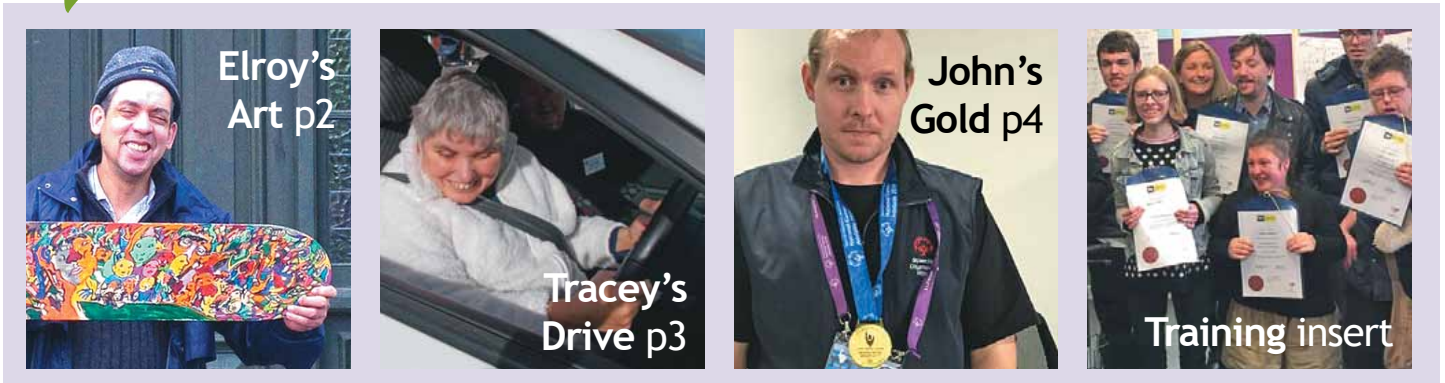




Nadrasca News

Dignity. Diversity. Community. Industry.

September 2018 — Issue 48



Elroy's Art p2

Tracey's Drive p3

John's Gold p4

Training insert

A BIG thank you to our supporters

From the Desk of the Executive Director

A big thank you to everyone who generously responded to our Annual Appeal this year. Over the past seven years, Nadrasca supporters have donated just over \$72,000 to help Nadrasca enhance the lives of people with a disability.

In this edition we introduce three new Directors to Nadrasca to add to the skills-based Board that's required as the Disability Sector moves to a commercially market-based environment with the NDIS roll-out. Nadrasca welcomes the new Directors and thanks them for their voluntary involvement.

As this edition goes to press, almost three quarters of the people Nadrasca supports have transitioned to the NDIS. We would expect all Nadrasca participants to have transitioned before the end of this financial year. If you have queries with the NDIS, please do not hesitate to contact Nadrasca's NDIS transition team.

Welcome: Tarnya McKenzie, Al Martin and Tara Laursen

At recent Board meetings, the Board of Directors passed resolutions appointing Tarnya McKenzie, Al Martin and Tara Laursen to the Board, in accordance with Clause 57(i) and (ii) of the Constitution.

Tarnya, Al and Tara will hold office until the next Annual General Meeting, when they will be eligible for election.



Tarnya McKenzie

Tarnya recently worked at Yarra Valley Water for 14 years in a number of roles, the most recent as Head of Marketing and Customer experience.

Consequently Tarnya's key skills are in strategy, customer experience, leadership, people and culture along with marketing, communications and engagement.

Tarnya was a Special Olympics Victoria volunteer and is a member of the Eastern Health Community Advisory Committee. Tarnya has a Bachelor of Business (Accountancy) and is a CPA.



Al Martin

Al Martin commenced his career in the Public Service as a police officer in Victoria before joining the ACT Corrective services. In addition, Al served as

an Australian Army officer for 13 years completing both Reserve and Full-time service and undertaking multiple operational deployments.

Al held senior roles in the UK and the Gulf region with Aspen Medical before returning to Melbourne to join GP Graders, as the Vice President of Operations. Al has a Bachelor of Training and Development as well as a Master of Leadership.



Tara Laursen

Born in Denmark, Tara has lived in Australia for seven years. She is currently Mental Health Coordinator at Star Health where she also led the Diversity

portfolio through the organisation's Rainbow Tick accreditation.

Having worked in multiple capacities within the housing, employment and mental health sectors in Australia and internationally, Tara's leadership is informed by direct practice as an occupational therapist with a strong belief in inclusive service models and person-centred care maximising the individual's independence and quality of life.



