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Paul Williams

Executive Team

Gail Foster
Chief Executive Officer
Nicole Williams
Manager Client Support
Lisa Wilson
Manager Human Resources

FROM THE CEO ...

Once again we have produced another informative newsletter that will demonstrate some of the wonderful programs our people are participating in.

I need to begin my column by acknowledging the hard work of Jo Delaney, our Community Development Worker, who through her work, has made many of these programs possible. Jo is constantly on the look out for opportunities that will assist people with a disability to become more involved in their local community. Her ability to build community relationships and link people to exciting activities that will be of benefit excellent. Thank you Jo.

I also need to thank all the staff who put aside a bit of their valuable time to write the articles for the newsletter, without your contributions we wouldn't have a newsletter.

On a different and more difficult note, it is with sadness I write about the passing of two of the long standing members of our community.



Ms Dianne Porter had resided in Oppy House, Frankston, since she was about 25 years old. Dianne sadly passed away, in hospital on 29th April, aged 59. The Oppy ladies – Fiona, Jane, Pip and Maria and the staff describe Dianne using such words as funny, happy, endearing, cheeky and stubborn and will all miss her. Deepest sympathy to her sister Lyn, twin brother Robert and extended family.

Rest In Peace Dianne.

We also recently lost Ms Leila McGillivray, who passed away after a long illness. Leila was a Director on the Board from the very early days until she retired in 1996. The Board honoured her outstanding contribution by awarding her the first Life Governorship of Kindilan Society. A small honour given the extent of what she had achieve both as a member of the Board and as the Manager of the Opportunity Shop over many years.

It is true to say that without the diligence and the hard work of Leila, we would not have the large organisation that we have today, for that we are truly grateful.

VALE – Leila.

I am please to report that the new Ash House is now well advanced, the frame is complete, the roof on and the brickies will be well on the way by the time the newsletter goes to print. People have chosen their rooms and are starting to think about colour schemes and decoration. When it is completed the house will have ceiling hoists in most bedrooms, large rooms and a wide passageway to make life easier for staff and client alike. We are still planning to be in the house before Christmas, the builder has assured me it will be ready.

Gail Foster
Chief Executive Officer

BALCOMBE

CHRIS' TRIP TO SYDNEY

One of Chris' all-time favourite movies is **Strictly Ballroom**, so when he heard that it was now a stage play he was keen to see it. On 31st May, Chris set off to Sydney to see Strictly Ballroom.

Chris stayed near the theatre so it was easy to get there from the hotel. He arrived in Sydney went to the hotel to get spruced up and headed out to dinner for a steak before the show. Chris was very happy and excited to get to the theatre and had fabulous seats 5 rows from the front. The show was fantastic, he really enjoyed it. The costumes, music, acting and dancing were all superb. There were many actors who were familiar faces from Australian T.V. The final song was "Love is in the Air" all the actors came into the audience and pulled up people from the audience to dance on stage, Chris chose not to go on stage, but loved to watch everyone dance and sing along to the song. The atmosphere was electric and everyone had a ball. He loved it.

The next day, Chris enjoyed a buffet breakfast at the hotel and then went for a wander around Darling Harbour. He went to Madame Taussads to see all the wax models; he was in awe of the wax models and couldn't believe how much they looked like the real people. Chris had many photos taken



with all sorts of people; he really enjoyed his time there. Chris is a massive Hawthorn supporter and wanted to watch the game on Sunday afternoon, so headed to a massive sports bar at the Casino, the game was on a huge screen and Chris enjoyed a wine while watching his Hawks beat GWS. It was a close game and he was quite anxious in the last quarter, and then very excited when his team won. He enjoyed a nice dinner at Hogs Breath, where he could have a great steak. He enjoyed his meal and then a wander around Darling Harbour looking at all the night lights. Chris came home to Melbourne tired but happy after a fabulous trip.



HARTIGAN

JEANNETTE

Jeannette from Hartigan, continues her volunteer work every week at the Peninsula Special College in Dromana.

