



colour with
chorus





We hope you enjoy **Colour with Chorus**, a collection of uniquely Australian illustrations by local Perth artist Sarah Ponton.

Colouring is fun and can help us:

- Go into a meditative state
- Have less stress and anxiety
- Be positive and let go of negative thoughts
- Achieve mindfulness by focusing on the present
- Switch off from technology
- Get creative rather than consume

Colour with Chorus is just the right size to fit in your pocket or bag so you can colour anywhere!

We're here to help

Chorus provides a community-based service to support your needs later in life, when living with disability or on the mental health recovery journey.

We have more than 1000 staff and volunteers who work alongside you with purpose and integrity so you can live the life you choose.

"For us at Chorus it's all about good outcomes and positivity, focusing on the possibilities and not limitations."

Contact Chorus to find out how we can support you.

Contact Us

t 1800 264 268
e hello@chorus.org.au
w www.chorus.org.au









Helping people live the life they choose



Around the home

Cleaning, changing light bulbs, minor repairs, replacing smoke alarm batteries and locks, checking home security and cleaning windows.

At mealtimes

Assistance with cooking at home and a healthy meal delivery service.

In the garden

Pruning and trimming, lawn mowing, weeding, raking, tidying yards, moving pot plants, cleaning gutters, fixing reticulation, green waste removal and Water Wise gardening.

With daily tasks

Shopping, washing, cleaning and banking.

With personal care

Showering, dressing and personal hygiene tasks.

Find a home

Assisting people to live in the community.

Find a job

Assisting people living with disability gain employment.

Get around

Subsidised transport, one-to-one volunteer shopping assistance and group outings.

Catch up with old friends and make new ones

Home visits, outings, day centres and cultural activity centres.

Keep active and enjoy life

Hobbies, exercise and arts programs, and other diverse activities.

Volunteer

One-off or regular opportunities for students, community and corporate groups, and individuals.

Live the life you choose.







Gardening with purpose

For more than 30 years Andy worked as a truck driver, with very little interest in gardening. In 2014 he joined the Chorus gardening team as a volunteer.

Andy lives with early onset dementia. When he started gardening with Chorus his attitude to life changed.

"I was a very negative person," says Andy. "I turned myself around to be more positive. I make the best of life."

Andy thought he was simply changing his outlook on life by helping others, but his impact on the people around him was profound.

Gardeners Rachel, Di and Alex love working with Andy. "We can see the change in him," they say. "We didn't know he had been diagnosed with early onset dementia at the beginning, but we have grown with him and his journey just like a family. He is a valuable part of the team, funny and good to have around".

If you want to find out more about Chorus volunteering or gardening and home maintenance services start a conversation with us at hello@chorus.org.au.





