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Andrea Heffernan

Sara Jholl

Michael Negri

David Wansbrough

Paul Williams



Executive Team

Gail Foster

Chief Executive Officer

Toni Stewart

Executive Manager, Client Services

Lisa Wilson

Executive Manager, People & Culture

FROM THE CEO ...

At the 2016 AGM, held in November, Mr Tony Negri retired from the Board of Directors, after 45 years. The AGM was held at FENIX in Richmond, where everyone gathered for a beautiful luncheon to thank Tony for all he has achieved over those years.

Tony thanked everyone, for their support of the organisation, but he particularly thanked the families and the volunteers who have kept the Opportunity Shops going over the years. In the very early days it was the money raised in the Opportunity Shops that kept the organisation going. Before recurrent funding was secured Kindilan was dependent on this money and Tony acknowledged their massive contribution toward the success of the organisation.

As a result of Tony's retirement, Mr David Crawford was elected to the Board. For those of you who don't know David, he has been associated with Kindilan since the late 1970's. His son James lives in one of our houses and attends the day services. David has sat on numerous corporate Boards and will be a wonderful asset to our Board as we move forward into the National Disability Insurance Scheme (NDIS).

At the December Board Meeting, David accepted the nomination to be Chair of the Board.

Throughout October we held a number of information sessions for parents and families, on the NDIS. We were very pleased with the number of people who attended these sessions; however there are still a lot of parents who are yet to attend the information sessions.

We will hold another round of the same information sessions early in the New Year and I encourage anyone who hasn't attended with **focus** or another service provider to come along.

It is vitally important that all families know what to ask for when the time comes to prepare a plan for the NDIS, we will assist you in anyway possible, but I have to stress to all families that **focus** cannot represent you at the planning meeting, we can attend to support you, if that is what you want, but we cannot attend to develop the plan. It must be a family member or an independent advocate who develops the plan with the NDIS.

On behalf of everyone at **focus**, I wish you all a very Merry Christmas and a Happy New Year. Every year flies by faster than the last.

Gail Foster
Chief Executive Officer



BONDI

BALLOON FOOTBALL

The balloon football season started in April. We were all a new team, called the Taipans. I played every Thursday in the springers leisure centre, Keysborough. Balloon football has 5 a side. The aim of the game is to get the large balloon into your own goal. I had some tough games and enjoy playing 'half back'. Over the season I have made some good friendships. I had fun and it was competitive and enjoyable. In October we had the 'best and fairest' night. We had a sit down meal and disco. There were presentations throughout the night. I won the 'rising star' award. It was a great honour. Throughout the night the votes from each week were counted to see who would win. It was close throughout the night. I came 4th with 24 votes. I look forward to next year.

Cade at Bondi



JEANETTE AND JULIE

Jeanette loves her weekly massage, she has been going to the same place for years and she thoroughly enjoys it. Julie recently went down to have a leg massage which she loves doing!



IMPORTANT NOTICE

Please note that there has been a change to the closing dates for the ISS Christmas Break in the new calendar. This change has been made to allow staff to return to the service a few days earlier, to begin preparations of all programs prior to everyone's return from their holiday.

The new dates for the 2016/17 Christmas Break for ALL people that attend any **focus** day service are:
Closing at 1pm – Thursday 22nd December 2016
Returning – Wednesday 11th January 2017

MICHELLE

Michelle went for her weekly outing to a café and for a walk. Today she went to the Rye foreshore for a walk. She enjoyed the sunny day and watched the dogs running on the beach, it was very relaxing.

She also went to Stony Point. It rained throughout the day but she didn't mind the wind and the rain, she just loves the train trips.



BALCOMBE

50TH BIRTHDAY CELEBRATIONS

At last the big day has arrived, Catherine's 50th Birthday party. Catherine has been planning this day all year. Catherine was so excited. She and her housemates worked hard the morning of the party, getting the house ready with decorations, moving chairs and last minute food preparation.

Catherine's party was super hero themed and everyone did a great job of dressing up!

Catherine was of course Wonder Woman. Julia dressed as Super Girl, Marian decided on Bat Girl, Marcus chose Captain America, Bruce looked awesome as Batman, and Chris chose Superman.

Friends and family started to arrive at 1pm and the lunch was ready to go and looked delicious.

Those who dressed up went to a lot of trouble and looked awesome. The party was great, everyone ate and chatted and all seemed to have a ball.

Catherine chatted to her friends and family throughout the afternoon and smiled all day. Catherine loved her chocolate mud cake birthday cake, she got a little emotional when everyone sang happy birthday, but then thanked everyone for coming.

Catherine was so excited with all her wonderful gifts, especially her ipad from her family and a fantastic Wonder Woman framed picture from her brother Michael. All the guests agreed that Catherine's 50th was a great party. Staff took lots of photos and Catherine will have a lovely album to remember her fabulous day.



CHRISTOPHER'S BIRTHDAY

Christopher celebrated his Birthday in November; he went to visit his Mum in Somerville and had a party with his friends Bruce, Catherine and Marian.

Chris's cousin Kay, her husband Rob and son Tim - organised some lovely party food and Chris chose a Chocolate Mud Cake for his birthday.

Everyone enjoyed lunch and Chris received a new basketball and new basketball ring for his home.



CHICKENS

Bruce loves scrambled eggs for breakfast and he wished to have his own chickens.

Hence the arrival of George, Joan and Sabrina! They are the friendly Balcombe chickens which provide Balcombe with lovely fresh eggs each day.



