

news

Autumn
Edition
2012

achieve
australia



New Supported
Living Fund

Volunteering
at Achieve

Day Programs at Araluen

New Supported Living Fund

The Supported Living Fund is a Stronger Together Two initiative established by NSW Government Family & Community Services – Ageing, Disability and Home Care sector.

It aims to provide people with disability and their families and/or carers greater opportunity to create a good life, build sustainable networks and person-centred living arrangements. The Supported Living Fund is a recurrent source of funding which is both individualised and portable.

Over the next three years, 300 Supported Living Fund packages will be rolled out throughout NSW, totalling \$60 million in funding.

Every person who accesses the Supported Living Fund will have their own plan and vision for the future. For some people this means being able to move out of the family home to their own home as soon as possible. Family and friends may be involved in the planning and transition and a mix of formal and informal supports will have

been put in place. For other people, the formal transition to their own home may be the goal of the plan, but will require further planning, increased skills and a broader network of support. The Supported Living Fund will give the person and their family the opportunity to use their supports, both formal and informal, to plan for this transition.

It is envisaged that the packages will be used to purchase a combination of traditional disability supports and mainstream services, complementing a person's existing informal/formal supports and networks.

In other states, supported living initiatives have been used to:

- Develop plans for moving into one's own home
- Pay for support to live in your own home
- Attend life skills programs and other courses (e.g. cooking, work skills)
- Increase circles of support and informal networks

- Purchase specialist accommodation and needs based equipment (e.g. home modifications)
- Facilitate relationship building and social supports

It is envisaged that people may utilise the fund as either a recurrent or one-off source, and their level of assistance from the Supported Living Fund may change over time. The commencement of the Supported Living Fund for eligible individuals will occur in 2012. The average amount of a Supported Living Fund package will be \$50,000 per person per annum.

Family members of Achieve Australia have attended recent seminars to build a better understanding about the initiative. Seven people are now in the process of applying for the Supported Living Fund through our organisation.

Source: NSW Government Family & Community Services – Ageing, Disability and Home Care

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**Message
from
the CEO**



Securing our Future



These are exciting times for Achieve Australia. We have within our grasp the chance to secure our financial future and transform and expand the services and programs we provide for people with a disability.

It is fitting, as we celebrate 60 years of supporting people with a disability and look back on what has been achieved, that we're also looking forward to a vibrant and dynamic future.

We recently lodged a further report for our application proposing the redevelopment of the Belmore Street site to the NSW Department of Planning. While our application is being considered we are preparing our organisation in readiness for the transformation agenda we are planning.

We have been strengthening our management team over the past six months so we have the skills and expertise in place to put our strategic vision into action.

We have new people in place across a number of key functions that will play a vital role in our successful future. These include appointments to improve how we manage our human resources, communications and public relations, fundraising and marketing, business processes and quality, contract management, and grants and tenders.

These changes are with one thing in mind - to better support people with a disability to achieve social inclusion and become accepted and valued members of their community.

While we have great changes planned and underway, I would like to thank everyone who continues to play a part in supporting our organisation, particularly our volunteers and friends.

I'd also like to thank our Day Programs team for the efforts they put in to accomplish a smooth transition from Belmore Street to Araluen. I look forward to more exciting achievements in the months ahead.

Speaking of achievements, please ensure you save the date for our 60th Celebration Dinner on 29 November 2012. We are currently finalising our plans for a memorable evening where we hope to be joined by people we support, families, staff members and people from the local community. Stay tuned for more information on our website - www.achieveaustralia.org.au. Also, if you have any memorabilia you've collected over the years or a story to share, please contact us on news@achieveaustralia.org.au.

Thank you for your continued support.

Anne Bryce

“ These are exciting times
for Achieve Australia. ”

Make it Real NDIS Campaign



The Every Australian Counts campaign for a National Disability Insurance Scheme (NDIS) has now reached the next stage.