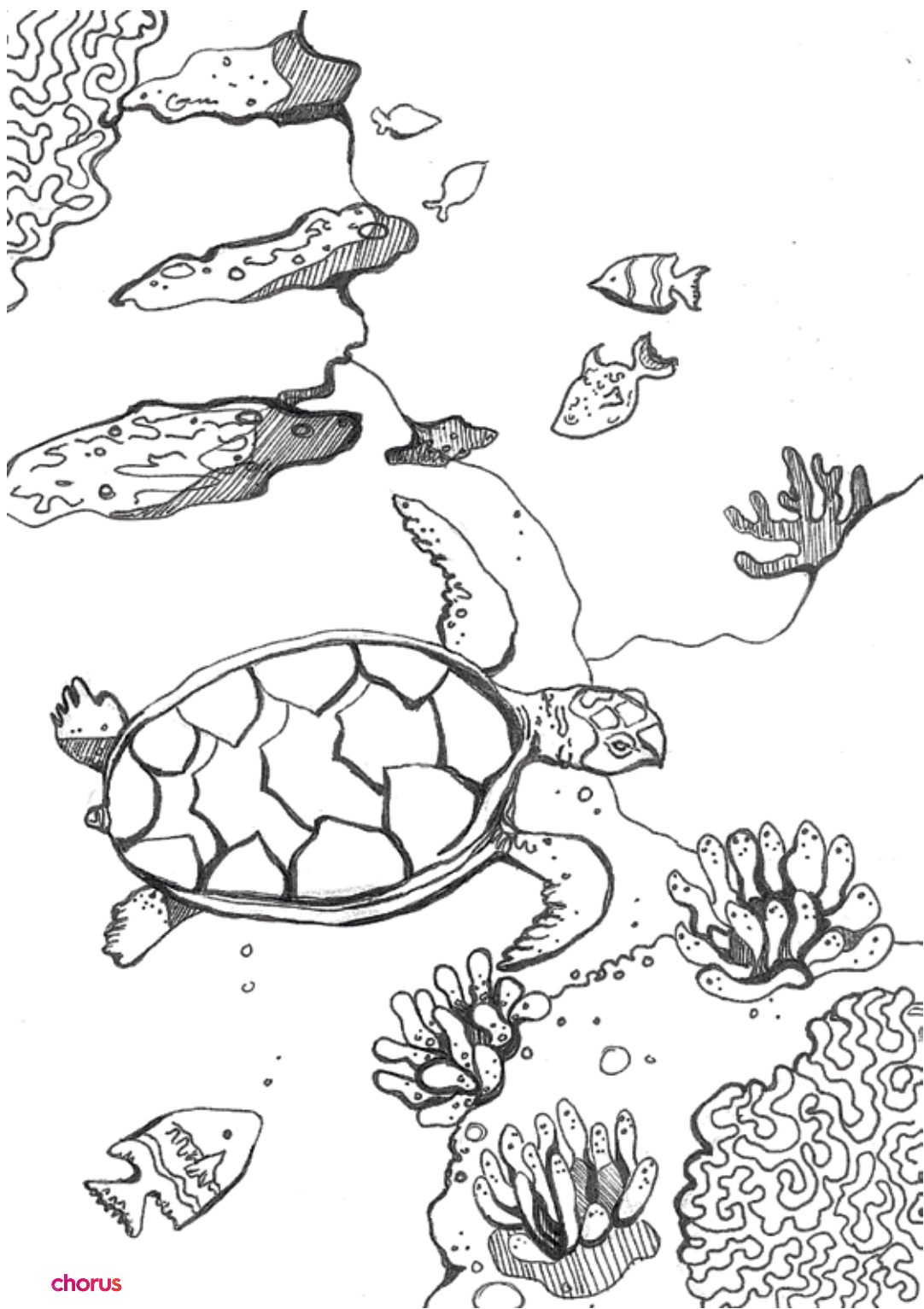
Chorus Tuesday Girls

Chorus Kitchen volunteers Phyllis and Lois deliver more than 80 meals to the homes of seniors and people living with disability every month. They met on their first Meals on Wheels run in 1995 and have become known as the much-loved 'Tuesday Girls.'

