



Dance Therapy Online. A virtual wellness space.

Just Dance

It has been proven that dancing is not only good for your physical health and wellbeing but there are major benefits to your mental health also. Dance Therapy provides all of this and more.

Dance Therapy is a weekly chance to get together over zoom and get active. This high energy experience is facilitated by Dance Movement Therapists, Tessa Hens and Laura Wong.

Dance Therapy online consists of:

- A weekly 'Warm Up/Work Out' dance session focusing on using fun and engaging dance for strength work, weight bearing, cardio, flexibility and coordination. These moves help with physical health as we aren't moving as much as usual at the moment. For example we do Tin Can work outs (with a range of adaptations including paint bottles, salt and pepper shakers, weights and condiments) and scarf dancing for upper body mobility.
- We open sessions with body awareness work, bringing attention to all the different parts of our body to see how we are and how our bodies are feeling for the day - this heightens our self-awareness.
- Improvisational group dance games that encourage everyone to share and experience creative dance and movement ideas and to experience a wide range of movement dynamics
- We explore well-being themes with a focus on the things that keep us healthy and happy during restrictions using dance, visual arts and group discussion. Some themes that participants have brought to sessions have included going for walks, nature, friendship, autumn leaves, the sky, dance, catching the Bayley House bus, animals and pets
- We have explored the use of movement and breath work plus guided visual meditation to support self-calming and regulation skills

The members of the Dance Therapy group have bonded quite strongly socially and have been able to share ideas, shape and steer the sessions, talk or dance about their experiences and be a support to each other in these challenging times.

Dance Therapy is also a program featured in our after hours activities. Laura Wong hosts sessions during the week on Sundays and Thursdays. Bayley House has so many fantastic movers and shakers and it's been wonderful to see our clients gain confidence along with dance and relaxation skills over the past months.

From our CEO

Spring is Sprung, the Grass is Riz. So goes a well-known piece of doggerel. Born and bred in Melbourne I appreciate the early blooms of wattle which foreshadow the first days when sunshine brings warmth as well as light.

Some of my family assert that they "...love that Melbourne has four real seasons.." as if that somehow compensates for the bleak darkness and cold of June and July. Not me! I crave the warmth of the sun on my back (my thinly covered head these days requiring a hat) and the knowledge that light will take us well into the evening. For me those first days with a hint of a warm north wind tickling the branches are a welcome relief as well as a promise that better is to come.

But as the promise of Spring entices us through the chilly months this COVID Winter seems at times never ending. Our physical and mental health have been tried and tested repeatedly this year, but whilst the anti-maskers test our collective patience, nevertheless the overwhelming support and encouragement of those in our local community remains steadfast. Not just are families and staff reaching out, but that many of our clients are doing likewise; going out of their way to ensure that other clients are ok too. The power of connectedness and community is all around us even as we remain physically dislocated. What a wonderful Bayley House family we have.

Warwick Cavanagh
CEO



Warwick during his Bayley News & Lifestyle interview.



Deb McLeod launching our Spring Gigs

Virtually There

Over the past few months in this new version of normal, we have been very impressed with how so many people have managed to 'pivot' and remain engaged with their audiences. We are currently seeing an increase in take away food, online deliveries are booming and there has been a rise in home concerts.

Musicians the world over are performing from their lounge rooms, dining tables and spare bedrooms. Fortunately for us, a number of talented musicians recently performed exclusively for Bayley House Online.

Our Spring Gig Season began with the most beautiful cello recital from Debra McLeod. Debra, has close to forty years' experience as a cellist. She has performed in a chamber orchestra, a wide range of live musicals and is a music educator working across a range of ages and settings.

Tony Toppi, an accomplished musician with over 20 years performance experience and current music, piano and choir teacher at Mentone Girls Grammar, gave us an afternoon piano concert. This was followed by Natalie Calia who gave us a very cool ukulele and piano performance.

We are all currently anticipating the virtual performance of our friend, DJ extraordinaire, Ben Pisani. Ben will be hosting an online disco for us at the end of term which will take the place of the ever popular Beehive Disco he puts on for us in person.

