



## *From our CEO*

Another year almost finished and what a full year it's been!!!

In 2023 we have had a full Aged Care audit, an interim NDIS audit (full audit to come in 2024), closed Tower Road, introduced a new client management system for aged care, and have been involved with an amazing expo to show case participant artwork, amongst many other great events and activities.

It's wonderful to see the highlights of 2023 in this addition of the newsletter and the enjoyment that people have had participating in the varied programs we offer at Parkside.

Thank you for your continuing support and hope to see you all in 2024.

We wish you and your family a very Merry Christmas and Happy New Year!!

Warm regards

*Belinda Smith*  
Executive Director/CEO



# TOWER ROAD



Andrew



Andrew and Kelly



Renee



Michael

# TOWER ROAD



Morgan



Rhonda in her Easter Hat. (April 2023)



Andrew and Daniel

Tower staff saved up lunch money to spend on sensory items. They then supported a local company in Tasmania named *Sensory Hub Store* and received a whole lot of things to touch, spin, flick, see, feel, and manipulate.

(January 2023)



# TOWER ROAD

Tower Road facilitated a cooking program twice a week. Everyone shopped for groceries at the local shopping center and were encouraged to choose items from the shelves independently. Each week the group chose what meal to cook for the following week.

*(June 2023)*



Julianne and Ally



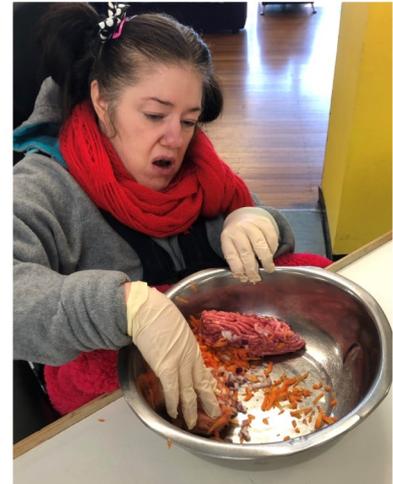
Claire, Rhonda and Sarah



Rhonda

Cooking program making sausage rolls, garlic bread and salad.  
*pictured - Rhonda, Julianne and Sarah.*

*(August 2023)*



# TOWER ROAD



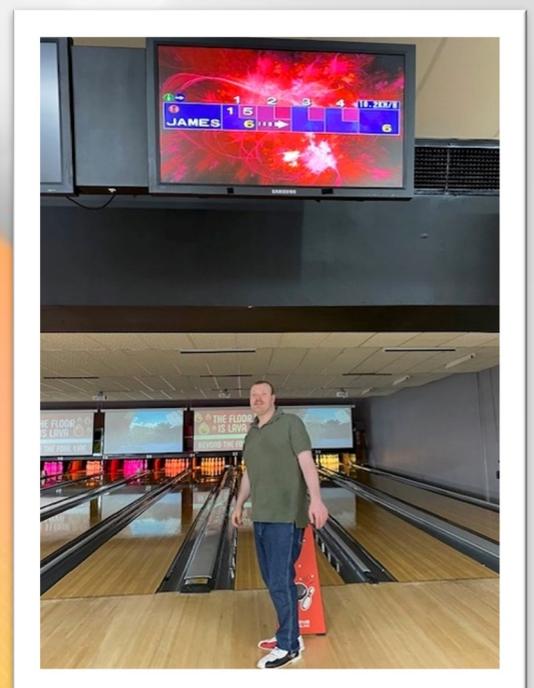
Sarah during the Arts Program with tutor Jess. *(August 2023)*



Jarrod during the Circus Program with tutor Sam. *(August 2023)*



Carolyn enjoyed Circus Friday at Tower Road.



James out and about in the community. James pictured here at zone bowling, where he bowled a strike!.

*(March 2023)*

# TOWER ROAD



Tower Road - Gardens and Parks Program.  
Everyone enjoyed some sun and fresh air.

*(July 2023)*

# SIGNAL BOX PROJECT



Parkside have their very own signal box! This was part of the Urban Smart Project. Thanks to the hard work of artists Michael and Alex, renowned artist Maggie Jeffries and Parkside staff we now have a permanent fixture on New Town Road.





Parkside have some extremely talented artists. Two of them, Michael and Alex were successful in an application to paint a signal box in New Town.

This was quite a big project which involved many steps and many painting sessions. Alex and Michael worked hard and we can now all see the colours of dinosaurs and robots.

Well done Michael and Alex!.



(January 2023)

# TOWER ROAD



Parkside moved into Tower Road in 2006. At the time it was purpose built and suited our needs, and a lot of great memories were made at this venue. After 17 years the difficult decision was made to close the doors as we felt that it was no longer fit for purpose.

Change can be difficult, and the transition was a massive undertaking. We would like to thank everyone for their patience and commitment in making this a positive move.

*Belinda Smith*

**Executive Director/CEO**

# OUT AND ABOUT IN THE COMMUNITY

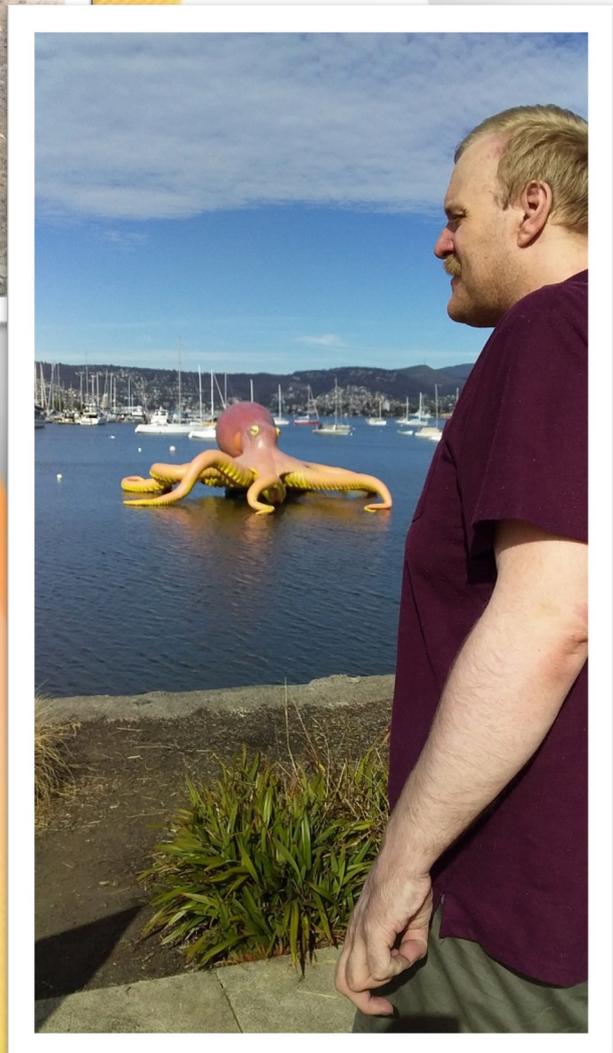


James feeding the ducks during a trip to Richmond.

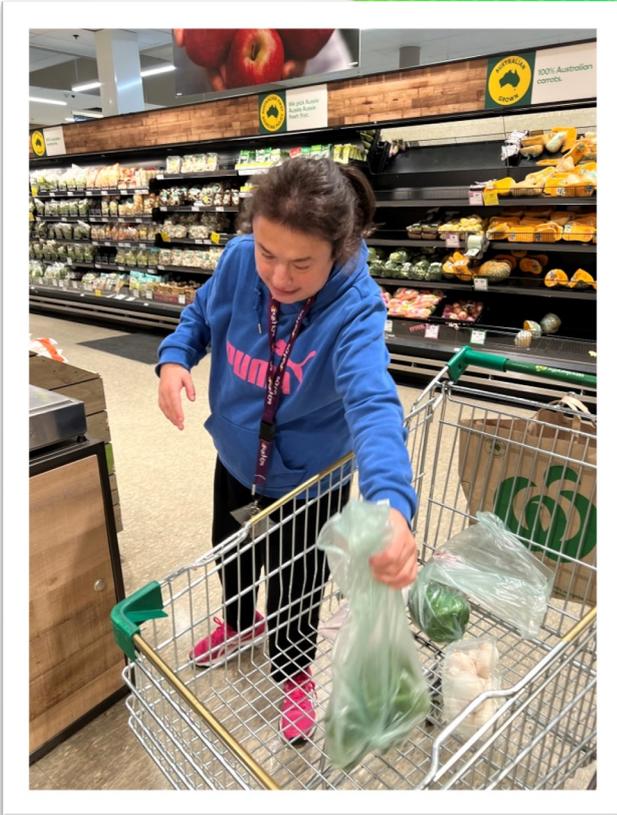
*(January 2023)*

James also visited Kangaroo Bay to see the Octopus installation.

*(March 2023)*



# OUT AND ABOUT IN THE COMMUNITY



Amanda out shopping. Lots of smiles.

(February 2023)

# OUT AND ABOUT IN THE COMMUNITY



Brett and Paula enjoying a hot chocolate at the beach.

*(March 2023)*

Here is a great out-and-about picture of Adam while on the Maintenance Program.

*(May 2023)*



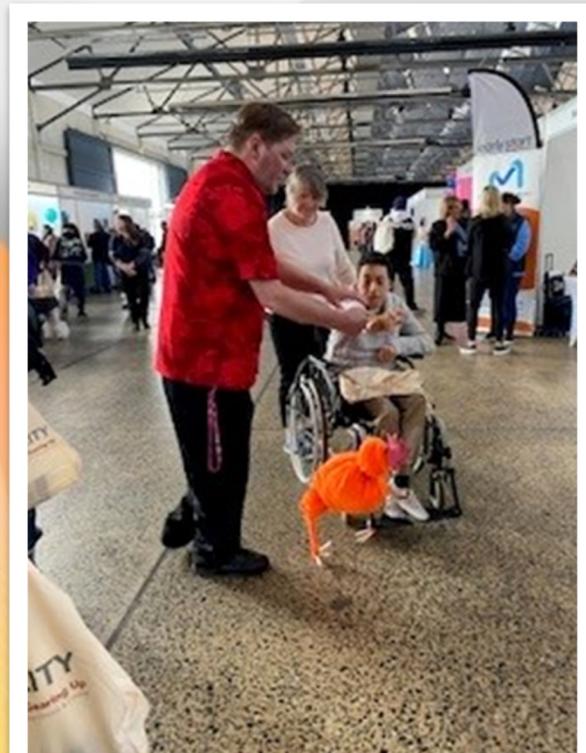
# OUT AND ABOUT IN THE COMMUNITY



Huonville Health and Wellbeing Expo was held in October. Shakeira enjoyed a massage and Jessie had fun with an interactive robot.



Jonathon visited the Disability Expo and had the best time. He was very keen to have a go at operating the puppet.

