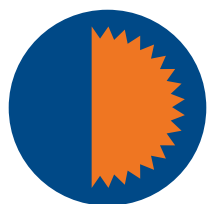




# GET INVOLVED IN *YOUR COMMUNITY*



Community Living  
& Respite Services

Providing a range of supports  
for people with disability,  
carers and the aged.

# GET INVOLVED IN YOUR COMMUNITY

**“Our vision is community enriched by the inclusion of all, empowering individuals and families to live the life they choose.”**

## ENQUIRIES

### Intake & Support Team

26A Percy Street Echuca  
PO Box 424 Echuca  
Phone: 5480 2388

Email: [support@clrs.org.au](mailto:support@clrs.org.au)  
[www.clrs.org.au](http://www.clrs.org.au)



NDIS Provider Number: 4050003963



Community Living  
& Respite Services

 **Recyclability**  
A Social Enterprise of CLRS





# WELCOME

Welcome to our Social Enterprises, Community Activities and Social Groups Information booklet. We look forward to supporting you to be involved in our community.

Community Living & Respite Services (CLRS) provides flexible disability services in Echuca, Moama and surrounding districts. CLRS is a registered NDIS Provider and supports people with NDIS plans.

Our core values are respect, wellbeing, flexibility and accountability.

Our services are developed in partnership with people with disability, including their family and carers. We recognise the valued roles of carers and the importance of support to assist with maintaining family wellbeing.

Our dedicated staff and volunteers provide enriching opportunities and assistance to help you achieve your goals, develop skills, increase your independence and get involved in the community.

Our Social Enterprises, Community Activities and Social Groups continue to expand to meet the needs of those we support. Days and times for you to be involved can be flexible to suit your needs.

We know it's important for your needs to be met with the right supports, at the right time, so our experienced team works with you to support you to live the life you choose.

Wishing you a warm welcome from,  
*The CLRS Team*

## OPERATING HOURS

Supported Volunteering opportunities with our Social Enterprises are available from:

**9am – 5pm Monday to Friday**  
**8am – 1pm Saturdays**  
**and Moama Market Sundays**

Our Community Activities operate Monday to Friday from:  
**9.30am – 3.30pm**  
**Social Group activities are held on Saturdays**

We operate most weeks of the year and only close public holidays and for a short break over Christmas and New Year.

# SOCIAL ENTERPRISES

We operate two Social Enterprises – Recyclability and the Murray River Tea Rooms. The purpose of our social enterprises is to support people to actively contribute to the community and provide opportunities to access employment in the future. Revenue generated helps to sustain the social enterprises.

You can be supported to volunteer at both social enterprises using your NDIS funding. There are no fees associated with supported volunteering, however you may like to purchase a uniform.

Volunteers of our social enterprises receive training, invitations to CLRS staff and volunteer events and you will have the satisfaction of making a difference in our community.

Volunteering has many personal rewards and contributes to your wellbeing and the wellbeing of the community.

## **Our Social Enterprises operate:**

**Monday to Friday from 8am – 5pm**

**Saturdays 8am – 1pm**

**and on Moama Market Sundays**



# RECYCLABILITY

“Recyclability” is an inclusive volunteer based social enterprise involving people of all abilities, encouraging reuse and recycling. Recyclability creates pathways to future employment and volunteering opportunities while you learn new skills.

We have a wonderful team of clients, staff and volunteers. As part of our team you will develop skills and confidence in a supportive environment. Recyclability is based at Number 4 (4 Percy St Echuca) and involves various roles that you can choose from.

## **Kerbside Delivery**

The team delivers donation bags to homes in the Echuca/Moama region each week, for collection the following week.

## **Kerbside Collection**

The team collects donated bags of clothing, accessories, toys and bric a brac from the community. These bags are brought back to Number 4 for sorting.

## **Clothing Collection Bins**

Every week our Collection Bins placed around the community are checked, emptied and cleaned.

## **Sorting Donations**

The team sorts donations ready to sell at our Op Shops, for “Bags of Rags” and excess is bagged for export.

