

July 2025 Newsletter

Cathy Gill's Report

Work on a ramp to exit from the front of our First Street home and footpaths around the home have commenced. We are all keeping a keen eye on the progress. The footpath around the side and front will be amazing and enable access all around the home for our residents.



Kabin, Donna & Sheryn inspecting the work

Our July staff meeting/training will be held on Thursday 29 July 10:00am – 2:00pm. Training will be on supporting people with Dysphagia by Freya – Speech Pathologist-Recovery Station.



Lynn will be on leave from early August returning late September 2025. Jo Cullen will be assisting with some administration and payroll in Lynns absence.

Westlakes Access & Support Inc

32nd Annual General Meeting will be held on Wednesday 22nd October 2025 6.00pm

We are calling all interested parties to attend this meeting and taking a more active role in our service & its future direction,

As a committee member you will be involved in ensuring we remain a viable, small, not for profit, charitable organization, and able to continue supporting our residents in their homes.

If you are interested in learning more please speak to Cathy Gill or a committee member.



Dying to Know Day is a free community event exploring holistic, compassionate approaches to end-of-life care.



Dying to Know

The Full Circle

conversations around your end of life choices

Join us for this **FREE** event, a day of discovery into Holistic End of Life Care in Newcastle, Central Coast & the Hunter Valley

Date: 8th August 2025

Venue: 17 Warabrook Boulevard, WARABROOK NSW 2304 (Essential Skills Training and Recruitment Building)

Time: 9.30am to 3.30pm
Main Presentations 10am and again at 1pm

Key Presentations

Holistic Funeral Care including homebased death care and natural burial
Kylie Gangemi - Natural Grace

Understanding Advanced Care Directives
Julie Fletcher - Doula Connections

The Final Honouring
Sharon Toner - Alchemy St

Reimagining End of Life Care - The Role of Doulas in a Stretched System
Helen Callanan - Preparing The Way & Shannon Beresford - HELD Australia



Enjoy some morning or afternoon tea whilst engaging in important conversations.
Bring along a gold coin donation to support The Willow Tree Foundation.



Register online at [eventbrite](https://www.eventbrite.com) or RSVP to info@doulaconnections.com.au

Organised in collaboration with:



Preparing the Way

natural grace



Holistic End of Life & Death Care Australia

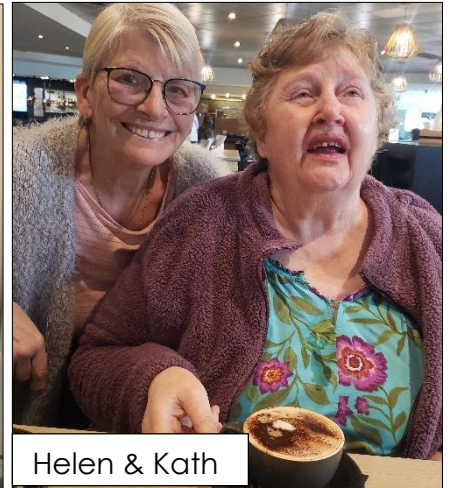
ALCHEMY ST.

essential skills training and recruitment

Raeline & Tanya



Robyn enjoys a Pizza made by Laura



Helen & Kath



Stephen & Kabin

We have had our fair share of flu over the past month. Luckily and thanks to a job well done from our staff, we are coming out the other side. We have been able to get out and about a little bit despite the bugs.



Happy July Birthday to Susan,



**Our First Street ladies enjoyed a lovely birthday lunch at Wangi for Susan before an afternoon tea at home and presents.
Thank you, Amanda, Louise, Tanya & Jenny for helping make the day extra special.**



**Also celebrating a birthday in July
our staff members Liz & Louise**



**Pam White
&
Deanne
Roberts**



Spotlight on Tanika (AKA Mrs Moore)

Hi everyone, it's Tanika, I thought I'd give you all a little update about me and my life.

I have been working here at Westlakes for nearly 6 years now, I started when I was 19 as a trainee to complete certificate 111 in Individual Support, I have now also completed a certificate 1V in disabilities.

I am looking forward to starting a new course with Essential Skills to complete a certificate 1V in Leisure and Health in August 2025.

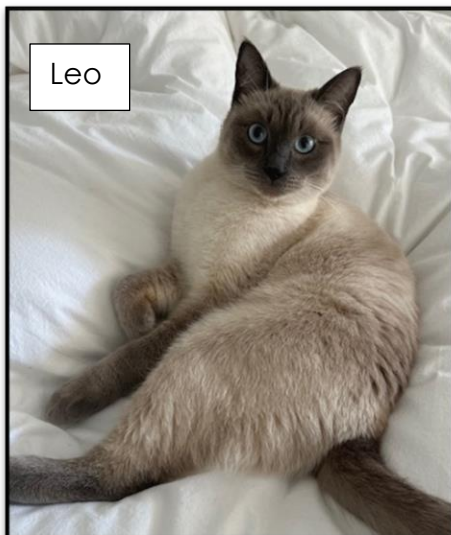
In February 2025, Corey and I were married in a small & intimate celebration at a gorgeous place called Goosewing Cottages in the Hunter Valley. It was just an absolutely perfect day, just what we always dreamt of.

We built our own home and moved in 2023 it is coming along nicely.

On our days off we like to tick another box off the list of things to do to complete our home.

We have 2 little fur babies Leo and Luna, we love our kitties so much and can't wait to see them at the end of our day.

Leo & Luna greet us at the door no matter what time we arrive home.



**Thank you Tanika for sharing your story and for your contribution to the Westlakes team. Goodluck with your course,
Here is a \$25.00 gift voucher to say thanks... Enjoy**

Important contacts

National Disability Insurance Agency Ph: 1800 800 110

NDIS Quality & Safeguards Commission Ph: 1800 035 544

Disability Advocacy Service -Hunter Ph: 49 27 0111

Hunter Tenants Advice & Advocacy Services Ph: 02 49 27 657