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FROM THE CEO ...

Welcome to the third newsletter of 2013, another year has sailed by and we will soon be preparing for Christmas again.

In August, the third and final house in the CRU Redevelopment Project was completed and the clients moved from Maysbury Ave to 83 Rymer Ave, Safety Beach. Please take the time to read their story in this edition of 'In focus'. It was a very exciting time for the men of Maysbury as they watched the new house rise out of the ground, selected their rooms and their colour schemes before purchasing the new furniture, ready for the big move.

The old house at Maysbury Ave is now on the market and this brings to a conclusion the redevelopment project. All the 'older' houses that were first purchased by the organisation in the early 1980's have been replaced by large purpose-built properties that have been designed to support people into their older age.

I would like to take this opportunity to thank Alan Russell and his team from Russell Constructions who built the three houses. They were a pleasure to work with and the excellent results are just what we were aiming for.

Earlier this year our Learning & Development Coordinator, Ms Ann Parry retired after nearly three years with the organisation. While we were very sorry to lose Ann, her retirement did provide us with an opportunity to once again look at the structure of the organisation and the roles required to take us into what we know is going to be a far more competitive future.

With a prediction, that the introduction of the NDIS (now called DisabilityCare), will create more than 20,000 new positions for Disability Support Workers in Victoria alone, we came to the conclusion that what 'focus' desperately needed was a person with recognised Human Resources skills, someone who could not only attract the right staff but had the ability to manage and retain the existing staff. I am please to announce that Ms Lisa Wilson commenced at 'focus' as the Manager Human Resources in May. Lisa comes to us with 15-years experience in local government; her skills and experience are already reaping rewards.

We welcome Lisa to the team and hope her tenure with be long and rewarding.

You will all be aware that DisabilityCare commenced in July, in the Victorian launch site within the Barwon Region. It is still very early days since the scheme commenced and there is not a lot of information available, however we do know that there have been some initial teething problems but nothing that was not expected. The problems in most cases are

associated with the pricing allocated to provide the support the people are requesting. This is under review and it is expected that a compromise will be reached before the scheme is rolled out across Victoria from 2016.

For regular information on the Disabilitycare launch go to their website at www.disabilitycareaustralia.gov.au the website is updated with all the latest information.

Gail Foster
Chief Executive Officer

ASH FLAT

BEN'S ACTIVITIES

Ben has had a number of enjoyable highlights in the last couple of months. These include 3 hot laps in a V8 race car, Collingwood v North Melbourne at the MCG and an overnight stay with his family to celebrate Mum's birthday at a beautiful holiday house in Warburton.

Ben enjoyed the hot laps but says he doesn't want to do it again as it is "too fast!"

Even though Magpies lost to North, Ben says he still wants to go next season to watch another game. "Go Pies!"


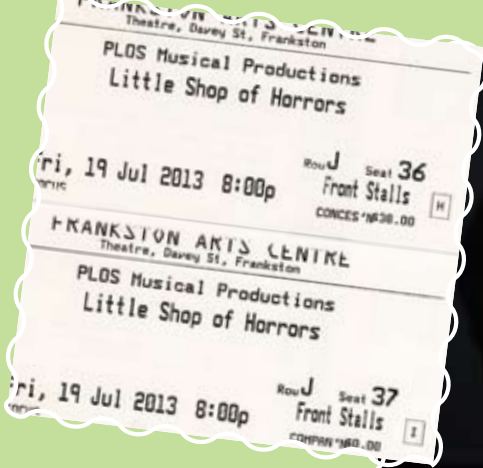
But most of all Ben enjoyed his night away with his family in Warburton. The photo shows Ben wearing a new top that he says he is very happy with and also the fire that he enjoyed looking after whilst there.



CEDAR HOUSE

Camille enjoyed a night out at the theatre - attending the Opening Night of The Little Shop of Horrors at Frankston Arts Centre. He clapped and laughed throughout the whole evening, particularly watching the dancers. A late night and a very tired man on the trip back to Cedar House.

A few birthdays recently with Red Hill clients enjoying a party in the hall, while Warwick was in party mode for his birthday mid August. Continuing to develop and update communication aids for Cedar House clients seems to be working well with Brett making it quite clear HIS choice of outing - so it was off to McDonalds for lunch.

AROUND THE HOUSES

PINE HOUSE

MOONLIGHT SANCTUARY

For those of you that haven't been, the Moonlit Sanctuary in Pearcedale offers a sometimes very muddy but always enjoyable animal experience.

The ladies from Pine House seemed to enjoy getting up close to some of Australia's native wildlife, including koalas, wallabies and dingos.

Lindy and Sally can be seen feeding wallabies and kangaroos on the trail, and Jane looks




happy to pose for a snapshot in front of a couple of the many birds we saw.

We were lucky with the weather on the day, and therefore able to visit all of the sanctuary's adorable and frightful inhabitants. Would definitely recommend a visit.

Hi Everyone.