AROUND THE HOUSES

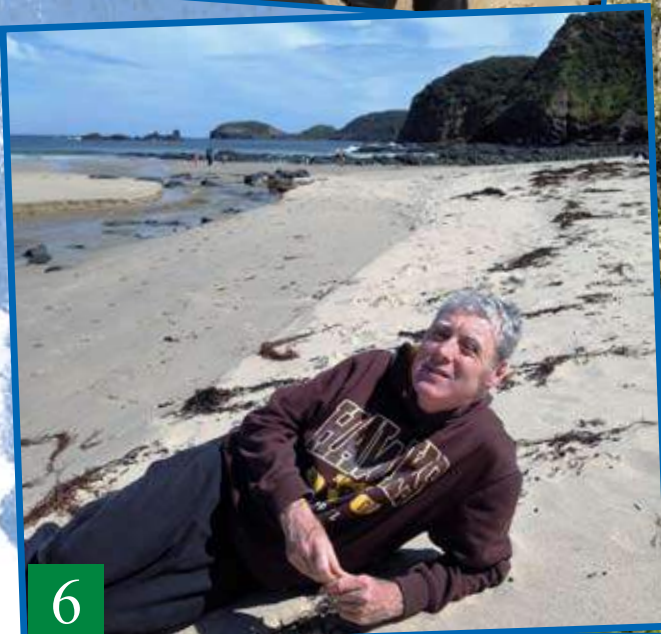


BALCOMBE

BUSH WALKING

On a beautiful sunny Saturday in September, Chris enjoyed a bush walk at Cape Schanck, along the Two Bays walking track from Boneo Rd down to bushrangers bay and elephant rock. The overall walk was over 5km, and Chris discussed the vegetation and chatted to people he passed along the trail.

Once on the sand Chris removed his socks & shoes and was able to paddle through the shallow water and explore the rocks. Chris took a rest and lay in the warm sand whilst eating his picnic lunch.



AROUND THE HOUSES

MARKET DAY

On a beautiful Saturday in November, Marcus, Marian, Julia, Cath & Bruce enjoyed visiting the Emu Plains market at the Balnarring Racecourse. They chatted to lots of people whilst they strolled around the stalls admiring the fashion, craft and plants. The Highlight of the day was the purple fairy sampling the local produce.



OUT TO THE FARM

Bruce, Julia, Marian & Marcus enjoyed a day at the Rain, Hayne and Shine farm in Tuerong. The all had a laugh whilst feeding the animals.



AROUND THE HOUSES



ASH HOUSE

BRETT FISHING



OAK HOUSE

JENNY

What a day out with Jenny and Lisa! I was so overwhelmed with the level of excitement that Jenny got herself into when she saw a band with three young lads outside the shops in Rosebud.

The whole area was packed with loads of entertainment and included displays of vintage vehicles from around Melbourne.

On our way out of the shop, Jenny heard a band playing nearby and she asked me if she could join in, with that Jenny was even offered by the band to have a go at playing the guitar and to be their solo singer. What a moment! It was truly the highlight of our Oak House outing.



AROUND THE HOUSES

BERRY HOUSE

HMAS CERBERUS OPEN DAY

Deb enjoyed visiting the Naval Base at the open day. She got to look at all of the vehicles and machinery they use. The parade was great and Deb got to meet lots of people.



SIMON VOLUNTEERS AT THE COMMUNITY GARDEN

Simon went to the community garden in Dromana where he volunteered by digging mulch into a barrow and then transferring it to the garden. He enjoyed having a chat to the organizer and spending the day out in the fresh air.

BUNGOWER

CFA OPEN DAY

Philip enjoyed a tour around the Baxter CFA at their open day on the 23rd October. Philip enjoyed inspecting the facilities and he was able to bring home some information handouts with him.

Philip was happy to pose for some photos, especially while standing next to one of the fire trucks! Philip also finished the visit with a sausage in bread, from one of the fire brigade members.



AROUND THE HOUSES



BERRY HOUSE

SPOOKY HALLOWEEN TRAIN

Alex, Mark, Bruce and Deb set off on the Spooky Halloween train from Moorooduc station. Deb dressed up in her Halloween outfit. Everyone enjoyed looking at all of the fantastic costumes and decorations. Mark even boogied to the time warp.



ROLLER DERBY

Deb headed off to Carrum Downs to watch the Banshees take on the Rebel Alliance. Deb enjoyed all the hits and spills they took. She cheered everyone on and celebrated the Banshees win.



AROUND THE HOUSES

BERRY HOUSE

DEB VISITS THE MONSTER JAM

After a stop at Karingal for a yummy lunch, Deb set out for the city. She took on the job of navigator and gave directions on where to go. The closer she got to the city the more excited she became; she could hardly wait to get to the stadium.

Deb was full of energy and smiles. Walking in, Deb spotted some T-shirts and a program, so she decided to buy herself some souvenirs. When Deb made her way in to the stadium to find her seat, she was very excited to see how close to the front she was. When the Trucks came out Deb stood up and cheered, clapping and urging them all on.

As each of the trucks did one of their tricks, Deb yelled out instructions and cheering them on. When she arrived back at Berry house she told everyone about her day out and showed off her souvenirs.



MATES DAY

Dale was supported to attend Mates Day 2016. Organisers Lynette and Trevor Hogan have hosted Mates Day from Launching Way on the Patterson River for the past 16 years. They were thrilled that 60 boat owners arrived to take 150 guests and their carers out for a day's fishing. They were assisted by about the same number of generous volunteers.