Everyone who supports the NDIS is invited to create a one minute video telling the nation why they are counting on the Scheme to go ahead. The aim is to assemble hundreds, if not thousands, of video stories that give people with disability, their carers and families a voice in the national political debate. The videos don't need to be professionally made – a video camera, digital camera or even your iPhone is fine. Then once you've finished your video, simply visit

www.video.everyaustraliancounts.com.au to register and upload your video in a few easy steps.

Achieve Australia has already uploaded over 20 videos and counting. Help us to make it real!

Achieve Australia showed our support by closing the offices for a few hours and heading over to the NSW 'Make the NDIS Real in 2012' Rally on Monday 30 April at Allphones Arena.

Prime Minister, Julia Gillard, and Opposition Leader, Tony Abbott, were in attendance on the day. While both sides of the government have shown their support for the

NDIS in the past, we are hoping for their continued commitment to this important reform.

To stay informed, save www.everyaustraliancounts.com.au to your bookmarks and follow them on Facebook and Twitter.



End of an era - Complete Party closes

Purchased by our organisation in September 2008, Complete Party quickly became one of Achieve Australia's valued social enterprises, with all proceeds being channeled back into our organisation's programs and services. We've been delighted with the party shop staff over the years. They have shown great support for Achieve Australia's functions and fundraisers and happily assisted with the provision of equipment and decorations.

However, due to the economic downturn and its impact on small retail businesses across Australia, Complete Party has now closed.

This meant that Complete Party was no longer a viable business and the closure of the store became necessary.

The three supported employees have all been transferred to new sites and are being provided with new training and support as they settle into their new roles. We wish the supported employees as well as the Store Managers, Leading Hand and rest of the Complete Party staff all the best for their future endeavours.

For the full article visit the Achieve Blog - www.achieveaustralianews.org.au



Mario gives Achieve Employment the 'green thumbs' up



An affiliation between Achieve Australia and Macquarie Community College means that Mario now has a job that he loves.

Mario Anthony is thrilled that he has found his dream job as a gardener.

Working at Macquarie Community College (MCC) since September 2011, Mario is now happily embracing his passion for gardening and the outdoors as well as utilising his TAFE certificates in Horticulture.

However, this couldn't have occurred without the support of Achieve Australia and their newly acquired affiliation with MCC.

After successfully being appointed to the position, Mario now receives

weekly visits from his Achieve Employment Consultant to monitor his progress and productivity at MCC. His Consultant also works collaboratively with Mario's employer to ensure that everyone works together smoothly.

"Mario is a perfect example of the jobseekers we have on our books," said Achieve Australia CEO, Anne Bryce. "Like many others, he had the enthusiasm to get into the workplace but just needed that little bit of support to get his foot in the door."

Dr Heinrich is also positive about the partnership. "As a not-for-profit community organisation, we see real value in partnering with other organisations working within our local area," said Dr Heinrich. "We now have three staff members employed through Achieve Australia and to date we are very happy with their performance and feel that they are making a valuable contribution to our workplace."

Eight months on, Mario is very happy working at Macquarie Community College, where he does weeding, mulching, garden maintenance and handyman work.

"It's a good place to work," said Mario. "I feel like I am part of the team and have made new friends."

For the full article visit the Achieve Blog -

www.achieveaustralianews.org.au

Fire Safety Update

Since our Summer 2012 article about Achieve Fire Safety Plans, we've now completed an audit of all our Community Living houses to identify and rectify any potential hazards. With the safety of our residents being our number one priority, we will continue to conduct these assessments, especially as we enter the colder months when heat-conducting appliances are more readily used.

Remember to have your heaters and electric blankets checked before bringing them out of storage - and keep them away from flammable items!

Some of our Vintage and Value Enterprises volunteers at the Fabric Cave

**Achieve
community**



Achieve Volunteers

Interested in volunteering with us?

We are always seeking new volunteers from all walks of life. We welcome high school, university and TAFE students, professionals, retirees, and community groups. Young and old, everyone has the potential to contribute to our volunteer program at Achieve Australia. There are many ways to volunteer with Achieve Australia. These include:

Buddy Program

The people we support in our Residential and Community Living Services largely benefit from having a 'buddy' visit on a regular basis and undertake various activities with them. This could include gardening, swimming or going out for lunch.

