

Bobby Goldsmith

Foundation

# CLIENT SERVICES NEWSLETTER

FEBRUARY - APRIL 2021

Dear client, in order to make things easy for you, we are streamlining all contact to come through Bobby Goldsmith Foundation (BGF) Reception. This includes all telephone calls, appointments, referral forms and enquiries.

Should you need support please speak with one of our BGF Receptionists and they will be able to answer, re-direct you or pass on your details to the worker best suited to assist you who will be in touch.



BGF Reception (Devonshire Street, Surry Hills) is open  
Monday – Friday, 9:00am – 5:00pm and can be reached on:

Telephone: 02 9283 8666

Email: [reception@bgf.org.au](mailto:reception@bgf.org.au)

Fax: Fax: 02 9690 1432

## MEET OUR NEWEST TEAM MEMBERS

### JOANNA MORGAN - CASE WORKER (SOUTH AUSTRALIA)

We are excited to introduce our new Case Worker, Joanne Morgan! Joanne has taken over the role from Jess Barry while she is on maternity leave. We caught up with Jo to discuss her previous roles and why she's excited to work with BGF clients in SA.



"I was thrilled to be offered the position of SA Case Worker with BGF and I'm excited to get back into the Community Services sector. The last 7 years I have spent working at the Adelaide Casino, where I was employed to support and case manage their customers who were facing issues due to their gambling. I enjoyed my work there and developed many meaningful and impactful relationships with the customers.

Prior to that, I worked in the homelessness sector as a Case Worker, specifically with Indigenous families providing short and medium term accommodation.

I have also volunteered as a Support Worker in the Alcohol and Other Drugs (AOD) sector.

Supporting people to identify and achieve their goals is what drives me professionally, and seeing them take steps towards positive change."

For all enquiries about our services in SA please contact Joanne.

Our SA office is located in the Adelaide CBD.

Open 9am - 5pm Monday - Thursday.

Email: [joanne.morgan@bgf.org.au](mailto:joanne.morgan@bgf.org.au)

Telephone: 0403 210 034

We would like to remind all our South Australian clients that our online BGF Health and Wellbeing programs are available for them to participate in.

## JIMMY ACOSTA - PSYCHOSOCIAL SUPPORT SERVICES MANAGER

We are delighted to welcome Jimmy to our BGF family. Jimmy enters his role at BGF with over a decade of experience supporting marginalised community members.

"I joined BGF in December of 2020 as the Psychosocial Support Services Manager. I have over 11 years' experience in the mental health sector and over 6 years' experience managing psychosocial services in the community.

Over the years I have been involved with numerous programs supporting people from various demographics in the community. My career began as a front line mental health support worker in Western Sydney and throughout my career I have worked with and managed Youth specific programs, drug and alcohol programs and later moved on to work with adults living with Mental Health Issues.

In this time I have been exposed to the everyday challenges that people in the community face. This has allowed me to develop a holistic approach.

Being a member of the CALD community myself, I employ a culturally aware and trauma informed practice in my everyday interactions. I have a passion for supporting people and empowering them to equip themselves with the necessary tools and skills to become a better version of themselves and proud members of the community.

In recent years I have managed various government and NDIS funded services, which have allowed me to develop and implement individual recovery focused services.



I enjoy working with my team to deliver effective, flexible and efficient services to people in need. I am excited to have joined the BGF family and look forward to the journey ahead."

# FINANCIAL ADVOCACY AND COUNSELLING

Barry (Baz), one of our qualified Financial Counsellors is passionate about helping BGF clients better manage their finances. With years of experience, Barry is sharing his wisdom with our community.

"One of the best travel tips I ever got when I was young and travelled a lot was to use a facecloth to dry yourself thoroughly after a shower and only use your towel for a final dry. What has this got to do with managing your money?

Well, when you do this your towel easily dries overnight and stays fresher longer. That way you don't need to wash it as frequently. Which saves on laundromats, detergents and time. You don't need to buy new towels as often. Over a lifetime that adds up to a small fortune! Try it at home. I still do this every day.

The point of the story is that little actions done over a long time all add up. Every cent you spend now is taken from a future dollar. Every cent you save now becomes a future dollar. Write down all your spending over a week. What one thing could you change right now?

One cup of coffee, once a week, for 30 years = ?

Being rich is about how you think. Cultivate a Savings Mindset!"



We can help you address the financial challenges of living with a chronic disease!

We also welcome any queries you may have around:

- Debts
- Budgeting
- Superannuation
- Centrelink payments
- Insurance

So get in touch – no question is too big or small!