Started by David Kramer and the Futurefish Foundation in 1999, Mates Day on the Bay is an annual treat for people living with a disability and carers as they take to the water to cast a line and maybe even catch a fish. They leave Carrum boat ramp and the aim is to return – hopefully with a bag of fish – for a barbecue put on by the Hobsons Bay volunteers at 1pm.



CEDAR

BERNIE'S FIRST HOLIDAY TO PHILLIP ISLAND

On Saturday the 29th October, Bernie headed out on his adventure to Phillip Island for a 3 day holiday. Bernie was all packed and ready to go when his bus came to pick him up and everyone waived goodbye to Bernie as he drove off.

The first stop was fish and chips for lunch at Tooradin; Bernie enjoyed this and went for a walk along the beachside. Shortly after lunch and the walk Bernie arrived at Ripples N Tonic cottages in Ventnor where Bernie unpacked his suitcase and explored the property with staff and other people. After all the exploring and unpacking it was time for a BBQ dinner.

Throughout the next 3 days Bernie went to Churchill Island Heritage Farm where he saw many different farm animals and he explored the grounds and even had a go at feeding. He even managed to see some sheep shearing!

Bernie visited the Koala Conservation Center where he saw 9 koalas in the trees. He also went on a journey to Nobbies Centre where he walked along the boardwalks outside the center that overlook Seal Rocks and The Blowhole and was able to see all the penguin boxes that housed baby penguins followed by lunch at the Cowes RSL.

Bernie also visited the Penguin parade where he watched the penguins coming out of the water and up the hill to their homes followed by dinner at the cottages.

On the last day Bernie went to Rhyll for a beach walk and morning tea then for lunch Bernie enjoyed a hearty meal at Kelly's restaurant before returning home. Bernie had a great time away he was able to meet lots of new people and participate in a new experience.

Thank you to Carol, Woody and Tim from Ambleside Tours for the great holiday.



BIRTHDAYS

Corey celebrated his 32nd birthday with family and friends. We also had Janene who celebrated her 52nd birthday with her family and also with Cedar house friends. Janene had a birthday dinner The Peninsula Club.



at



OUT AND ABOUT

We have had some gloomy weather over winter down here, but it doesn't seem to have much of an effect on some Cedar House people! Is there something funny in the air or has Valentino told us all another really bad story?

Even though the weather hasn't hit its warmest yet, we have still had some opportunities to get out and about. Whether it be Cape Shanck Lighthouse Reserve, Myuna Farm, Rosebud Park or Shoreham Beach, we've had some enjoyable days!



AROUND THE HOUSES



OAK FLAT CAR MUSEUM

Ty being a car enthusiast visited Charlie's Auto Museum at Arthurs Seat to view and play with some of the cars.

Ty and his staff were the only one at the museum during his visit and so the attendant who was more than happy to take Ty on a tour around the museum, showing him all the classic and modern cars. It was great for Ty as he constantly nodded his head while the attendant explained to him the year of manufactures, how old the cars were, and their engine capacities.

Ty spent around 40 minutes in the museum, looking at the cars and sometimes sitting into some of them – pretending to drive like a Formula 1 Drive eager to take on Lewis Hamilton

Ty had photos taken in most of the cars or sat on the bonnet of the lower cars for photos. Later, Ty went out to the memorabilia section of the museum. They have collection of lovely car souvenirs that you can actually purchase to take home. On our next visit, Ty will get himself a very nice car souvenir to take home.

It was a day well spent and Ty left the museum with a smile on his face.

Ty also enjoyed lunch a Sofia's Frankston. We got quick service and "big" portions, he is also making a cup of tea for himself and staff.



AROUND THE HOUSES

OLSEN

BBQ LUNCH

Marie invited her friend Catherine Bruce, Chris and Marian around for a BBQ lunch at her home on Sunday in November.

Everyone enjoyed a great BBQ lunch with meat and salad and fruit salad for desert, everyone chatted over lunch and caught up with what they all had been up to lately.

Marie, Catherine, Sue and Marian sat around the table and chatted about Christmas and the upcoming holidays and Chris and Bruce chose to catch up with what was happening in the cricket on TV inside. Everyone agree it was a nice afternoon and made plans to catch up again soon.



OPPY

CHRISTMAS IS COMING

Fiona is very excited about Christmas coming so we travelled to Christmas Kingdom at Mentone and looked at all the decorations. Fiona and Sally both enjoyed the moving decorations and music.

Fiona saw Santa at Karingal Hub and she spoke to him, she was shaking with excitement. Christmas catalogues at Oppy are worn thin, from looking for the perfect present.

The ladies at Oppy House were so excited to put the Christmas tree up. Everyone loved hanging things up and watching the lights flashing.

Fiona helped out a lot, Pip picked the pretty ones and hung them up; Jane has lots of experience and did a great job.

Sally was away with her mother on holiday, she'll be back soon to enjoy Christmas at OPPY!



OPPY

JANE

Jane visited the Mc Cleland Gallery Park and had a nice walk. She said she had been there twice before and she loved the sculptures.

We sat at the pond and watched the ducks while the sun was shining. It was a very pleasant outing.



SALLY

Sally showed us the art work she had completed, and we all joined her at the exhibition in Mornington.

Sally was very proud for work, and everyone from Oppy went to the art show and enjoyed it.

We ran into people from other houses there which was great. The experience of exploring art was a lot of fun.