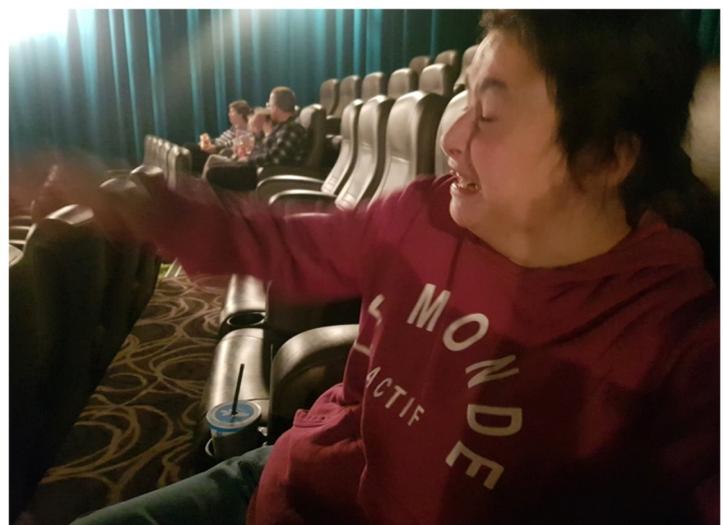


# OUT AND ABOUT IN THE COMMUNITY

Amanda had a fantastic Saturday outing, first stop was something to eat, before going to Salamanca Market. Amanda enjoyed looking and pointing at everything, saying “Hi” to all the stall holder's, dogs, and babies.

Amanda danced with Tamika to a traditional Scottish band playing on the lawns, then went to the movies to see Super Mario Bros. Amanda absolutely loved it, laughing and clapping her hands and cheering with so much joy and excitement. Amanda had a great day.

*(April 2023)*



# BRANCHING OUT



Will pictured here on Friday's Branching Out Fishing Program. He caught several Cocky Salmon. This was Will's first time out on the program. *(April 2023)*



During Branching Out Program Steven enjoyed his time at the farm with the donkeys before art in the afternoon.

*(June 2023)*

# INSIGHT PROGRAM



Jordan mowed the lawns at the Sorell Trade Training Centre as part of our InSight Program.

The team tidied up the entrance to the centre in preparation for an upcoming visit from some politicians.

Positive feedback on the program has been received from the Bridgewater Trade Centre and our InSight Program participants.



We enjoyed having the InSight Program participants at the Southern Central Trade Training Centre today.

The 'crew' have been inspirational and have taken the lead in repurposing the shipping container as a contemporary art installation 😊  
Here are some photos taken this afternoon, everyone is having fun ... enjoy!

Kind regards, Traycee

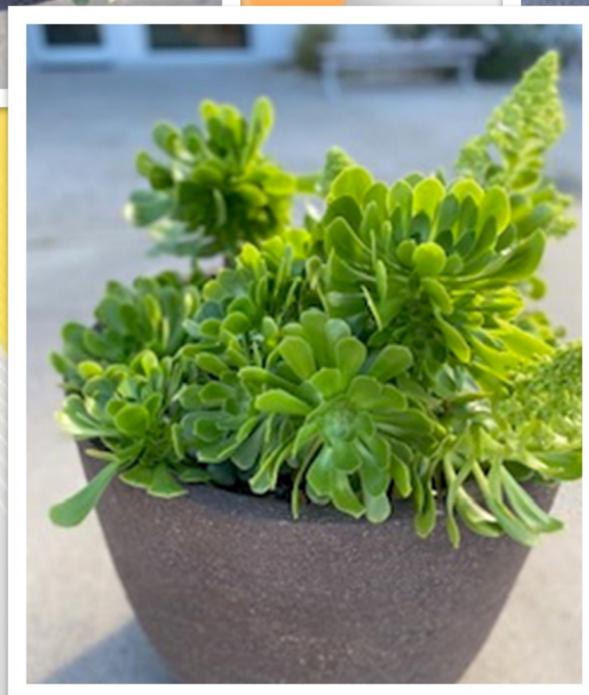
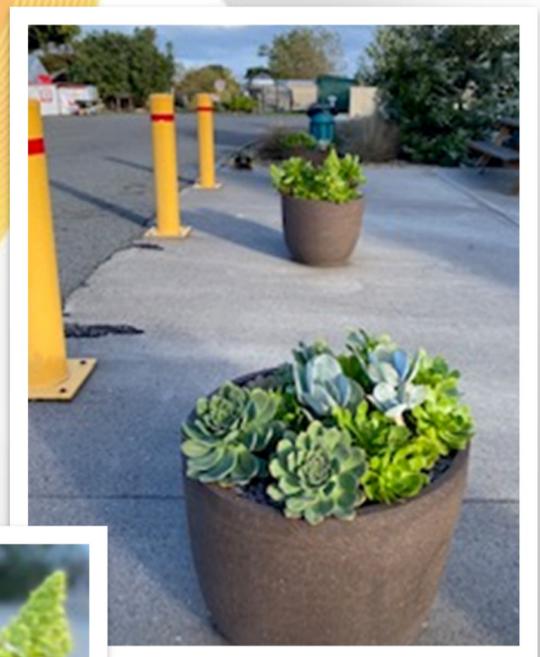
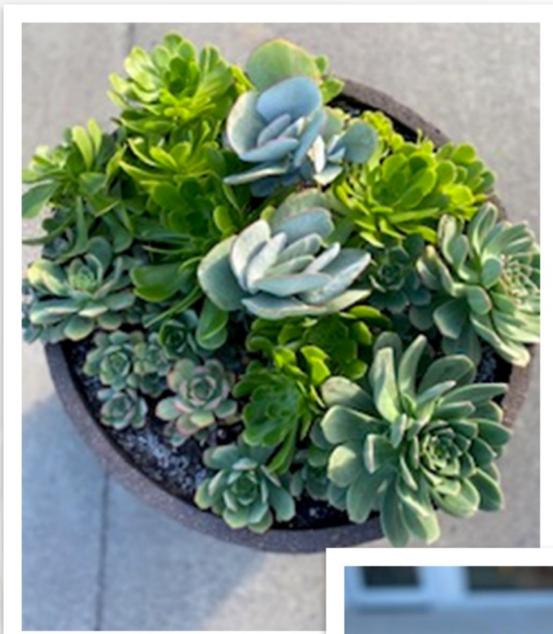
# INSIGHT PROGRAM

## SORELL TRADE CENTRE

The crew who work hard at the Sorell School Trade Centre are learning a lot about plant propagation, gardening, mowing, painting, and how to manage a farming property. The program provides an insight into what may be expected of someone within the workplace.

The crew created these beautiful succulent garden beds which are featured at the front of the centre.

*(May 2023)*



# INSIGHT PROGRAM

## HUON VALLEY

Monday Huon Valley Insight crew were photographed planting sweet peas and doing farm work around the enormous property.

*(June 2023)*



Marcus and Tim



Marcus, Tim and Will



Tim and Will planting garlic. *(April 2023)*

# INSIGHT PROGRAM



Will fed the sheep and pigs during the Insight Program at the Huon Trade Centre.

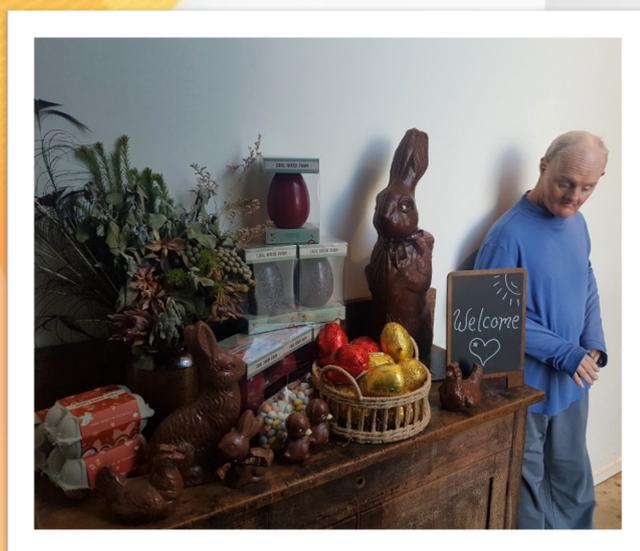
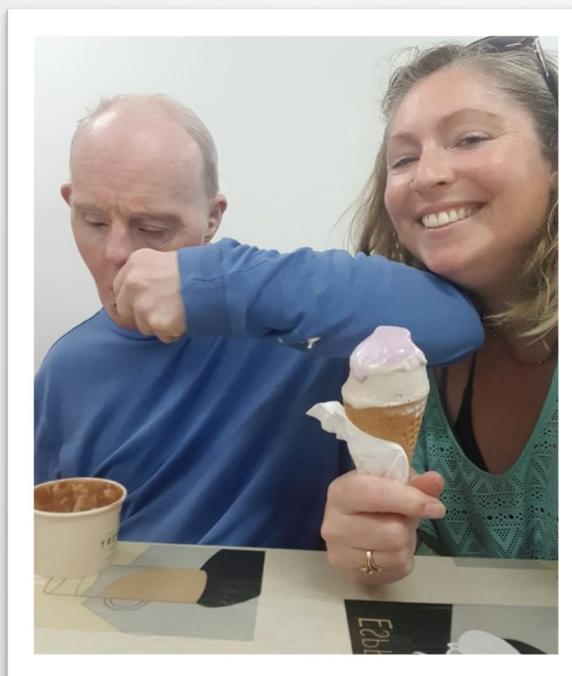
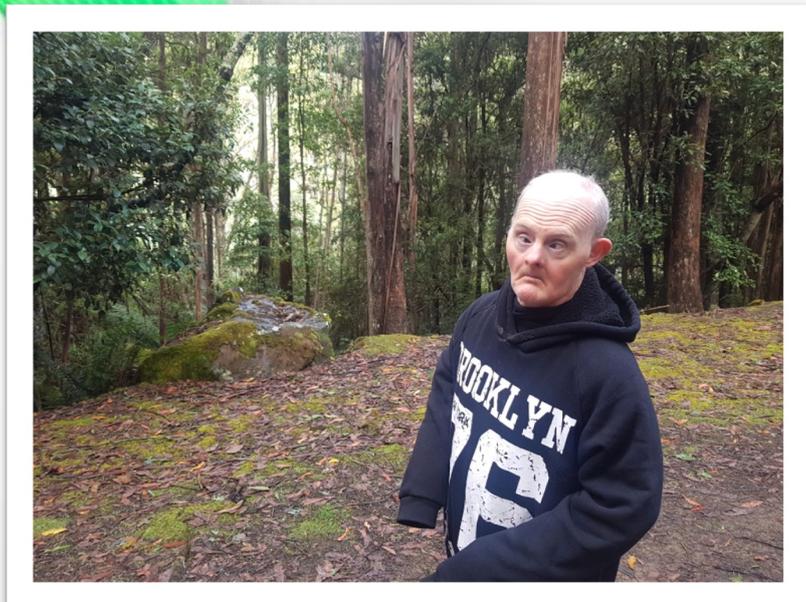
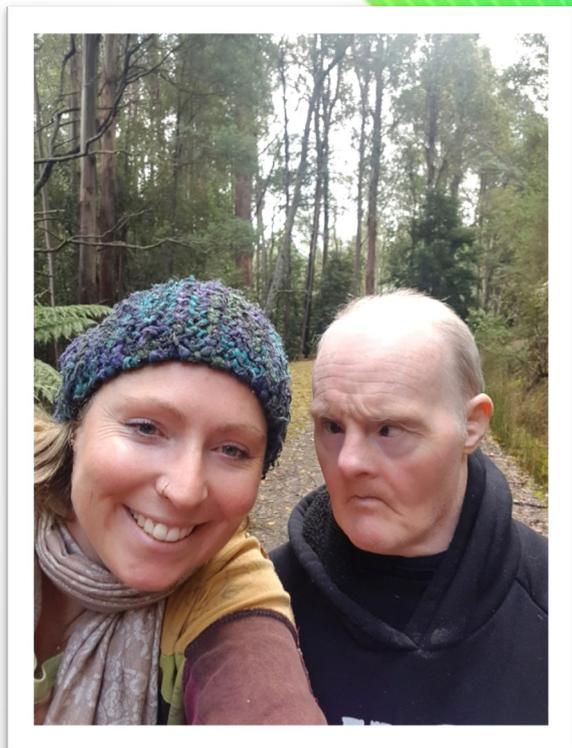
*(April 2023)*



