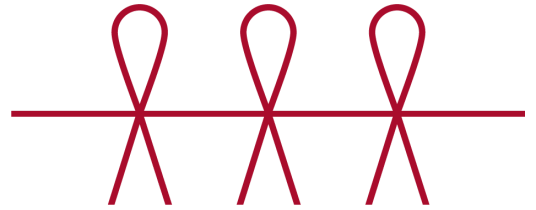


# BGF CLIENT SERVICES NEWSLETTER



In order to make things easy for all our people, 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 any type of advice or support then our BGF Reception will be able to answer, re-direct you or pass on your details to the person that will be in touch.

Our current two Receptionists are Pauline and Hailey (left to right).



BGF Reception is active 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) .

Community Support Program (CSP) provides hands-on support for clients in the community, including attending appointments, medication prompts, assistance with daily living and psychosocial support to empower clients to re-engage with the community.

CSP is also able to provide support for clients who have approved National Disability Insurance Scheme (NDIS) Plans that are self-managed or plan-managed.

CSP works closely with BGF Case Management and Casework workers to evaluate the client needs and to set up short/medium term goals. We also receive referrals from various NSW Health services, becoming an important part of client's multidisciplinary team/support. We are happy to introduce to you our new CSP Manager, Moises, who brings with him a wealth of knowledge and understanding.



Our South Australian office has now reopened and is managed by Jessica Barry from Monday - Thursday, 9:00am - 5:00pm.

Feast Festival is a Queer South Australian event which has been confirmed and will run from Sunday 29 Nov 11am-7pm. Make sure to look out for BGF's stall at the Feast Picnic.

All South Australian BGF clients are able to access our online BGF Health and Wellbeing programs.

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

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

Telephone: 0403 210 034

Managing your money and getting out of debt often starts with how you think: about money, and yourself! Many of the people we speak to think they can't manage money, that they will always be in debt, that things will never change.

How do you think about money?

BGF Financial Counselling is free, independent and confidential. The best time to talk to us is now, before your financial situation starts to overwhelm you. We understand how hard it can be. Everything is easier for people who have money!

But with a change of thinking and knowing the rules you can start to play the game.

Meet our Financial Counsellors, Tina and Barry.



We can help you set up a money plan!

BGF Financial Counselling also welcome any queries clients may have around:

- Debts
- Budgeting
- Superannuation
- Centrelink payments
- Insurance

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

# CREATIVE WRITING – WITH HEATHER JOHNSTON



Bobby Goldsmith Foundation is offering a weekly creative writing course for those on the path to written self-expression.

Participants will lead the direction of the 4-week workshop by choosing one of the art formats that interests them laid out by Oldenburg's statement (please see: <https://walkerart.org/magazine/claes-oldenburg-i-am-for-an-art-1961>).

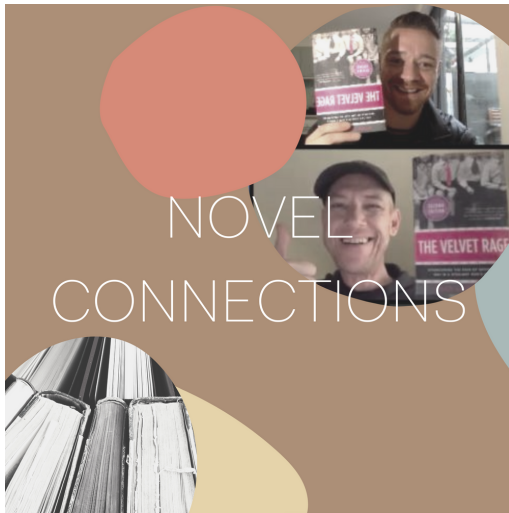
## TAKING CONTROL OF YOUR FINANCES

Many people living with HIV experience financial hardship and stress. The Take Control of Your Finances program is an online workshop that will help build your confidence in budgeting and explore new ideas around money. Explore your attitudes to spending. Learn about the do's and don'ts of handling your money. 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! This workshop comprises of TWO sessions. The first will be an online group workshop followed by a one on one session with a BGF Financial Counsellor.

We are offering two online Take Control of Your Finances programs. One for Western Sydney and one for NSW, QLD and SA.



# NOVEL CONNECTIONS



BGF's book club, Novel Connections is a 7 week online book club available to all people living with HIV in NSW and SA.

Participants will meet via Zoom on a weekly basis to discuss a book and connect over the shared experience of reading.

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. (Programs are available for all BGF clients in South Australia too).

## NEW HEALTH AND WELLBEING PROGRAMS CALENDAR

October 2020						
← Today →						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
28 • Zen Movement	29 • CBT: Skills to Co...	30 • CBT: Skills to Co...	Oct 1	2	3	4
5 • Zen Movement	6 • CBT: Skills to Co...	7 • CBT: Skills to Co...	8	9	10	11
12 • Zen Movement	13 • CBT: Skills to Co...	14 • CBT: Skills to Co...	15 • Creative Writing	16	17	18
19 • Zen Movement	20 • CBT: Skills to Co...	21 • CBT: Skills to Co...	22 • Creative Writing	23	24	25
26 • Zen Movement	27 • Take Control of Y...	28 • Take Control of Y...	29 • Creative Writing	30	31	Nov 1



## CASE WORK AND CASE MANAGEMENT SERVICES

For all other enquiries please contact BGF Reception, contact details at the top of this Newsletter, about our other streams of services that require Casework and Case Management support such as:

- Direct practical, financial assistance with a focus on medical support including medications and treatments
- No Interest Loans Scheme (NILS) through Good Shepherd Microfinance which allow 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.