Day Programs

Our Day Programs welcome volunteers who have an expertise in a creative area, such as art, design and technology, music, or cooking to co-facilitate and teach classes with the people we support. We also welcome qualified people who can provide services such as massage therapy and reflexology. Currently, we are looking for university media students who are interested in assisting in a short film project with the people we support.

Transition to Work Program

The Transition to Work Program assists school-leavers to transition into the workforce by providing them with supported work experience. As the program grows, volunteers will be required to assist with administrative tasks and expanding the database of schools.

Vintage & Value Enterprises

We rely on dedicated volunteers to ensure the smooth running of our Vintage and Value Enterprises at Crowle Home and are always seeking new volunteers. We are currently looking for volunteers to assist with serving customers at the gardening nurseries, second-hand bookstore and pre-loved clothing store.

Corporate Volunteer Days

Corporate organisations are invited to work with us on home and garden makeover projects to enhance the quality of life of the people we support. We also welcome volunteers who have expertise in particular areas such as technology or gardening, who can assist the people we support in gaining new skills.

Volunteer Week

14-21 May 2012

As part of the celebrations for Volunteer Week, Achieve Australia held a morning tea for our volunteers on Monday 21 May 2012. This was to recognise and celebrate all the hard work, time and effort our volunteers have put into the organisation.

Save the Date

Remember to save the date for our very popular Annual Crowle Fete at Crowle Home on Saturday 3 November 2012.

Day Programs at **Araluen**



Art programs



Sport programs





Participants at Fitness Program 'Motivate You'

Going Strong

Since our Day Programs completed their transition from Belmore Street in Ryde to Brigadoon Court in Epping in January, the service has been going from strength to strength.

Thanks to the Day Programs management team, the transition has been very smooth and seamless with very limited issues and concerns arising.

The new facility and format

As you would remember, after purchasing the well-maintained heritage listed building, renovations were carried out to ensure the facility was accessible for people with disability. This included the installation of a lift, internal and external ramps, bathroom and kitchen renovation and the establishment of a Sensory Room.

The various rooms, both upstairs and downstairs, now host programs such as music therapy, art, massage and Tai Chi. Cooking classes take place in the newly renovated accessible kitchen and fitness classes are run indoors and outdoors depending on the activity and weather.

When they are not at Araluen, participants are integrating with the community via external programs. This takes place in the form of skill-building classes, projects, work experience and community groups. Some of the current community groups we work with are Easy Care Gardening, Monika Doggie Rescue and Access Knitting Group.

By using reverse integration, Achieve Australia also runs mainstream programs to the people we support and general public, such as recent participation in The Healthy Living Festival hosted by Hornsby Shire Council. Achieve Australia's Health and Wellness Session was well attended by the community. Integrated events like this will give the opportunity to people to mix, discover each other and fundamentally collapse all barriers between those with disability and those without.

Personalised programs

Using a person-centred approach, all Day Program participants have a weekly schedule that has been designed based on their interests, needs and wants. This incorporates programs both onsite and offsite. Some of the offsite activities include going to the city, bushwalking, shopping, tenpin bowling, indoor

cricket, modified tennis, seeing movies or shows and going out for lunch.

While younger participants were previously separated from the older participants back at Ryde, everyone is now integrated according to their interests. This provides the opportunity to mingle with a wider range of participants and staff members and is working well so far.

Making music

One of the programs currently being run is the Music with Kayoko. This is being run for our musically-talented participants and they have already produced two songs so far called 'I'm going to be big in 2012' and 'At the disco'.

These two music clips have been uploaded to our website for you to listen to. The singers have already been secured for our Annual Charity Golf Day on 30 August 2012.

