

Goldbridge Newsletter December 2019



A Message from the CEO

It has been a busy year at Goldbridge. I would like to thank the many people who have supported Goldbridge throughout the year. Also, a special thankyou to all the family, friends and loved ones that have given support to people accessing our service.

Goldbridge would like to acknowledge we have a new President of the Goldbridge Management Committee. Ben Williams has resigned from the position after 10 years. Goldbridge would like to thank Ben for the support and passion he has given to Goldbridge for many years. Ben was appointed to the Goldbridge Rehabilitation Management Committee in 2007 and to the role of Chair in 2010.

Ben shared his commercial knowledge and expertise with Goldbridge and dedicated his time to ensure that the essential services offered by Goldbridge would be acknowledged. Ben was instrumental in gaining support by Treelight Development Group for Goldbridge to be a major part of their Philanthropic arm. Thankyou Ben for your hard work throughout the years. Good luck with your future endeavours.

Goldbridge welcomes Dr Morgan O'Brien as the new President of the Management Committee.

I wish everyone a very safe and supportive festive season.

Warm regards
Bernice Smith (CEO)

Goldbridge ATCA Awards

The Australasian Therapeutic Communities Association (ATCA) held its conference in Adelaide during October. As an association, ATCA provides leadership to the residential rehabilitation AOD sector in Australia and New Zealand and is primarily concerned with continual quality improvement and standards of healthcare, workforce development and capacity building.

Within this context, ATCA awards have been established to recognise and honour the contribution of individuals and programs to the promotion and ongoing development of the Therapeutic Community (TC) model within an evidence-based framework.



This year Goldbridge staff were nominated for two awards. Zeke was nominated and received an award in recognition of his dedicated contribution to the Therapeutic Community movement by an individual for the past 10 years.



Girija was nominated for and was awarded the 'Excellence in Research and Evaluation Award' for Her research, 'The Lived Experiences of Adult Crystal Methamphetamine users: A Qualitative Study', which was published in the September 2019 edition of the Psychotherapy and Counselling Journal of Australia (PACJA).

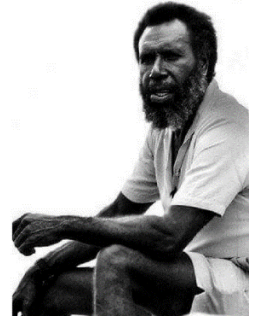


Well done to both Zeke and Girija.

Mabo Day and National Reconciliation Week at Bond University

Bernice, Toni and Cindy attended a Mabo day and Reconciliation Week celebration at Bond University hosted by QATSIFS. Mabo Day marks the anniversary of the High Court of Australia's judgement in 1992 in the Mabo case. This is a day of significance for Aboriginal and Torres Strait Islander Australians. Eddie 'Koiki' Mabo was a Torres Strait Islander who believed Australian laws on land ownership were wrong and fought to change them. Eddie believed the land he lived on belonged to the Torres Strait Islander People. The Australian Government believed that it owned the land. When the British arrived, they declared that Australia was terra nullius (which means, empty land). The Mabo case ran for 10 years. On 3 June 1992, the High Court of Australia decided that terra nullius should not have been applied to Australia. This decision recognised that Aboriginal and Torres Strait Islander Peoples have rights to the land – rights that existed before the British arrived and can still exist today. The Mabo decision was a turning point for the recognition of Aboriginal and Torres Strait Islander Peoples rights, because it acknowledged their unique connection with the land. It also led to the Australian Parliament passing the Native Title Act in 1993.

MABO



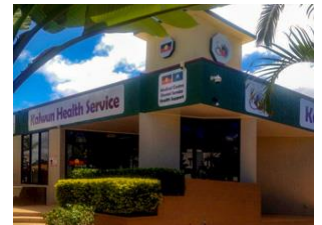
**NATIONAL RECONCILIATION
WEEK 2019** 27 MAY – 3 JUNE

GROUND *in* **TRUTH** **WALK TOGETHER
WITH COURAGE**

Kalwun Services Tour

As part of our Cultural Awareness and inclusiveness training, we arranged a visit to Kalwun Development Corporation. Goldbridge attended a full day 'services tour' to become more aware of the Gold Coast Indigenous services, where they are located and the importance of their services.

Leilani Summers led the Tour of the Kalwun Development corporation sites. Kalwun offers a range of medical services to keep the Gold Coast First Nations peoples healthy including GPs, Dentists, immunisation and health assessments over three clinics on the Gold Coast.



