



Pictured above are the 2014 participants of Nadrasca's new "My Life My Future" programme

My Life My Future Programme Launched

*From the Desk
of the Executive Director*

Nadrasca's purpose is to Establish and Develop a Range of Services for People with a Disability. To pursue this purpose a new service has been introduced over the past 6 months.

The Nadrasca *My Life My Future* Programme provides opportunities for students transitioning from school to further their education and training as they explore life options. The aim is to enable young people to lead fulfilling lives, make a contribution and be valued members in the community. *Read more on page 2.*

Nadrasca will have been operating for 47 years in July 2014. Unfortunately this means that our community, particularly parents and the people we support, are ageing. A number of people have exited our services recently (some after 30 years' service) and a number have also passed away, including parents. We extend our sincere condolences to the families of those who have passed away and thank those who have left Nadrasca for their involvement, support and contribution over the last five decades.



A new Director, **Chris Malin**, joined the Nadrasca Board late last year. Chris has worked in professional services recruitment for more than three decades in both Australia and the United

Kingdom. He has significant experience in business development and strategic planning. Chris's management expertise has been gleaned from organically growing an enterprise to 300 employees and sales of \$100 million.

Chris founded LINK Recruitment, a specialist accounting recruitment business in 1986. Over the following 23 years LINK expanded into other specialist areas, including banking and finance, IT, sales and marketing, human resources, technical and operations, and legal and business support. In 2009 LINK Recruitment was purchased by Randstad, the second largest recruitment company in the world.

Currently, Chris is CEO of Veritas Recruitment, an agency specialising in accounting and finance, technical and operations and business support with offices in Victoria and New South Wales.

Chris's interests (in no particular order) are travel, photography, history, horses, snow skiing and the Australian bush! Nadrasca warmly welcomes Chris to the Nadrasca community.

Nadrasca's Constitution allows for 5-11 Directors and, with Chris joining the Board, Nadrasca has a full complement of Directors with a wide range of skills and competencies in areas such as legal, accounting, marketing, business, education, philanthropy, risk management, insurance, manufacturing, social impact, customer service, production, consulting and human resources. There are also two parents of children with a disability on the Board. The Directors are all volunteers and their contribution to the success and future direction of Nadrasca is very much appreciated.

Gus Koedyk
Executive Director



External Traffic Management – Safety Notice

Nadrasca's Rooks Road facility completed a change in external traffic management in late 2013. These changes are driven by improved mobility-assisted access to the site, improved parking, and improved pedestrian safety. The changes to the external traffic management are well signposted and very obvious on entry to the site.

Please ensure that whilst onsite at Rooks Road, you conform to signage and traffic management conditions. The safety of 190 Supported Employees depends on it!



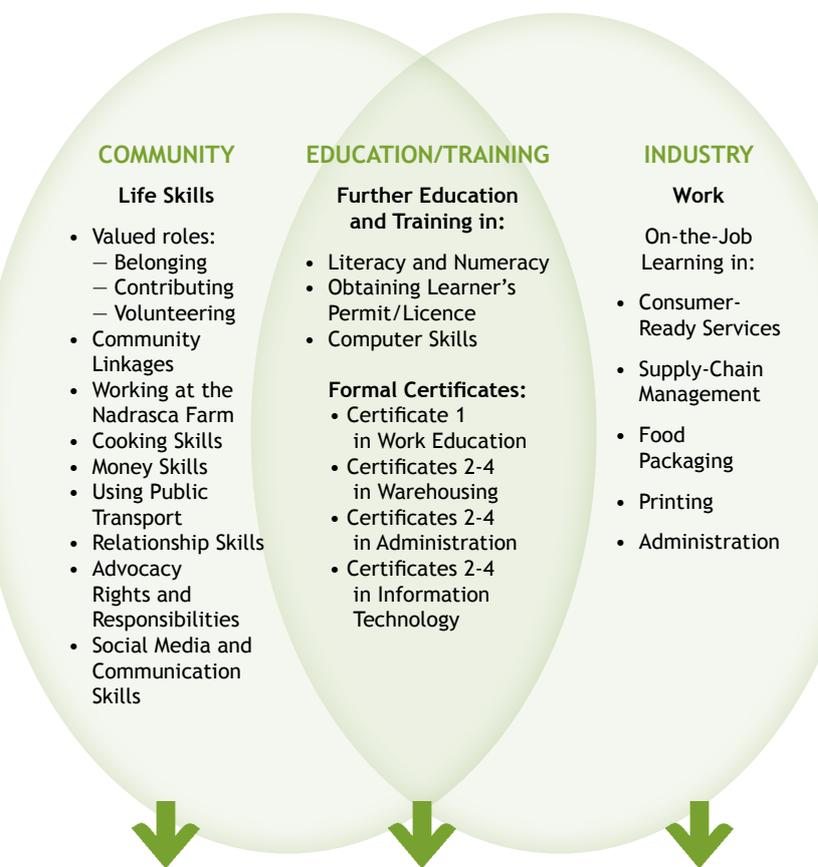
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Nadrasca's New *My Life My Future* Programme

My Life, My Future (MLMF), Nadrasca's new traineeship programme, commenced in early 2014 and is running from two locations in Nunawading: 5 Wood Street and 52-62 Rooks Road. It is wonderful to see the excitement of the young people accessing this programme.