We have been very lucky to have world class musicians perform exclusively for us on Bayley House Online. Thank you to Debra, Tony, Natalie and Ben for entertaining us.

To stay up to date with our online activities and events, remember to check the Bayley House Online page on our website for new additions to our schedule.



[www.bayleyhouse.org.au/
bayley-house-online](http://www.bayleyhouse.org.au/bayley-house-online)



Bayley News & Lifestyle crew in action

All of your news and more

Bayley News & Lifestyle is one of our more recent online offerings and runs each Friday afternoon via zoom. The session provides an opportunity to stay up to date with all things Bayley House.

The newly launched Bayley News & Lifestyle is dedicated to showcasing the latest news and stories from the Bayley House community. Hosted by staff members Lauren, Simone, Kylie and Matt; we have seen big birthdays celebrated, stories shared and special guests pop in to share their skills.

The Bayley News & Lifestyle has regular segments which include catch ups with current and former staff members, a health segment where the group has been focusing on ways to keep physically and mentally healthy during this time, weekend weather, entertainment and birthdays.

In the health segments the group has spoken about Covid-19 and what everyone needs to do to keep safe including how to wear a mask. This segment also involved 'The Masked Staff Member' where many of the Bayley House staff sent in photos of themselves wearing their masks.

Our long-time friend and fitness professional, Libby Dewar from GESAC, joins us each week and shows us exercises we can do at home and general ways to keep healthy.

We have also had a zoom visit from Tom, a practitioner at the Private Sea Wellness Centre in Mornington. Tom took us through some guided breath work to help reduce stress and anxiety. We've had a visit from nutritionist, Natasha who spoke about healthy eating while being at home so much. This included foods to avoid, mood boosting foods and ways to stay on track with healthy eating habits.

Thanks to the team at Bayley News and Lifestyle for keeping us all up to date and having such informative guests share their knowledge.



Natasha Evangelou (Dietitian)

Natasha on Bayley News



The smiling faces of our chilled out meditation session

Mindful Connection

Our online meditation program has a mindfulness focus. Mindfulness put most simply is paying attention to the present moment.

Literature in positive psychology helps us to understand that attention to the present moment helps us to build a stronger body/mind connection, supports greater self-regulation and overall feelings of wellbeing. We also bring our attention to those things that we are grateful for and what strengths we have. These activities help to build resilience and self-confidence again leading to a greater sense of wellbeing. Also, we participate in a guided meditation to encourage relaxation, self-regulation, and overall positive states of being. To help keep us focused, and to keep the activities interesting we weave in creative arts throughout the session.

The sessions run a bit like this:

- Together we will do some gentle movements and take notice of our bodies are feeling in the present moment.
- We will bring our attention to our senses.
- We will focus on how we are breathing.
- We will notice what types of thoughts and emotions we are having.
- We will think about what makes us happy and thankful.
- We notice our strengths.
- We will explore different ways of meditating.
- We will use some simple tools to help us keep focus.

Staying *Connected* while staying *Safe*



MONTHLY GIVING IS AMAZING!

Here's why:



You will help adults with intellectual disability live the life they choose not only **today**, but **long into the future**



Your gift will provide a **stable** and **sustainable** source of vital income



You will help Bayley House put in place **long-term plans** for growth and impact

By making the amazing decision to commit to a gift of **\$25 a month**, you will help clients achieve goals and live a life that goes beyond the limits of support plans.

You will:



Enable Bayley House to purchase equipment, and engage specialists, for programs such as art and life skills



Help fund the cost of equipment we need to make our programs inclusive and safe – such as ceiling hoist tracking systems



Provide access to IT training and equipment – for both clients and staff – that helps the Bayley House community thrive in a digital world

Your donation will be processed securely every month, providing you with a safe and easy way to make an ongoing difference to adults with intellectual disability.

You can sign up to a monthly donation today by selecting the **'Make this donation monthly'** option on our **online donation form** at www.bayleyhouse.org.au or by calling **03 9982 1500**.

SIGN UP TODAY

All donations of \$2 or more are tax deductible

Thank you for your support!



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Bayley House specialises in supporting adults with an intellectual disability to live a full, engaged life.



LIVE

Daily living skills, promoting independence, positive relationships and connecting with the community.



