



STAFF UPDATE

AUGUST 2022 - LIFEBRIDGE AUSTRALIA

Check out what's
been happening
lately on our
socials



MESSAGE FROM THE CEO Bronwyn Mitchell

Who is responsible for the culture of an organisation? Who owns it?

I have been considering this question more and more as we undertake the annual feedback sessions with staff.

So far, almost all staff discussions have confirmed that most people want to work in an environment that truly reflects the Lifebridge values and the Lifebridge Advantage.

The disconnect though, is the expectation that management is responsible for creating and maintaining the culture and will “make it happen”.

When there is a repeated process breach or a transgression of significance then the appropriate conversations will take place.

However, culture is often more subtle than that. It is the group acceptance of a certain behaviour. A bad culture is created when everyone accepts a behaviour, even when they know it is not the right thing to be doing.

At the last staff meeting we talked about Integrity and being a circuit breaker. When you become a circuit breaker and don't engage with bad behaviour and call it out you are demonstrating integrity.

You are giving the message “we don't do things like that around here”



Let me use the example of gossiping and complaining.

This has been raised a lot in staff feedback sessions. Everyone dislikes gossip and consistently negative conversations.

Especially when those conversations can be overheard by customers.

Everyone knows it happens and wants it to stop yet very few people call it out whilst others, unintentionally, become entangled and caught up in the discussions.

Sometimes people don't even recognise that the conversation they are having is inappropriate for the time, place and audience.

Often being aware of our own behaviour and how it may negatively impact on others is a great way to start being a circuit breaker.

Message from the CEO continued

Before engaging ask yourself:

1. Does my behaviour align with the Lifebridge values? What is my purpose?
2. Is my behaviour contributing to the problem?
3. Am I willing to be a circuit breaker and call the behaviour out and be part of the solution?

We are all responsible for culture. The framework for creating a great culture can be built, but it will only happen if we all work together and demonstrate the right behaviours.

Remember, by implementing our values of Excellence, Integrity, Innovation, Professionalism, Respect and Trust you will be part of the solution and will be creating the workplace that you and others want to belong to.

I look forward hearing your examples of how you are putting the values into practice at our next staff meeting.

Positive attitudes and positive actions make for a positive workplace culture.

Restrictive Practice – the rights and freedom of the movement of our customers.

A restrictive practice means any practice or intervention that has the effect of restricting the rights or freedom of movement of an aged person and a person with disability.

Restrictive practices are subject to regulation, under legislation, there are five types of restrictive practices:

- Chemical restraint
- Environmental restraint
- Mechanical restraint
- Physical restraint
- Seclusion.

The use of restrictive practice for an aged person and a person with a disability can present serious human rights breaches.

The decision to use a restrictive practice needs careful clinical and ethical consideration, taking into account a person's human rights and the right to self-determination.

Restrictive practices must be used within a positive behavior support framework that includes proactive, person-centered and evidence-informed interventions, and reported to the relevant commissions.

We are all responsible to ensure restrictive practice does not take place without the correct framework and authorizations in place.

WELCOME TO THE LIFEBRIDGE TEAM

welcome

A big, friendly welcome to the following staff members who joined the Lifebridge Team during the month of August 2022.

- Abby Champney - Receptionist
- Paul Drew - Finance Officer

We are happy that you have decided to join us and hope you all feel very welcome in your new roles.

CONGRATULATIONS AND THANK YOU



Congratulations to the following staff and volunteers who celebrated their five (5) years and over work anniversaries during August, 2022.

- Jannah Goodman-Jones - 8 years
- Amanda Chadwick - 6 years

We would like to take this opportunity to thank you for your contribution, dedication and loyalty to Lifebridge through the years.

GOODBYE - WISHING YOU WELL



During the month of August 2022 we said goodbye to following staff members:

- Mark Hearn
- Krystal Cook
- Tiana Whitlam
- Beverly Smallmon
- Jodie Brown
- Denise Culpitt

We wish them well in their future endeavours.