She assists the children in a PMP program which is designed to help with their hand eye coordination, cross body movement and their willingness to participate.

Many of the activities, which engage perceptual motor skills, also develop memory. Research shows that there is a strong link between language acquisition and coordination.

The children greet Jeannette with a big "good morning Jeannette, and are very grateful for her assistance each week.



OAK FLAT

Stefan has been enjoying various activities; his favourite seems to be our program after swimming. He enjoys the water immensely and has had a lot of fun. He also likes to participate in the Drum program from time to time...The new activities are having a positive result for him.

AROUND THE HOUSES



BERRY FLAT

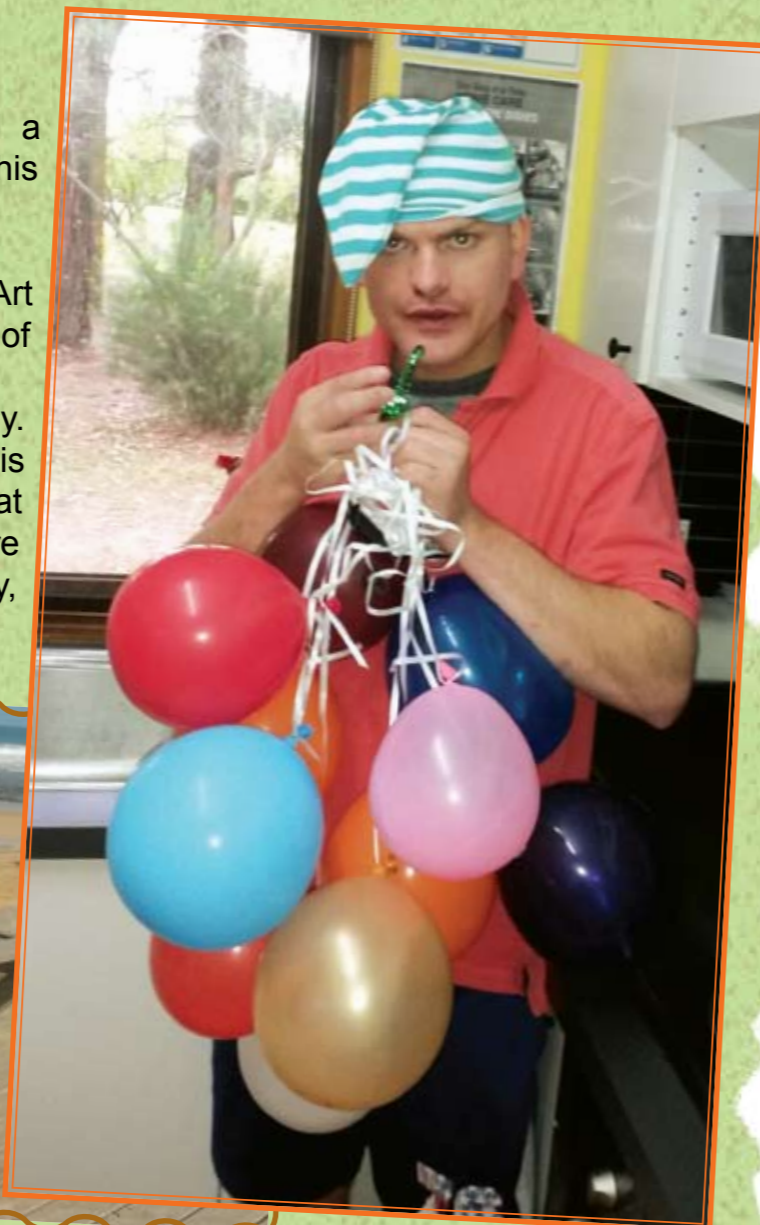
MIK'S ACTIVITIES

Mikael loves relaxing with a subway and a hot cuppa at Gunnamatta Beach – one of his favourite beachwalks.

Will he be the new Mikael-Angelo?

Under the skilled guidance of Cheryl in the Art Program, Mikael produced an amazing work of art which he now proudly displays in his flat.