The InSight program accessed the Uni Gym during the school holidays.

## CLIENT ENGAGEMENT

Brett had a lovely birthday outing, and enjoyed an autumn walk at Myrtle Forest with Tamika. Brett really loves his nature adventures.

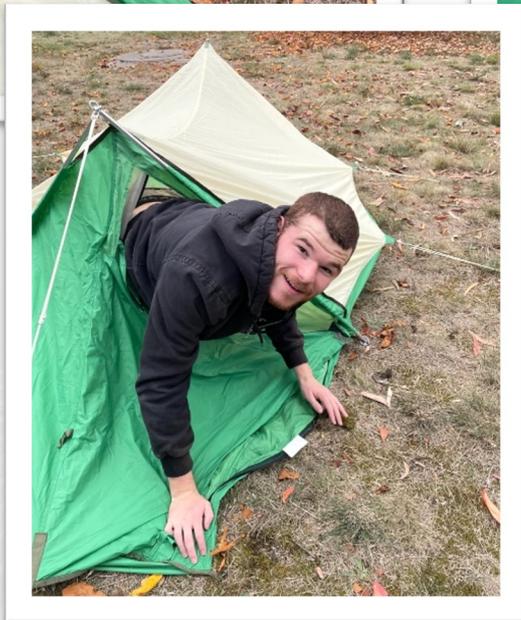
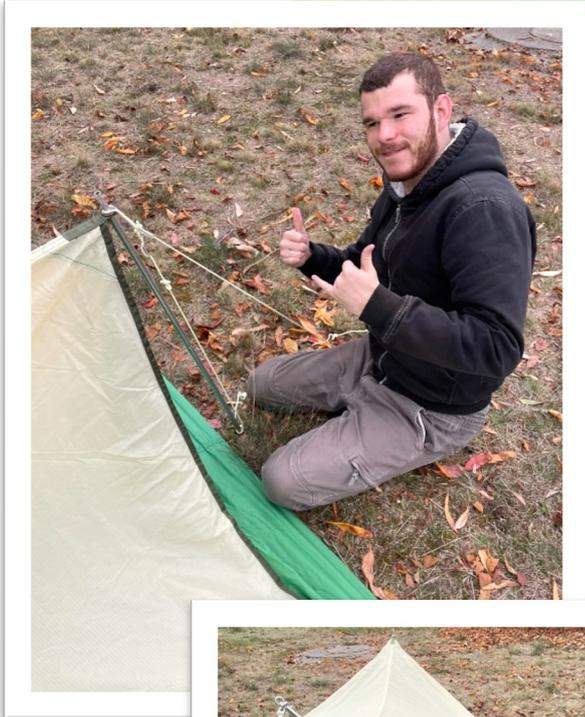


Brett enjoyed the Easter break by visiting the Aquatic centre for a swim, then afterwards off on a chocolate/Easter adventure.

First stop was Van Diemens Land Icecreamery for a Chocolate gelato, then off to Coal River Valley chocolate factory to end the day with a delicious hot chocolate. Brett had a fantastic day, loads of smiles.

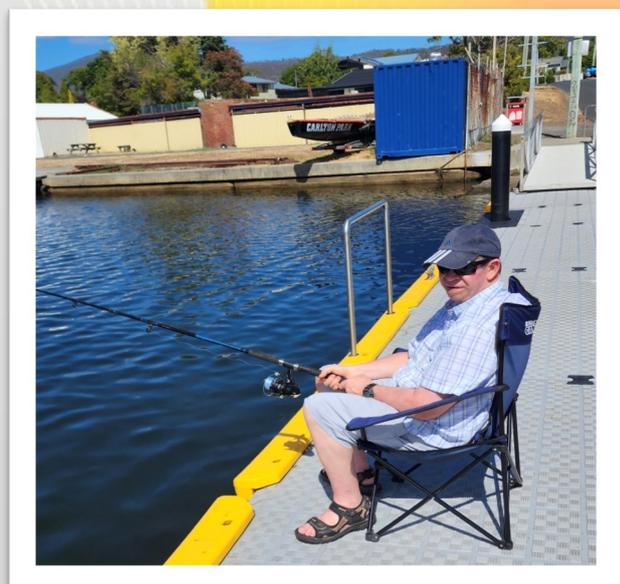
*(April 2023)*

# INDIVIDUAL SUPPORTS



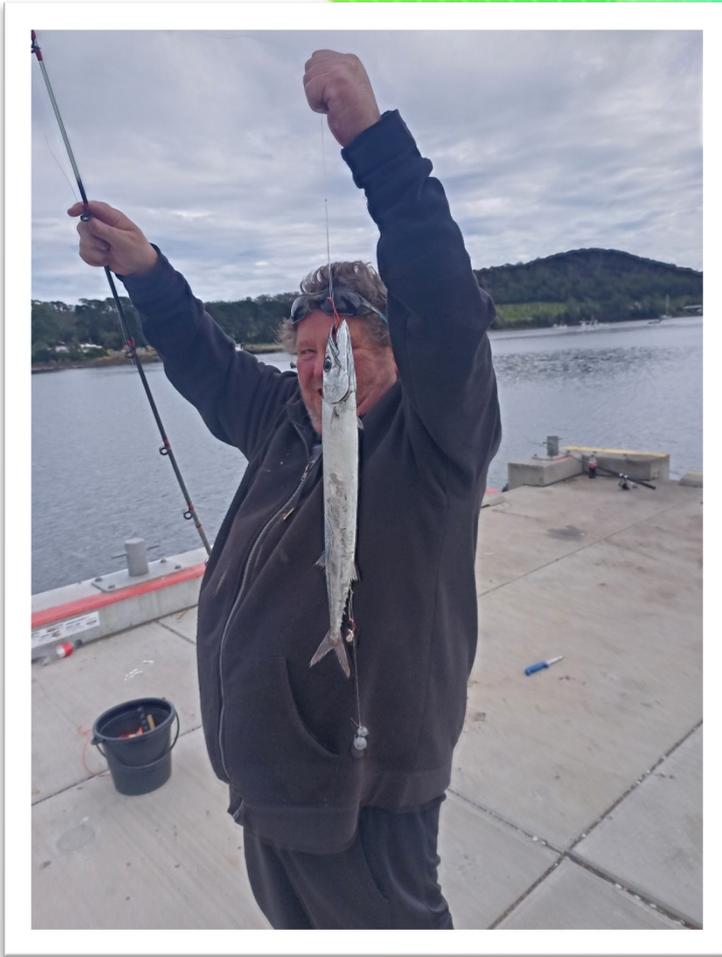
Will wanted to set up our tent that we got from the tip shop. He used his problem solving skills and improvised to get the tent set up. I think he did really well. He had lots of fun and was so proud!

*(April 2023)*



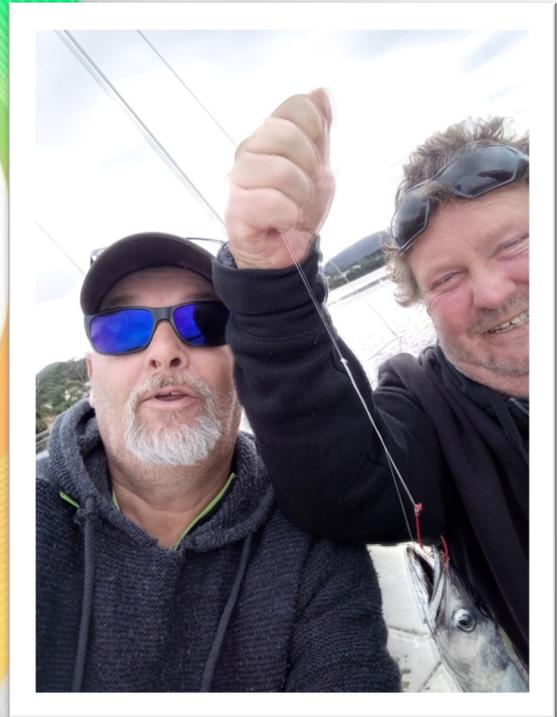
Charles enjoying a spot of fishing.

# INDIVIDUAL SUPPORTS



Michael had a successful fishing trip and weekend away at White Beach earlier in the year.

*(April 2023)*



Matthew working really hard at independently cooking muffins.

*(June 2023)*

# INDIVIDUAL SUPPORTS

Nic had a fabulous time at Henden Ryse farm on Fridays. He fed the animals, particularly the mini cows and the llamas. Tracy was supporting Nic to be more comfortable with the animals. As you can see from the pictures, Nic is excelling!