CIRCUS SHOW

Mary-Anne was part of the Cirque sur Roues group who were invited to perform at the Frankston Arts Centre. Mary-Anne and the rest of the group showed off their skills spinning plates, twirling the poi and hula hooping.

Following their performance in the foyer the group were invited to watch Circus OZ and their fabulous show "Twentysixteen".

There was amazing acrobatics, music, awesome juggling and cycling acts but the highlight was meeting the troupe still dressed in their costumes afterwards!



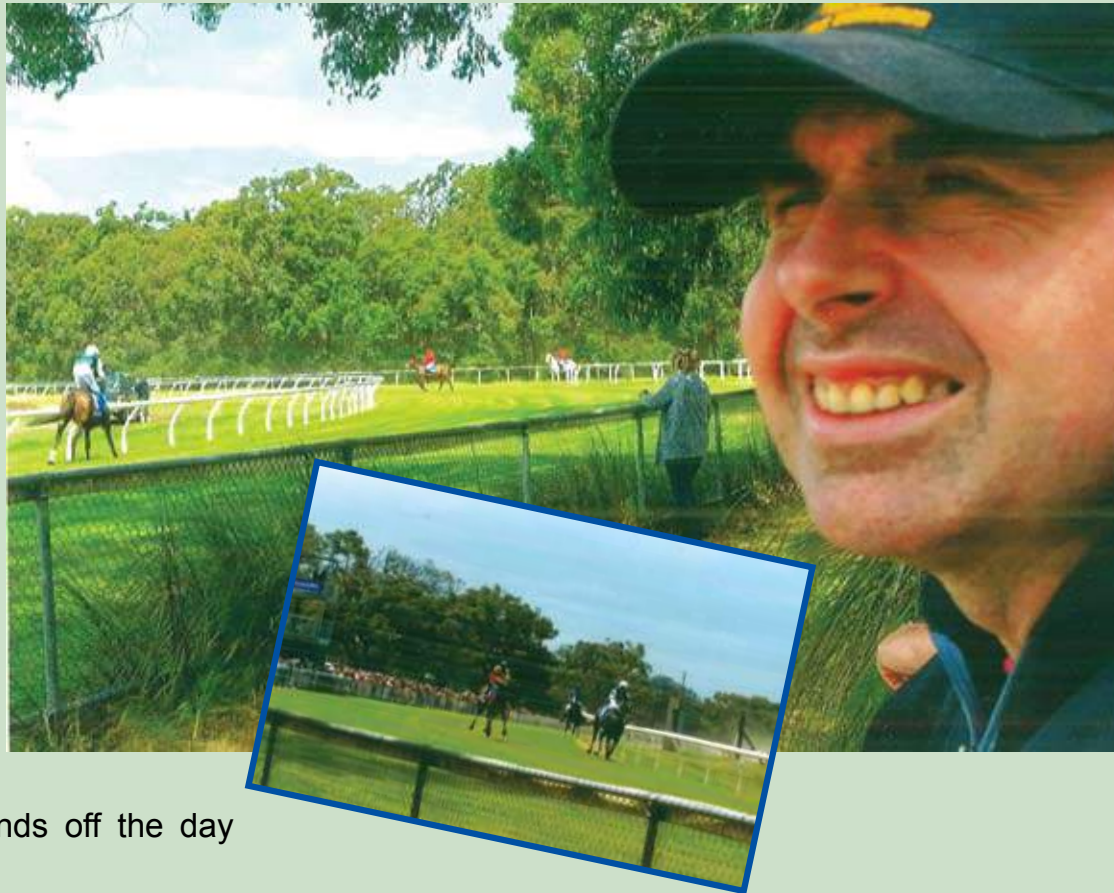
SEAVIEW

SEAVIEW

THE BALNARRING PICNIC RACES

James always enjoys going to the races, but Balnarring Picnic Races are one of his favourites.

James likes to watch the horses being exercised and walked before the races, while the jockeys limber up. When the race is being run, we go right down to the barriers to watch them go flying past. A cold beer and snacks from the food truck rounds off the day nicely!



RYMER

MOOROODUC RAILWAY

Jon and Geoff recently enjoyed going back in time with a trip on the Moorooduc Steam Train; Jon was fascinated by the train, spent time talking to a conductor and both looked very happy with the day out saying they would like to do it again.



GRAND FINAL DAY

Warmer weather has seen some outdoor dining and get togethers with the Rymer guys having a Grand Final bbq complete with replica Premiership Cup – there was lots of cheering going on during the game!

Then Seaview invited both Rymer and Oppy to attend a Cup Day bbq – what a spread that was! Great chance to catch up with some old friends and have a great afternoon.



AROUND THE HOUSES



RYMER

JON TURNS 50!!!



Jon marked his milestone 50th birthday recently with a morning tea at home. His guests enjoyed chocolate mudcake with him before he headed off to a Chinese lunch with chosen friends Jane and Guy. They had a delicious meal at Phoenix in Karingal. Jon

said it was the best cake and best Chinese food he has ever eaten. Happy 50th Jon!

MICHAEL

What an epic effort Michael put in recently with a 14km training hike across Arthurs Seat; working towards his personal goal of an overnight hike Michael took it all in his stride (no pun intended) and looked like he could go on and on except lunch beckoned.



REX RETIRES

For five years Rex Lawrence has worked two days a week at Ozanam Enterprises in Mornington; assembling flight headsets Rex has taken great pride in his work and the friendships he has made so it was bittersweet recently when he retired from his job. He was farewelled in fine style with a morning tea and presentation of a watch to mark his time of service.