MEETING DATES FOR YOUR CALENDAR



WHS MEETINGS

The next WHS Meeting will be held on **Tuesday 11th October, 2022.**

Should you have a matter that you wish your work group HSR to raise at the next meeting please contact them directly via email below:

- Ben.Simpson@lifebridge.org.au
- Gregory.Kay-Spratley@lifebridge.org.au
- Jannah.Goodman-Jones@lifebridge.org.au
- Leanne.North@lifebridge.org.au
- Sharon.Muntelwit@lifebridge.org.au
- Emma.Payne@lifebridge.org.au
- Jenny.Hicks@lifebridge.org.au
- Amanda.Chadwick@lifebridge.org.au

Minutes of these meetings can be found in Projex Document Bank – Minutes of Meetings – WHS).

ALL STAFF MEETINGS

Lifebridge All Staff meetings will be held quarterly from 3pm to 5pm.

At this stage the meetings will be virtual through Microsoft Teams and all staff are to ensure that they have access. If you require assistance with Teams access, please contact Denyelle Drury, IT and Communications Officer on 0436 656 125 or email denyelle.drury@lifebridge.org.au

The meeting dates coming up for the rest of this year are:

- **Wednesday 7th September 2022**
- **Thursday 8th December 2022**

These meetings will be recorded and the recording will be uploaded to the Community Services Team under the Meetings Channel. The folder named Recordings is located under the Files Tab. Any relevant presentations from these Meetings will be uploaded to the Presentations Folder.

If you need any assistance locating this information please contact Denyelle Drury on the above email or phone number.

BUSINESS SERVICES NEWS



CONTACT NUMBERS

Business Services Team

Megan Archer	0436 662 155
Mel Bartlett	0436 657 508
Abby Champney	0456 769 313
Denyelle Drury	0436 656 125
Sharon Muntelwit	0409 637 138
Emma Payne	0436 656 270
Heather Wright	0436 662 178
Michelle Young	0436 656 233

Finance & Administration Services

Paul Drew	0448 895 783
Kim Grech	0436 656 148

Leadership Team

Amanda Chadwick	0436 664 408
Michelle Kirkland	0436 662 177
Bronwyn Mitchell	0436 662 156

GET TO KNOW OUR TEAM

We would like to take this opportunity to introduce you to our new receptionist, Abby Champney.

Abby has a vast array of administration experience as well as community services roles and is looking forward to the challenge of her new role with Lifebridge.

A quick learner, organised and patient, Abby likes to support others to make positive changes in their lives.

In her spare time Abby enjoys creative and well-being pursuits such as gardening, surfing, cooking, reading, sewing and yoga.

Abby will be based in the Kingscliff office and is part of the Business Services Team.

We hope that you will all make her feel very welcome in her new role.

Please feel free to pop into the Kingscliff office to introduce yourself and say hello.

CYBERSECURITY

Scams succeed because they look like the real thing and catch you off guard when you're not expecting it. Scammers are getting smarter and taking advantage of new technology, new products or services and major events to create believable stories that will convince you to give them your money or personal details.



For more information check out this video "Get Smarter with your Data" by the Australasian Consumer Fraud Taskforce (ACFT) - <https://www.youtube.com/watch?v=BL7WJM342Uc&t=101s>

TIPS ON HOW YOU CAN PROTECT YOURSELF



Be alert to the fact that scams exist. When dealing with uninvited contacts from people or businesses, whether it's over the phone, by mail, email, in person or on a social networking site, always consider the possibility that the approach may be a scam. Remember, if it looks too good to be true, it probably is.



Do not open suspicious texts, pop-up windows or click on links or attachments in emails – delete them: If unsure, verify the identity of the contact through an independent source such as a phone book or online search. Don't use the contact details provided in the message sent to you.



Keep your mobile devices and computers secure. Always use password protection, don't share access with others (including remotely), update security software and back up content. Protect your WiFi network with a password and avoid using public computers or WiFi hotspots to access online banking or provide personal information.