Mikael recently celebrated his 33rd birthday. He started with a feast at home with his mother and friends, then later at his flat displayed his pupeteering skills, before opening his pressies. Mik had a great day, with lots of fun tossed in.



THE RISE

DMARK MUSIC

Every second Saturday from 10-1pm

\$12.50 per person

Plenty of music, singing, laughter, finish off with a sausage sizzle and drink at the end of session

Aaron has been attending this activity every second Saturday for the past year and enjoys the opportunity to jam with Mark on a guitar. He also loves the social side of these Saturdays to catching up with people who love making music like he does.



AROUND THE HOUSES

OPPY HOUSE

The Oppy Ladies recently enjoyed a lovely day out at Moonlight Sanctuary, giving them the chance to get up close and personal with a number of native animals including dingoes, koalas and wallabies, however it was a creature of a more exotic variety that Maria was particularly taken with and was a very happy lady hanging out with this python.

Sally is all smiles and settling nicely with her move to Oppy House. Sally says she is looking forward to doing new and exciting things, going to dance classes and making new friends. Welcome Sally !



INTERVIEW WITH LEIGH PETERS

Hi Leigh, please tell us a bit about yourself.

"My name is Leigh Peters and I live in Rosebud."

Where do you work and what do you do there?

"I work in Connections during the week. I do mowing, cooking and other activities such as fishing."

What do you do on the weekends?

"I like relaxing and sleeping in and I have a few jobs around the house such as doing the washing and emptying the dishwasher. Every Saturday I come to the 'focus' Art Respite Group and meet Steve, Natalia, Elly, Michael and many more friends. I like having a laugh and a good time."

Why do you go to the Art Respite Group every Saturday?

"I enjoy working in the studio because it is fun, I get to do drawing, painting and collage, I then use these skills to make animations."

What have you been doing lately in the studio?

"I have been developing animations since late last year."

How do you do these animations?

"The first thing I do is to think about the idea I want to tell. My first animation project was about a 'City Journey'. I built a car with wood, painted it blue and I decided to use that car in my story. I used a storyboard to plan each scene in the animation movie. I painted backgrounds for each scene, then I took photos of the car moving and put them in the computer. Using iMovie I added sound effects and music, a 'The End' and uploaded the movie on the Internet for everybody to watch it."

How can I find this movie?

"You can find it on the Internet. Just type 'Leigh Peters City Journey' and you will find it in YouTube (www.youtube.com/watch?v=bzYmNJLipfk)."

Are you working on anything else right now?

"Yes, on a footy animation."

What is it about?

"Going to see a Collingwood vs. Melbourne game with my sister."

Are you using the same technique?

"Yes."

Are you changing anything or doing something different to your first animation?

"Yes, there is a train in this one and I trying to do it 3D. My characters might be puppets and I will add recorded dialogs, among many more things."

Thanks Leigh, I am looking forward to your next movie animation!



INDIVIDUAL SUPPORT



CARRIAGE DRIVING

This year the Support Services has been fortunate to secure spots in the Carriage Driving program which is run at Mornington Race Course by R.D.A V, two mornings a week. We currently have 6 participants who attend this fabulous program, Lindy and Andrew on a Monday and Holly, Ricky, Philip and Julie on a Wednesday.

Carriage Driving provides a freedom of mobility; an achievement that is not always possible for some of our participants. It is very therapeutic. It enables our participants to enjoy this unique form of exercise which aids co-ordination and balance, stimulates the mind and circulation and improves tone and muscle development as well as increasing confidence and self esteem.

Holly is thoroughly enjoying the whole experience and is always asking to go faster. When it's Ricky's turn he wants to be in control and takes hold of the reins (second set), as his horse is steered around the track. Philip is a very confident driver and likes to watch all of the



horses when they are in motion. Both Julie and Andrew's smiles are abundant every time it's their turn on the carriage. As the horse gets ready to take off, Julie likes to say 'go', while Andrew can't help but laugh when the horse breaks into its trot. Lindy being an avid horse lover enjoys everything about this program, but in particular is fond of spending time with the horses after her drive.