Rex says he is looking forward to spending more time with gardening programs, taking it easy and working on his artwork in his newly revamped arts area in his room.



PINE

Warwick attended the opening of the new chairlift at Arthurs Seat and enjoyed his day out.



AROUND THE HOUSES

SOMERVILLE

OUT AND ABOUT

We recently celebrated Charmaine's birthday, it was a day filled with fun, laughs, pizza, coke and of course.... CAKE!

Charmaine was asked what she would like to do on her day out. As soon as "bowling" was mentioned Charmaine was filled with energy and said "YEAH, BOWLING!" I guess that settles it then. First order of business.. lunch.. but what to have? Only Charmaine's favourite food and staple on the menu at The Rise....PIZZA and COKE!! This went down a treat.

Then onto Bowling—Charmaine celebrated each shot with a triumphant fist in the air. Charmaine looked as though she thoroughly enjoyed her day out.

Katrina had chosen an array of activities she wanted to do over the holidays. First thing that Katrina requested was to go out and have a coffee and lunch. Deciding on a baked potato with all of her favorite toppings.

It was a nice day out which she really enjoyed.

Rob loves a good coffee, and what makes him REALLY happy is an impromptu one! That's exactly what we did after running some errands. It's a lovely way to stop and relax after a busy afternoon. Rob had lots of fun watching his team win the grand final.



AROUND THE HOUSES



SOMERVILLE

DINOSAUR WORLD - SOMERVILLE

Katrina had wanted to see the Dinosaurs at Dinosaur World for quite some time.

Hidden at the back of Somerville Christmas Tree Farm, is a Prehistoric world ready for those looking for some adventure.

Katrina was greeted by a noisy gaggle of geese lazing by the pond. These guys were so big they almost looked like they belonged in with the Dinosaurs.

A whimsical walk was ahead of Katrina, taking her past lots of different Dinosaurs and some excellent photo opportunities.

Katrina's favorite Dinosaur was "The Big One" - and who doesn't like a friendly T-Rex or two?

After a long adventure back in time, Katrina was ready to head home. It had been a BIG day, Massage, Hair cut, Lunch out and now our biggest adventure Katrina really enjoyed herself.



KINGS CREEK HOTEL

Katrina decided that she wanted to explore the culinary delights that Hastings had on offer, and Kings Creek Hotel was our destination.

As soon as we walked in we were greeted with a lovely warming atmosphere which was emphasized by the burning log fire. A lovely gentleman showed us to our comfy seats and suggested we check out the specials board.

Katrina a spaghetti dish and walked up to the front counter, she ordered her spaghetti and a drink from the beverage counter to order herself a coffee.

Katrina really enjoyed her was very satisfied with her lunch outing. Katrina is looking forward to her next trip to Kings Creek Hotel – there are some cakes that she is wanting to investigate!!



AROUND THE HOUSES

SOMERVILLE

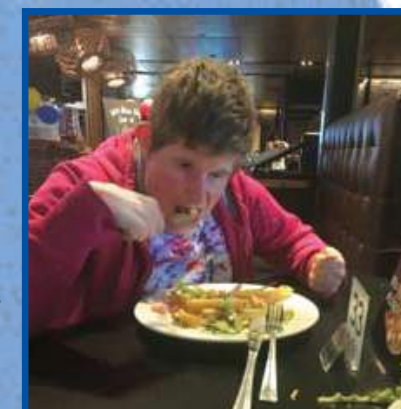
OUT AND ABOUT WITH WENDY

Wendy LOVES to head out and explore her community. Most of the time it's to sample local delicacies, but mostly coffee.

Wendy also enjoys heading out to purchase some new CD's and DVD's – her favorites are Patsy Cline, Elvis, Mother and Son, The Golden Girls and sometimes Two and a Half Men!

Recently Wendy enjoyed a mini shopping spree, choosing for herself some new scents and pamper products for the showers.

Happy shopping, Wendy!!



INDIVIDUAL SUPPORT

SEED TO SEED PROGRAM

Thanks again to Bunnings Warehouse Mornington, for donating seedlings that our green thumbs at Dromana are cultivating.

The garden is full of vegetables and herbs, keeping Michael, Phil, Bernie, Jamie and Deb very busy each Thursday morning. Every 2 weeks the group is visited by gardener extraordinaire Marie, who is volunteering her time with lots of tips and hints to the gardeners.

It won't be long before the first produce is harvested and will be used by the cooking programs and made into morning tea for the hard workers in the garden.

With the weather finally improving many a fine morning awaits everyone in the Dromana Garden. enjoy the activities spanning over the whole day. It was great to have people from all walks of life and all age groups, come and enjoy the activities.

Participants received a passport when they arrived, as they moved around the activities they received a stamp in the passport. There were spot prizes given, with 'focus' winning a few of them. At the end of the day people got a show bag filled with goodies.

'focus' had around 40 participants involved in the day. With so many people at the event many got to catch up with friends, and old staff they haven't seen for years. There were stories of people catching up for the first time in 8 and 9 years.

It is hoped after such a successful day, that it will be run again next year. I have no doubt everyone will come back for such a fun day.



INDIVIDUAL SUPPORT



HEALTHY COOKING

The Healthy Cooking group have further developed their culinary skills and made some mouth watering, delicious meals out of the Dromana kitchen.

Each person had input by having a turn to choose the menu each week.

Recipe choices were made from Mexican-Tacos, Italian - Fettuccini Carbonara, English- Bangers and Mash, Asian- Stir fries, Singapore Noodles among many others.

