

Newsletter

September Issue

MY SUPPORT LINK

1/190 Invermay Road Invermay admin@mysupportlink.net.au • www.mysupportlink.net.au

What an amazing month we have had!

September has been a busy month for My Support Link. Our cooking program, **A Seat At My Kitchen Table**, relaunched at our commercial kitchen in Kings Meadows. We also recently travelled to Hobart to celebrate all the nominees from our team and the individuals we support who were nominated for the **Tasmanian Disability Awards**. We are so proud of everyone and blown away by the amazing work our supporters are doing, as well as the determination our participants show as they work towards their goals. Hayden and Dalton hosted a sporting event **"Hoops & Kicks"** which was held at the Mowbray Sports Hub and a fantastic turnout and game of basketball was played. The organisation, collaboration is a credit to the boys progress. What an amazing month we have had!



**Your Choice, Your Support,
Our Care.**



Goal Kicker Of The Year

We are so proud of our **Albert** and his progress the last 12 months and his hard work has paid off with him being recognised as the **Goal kicker Of The Year** winner at the 2026 Tasmanian Disability Awards in Hobart



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



Inclusion NOT
Exclusion

[My Support Link](#)

Create, Play, Mingle

This month we have had lots of creative projects being started at **The Hub**, with clay creations, paper buttons, ceramic plate decorating, puff paint creations.



Bingo as always has provided our group with lots of laughs, and we have welcomed new faces this month to our Bingo group on a Wednesday which has been lovely. If **Bingo** is something you enjoy, and would like to get involved, reach out to the management team!



THE HUB ACTION

Amazing builds being created in our **Friday Lego Group**. Including Eva-Rose with her Wall-E lego build - lots of patience and dedication was required. We'd love to see more Lego lovers join us on a Friday. It's a quiet and relaxing time with a small group.



Your Choice, Your Support,
Our Care.

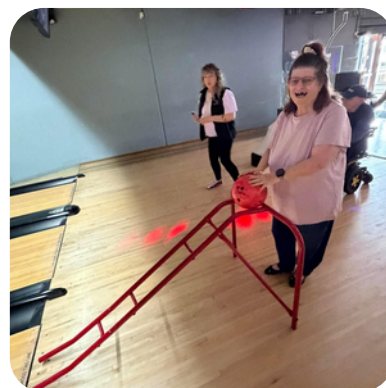


YOUR CHOICE, YOUR SUPPORT, OUR CARE!

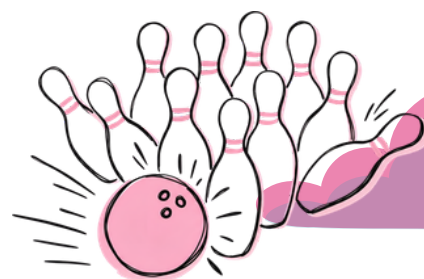
My Support Link

Bowling

THURSDAY GROUP OUTING



This month, our Thursday craft group headed out on an adventure to **Launceston Lanes** for the day. It was wonderful to see so many smiles and so much participation, and the facility was very accommodating and accessible for our group. We look forward to seeing where the group ventures next month!



Your Choice, Your Support,
Our Care.



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



“ Recognising the superstars in the Disability Sector

My Support Link

Participant Of The Year



TASMANIAN DISABILITY AWARDS



A special mention to Tracy, Dalton & Albert who all received well earned nominations for **“Participant Of The Year”**. Although you didnt come out with a win, just know that to even be nominated is a huge achievement and we could not be prouder of you all. Supporting you reaching your goals is an honour, and we are so lucky to have you a part of our My Support Link Family. Keep being you -and keep up the amazing work!

GOAL KICKER OF THE YEAR WINNER ALBERT



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



“ Recognising the superstars in the Disability Sector

My Support Link

Support Worker Of The Year



STAFF NOMINATIONS

Pictured left to right from top to bottom:

Chloe, Tracey, Nikki, Tamieka, Bree, Daniel, Jenna, Jess, Hannah, Lorinda & Alicia.

Not pictured: Callum, Jake.

Congratulations to everyone who was nominated, and thank you for the ongoing support you provide to our participants, as well as the dedication and care you show in your everyday work. You all do amazing work, and it was beautiful to see you recognised on the night as you truly deserve.

Your Choice, Your Support, Our Care.



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



MY SUPPORT LINK

Nominations at the 2026 Tasmanian Disability Awards.



My Support Link was nominated for **Support Service of the Year** and **SIL Provider of the Year**. We are incredibly humbled and appreciative of this recognition, which has made us reflect on the journey My Support Link has taken over the past few years. What started as a small family business with just two or three support workers has grown to more than 50 staff and 100 participants. To be recognised for the quality of care we provide, and for the hard work we put into ensuring our participants have the best quality of life while maintaining their independence, dignity, and individuality, means so much to us.

Nickayla was also nominated for **Training Provider Of The Year** for the work she does behind the scenes, making sure all our staff are up to date with all relevant training for their role- and to make sure they are fully equipped with all the knowledge they need before starting with new participants. This ensured the safety of our participants, staff and public.



Your Choice, Your Support,
Our Care.



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



My Support Link



An amazing day of collaboration and teamwork

Dalton + Hayden's tasTAFE Project

The boys did a fantastic job from start to finish, showing initiative, teamwork and independence as they organised, collaborated and supported one another to make the event happen.

The event had a fantastic turnout, creating a positive and welcoming atmosphere for everyone involved, with an exciting game of basketball bringing it all together! We couldn't be prouder of Hayden and Dalton and the effort they put into making this event a success. It was so wonderful to see their confidence, independence and ability to create a supportive environment for others continue to grow.

We want to give a special thankyou to New Horizons Tasmania for all your support, the day was extra special thanks to you guys!

The Mowbray Hub PCYC North for the use of the facilities- what a wonderful space our community has in Mowbray!

And of course the spectators and everyone who came along to support the boys and the players!

What an achievement, boys-you should be so proud of yourselves!

HOOPS & KICKS



Your Choice, Your Support,
Our Care.



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



A SEAT AT MY KITCHEN TABLE

NDIS Cooking Program



We're keen to watch these groups grow and see where their cooking journey takes them. There's nothing better than learning new skills with good food, good friends and great company.

We're so excited to see our new cooking program underway, with two separate groups running every **Tuesday** and **Wednesday**.

A Seat at My Kitchen Table is all about building confidence in the kitchen, learning new skills, connecting with others and, of course, enjoying the rewards of your hard work - including taking portions home to help with meal prep throughout the week!



Your Choice, Your Support,
Our Care.



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



My Support Link

THE HUB DAYS

MON

CRAFT

TUES

**GAMES DAY
SEWING**

WED

**DAY PROGRAM
BINGO**

THU

**COOKING
CRAFT**

FRI

**LEGO
GROUP**



**Your Choice, Your Support,
Our Care.**



YOUR CHOICE, YOUR SUPPORT, OUR CARE!



BIRTHDAYS

[My Support Link](#)

JASON

TRACY

DON

TYSON

EVA-ROSE

PETA

BUTCH

NICKY

We want to wish everyone in the My Support Link family who celebrated their birthdays in September, may your days have been bright - and spent with those you love.



**Your Choice, Your Support,
Our Care.**



YOUR CHOICE, YOUR SUPPORT, OUR CARE!

NOTICE BOARD

UPCOMING

My Support Link



nickayla.hewitt@mysupportlink.net.au

www.mysupportlink.net.au

[1300 145 209](tel:1300145209)

**Your Choice, Your Support,
Our Care.**



YOUR CHOICE, YOUR SUPPORT, OUR CARE!