This is truly a top program, and thanks to the absolute awesome team of Volunteers, one in which our participants have the opportunity to really engage in. We look forward to sharing more Carriage Driving news and photos in future newsletter editions.



INDIVIDUAL SUPPORT

CLOSE THE GAP

On the 20th March 2014, the participants from Flinders hosted a 'Close the Gap' event in the Sensory Garden at Red Hill, as part of celebrations across the country.

The aim of the event was to increase awareness of indigenous health issues, educate, collect signatures and handprints and in general show our support for the Close the Gap cause. Flinders group researched the message and reasons behind Close the Gap, meanings of many Indigenous artwork symbols and went about spreading the word.

Many fabulous artworks for this event were made over several months and included posters, musical instruments and banners. On the day all ISS participants were able to show their support and had the opportunity to apply a temporary tattoo and add their hand print to our pledge..

A wonderful BBQ lunch was enjoyed and everyone joined in the music and dance. Leading up to the day our land acknowledgement plaque was framed and is on display in the Red Hill foyer. A stone mosaic wall within the Sensory Garden was also designed and painted by participants. This was unveiled as a key part of the day's celebrations and this beautiful artwork feature is now a permanent display of our ongoing support.



HAVING A SAY

If you are one for fun, adventure, trying new things and having a good time, well look no further because the 'Having a Say Conference' is for you. This year nine participants from Individual Support attended the annual Conference in Geelong on February 5th -7th; Amanda, Nick, Tim, Marcus, Gerard, Marie, Tim J, Veronica and Mary. Our days at the Conference were filled with many opportunities to listen to guest speakers, get involved in the many workshops on offer, meet new people and participate in the Come and Try activities such as going bowling at the local alley, fishing down at the pier, sports



and dance sessions and craft activities. Some of the best being the thrill seekers Harley Ride that Nick and Tim took part in, the Floristry class where Marie was able to construct a beautiful bouquet of lily's and

violets, Indoor Cricket where Marcus Watson was able to master the innovative new automatic indoor cricket machine, the Zumba class where Gerard strutted his stuff and the Hair and Make Up session where Veronica was able to get all dolled up for the Dinner Dance. Speaking about the Dinner Dance, this year's theme was 'The Garden Party Ball' and it was truly a fantastic night. The Dinner Dance was held at The Pier Geelong which is located on Cunningham Pier, a very grand venue beautifully decorated and with amazing views. This year's band Louie and The Party Boyz were sensational and had no problems getting the whole venue off their seats and onto the dance floor for a full and fun night of partying! During the evening much to Mary and Veronica's dismay we almost had the whole place joining in on our Happy Birthday song to celebrate their special days!

Another great evening during our stay was the Red Faces Talent Quest held at the funky Sphinx Hotel. This is a night where competition entrants, around 50 this year, get up on stage and showcase their talent to everyone in attendance. We had three acts entered and they all did such an awesome job. Marcus performed 'Ging Gang Goolie', Marie sang the popular John Farnham song 'You're The Voice' and Mary and Marcus S danced up a storm and landed themselves a place in the finals held at The Closing Ceremony on the last day of the Conference. There were 10 finalists and congratulations and applause all around as our talented dancers Mary and Marcus came out on top winning first place in the competition. To top off their day they also won a prize in the Art competition, with the beautiful piece that they created together depicting the competition's theme 'Our Voice.'

All in all it was a terrific few days away in Geelong where everyone enjoyed themselves; they are all now looking forward to the opportunity of returning to Geelong in 2015 for another great Having a Say Conference.



ART RESPITE

PROGRAM

What is Art Respite?

