Manaia Assist
Newsletter
ISSUE : DECEMBER 2022

IT'S ON!

catch that summer vibe

We are always here to enhance lives across Australia.

WHAT'S UP!

- Getting fit with sport!
- Our walk & talk recap
- Careers opportunity
- Vacancies : 3 spaces available
- RSL local accessibility : A day of fun
- Manaia holiday program

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Hello!

Let's have a quick catch up

WELCOME TO THE MANAIA ASSIST NEWSLETTER

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A place where you can find out about important changes and updates that relate to our clients and their support needs, as well as get information on the latest news and tips from leading industry experts regarding the care of people with disabilities.

So, we hope you enjoy reading it, no matter whether you're already one of our valued clients or just interested in finding out more about what we do!

We are going to be updating you on the exciting events and programs that we have been working on and what you should expect from us in the near future.

Participants success story will also be included, we love to share our participants great achievements.

We will also include some important news and information, our services availabilities and offers, so be sure to read to the end!

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GETTING FIT WITH SPORT!

WE KNOW THAT EXERCISE CAN HELP WITH MANY ASPECTS OF MENTAL HEALTH, AND IT IS ONE OF THE MOST ACCESSIBLE TREATMENTS WE HAVE!

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With the stressors of day-to-day life, it is all too common to experience mild-to-moderate anxiety. We understand that many of us find relief from these symptoms by taking part in aerobic or anaerobic activities.

It has also been proven that regular exercise can help to reduce depression symptoms, too. One study found that people who exercised for 20 minutes every day had half as many depressive episodes as those who did not. This is because exercise also provides endorphins which are natural feel-good hormones.

Some science-backed benefits to improve your health and well-being by getting outside more often include:

- → **Lower blood pressure**
- → **Better access to improved air quality**
- → **Boosts social interactions and your mood**
- → **Benefits your immunity**
- → **Decreases stress and anxiety in the body and mind.**

So, we have been proud to see some members of our community getting out there and achieving their fitness goals through sport.

TONY'S RUGBY JOURNEY

Tony wanted to find an activity that would help him get fit and stay active. Within the Manaia Assist program, Tony has been regularly playing rugby and feeling better than ever!

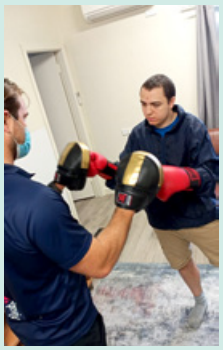
JOSEPH HITTING GOALS IN BOXING

Joseph started hitting his goals in boxing sessions, and he's feeling stronger than ever. Boxing sessions are an excellent way to get in shape, learn self-defence skills, and have fun. Boxing sessions can be a fantastic means to relieve stress, enjoy a workout, and get in shape.

As you can see, our participants have been working hard to achieve their goals through fitness. We've seen them more motivated and passionate than ever!

We are so proud of the hard work they've put in and we want to thank them for it!

TONY'S RUGBY JOURNEY



JOSEPH HITTING GOALS IN BOXING

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Our Walk & Talk RECAP:

THE MANAIA ASSIST WALK & TALK PROGRAM IS ALL ABOUT HARNESSING THE POWER OF THERAPEUTIC WALKING AND PROVIDING OUTDOORS SOCIALISING OPPORTUNITIES FOR PARTICIPANTS.

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This program was created in order to support those who need a little extra support to get outdoors in some fresh air. In the program, participants will not only be able to get a lovely therapeutic walk in but also have the opportunity to socialise with participants and staff.

Not only is the Walk & Talk program a great way of getting a bit of exercise in, but we also host other fun and beneficial activities in conjunction with the walk.

The Manaia Assist team gathers to enjoy a great BBQ full of lively discussions and opportunities to catch up over a chat. This month we had a lovely BBQ to socialise with participants and staff. It was a great opportunity for us to catch up and enjoy the lovely sunshine. We were joined by some new faces, and it was awesome to meet them all!