Choose your passwords carefully. Choose passwords that would be difficult for others to guess and update them regularly. A strong password should include a mix of upper and lower case letters, numbers and symbols. Don't use the same password for every account/profile, and don't share your passwords with anyone.



Beware of any requests for your details or money. Never send money or give credit card details, online account details or copies of personal documents to anyone you don't know or trust. Don't agree to transfer money or goods for someone else: money laundering is a criminal offence.

HOW TO RAISE AN ISSUE/CIL IN PROJEX

CIL stands for Continuous Improvement Log and Lifebridge utilize this process as an ongoing effort to improve our services and business processes.

All issues **MUST** be reported through the CIL process because if we are not aware that there are any issues, it makes it very difficult for us to try and rectify them.

What happens after I submit an issue through Projex?

After you submit an issue in Projex, the Quality Officer will assess the issue and assign it as a CIL to the Lifebridge staff member that will be responsible for investigating and resolving the issue.

The staff member that has been assigned to your CIL will receive the details and they have an allocated time-frame in which they are required to investigate and address the issue.

They then have to provide evidence that they have satisfactorily addressed the issue and communicated this to you.

If the evidence provided addresses the issue, the CIL is verified and closed off by the Quality Officer.

If the evidence does not adequately address the issue the CIL is rejected and a request is sent for further investigation.

This is a collaborative decision made by the Executive Team and the Quality Officer and the CIL is not closed off until a satisfactory solution is reached.

You can be assured that Lifebridge take your concerns very seriously and will endeavour to find the best possible solution in a confidential manner.

What kind of issues should I be telling Lifebridge about?

- **Complaints** - which can include any complaints about Lifebridge business practices or processes, your work environment or colleagues, if you feel you are being unfairly treated and so on.
- **Compliance** - is anything to do with laws, regulations and policies, let us know what improvements we could make in this area.
- **Compliment** - you may wish to compliment a colleague on their work performance, a particular initiative taken by Lifebridge that you are impressed with, a group program that is going well...

HIGHLY CONFIDENTIAL ISSUES
are to be sent to the CEO
DIRECTLY either via email to
Bronwyn.Mitchell@lifebridge.org.au
in person at our Kingscliff office
or by mail to Bronwyn Mitchell
PO Box 1403 , KINGSCLIFF NSW 2487
marked **HIGHLY CONFIDENTIAL**

What kind of issues should I be telling Lifebridge about continued...

- **Continual improvements** - what areas do you feel Lifebridge can improve on?
- **Maintenance** - use this area to report any maintenance requests.
- **New Initiatives** - have an idea that you think Lifebridge could incorporate, please let us know?
- **People and Culture** - is all about our staff and volunteers - let us know what improvements we could make in this area.

Logging into Projex

In your browser's address bar type www.qprojex.com.au/user-login and tap Go.

This will open the Projex website user login page.

Type in your User Name in the space provided - (your user name is your Lifebridge email address)

Type in your password in the space provided.

If you have forgotten your password you will need to tap on the Forget your password? link and follow the prompts.

Once you have entered both your username and password correctly hit the submit button.

How do I submit an issue in Projex?

Once you have logged into Projex, locate the Issues drop down menu. Tap on this and select Submit New.

- Select the issue type, select a value from the Risk chart as to whether the issue is Low, Medium, High or Extreme risk to the organisation.
- Select the Department and the location the issue relates to.
- Enter as much factual detail as you can regarding the issue.
- Add any recommended action that you feel will help to resolve the issue.
- If you wish to attach files to support your issue, please do this by using the choose file button.
- Once you have entered all the information about your issue click on the submit button.





HOW TO REVIEW CURRENT POLICIES AND PROCEDURES?

All Lifebridge Policies and Procedures are saved in Projex under the Document Bank and it is imperative that all staff are up to date on the Policies and Procedures relating to their role.