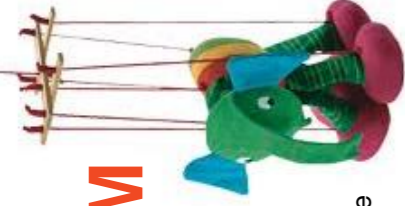
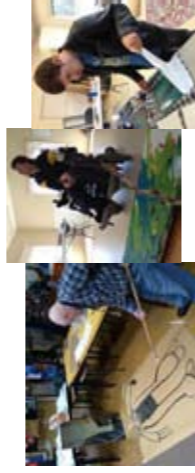
It is an opportunity for people with an intellectual disability to work within an art studio environment, experiencing a range of styles and materials, from all levels of ability to create artworks, including drawing, painting, printmaking, sculpture, performance art and or live art, computer aided artwork, animation, textile and video.

HISTORY

The Art respite program has existed for over 10 years; we have had the opportunity in that time to work with some amazing people. We are always interested in working with artist's from the community, working on public art projects, and establishing collaborative projects.

EXHIBITIONS

The Team believes in the art works that are created by artists within this program/studio. We are continuously seeking places to exhibit the art works. We have exhibited each year at various galleries and cafes around the peninsula. Our artists have the chance to exhibit and sell their works to the public and they have been very successful in doing so.



Who: Open to anyone with a disability living at home, who is interested in art or other creative pursuits.

Where: 15 Gibson Street, Dromana @ Dromana Community House.

When: Every Saturday from 10am to 3pm.

Contact: Focus office is open Monday to Friday 9-5.

Contact Lisa Owen on 5989 4103 or owenl@focuslife.com.au

Cost is: \$10 (Materials, tea & coffee provided)



"I have been doing art for more than five years. I have sold some of my pieces. I love painting"
Michael Greaves

WORKSHOPS

- Drawing.
- Sculpture.
- Puppets.
- Computer Animation
- Plain Air Landscape Painting.
- Printmaking.
- Painting.



INDIVIDUAL SUPPORT



"I enjoy working in the studio because it is fun. I get to do drawing, painting and collage I then use these skills to make animation. Check my last animation at"
www.youtube.com/watch?v=bzYmNJLpik

Leigh Peters
Working in the Animation workshops



Elly Luks
Painting her sculpture.



INDIVIDUAL SUPPORT



AIMS OF WORKSHOPS

'CHOICE'

We have developed a range of workshops so that people have a 'choice' in what they make. We are committed to work with peoples choice as appose to what we want, this allows the programs to have flexibility and endless opportunities to work in collaborative projects and individual projects.

Opportunities and skills as outcomes for workshops

There are many skills learned from the different workshops that are on offer, each workshop has its own skilled based activates.

Drawing: product design, observational drawing, form, proportion and colour design and traditional and non-traditional drawing techniques,

Sculpture and puppets: hand tools uses, 3D form, product design, collaborative projects, installation design and how to use material; informing the project

Computer Animation: digital photography, narrative building or story creating, sound creation, project management and digital communication skills

Painting and plan air painting: Layout, blocking-in, composition, paint design, colour mixing, exploitation of form, textures and mark making, community experience

Print making: drawing, engraved lino, engraving tools and techniques, mono printing, inking and rolling, edition of prints, handmade and hand printed, collaboration and team building experiences

INDIVIDUAL SUPPORT



ADVOCACY MEETING



VALID is an advocacy group for adults with an Intellectual disability and their families, they empower people to exercise their rights, and have choice. Every month they hold a meeting in the Southern region to pass on information, discuss events and issues in the area. A group from 'focus' attends each month, they enjoy the social aspect as well as hearing about what's going on in the region.

On Tuesday the 29th of April Marcus and Veronica chaired the Southern Region VALID meeting at the Mordialloc Hall. As part of their role they needed to read out the minutes from the previous minutes, read out the agenda, introduce the guest speaker and ask questions. They both did an amazing job and the staff from VALID hope they both put their hands up again next year to chair another VALID meeting.

ANITA

Anita has discovered a love of foot spa's. She initially said she did not want to try it but after a couple of weeks of seeing other people having fun, she decided to give it a try. Now it is one of her favourite things to do. We have been experimenting with different amount of bubbles and this time we have a waterfall of bubbles, lots of fun until it was cleaning up time!



INDIVIDUAL SUPPORT

BUNNINGS BBQ'S

We have been able to continue our fundraising endeavours this year thanks to Bunnings allowing us to be involved in the Community Fundraising BBQ's.

