

Goldbridge acknowledges our funding parties:

Commonwealth Department of Health and Ageing.
Queensland Health

*Rebuilding Lives,
Strengthening
Communities*

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FROM THE CEO.....

Despite being in financially uncertain times, *Goldbridge* has had a very busy, productive and successful year, which has included the gaining of accreditation through the SAI Global ISO 9001 Quality Management Systems, provided national and international MI training Workshops, and refreshed our marketing plan to attract new and ongoing corporate and government funding. Along with this and with the complete re-brand in promoting our services under the banner of Rebuilding lives—Strengthening Communities, which has also included the development of a new Corporate Profile, and an Ambassadors Program.

While the list of other organisational achievements is lengthy, our real successes lie in the amazing strength of our service users, who continue to inspire us with their courage, in facing their demons to create better lives for themselves and their families.

It is their inspiration, which generates the confidence, passion and commitment, which supports us as we continue to find ways to not only sustain services—but to grow them also.

In closing, I send a BIG Thank You to everyone involved with *Goldbridge*—our Board of Management, staff, service users, graduates, volunteers and loved ones who have helped make a good year out of (at times) an uncertain financial climate. To all our stakeholders, supporters, donors and partners—thank you for your valuable support over the past year, and we look forward to achieving more together during 2015.

*Wising you and your loved ones peace, health,
happiness and prosperity in the coming year.*

Charlie Blatch, Chief Executive Officer



GOLDBRIDGE CHRISTMAS PAGEANT

WHERE: Southport Community Centre, Lawson Street, Southport

WHEN: Tuesday 16th December 2014

TIME: Entertainment from 6pm onwards

All family members/friends/stakeholders are welcome.



Did you know.....

- James Pierpont's 1857 song Jingle Bells was first called One Horse Open Sleigh and was written for Thanksgiving.
- Before turkey, the traditional Christmas meal in England was a pig's head and mustard.
- Many parts of the Christmas tree can actually be eaten, with the needles being a good source of Vitamin C.
- Carols began as an old English custom called wassailing, toasting neighbours to a long life.
- Nearly 60 million Christmas trees are grown each year in Europe.
- The world's tallest Christmas tree at 221ft high was erected in a Washington shopping mall in 1950.



NATIONAL ABORIGINES AND ISLANDER DAY—Observance Committee (NAIDOC)

On the 9th July 2014, *Goldbridge* residents attended the NAIDOC celebration held by the Aboriginal and Torres Strait Islander Health Service & the Gold Coast Hospital and Health Service.

The National NAIDOC theme for 2014 was Serving Country: Centenary & Beyond. The theme honoured all Aboriginal and Torres Strait Islander men and women who have fought in defence of country.

The event was held at the Gold Coast University Hospital and included a Welcome to Country along with a wonderful display of Aboriginal dancing. All the *Goldbridge* residents and workers were made to feel welcome, gained further cultural knowledge and enjoyed the celebrations.

Goldbridge supports Indigenous Australians as outlined in the following 'Acknowledgment of Traditional Owners' statement:

"We acknowledge and pay respects to the Traditional Aboriginal people of the Gold Coast and their descendants. We also acknowledge the many Aboriginal people from other regions as well as Torres Strait and South Sea Islander people who now live in the local area and have made an important contribution to the community".



Goldbridge offered an excellent professional development opportunity for two of its workers, Laurinda and Zeke, by sending them to the annual forum of the Australian Association of Bush Adventure Therapy (AABAT) which was held from the 16th to 19th May in Canberra. This year's form—'Navigating the Journey'- provided an exciting mix of skills, experience, ideas and well honed knowledge about working with people from all walks of life.



There were many workshops for delegates to immerse themselves in, thinking, talking, watching, listening and finding their own way around the diverse and interesting terrain of bush adventure therapy in ways that are useful for them.

Highlights for both Zeke and Laurinda were workshops and activities such as: Star Gazing, Self as Instrument, BAT: The Field of Emotional Regulation at our Feet and Fingertips, World Café and Finding your Compass: Equine Therapy in Action. Zeke won an award as star performer with winning team 'Team All In' on the Pirate skit night Aarrhhh....



Goldbridge encourages its client to experience the wilderness and outdoors as a platform for self-exploration, team building and connecting with nature as well as encouraging innovative practice. Zeke and Laurinda are looking forward to transferring their new learnings to the bi-annual Bush Adventure Therapy programs at the Outlook and surrounding areas of Boonah.

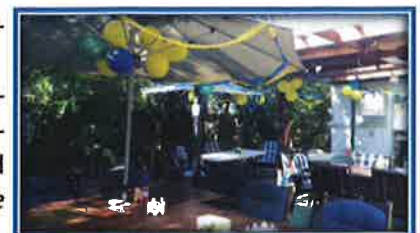
National Families Week 2014 corresponds with the 20th Anniversary of the International Year of the Family. Families Week celebrates the vital role that families play in Australian society. The 2014 theme was '*Stronger Families, Stronger Communities*'.

The theme highlighted the important role families play as the central building block of our communities and that community wellbeing is enhanced by family wellbeing.

National Families Week was a time for residents to celebrate with family and friends, and share in the enjoyment of family activities at the TC.

The Open Day was a great success with families enjoying a lunch prepared by residents, fun activities provided for children, welcome and speech by the CEO and opportunity for family members to meet the *Goldbridge* Family Worker.


National
Families
Week



HORSES AND HATS FAMILY FUN DAY

For the past year, *Goldbridge* Rehabilitation Services Inc. has linked with another local charity—Healing Hooves Inc—to provide an opportunity for our residents to help other community organizations. *Goldbridge* residents have assisted to clean up after storms etc., and have then been able to spend time with their therapy horses.

