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**Executive Manager, People &  
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## FROM THE CEO ...

Welcome to our first newsletter of 2018; as usual it is a bumper issue full of all the activities people have participated in over the beautiful summer months. Summer on the Peninsula this year has been perfect; however as we begin our preparations for Easter the mornings are getting noticeably cooler.

I know we have been discussing the impending National Disability Insurance Scheme (NDIS) for several years but at long last it is here!! Many of our families have already been contacted to begin pre-planning and anyone who was on the DHHS waiting list for services should have had their plans completed. We already have a number of people who have had their plans and we are claiming their funding from the NDIS. We expect that everyone will have their plans completed by the end of this current calendar year. The whole Scheme has certainly picked up pace over the last few months.

If you are contacted by either the NDIS or the Brotherhood of St Laurence to begin your plan, remember we are here to help. The **focus** Support Planners have a wealth of knowledge about the NDIS and what should be included in a person's plan and the services your son/daughter/sibling currently receives.

The **focus** Support Planners enjoy an excellent reputation at the NDIS for being extremely well prepared, with the correct information ready for the planning meeting. The families that have used them have come away with good plans that will provide the support they require. The **focus** Support Planners can be contacted on (03) 5989 4113. They are available to assist every family through this process.

On behalf of the Board of Directors and everyone associated with **focus**, we send our best wishes to our Founder and Patron, Mr Tony Negri. Tony hasn't been well of late. We all wish him a speedy recovery.

Sadly, we also report the passing of two of our clients:

**Geoffery Gerring** passed away in January after a short illness. Geoff had lived in Ash House since the early 1980's.

**Alistair McLachlan** also passed away in January from a degenerative illness. Ali had lived in our Frankston House for about 6-years.

We offer our condolences to both their families.

In closing, I take this opportunity to wish all our families and supporters a very Happy Easter, enjoy the short break.

Gail Foster  
Chief Executive Officer



# AROUND THE HOUSES



## A SUPPORT PLANNER UPDATE:

We have MOVED!!

You can now find us up in the office at Red Hill with the rest of the Client Services team – feel free to give us a call on 5989 4103 if you have any questions or would like support in preparing for the NDIS transition.

At this stage we have supported a few families into the scheme, with most participants scheduled to enter the NDIS between April and September this year. The next few months will see us gathering information, working with families, attending workshops, and holding on tight as we navigate our way through the new landscape of the disability sector.

So here we are, if you would like us to support you with the process, we are happy to oblige.

Support Planners

## CAREMONKEY

As a result of the Family Survey conducted last year, where you all told us that we need to improve our communication with you, **focus** will be implementing CareMonkey.

CareMonkey is an information technology (I.T.) platform that allows us to be able to send documentation electronically to families and be able to store and track information shared. This will replace the need for hard copy letters and documentation being sent via Australia Post which is an ever increasing cost and at times is not reaching people in a timely manner.

We thank all families who provided their contact details to us recently. We are using the information to update our systems and to put profiles together within the CareMonkey system. If you believe you haven't supplied your details and you have an email address, and understand how to navigate around websites or use Applications on your phones/iPads then please send me your details via my email address and I will update your information: [stewartt@focuslife.com.au](mailto:stewartt@focuslife.com.au)

Our next step is to trial how the CareMonkey system will send and receive information before we send it out to all families to incorporate. We will be working on the trial over April/May with the intent to have the system fully operational by the start of July. We will be putting together information packages and provide advice and support to families to assist in putting this system in place, so please don't feel concerned at this stage, we will work with you. We will also work on a communication strategy for families who are unable to implement CareMonkey because they do not have email, phone applications or website abilities so they continue to receive the information they require.

Toni Stewart  
Executive Manager Client Services



# AROUND THE HOUSES

## BALCOMBE

## BALCOMBE ACTIVITIES

Again it's been another busy few months at Balcombe. Chris, Marcus and Julia have all celebrated their birthdays. Marcus's Superhero party at Balcombe was such a great day and enjoyed by all who attended.

Valentine's Day Chinese dinner was also a great night out, catching up with some special friends we have missed.

All of us have been making the most out of the summer months with BBQ's out in the community. Chris has been learning some new skills and is now our official BBQ chef!

Marian has been making sure our garden is well maintained while adding some few new additions.





# AROUND THE HOUSES



## BALCOMBE

Chris has always loved horse racing, so he headed off to the Peninsula Cup on Australia Day . Chris was invited to enter the members area and mounting yard and was able to get up close to horses and jockeys before watching on the rails where he was very excited as he felt the thud of the horses as they raced by.

Chris enjoyed the company of Marian on the day.