There is a folder in the Document Bank named Policies and our current policies are located in here.

To view the document simply click on the Policy Title and then again on the document file link. This will then download the policy as a PDF document to your phone or computer.

The Safe Work Procedures and Food Safety Procedures are located in the Procedures folder under the Document Bank.

If you are experiencing any problems with accessing Projex or viewing these documents, please contact either Emma Payne, Megan Archer or Denyelle Drury who can assist you.

INCIDENT REPORTING VIA VISICASE

All customer incidents (incident, injury or hazard) **MUST** be entered in Visicase. Please ensure you complete each field detailing as much information as possible.

Visicase allows you to choose who the incident is assigned to for processing, however you must select the customer's Team Leader/ Support Coordinator so it is promptly investigated.

Incident Reports can be completed in Visicase on your phone. Simply find the relevant customer and then select Incident Report to get started.

For any Staff incidents, please contact Megan Archer, Quality Officer as soon as possible after the incident so that she can assist you to submit an incident report via VisiCase.

Megan can be contacted on 0436 662 155.

SALARY PACKAGING

What is Salary Packaging?

Salary Packaging is an ATO approved method of restructuring your income by legally reducing the tax you pay and increasing your net salary.

How much can you save?

When you Salary Package, money for certain personal expenses (called benefits) is deducted or 'sacrificed' from your salary before tax is taken out. You then only pay tax on the remaining portion.

For example: Bill earns \$60,000 per year working for a charitable organisation that allows him to sacrifice \$15,900 a year (or \$611.53 per fortnight) towards his fixed mortgage repayments.

When the employer deducts the fixed capped amount of \$611.53 per fortnight in pre-tax form, it effectively reduces Bill's tax by \$210 a fortnight (\$5,485 annually). *estimate only

What can I package?

1.

Capped Living Expenses



Mortgage Repayments



Rent Repayments



Personal Loans



Credit Card Repayments



Portable Devices



Car Leasing



Remote Living Costs



Eziway Card

2.

Capped Entertainment Benefits



Food and Entertainment



Venue Hire



Catering



Cruises

Check out these video links below for more information:

Salary Packaging - <https://youtu.be/aZBKFHQfoAs>

Novated Leasing - <https://youtu.be/Jjnt7ngJ5Ho>

BUSINESS SERVICES NEWS



SALARY PACKAGING - EZIWAY

Like what you see regarding the Eziway Salary Packaging advert on the previous page. Are you ready to take the next step to paying less tax and having more take-home pay?

Below are the links to the Eziway brochures that should tell you all you need to know about salary sacrificing before making your final decision:

- [How does Salary Packaging work?](#)
- [What are entertainment benefits?](#)
- [What happens at Tax Time?](#)
- [One-Card Solution Salary Packaging](#)
- [Novated Lease](#)

Ready to make that final step to having more take home pay....

Please find below the Eziway Client Kit for Lifebridge which you can complete and email back to admin@eziway.net.au

- [Eziway Client Kit - Lifebridge](#)

or alternatively you can call our Eziway Client Relationship Manager, Lino Chiaravalloti on 0431 580 094 or email Lino@eziway.net.au

Lino is happy to chat with any staff members who have any questions.

UPDATING YOUR CONTACT DETAILS

It is vitally important, not only for our rostering team but also so we can ensure that we contact the correct person in case of an emergency, that we have correct and up to date personal and emergency contact details on our staff HR files.

Please let us know as soon as possible of any changes to your:

- home address or postal address
- home or mobile number
- emergency contact details
- personal email address
- name
- health status (allergies, medical conditions etc)
- licence details
- type of vehicle you drive - (transporting Lifebridge customers only)

Please send through any changes to: Human.Resources@lifebridge.org.au

If you have any changes to the bank account in which your pay from Lifebridge gets deposited into, please email the Finance and Administration Team at payroll@lifebridge.org.au

Please be assured that your personal information is kept confidential and is only accessible to the relevant office personnel that require it.