## **Op Shops**

The team at our Op Shops gain customer service and retail experience. You can volunteer at our Op Shops Monday to Saturday. Our Op Shops are located at Number 4 and the Murray River Tea Rooms.

## **Upcycling**

You can be involved in many upcycling activities including creating items that are sold at our Op Shops, sewing our homeware range and furniture restoration.



# MURRAY RIVER TEA ROOMS

The Murray River Tea Rooms combines a Cafe and Op Shop, and is located at 10 Meninya Street Moama. Products for the Op Shop are sourced from Recyclability.

We have a wonderful team of clients, staff and volunteers, who make up the Tea Rooms community. We have regular team meetings which you are welcome to attend.

The Murray River Tea Rooms provide opportunities for you to gain experience in customer service, retail and hospitality in a supportive environment. This may support you to find future employment or other volunteering opportunities. You can also do craft activities at the Tea Rooms.

## Cafe

Learn hospitality skills in a supportive environment including:

- Money handling
- EFTPOS
- Customer service
- Table service
- Barista
- Food plating
- Food safety
- Cleaning

## Op Shop

Learn retail skills including:

- Shop displays
- Pricing
- Money handling
- EFTPOS
- Customer service skills

## Upcycling

If you enjoy craft and being creative, our team will help you make upcycled items including:

- Dream catchers
- Cushions
- Upcycled clothing and more

We look forward to welcoming you to the team.

The Murray River Tea Rooms is proudly supported by many businesses in the Echuca Moama community. Our partnerships have provided many benefits including employment opportunities for members of our team.





# COMMUNITY ACTIVITIES

Community Activities operate Monday to Saturday and use Number 4 as a base (4 Percy Street Echuca). Number 4 is close to the centre of town with easy access to all that Echuca has to offer. We have a wheelchair accessible bus and fully accessible facilities.

Community Activities provide opportunities for learning new skills, being active in the community and visiting lots of interesting places.

We provide both individual and group support. We have a wonderful team of clients, staff and volunteers. We look forward to welcoming you!

## How to Access Community Activities

CLRS supports people with NDIS plans.

Your participation in Community Activities is based on your individual needs, choices and goals. The level of staff support will be determined by the funding in your NDIS plan.

Some activities have fees to cover materials, vehicle and venue costs.

Our current community activities include:

- Pamphlets
- Healthy Cooking
- Healthy Exercise

We invite you to come and visit our friendly team and to find out more about what we have to offer.







## COMMUNITY ACTIVITIES

### PAMPHLETS

Pamphlets provide you with the opportunity to work as a team, learn new skills, and stay fit and healthy. You will be supported by staff to organise and deliver advertising material to households in Echuca.

Payments received by CLRS from the pamphlet company are distributed to you as a reimbursement. You are welcome to purchase the uniform Pamphlet polo-shirt. You are provided with a high visibility vest to wear when delivering pamphlets in the community.

No activity fee is charged.

Staff support is funded through your NDIS plan.

**Mondays: 9.30am to 3.30pm**



## HEALTHY COOKING

Healthy Cooking involves planning, budgeting, shopping, cooking, setting up tables, serving and of course, eating a healthy lunch as part of a team effort. The program is held Monday and Wednesday at St Mary's Hall in Anstruther Street Echuca. You can choose to attend one or both sessions.

You need to bring \$5 each week to contribute to the cost of the food.

An activity fee of \$5 per week is invoiced every 6 months.

Staff support is funded through your NDIS plan.

**Monday and Wednesday 9.30 am to 12.30 pm**





## COMMUNITY ACTIVITIES

### HEALTHY EXERCISE

Healthy Exercise are activities that involve low impact exercises.

#### **Zumba**

Zumba sessions led by qualified instructors are held Mondays at Number 4, Percy Street Echuca and Wednesdays at the Quality Mind & Body Fitness studio, 71 Ogilvie Avenue Echuca.

You can choose which sessions you attend.

