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Dear Inala Families and Carers,

We hope you are all well and healthy, and had a happy Easter.

### **What's been happening?**

We've come to term break - perhaps not the term break we were all imagining 6 weeks ago – but hopefully still a chance to relax and experience a change of pace. We continue to provide holiday support, with a range of interesting and stimulating activities, as well as one on one support in homes where requested.

### **Fond farewells**

We were sorry to say farewell to the four German volunteers recently who have been at Inala for the past 6 months. Their time was cut short as the German Government recently encouraged all citizens to return home. Alex, Roman, Marlene and Merle all enjoyed their time in Australia and particularly at Inala and have written to say what an impact their stay has had. We thought we'd share Alex's words about his time at Inala:

*"Though my stay was shortened it surely didn't lack or come short of beautiful experiences, despite all of us not being able to see all that much. Australia surely doesn't lack natural disasters, however it also doesn't lack wonderful, kind and caring people who welcome you the second you walk into the door.*

*I want to thank my Wandana family for supporting me all throughout this journey and standing right by my side. I want to thank Dulkara for introducing me so beautifully into this new chapter of my life. I want to thank Lowana for the feeling of being welcome at all times, despite me not exactly being able to fit in much dinner.*

*I want to thank the office for all the math they did for me and the effort they put into organizing everything.*

*I want to thank Inala for being such a strong community that let us in with open arms. The only thing we can do in the belly of this whale is; count the ribs, notch the long days, dream of the beach and remember all the loving memories!"*

### **Welcome to term two**

We look forward to welcoming your son/daughter or loved one back next week to term two as we continue to provide interesting and stimulating activities including art and craft programs, music and exercise programs. As mentioned before, we continue to consider each individual and their personal interests when developing these programs to maintain routines, skills and meaningful enjoyment as much as possible during these unusual times.

With the reduced number of people attending Day programs and with Inala residents receiving Day supports from their homes, we have ample space to ensure we practice safe social distancing.

### **Other ways to stay in touch**

We are capturing stories and images of life at Inala and posting some of these on our Facebook and Instagram accounts. This is another great way to stay connected and see some of the happy events and activities happening at this time. The film group have been busy and we hope to show some entertaining videos shortly.

If you haven't already, please start following us on:

- **Facebook** (Facebook.com/InalaDisabilityservices) and
- **Instagram** (Inala.disabilityservices).

### **Thank you for your continued trust and support**

As always, if you have any questions, please contact us, in the first instance via your relevant service Manager. All questions are reviewed and discussed by the Executive management team.

We remind all members of the Inala community to continue to practice good hygiene to protect against infections and reduce the spread of Coronavirus.

The most significant daily preventative measures required are:

- ✓ Regular and frequent washing of hands with **soap and water**
- ✓ Stay at home unless absolutely necessary eg exercise, shopping and medical appointments
- ✓ Practice social distancing and do not gather in groups of more than two people (excluding members of the same household)
- ✓ Avoid touching surfaces, especially in public places and then touching any area of the face

***We will to continue to do our utmost that each person connected with Inala continues to be supported as fully and safely as possible*** and that our positive pro-active planning is in place to ensure the wellbeing and peace of mind for all our Inala community.

We will keep you updated as the situation evolves through frequent communication. Once again, our sincere thanks for your cooperation, support and patience during this unprecedented time. **And please remember that in these times, keeping your distance is a sign that you care.**

We hope you have a good week and enjoy this beautiful autumn weather.

Kind regards,



Martin Porteous  
Joint Chief Executive Officer



Rebecca van Bilsen  
Joint Chief Executive Officer