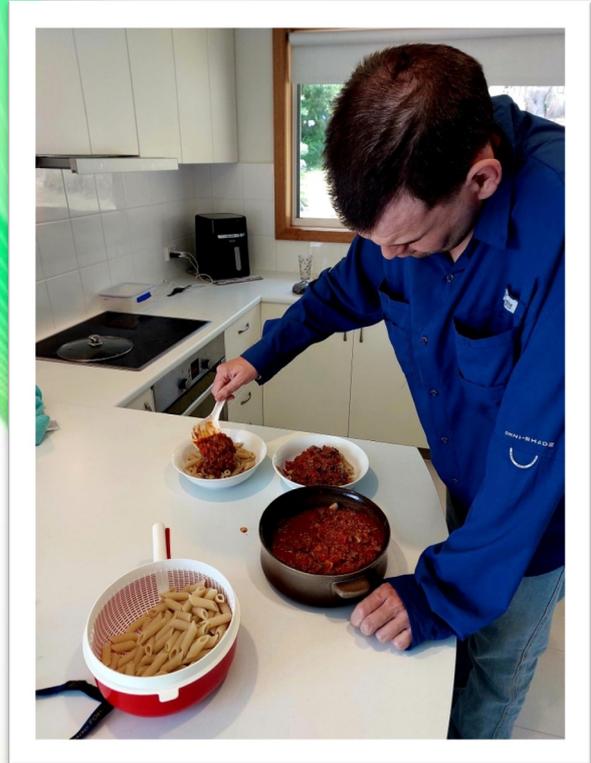
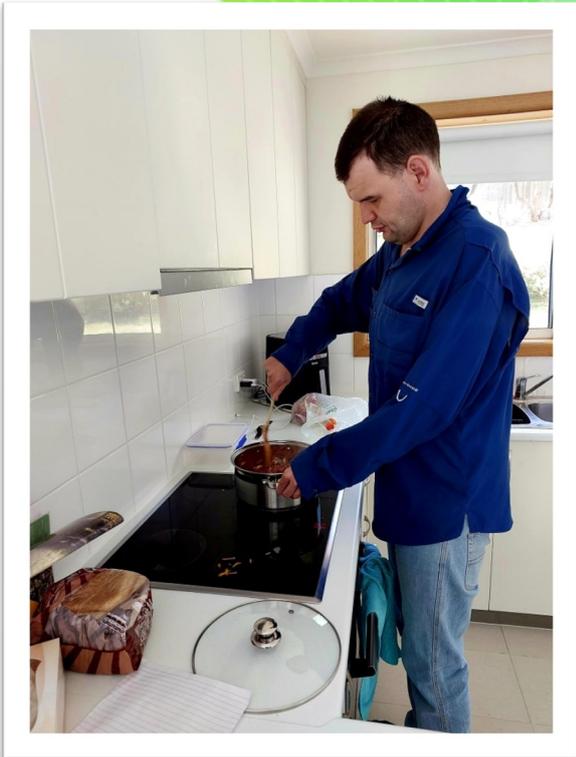
*(July 2023)*



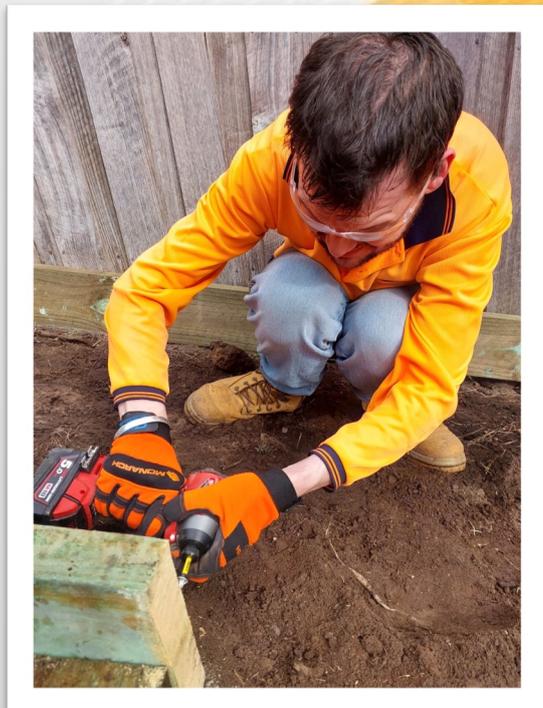
Amanda at Northgate with Pikachu during her weekend support.

*(August 2023)*

# INDIVIDUAL SUPPORTS



Adam independently makes his own dinner during his individual support.  
*(March 2023)*



Adam started to build and dig out a new vegetable garden at his Dad's place this year. Adam does most of the jobs and his Dad helps him with some of the heavy lifting.



*(August 2023)*

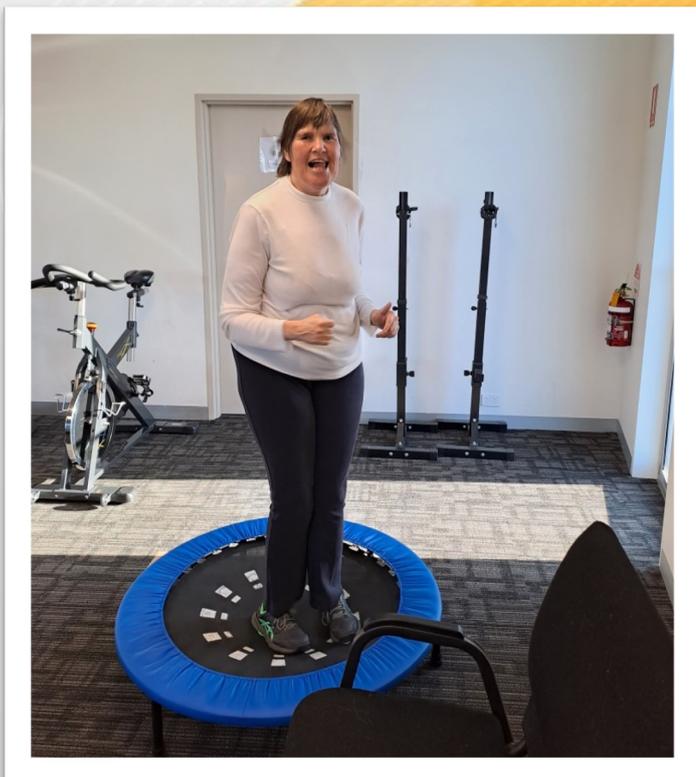
## INDIVIDUAL SUPPORTS



Angie likes to be busy in the kitchen. She gets a production line of cooking happening at home!

She used the Thermomix for soup, pressure cooker for Risotto and then drizzled white chocolate on the weetbix protein balls. Go Angie!

*(March 2023)*



Renee during her My Pathway to Health Program. Renee has her own personal trainer and chooses to finish her program with a jump on the trampoline. She always enjoys this so much.

*(June 2023)*

# INDIVIDUAL SUPPORTS



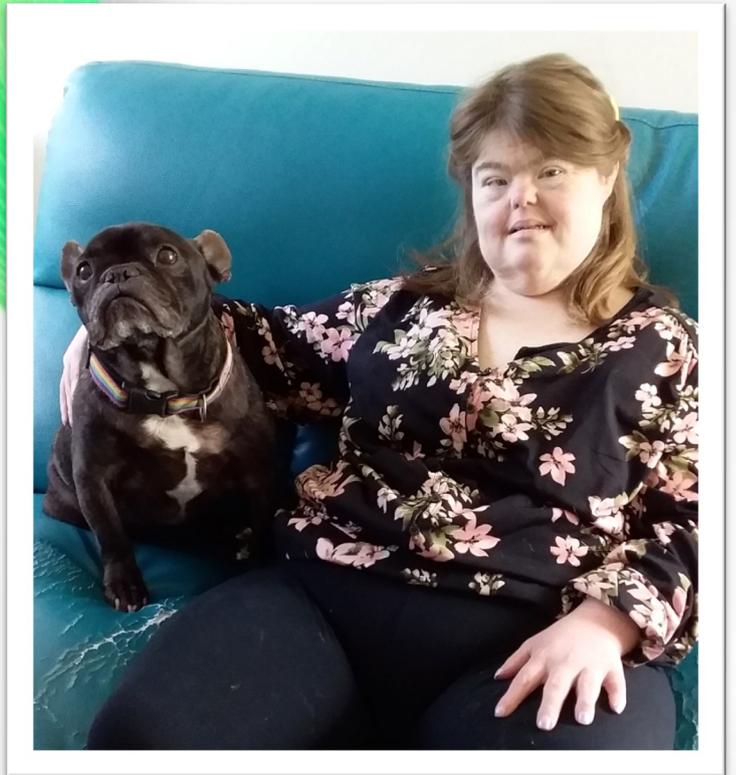
During Tom's one on one support he cooked fried rice for tea for his family.

*(August 2023)*



# INDIVIDUAL SUPPORTS

Alicia with therapy dog **Fred**  
(September)



Adam at a local pub. Adam ordered his food and a drink independently and enjoyed playing pool.

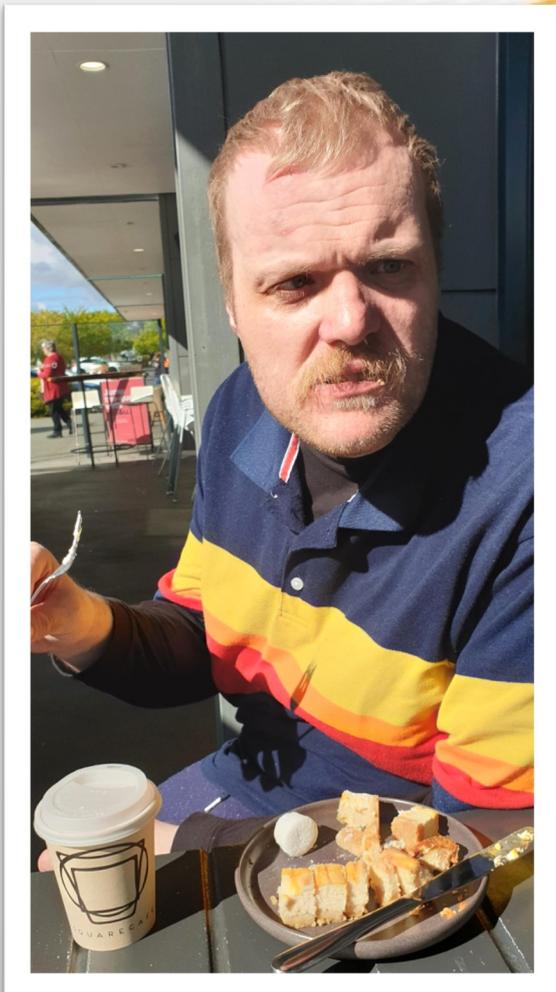
(October 2023)



# INDIVIDUAL SUPPORTS

Charles pictured here with his catch. Charles loved the time out and about with Craig.

*(October 2023)*



James pictured at Red Square Café where he enjoyed a hot chocolate and cheese cake.

# INDIVIDUAL SUPPORTS



Kaine enjoyed the Fossil Cove walk at Tinderbox recently.