COMMUNITY SERVICES NEWS



CHANGES TO NDIS FEES AND CHARGES FROM 1ST JULY 2022

At the beginning of each financial year, the NDIA provides an updated 'Pricing Arrangements and Price Limits' for all NDIS Service providers.

The Pricing Arrangements document sets out the new prices to be charged under the NDIS as from 1st July 2022.

What do these price changes mean for our NDIS customers?

As from 1st July 2022, there was an increase in the SCHADS Award (this is the Award that Lifebridge employs its staff under), there also a subsequent 9% increase in funding to all NDIS Customers as from 1st July 2022.

So, whilst there is an increase in staff salaries, there has been an equivalent 9% increase in individual NDIS participants plans in effect from 1st July 2022.

There will now be price increases in customers Monthly Accounts for individual Lifebridge services including travel, 1 to 1 support, Social and Community Participation programs and Short-Term Accommodation (STA).

The NDIS has also made changes to service provider travel to now include support staff time as from leaving Kingscliff to their return.

This cost will now be included within the billing arrangements.



Please Note:

It is important to note that along with recent price changes, as from 1st July 2022, all NDIS Customers must now provide cancellation advice 7 days in advance, for non-attendance, this is a change from the previous 2 days' notice.

If you have any enquiries about the NDIS Price Arrangements and Price Limits, please contact Colleen, Janelle or Andrew.



CONTACT NUMBERS

Aged Care Team

Danielle Burgess	0459 876 721
Shannon Burns	0419 722 306
Lynette Cobb	0409 056 399
Leanne Coley	0436 662 154
Melissa Jones	0408 804 643
Feonie Pegler	0436 656 247
Victoria Renwick	0436 656 153
Stefany Stockwin-Wunsch	0400 288 344

Community Services Team

Beti Brunning	0437 977 411
Martin Cook	0436 657 345
Janelle Egas	0436 663 932
Colleen Lonnie	0459 876 717
Aimy Simpson	0459 876 726
Andrew Weir	0436 662 172

DOCUMENTING CUSTOMER'S CHANGING NEEDS, GOALS AND SUPPORTING VULNERABLE CUSTOMERS

Case notes on Visicase should clearly document observations and changes in a customer's circumstances, health and wellbeing and where required escalate these concerns to the relevant Care Manager

Customers who are most at risk or are vulnerable may have a combination of the following indicators:

- They live alone, financially disadvantaged.
- Live in rural or remote communities with limited-service options
- Have few family, or no family or friends to regularly 'check in 'on them
- Are socially isolated or don't have many social connections
- Have health related, mobility and or cognitive impairment
- Have communication difficulties, are unable to speak up or advocate on behalf of themselves
- Are dependent upon their care giver



MOBILE PHONE ETIQUETTE IN THE WORKPLACE

It is acknowledged that mobile phones have transformed our lives and created greater accessibility and convenience. While that accessibility may be a great way to stay in touch with your family and friends during the day, fixating on your phone can distract you from satisfactorily performing your role.

Lifefridge representatives are to provide supports to customers in a safe, efficient, professional and nonjudgmental manner and at all times. Excessive mobile phone use at work seriously interferes with quality customer service, your duty of care and respectful engagement with our customers.

Whilst on duty all Support Workers must carry a fully charged mobile phone.

Lifefridge representatives are not permitted to use their mobile phones for personal calls or internet usage whilst working with a customer other than in an emergency or in the course of executing their duties. Your mobile phone should only be used for work related purposes such as communication with other Lifefridge colleagues, customers, families and/ or in emergency situations.

SOME DO'S AND DON'T'S ON WRITING EFFECTIVE CASE NOTES IN VISICASE

A 'case note' or 'shift note' is the term applied to a chronological record of interactions, observations and actions relating to a particular customer. and episode of support

When writing your case notes in Visicase, always be aware of your audience and who will be reading your notes.

Sensitive and confidential case notes should be marked as such and restricted to only relevant staff.