An activity fee of \$5 per week is invoiced every 6 months for the sessions with the qualified instructor.

Staff support is funded through your NDIS plan.

**Monday and Wednesday: 12.30pm to 3.30pm**



## JOHNNO'S RUN

Johnno's Run is a community based walking and running group that trains every Monday afternoon. The Johnno's Run team enters Run Melbourne each July. You can join the Johnno's Run training sessions at Scenic Drive, Echuca.

You can still attend training if you don't want to enter Run Melbourne. Support can be arranged if you would like to enter Run Melbourne.

No activity fee applies for Johnno's Run training

Staff support is funded through your NDIS plan.

**Monday: 4.30pm – 5.30pm or 5.15pm – 6.15pm**



# SOCIAL GROUPS

## SOCIAL GROUPS

Social Groups are organised to provide opportunities for you to meet and engage in social activities in the local community. You are supported to explore and participate in community activities of interest to you. You will be supported to develop and maintain friendships.

Supported Holidays are an extension of our Social Groups and are arranged based on individual requests. Examples of past Supported Holidays include holidays to Daylesford, Ballarat, Queensland and even a South Pacific Cruise. If you do not have NDIS funding you are welcome to attend and will need to pay the costs of staff support.

### Social Groups

- Next Chapter Book Club (every Thursday)
- Out & About (every Friday)
- Echuca Social Group - mixed gender group
- Social Butterflies - group for women
- Supported Holidays





## NEXT CHAPTER BOOK CLUB

Our members (including some who cannot read) love books for the same reasons most people do. They enjoy being transported to different worlds where they meet interesting characters and learn about exciting new things. Taking that journey with a group of friends makes it even more delightful and fun.

This group is delivered in partnership with the Shire of Campaspe Library team and is free.

Staff support to attend Social Groups can be funded through your NDIS plan.

**The Next Chapter Book Club meets every Tuesday at 4.15pm for 1 hour at the Echuca Library.**



## SOCIAL GROUPS

### OUT & ABOUT

You can get “Out and About” in the community each week to enjoy a range of activities and visiting places of interest. We take advantage of community events that occur throughout the year, as well as visiting favourite places. A timetable of activities is planned twice a year.

Entry fees to venues/activities will be invoiced to you four times a year.

An activity fee of \$5 per week is invoiced every 6 months.

Staff support is funded through your NDIS plan.

**Fridays 9.30am to 3.30pm**





## ECHUCA SOCIAL GROUP

The Echuca Social Group is a mixed gender group that meets monthly. Everyone is involved in suggesting future activities. A flyer is developed for each activity. You will need to tell us if you plan to attend an activity. Our social groups require a minimum of six people attending.

The cost for meals and any entry fees for activities are paid by you on the day.

## SOCIAL BUTTERFLIES

The Social Butterflies is a group for women that meets monthly. Everyone is involved in suggesting future activities. A flyer is developed for each activity. You will need to tell us if you plan to attend an activity. Our social groups require a minimum of six people attending.

The cost for meals and any entry fees for activities are paid by you on the day.





## SOCIAL GROUPS

### SUPPORTED HOLIDAYS

Supported Holidays are arranged based on individual requests. Examples of past Supported Holidays include holidays to Ballarat, Daylesford, Queensland and even a South Pacific Cruise.

Supported Holidays are a great way to visit new places and experience new things. Supported holidays are usually taken with at least one other person, and we help you plan your trip together.

If you have never been overseas we can assist you to get a passport and research destinations of your choice.

Our friendly team will help you plan a holiday that will leave you with wonderful memories.







# INTAKE & SUPPORT COORDINATION SERVICE

To find out more or to get involved in your community, please contact our Intake & Support Coordination Team.

Our experienced team would love to help you live the best life you can, with the support you deserve.

If you have an NDIS Plan, our team provides the NDIS Support Coordination Service. They will help you link into the support that you need and help you understand your plan.

Phone: 03 5480 2388

Email: [support@clrs.org.au](mailto:support@clrs.org.au)

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