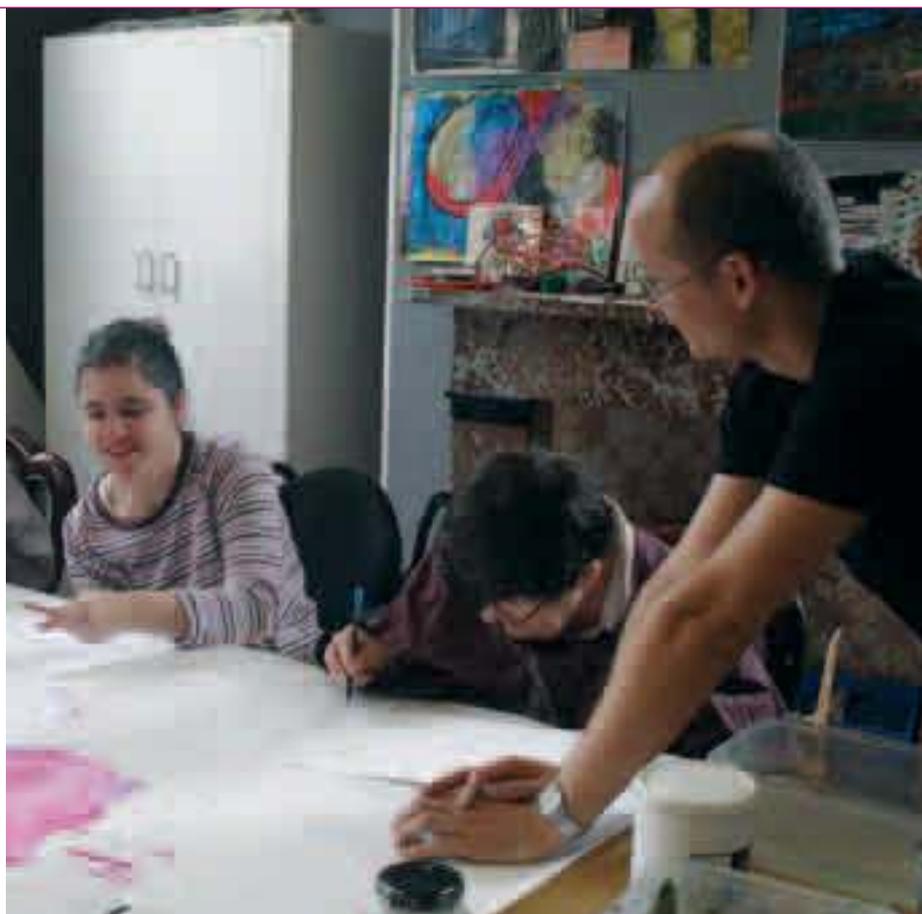
Sample Program	Monday	Tuesday	Wednesday	Thursday	Friday
9:00					
9:30	9:30 - 11:30 Shopping	9:30 - 2:15 Monika's Doggie Rescue	9:30 - 1:00 Courier	9:30 - 2:15 Work Experience at Marrickville	9:30 - 12:30 Friendship Group
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00	1:00 - 2:30 Reading Group		1:00 - 2:30 Reading & Writing		12:30 - 1:30 Tai Chi
1:30					1:30 - 2:30
2:00					
2:30					

Interview with Eric Niebuhr – Art Teacher

Eric Niebuhr has been working with Achieve Australia since October 2009. Eric and his colleague Linden Braye teach Thursday art classes on a rotational five week basis. There are 13 regular participants with the occasional 'guest artist' joining the group.

What does your art program entail?

My main focus is on drawing and painting media in the studio. I like to work within the five week period using a balance of set projects along with more participant driven activities.



Participants enjoying their art class with their instructor



Fun with colours

For example, I always start the five week sessions with sketching and drawing in sketchbooks, followed by still life painting in the second week, then a group-oriented project in the third week. The remaining two weeks are set aside for more independently driven art projects where the person chooses their medium and approach to an art piece with limited influence from the tutor.

What do you aim to achieve by providing art classes to people with disability?

My main goal is to have each person achieve an individual appreciation of art and discover his or her own artistic style. Although I may offer suggestions and general guidance for an artwork, the one thing I try most to resist is being too heavy handed in influencing the artist's approach or insisting on a particular solution. It's more interesting and exciting when the artist comes up with a solution or approach to making a piece that I hadn't expected.