## OAK FLAT

### TY

Ty was looking cool on a visit to a Mornington restaurant before going on his outing to the marina on a beautiful day.



# AROUND THE HOUSES

## OPPY

### A WALK ON THE BEACH

Pip and Jane were walking on the sand without shoes, but Lisa preferred to keep her shoes on.

It was a warm day; we took a short walk then watched the people and their dogs on the beach.

Jane found few people to chat to and played with their dogs.

Pip sat on the beach quietly watching the views.

Lisa chose to stand still while watching all the visitors.

On another day Fiona, Jane Pip and Lisa had a whole day at the Beach.

They packed sandwiches and drinks for a picnic, all wore sun lotion and hats while sitting in the sun.

Jane had a swim but Pip just put her feet in the water, it was a little too cold for her.

Fiona chose to just lie on the yoga mat and relax.



## BANKSIA

### LOUISE

Louise moved into Banksia house late last year and has settled in very nicely over the past few months. Before coming to Banksia house, Louise lived at home and she had a **focus** outreach staff member Sam support her twice a week. Sam has remained supporting Louise since the move from home to Banksia, which has provided Louise with some much needed continuity; the pair of them still engage in the same activities that they always have. With





# AROUND THE HOUSES



Sam, Louise likes to go to the movies, have picnics in the park or catch the train to a nice place for lunch. Another of Louise's regular supporting staff... Kaz has created a 'Routine Butterfly' on the wall in Louise's bedroom. This is to assist staff communicate with Louise, who always knows what day it is, and will tell staff when they are updating the information each morning. Louise has begun to participate in a new weekly activity with Kaz. Each Tuesday for the last 6 weeks, Kaz has supported Louise in the



Dromana ISS art room. There Louise engages in painting, collaging and other creative activities. Louise is a very talented artist. When Louise is not being creative in the art room she enjoys drawing on paper in her bedroom and then as a sensory activity, she likes to shred the paper she has coloured. The shredded paper looks so pretty that it is used when Louise is making collages.

## BERRY

### ALEX

Alex enjoys getting out and about in the community. Here he can be seen enjoying a leisurely Sunday lunch over at Matty's Bar and Bistro in Crib Point.



# AROUND THE HOUSES

## BERRY

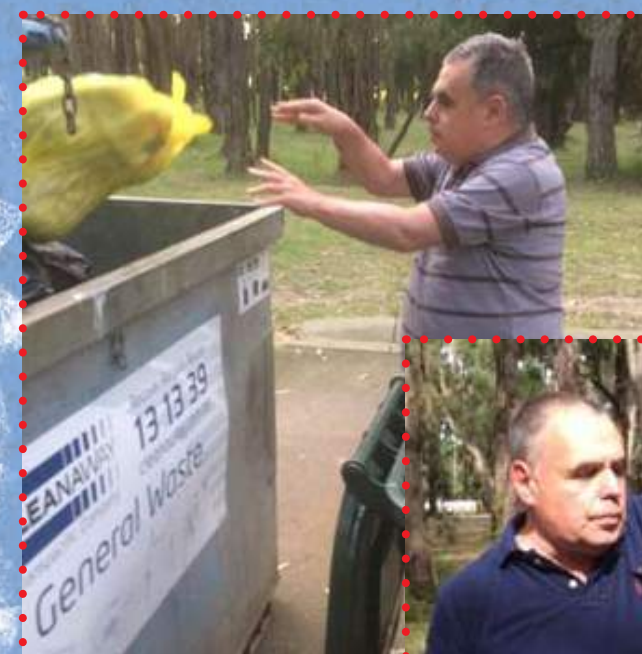


### BRUCE

Bruce is a regular at the Mornington Tourist Railway. This February was "Heritage Diesel Month" and Bruce could be seen happily paying close attention to all the comings and goings as well as smiling happily in the lovingly restored heritage carriages.

### DEB

Deb loves to get involved in the *focus* Red Hill garden and last weekend she was able to pick this beautiful pumpkin which we plan to cook up with our Sunday roast. We also plan to save the seeds for future planting. Please let Deb know if you would like some.



### MARK

Mark is happy to help out around the house by taking rubbish over to the dumpster and he usually does so with a spring in his step and a song on his lips!





# AROUND THE HOUSES



## BERRY

### SIMON

Simon can often be found at Dromana Community Garden on a Saturday morning. He might be watering an olive tree or chatting to locals passing by. If you see him be sure to stop and say g'day!



### BROTHERS

Stefan and Mikael continue to catch up regularly for dinner at Mik's flat.

It's always a tasty meal resulting in full stomachs and happy faces.