DO'S



- Be factual, accurate and chronological
- Record what happened on shift and focus on the customer
- Document any changes or observations
- Write in a neutral, nonjudgmental, and impartial style
- Check your case notes for accuracy before completion

DON'T



- Record on shift notes 'DA Completed' or 'Achieved', it doesn't document what you did on shift.
- Use generalisations or over interpretations
- Provide your opinion, values or bias
- Write unnecessary detail or filler
- Use bias, prejudicial or negative language

Remember, if it's not recorded in the Visicase notes, it didn't happen!

MONTHLY APPRECIATION AWARD

A big congratulations to Dane Peters who is the recipient of the Monthly Appreciation Award for August 2022.

Dane was nominated by Ben Simpson for the positive way in which he interacts with our customers and staff.

“Dane had a missed shift in the community and came into the Cottage to help out. While in the Cottage, Dane proceeded to make two slices, clean up all sorts of different things in the kitchen, interact with the customers in a positive way and generally made for a fun atmosphere.

Dane shows up every Monday on the Men’s Group with the soul goal to make it a fun and enjoyable day for everyone.

He is always a pleasure to work with.”

Dane will be presented with an e-Gift Card to the value of \$50.00 and a Reward and Recognition Certificate.

If you know anyone in your team who you think deserves to be recognised for their excellent work, make sure you complete a HR6e - Reward and Recognition Nomination form, which can be downloaded from Projex and email it to

human.resources@lifebridge.org.au



Know anyone in your team who you think deserves to be recognised for their excellent work?



EMPLOYEE ASSISTANCE

EAP ASSIST

Lifefridge have engaged Employee Assistance Provider, EAP assist.

EAP Assist supports employees wellbeing with confidential phone counselling.

The aim of counselling is to help resolve both workplace and personal issues before they adversely impact an employee's mental health and workplace performance.

HOW YOU CAN REQUEST FREE PHONE COUNSELLING?

All Lifefridge employees can request up to three hours of counselling from 9am to 9pm, Monday to Friday.

Lifefridge's dedicated EAP Helpline number is 0407 086 000 or you can email support@eapassist.com.au

Alternatively you can book a phone counselling appointment via the EAP Assist Booking Form

<https://eapassist.com.au/booking-form/>

SELF-HELP RESOURCES

The EAP Assist website also contains an extensive range of self-help resources which all employees are encouraged to use

<https://eapassist.com.au/>



WORKPLACE STRESS LESS TIPS

Get outside on your work breaks

Being exposed to natural light, greenery and fresh air can help boost our mood when we're feeling low.

It's also a great way to move our bodies, even if it is a gentle walk to the closest park or a stroll around the block. The chance to get some Vitamin D is also a positive.

Find a supportive person in your workplace to talk to

We rely on our colleagues for advice, support, networks and social connection.

According to one study those who have good relationships with co-workers have better physical and mental health and reduced risk of burnout. If concerned about someone at work, make a regular time to check in with them or encourage them to speak with their manager, HR or EAP Assist.

Get some laughter in your day

Laughter is a great way for people, whether friends or strangers, to connect positively. It is also a great way to relax our muscles, reduce tension and change our mood.

Laughter even improves emotional wellbeing and feelings of optimism, improves our memory and decreases the stress hormone, cortisol.

VEGETARIAN RECIPE TO SHARE

RED LENTIL DAHL

This easy Lentil Dahl is packed with flavour and is super simple to make.

Ingredients

- 1 teaspoon of olive oil
- 2 onions (diced)
- 3 garlic gloves (finely chopped)
- 1 tablespoon fresh ginger peeled, grated
- ½ teaspoon finely chopped chilli or ½ teaspoon dried chilli
- ½ teaspoon cumin seeds
- ½ teaspoon coriander seeds
- ½ teaspoon mustard seeds
- 2 teaspoons ground turmeric
- 1 teaspoon garam masala
- 1 cup (200g) dried red lentils, uncooked (rinsed and drained)
- 1 can (400ml) chopped tomatoes
- 1 can (400ml) coconut milk
- 2 cups (500ml) vegetable stock
- Salt and Pepper
- Juice of half a lemon
- 2 handfuls of fresh spinach (washed)

Method

Heat the oil in a large pan over a medium heat. Add the onion and cook gently for 5 minutes. Add the garlic, ginger, red chilli and cook for a few minutes.