CREATE

Visual and performing arts. It's as much about the process as the end product.



WELLBEING

Physical health and emotional wellbeing. We listen, create opportunities and offer choices.



LEARN

High quality, accredited courses and in-house activities catering to individual skill levels.



BELONG

Our homes are warm and welcoming. We foster social relationships and participation in all aspects of daily living through active support.

Dates to remember

21-24 SEPTEMBER

Term Break

23 OCTOBER

Thank You Public Holiday

3 NOVEMBER

Client and Staff Holiday

4 NOVEMBER

Melbourne Cup Public Holiday

12 NOVEMBER

Bayley House AGM

* Dates may change and some events may be cancelled dependent on the potential impact of Coronavirus

Noticeboard

Back if you need!

Some great news! Bayside City Council have generously provided Bayley House with a grant to enable us to partner with Sandringham District Netball (SDNA) to engage our clients in another awesome netball program. Clients involved in the program will keep fit, learn new netball skills and get to experience what it's like to take part in team sports. The best part is that SDNA have adapted the program so it can be streamed directly into our client's living rooms for as long as Coronavirus restrictions apply! Another great program and partnership, and another great grant – we are grateful!

Writing Competition

The 2020 Writing Competition is now officially closed! A panel of judges will read all entries and a winner will be announced soon!

COVID-19 Updates

Coronavirus (COVID-19) Bayley House response to Coronavirus

Any changes to our operations will be posted on the Bayley House website in a dedicated Coronavirus section: www.bayleyhouse.org.au/coronavirus-updates



The Babble crew learning about Cyber Safety

News *roundup*



VALE Sophia Glibatsas

It is with much sadness that we inform you that our dear friend, Sophia Glibatsas passed away recently. Sophia was a much-loved member of the Bayley House community for over 60 years with a number of very close friends across the organisation. Sophia will be remembered for her warm smile, always asking 'how are you, sweetheart?' And for the many baby and pet blankets that she loved to knit.

Colours of the World

While we can't travel at the moment that hasn't stopped the crew at Bendigo Street bringing different countries into their own backyard – literally! Over the past weeks, the residents and staff have celebrated French week with baguettes, brie cheese and some cheeky bubbles (alcohol free). Peter looked every part the Frenchman with his cracking mo! Not to be left out, Italian week was celebrated soon after. We're sure Luke and David must have had some fond memories from their Melmi exchange trip a few years ago.

Our Online Kitchen's Rule

Who doesn't love a cooking show? Even better than that is when you can cook along with the presenters. Our online cooking programs do just that. A recipe is decided upon and sent out each week, so that everyone knows what they need for the upcoming session. Head over to our Facebook page in order to see the latest recipes.

Babble On!

The Bayley Babble podcast recently hit a rather impressive milestone – over 3000 listens! The Babble, which was once Bayley FM, launched last year and has been steered by Matt Walsh alongside Mary, David, Jessie, Matt, Angela, Sam, Bronwyn, Harry, Lachlan, Angus, Jacqui, Mark and Karen. These seasoned professionals have recently been joined by Louise and Liberty who now work alongside the Babble crew asking the hard hitting questions.

On any given week, you can tune in and get to know a number of our staff members mixed in with special guests such as Tom Wilson from the Collingwood Football Club, Cyber Safety Expert, Susan McLean and our latest episode with friend of Bayley House, Dave Hughes!

The Bayley Babble has also received a recent boost the REA Employee Community Grant which allows employees of the REA group to support a not-for-profit or community group they are involved with. Luckily for us, a family member of a Bayley House client nominated us.

We pitched the idea of using the grant to purchase new equipment to record the Bayley Babble with and we are pleased to say that just recently, we were successful with this grant application!

We can now purchase high quality microphones to record with! Thanks REA Group.

A recent review on apple podcasts mentioned the Babble was 'a great show, with excellent content and a great way to keep in touch'. So as Molly would say, do yourself a favour and jump on over to where to find all good podcasts to help drive us toward 4000 listens.

You can find the Bayley Babble on apple podcasts, Spotify or anywhere else you find amazing podcasts.



Hughesy on the Babble