# AROUND THE HOUSES

## BERRY

### SWIMMING AT RED HILL

Everyone at Berry and Oak have been taking advantage of having the pool at Red Hill and going for a swim to cool down on hot days.



## BUNGOWER

### BUNGOWER ACTIVITIES

The Bungower group have been out and about on the Peninsula over summer, please enjoy a selection of our photos.

Kylie, Dixie, Phil, and Julie on the Arthurs seat Eagle.

Bungower clients lunch out at Steeples.

Dixie's Day at the Sand Sculptures.

Kylie, Stephen and Julie at Dance and Karaoke

Kylie and Julie enjoying a swim at PARC.

Phil and Kylie ..... Master chefs!





## AROUND THE HOUSES

>>>>>

### BUNGOWER



### ASH HOUSE

#### VALE - GEOFFREY GERRING

Just a few short days before his 50th birthday Geoffrey passed away in hospital after a brief illness.

A long time resident of Ash house Geoff had a great sense of humour and loved to keep staff on their toes. He will be remembered best for his beautiful smile; a smile that lit up a room like no other. Now dancing to ABBA - free and with no restrictions. Rest In Peace



### BONDI

#### RENEE

Renee received a budgie for her 40th birthday. Unfortunately the bird escaped so Renee was supported to purchase a replacement. His name is Bobby and Renee and the other clients have fun watching him in his cage.



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## AROUND THE HOUSES

### CEDAR

#### THE CIRCUS

Ricky, Camille and Janene recently enjoyed a trip to the BIG TOP - attending the circus in Mornington and from the look of the delight in their eyes it was a great afternoon. Camille never stopped smiling and clapping. A must do outing to be repeated.



### MARC

Marc from Cedar House made the most of late summer days enjoying beach walks.



### DISABLED SURF ASSOCIATION EVENT, POINT LEO

Camille and Ricky were pros at the surfing event, having been a couple of times before. There were plenty of friendly people around and excited participants. Down on the beach the wonderful volunteers steered us in the right direction and, having been before, Camille and Ricky took it in their stride. Camille was pumped after surfing and Ricky grinned widely. Janene also gave it a try; she was very happy to enjoy the sand and sun but decided against getting on the board - perhaps next time!

This is a fantastic event and well attended. A couple of tips: any person attending should remember to take large towels to keep warm in between surfs; and, there's always the



opportunity for **focus** staff to have a paddle in the sea with clients

so it's great if you've got your own wet suit to keep warm in too!





# AROUND THE HOUSES



## CEDAR

### THE BRIARS

With lovely weather over the long weekend, Camille and Richard enjoyed a long bush walk at The Briars in Mount Martha then enjoyed a packed lunch in the sun.



## HARTIGAN

### HARTIGAN ACTIVITIES

Grant has enjoyed the nice weather over the past few months, on weekends he enjoys spending time on the swing outside as well as enjoying his lunch outside. Grant continues to enter the community on Friday's at the PARC swimming centre.

Robert also enjoys his movies, his favourite is John Wayne. Robert has been a regular visitor to the Cinema to see films of his choice – a recent movie of choice was Thor.



