

A SUPER Update

QUARTERLY NEWS FROM SUPER REHAB



Message from Super Rehab

Hello and welcome to the Spring Edition of the Super Rehab newsletter!

In this edition, we are pleased to share with you some great reasons to celebrate. October 5th was the 3 year anniversary of the opening of our gym space and office hub at Petersham, and 24-30 October is OT Week 2022. We will also introduce two new staff members: Lin and Cli.

Super Rehab continues to actively contribute to the community and we attended Carers Day Out 2022 in October. You will also get a sneak peek into some of the training and social activities our team have participated in.

It might be a wet and rainy month but it doesn't slow us down!

Margaret Beattie, Health Service Manager, Super Rehab.

In this Issue

- NEW! Speech Pathology available NOW!
- OT Week
- Meet our new team members: Lin & Cli
- Carers Day Out @ Redfern Community Centre
- Team social activities

This month marks our very own 3 year anniversary at Super Rehab Petersham Hub, we couldn't be more proud to have assisted thousands of clients over the past 3 years.

3 ANNIVERSARY *Celebration*

October 2022 marks 3 year anniversary of our Petersham Hub. 3 years in Petersham Hub means a lot to us, and we have had so many great memories here, including:

- Manual Handling Training for our staff, carers, and support workers
- one-on-one and group exercise sessions
- job interviews, new staff orientation, and sometimes exit interviews
- performance reviews and career coaching
- team building activities
- in-services as well as presentations by external speakers
- team meetings, supervision sessions and more

We want to say thank you to everyone supporting Super Rehab who made Super Rehab and our Petersham Hub possible, and cheers to the next chapter of Super Rehab!

Super Rehab is passionate about partnering with our clients in the community to deliver effective and evidence-based intervention and therapy. We strive to make a positive difference in the lives of every client. With the success of the Petersham Hub, we will continue to provide group sessions and one-on-one sessions not only in Petersham but also in an exciting new hub in Homebush West. We will certainly keep you updated on the grand opening of Homebush West Hub.



Pictured left to right, top row: Lin, Mary, Vanessa, Jemma, Jacqui, Jeremy, Daphne, Michelle, Anthony, Mary, Stefani, Karen, Cli
Bottom row: Peter, Natalie, Trisha, Amy, John, Kim, Margaret



← Pictured: façade of Homebush West Hub

Celebrating OT Week 24-30 October 2022



Super Rehab is celebrating OT Week, by recognising and applauding the amazing work our Occupational Therapists (OTs) do every day.

The theme of OT Week 2022 is “What OT means to me”.

It gives us an opportunity to reflect on Occupational Therapy, and the roles OTs are playing in supporting people to engage in meaningful activities and promote individual independence in their everyday life.

Check out our OT's reflections on “What OT means to me”.

A common question from our clients is "What can an Occupational Therapist do for me?" In the past, people thought that Occupational Therapy was just for getting injured people back to work. These days it's so much more. For example:

- Is your shower or bath hazardous or unsafe to use? Our OTs can help fix that!
- Do you find it difficult to get up and down the stairs? Our OTs can help fix that!
- Do you need professional advice to make a space accessible or design a safe bathroom? Our OTs can assess and draw plans for that!
- Is your memory not as sharp as it used to be? Our OTs have a fun program for that!



Contact us for more information on how our OT can assist you or your clients.

New staff profile: Lin - Physiotherapist



Lin completed his Master of Physiotherapy from University of Sydney and Bachelor of Science (Honours) in Physiotherapy at the INTI International University, Malaysia. After graduating from his undergraduate, he has worked in various clinical settings including outpatient and inpatient rehabilitation, acute wards, and community. Lin has interests in neurological and geriatric rehabilitation. He is passionate in improving people's quality of life by providing rehabilitation. He enjoys working with people in the community to achieve their goals by prescribing individualised physiotherapy program. Lin spends his spare time on bushwalking, hiking, reading, and playing piano. He also enjoys watching Studio Ghibli movies and listening to its soundtracks.