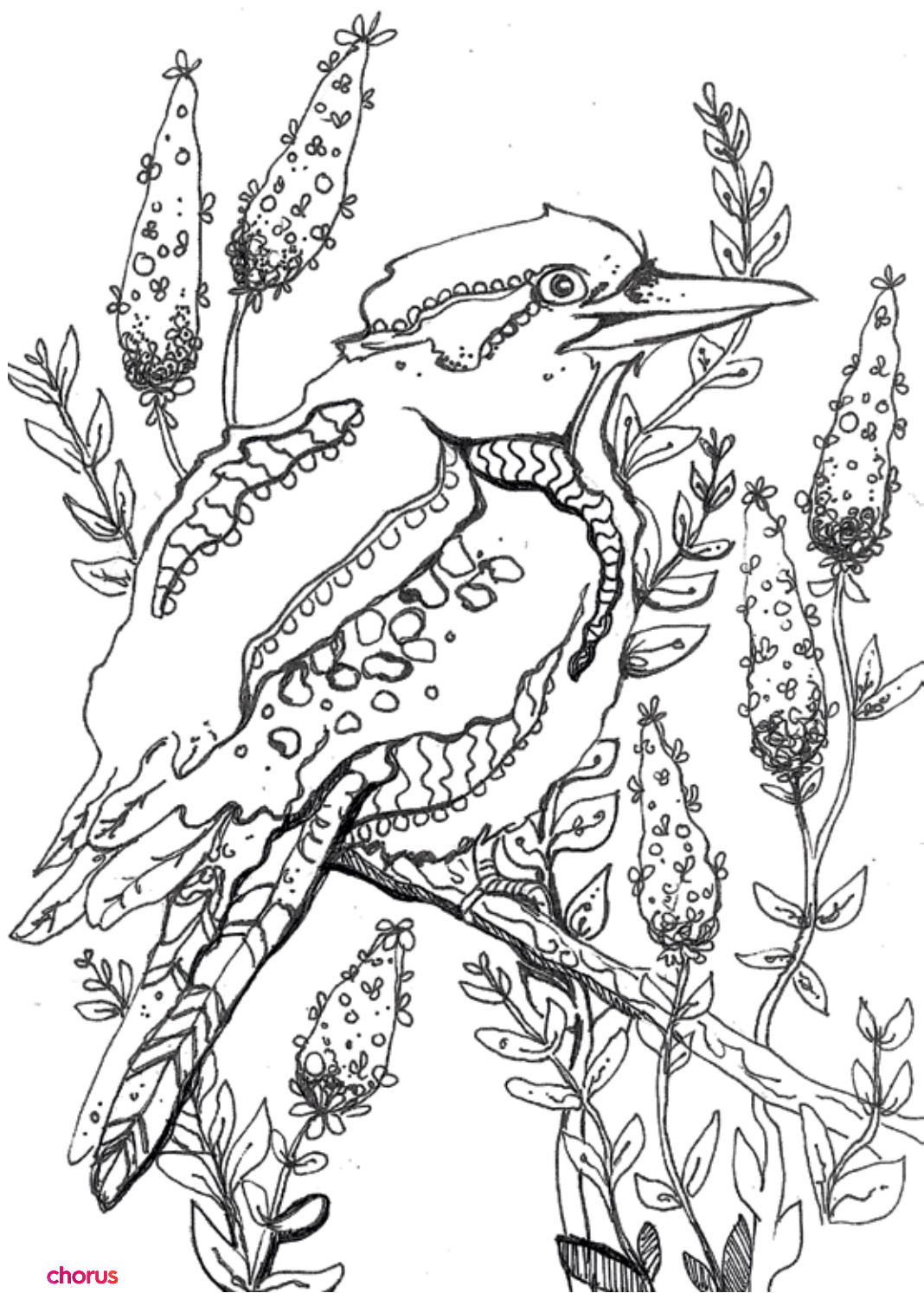
"Once you are retired and have time on your hands, I think it's a great thing to do to give something back to the community," says Lois. "I believe you really get what you give, and certainly volunteering with Chorus has enriched my life in many ways, not least because I met Phyllis and we have such a wonderful friendship."

Chorus customer Verna has meals delivered three days a week and went to school with Phyllis' sister. She loves that the pair stop to have a chat and check up on her. "I'm not only happy with the meal, I'm happy with the delivery girls, absolutely!" she quips.

If you want to find out more about Chorus volunteering or meals services start a conversation with us at hello@chorus.org.au.









Connection through art and music

Hayley loves making things. She comes to Chorus Ability Arts four days a week, where she takes part in her favourite activities - pottery, acting, dancing and music.

Her friend, Brian, also loves pottery and taking part in art activities. He's proud that he has won a prize in an exhibition.

"It makes me happy and I enjoy myself," says Brian, who also loves drumming, singing and dancing. "I try things I haven't done before."

The Chorus Ability Arts music program is all about connection. Participants explore creating new sounds, writing songs, as well as singing and dancing along to old favourites.

"I would tell people that Chorus is a good place to come to," says Hayley. "I have lots of friends here."

If you want to find out more about Chorus Ability Arts and disability services start a conversation with us at hello@chorus.org.au.





Lex's story

Lex has always loved art. "I love creating and designing clothing," Lex says. "It's a lot of fun."

When Lex was 16 Lex was bullied at school and was unable to return. Lex was also unable to leave the house.

Mentors from PHaMs and Chorus explored activities like crochet, knitting and art with Lex. Ann-Marie, Lex's Chorus mentor, took clay from a Chorus pottery group and Lex made sculptures at home.