# AROUND THE HOUSES

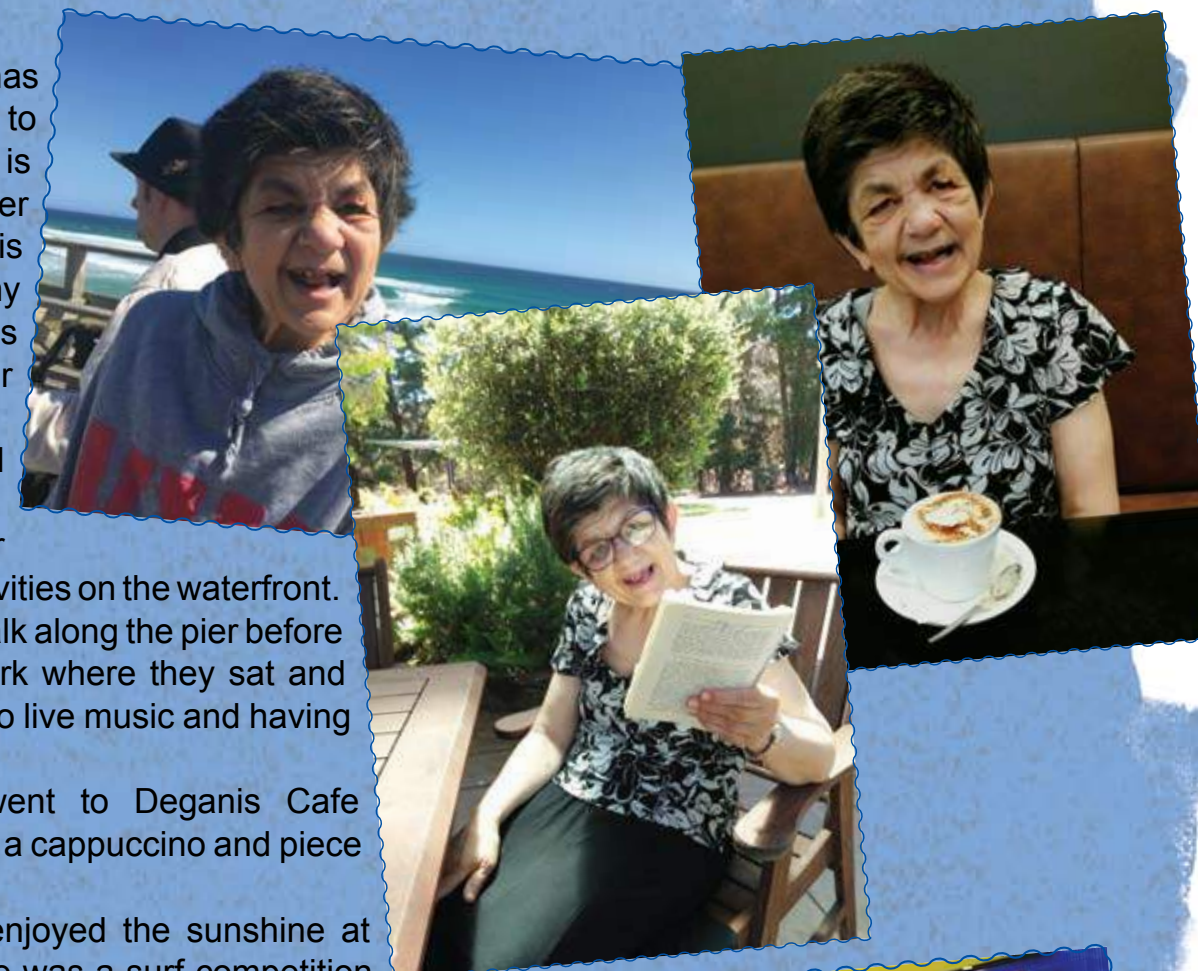
## THEODORA

Theodora has recently moved to Hartigan, she is loving life in her new home and is involved in many of the activities with the other residents.

Robert and Theodora headed to Frankston for Australia Day festivities on the waterfront. They enjoyed a walk along the pier before heading to the park where they sat and enjoyed listening to live music and having a bite to eat.

Theodora also went to Deganis Cafe Rosebud, to enjoy a cappuccino and piece of carrot cake

Her and Robert enjoyed the sunshine at Gunnamatta, there was a surf competition on and lots of kite surfers in the water.



## OAK

### OAK BIRTHDAYS

Jenny invited her friends to Oak house for lunch to help celebrate her birthday.

Justin celebrated his birthday recently with his housemates, it started with a party at ISS and a surprise visit from his sister. When he arrived home he had a massage from Andrew, and then enjoyed cake with his housemates and a beer.





# AROUND THE HOUSES



## OLSEN

Holly and Marie have been traveling to attend new day service programs, and Sue sold her painting at the SASI Art Exhibition.



## SEAVIEW

### MARY ANNE

Mary Anne celebrated her 51st in February, in celebration friends and residents from Seaview joined Mary Anne for a delicious lunch at the Frankston RSL. Mary Anne enjoyed catching up with her friend Sam as well as having a yummy lunch out.