The Bunnings BBQ's are a positive experience in many ways as they give us the opportunity to raise funds to purchase added equipment for use within our programs, give our organisation community exposure and offer our participants a fabulous way to meet and chat with people in our local community, while increasing their work and social skills.

To date this year, our fundraising efforts have seen \$3555.45 raised and funds have been spent within our Yes I Can Handyman program, our Red Hill garden and the art program. We are currently looking to purchase a range of equipment for a new stretch and movement program that will run in the Negri Hall at Red Hill and will be of great benefit and enjoyment to many of our participants. We would like to once again give a special mention to the following local businesses for their unwavering support of 'focus' in our fundraising endeavours.

- Dromana Fruits
- Rolls & Scrolls Bakehouse and
- B.R. A.D's Fresh Meats

Your generosity with donations is very much appreciated, thank you!



KINGSLEY

LATEST CRAZE

The Kingsley room is right at the forefront of the latest craze of loom bands. The new craft program decided to get on the bandwagon early and see what we can do with these amazing little bands. Timara is a natural and makes bracelets, necklaces and is now trying rings. Geoff really likes being the recipient of these fantastic items and gets quite upset if he isn't wearing at least two pieces of the work. We are now going to be selling these items and you can customize your order by choosing the colours and even the design



INDIVIDUAL SUPPORT



McALISTER OUT & ABOUT

McAlister people have been out & about in the Community and most participants are getting involved in courses and volunteering opportunities. They are loving every minute of it.

Every Tuesday morning Jane volunteers at the Red Cross Store in Frankston and can't wait to get to the store each week. She has been made very welcome by the other volunteers who work in the store Tina, Kate, Cheryl and Jackie. She enjoys sorting the donated items, getting them tagged, hung, ironed and ready for sale as well being part of the Tuesday team.

Sue, Jane, Amanda and Fiona are now 9 months into their Certificate 1 in Work Education Course and while its hard work they are really enjoying being part of a classroom environment; learning new things and gaining new skills. The ladies have recently completed a work taster unit and are preparing for their work placements.

Sue has just commenced a Basic Hospitality course on Thursdays and cooks up a storm each week in the Brotherhood Community Kitchen in Frankston. Sue and the other course participants cost out their recipes to ensure they are within their budget, they then shop locally in Frankston for the best deals on their ingredients and then its off to the kitchen to prepare the dish. Sue is getting to know the retailers in the area and has been putting her budgeting skills to good use at home.

On a Mondays Chris and Marie attend a Literacy course at the Langwarrin Community Centre with 9 others from the local Community. Chris and Marie are enjoying the course and the opportunity to increase their knowledge and meet new people. They are now using public transport to attend their class.



INDIVIDUAL SUPPORT

Philippa and Fiona have started volunteering with the Frankston Mobile Library Service. They select, deliver and return books for 5 residents who live at The Lodge Village, Baxter. One of the residents that they assist is 104 and looks forward to the ladies visit. This volunteer opportunity is a perfect match for both Philippa and Fiona who are avid readers themselves and love a chat.

Sam, Chris, Adam, Bernie and, Amanda are also now volunteering with the Frankston Council Meals on Wheels twice a week. They deliver meals to residents living in the Frankston and Langwarrin area on a Tuesday and Wednesday and are getting to know the residents they deliver meals to. This has been fantastic for McAlister who have met so many wonderful people through their participation in this Community program.

So as you can see McAlister has been very busy and there are more fabulous ideas, experiences and opportunities afoot. Stay tuned.



