

COOINDA NEWSLETTER

MONDAY 4TH FEBRUARY 2019

«First Name»

«Last Name»



Ph: 5592 1533

Email: lifestyle@cooindaterang.org.au

Our Vision: A builder of a socially inclusive community where people of all abilities are engaged and valued.

Canteen

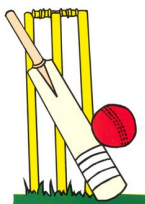
This Friday in Terang we will be having Mini Pizzas followed with Sara Lee Cheese Cake and fresh fruit.

Camperdown will be having Risotto.



HOWZAT All Abilities Cricket

The HOWZAT all abilities cricket program will be starting up on the 13th of February at 5pm-6pm at the Terang Cricket Ground, to be followed by a BBQ tea. The cost of Howzat will be \$30.00 this covers all equipment and coaching. If you are interested in having a go please contact Eamonn or Leticia at the office on 5592 1533.



Swimming Fees

Swimming Fees are now due for this term, the cost will be \$100.00 for the term. If you swim on two days of the week the cost will be \$200.00.



If you have any questions regarding fees, please call

Sharon at the Office on 5592 1533.

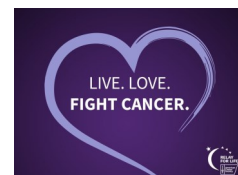
Relay for Life

Cooinda have registered a team to take part in Relay for Life at the Camperdown Leura Oval from 5.00pm Saturday 23rd February to 11.00am Sunday 24th

February.

You may register online, cost is \$35.00 at relayforlife.org.au or bring your money to Caroline at the office.

If you have any queries please call Leticia on 0429 163 466



Combined Consent Form

The combined consent form for participants is now due. We have attached a copy of the form to the newsletter for you to complete.



Please return the consent form to the main office or to Sharon Lock

South West Advocacy Meeting



The South West Advocacy meeting is being held in Hamilton this Wednesday 6th February.

All Abilities Choir

There will be choir practice this Wednesday evening in Warrnambool from 4pm to 5pm.



At the New Commercial Hotel
Lunch and Dinner Brasserie
(Opens February 1st 2019)





PETER RUSSELL-CLARKE
WILL PREPARE YOUR LUNCH.

Bookings Now Open..... Sorry Only 40 places
Fixed Menu 5 courses for \$80., Sunday March 3rd 2019 12 noon till 3 pm
Peter and others are donating their usual fee. All proceeds to Cooinda Services Terang.

Book at Cooinda PH: 5592 1533

Karate

There are some limited spaces available for Karate.
Karate will be held on Thursday evenings from 4pm to 5pm.
Please call Peter Conroy on 0418 966954 for further details.



Calendar of Events

Date	Event	Attending
February 4th, 5th & 6th	Having a Say Conference in Geelong	Registered
Wednesday 13th February	Howzat Cricket Starts (Terang)	Registered
Sunday 3rd March	Peter Russel Clarke Luncheon	Registered Only
Wednesday 6th March	Hurricanes Training Starts	Registered

Participant Name _____ Date of Birth: ____ / ____ / ____ Consent Given

1. Consent to Administer Paracetamol (Panadol)**Yes / No**

I authorise Cooinda Staff to administer Paracetamol as required to relieve symptoms of pain or elevated temperature.

The administration will not exceed recommended guidelines and will be documented.

If administration is required on a regular basis primary carers will be informed so that they may make decisions about further medical investigation.

2. Consent to perform Basic First Aid**Yes / No**

I authorise Cooinda Staff to:

- Administer Saline Solution
- Administer Antiseptic first aid Cream
- Attend to minor cuts and abrasions

The administration will not exceed recommended First Aid guidelines and will be documented.

If administration is required on a regular basis primary carers will be informed so that they may make decisions about further medical investigation.

Where conditions become more serious or acute, staff may contact an ambulance as required.

3. Consent for Physical Activity**Yes / No**

As part of Cooinda's programs we support and promote an active life style for our participants. Participants will engage in activities that may require physical capacity to walk, exercise, gentle sports or dance etc.

I give consent to participate in physical activities.

If any physical health conditions exist that might prohibit this activity I will advise staff.

Conditions that may prohibit physical activity include: high blood pressure, physical injury, breathing difficulties or asthma.

If you are aware of any conditions that may impact on physical activity, please note them below or consult with your General Practitioner before completing this section.

4. Consent for use of image in Photographs and Media	Yes / No
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I consent to the disclosure of personal information which may be published on the Cooinda Terang Inc. website, newsletters and other publications. This includes photographs, use of my name and events that I may participate or have participated in.

Please indicate which of the following media you consent to have your photo or informal details used for:

Cooinda Website	<input type="checkbox"/>	Cooinda Newsletter	<input type="checkbox"/>
Cooinda Annual Report	<input type="checkbox"/>	Newspapers	<input type="checkbox"/>
Other _____	<input type="checkbox"/>		

I am aware that by giving this consent I am permitting informal information about me to be published, which can be viewed by anyone who accesses the Cooinda Terang Inc. website or other publications, and that if my consent was withheld, this publication would not proceed.

5. Consent to participate in an Audit	Yes / No
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External auditors come to Cooinda to complete an assessment of our services every 12 months.

With this consent they may talk to you individually or with a support person and review your personal file or you may choose to let them review your file but not talk to them, that is okay too.

Where circled "Yes" on the above 5 consents, I give consent and further understand that this consent may be withdrawn by me at any time.

I give this consent voluntarily.

Signature of Participant: Date:

Signature of Parent / Guardian: Date: