



## Nadrasca helps despatch specialised baby bottles for Sepal and the Royal Children's Hospital

Full story page 4

*Nadrasca employee Estelle Synaphet with a revolutionary new baby bottle teat that is being used by the Royal Children's Hospital.*

## Preparing for the NDIS

### From the Desk of the Executive Director

*The NDIS will be rolling out in many Australian regions from July 2016. It will roll out in the Inner and Outer East Region of Melbourne in November 2017. The Every Australian Counts website lists 10 top tips to help you prepare for the NDIS implementation and to ensure that your Personal Plans are formulated according to your specific needs. We have modified them below:*

#### 1. Start Today

Your first NDIS planning meeting is a critical point in your life. It's never too early to start thinking about how you want to live your life and what you need to achieve your goals.

#### 2. Think Big

Forget about past and existing barriers and obstacles. You should ask yourself: What do you want to achieve in your life and how do you want to live it? It might take some time to get used to the idea that the NDIS could actually change your life. It helps to talk through your goals, aspirations and dreams with people who know you well.

#### 3. Write a List or Keep a Diary

Within the 'big picture' it is also important to consider day-to-day events. What do you encounter on a daily basis which makes life more difficult than it should be? A good way to capture this information is to start documenting difficulties now. You could write a diary, take photos or keep a list. This will provide concrete examples you can use in your first planning meeting to help you get the most out of your NDIS plan.

#### 4. Be Specific

Try to be as specific as you can about what you need and what you want, what your goals are, including employment and how you want to live. List all these and take them along to your first planning meeting.

#### 5. Learn the Language

There's a whole world of NDIS jargon out there. It's a good idea to start getting your head around terms like *funded supports, planners, centre-based service and support plan*.

Knowing the jargon/terminology will help you better understand the resources that are available and navigate the process. Access the *Every Australian Counts* website and search for NDIS DeJargonater and, for a full list, google NDP's glossary. This glossary was created by National Disability Practitioners, a division of the National Disability Services' (NDS) peak body.

#### 6. Research, Research, Research

We can all learn from the experiences of others, especially those in the trial sites. Try to get as much information in advance so you will be better

prepared to deal with any challenges and to take full advantage of the opportunities of the NDIS. The *Every Australian Counts* website is a great place to start.

#### 7. Get the Paperwork Done Early

It's a good idea to complete your Planning Workbook before you go to your first meeting. It contains important questions about your life and your future – you don't want to have to come up with an answer on the spot! You can download the NDIA's Planning Guide and Workbook by accessing the NDIS tab of the Nadrasca website at [www.nadrasca.com.au](http://www.nadrasca.com.au).

#### 8. Don't Sweat the Detail

You do not need to list your needs in a priority order or compare the cost of one service or equipment over another. The NDIS changes all of that because it guarantees you all the reasonable and necessary supports that you need to help reach your goals in life.

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# Nadrasca Community News

## Our Supporters

Across the Nadrasca Community, very talented people produce fine work. Thank you to **Masters Home Improvement** for holding a recent sausage sizzle cum art exhibition at their Box Hill site to support our artists. It was great to see the collaboration between people at all our sites to ensure a successful day.

Another group of wonderful people are the guys from the **Good Guys Nunawading** who, along with Proprietor Jonathan Finch, continue to support the work we do at The Farm.

## Better Life Mobile Phone Plans

We have received information from Housing Choices about 'Better Life Mobile'. This social enterprise partners with welfare and community agencies to offer affordable mobile phone plans to people with Healthcare cards. Housing Choices say:

*Pre-paid phone plans are expensive and unreliable, often cutting consumers off the moment they either run out of credit or forget to pay. Post-paid plans require credit checks and often put vulnerable people at serious financial risk due to excess charges and fees. Neither solution is ideal for your clients.*



### Key features of Better Life Mobile:

- Great value, low cost plans using Australia's most trusted network.
- No contracts, no credit checks, one set monthly price and totally risk-free.
- Support and service within Australia, designed for customers with special needs and those needing extra support.
- Better Life Mobile provides a referral and directory service to customers, connecting them to community and support avenues.
- Pay via Centrelink or via State Trustees/welfare agencies – we manage the process.

Go to [www.betterlifemobile.com.au](http://www.betterlifemobile.com.au) for more information. Social inclusion and connectivity is the key to better

welfare and better health. Call on (03) 9018 5349 or email at [enquiries@betterlifemobile.com.au](mailto:enquiries@betterlifemobile.com.au)

## Seniors Art Programme

The Seniors Art Programme was developed for some Nadrasca Industry workers who wanted a quieter pace of life. The Department of Human Services at that time released some funding for this to occur.

