralia.org.au

Able Australia Services

ABN 83 024 339 234
ACN 005 783 175



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