Goldbridge is excited to work with Kalwun to better meet the needs of our First Nations clients, to refer clients and link them to the range of services offered by Kalwun to support their recovery journey.

Containers for Change

Did you know that Goldbridge has signed up to the 'Containers for Change' scheme? This means that you can recycle eligible drinks containers and chose to donate your refund to Goldbridge.

Just quote our scheme number - **C10163560**

Every donation, however small, makes a big difference to Goldbridge

<https://www.containersforchange.com.au/how-it-works>



The New Addition to the Goldbridge Family



Goldbridge welcomes our new addition 'Bear'. Bear is an Australian cobberdog. The Australian cobberdog is hypoallergenic and does not shed hair, they have great intelligence, are gentle and intuitive and have wonderful potential as therapy and assistance dogs.

The Pet Reference group worked for several months identifying and planning for Bear to be welcomed into the Goldbridge family.

Residents are responsible for the care of Bear who lives on site at the Residential facility. He is settling in to his new home beautifully here at the Goldbridge.



Our New Therapist Puppy



Having a Great time At Puppy School



Welcome Home Bear

Staff Development Day

Goldbridge Staff spent a day at The Outlook in Boonah to experience Bush Adventure Therapy.

The program started with a problem solver which soon got everyone working together. After lunch the staff team embarked on the low ropes course. All staff participated whether it be on the ground as spotters/supports or on the actual ropes. It was important to be able to listen to each other and be aware of the surroundings to ensure all team members completed the course safely.



NAIDOC Week



This year the theme was **'Voice. Treaty. Truth. Let's work together for a shared future'**

The Goldbridge Therapeutic Community had an inhouse celebration including a 'Welcome to Country' from a family and elders of a current client, and a Flag Raising Ceremony. An Art competition was held, and the winner's posters are now framed and mounted on the wall in the Corporate Office.

In addition, the Therapeutic Community also enjoyed traditional damper and jam drops which the family kindly brought with them for all to enjoy before sharing a BBQ lunch. In the evening the residents were able to relax, share stories and listen to traditional digeridoo music.

The Therapeutic Communities Vegetable and Herb Garden

Goldbridge Therapeutic Community (TC) Residents have been working extra hard this year to actively plan, develop, promote & engage in a 'Greener' Goldbridge. Many hours have been spent preparing the back garden, turning the soil, adding natural seaweed solutions and mulch, readying the garden bed for planting. Residents have become more self-confident as they have seen their hard work materialise, especially when they are able to enjoy the food they have grown. Our focus has been to work on utilising our organic waste, preparing for a hands-on pro-active approach of 'Garden to Table'. Our Therapeutic Community Residents are ready to see their hard work grow and make the connection between growing food, having good diets, developing life skills and increasing environmental awareness.



In keeping with our '**Greener Goldbridge**' theme, the Therapeutic Community is also in the process of implementing the following:

- No single use plastic bags to be used
- Only degradable "Greener Bags" bin liners
- 'Natural' cleaning products such as Bi-Carbonate of Soda, White Vinegar, Eucalyptus Oil, Lavender Oil over Chemicals products



Dawn's Day Picnic



In October, Goldbridge was contacted by a member of the public in regard to organising a community day to celebrate the upcoming retirement of local counsellor Dawn Crichlow.

Dawn has been the Patron of Goldbridge for the past 30 years and supports over 100 other community organisations in and around Southport. Bernice and Toni became part of the 'Dawn's Day' organising committee and on Sunday 17th November 2019 a variety of community groups attended a 'Picnic for Dawn' at the Broadwater Parklands. Dawn will retire in March 2020 but has agreed to continue as a patron for Goldbridge. On behalf of all Goldbridge Staff, volunteers and residents, thank you Dawn for all the support you have given us over the past 30 years!

Goldbridge proudly acknowledges the First Nations People as the Traditional Custodians of the land and waters throughout Australia. Goldbridge Therapeutic Community is positioned within the Kombumerri and Yugambeh land, which is a larger part of the Bundjalung Nation. As a connecting and diverse workplace, we recognise the continuing connection of the First Nations People to their community and culture. Goldbridge is enriched by exploring and celebrating Aboriginal and Torres Strait Islander People for their heritage, leadership, cultural guidance and expertise. We pay respects to the Elders Past present and future.