My name is Paula and I work as a Casual for 'focus'. As well as the flexibility in hours, I love how the staff are supportive in helping me to get to know who the clients are before I visit them. I have massage qualifications and currently I am so happy to be able to give 'focus' client "Faye" some quality time enjoying this therapy when I visit her.

Cheers Paula

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AROUND THE HOUSES >>>>>

BERRY HOUSE



Well it has been nice to see a bit more of the sun for the past few weeks which has allowed us to have more outdoor activities. There have been many successful community access outings for our residents in the past 3 months. We have had a trip to Puffing Billy primarily for Bruce, but everyone had a great time. The weather that day was a bit ordinary so we were all rugged up and looked like we were off to the snow. We had lunch at Emerald which all enjoyed, went for a great walk around the lake and then



the train back t o Belgrave.

Alex has been out with staff support to purchase his own clothing and this is working well.

The ferry across to Queenscliff has been utilised by Deb, Simon, Bruce, Angela and Rob who all wanted to go. Deb thought it was very neat that they had a TV on it. They all spent a bit of time out on the deck before it got a bit cold

boarded



<<<<< AROUND THE HOUSES

and we retreated inside. Snacks were purchased and enjoyed on the way to Queenscliff where everyone had a picnic lunch.

Due to bad weather we have been having some indoor activities including painting which both Mark and Al enjoy. There have been a couple of discos attended for Mandy, Mark, Deb and Simon.

We were very lucky last week to have a



couple of days of really warm weather. We headed off to St Kilda for the day. Mandy, Rob, Bruce, Mark and Al headed off to the pub for a drink and socialising. Deb Simon and Angela wanted to go and have a look at Luna Park. There were things happening everywhere that day and we all enjoyed lunch in the park.

We have also had Bruce's birthday. He got a fabulous big top tent that he just loves to play in and he had fun with his cake!

We have also had trips to the Zoo, The movies, Philip Island (always



popular), Lysterfield Lake, A miniature railway, Shopping, The City, Southbank and various pubs and venues for meals.

With the warmer weather on the horizon we look forward to more outdoor activities and BBQ's being back as options.



AROUND THE HOUSES



HARTIGAN

MICHELLE'S TRIP TO THE CITY

Michelle left Hartigan for Frankston station, after swiping her MYKI card, we headed for Flinders Street, to enjoy 2 days in the City. Using all forms of transport, taxi, tram and ferry Michelle explored the city and surrounds. We visited the Victorian Market for a very early breakfast and shopping, loved the penguins funny antics at the Melbourne Aquarium and took the ferry trip to Williamstown where we walked around exploring old buildings and the new library. Michelle wanted lasagna for lunch and had to read all the menu's to find the restaurant that had exactly what she wanted. Since returning home, Michelle has been asking staff to go on the train again so perhaps her next holiday will be another train trip to a different destination.



AROUND THE HOUSES

BONDI AVE

David has been enjoying the hydrotherapy pool at Casey Race Cranbourne with his Diversional Therapist. David has been improving each week getting more confident and lasting longer in the pool with each visit. He also had a visit from his family from Swan Hill and lovely daughter Sarah who is doing her VCE at present. David also caught up with his sister from Mildura when she visited Melbourne recently.

Renee has been enjoying working on some gardening at Bondi house, she has helped with the weeding in the planter boxes as well as planting some new plants. We went to Bunnings to purchase 5 bags of soil and some mulch to top up the beds. While we were there, Renee chose three different shades of pink Azaleas, two pink daisies and a Lavender bush to plant around the hoseue. Renee has been doing Master Chef in the kitchen at Bondi and loving it.

Cade has been going to Balloon Football and thoroughly enjoying it, he is very talented with the football and enjoys meeting the volunteers from Mornington secondary college who volunteer their time. (As well as the staff who build up a sweat).

Cade very excitedly went to PINKs concert on 13th August and nearly leapt out of his chair to touch Pink as she flew over the audience. He thoroughly enjoyed the night and is now researching the next concert he would like to attend.

Alistair went to Marnoo which is about 5 hours away in the country (much more when you make a few wrong turns). Amber from Bondi took him up for an overnight visit to see his sister and her new business endeavor's. Alistair also enjoyed catching up with some of the family during his stay.

Megan had a great night attending the Neil Diamond concert which was performed at the Frankston Art Centre.

Megan is becoming very talented in her scrapbooking endeavors, and also enjoys the benefits of visiting with the dogs that reside there.



PINE HOUSE

Jane, Sally and Lindy from Pine house have enjoyed the outside activities this year. Being on Red Hill makes it easy to access some of the wonderful places on the Mornington Peninsula, including the Moonlit Sanctuary, mazes and woodland walks, Coolart wetland and Homestead, dinosaur filled garden centres, Mornington parks and Cranbourne Botanical Gardens. We had a fair crop of home-grown fruit and veg this year, and are already planning our next plantings. There are lots of cafes, shops and markets to visit, and there is always something new to see.