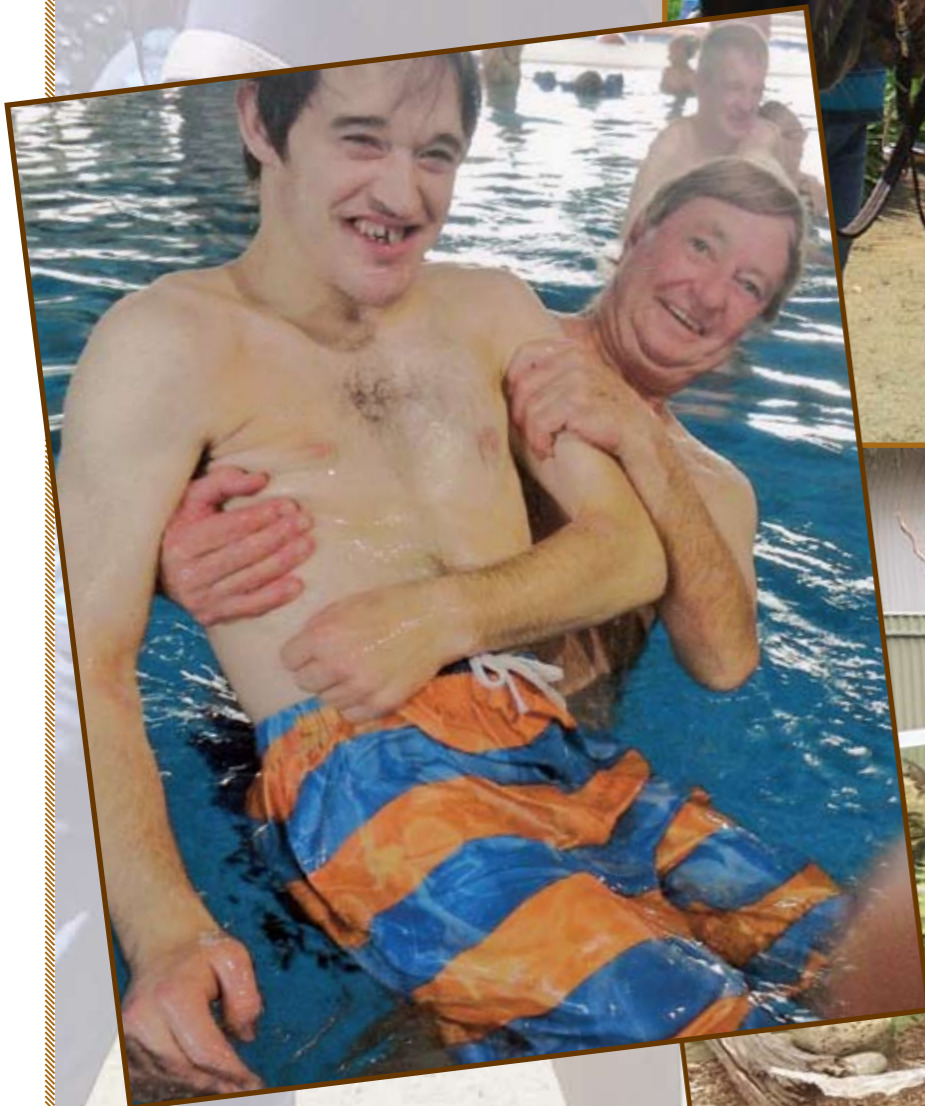
INDIVIDUAL SUPPORT



COREY

Corey gets out and about on many activities he really enjoys. eg; (Horse Riding, Swimming, Walking and relaxing at the parks.) Corey went on a full day outing to the Moonlit Sanctuary, which he loved. He sat next to the Kangaroos and fed one of them. Corey loved interacting with the Animals around the park.

On another day he went to Mornington Park to see the ducks on the lake. Corey was eating his lunch when a duck walked passed and took a piece of his apple from his plate. Corey started laughing and continuing eating his lunch.



INDIVIDUAL SUPPORT

OUTREACH

Gary has made the front page of our local newspaper! As reported in a previous Newsletter the story of Gary moving into his unit. Gary has now been living independently since November and loving it! He is able to access Pelican Park gym and pool 3 or 4 times a week, and is getting to know some of the locals while out and about. Gary is very house proud and keeps his unit clean and tidy. Well done Gary!

Tim enjoyed an afternoon at McClland Gallery wandering around looking and touching the weird and wonderful sculptures that are spread over the grounds.