The last three weeks the group have been very busy cooking up some Christmas treats. Christmas Cakes were made and decorated, gingerbread men and shortbreads, which will be either given as presents or enjoyed come this Christmas holidays.



WOODWORK

Our keen woodworkers at Dromana have been busy this term, constructing some excellent projects.

Very positive feedback was received on completion of their hanging basket frame with some pretty flowers grown by the gardening group. Jamie, Bernie, Scott, Dom and Rex have also completed a napkin holder and are currently in the process of constructing their very own birdfeeder to attract wildlife to their gardens at home.



INDIVIDUAL SUPPORT

SASI ART EXHIBITION

This year several people entered their artwork into the SASI Art Exhibition. The Exhibition was held at Cube 37 in Frankston in November, and it was fabulous to see our talented artists work on display at a public forum.

The exhibition has grown over the 4 years it has been running and the artwork entered this year raised the bar.

Artists have the opportunity to place their work for sale and it was wonderful to see that a number of our work sold.

Three prizes were up for grabs with 1st place being the prestigious Alfred Murphy Prize. Also on offer; was the People's Choice Award which is selected by the public, and the Packer's Prize that is selected by the gallery.

The presentation evening was held on 24th November with several of our artists in attendance, with Owen McCaffrey winning the Packers Prize with his hand drawn art piece 'Goofy goes to hospital'. Not only did Owen win a \$200 voucher from Bayside Shopping Centre for his amazing effort, but his art work also sold.

Congratulations to everyone who entered the Exhibition this year and big congratulations to Owen.



GREAT SOUTH EAST BOWL OFF

In December, the people from McAlister attended the Great South East Bowl Off at AMF Frankston as part of International Day for People with a Disability. This was the third year that this event had been held and all lanes at the Centre were full with 168 bowlers taking part.

Several services from across the South East attended and the atmosphere was one of healthy competition. All teams played one game before having lunch, which was included and one lucky bowler was randomly chosen from each team to choose a gift from an array of items that had been donated from local businesses. A jam packed show bag was also given out to everyone who attended the event.

McAlister had two teams entered. One team was called the 'Turkey Baggers' and bowlers in this team had specially designed baseball caps to wear for the event. The second team was called 'Livin' on a Spare' and the bowlers in this team wore individualised t-shirts.

Although neither of the McAlister teams were the overall event champions, everyone who attended had a fantastic day and looks forward to entering the event next year.



INDIVIDUAL SUPPORT



KENSHIN KARATE UPDATE

Chris, Adam, Gerard and Sam have continued working hard on their karate skills. They have also purchased uniforms which look fantastic; and have received their first Belt which is White!!

The group have been working hard on gaining core strength and each week Sensei Leanne sets up circuits for the class to complete which include a series of sit ups, squats and push ups. Whilst building on the skills the group is already familiar with, Sensei Leanne has added new challenging stops to the circuits, such as mountain climbers and weight balls. Sensei Leanne has also been showing the class different Karate techniques and movements which is aimed at increasing their motor skills, confidence, concentration and coordination.

Everyone thoroughly enjoys the class and is looking forward to increasing their skills and knowledge in the class next year!



THE FACTORY CHEFS COOK UP A STORM AT BENTONS SQUARE

The Factory's cooking program at Bentons Square Community Centre is going strong and we recently welcomed Leah as a new member to join our group. Leah already knew a couple of our chefs and is fitting in well. We now have 5 chefs, Leah, Stephany, Owen, Ezza and Catherine.

The Healthy Cooking chefs have been improving their cooking skills by following the recipes in the focus recipe book "Delicious Dishes" and the "Step by Step Visual Cookbook".

The chefs have chosen the recipes on the basis of fulfilling a healthy lifestyle and are increasing their life skills by selecting the appropriate ingredients to buy, meal preparation, choosing their utensils and cooking in the most efficient way.

The group is using their skills during the whole cooking process beginning with choosing dishes from the recipe books through all the cooking stages including purchasing ingredients, preparing them for cooking, cooking and the final tasting.

The chefs are also improving their social skills and community integration whilst shopping for ingredients. After completing their individual and team roles the chefs have the chance to taste the results.

The tasting section of the program is always a highlight where the participants express their success and delight of each other's handiwork.



INDIVIDUAL SUPPORT

COMMUNITY PARKS AND RECREATION

Community Parks and Recreation focuses both on keeping physically and mentally active. The group visits various outdoor parks and recreational areas where they enjoy bushwalking and gentle physical activities connecting them within their communities and developing the feeling of being part of a group.

Going to cafes and exploring shopping centres is also a feature of this group, encouraging members to engage in conversation with retail staff and members of the community, which builds on valuable life skills, community inclusion and their rights and responsibilities in the community.

The Program is designed to enhance and develop knowledge, skills and confidence; it provides a platform that engages people through skill building, social interaction and engagement in the local community. Each member of the program spends time building on their computer skills researching different Community Locations that they would like to visit on the Internet.

The group have enjoyed visiting various walking parks this term, including The Dromana Bay Trail, Hastings Foreshore, Devilbend reservoir, Mornington Bay Trail, Balcombe Estuary Boardwalk, McClelland Gallery and Sculpture Park and the Briars woodland and wetland walk.



POTTERY AT MORNINGTON

The Pottery session is turning out to be a highlight of the week at The Factory; everyone looks forward to Janet coming and sharing her knowledge and skills.