Gus Koedyk

Executive Director

Diary Dates

Nadrasca AGM

Tuesday, 25 September 2018 at 3.00pm at 52-62 Rooks Road, Nunawading



52-62 Rooks Road
Nunawading Vic 3131
PO Box 3874
Nunawading 3131

Tel 9873 1111
Fax 9873 2270

www.nadrasca.com.au
A Disability Service Organisation
ABN 90 125 235 047
NDIS Provider No: 65903726

Nadrasca Community News

NDIS, Training and News...

Nearly everyone within Community is now an NDIS participant. We are into a rhythm of preparing and understanding more and more about the NDIS. During this continued learning and working together, it is a proud time to reflect that we have such strength as an organisation.

In June we had the inaugural Nadrasca conference *Good Better Best* with 145 staff representing every Nadrasca site and service. The whole conference was about the NDIS ensuring all staff are as well informed as possible in the NDIS environment. The response was very positive and enlightening.

Since the last newsletter, we said farewell to **Megan Coulter**. **Damian Cox**, who was acting in the role of Accommodation Manager, is now permanent.

Maureen Pausic retired after many years and we celebrated her achievements with a luncheon.

Nadrasca Community Services is seeking a volunteer who will be an informal support to independent residents in our Outreach Programme. The Home Share Tenant will collaborate with the Outreach Support Worker. In exchange, for providing support to residents, the Home Share Tenant will live in the residence rent and utility free. Please contact Raeoni on 9873 1111 for further information.



Congratulations to **Pinky** (pictured above) on achieving the dream of living on your own with support from Susan, Nadrasca's Outreach Support Worker. A wonderful achievement and what a great home you have created.

Raeoni Turner
General Manager
Nadrasca Community

Accommodation Working Bee

Mount Dandenong facility

Saturday 21 October, 10am-3pm

RSVP Damian Cox
dcox@nadrasca.com.au or 03 9873 1111.



Elroy

Witt Street News

We love the crisp winter chills here at Witt Street by warming up with pumpkin soup – and we have added Friday Disco Frenzy and Movie Madness into our planned activities!

Our participant committee are once again organising small fundraising events as the BABBA concert was so popular last year.

Nadrasca works diligently to support the participants who choose our services e.g. promoting and fostering opportunities of a sense of belonging between the community and Nadrasca participants. An example is 'Little Buddy Café' on Deep Creek Road, which currently displays many pieces of Witt Streets talented artists' work. One of our famous artists, Elroy (pictured above), met one of his fans recently. A gentleman seated at a nearby table approached the staff and asked if Elroy was indeed the wonderful artist who painted a piece he bought from our exhibition last year. When staff confirmed this, the delighted gentleman asked if he could chat with Elroy. Of course Elroy was thrilled and the two men regaled stories about their love of art over a cup of coffee. Elroy proudly showed off one of his paintings hanging on the wall to the gentleman and after leaving the café commented to staff how wonderful it was to talk about his art work with an admirer!

Nicole Berry
Manager, Community Options



Farm News

It has been cold here at the farm over the last few months and the gardening crew has been up for the challenge working in the tough conditions. Unfortunately, we had a hard week in June when we had to have all three sheep put down due to illness and old age. A friend of the farm, Tim from Box Hill Bob Cat Hire, generously donated three Dorper sheep. The sheep have now been here for a few weeks and are slowly settling into Nadrasca Farm life.

Rodney Kayne
Coordinator, Nadrasca Farm

My Life, My Future News

The My Life, My Future industry team are successfully running their own line in production. This means making sure the line is stocked, running smoothly and quality checked. Individuals are taking on the responsibility of team leader.

A team from My Life, My Future has completed the eight week 'Keys to Success Programme' run by VALID. The workshop focusses on communicating in an assertive way, empowering people to speak up for themselves, making choices and decisions, and building healthy relationships.



What a morning to remember when Robyn and Matt Cronin, from the Pat Cronin Foundation (pictured left), came and shared the story with us about their son. The foundation aims to end the **coward punch** through education, awareness and research with the main message of BE WISE. The session certainly had an impact on the people who were there.

Everyone at My Life, My Future have now transitioned to the NDIS; here are some of their comments.

Blake: *I get to go to concerts when I like.*

Damian: *I now get extra support so I can work more.*

Eugene: *I have a support worker who comes to my home and we cook a yummy meal together.*

Laura: *I'm looking forward to going to Zumba classes.*

Matthew: *I have chosen my own support person who I met at EB games.*

Gavin: *I have just started a 17-week course called 'Live Your Life Independently.'*

We are looking forward to sharing our next lot of achievements.