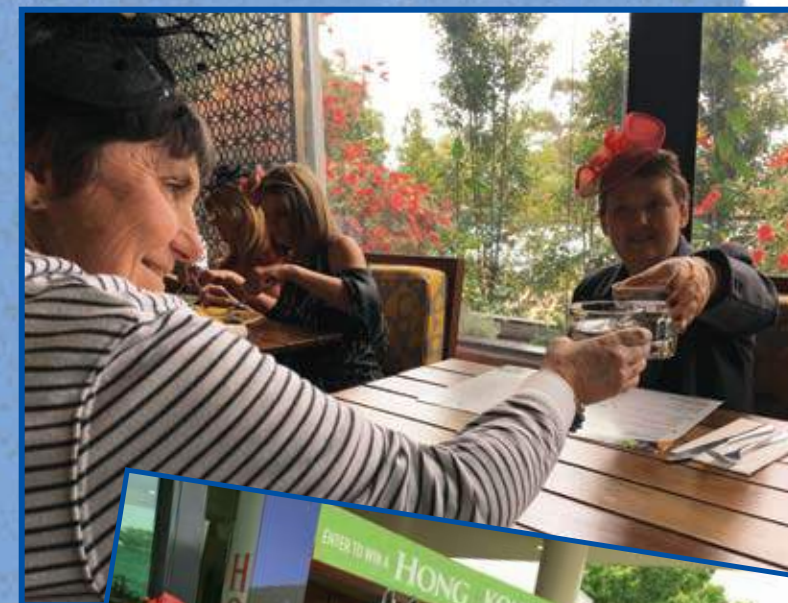


# AROUND THE HOUSES

## SEAVIEW

### OFF TO THE RACES!!

It's Racing Season! So James, Mary Anne and Sandra decided to frock up and watch the horses race at the Peninsula Cup. It was a cracking day and there was a lot to see. Mary Anne was excited to see the jockeys, while James particularly enjoyed watching the horses race. Sandra's highlight was sitting down for a nice refreshing drink and a yummy lunch at Steeples restaurant. It was a great day out, and everyone is looking forward to the next big race day!



### OUT WALKING

Sandra has made the most of the sunny weather we've been having. She enjoys walking in the sunshine along the beach and up the Safety Beach pier.





# AROUND THE HOUSES >>>>>

## THE RISE

There has been a lot happening at The Rise, Rob and Wendy enjoying cooking Australia Day lunch on the BBQ and Rob, Katrina and Deb enjoyed a visit to Myuna Farm in Dandenong (PS the cow is fake) Charmaine also had her 1st 1:1 session with her personal trainer.



# INDIVIDUAL SUPPORT >>>>>



## “SEED TO SEED”

Dromana’s Seed to Seed group have had a bumper summer harvest.

# <<<<< INDIVIDUAL SUPPORT

## MYUNA FARM FAREWELL FOR FI

Fiona (Fi) has been a participant at McAlister for over 3 years and with her move to Red Hill, the crew at McAlister wanted to have a special outing to farewell her.

The group had a discussion at our client meeting and Myuna Farm was chosen because of Fi’s love of animals. Everyone from McAlister travelled to Myuna Farm in Doveton. A gazebo was decorated with party streamers and balloons and everyone enjoyed party nibbles and a BBQ lunch. Fiona had a wonderful day looking at all the farm animals and some reptiles and really liked talking with the cockatoo called Joey Davis. Fiona also went for a ride on the tractor train right around the farm.

Fiona was presented with a gift from McAlister, a photo album filled with pictures of past special occasions showing Fiona with her friends.

We will all miss you Fi and look forward to seeing you in our travels.





## INDIVIDUAL SUPPORT >>>>>

### PUFFING BILLY

In January McAlister participants Adam, Chris, Jackson, Jane, Philippa, Richie and Tim shared an amazing experience travelling on the Puffing Billy steam train from Belgrave to Lakeside. Chris in particular is a massive fan of Puffing Billy and throughout the journey shared his knowledge about what landmarks we were coming up to. Everyone loved the train journey and enjoyed a shared BBQ picnic followed by a relaxing stroll around the lake. Such an enjoyable summer day filled with lots of laughs and sunshine!



### ALADDIN AND THE ARABIAN TALES

In March McAlister participants visited the Sand Sculpting Exhibition 'Aladdin and the Arabian Tales' on the Frankston Waterfront. We would like to thank Frankston City Council for their generous donation of tickets.

This Exhibition was truly magical and everyone was in awe seeing the larger than life sand sculptures from the beloved story Aladdin. Characters on display included Aladdin, Princess Jasmine, Sinbad the Sailor, Ali Baba and the 40 Thieves and many mystical sea monsters. The much loved Genie from this tale was definitely a solid favourite. You have to see this exhibition to truly appreciate the amazing work done by the 21 artists who sculpted for over 5000 hours and transformed 3500+ tonnes of sand to bring the Aladdin characters to life.