**Judith Crombie** was the first artist employed to provide the service. Over the years, the programme provided people with an opportunity to express themselves through artwork. **Paula Euthimiou** used her artistic talents to encourage participants to experiment with various mediums, producing some beautiful work. Unfortunately, due to decreasing numbers, the Seniors Art Programme has ceased. Participants have joined with the Witt Street Community Options Art Programme. I would like to commend the people in the Seniors programme on the way they have adapted to their new environment. We had a great farewell for both Paula and Samantha Baronia, a disability support worker.

**Raeoni Turner**  
General Manager, Nadrasca Community



## Farm News

It has been hot work at the Farm over the last few months. We have been doing our monthly mowing jobs and keeping the farm functioning. Lots of summer vegetables have been harvested over the last few weeks – zucchini, eggplant and capsicum. There has also been a general clean up around the Farm site getting rid of all our rubbish.

Recently we commenced planting at Rooks Road, starting with pink and white Gaura in the front garden beds.

**Rodney Kayne**  
Coordinator, Nadrasca Farm

## Nadrasca Quality Standards Audits

**Nadrasca Industry and Nadrasca Community were both externally audited in April.** There were no non-conformances in either audit. We have yet to receive the detailed results for Industry, but the Community Audit was favourably reviewed by the Auditor as follows:

- There was good recordkeeping across all programmes and it was noted that notes/records focused on participants' strengths and abilities. Plans were very comprehensive across all programmes.
- There was positive collaboration with other services in the development of plans, with many participants having 'One Plan' covering their life which is supportive of the principles of the Disability Act 2006.
- Feedback across all programmes was very positive from participants, residents and families. All interviewees were happy with the programmes they were involved in and, whilst all could not provide exact details of the complaint process, they said they would be happy to make a complaint without fear of retribution.
- All were happy with the staff support provided and no-one gave any indication that they felt unsafe at Nadrasca.
- Interviews indicated that Nadrasca staff are committed to the delivery of a quality service to participants. They felt the service supported them to access training and, where specific training was required, to support a participant's specific needs, this was provided.

## Witt Street News

Below is an article from Kim Strugnell and Caitlin Powell on the Victorian Advocacy League for Individuals with a Disability (VALID) Conference they recently attended.

Kim and myself had the best time at the 'Having a Say Conference'.

We were supported by Sara and stayed for two nights. It was quite packed. We did lots of activities like jewellery making, Zumba, football, Harley rides, saw great shows in the theatre and ran into old friends and made new friends.

It was great walking around the Expo with all the stands there to show us what we can do with our lives.

We all had fish and chips by the beach the first night we were there and Kim



got to see the Cats' stadium for the first time.

Thursday was packed with activities again, then we had to rush home to get ready for the dinner dance. We danced till our feet were sore. The band was so good, we loved the music.

## NADRASCA ARTISTS - NEXUS

**16-28 August 2016**

Monday-Friday 9am-5pm.  
Phone 9895 8888 for weekend hours.

**Opening:** Thursday 18 August,  
6.30-8.30pm  
Box Hill Community Arts Centre,  
470 Station Street, Box Hill

Join Nadrasca in celebrating the work of their local artists, whose unique vision offers us the opportunity to experience a diverse and distinctive interpretation of our world.

The last morning there were lots of shows in the theatre and prize giving. The art show talent was great.

Then it was all over till next year. Thanks Sara for taking us and helping us to plan to go to the VALID Conference; we had so much fun there.

## My Life, My Future News

We continue to grow and prosper at *My Life, My Future* as we warmly welcome Megan, Travis, Rebecca, Stacey, Ian and Peter.

It has been an enthusiastic start to the year with people attending Nadrasca Industry two days a week for practical work experience. Recently at Nadrasca Industry, graduates were acknowledged and awarded certificates. **Damien, Eleanor and Zac** received their

certificate for completing Certificate 1 in Work Education, while **Gabby and Cary** received their certificate for completing Certificate 2 in Warehousing. This was a sensational achievement by all involved. It is an exciting time of the year where we have the pleasure of meeting with each person and their loved ones to set new life goals.

**Maryanne Weir**  
Coordinator *My Life, My Future*

## High Street News

**Julie Ward** retired at the end of 2015 after five years at Nadrasca, while **Craig Weston** fully recovered from his illness, started back full-time in February.

New carpet tiles have been put in uncarpeted rooms, so we now have the same coloured carpet in each room and the whole place looks fabulous.

On 4 December 2015 we celebrated the 'International Day of Disability' with 'Nadrasca Has Talent'. The day was a huge success, with participants showcasing their 'Visual & Performing' talents to family and carers. There was also a display of artistic creativity, which included iPad

Art, silk painting and papier mâché.

The Music Group with **Rosemarie, Dennis, Maria, Daniel B, Shari and John** showcased their singing talent. There were individual performances of singing and dancing from **Riechelle, Nicole, Gavin, Louisa** and a few others. **Jim** entertained the audience with his 'Bongo' skills and **Mark B** played on his guitar.

**Steven Morbioli**, our resident 'Cowboy', gave a unique display of talent, showing the audience his lassoing skills. Everyone had a good time.

**Hema Kumble**  
Manager, *Community Options*

## Preparing for the NDIS

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### 9. Get All Your Documents Ready

Before your first planning meeting, get together all the documentation you have so you can streamline the process with your planner. This will help you to explain who you are and what you need. Try to collate all your medical, education, support and health documents and have them ready.

### 10. Take Someone with You

You don't have to go through this process alone. Take along to your meeting people who know you well - family, friends, support workers or advocates. They'll help make sure you aren't forgetting anything important and can assist in explaining your situation to your planner.

**Being on the Disability Support Register (DSR) will assist you during the NDIS implementation process.**

Have you been placed on the DSR at the Department of Health and Human Services (DHHS)? If you are not sure, contact Raeoni Turner on 9873 1111 and come in for a meeting.



**Gus Koedyk**  
Executive Director



The employee Christmas function was again a great success. Employees and staff who attended enjoyed the food, entertainment and dancing. There were plenty of prizes, with the major door prize, digital camera and accessories, won by Paul Baker.

The spit roast luncheon on the last working day in December 2015 was a great success, with a visit from Santa to distribute tokens of appreciation to all employees and staff. Again, a well-received day for all concerned.

Sepal, one of Industry's new customers, manufactures specialised baby bottles for infants who have trouble feeding. Sepal teats provide reliable flow, appropriate sizing and adequate venting. It allows babies to suck without the need to stop feeding to draw breath. Sepal developed this revolutionary product in



Nadrasca employee Estelle Synaphet with a revolutionary new baby bottle teat that is being used by the Royal Children's Hospital. Picture: Lawrence Pinder.

a partnership with the Royal Children's Hospital.

Sepal's website allows consumers to purchase the bottle as gifts or to use for their own infants. The current range has

nine different teat packs and four bottle packs. Orders are transmitted from the website to Nadrasca's Warehouse Management System. They are then processed by the warehouse team, led by Estelle Synaphet. The goods are then packed and labelled ready for shipping via the Australia Post 'Click and Send' system.

In January, Slakchith Khan-Amath received her Certificate for 10 years of service with Nadrasca. Congratulations, Slakchith.



**Colin Holmes**  
General Manager, Nadrasca Industry

## People News



Rhonda Cook (Corporate Services), Carolyn Hogg and Kevin Loran (Industry) after their blood donations.

### Saving Lives

Last year, Nadrasca committed to a life-saving social responsibility programme that everyone is proud to be part of – blood donation. Blood which is donated can be made into 22 different medical treatments and many people need blood products. Some need them to get through a serious event in their lives, like cancer or a dangerous pregnancy. Others have medical conditions which mean they need blood products regularly to stay alive or be healthy.

Internally, this initiative is about raising spirits, team pride, leadership

and a sense of unity. It is also about knowing that a small gesture, combined with those of others, can make a meaningful difference.

A great BIG thank you to all Nadrasca staff who supported the Blood Donation initiative. You've made a big difference to those Australians who need blood every day. A total of 10 staff donated their blood, which saved 30 lives.



Monica Nyenbrink presents Gus Koedyk with the Dutch heritage cross stitch.

### Dutch Connection

In March Monica Nyenbrink presented our Executive Director, Gus Koedyk, with a cross stitch which Gus had commissioned. Monica is also of Dutch heritage, with many family members still living in the Netherlands.

Monica completed the cross stitch in one month. It is a picture of a barn

and farming tools from the Dutch region of Overijssel, where both Monica and Gus's families originated. Monica has been cross stitching for 25 years and continues to work on new pieces. Her latest work will be another piece on the different regions of the Netherlands. Congratulations to Monica on her excellent work.

### First Time Grandparents

Congratulations to Kerry and Damien Beavis (Witt Street) on the birth of their first granddaughter.

### Happy Birthday, Roger

'My birthday party was at the Manhattan Hotel. I turned 60 and had a Batman cake. The people who came were my sister and Colin, Andrew, Nicole, Sarah, Catherine, Liam, Richard, Bill, Michelle, June Pattison and staff (Theminy, Linda and DB). I got lots of presents and I felt very good and happy. I was wearing new clothes and shoes.'



Roger Furze cutting his Batman cake.