JOIN OUR NEXT WALK & TALK

The Walk and Talk Program is perfect for anyone who needs assistance in navigating their neighbourhood or city. Staff are trained to provide personal care to ensure a happy and safe walk. While this program is available year-round, it is especially great enjoyment during holiday seasons when the demands on family members can be overwhelming.

The walk & talk program is a fun-filled day where participates make meaningful connections with each other, while receiving all the benefits of getting some movement in outdoors.

{ Join us as we walk and talk our way to becoming healthier and happier!
Stay connected with us by visiting our website **manaiaassist.com.au** }

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CAREERS OPP

ARE YOU LOOKING TO TAKE THE NEXT STEP IN YOUR CAREER?

We currently have a role open for a 'Disability Support Worker'. While the role is preferably for a female, we are considering all offers so feel free to throw your hat in the ring if you feel like a suitable fit.

This role is best suited for those within the locations of Bankstown, Ryde, Campsie and Marrickville.

What we're offering:

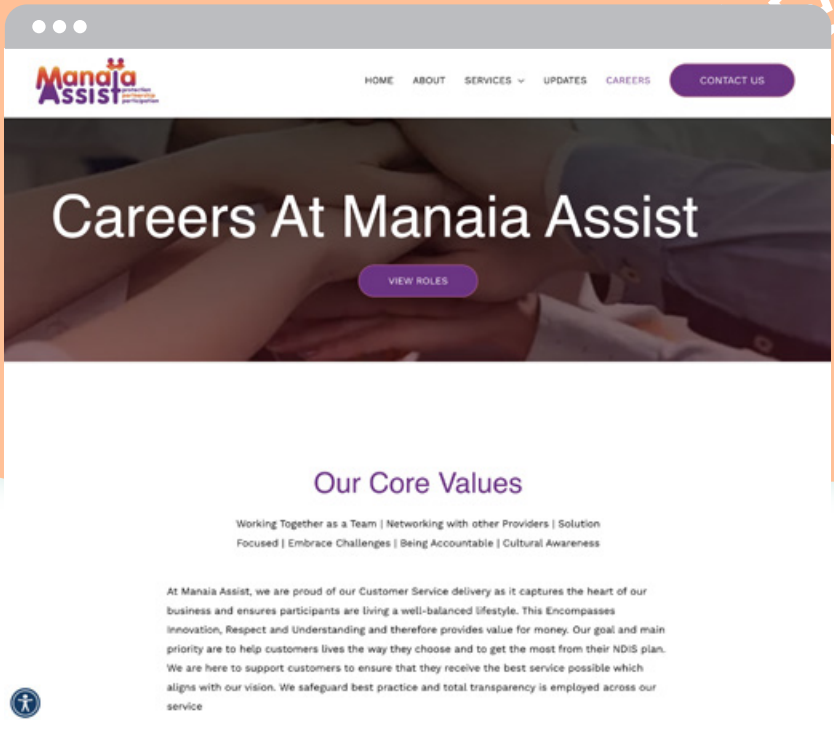
- → Full Training and induction provided by our supportive team
- → Friendly female participants, wonderful staff, and great organisation to work for
- → Flexible days and hours
- → Pay rate above award

We're always excited to grow our team and are looking for passionate people to join us.

If you're interested in working with us, please visit our careers page. Expand your opportunity with us.

We're a different kind of NDIS Registered Provider that provides experience, knowledge, and friendly work atmosphere to our staff.

To apply please email **admin@manaiaassist.com.au**



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Vacancies!

HERE AT MANAIA ASSIST WE ARE PROUD TO ORGANISE SUPPORTED INDEPENDENT LIVING (SIL) OPPORTUNITIES AND PROVIDE VACANCIES FOR OUR COMMUNITY!

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If you don't know, SIL services include everything from assisting with personal care, coordinating, and providing transport to medical appointments, meal prep, and finding ways to get involved in the community.