If you, or anyone you know, would be interested in this new programme for 2015, please contact Laura Ubavin on (03) 8872 5702 or lubavin@nadrasca.com.au. To qualify for this programme, a person must be eligible for *Futures for Young Adults* funding through the Department of Human Services.

The programme has three components, with outcomes after 3 years, as represented in the diagram below.



OUTCOMES AFTER 3 YEARS

- Being as independent as possible
- Having valued and contributing roles in the community
- Having a presence and participation as a citizen
- Clear vision of future pathways
- Further education as needed
- Open or Supported Employment opportunities in:
 - Consumer-Ready Services
 - Supply-Chain Management
 - Administration
 - Food Packaging
 - Printing

5 Wood Street provides a great environment, conducive to providing good support. The opportunity to work at Nadrasca Industry a couple of times a week is terrific. Excellent connections and networking has been established with the local community.

Graduates of Heatherwood School, Melba College, Burwood East SDS and Bulleen Heights are currently participating in the MLMF Traineeship programme at Rooks Road.

Laughter is the best medicine, so we started 2014 with a presentation to the entire Nadrasca Community team by Patricia Cameron-Hill and Dr Shayne Yates who wrote a fabulous book, *You won't die laughing*. (www.chy.com.au)

Laughter has so much going for it – it may make us physically weak, but it can make us strong in an emotional sense. The Nadrasca Community team had a great afternoon with some very clear messages about how we can best support the people who attend our services. Let's have fun this year.

In 2013 we provided two three-day forums for parents/family members of people living at home. These were a great success and we are negotiating with Mark Riches of Level Consulting to run more forums this year for parents and family members whose sons or daughters reside in an Accommodation Service or at home.

Raeoni Turner
General Manager, Nadrasca Community

Farm News

We have been very busy during the last couple of months. Most of the garden beds in the top paddock are now growing vegetables and herbs. Phillip has been paving around the top shed, and the sheep have been shorn. We have also received a donation from the Rotary Club of Forest Hill to install solar panels on the roof of our barn. More on that in the next newsletter.

Rodney Kayne and the Farmers

Accommodation News

Nadrasca was represented at the annual **VALID Having a Say Conference** held in Geelong on 5-7 February 2014. A group of six people from Witt Street and High Street Community Options, the Farm and Accommodation Services participated. Jarrod, Tracey, Emma, George, Vicki, and Jennifer stayed at the Riverside Caravan Park by the Barwon River, Geelong and attended conference workshops, performances, and activities. They had the following to say about the Conference:

We did some really fun things. We went out to dinner and got to go dancing each night and I met a new friend, Eliza. (George)



'Having a Say' Conference Nadrasca representatives: (Back) Jarrod Johnson, George Vlahos, Rayce Coyte, (Front) Tracey Grover, Jennifer White, Vicki Mitchell, Emma Jennings.

High Street News

People at High Street are looking forward to an exciting 2014. We farewelled **Maryanne Weir** who is now running the new service, *My Life My Future*, for young people finishing school. We extend a big welcome to **Ken Walters** who started at High Street in January.

Shari Moore and **Vicki Mitchell** are both excited about starting the new course *Step by Step* at KYM (which is a not-for-profit community organisation serving the Knox, Yarra Ranges and Maroondah local government areas).

A group of people from High Street Community Options find walking to the train station difficult as there is a lot of overgrowth from branches, shrubs, plants and grass. This group decided they wanted to do something about it! They had a meeting, brainstormed and decided to create an awareness campaign. They discussed this with the High Street Self-Advocacy Committee and started a campaign, in consultation with the Whitehorse Council. The awareness campaign involved distributing flyers to residences in the area. The Committee assisted with ideas and created a design for the flyer. The group delivered the flyers while walking to the station. Everyone involved is happy and proud of what they have achieved.



Hema Kumble
Manager, Community Options

Witt Street News

2014 has well and truly begun, with a number of interesting activities.

The Witt Street Sports Group has connected with Mazenod College, Mulgrave, and will meet with students on the last Thursday of each month for sporting activities. At the first get together, the College arranged for eight students to come out of their English class to play basketball with our Sports Group. The Mazenod boys were so happy to 'escape' their English lesson that **Vytas, Rowan, Roger, Matthew, Caitlyn, Michael C, Randall** and **Michael R** are now their heroes.

At the Mazenod College Sports Day on 17 February, the Sports Group was invited to participate in some of the sports events. All who attended were made very welcome by **Tony Coughlan**, the Vice-Principal of Mazenod College, as well as by students and sports teachers. All hope that this positive initiative will continue to grow.