# COMMUNITY SUPPORT PROGRAM

BGF's Community Support Program (CSP) provides practical hands-on support for clients residing at home in the community across greater Sydney and the Northern Rivers region of NSW. This support includes attending appointments, medication prompts, assistance with daily living and psychosocial support to empower clients to remain engaged with their community.



Our Community Support Workers are also able to provide support for clients who have an approved National Disability Insurance Scheme (NDIS) plan that is self-managed or plan-managed.

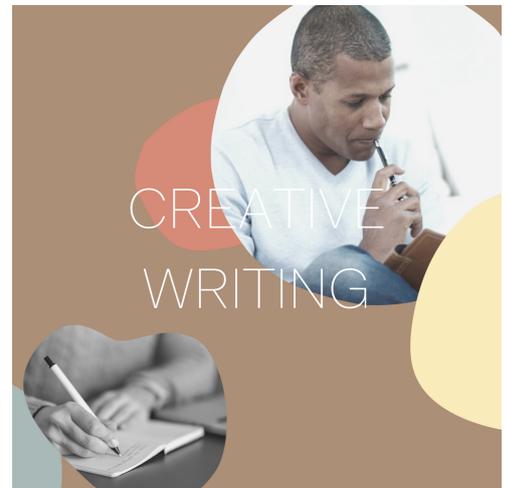
The CSP team works closely with BGF's Case Managers and Case Workers to evaluate the client's needs and to collaborate on establishing short/medium term goals. We also receive referrals from various NSW health services, which enables us to become an important part of client's multidisciplinary team/support.

For more information, please feel free to contact BGF Reception (Devonshire Street, Surry Hills) on 02 9283 8666 between 9am - 5pm Monday to Friday.

# HEALTH AND WELLBEING PROGRAMS

## CREATIVE WRITING – WITH HEATHER JOHNSTON

BGF's Creative Writing program is a 4-week workshop for peers on the path to written self-expression. The program is run by Heather Taylor Johnson, a published author. At each session, participants meet for a 1-hour workshop where they will lead the direction of the 4-week workshop. The facilitator will then tailor each week to fit with what the participants chose.



Participants, under the guidance of Heather, will work with their chosen statement for one week to provide examples, lead discussions and present written exercises. Heather Taylor-Johnson is an American-Australian writer living in Adelaide with her partner, three children and their dog. Her novels have been published in Australia and America, where they've been reviewed on ABC's First Tuesday Book Club with Jennifer Byrne and in the New York Times. She is the author of four books of poetry, and she conceived and edited the anthology "Shaping the Fractured Self: Poetry of Chronic Illness and Pain", read in disability circles around the world. She's passionate about writing about illness and has spoken about it in Reykjavik and Oxford, among other places.

**WHEN: TBC**

## BETTER MONEY MANAGEMENT



Many people with HIV experience financial hardship and stress. Better Money Management is an online workshop that will help build your confidence in budgeting and explore new ideas around managing your money better. Learn about the do's and don'ts around handling your finances. Learn the basics of creating an effective budget that suits your needs. Leave with a better understanding of your financial situation and how to manage it more effectively!

**WHEN: WEDNESDAY 17 FEBRUARY 2PM-4:30PM**



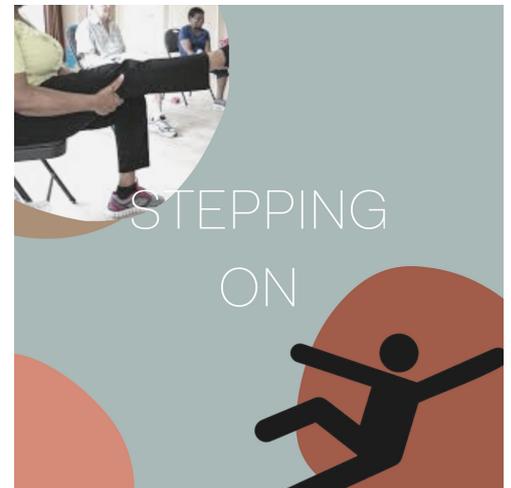
## STEPPING ON

Stepping On is a new BGF program designed to prevent falls for 65+ year olds. The 7 week program is a two hour in-person class led by an instructor. Staying home during COVID- 19 has meant many of us haven't been very active for quite some time... We recommend you consider registering for this course if you are:

1. 65+ years old
2. Walk up and down stairs with less confidence
3. Want to be able to go about your day and exercise without the fear of falling

Please note Stepping On is only available to clients living in Sydney.

**WHEN: WEDNESDAY 17 FEBRUARY 10AM-12PM**



## ZEN MOVEMENT



BGF's Zen Movement is an online one hour functional movement 6-week program that aims to get people with HIV up and active in the comfort of their own homes. Designed by trainer Will Bennet the class is a fun, no pressure environment whilst providing the necessary skills to enable participants to continue to maintain their own physical fitness once the workshop concludes. Participants meet via Zoom where they learn about the benefits of exercise. The sessions will consist of a warmup, exercise and stretch period, ending with Yoga Nidra (sleep yoga) for a full relaxation experience.

**WHEN: TUESDAY 16 MARCH 11AM-12PM**

# POSITIVE SELF-MANAGEMENT PROGRAM (PSMP)

BGF's PSMP "Take Control of Your Health" workshops are designed to improve the understanding of health management for people with HIV. The workshops have been created in conjunction with Living Positive Victoria and Thorne Harbour Health. PSMP is free of charge and suitable for anyone with HIV, either newly diagnosed, living long term and their partners, family and support workers. All are welcome.

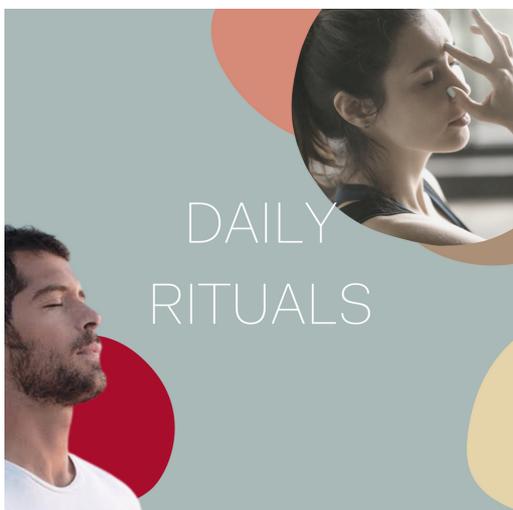


The workshops are highly interactive and are designed to provide the tools for people to take control of, and better manage their health and well-being. Content topics include medication adherence, skills to evaluate symptoms and treatments, communication with health professionals etc. With proper treatment and diagnosis, HIV is a chronic manageable condition similar to diabetes or heart disease, and though this is a big step forward and it is certainly something to celebrate this advance, having HIV can complicate your life. Workshops are held each week over a six-week program. Each 2 hour session builds on the previous week's content and is facilitated by two trained peers.

**WHEN: TUESDAY 16 FEBRUARY 6PM-8PM**



## DAILY RITUALS



Daily Rituals is a new free four week program designed to promote vitality, reduce stress and boost your immune system through relaxing and easy breathing exercises. You will learn how to meditate and how to use breathing techniques, create a Zen space and learn how to mix your own essential oils! This alternative health program will help you create daily rituals that start your day right and help you get the most out of every day and your body.

**WHEN: FRIDAY 12 MARCH 3PM-4PM**



## BETTER SLEEP TRAINING

Better Sleep Training is a new 4 week program created to help our clients benefit from the health benefits of a good night's sleep. Each session will cover aspects used in cognitive behavioural therapy (CBT) for insomnia and mindfulness for sleep, which have been scientifically proven to have long-term benefits. This workshop will equip you with the knowledge and tools to help improve your sleep in the short and long term.



**WHEN: WEDNESDAY 17 FEBRUARY 2PM-3PM**



## BGF PROGRAMS SOCIAL DAY



After almost a year of not catching up with peers in person, we are having a BGF Programs Social Day to bring people together over some scones and tea/coffee with plenty of opportunities to discuss any upcoming Health and Wellbeing programs and answer any questions about the planned calendar. It promises to be a fun social gathering with friends and community. RSVP is essential. To RSVP please call reception at (02) 9283 8666 or email Ruan at [ruan.uys@bgf.org.au](mailto:ruan.uys@bgf.org.au)

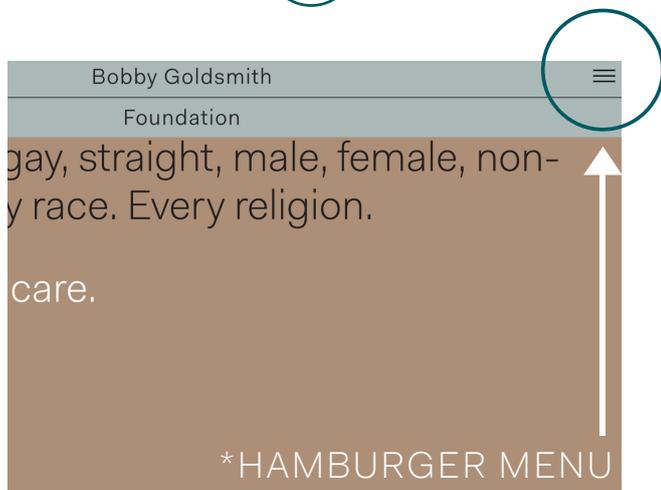
We look forward to seeing you soon!

To find out more about our programs and when they're launching click here: <https://www.bgf.org.au/health-and-wellbeing-programs-bgf/health-wellbeing-programs-bgf> Make sure to check out our new client Health and Wellbeing programs calendar.

To register for the course or to ask a question please contact Ruan at [ruan.uys@bgf.org.au](mailto:ruan.uys@bgf.org.au) or contact BGF Reception on 02 9283 8666.

# HOW TO SIGN UP TO BGF HEALTH AND WELLBEING PROGRAMS ONLINE

1



First locate the Health and Wellbeing Programs page. To find it, click on the hamburger menu\* in the top right corner on our home page and click Health and Wellbeing Programs from the drop down menu.

3

Positive Self-Management Program

BGF's PSMP "Take Control of Your Health" workshops are designed to improve the understanding of health management for people with HIV. The workshops have been created in conjunction with Living Positive Victoria and Thorne Harbour Health.

The workshops are free of charge and suitable for anyone with HIV, either newly diagnosed or living long term and partners, carers, family and support workers are all welcome. They are highly interactive and are designed to provide the tools for people to take control of, and better manage their health and well-being. Content topics include medication adherence, skills to evaluate symptoms and treatments, communication with health professionals etc.

With proper treatment and diagnosis, HIV has now become a chronic manageable condition similar to diabetes or heart disease, and though this is a big step forward and it is certainly something to celebrate this advance, having HIV can complicate your life.

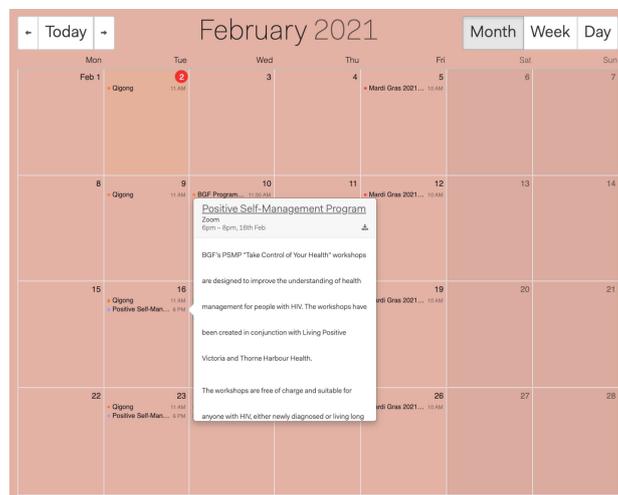
Workshops commence February 16th 2021 and are held each week over a six-week program from 6:00pm - 8:00pm. Each 2 hour session builds on the previous week's content and is facilitated by two trained peers.

Register Online

Firstname	Suburb
Surname	Is there anything else we should know?"
Phone	
Email	<input type="checkbox"/> I am living with HIV

Submit

2



Then scroll down to the calendar and click on the name of the program you are interested in signing up to. Then click the hyper-linked name of the program.

You will then be redirected to the program's unique page. To sign up to the program, scroll towards the bottom of the page and enter your details into the Register Online form. You will then be enlisted in the program and you will receive a confirmation email!

It's as easy as that! We can't wait for you to be a part of one of our HIV peer programs!

## CASE WORK AND CASE MANAGEMENT SERVICES

Every BGF Case Manager is a trained expert with in-depth knowledge about HIV and hands-on experience navigating complex health and social systems. They plan. Facilitate. Advocate. Our Case Workers create a bespoke plan for our clients based on the services that BGF provides, and to secure them any additional services they require. This includes:

- Direct practical, financial assistance with a focus on medical support including medications and treatments
- No Interest Loans Scheme (NILS) through Good Shepherd Microfinance which allows people we support to affordably finance the everyday necessities of life
- Return to study and employment initiatives
- Support letters, advocacy and referrals to other support services
- Navigating complex systems such as My Aged Care, NDIS, Health and Centrelink
- Financial and health literacy, including intensive and ongoing advocacy support
- Self-management support and goal setting

If you would like to stay up-to date on our latest programs, stories and HIV related news follow us on our social media platforms. Click the icon below to follow!



Helping people living  
with HIV to thrive.