Maryanne Weir

Coordinator, My Life, My Future

High Street News

We have been very busy at High Street Community Options preparing and planning for NDIS Plan meetings. Nearly everyone has transitioned to the NDIS and we now have the exciting and huge task of looking at activities and ways to help achieve these goals.

The participants had a lot of questions about the NDIS so the Advocacy Committee invited Diane Taylor and Tani Dabrera to one of their meetings. The committee presented the questions and then passed the information on to the other participants.

'The Biggest Morning Tea' organised by the Advocacy Committee raised \$180 this year. Thanks to the committee, staff and all the people who worked hard to make this successful.

Emma, Nicole, Paula, Robert and Rosemarie enjoyed *Mama Mia* at the Princess Theatre.

Congratulations to Steven Morbioli (pictured right) who won the Sassi Dance Proficiency Award for Gypsy Tap Dancing.

Hema Kumble
Manager,
Community
Options



Nadrasca Accommodation News

I am happy to report that all our Accommodation facilities are now in the NDIS!

Some of the great outcomes include: improved staffing levels from one to two everyday; improved staffing levels for 1:1 for participants that require additional supports; and, all participants now have their own Accommodation keyworker.

Staff are working hard to assist our participants to achieve their NDIS Plan goals; some examples are:

- Monday Karaoke
- Weekly library visits at Nunawading public library
- Netball and sporting events on a weekly basis
- Increased family visits
- Increased community access



Tracey



Susie

One vision impaired participant Tracey has been fortunate enough to enjoy getting behind the wheel of a car at Sandown Racecourse and complete a few laps in a car. Amazing!

We are sad to say goodbye to one of our participants Susie from Gardenia. Susie has been with Nadrasca for over 30 years and all of her friends at Gardenia wish her all the best. We still hope to see Susie at Nadrasca events and family functions throughout the year.

I would like to personally thank the Szigeti (Susie's) family for their contributions to and support of Nadrasca throughout the years.

Damian Cox
Manager, Accommodation Services

Women with Disability Leadership Course

When I first started the Women with Disability's Leadership Course I didn't know quite what to expect. I was nervous and excited at the same time and knew it was an opportunity I couldn't let slip through my fingers. It was a way for me to find out more about my skills as a leader and a way to bring back those skills to start up a women's leadership group here at Nadrasca. Over the six weeks I made friendships that helped me to develop my skills better; we built each other up. Thanks to the programme I'm able to start writing my proposal for the women's group I'm hoping to start. I ended up getting a spot on the Maroondah Disability Advisory Committee thanks to the leadership programme.



Amelia Milroy (centre)

Amelia Milroy

Large Format Printer

Nadrasca Industry is pleased to announce that it has purchased a large format printer to increase the services and training we can provide through our printing area. We are now able to print banners and large posters up to A0. This investment will further strengthen the viability of our printing services and provide additional training to our supported employees.



Service Milestone

Congratulations to those who recently reached special employment service milestones. We thank them for their continued efforts to make Nadrasca Industry a success.

Sandy Minogue	20 years
Jonathan Stewart	25 years
Ronald Polkinghorne	30 years
Vincent Deany	40 years

Glenn Hodgkin
General Manager, Nadrasca Industry

People News



John Soles – Gold at the Special Olympics National Championships in Adelaide

In June 2017 I started training and playing with the Melbourne Eastern Rangers. Last October my team played in the Victorian Championships in the A grade section.

After playing in these championships I was lucky enough to be selected to play for the Victorian A Grade team at the Special Olympics National Championships in Adelaide in April 2018. There were 1,000 athletes from all over Australia competing in different sports. We all stayed at the

Games Village near the beach in Adelaide.

It was a busy time – four days of playing Basketball. I played in the Gold Medal game between Victoria and South Australia. It was a closely fought match which Victoria won by five points. It was very exciting to stand on the podium and have the Gold medal placed around my neck. I had a fantastic time during the whole week.

John Soles

Pool competition

The winner of the Pool Competition July 2018 was John Finlayson. James Benson placed second, John Soles third and Kevin Loran fourth. This competition has a great following and it is amazing how talented the competitors were. The next Pool Competition starts in October; save your \$1.00 to enter.



John Finlayson, James Benson, John Soles and Kevin Loran.

Plan what you need to meet your goals

So far 2018 has been an incredibly exciting and busy year for the NDIS Team. We have supported 264 participants through the planning process. There have been many successful plan outcomes delivering supports that at one time could only have been dreamt about.

We have even been involved with participants who have started on their second plans. During these planning meetings, it has been evident how important it is to clearly articulate and demonstrate how the funding has been used to support the participant's goals.