We are also participating in letterbox drops to households, so stayed tuned for an update in the next newsletter.

Betty Hamilton
Manager, Community Options

I would like to ride 'Harleys' more often, after my experience at the conference. (Tracey)

It was a great holiday and I had really good sleeps while I was away. (Emma)

The Conference Dinner Dance theme was Garden Party - we all got to learn how to 'talk like bugs' thanks to Antoinette and Rayce's crazy costumes. We have lots of fun photos to take home about this experience.

Everyone should have a go, it is really fun.

Thanks to Nadrasca for supporting us with this opportunity.

Meghan Coulter
Manager
Accommodation Services



Sustainable Garden Project

A kind donation of \$2,500 was made to the residents of Gardenia Street, Blackburn by co-resident **David McGregor** and his family in June 2013.

After some brainstorming with David and the other residents, they all decided to install sustainable raised garden beds for growing vegetables in their backyard.

Staff liaised with Nadrasca management, David, his brother Colin, Housing Choices Australia and Andrew from Aspire Gardening Services, and the project was started. After the vegetable beds were built, David and

Michelle went to Bunnings to purchase all the seedlings and everyone helped with the planting. Photos were taken throughout the project so David and the other residents could see their achievement and the progress of the *Sustainable Garden*.

Now that it is fully established, everyone take turns to water the growing vegetables. We have already picked the lettuce and cucumbers.

Manjit Kaur
Support Worker
& Garden Project Coordinator



Pam Martin: off to sunny Queensland.

Farewell Pam Martin

Pam has been a much loved and valued employee of Nadrasca Industry for 31 years. Pam's mother, Lillian Martin, is a great Nadrasca supporter. She was a Life Member and a Member of the Committee of Management of Nadrasca Inc. for eighteen years. Nadrasca has been enriched by its association with Pam and Lillian. They will be greatly missed, but we wish them the greatest happiness in sunny Queensland.

Linde Forklifts

Nadrasca Industry recently purchased two Linde Forklifts with modified controls and improved ergonomics which enable persons with limited mobility and dexterity to adequately operate them. The introduction of these machines will enable a broader range of Supported Employees to become proficient in the operation of heavy materials handling equipment.



(L to R): Marcus Ward (Warehouse Manager), Patrick Robertson (Trainee), Adam Johnson (Trainee) and Peter Forsythe (Senior Storeperson).



Nadrasca Printing's New Press

Nadrasca Industry has commissioned a state-of-the-art printing press. This acquisition positions Nadrasca Industry as a quality-focussed, cost-effective, high-end colour print provider. This development in the print business of Nadrasca Industry will provide additional revenue and employment opportunities. Any interested customers please contact Roger Alcock, Business Manager, by phone on 1300 NADRASCA or email ralcock@nadrasca.com.au.

Chris Bourke
General Manager
Nadrasca Industry



Seniors News

A painting by **Leanne Battle**, one of our resident artists, was chosen by State Members for the Eastern Metropolitan Region of the Victorian Parliament for their 2013 Christmas card. The theme was *The Australian Christmas Tree*. A very big thank you to Richard Dalla-Riva MLC, Bruce Atkinson MLC and Jan Kronberg MLC. Thank you too, to Doug Mitchell who featured *The Australian Christmas Tree* on his Mitchell Wilson business Christmas cards.



Leanne was overwhelmed and proud. She had never have dreamed that one day her art would be appreciated in this way. Leanne said that her mum and family were also proud and will be framing the Christmas Card.

This year, the **Seniors Service Art Exhibition** will be held on 19-25 May 2014 at the Box Hill Community Arts Centre, giving everyone the opportunity to view Leanne's painting as well as many wonderful and varied pieces of art. Also included will be artwork by David Rogers using recycled encyclopaedias. The exhibition promises to excite and amaze attendees.

Paula Euthimiou
Seniors Service Manager

VALE

Bill Tozer

Bill Tozer (father of Jon Tozer) passed away after a brief illness in December 2013. Bill was a great supporter of Nadrasca. In 1969 he took long service leave to organise a Walkathon for Nadrasca's building fund. The Walkathon raised \$14,079 and Nadrasca received an additional State Government Funding subsidy towards the Nadrasca Building Fund. In 1969 \$5,000 was an above average wage, so raising over \$14,000 was quite an achievement. The Nadrasca community extends its deepest sympathies to Bill's wife, Enid, and the family.

Martina von Schlippe

Martina von Schlippe, from High Street, passed away due to pneumonia earlier this year. Martina had been with Nadrasca for 17 years. The family had a private service and a memorial service was held at the Templar Chapel in Boronia on 23 January 2014. It was a great celebration of Martina's life and an acknowledgement of all the wonderful skills she had. The Nadrasca community extends its deepest sympathies to Martina's family.