What do you enjoy about working with people with disability?

As a working artist and teacher at mainstream art programs, working with those with disability is inspiring and helps me keep things in perspective. Oftentimes the direct and less cynical approach that people with disability take to making art reminds me of what's important in not only art but life as well. I also like the laughter that often happens in the studio. In the studio at Achieve Australia, we like to find fun ways to joke with each other which often results in being called 'Cheeky Eric'.

Do you have any memorable experiences that you'd like to share?

One of the many memorable experiences I had was when we all created volcanoes from paper mache and erupted them outside. Everyone was surprised when we placed red-colored vinegar inside the volcano with baking soda and it erupted with 'lava'.



Interview with Kayoko Minglis Music Therapy Teacher

Kayoko Minglis has been working with our Day Programs since November last year. Every Tuesday, Kayoko runs both group and individual sessions for about 15 people.

What does your music therapy program entail?

The program depends on their special needs. Some of them need to get involved in group music therapy sessions and some of them need to get involved in individual music therapy sessions.

For the Group Music Therapy Program, participants share 'one music' with others and play musical instruments following a rhythm. For Individual Music Therapy Programs, they choose one musical instrument and play.

Sometimes they need to follow music and sometimes they improvise.

I use a lot of improvisation music as well as ready-made music with my arrangement for them. There are many musical instruments I use every week.

What do you aim to achieve by providing music therapy classes to people with disability?

My music therapy aims to encourage life skills and help them to communicate more effectively with others through therapeutic musical activities. It enables them to learn and share skills, learn self-control management, achieve a longer attention span and learn how to express themselves in a positive way.

What do you enjoy about working with people with disability?

Seeing them respond and achieving their goals.

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Easy Care Gardening

Every Thursday, a few Day Program participants head out to do some gardening with volunteer organisation Easy Care Gardening. Coordinator, Caryn Di Biagio, has worked with Achieve Australia Day Programs for 15 months.

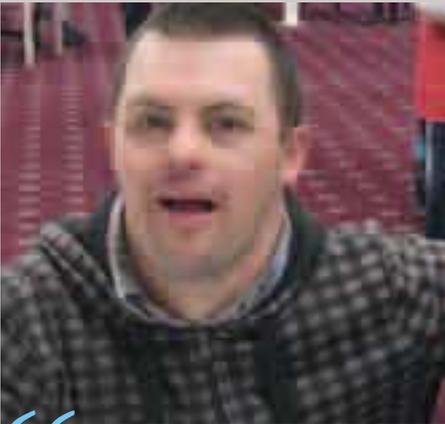
"I couldn't speak more highly about the whole arrangement," said Caryn. "There is fantastic interaction with other volunteers and everybody knows each other really well. Our volunteers really enjoy the relationship with Achieve Australia."

Star Achievements

What is your favourite program at Day Programs?



“I like music.”
Lyn Daly



“Work experience on Thursdays at Nancarrow.”
Alex Rouston



“I like to come to Araluen!”
Susan Sherwood

Supported Employees are not just hard workers

John Paul Byrnes - Special Olympics Tenpin Bowling Champion



Recently, avid tenpin bowler, John Paul Byrnes, had the honour of participating in the Special Olympics Tenpin Bowling Tournament. He takes great pride in sharing his ribbons with fellow supported employees and staff at Achieve Australia’s Meadowbank factory. Congratulations!

John Paul is a weekly attendee at his local AMF bowling league and regularly obtains scores in the high 200s - a feat which most of us can only strive to achieve. Each week, he enjoys telling everyone at the factory about his latest bowling achievements and showing off his score card.

John Paul has worked for Achieve Commercial for over 17 years. He is a dedicated employee who enjoys producing the Curly Girl stainless scourers and unpacking the pallets that come through the factory.