Grind the cumin, coriander and mustard seeds lightly in a pestle and mortar, then add to the pan, along with the turmeric and garam masala and cook for 1 minute.



Add the lentils, tomatoes with their juice, coconut milk and broth/stock, then stir to combine.

Season with salt and pepper and cook on a medium/low heat for 15-20 minutes until reduced and thick.

If you have time, you can leave it a little longer on a very low heat for even more flavor (just stir often and check it doesn't scorch on the bottom of the pan).

Taste and add more chilli if desired.

Stir in the lemon juice and spinach until it wilts. Serve warm with rice, naan bread or poppadoms.

Let's get quizzicle...

BRANDED?

Can you guess the following well-known companies by just their logo? Just goes to show how powerful marketing can be if you get them all right...



TEST YOUR KNOWLEDGE?

1. Which sea creature has three hearts?
2. Which instrument has forty-seven strings and seven pedals?
3. Whose face was said to have launched 1,000 ships?
4. Alfred, an ancient King of Wessex, is famous for burning what?
5. In nautical terms, what is the opposite of port?
6. Name Fred Astaire's famous red-haired dancing partner?
7. Which country does the sport of pelato come from?
8. What is entomophobia?
9. In what year did the French Revolution end?

RIDDLE ME THIS

I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me.

I have two hands, but I can not scratch myself.

I can be cracked, I can be made. I can be told, I can be played.

If you drop me, I'm sure to crack. Give me a smile, and I'll always smile back.

I run all around the pasture but never move.

The answers to this month's quiz can be found by clicking this button



THE BACK PAGE



INSIGHT TIMER @WORK WORKPLACE

Insight Timer is the number one free app for meditation, sleep, anxiety and mindfulness worldwide.

Insight Timer is home to guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists, and teachers from esteemed universities like Stanford, Harvard, and the University of Oxford, as well as music tracks from world-renowned artists.

Insight Timer now has a workplace space where people from the same workplace can join and have access to workplace skills where you can learn how to conquer common workplace situations.

If you would be interested in joining the Lifebridge Insight Timer Workplace, please contact Denyelle Drury, Communications and IT officer via email denyelle.drury@lifebridge.org.au and she can send you the link to join.

Namaste

WHAT'S ON

Lundberg Gallery Group Photography show 'Silence'

August 13 to September 24
5/173 Lundberg Drive, Murwillumbah
<https://www.lundberggallery.com/>

The newly opened Lundberg Gallery exhibition features five photographers who share their interpretation of Silence, a quality innate to the deep solitary practice and concepts that shape their work. Bill Jackson, Ben Bohane, Clive Sheridan, Tristram Evison, Chelle Wallace.

Beers and Beats

Starting Saturday 3rd September
Ripples Licenced Cafe, Hastings Point
<https://rippleslicensedcafe.com.au/beers-and-beats/>

2pm - 4pm NSW time every Saturday for a relaxing afternoon on the Deck. Enjoy live music, happy hour prices and delicious share platters for 2, they're only \$12.

Call 02 6676 2010 to reserve your table.

Duranbah Road Farmers Markets

Saturday mornings 8am to 11am
29 Duranbah Road, Duranbah

Held in the grounds of Tropical Fruit World each Saturday morning from 8.00 until 11.00, this market brings local producers together to provide a one stop artisan food shop for the community. With a wide selection of stalls ranging from fruit and vegetables, organic meats, seafood, bread, pasta and everything inbetween you will be able to stock up on local produce to bring your culinary delights to the table.