

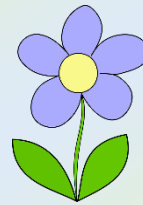
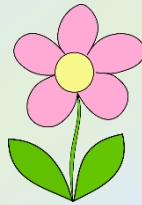
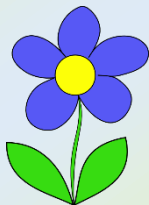


CORNER HOUSE RESPITE SNAPSHOT

Newsletter – September 2021

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- A Message from the 'Employee Assistance Program' -
Turning Negative Thoughts into Positive Thoughts



NOTE FROM THE ADMIN TEAM:

We are excited to say we now have Corner House Respite Face Masks!

Some of you have already received yours... for anyone who hasn't, you will be contacted by Administration to organise getting your mask.

Keep an ear out!

We warmly welcome the following workers to their new roles...

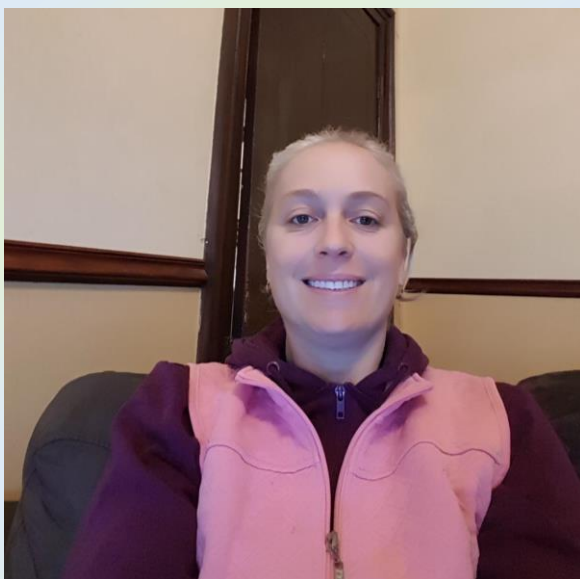


Peter Trott has new position of **Personal Assistant to the Director.**

Pete has been with CHR since June of 2015 and has worked as a Support Worker, been recognised as a Senior Support Worker, and will now be adding 4 hours per week to his job roll in the administration and office personnel arena as a Personal Assistant to the Director, Julie Ford. In this capacity, he will be assisting Julie and Lauren Renn in Admin. Throughout his career with CHR, Pete has worked through multiple houses and more participants than we can even count. Peter is 1 of the 5 team members that has just completed the 3-hour HR course which was funded by the company and taught by one of the companies' key lawyers.

For all of you who know Pete he is like a "dog with a bone" when he works on a project and so we look forward to a lot of projects coming to completion!

Congratulations, Pete!



We have welcomed Lauren Renn to her new position of **Services Coordinator.**

Lauren has been with CHR since November 2014 and began by working with our animals. Many of you may have seen her out at the farm tending to the horses and animals which she continues to do to this day. She was quickly moved into the Administration Roll where you have all had the pleasure of working with her. Lauren currently heads up our Rostering for the whole company. She also assists in the finance department, monitors all family contacts, and schedules all appointments so, it was a fitting step for her to move into Services Coordination!

Congratulations, Lauren!



We have welcomed Sam to her new position of **Environmental Officer**.

Sam has been with CHR since April 2020 and started as a Support Worker. She was recognised as Senior Support Worker and in addition she is now providing work to CHR on a part-time basis in the new position of Environmental Officer. Sam holds a bachelor's degree in Environmental Science and Management. She is passionate in All Things Green! Sam will be improving sustainability within the company and helping CHR work towards the Environmentally Friendly Company we long to be.

Sam will be working Tuesdays 9am to 3:30 pm working on our Green Sustainability Program. You can email her at Sam@cornerhouserespice.com.au with any questions regarding this program.

Congratulations, Sam!



We are currently recognising Josh Day as a **Senior Support Worker**.

Josh began with CHR July 2020 as a Support Worker and is now being Recognised as a Senior Support Worker. Josh will now have the opportunity to sit in on additional training with upper management. He has just completed an upskilling 3-hour HR Course, funded by the company, and taught by one of the companies' key lawyers. In addition to Josh's Certification in Mental Health, He is a Personal Trainer and holds Certificates in Strength and Conditioning, Sports Training and Fitness (just the beginning of a very long list). We look forward to all Josh has to share with us in health now, and with future initiatives he and CHR have been discussing.

Welcome Josh!

Do you know about VOOHC?

This stands for Voluntary out-of-home care...

Out-of-home care programmes provide care to children and young people who may not be able to live safely at home or have been placed in someone else's care by the New South Wales children's court (statutory out of home care) or by the parents (voluntary out of home care).

Registration is required if an organisation intends to provide voluntary out of Home Care Services for children and young people in NSW.

There are two types of out of Home Care Services that require accreditation/ registration:

- ❖ statutory out-of-home care is provided to children and young people for at least 14 days when the children's court makes an order, or the young person is designated a 'protected person'.
- ❖ voluntary out of home care is arranged between a parent and an organisation when there are no concerns for the child safety.