The group has been busily transforming clay into several Christmas themed items which include feature bowls for the table and snow men which will be mounted inside snow domes. The group is also working on making personalised Christmas cards and envelopes whilst waiting for the clay and paint to dry.

The session has seen our potters develop in confidence and increase their communication, individual and team work skills. Interactions during the pottery sessions have played a positive influence in also increasing social integration, which has lead to an enhancement of roles within the group.

Individuals are able to express themselves in the pieces that they create and are always keen to show their flare as they add their own personal touches.

When pieces are completed there is a real sense of satisfaction, as their efforts can be seen in their masterpiece that has come to life.



INDIVIDUAL SUPPORT



MEN'S SHED OPEN DAY

It was a male oriented group of Dromana people that attended the Mornington Peninsula Men's Shed Open day in November.

The group went to the day at Moorooduc train station where the station master welcomed all to the day, in front of a fantastic looking restored steam train.

Everyone boarded the train, experiencing old world charm by sitting in a carriage with old compartments whilst the train travelled through bush settings to Mornington.

Here everyone got off the train and enjoyed the opportunity to get up close to the locomotive. Upon returning to the Platform at Moorooduc station a Men's Shed was busy on the BBQ preparing a delicious sausage sizzle, which was obviously enjoyed by all. Participants enjoyed chats with men from various men's sheds over a cuppa.



OUTREACH NEWS

ARTHURS SEAT SKYLIFT

Friends Marcus & Dino journeyed up to the summit of Arthurs Seat to the Eagle Cafe where they met Tony Shaw & Neil Mitchell who were broadcasting live on 3AW radio. They both had a great time enjoying the ride, the fantastic view and each other's company as they rode from the Summit to the base station and return.



QUEENSLIFF FERRY

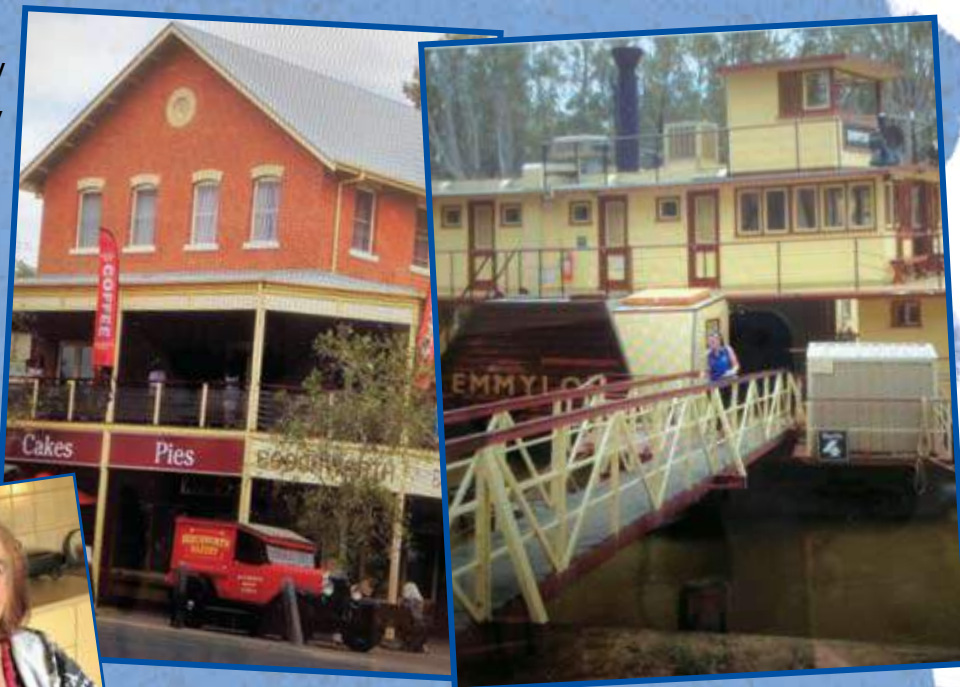
Dino enjoys getting out and about and participating in activities on the Peninsula. We recently went to Queenscliff on the sea ferry from Sorrento; we visited the Arthurs Seat lookout and the new chairlift. Dino also got to handle and feed the farm animals at Rain, Hayne and Shine farm in Tuerong.



ECHUCA HOLIDAY

Les and Shirl recently travelled by train to holiday in Echuca. They ventured up the Murray on the Emmy Lou paddle steamer, tried the delicious cakes at the Beechworth bakery and enjoyed visiting The Shamrock Hotel.

Shirley enjoyed the opportunity to cook an evening meal while Les played the guitar.



FAMILY FEUD

We had been wanting to go and see the recording of the Family Feud Show for quite a while. With our support workers help we got tickets and caught the train into the city.

We walked from the train station and had lunch outside the Art Centre, before attending the TV studio.

They filmed six episodes and we got to see Grant Denyer in person which was pretty exciting. The studio wasn't as big as we thought, but it was good to see how a TV show was filmed. We will be looking out for our faces in the audience when it airs in January.



ART GROUP

On Tuesdays Jacqui participates in an art class at Dromana senior citizens community centre where she enjoys painting on canvas.

Jacqui enjoys the interaction with the ladies in the group, chatting with them and enjoying morning tea.



FRANKSTON

Rene enjoys taking long walks through the parks & gardens and visiting the Frankston library where gets the opportunity to work on his computer skills.