Our goals-based approach to SIL is customised to each participant!

EXCITINGLY WE HAVE JUST

3

VACANCIES available in the locations of Marrickville and Chester Hill.

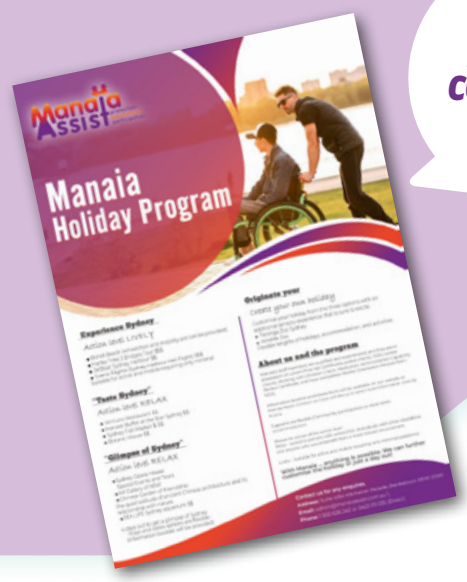
promo:

If you would like to receive SIL services with us, you will also get **FREE** communities access services – **up to 15 hours!***

This can be use with our Holiday Program!

Join today and save up to $1000!!

TAKE A PICK AND CONTACT US NOW !



*T&C apply

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RSL local accessibility

We have put together a new program we will be testing! This opportunity will see participants visit local licensed venues for a day of fun and to show off their reviewing skills!

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Upon completing their outing participants will work to put together a review of the premises including affordability, accessibility and how accommodating they are of people living with a disability!

This guide will focus on 12 different venues and reports will be produced by our very own participants!

Please get in touch if you are a participant who would like to join in this opportunity to be part of the reviewing process, a venue who'd like to be featured, or just someone who would be interested in a copy of the guide,

Express your interest below:

+ insert contact details

The Guide will be available on our website in December.

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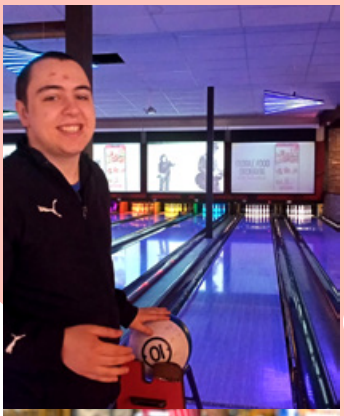
MANAIA HOLIDAY PROGRAM

DISCOVER THE TRAVEL POSSIBILITIES WITH MANAIA ASSIST
→

Get the most out of your Manaia Assist support when you choose to take a well-deserved holiday!

We know traveling can be both stressful and difficult, but did you know that part of the support Manaia Assist offers includes travel-related assistance? From booking your holiday to driving to your destination, to taking excursions while you're there, we can help you with it all!



THE SYDNEY HOLIDAY PROGRAM

Customise your Sydney holiday from 3 different options to suit your preferred activities and energy levels required from your time away.

EXPERIENCE BONDI BEACH with their friendly wheelchair accessible paths. There are plenty of ramps, lifts and paths that make it easy for people in wheelchairs to get around. The Bondi Pavilion has a ramp to the beach which we can access from the car park or via a path from the other end of the beach.

THEN DINE AT SOME OF THE BEST RESTAURANTS Sydney has to offer including The Harvest Buffet at Star Sydney and The Fish Market. To top it all off you also have the opportunity to visit Taronga Zoo and the Wildlife Zoo during your stay.

This program assists participants with travel assistance during your holiday so **you can spend 4 days in the fun filled city of Sydney!**

The program provides a means for participants to get away from their usual environment and have some downtime in a safe, supportive environment. We promise there will be lots of fun, and you won't want to miss while we make some meaningful memories together.

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LET'S CONNECT

ALL INFO CAN BE FOUND ON OUR WEBSITE