WE ARE SO EXCITED TO ANNOUNCE CHR HAS OFFICIALLY COMPLETED OUR VOOHC ASSESSMENT AND ARE NOW REGISTERED/ACCREDITED! ✓

The Children's Guardian began the Assessment Process of CHR's Policies and Procedures (separate to the Policies and Procedures for the NDIS Compliance) on 4 April 2020 and they have just completed the assessment this week!

The Executive Team, led by Lauren Linklater in Compliance, has been working hard for the past 1 1/2 years. Lauren Linklater has been writing and re-writing CHR P&P's. CHR executive team has been re-structuring the company to comply with all the changes that have been happening in the government and the Children's Guardian over the past few years. We are finally finished and have the Final Green Tick! ✓

This is HUGE!

Well Done, Team! And a special and MASSIVE THANK YOU to Lauren Linklater because it wouldn't have happened without you!

HOW ARE YOU GOING?

With the COVID-19 Pandemic continuing to affect many aspects of our life, our mental health is more important than ever. Staying positive and keeping connected with our friends and family is something we need to keep at the forefront of our minds.

Below is some really great information from the E.A.P (Employee Assistance Program) regarding our thoughts, and how to turn negative thoughts into positive thoughts.

Many people are reporting that negative thoughts have increased in strength and frequency since COVID with many working from home feeling bored, isolated, lonely, and sluggish. All of which increase stress, anxiety, and negative thought patterns.

Negative Thoughts Can Take Many Forms

The thing about negative thoughts is that they don't usually reflect reality. They're common, entirely normal, and not our fault. Below are 10 common distorted thinking patterns.

- 1. Polarized Thinking**
- 2. Overgeneralization**
- 3. Mental Filtering**
- 4. Discounting the Positive**
- 5. Mindreading**
- 6. Catastrophizing**
- 7. Emotional Reasoning**
- 8. "Should" Statements**
- 9. Labelling**
- 10. Personalization and Blame**

12 Tips to Turn Those Negative Thoughts into Positive Actions

Over time, due to the process of neuroplasticity habitual negative thinking patterns wear such a path that they become physical neural traits in your brain. Scientists say that our brains are always looking to make habits because they're always looking for ways to save effort. But a habit cannot be eradicated; only replaced. You have to go back to the very beginning of the stimulus/response cycle and replace the current response with a different one.

How many times have you listed all the positive steps you're going to take, then not acted on them? That's because the longer you think about doing something, the less likely you are to do it. Negative thoughts will talk you out of it. Don't make negative thinking a lifelong habit. Here are some tips for getting your brain and mind to work with you. Your actions will prompt more positive thinking too.

1. Start a Journal

Acknowledge negative thoughts, don't try to push them away. You want them resolved, not buried like seeds, ready to rear their ugly heads again. Every day, record every negative or positive thought, where it happened, why it happened, and who it happened with. It helps identify triggers and turn negative thoughts around next time.

2. Always Ask Yourself, "What Would I Say to a Friend?"

We tend to find it easier to be kinder to others than ourselves. There's a simple exercise developed to aid in reframing cognitive distortions, learn to recognize and challenge "BLUE" thoughts:

Blaming myself
Looking for the bad news
Unhappy guessing
and being Exaggeratedly negative

3. Say "Stop"

Becoming aware of your negative thought and when you spot it, say "Stop," out loud, and tell yourself to behave.

4. Change Negativity to Neutrality

It's a lot easier to turn down negativity than switch it off. Ask yourself, "Is this thought helping or hindering me in my journey to become my best self?" If it's hindering, be gentler with your language. For example, change, "This is impossible," to "Let's try a different approach." Interestingly, when you do this, your brain will come up with answers to your questions.

5. Create an SOS File of Positive Praise

Compile positive emails and comments from clients and friends, to dig out when you're feeling insecure. You may be pleasantly surprised at how quickly you bounce back.

6. Breathe

When you feel life is out of focus, always return to the basic of life. Breathing. Try the 4-7-8 breathing technique. You can do it throughout the day for maintenance. It'll quickly get you into a calmer state, where you can be more rational.

7. Talk to Somebody

Whether it's your EAP Assist counsellor, close friend or colleague. As long as it's someone supportive, who will identify the positives, and put any negative thoughts into perspective.

8. Follow a Healthy Lifestyle

Exercise positively affects mood and reduces stress. More oxygen to the brain improves concentration and memory. Exercise can also lower blood pressure and releases chemicals in the brain that help you feel happier and more relaxed.

9. Identify Areas to Change

Which areas of your life do you most often think negatively about? Perhaps it's work, a relationship or your downtime. Start by focusing on one small area and on how you can approach that in a more positive way.

10. Surround Yourself with Positive People

Negative people will likely increase your stress levels, make you doubt your abilities, and make it harder to manage negative thinking in healthy ways. Instead, seek supportive people who you can depend on to give grounded advice and feedback.

11. Practice Self-Compassion

Self-criticism just makes you feel stuck. Replacing disapproval and self-judgment with self-compassion allows you to accept in a gentle way that you are flawed – strengthening your mental wellness.

12. Practice Positive Self-Talk Out Loud

Use your name, not "I." Creating emotional connection in our self-talk can help to calm us down, see things more clearly and think more rationally.

That's it for this newsletter...

*Thank you for reading the September newsletter
and stay tuned for more updates/announcements
coming in the January 2022 newsletter!*