# 1:1 PARTICIPANTS and SMALL GROUPS ACCESSING THE COMMUNITY



Jarod & Rhonda

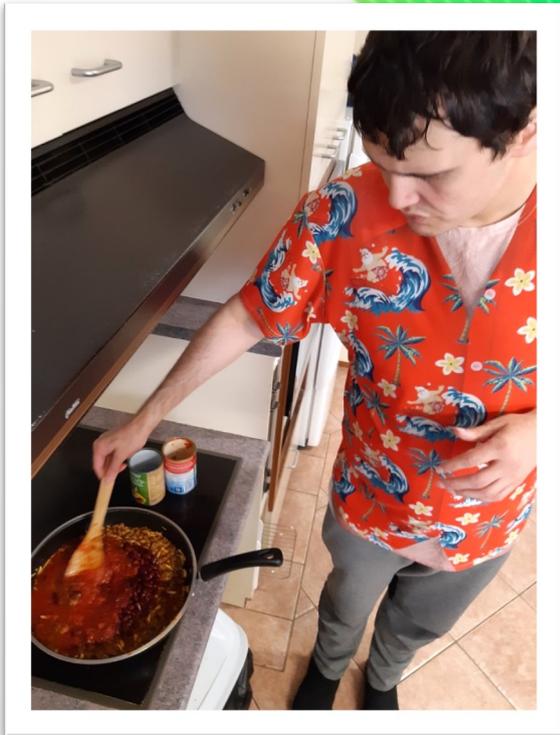


Jordan and Will

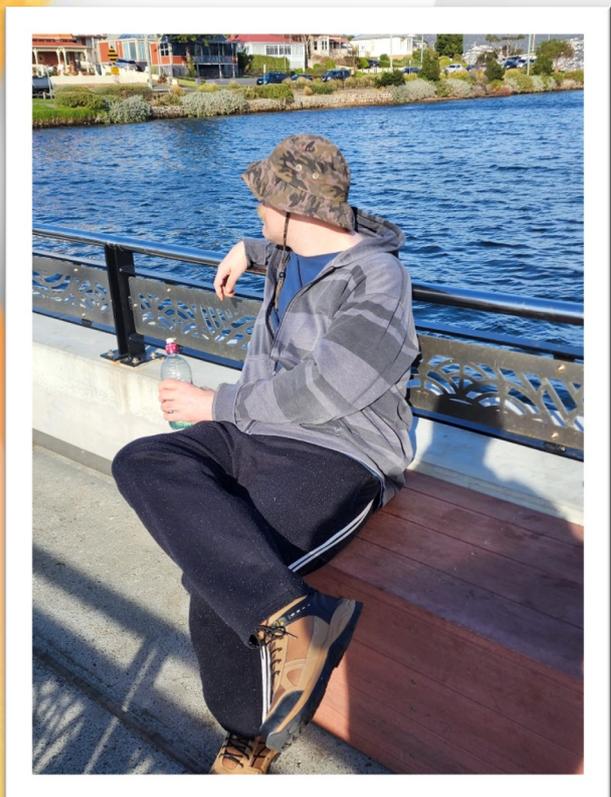


(July 2023)

# 1:1 PARTICIPANTS and SMALL GROUPS ACCESSING THE COMMUNITY



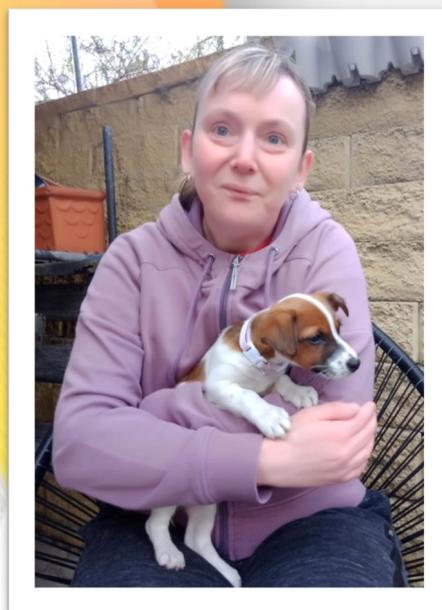
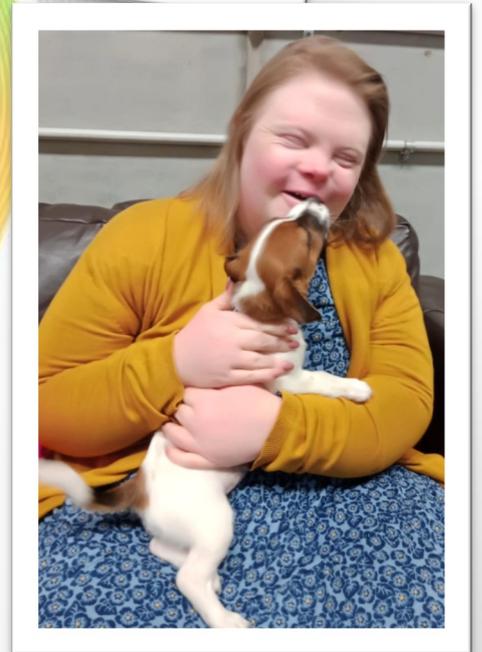
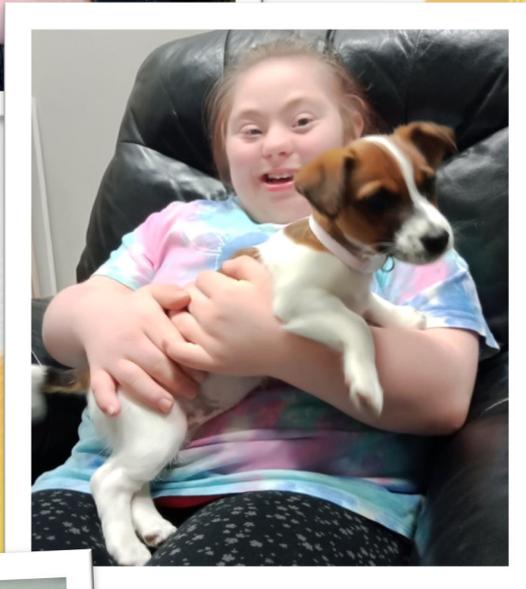
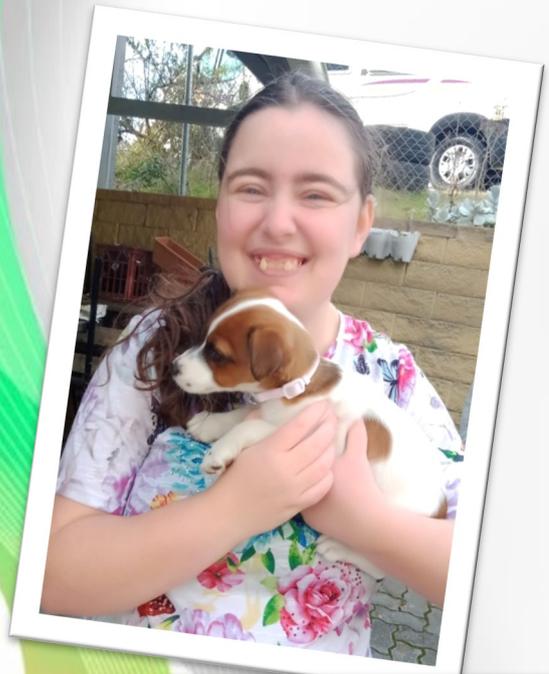
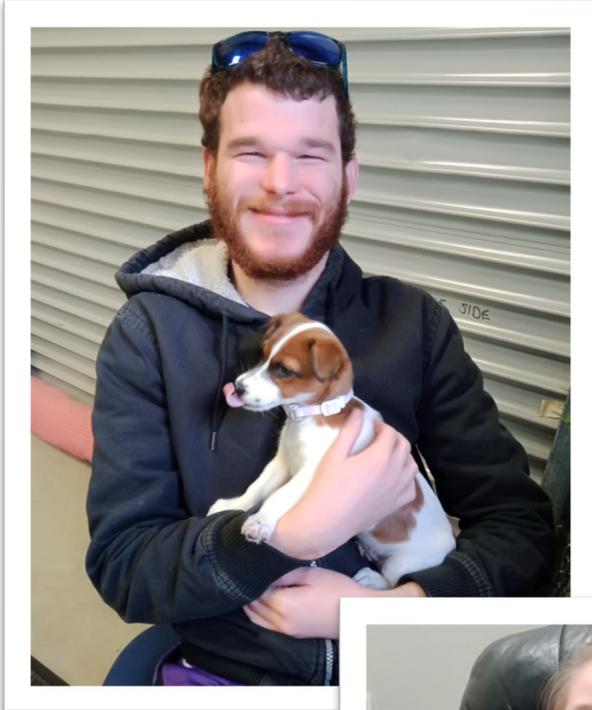
Aaron cooking lunch and enjoying a swing at the park.



James at Bellerive

(July 2023)

## AT THE OFFICE .....



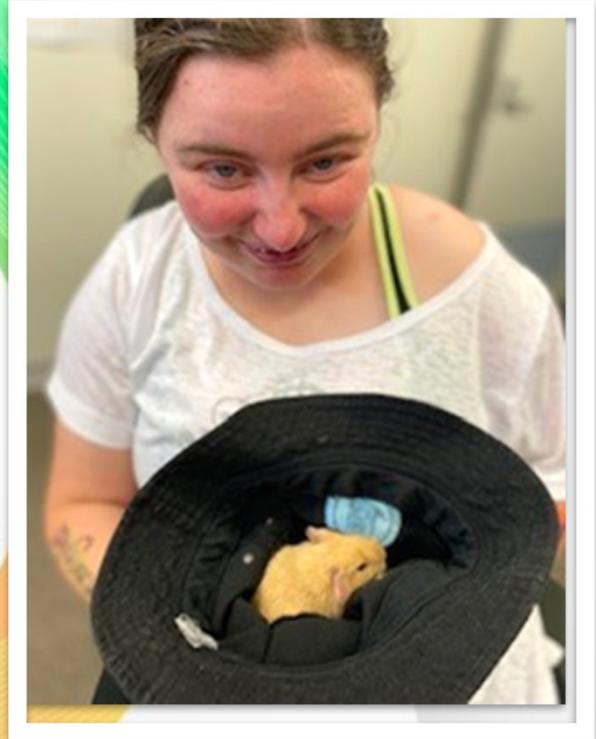
“Winnie” came to the Tullah Road office and put a smile on everyone’s face.

Will, Sam, Sarah, Rhianna, Mel and Kristina gave Winnie lots of cuddles.

*(May 2023)*

# AT THE OFFICE .....

Lemonade the baby Guinea Pig pictured here with Michael, Sam, Georgia and Will.