All NDIS Plans are built around what a participant requires to live a full and productive life; be it support to access the community, develop and build independent living skills, attend school or go on holidays, to name just a few. NDIS Plans may also include equipment such as communication devices, wheelchairs, hoists, shower chairs, etc.

When these supports are discussed at the planning meeting with the NDIA Planner, they are then developed into short term and long term goals. When the Plan is reviewed after 12 months, evidence needs to be produced as to how these supports enabled the participant to meet their goals.

The NDIS does at times present challenges when NDIA Planners are new to the role and lack experience when supporting a person with a disability. In these circumstances, the Planners may not be as proactive in suggesting ways a participant can be supported in reaching their goals, and therefore, the participant could be missing out on vital funds. That is why we strongly suggest to all Nadrasca participants and families to spend as much time as possible researching what the NDIS can provide



Tani Dabrera, NDIS Engagement and Communications Coordinator

Support Coordination is assistance to strengthen participant's abilities to coordinate and implement supports in their NDIS Plans

and then planning what you need to request to meet your goals.

Support Coordination can also be part of the plan and should be discussed with the NDIA Planner when developing the plan. Support Coordination is assistance to **strengthen participant's abilities** to coordinate and implement supports in their NDIS Plans and to participate more fully in the community.

If you have **Support Coordination** you will be contacted by the Support

Coordinator to talk about what help you need to implement your Plan and manage your supports. They will help you explore and link with community and mainstream services and help coordinate these as required.

A **Support Coordinator** is not permanent, a paid advocate, plan manager, case manager, support worker or responsible for rostering and administration of individual supports or transport, however, they will help you understand your Plan and help you choose and connect with service providers.

During the year, we have attended many forums and expos and have presented at different functions such as the School Expo at Heatherwood School, Get Connected at Box Hill Town Hall, the Healesville Indigenous Community Services Association (HICSA), and Latrobe Community Health.

Mark Richie requested a presentation at a forum for parents with children with a disability at Braybrook. The presentation, based on the NDIS, was very well received. But even more pleasing, was that families all made positive comments about wishing they lived closer to Nadrasca to access our services!

The NDIS Team also welcomed a new member, Tani Dabrera in June. Tani assumed the newly created position of NDIS Engagement and Communications Coordinator and her primary role will be focussing on support coordination for many of our participants. If you have Support Coordination in your NDIS Plan and want Nadrasca to assist you, please contact Tani on (03) 8872 5755.

Verena Morrison
NDIS Transition Manager



Nadrasca Opportunities on Show

Organisations host events that allow Service Providers to attend and to meet with participants looking for services. Whenever possible, Nadrasca is represented to let prospective participants know about the wonderful opportunities that we can offer to them across Industry, Community and Training.

Training Services

Community Contacts

The My Life, My Future group of Transition Education participants travelled by train to tour Box Hill Institute which they enjoyed. We have had the Metro-Access Officer from the Whitehorse Council visit My Life, My Future and the Education Officer from Metro conduct visits.

It is a valuable part of training to access what the community are offering. Our course developers are always looking out for what is available to support what we do in training, and how it can benefit the programmes that we are offering.

New Trainers

The Training Team have welcomed two new trainers: **Ben O'Loughlin** and **Yvana Valdi**.

Ben is working with My Life, My Future and Industry groups and Yvana is also working with some of our Industry participants as well as at Witt Street.

22301VIC Certificate I in Transition Education Graduations

We have continued to conduct graduations as the Certificates have been issued from Box Hill Institute. The participants from the Farm enjoyed receiving their awards and the afternoon tea provided.



My Life, My Future Graduates



The Farm Graduates

The My Life, My Future graduation was attended by the students' families, who enjoyed afternoon tea together afterwards.

All of the graduations have been a wonderful acknowledgement of the hard work that the participants, trainers and the training team have put in to keep the participants engaged in the training. This commitment has enabled them to complete the requirements of the course and receive their awards.



Rooks Road Kitchen Re-Development

The kitchen at Rooks Road has been fully re-developed with two distinct areas. One area is available for training groups and has been equipped with domestic standard stoves and fridges, while the other area is available for Industry participants. We are looking forward to using the training area as part of the Short Courses being offered through Nadrasca College. These include Capacity-Building Courses in Cooking, Budgeting and Computer Use.



Training for 2019

Plans are being made to introduce some new Accredited Victorian Training Guarantee funded courses in partnership with Box Hill Institute. We are looking at offering courses in Adult Literacy and Numeracy, Work Education, and Transition Education in 2019.

Judy Roberts
Manager, Training Operations