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## INDIVIDUAL SUPPORT

### RITCHIE'S KICKING GOALS

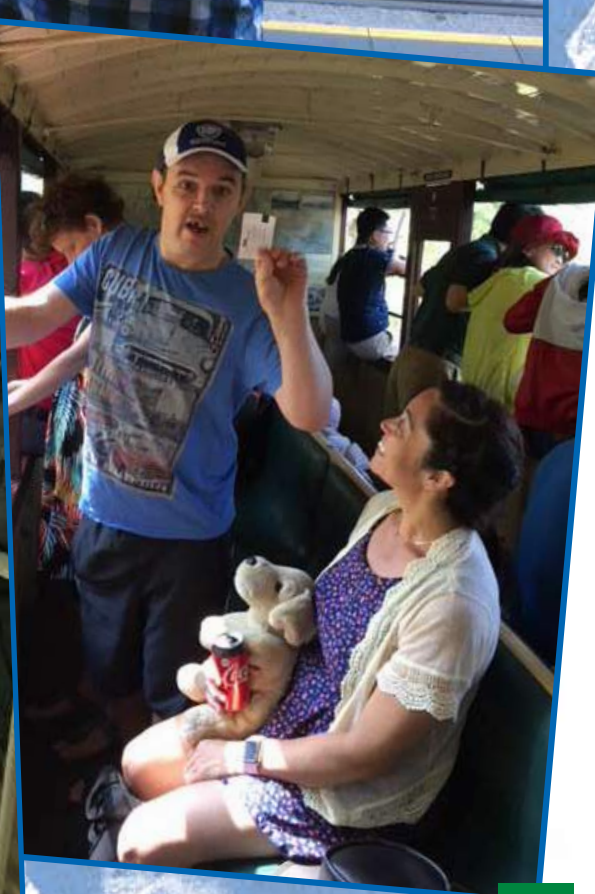
It has now been 12 months since Ritchie embraced his move from Red Hill to the team at McAlister.

Ritchie really shines when he is out and about and is not shy to say hello and have a chat with anyone he meets. His friendly nature and impeccable manners means he is always well received and welcomed.

Over the past 12 months Ritchie is blitzing every one of his personal goals which are to participate in Community based activities, volunteer in his local community and travel on a train.

Ritchie has had so many highlights, these include being invited to attend the Meals on Wheels volunteer luncheon, a trip on Puffing Billy, receiving a trophy as part of the McAlister All Stars Bowling League team, gaining the confidence to go out in a sail boat, becoming comfortable and familiar using his myki card and accessing public transport through participation in the weekly Travel Training program.

A very exciting moment for Ritchie saw him travel on the metro train from Frankston to Flinders Street Station, walk along the Yarra to the Crown Casino and watch the spectacular Christmas sound and light show and then enjoy a fabulous Christmas celebration lunch at the Emporio Restaurant. Congratulations Ritchie you are well and truly kicking goals!!





# INDIVIDUAL SUPPORT >>>>>

**FIONA**  
 Fiona recently moved to Red Hill, so she was very happy to see her friend Bruce at the VAMP Disco on Tuesday. Fiona supported Bruce to sing some karaoke.



**JAMES**  
 Whoa!!! Look at James out in the Community buying a coffee from the Dromana 711 store, then going to look at the ship's at the Dromana Beach. Then on the way back to Redhill James put his empty coffee cup it the bin at the Redhill Reserve, before heading back to Redhill for lunch with the other participants in his program. What a massive achievement for James, he looks like his very proud of himself, by the big smile on his face.



## COMMUNITY ACCESS

James, Flynn and Justin are enjoying accessing their local community on a weekly basis. Here they are at the Rosebud RSL – it's great to see them out and about.



# <<<<< INDIVIDUAL SUPPORT

## FLOWER ARRANGING

Our new flower arranging program is working very well up at Red Hill ISS. Every week the participants go out and find a variety of plants on the property, getting a good walk in at the same time. They then bring them back to the rooms where they cut, arrange and wire the stems into beautiful floral art. Some of these are displayed at Red Hill and others are donated to places in the community for others to enjoy. The participants have also made wreaths for the birds in the aviary and lavender sachets for keeping in drawers. We are always looking for dried flowers and branches to intersperse throughout the arrangements so if you have any spare we'd love to use them!





# INDIVIDUAL SUPPORT



## BOWLING FOR EVERYONE

Simply put I just love how sport and bowling in particular can bring everyone together. Thursday's have been a great day for Elliot as he joined the Factory Team late last year and now has it as a regular weekly event. The game brings everyone to a level playing field and you can see by the pictures the variety of clients we have enjoying themselves every week. I just wanted to share with everyone the joy that I see not only in the faces of the clients we take but also in that of the staff who support them.



## ELLIOT'S GOING AHEAD IN LEAPS AND BOUNDS

During the Christmas break Elliot had some Outreach Support. As well as keeping up his swimming program at PARC he also got a chance to visit Ashcome Maze. It is a very accessible and entertaining venue on the Mornington Peninsula.

Elliot enjoyed not only being pushed around several of the mazes he also got the opportunity to walk several more as well.

The sensory experience was fantastic, filled with sights and smells and plenty to get his hands on. We were able to spend lunchtime at a water feature and find lots of hidden gnomes in the trees and forest.