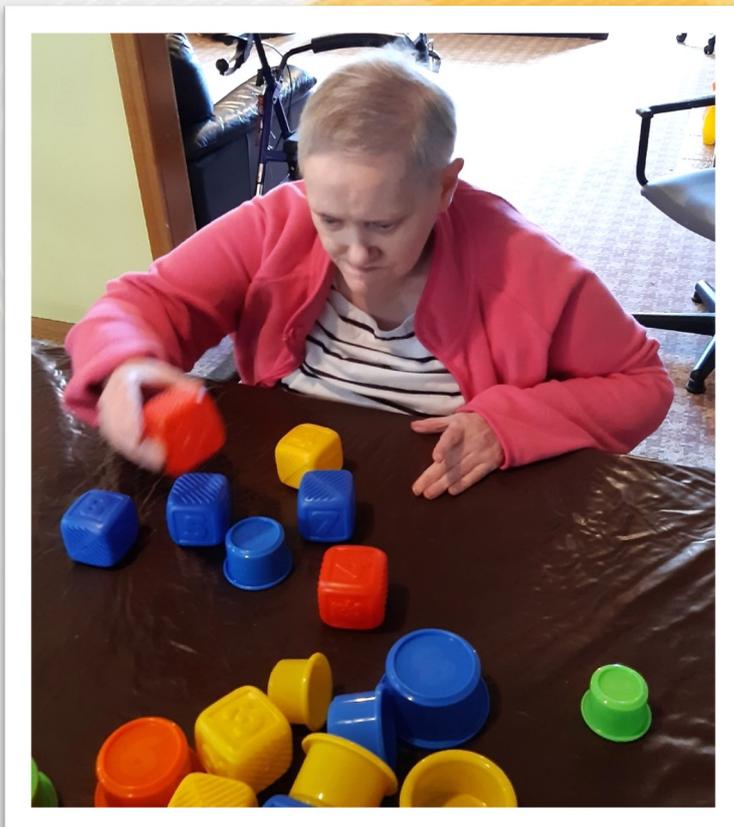


(March 2023)

# GROVE

Clinton and Leanne  
enjoyed time at the Grove  
PCYC

*(July 2023)*



Judith

*(July 2023)*

# GROVE

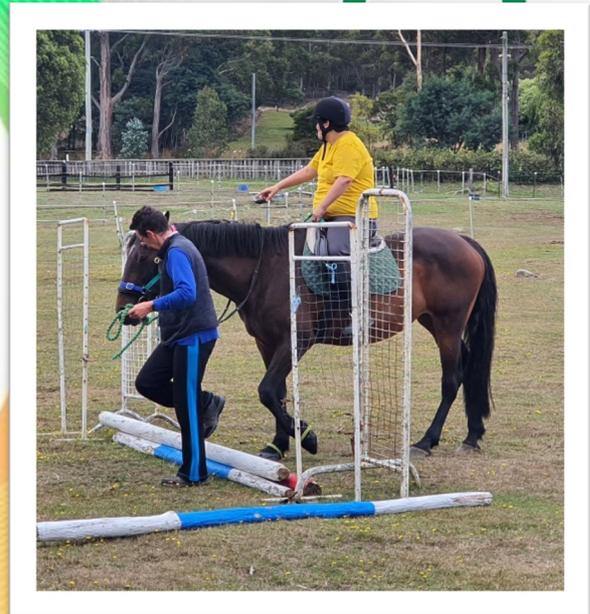


Pictured horse riding are Jesse, Lou, Shakeira and Annie. They completed the show jumping course and finished with a scavenger hunt in the bush arena. Liz has been taking horse riding for Parkside participants for 20 years. The ladies that help out are all volunteers and love spending the day helping to support our guys to do what they love. *(March 2023)*

## HORSERIDING PROGRAMS

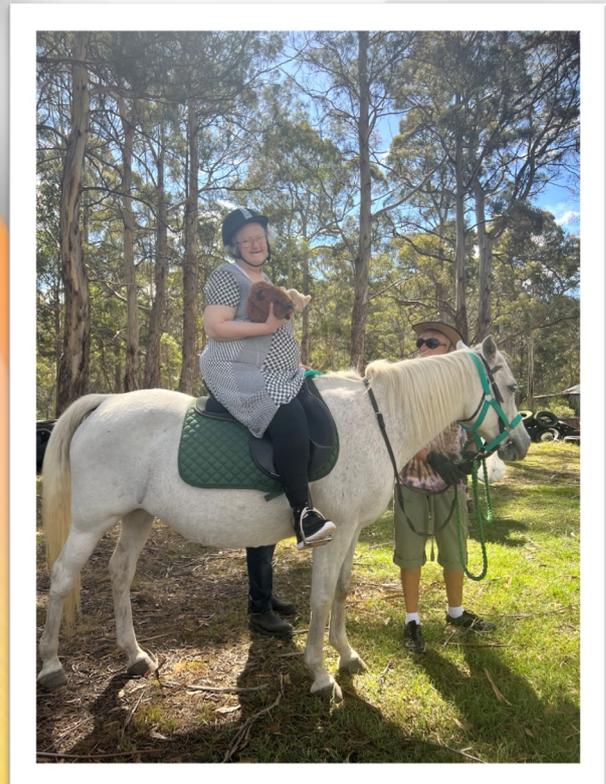


# HORSERIDING PROGRAMS



Annie enjoying horse riding.

*(March 2023)*



# LLANHERNE



Llanherne group  
cooked up ANZAC  
Biscuits.

*(April 2023)*



# LLANHERNE



Many hands make light work. Team work at Llanherne with Kristina, Mel, Zoie and Sarah. (April 2023)



Mathew and Zoie enjoy cooking together.

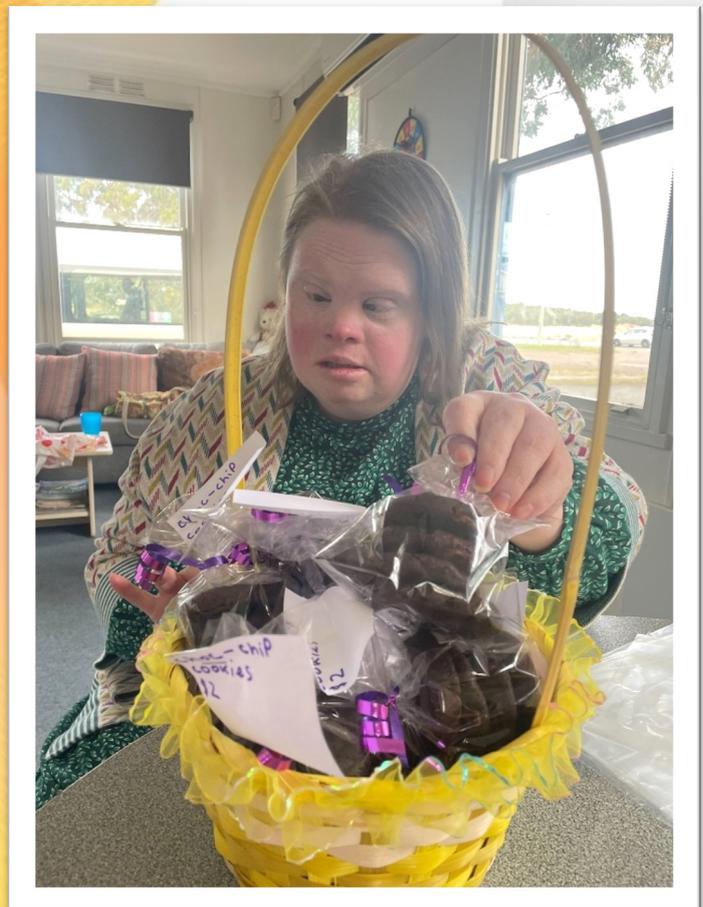
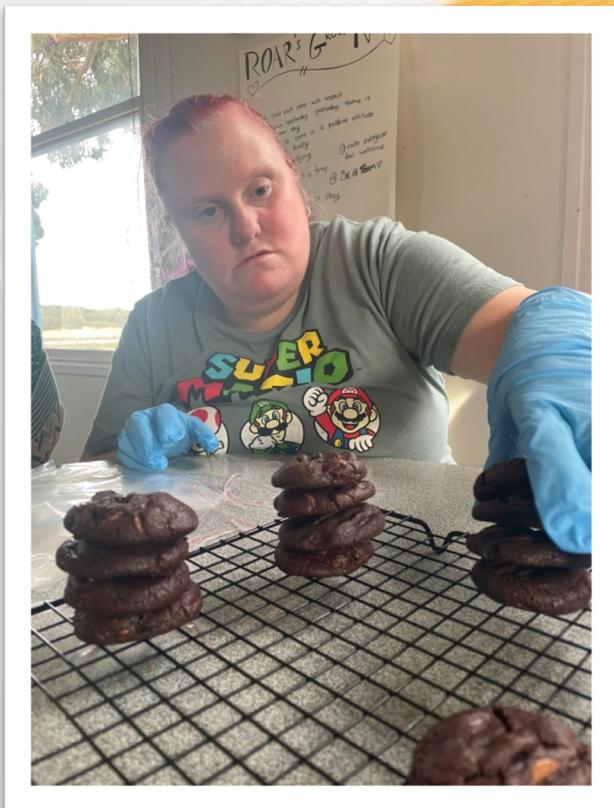
*(July 2023)*



# LLANHERNE

Working together at Llanherne during the cooking program. Pictured is Zoie, Sarah, Mel, Emily and Kristina.

*(June 2023)*



# DANCE MONKEYS

The Dance Monkeys group showed their wonderful talents around various Parkside venues.



(March 2023)

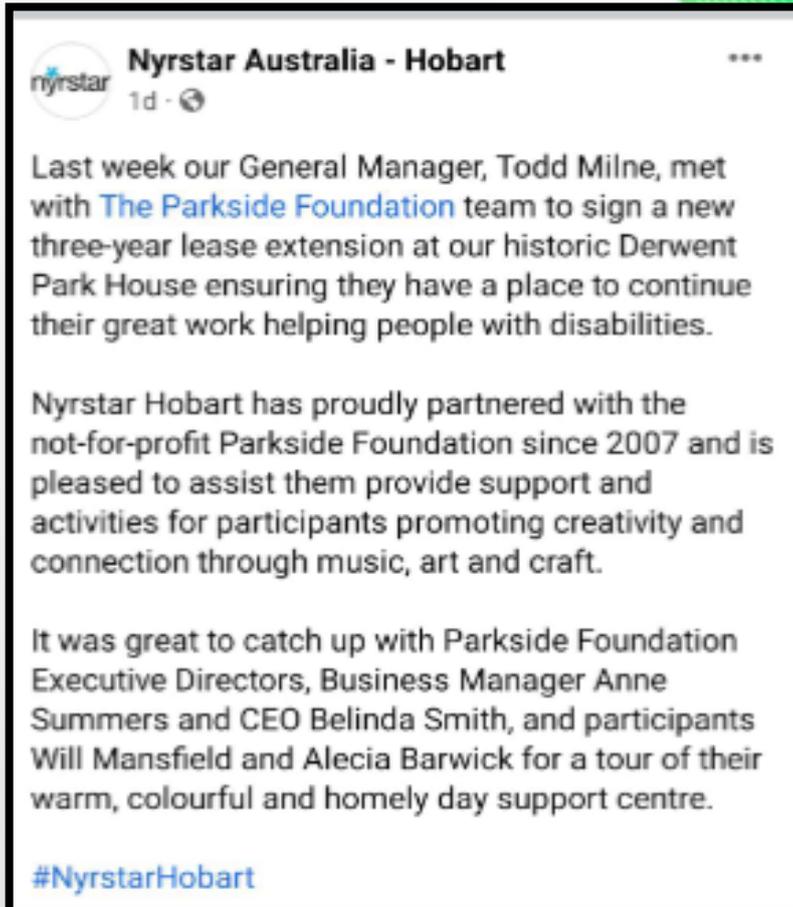


(November 2023)

# ONGOING PARTNERSHIP WITH NYRSTAR

Parkside are delighted that we have formalized our ongoing relationship with Nyrstar Hobart to use their lovely historic house at Derwent Park for client supports.