Ryan working out at the gym – Ryan attends gym on a regular basis and just loves the rowing machine. He really does work up a sweat. Go Ryan!!

OKLAHOMA

Les and I wanted to go and see the show Oklahoma at the Frankston Cultural Centre. With assistance we booked the tickets and made reservations at Davey's for dinner on the night. We dressed up really nice and went to Davey's for a meal and a drink before the show. We had great seats to see Oklahoma two rows from the front. Shirley and I sang along to the songs we knew, I nearly fell off the chair when the cowboys started shooting their guns It was a fantastic show and we had a lovely night out.

Les and Shirley Warren



WORK EXPERIENCE

This summer, I did work experience on Friday's at the Bunnings Frankston Store. During my time, I worked in the nursery and gardening. Some of the tasks I was responsible for were watering, refacing of the plants and restocking. It was a great experience and I learnt many new skills including the importance of teamwork. Thank you to the Bunnings Team at Frankston who supported me with this placement, particularly Sandra and Steve. I really enjoyed this opportunity. Tim Jolly



STAFF NEWS

Staff member, Caleb has flown to England to get married. We all would like to wish him and his soon to be wife all the very best for the future.



YMCA CAMP – MT EVELYN

In March Veronica, Amanda and Marie all very excited about getting away for a weekend; set off for an adventure to the YMCA Camp in Mount Evelyn. They had a weekend full of great food, good people, did fun and crazy activities such as archery, the giant swing, craft, tie dye, loads of singing and dancing and met lots of new people.



‘LET’S GO SURFING’

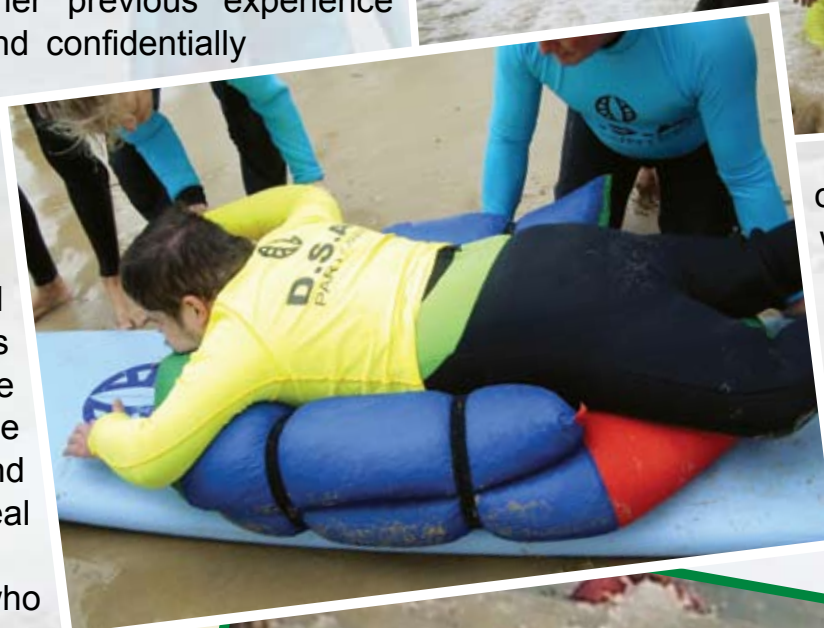
The Disabled Surfers Association Mornington Peninsula (DSAMP) held their 2nd ‘Lets Go Surfing’ Event at Point Leo on Saturday 15th March and our participants couldn’t wait to once again get involved.

Veronica put her previous experience to good use and confidentially caught a wave to the shore.

Owen, who was a first time event participant had no problems mastering the board and the waves and looked like a real professional.

Chris who thoroughly enjoyed this event last year was back again to show everyone how it was done and his smiles were abundant.

It was a great afternoon and the event was again well supported by a huge



band of Volunteers who were there to assist the loads of people wanting to give this exciting sport a go. Thank you DSAMP for providing such a wonderful day and this fabulous event!



DSAMP
Disabled Surfers
Association