With the majority of the maze and grounds wheelchair friendly Elliot was able to stay for nearly the entire day enjoying the variety of areas and activities at the maze.



# INDIVIDUAL SUPPORT

## GUMBUYA WORLD

Factory members took a day trip up to Gumbuya World and had the opportunity to get up close to Australia's native wildlife. Koochie was riding on a tractor Timara received a hug from a large Koala Leah was part of a Factory outing to the McClelland Sculpture Park and she enjoyed a visit to the Mornington Briars, where she had the chance to meet some turtles.



## 'FOCUS ON SPORTS'

At The Factory we have been working hard this year to fulfil everyone's goal of getting fit and active. As such we have developed a program which not only provides fun fitness activities and exercise but also gets us all out in the community.

'**focus** on Sports' has been running now since we returned in early January and we are proud and happily calling it a success in Stage 1 of development.

With natural athletes like Marcus and Owen getting straight into the activities we now have active participation from Koochie, Amanda, Nick, Elliott as well as Stephany, Katherine and Veronica taking up the challenges.

With rotating sports every 6-8 weeks and in the future making connections with local sports clubs and schools we hope to build on a good foundation and bring '**focus** on Sports' to all of our **focus** clients.





# INDIVIDUAL SUPPORT



## MINION WOODWORK PROJECT

The Workshed has been invaded by 'Grud's' little helpers; they're turning up everywhere and all we are seeing is delightful yellow characters with smiley faces and big tummies.

Yes, the Minions have landed and they've taken over the Workshed!!

They may have started off as just a thick block of wood, from a recycling bin (donations from Bowen's Timber and Hardware), but now they have taken on a new shape, with the aid of the participants at the Workshed.

After the timber was cut to shape, the participants were supported to sand and then jig saw the centre piece. Following this, with a little help from our resident artist staff member Mark, participants were able to paint onto their block a favourite Minion character..... yellow of course! With our Minions having taken shape, a clear perspex front to cover the open centre piece was added and soon everyone had made themselves a Minion money box.

Everyone enjoyed making and developing their Minion character money box. Not only did participants feel a sense of achievement in seeing the final result, but this project enabled participants, with staff guidance, to use and gain an understanding of the power tool equipment i.e. sander, drill, jig saw and offered all a fun opportunity to build on their current woodworking skills.



# INDIVIDUAL SUPPORT

## MICKEY MOUSE DONATION

The Workshed staff drafted up a letter to the Walt Disney Corporation and Promotions Department, to ask them if they could look in their archive division and possibly find a replica of Jayden's Mickey Mouse.

A couple of phone conversations later and some photo swapping, they found one and have very generously donated it to Jayden in case of an emergency or when Jayden's current Mickey happens to feel unwell and needs a day off.

The Work Shed Staff and Jayden's mother, Cheryl would sincerely like to thank the Disney Promotions Team for their hard work in resourcing and tracking down a Mickey Mouse the same size and dimension as Jayden's. His current Mickey is getting on in age and he is getting a little hard to re-sew and re-stuff; even the Toy Hospital have had some trouble putting this 10 year old Mickey back together.





# OUTREACH NEWS



## GARY

Gary loves when the circus comes to town and always sits ringside to watch all the action!!!



## IRENE

Irene enjoyed a Christmas lunch at Trios in Cranbourne with carol singers and a sing a long !

Irene enjoyed relaxing in the spa at Pelican Park and then a walk around the Hastings.



# OUTREACH NEWS

## JACQUI

Jacqui is developing her Independent living skills. Jacqui loves preparing meals in her kitchen and interacting with her community.



## RON

Ron had a short holiday in Ballarat where he caught up



## LEAH

Leah was successful using this piece of equipment at her gym program.... Well done Leah!!!