Here is the article Nyrstar put on their Facebook page.



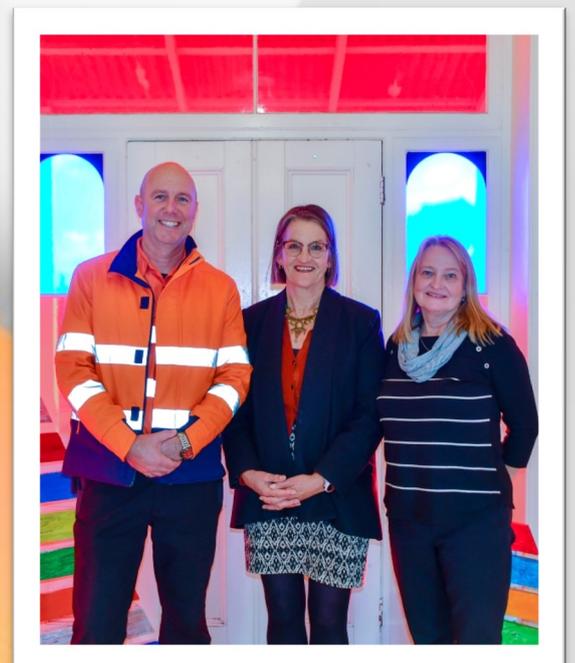
**Nyrstar Australia - Hobart** 1d · 🌐

Last week our General Manager, Todd Milne, met with [The Parkside Foundation](#) team to sign a new three-year lease extension at our historic Derwent Park House ensuring they have a place to continue their great work helping people with disabilities.

Nyrstar Hobart has proudly partnered with the not-for-profit Parkside Foundation since 2007 and is pleased to assist them provide support and activities for participants promoting creativity and connection through music, art and craft.

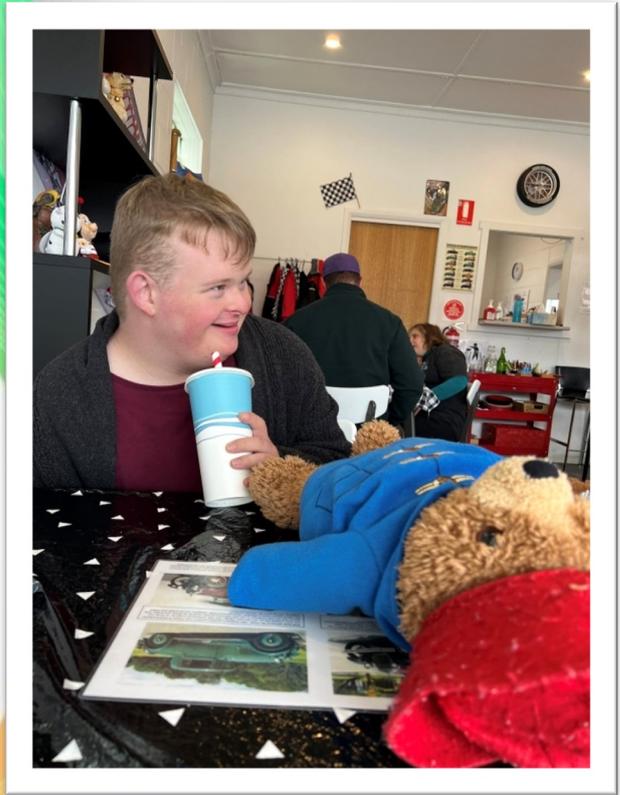
It was great to catch up with Parkside Foundation Executive Directors, Business Manager Anne Summers and CEO Belinda Smith, and participants Will Mansfield and Alecia Barwick for a tour of their warm, colourful and homely day support centre.

[#NyrstarHobart](#)



(July 2023)

# DERWENT PARK HOUSE



Ethan at the supermarket buying milk for DPH, then he enjoyed a café outing in the afternoon.

*(March 2023)*



Art program tutored by Maggie Jefferies.

# DERWENT PARK HOUSE

Art program tutored by Maggie Jefferies.

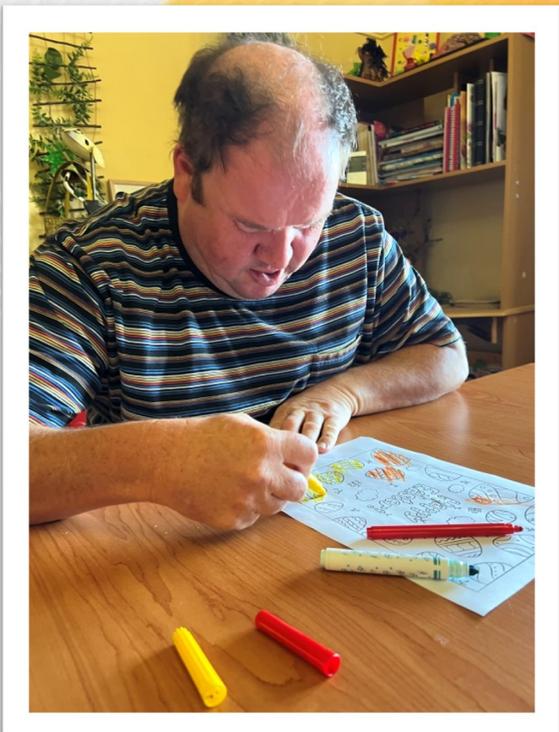


Jane



Annie

## DPH Art Group



Zane



March 2023

# DERWENT PARK HOUSE



Zane enjoying a relaxing foot spa.



Sarah enjoying a tutored art program.

# DERWENT PARK HOUSE



Will, Renee and Tash enjoyed a game of lawn bowls as part of their morning DPH Program. They were very pleased with their action shots in these photos.



The following week Jonathon and Ethan gave Lawn Bowls a go with Will.

*(Oct 2023)*

# DERWENT PARK HOUSE



Carolyn joined the DPH group and enjoyed doing some art and craft.

*(March 2023)*

## Easter



Carolyn and Phuong

Zane



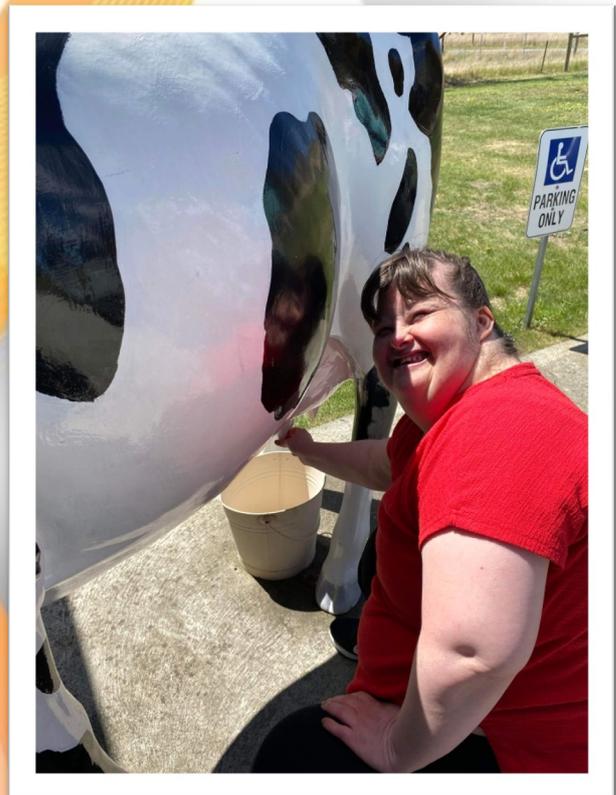
Carolyn and Annie

# DERWENT PARK HOUSE



Tash and Renee enjoyed their café outing with Sandra and Phuong, when they visited The Wicked Cheese company café near Richmond.