Lex took small steps towards leaving the house with Ann-Marie and eventually came along to the Chorus upcycling group where Lex

shared stories of recovery and past experiences. Lex produced an art design using chairs and materials reflecting mental health recovery.

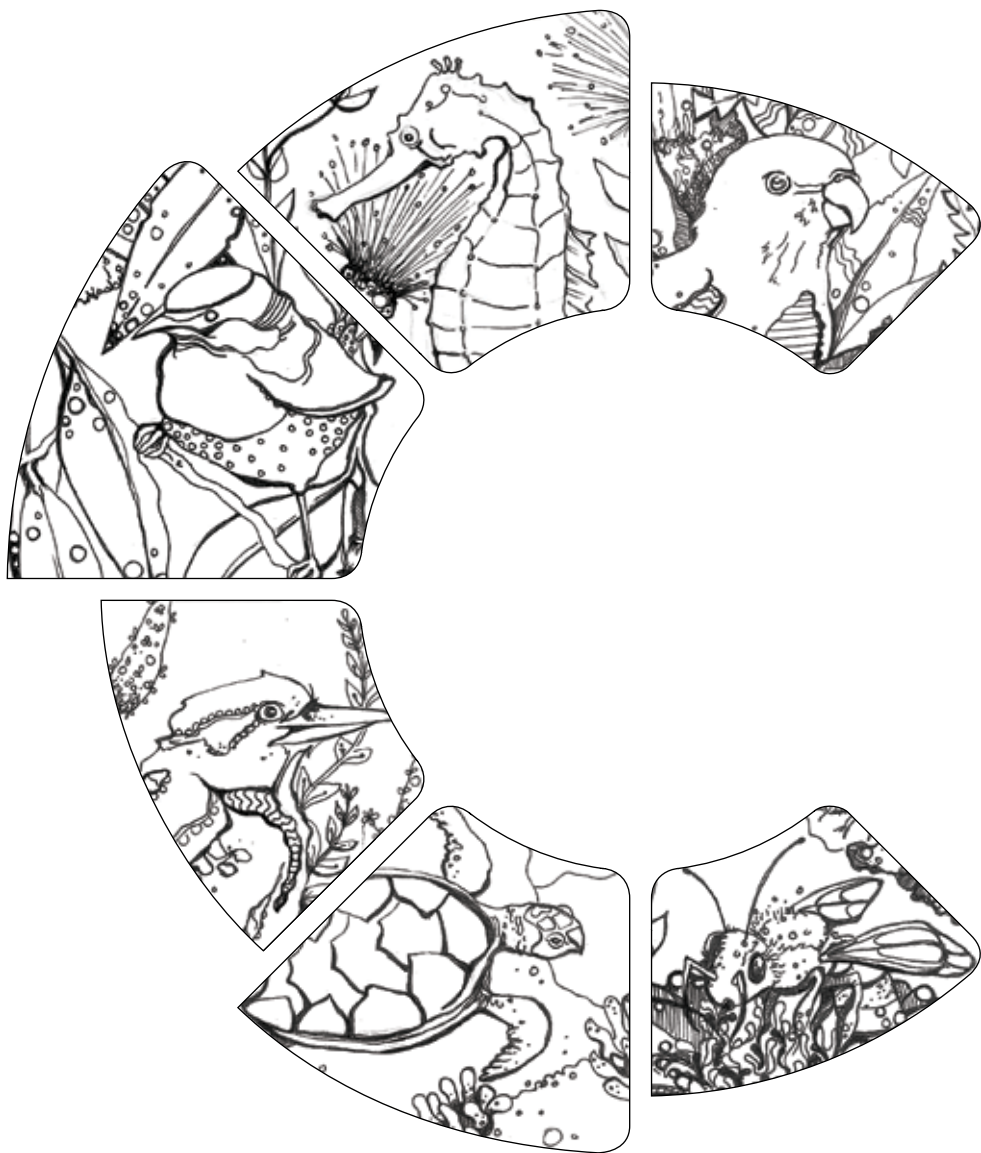
Chorus has supported Lex with a plan to help with previous trauma. Skill development, therapy and group support are helping Lex on the road to recovery. Lex has enrolled in a Certificate of General Education for Adults and is well on the way to the goal of becoming a fashion designer.