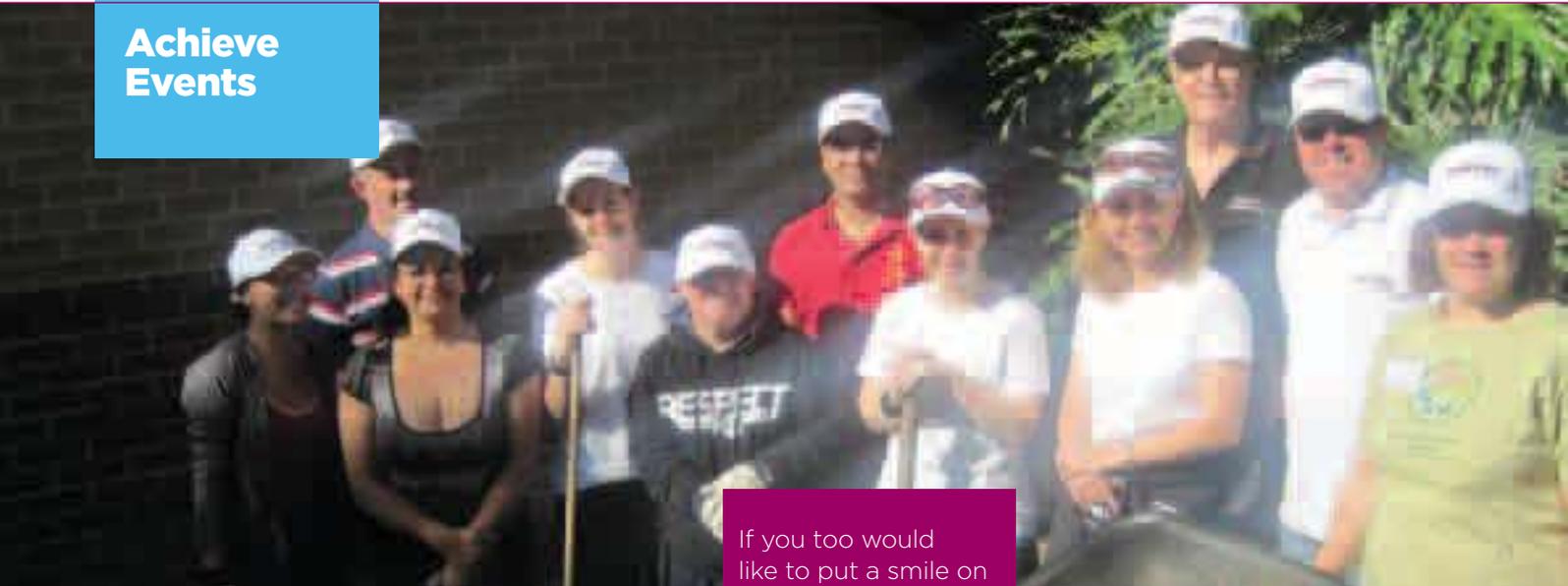
Ben Kuo - Dance and Games Star Performer



Ben Kuo recently performed as part of a dance ensemble with Sydney Community College, Rozelle. This was his first performance opportunity since enrolling in the Dance and Games course for people with disability in July last year. Ben really enjoyed taking part in the event and received a video clip and photo album highlighting the achievement of his involvement.

When he’s not dancing, Ben is the shrink wrapping specialist at the Meadowbank factory. He wraps all of the completed work and provides paperwork to the forklift drivers for processing.

**Achieve
Events**



If you too would like to put a smile on a face by volunteering your time, please contact our enthusiastic Marketing and Fundraising team on 02 9034 1622.

"Thanks for putting a smile on our faces. A big thank you to Volunteers from Novartis, Permaculture North, Vintage and Value. Also Bunnings, and Achieve Australia staff for their support. From, residents at Ivanhoe, Eastview and William Street"

Novartis

Community Partnership Day

After a very successful event last year, Novartis Pharmaceuticals, North Ryde, once again volunteered at Achieve Australia for the 16th global Novartis Community Partnership Day.

On Friday 27 April, 11 corporate volunteers were involved in a garden makeover in the homes of people with disability in North Ryde, Macquarie Park and Hornsby. It was a great event for everyone involved. Novartis volunteers had the opportunity to give back to the community as part of their Corporate Social Responsibility program and the people supported by Achieve Australia had the opportunity to make new friends and expand their networks.