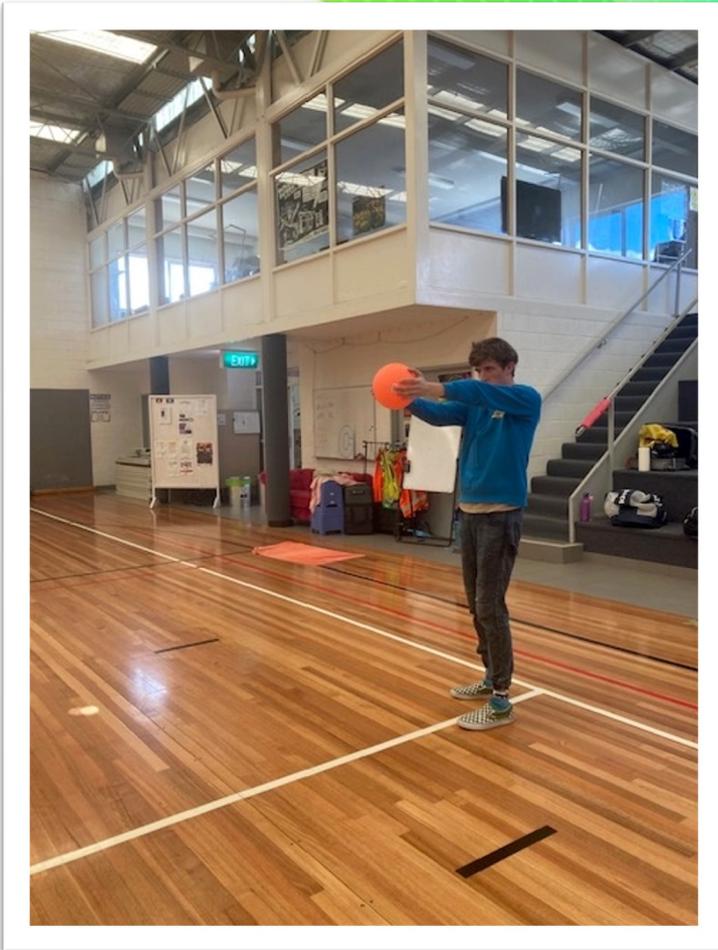
*(October 2023)*



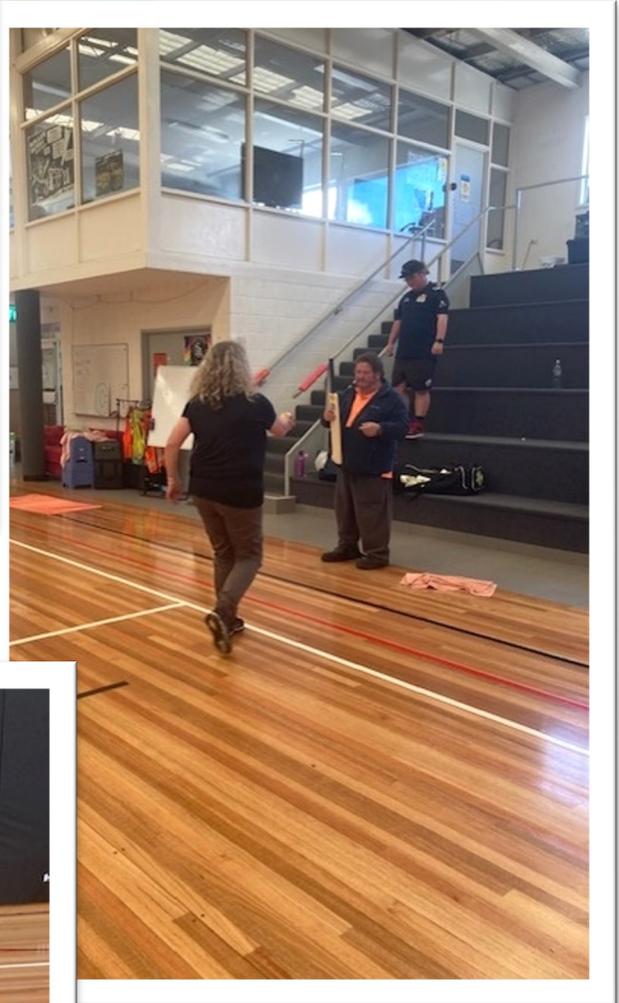
# DERWENT PARK HOUSE

Multisport program with the DPH group.

*(October 2023)*



Andrew



Michael



Amanda



### **Ability to Create - Wearable art workshop 4 May 2023- 6 June 2023.**

This workshop started with a conversation about our future selves in line with the theme for this year's Ability to Create exhibition. Over the course of 8 weeks each artist constructed a complete outfit with the intention to dress up our cardboard cut out people for the exhibition. Each item was chosen, designed, decorated, bedazzled by our artists and then worn in a fashion photoshoot in the final weeks of this project. These workshops encourage playful exploration by presenting the group with a selection of second hand items to choose from, and then decorate in any way they chose. Through conversation, each artist could direct the course of their wearable art piece, giving the artist agency and creative control.

A range of materials were brought to the workshops each week for the artists to look through, all donated or sustainably sourced and were chosen for a selection of textures, colours and structures. In these workshops some of the artists were introduced to new skills, with a number of weeks dedicated to sewing and soft sculpture elements. By the end of these workshops the artists had made hats, bags, bedazzled shoes, dresses, skirts and tops, jewellery, and crowns. These classes are designed to celebrate the originality and personality of each artist, promoting playful and experimental making and building confidence with new art skills. We held a focus on the making process and the joy of finding materials to work with that speak to us.

# ABILITY TO CREATE .....preparations



Jonathon



A fabulous picture of Morgan's "future self" for the Ability To Create Exhibition in July.

It was Morgan's last day at Parkside before she flew back to Canada with her family.

(May 2023)

# 2023 WEARABLE ART WORKSHOP

Art Tutor , Maggie Jeffries



# 2023 WEARABLE ART WORKSHOP

Art Tutor , Maggie Jeffries



# REDWOOD ROAD

The wonderful crew at Redwood has tasted food from all over the world by doing a virtual culinary tour. Each week the team chose a different country to do a complimentary dish from. Bunny Chow from Europe was on the menu (not real bunnies!). Some people can not eat the meal as it is “intended” and therefore it’s modified, however, the concept and the conversation are there for discussion. Jules and the group shared their cooking skills.

*(May 2023)*



Brendan



Bradley



Jonathon



Hanging out at Redwood with Graeme and Laura.

*(August 2023)*

# HERDSMANS COVE CANTEEN

During May Jo and Ally made a surprise visit to the Herdsman Cove canteen where Parkside volunteer their time and energy each week. The team is learning valuable money-handling skills, communication, food preparation and service delivery. As you can see, there was loads of enthusiasm and the team was so excited to show their skill set to Jo and Ally.



Gerry, Kristina, Nick, Catherine and Mel.



Mel, Kristina, Jo, Ally and Gerry.



Kristina and Mel.



Catherine and Mel.

(May 2023)

# HERDSMANS COVE CANTEEN

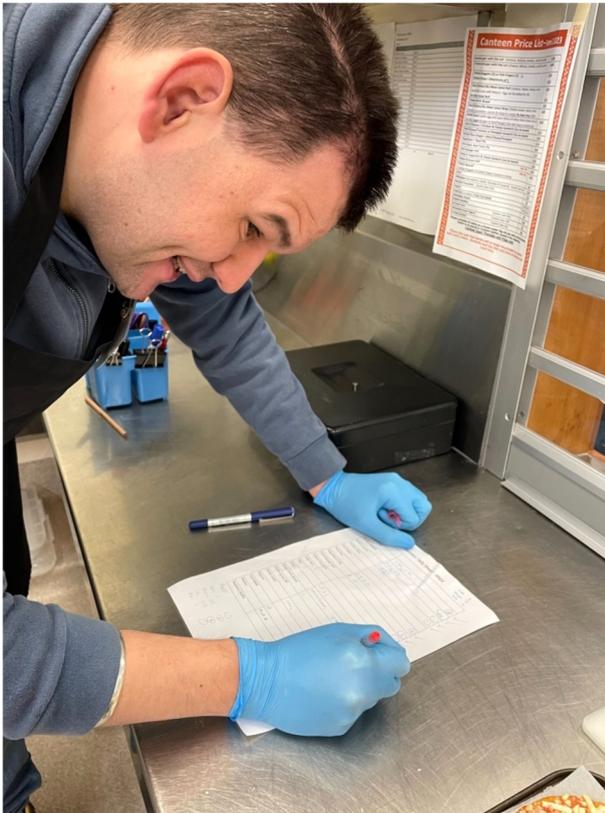


Mel and Adam, great friends and awesome team mates, work together at Herdsmans Cove Canteen. Mel happy to fill the space while John is away on holidays.

*(July 2023)*



# HERDSMANS COVE CANTEEN



Adam working hard at the canteen filling trays and checking off the tally.

*(July 2023)*





## WEEKEND AWAY

(March 2023)



The ladies enjoyed some time in Huonville and Franklin, a stop at the Wall of Lollies in Geeveston and a visit to the Salmon Ponds.

# MIXED WEEKEND AWAY



Photos from the Mixed Weekend Away to Swansea. They visited Spiky Bridge, Spiky Beach and Kate's Berry Farm and finished with a meal at the Granada. *(February 2023)*



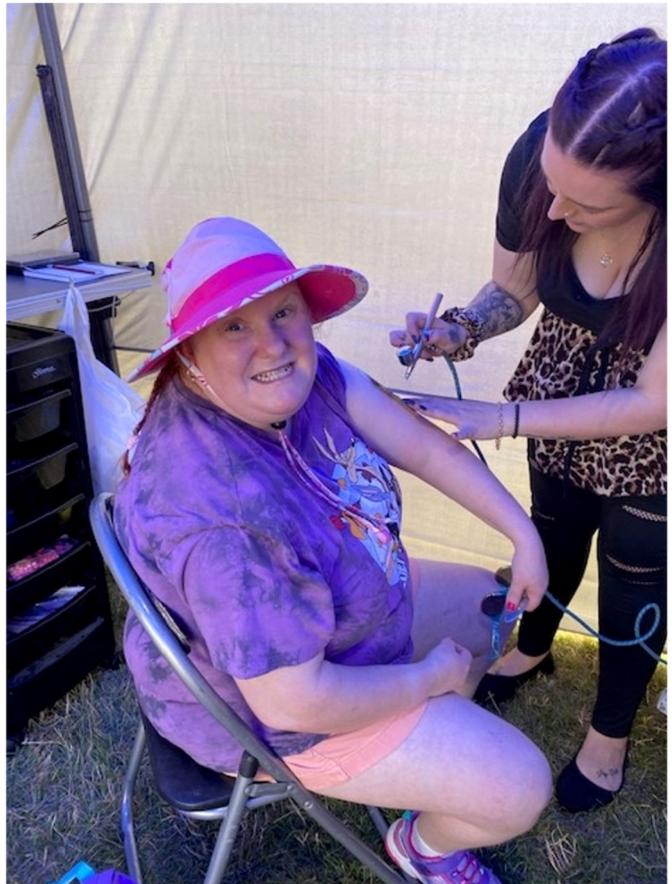
A couple of snaps from the Mixed Weekend Away in May this year.

# SATURDAY PROGRAM

Tom, Lucy and Mel had fun on one of the rides at the Regatta.



Mel had a spray on tattoo!



*(February 2023)*

# REMEMBERING ....



**Michael**



**Matthew**



**Brendan**

We lost three incredible humans this year. Vale Matthew, Michael and Brendan.

It's hard to forget those who gave us so much to remember.



## CLOSURE DATES – 2023/2024

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Closures only affect our centre-based supports. All other supports are available during our closure periods. Please contact your relevant Coordinator or Administration for more information about how we can support you during these periods.

### SUMMER BREAK

Close of Business	Friday	22 December 2023	
Reopen	Wednesday	10 January 2024	

Australia Day	Friday	26 January 2024	Public Holiday
Regatta Day	Monday	12 February 2024	Public Holiday
Eight Hour Day	Monday	11 March 2024	Public Holiday

### EASTER BREAK

Close of Business	Thursday	28 March 2024	
Good Friday	Friday	29 March 2024	Public Holiday
Easter Monday	Monday	1 April 2024	Public Holiday
Reopen	Tuesday	2 April 2024	

ANZAC Day	Thursday	25 April 2024	Public Holiday
King's Birthday	Monday	10 June 2024	Public Holiday
Closure day	Wednesday	23 October 2024	Closure day
Hobart Show	Thursday	24 October 2024	Public Holiday
Closure Day	Friday	25 October 2024	Closure day

### CHRISTMAS BREAK

Close of Business	Friday	20 December 2024	
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### SCHOOL HOLIDAYS

Term 1 School Holidays	12 April 2024 to 28 April 2024
Term 2 School Holidays	6 July 2024 to 21 July 2024
Term 3 School Holidays	28 September 2024 to 13 October 2024
Term 4 School Holidays	21 December 2024 to TBA January 2025

**Holiday programs are delivered during these dates. Contact us to find out more.**



WE WISH YOU

*Merry  
Christmas*

AND HAPPY NEW YEAR