## LEE ANN

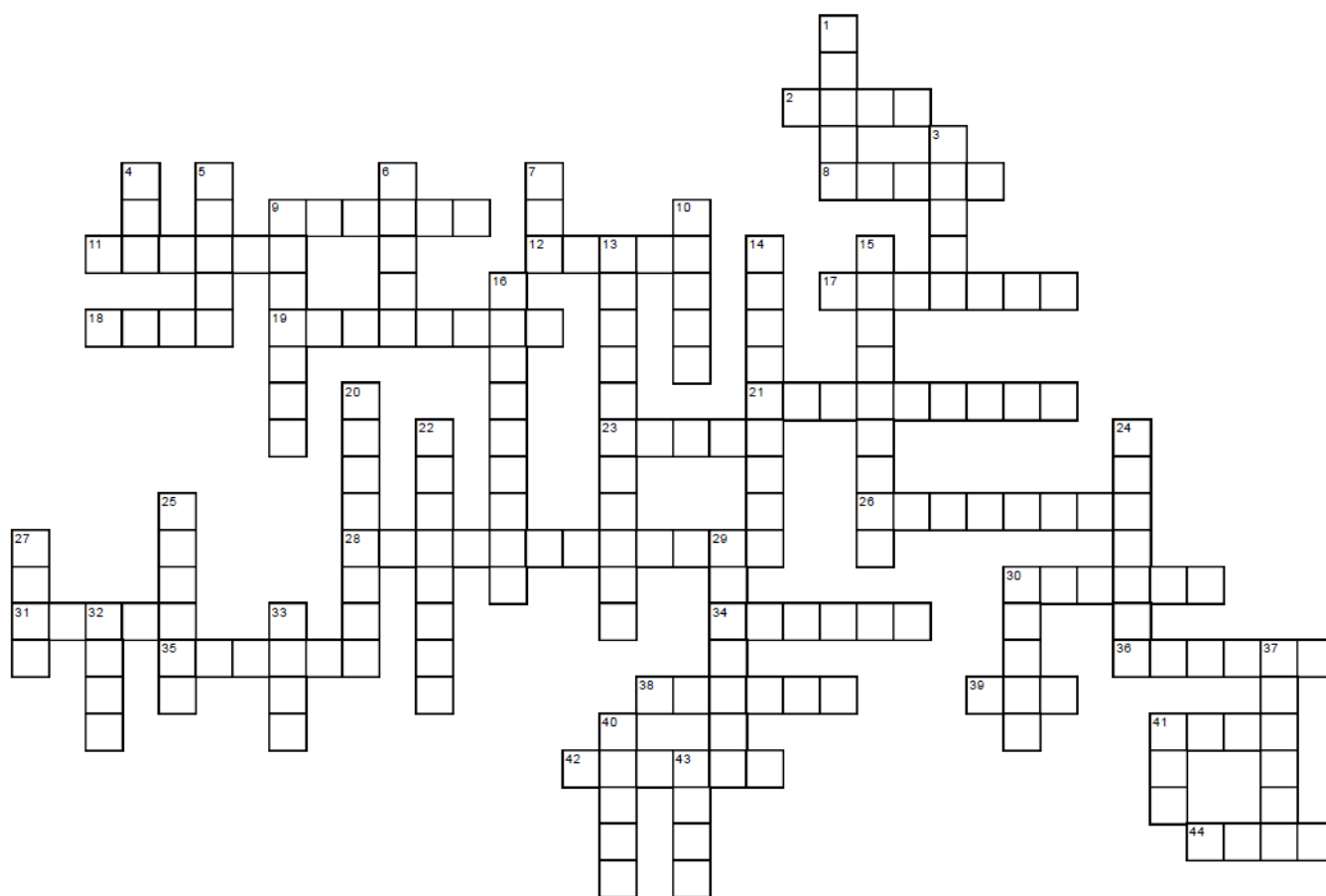
Lee Ann met a special Christmas Angel while out and about.





# An Autumnal challenge

## courtesy of Maintenance



### ACROSS

- 2 the sound a dog makes  
 8 name of the hall at Red Hill  
 9 Queen Elizabeth, the  
 11 a baby swan  
 12 the common name for H<sub>2</sub>O  
 17 there are 7 colours in them during sunshine with rain  
 18 hot cross  
 19 baker's dozen  
 21 we live on the Mornington  
 23 Mickey  
 26 2017 AFL premiers  
 28 used to put out small fires  
 30 months in a year  
 31 morning, noon and  
 34 used to stand on to elevate us  
 35 the name of the night train that use to run between Melbourne and Sydney was the Southern  
 36 diamonds, spades, clubs and

### DOWN

- 1 Nullarbor  
 3 the colour of Kermit the frog  
 4 when pigs  
 5 grapes grow on them  
 6 used to cut the grass, a lawn  
 7 a chain  
 9 Flinders Street  
 10 scones, with jam and  
 13 main airport in Melbourne  
 14 fixes a blunt pencil  
 15 the tropic of  
 16 a communication device  
 20 Australia's capital city  
 22 the old Melbourne trains were known as red  
 24 the red nosed reindeer  
 25 bricks and  
 27 home to a fish  
 29 a solar or a lunar  
 30 the Eiffel  
 32 old Melbourne  
 33 found in period style homes, a ceiling  
 37 walkie  
 40 white picket  
 41 we use to purchase milk and groceries at a milk  
 43 Coober