YMCA WEEKEND ESCAPE – MOUNT EVELYN

Elly, Veronica and Ezza attended the YMCA Weekend Escape in Mount Evelyn. They all had a great time and enjoyed some Olympic themed activities! Everyone was separated into three teams and each team designed their flags and wrote an anthem for the opening ceremony.

Elly, Veronica and Ezza got involved in javelin, basketball, archery and heaps of other activities! Ezza and Elly braved the giant swing. Later on, everyone danced the night away at the Olympic Party.

Ezza and Elly performed a couple of tunes at the Talent Show on Sunday morning while Veronica cheered everyone on. The weekend flew by and a good time was had by all.



CIRCUS OZ

We headed to the Frankston Arts Centre to watch a truly amazing performance from the stars of Circus Oz.

This performance was not like your average every day Circus – a small cast put on an amazing show. The stamina of the performers is breathtaking as they run, jump, twist and fly through hoops over and under each other. There was plenty of humour as well and we all had a good laugh. We were all in awe of what the performers could do with their very fit bodies. Wow - well done CIRCUS OZ....



A DAY AT THE RACES

Nick, Stuart, Heather, Julia, Rob, Kylie, Christopher and Calum enjoyed an exciting day at the Balnarring Races. In true racing tradition we had lunch in the car park and then headed off to study the form of the horses racing on the day. We parked ourselves right in front of the winning post and cheered as the horses came thundering past.

Stuart picked two winners and a second place. Nick, Heather and Christopher were not so lucky. Rob and Kylie came out in front at the end of the day. This was the first meeting for the season, a big turnout was expected and they came in the busloads, and even some on horseback. Many thanks to Toby's dad Terry who donated free tickets. Much appreciated!



A DAY AT THE SHOW

The 'focus on Fun' group visited the Royal Melbourne Show. We were blessed with perfect day weather wise. Nick, Leanne and Stuart were the thrill seekers taking the time to ride the roller coasters while the rest of us were happy to keep our feet on the ground.

You can't go to the show if you don't get a show bag or two or three or four. Heather had done her research and had a list of what she wanted to buy. Everyone managed to locate their show bag of choice. Of course the iconic Bertie Beatle bag was amongst our purchases. It was a very different ride on the way home with not much chatter, as everyone was tired after walking around all day.



KYLIE'S EXHIBITION

Irene enjoyed the train ride into the city to see Kylie Minogue's costume display at the Melbourne Arts Centre - a free event. Around 30 of her outfits were on display. She is so tiny and has the world's most famous fashion designers providing her with some interesting and "out there" outfits.

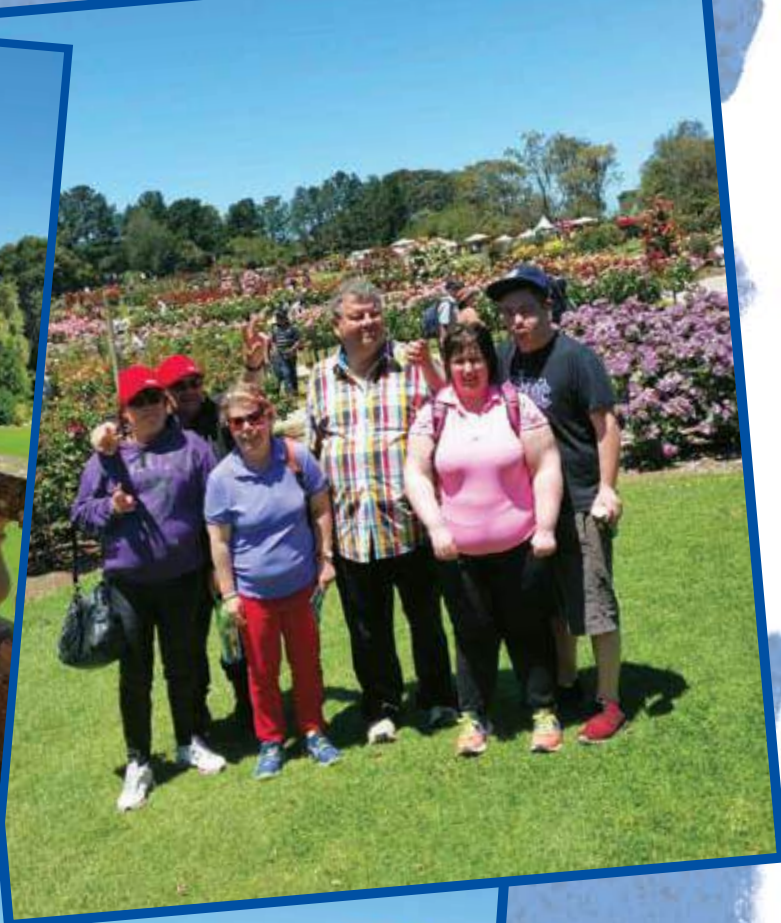
A large screen showing Kylie in concert which coincides with her outfits was amazing.



WERRIBEE MANSION

A beautiful sunny day for the focus on Fun group's visit to Werribee Mansion was more than we could ask for.

Kylie, Rob, Julia, Leanne, Jaimie, Nick, Stuart, Heather, Stephany and Andrea had fun finding their way around this magnificent mansion. There are so many rooms showing all original furniture, carpets, the some of the biggest paintings we have ever seen. If only



the walls could talk around the history of this old home. We were given some interesting information supplied about the servants. Ladies and children were not allowed to have showers back in the 1920's; they were only allowed have a bath. The mansion is surrounded by magnificent gardens. The rose gardens feature 50 different species of roses in full bloom! All in all it was a great day out.