If you want to find out more about Chorus mental health support services start a conversation with us at hello@chorus.org.au.

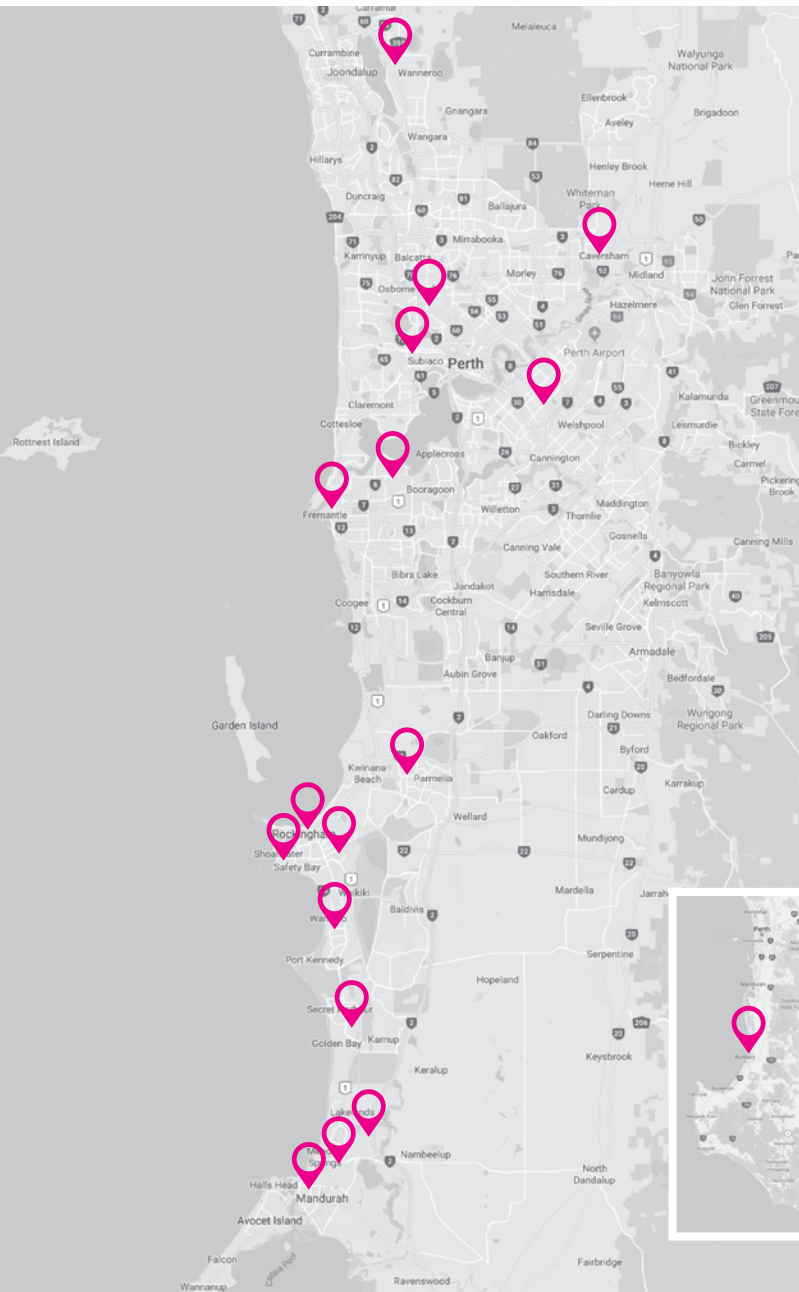








Where we are



- Wanneroo
- Midland
- North Perth
- Subiaco
- Carlisle
- Palmyra
- Fremantle
- Bull Creek
- Kwinana
- Rockingham
- Safety Bay
- Port Kennedy
- Meadow Springs
- Greenfields
- Mandurah
- Bunbury
- Albany



If we all work together the
possibilities are endless.
Contact us to find out how
we can **work with you.**

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