"Community Partnership Day provides our employees an opportunity to engage in

volunteering to support local communities, social institutions non-profit organisations," said Novartis CPO Head and Country President, Frederic Guerard. "As part of this year's event we were proud to once again support Achieve Australia by volunteering their time for gardening and maintenance activities at various Achieve site

locations as part of this program. Community Partnership Day is a global initiative and in 2011, more than 20,000 Novartis employees participated in this event."

Feedback from the corporate volunteers was very positive. We hope to continue this relationship with Novartis in the future.

NSW Companion Card

FAIR TICKETING FOR PEOPLE WHO REQUIRE A CARER

The Companion Card is a NSW Government initiative operated by National Disability Services. The Companion Card is issued to people who have a significant, lifelong condition and require attendant care for the rest of their life. The Companion Card allows carers free entry into participating venues and events, promoting the rights of people with disability to fair ticketing and making community access more affordable. Companion Cards are not means tested and those assessed as eligible have the card for life.

For more information contact us on:
FREECALL 1800 893 044
www.nswcompanioncard.org.au

NDS National Disability Services
 Family & Community Services
 Agency: Disability & Home Care

First name: SURNAME
 R12345678900 E33 01052001



Eastwood Community Information Expo **22 March 2012**

Achieve Australia hosted a stall at the annual Eastwood Community Information Expo recently. Located at the Eastwood Plaza, it was a great opportunity to promote our services and network with other organisations that were there on the day. We succeeded in making some valuable contacts with potential project partners as well as spreading the word about what we offer.



New Business Opportunities Expo **8 March 2012**

Achieve Australia recently had a stall at the NSW Australian Disability Enterprises (ADE) Expo in the Sydney CBD. This day provided the opportunity to showcase our Commercial Enterprises to government officials from a variety of departments including NSW Transport, Premier and Cabinet, The Public Guardian and RTA. After promoting our packaging services, labour hire and office cleaning teams, we have been successful in organising meetings with different departments to provide quotes for a range of work opportunities.

Health and Wellness after 50 **11 & 12 April**

As part of the Hornsby Shire Council's 'Healthy Living Festival' during NSW Seniors Week, Achieve Australia hosted two sessions at Araluen about health and wellness for people over 50 years of age. The two and a half hour session provided a relaxing Tai Chi class, followed by tips on how to cook nutritious food. It was an enjoyable event for everyone that attended and increased the wider community's awareness about our beautiful Day Programs facility.





Clubhouse

Achieve Australia's Annual Charity Golf Day

On Thursday 30 August 2012, Achieve Australia will be holding its 11th Annual Charity Golf Day at Killara Golf Club, home to one of Sydney's premier golf courses. Located just 14km from the city and within a tranquil garden setting, this much awaited annual event allows you to enjoy a day's golf while helping us to provide a better quality of life for people with disability.

After the game of golf concludes, we will be congregating in the beautiful clubhouse for a delicious lunch, entertainment, raffles and auctions.

This will be a great opportunity for players to network with clients, reward staff members, develop new relationships and support Achieve Australia's efforts in assisting people with disability to achieve a meaningful and valued life.

With plans to establish a respite service in the future, all proceeds will go towards the development of this project within our local community.

This event is not to be missed! Download the registration form today by visiting our website - www.achieveaustralia.org.au.

When? Thursday 30 August 2012.
Registrations open at 7am -
Tee-off at 8:00am

Where? Killara Golf Club, 556
Pacific Highway, Killara NSW

Cost? \$660 per team of four
or \$165 per player (incl. GST)

Menu? Breakfast and lunch will
be supplied.

Enquiries? Contact Vivien Ngo
on 02 9034 1600 or
events@achieveaustralia.org.au.

It's a Date!

Annual Charity Golf Day -
30 August 2012

Annual Crowle Fete -
3 November 2012

Australia's 60th Celebration Dinner
29 November 2012

View the online calendar on
our website for full details about
these events and more -
www.achieveaustralia.org.au

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