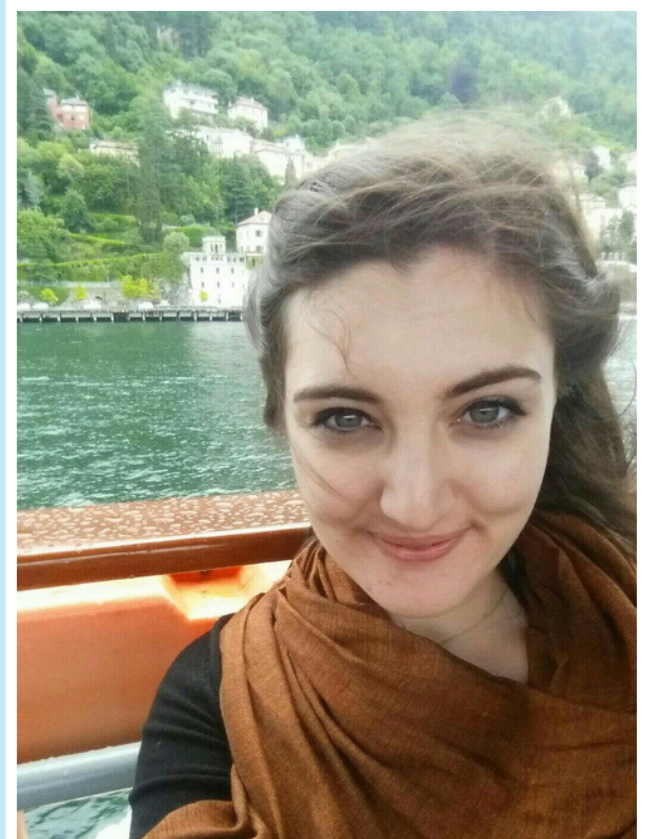
Welcome Lin - we are so pleased to have you in our team!

New staff profile: Cli - Speech Pathologist

Cli (short for Cliohdna) came to Sydney from Ireland 8 months ago after working in England as a fully qualified Speech Pathologist. Cli says "I love Speech Therapy because of the variety, no two clients are the same. I love working in the community because of the relationships I get to build. I came to Sydney for the sun so the months of rain were a bit of a shock, fortunately growing up in Ireland prepared me for it!!!. The best part of working here is being able to go to the beach after work. I have been spending most of my free time exploring the city and taking trips around Australia. I am also a decent painter when I get the time!"

Welcome aboard Cli!

Super Rehab now have immediate availability for Speech Pathology Service for adults caseload, and we cover Sydney Metro suburbs.



OT training in ILS Lane Cove Showroom

Thank you James Cady for the presentation and demonstration of mobility, ADL and pressure care equipment in Independent Living Specialists Lane Cove showroom. It was a great learning opportunity for our OT team.

In Super Rehab, we offer in-house CPD sessions to our clinicians and we also encourage everyone to participate in external learning and professional development opportunities.

Pictured left to right: James Cady (ILS OT), Super Rehab OTs Alice, Jemma, Vanessa, Mary, Stefani, Derek and Maggie ▶



Community Connections - Carers Day Out 2022

Super Rehab had the privilege of being invited to run an information booth providing advice to carers and interested members of the public at the Carers Day Out 2022 at Redfern Community Centre on 18 October. Fortunately the rain held off and we enjoyed chatting to many carers, promoting manual handling training, back care advice and how to access affordable Allied Health Services for their own self-care.



◀ Pictured left to right: Trisha (Physio Team Lead), Margaret (Health Service Manager)

Our employees enjoy extra perks such as social activities, dinners, and financial support for attending external courses.

Here are our Physiotherapy and Exercise Physiology teams letting off some steam at an (safe and supervised) axe throwing session. Thank you to 'Maniax' at Marrickville hosting a great afternoon..



We love to see our team growing in their clinical skills, while still having fun and connecting with like-minded friends

Pictured left to right, top row: Daphne, Anthony, Michelle, Leon, Margaret, Jeremy, Amy
Bottom row: Lin, Cheryl, Trisha, John ▲



We spent time together in our Petersham hub on 1 November Melbourne Cup Day for an afternoon tea and a good chat.



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