Marianne, Vice President of Healing Hooves Inc. and Toni, *Goldbridge* Coordinator, often dreamed of hosting a joint fundraiser to benefit both organisations. On November 2nd that dream became a reality with the Horses and Hats Family Fun Day held at Country paradise parklands, Nerang.

The aim of the day was to fundraise for both organisations, link with the local community and demonstrate how connection with horses through equine therapy can work miracles for both horses and humans alike.

With Market stalls, interactive horse shows, kids entertainment, trash and treasure, market stalls, an array of local musical talent and performance from *Extremely Pink* the day was a huge success.

A big thanks to all of the *Goldbridge* residents and Healing Hooves volunteers for their hard work, both on the day and with the pre-planning. Huge thanks to **Gold Coast City Council** especially Councilor Tracey Gilmore who was a huge support both before and during the event, to Eliza Priddle, horse trainer, for giving her time both on the day and in the planning stages, and to all of the businesses who donated prizes which were raffled on the day



Toni
(Goldbridge)
and
Marianne
(Healing
Hooves)

Extremely Pink
belting out
some tunes...



Mary at the
Goldbridge
Trash and
Treasure
Stall

🎩 Here's looking forward to the next one!! 🎩

Dreams Can Come True... Ralph's Story

It's never too late to succeed in your recovery. Hi everyone, my name is Ralph and you would say I am one of the more senior persons that have undertaken the *Goldbridge* Rehabilitation Program. I was 58 years of age when I entered this program, very scattered and without any clue as to what was to be expected of me. I had isolated myself from the world due to my addiction with little hope for the future plus I had been diagnosed with cancer prior. This added to my problems, but with the help of my family I entered recovery.

I did have difficulty understanding what it was all about at first. The rules and responsibilities of living in the TC (Therapeutic Community) were so unexpected that successful completion appeared an impossible task. I battled with thoughts such as "I am too old for this" and "no one understands me". As time passed I became more aware of what it was all about.

Ralph and his brother John—mates again!

Today my life has changed enormously! I no longer feel afraid or rejected by society as in the past. I am proud of whom I have become - inspired by the new people I now have in my life. I once again am able to relate to my family and friends and know I am loved and cared for - thanks to *Gold-*



bridge and their staff, most of which I can call my friends who have all have given me respect and compassion on my journey. *Goldbridge* also supported me with my recovery from cancer. I was so close to incurable, but with their help via the Transition Program, I had been given the much needed time for the operation and radiation treatment to recover.

To know I am trusted in a voluntary position as a Senior Supervisor is a tribute to how far I have come in my recovery these past eight years and to be able to give back after receiving so much gives me great pleasure. To finish off, one wish I want to give anyone who takes on the program—have a little faith in the possibilities and find the courage to fight for your life and the will to succeed and do something you will never regret!



Out for a night on the town with his lovely niece Naomi

- In a League of Their Own -



Craig and Sam (GRS Transition Residents) have built a wonderful connection with The Currumbin Eagles Junior Leagues Club becoming Goldbridge's first League Safe Yellow Shirts.

Laurie presenting Craig with his Yellow Shirt

Craig and Sam volunteer every second weekend to assist with first Aid and providing on-field support and encouragement for the Junior Eagles.

The support from Laurie Farrugia and the Eagles President Lindsay Hill has been outstanding and they have welcomed them with open arms even quoting "They are now part of our club – family."

Craig participated recently in a media release about the partnership between NRL & Goldbridge in which Craig represented Goldbridge with pride.

To view the telecast of the release which was aired on NBN Gold Coast, follow the link below:

<http://www.nbnnews.com.au/index.php/2014/06/28/league-rehabilitation/>

Well done fellas!!!!



Back to School



A perfect opportunity arose when an ex staff member who now works for QLD Tafe, informed Goldbridge about a special pot of Government funding available for upskilling workers in organisations in the area of Mental Health. We were given 10 available placements for Certificate IV in Mental Health—a course lasting 12 months. Goldbridge was able to fill these placements with our Supervisors.

This is an online course but the clients get once a month supervision with a teacher for assistance and for accessing learning materials.

The learning is in full force now with the guys studying their inquisitive minds out!!

As Charlie Blatch, CEO, recently stated to the Gold Coast Bulletin:

"Mental health problems went hand-in-hand with drug and alcohol issues. The residential supervisors have an important role in the centre, including supervising new residents, conflict management, as well as supporting and motivating all residents to stick with the program and their daily routine. Not only does (the course) help our residential clients in treatment, it also helps the supervisors in their skills and ultimately gives them a qualification which they could probably use to go on and work in the mental health area"

They have finished the first assignment and are now ready for the next module.....The supervising teacher once a month has proven successful as the monthly meetings are driven by intriguing questions and conversations keep the session in a buzz.

Hmmm, wonder what their answers are?



GUTTERED!



The time had come when the old guttering along the residential building needed to go so GRS called in the experts – Top Stuff Plus who sent in their team of experts to replace the damaged pipes and guttering. Dressed in their protective gear they completed the work in just one day which made for a great excuse for the TC residents to head out on a sunny winters day and enjoy the out-



doors at Evandale Park! The regular daily program was followed but it had a more relaxed feeling with a barbeque for lunch and Steve



M (transition client) facilitating an awesome seminar! On boundaries and coping mechanisms!!

Goldbridge Links Forces with supportLink



Support Link was set up by the police department to reduce crime, suicide, violence, substance abuse, family breakdown, juvenile offending and to establish improved support for victims of crime. Goldbridge has been in partnership with SupportLink for 4 years since its inception. SupportLink provides a national referral and diversion gateway for police and other emergency services to participate in early intervention. Bernice Smith (Service Manager), Wendy Zani (Intake & Assessment Worker) with Acting Chief Superintendent Des Lacey