AROUND THE HOUSES



RYMER HOUSE

GOODBYE MAYSBURY... HELLO RYMER HOUSE

Twelve months ago in September, the gentlemen of Maysbury House were discussing plans for a big change. Having lived in Rosebud for many years (over a decade for some housemates), it became apparent that - whilst the old house had served them well - it was time to move on. What followed was an exciting time of visiting the land in Safety Beach, looking over the new house plans, choosing bed rooms, and deciding upon paint colours and furniture. Rex, Jon, Tim and Geoff made regular trips to Safety Beach to walk through the house as it slowly but steadily began to



take shape. They also met their new house mate - Michael - who would be joining them at Rymer Avenue as soon as the build was complete.

We said goodbye to Maysbury for the last time on the first Saturday of August. All housemates were involved in cleaning out their old home, packing up their clothes and memories, loading everything into the truck and heading off to new beginnings at Safety Beach. Michael joined his housemates on Moving Day, helping to unpack the mountains of boxes and make the new house a home. Everything had to find a new place. Beds were assembled, clothes put into wardrobes and - most importantly - the kettle was quickly located and put to work in the new kitchen, keeping everyone energised for the mammoth task of resettling five gentlemen and their belongings. Tim took on the role of official greeter. Armed with a newly discovered top hat and cleaning cloth, he went around the house wiping everything down and offering his assistance to anyone who needed it.



AROUND THE HOUSES



We have now been living at Rymer House for a month and all five gentlemen have settled into their home. Rex and Jon water the new garden every day, ensuring that the roses, native plants and herb pots are well looked after. Everyone is enjoying the larger living areas - with two lounge rooms to choose from and a beautiful kitchen area that is always bathed in sunshine - all five housemates say they love their new house and are looking forward to the summer months. A housewarming barbeque is already being planned to make use of the outdoor area. It was a big change and took a lot of work to get there, but everyone is happier for it and looking forward to starting a new chapter at Rymer House.

OPPY HOUSE

DIANNE'S BIRTHDAY

Dianne celebrated her 59th Birthday with her closest friends Maria, Dixie and Bill. With party food and chocolate cake there were big smiles all round it seems everyone had a great day.





ACTIVITIES AT SEAVIEW

Here at Seaview the residents have been very busy! The residents went out to the Rosebud hotel to celebrate Finian's Birthday, everyone enjoyed singing happy birthday and eating the cake.

The warmer weather was a perfect opportunity to also go out for a picnic lunch. The residents put together their own picnic lunches and had a great games of soccer afterwards.



FLINDERS

RED HILL GARDENING

The gardening project at Red Hill, is gathering momentum. Six elevated garden beds and the retaining wall have now been built (Thank you Mr Bunnings). As you can see we have a good crop going, carrots, spring onions, garlic, potato's, broccoli, silverbeet, snow peas and are starting to harvest.

Peter is rediscovering his old talent of watering the garden and Warwick loves to be around the action. Our next plan is to build a colourful tyre retaining wall full of flowers and to achieve this we are having a painting day.

Thanks to the fundraising at the Bunning BBQ, we have been able to buy paint, garden tools and seeds for this project. All the rooms at Community support are now collecting compost to be able to improve the soil. Mark from Outreach has been doing an amazing job in cleaning up the garden bed between the road and the concrete path. Amongst the bush he has found a young lemon tree which is now enjoying some fresh air and sunshine.



DROMANA

LEMON BUTTER

Once again the guys from Dromana have made their famous lemon butter. The lemons were a mix of donations and from our tree out the back.

We had such a fantastic production line going; Holly, Deb and Amanda rolling lemons to get the juice and Jenny was grating the rind to add to the mixture. Holly and Julie were assisting the guys. The whole process took a couple of days, it's all been put into new jars, 68 in total and ready for sale for just \$3 a jar, what a bargain!



DROMANA

DRAMA CONNECTIONS

Drama Connections is a new program that started this term. Every Thursday a group from Dromana head down to the Salvo's hall in Hastings and spend a few hours brainstorming and putting together their creative energy. The aim of the Drama Connections class is to put together a short performance to be presented to residents at local aged care facilities. The class starts with a warm up dance to shake away any nerves and then it's down to business, singing and dancing to songs of our choice and short, impromptu skits that the clients have created themselves. From swing dancing to the roaring 40's, disco diva's from the 70's to a bit of hip hop its anything goes at drama. The comfortable environment and support at the class has helped to bring a lot of people out of their shell and is proving to showcase some real talent.



COFFEE CLUB

Coffee club has been around at Dromana for a while now and is still a big hit. What better way to end a working week than a nice cuppa on a Friday afternoon. We walk down to a local cafe in Dromana and sit back with a drink and have a chat about the week, plans for the weekend, current events. We always have a laugh. Coffee club is a wonderful community based program and something that is look forward to all week. big shout out to the lovely staff at LaQua who support our every need and make a great coffee.



A

TEN PIN BOWLING

On a Tuesday morning after everyone arrives, it's straight down to Top Fun in Rosebud to knock down some pins and bowl some strikes. We play on teams and although its a serious competition it always ends in laughs. Sometimes we'll stop afterwards then have a quick walk on the beach before heading back for lunch. Some of our bowlers are now looking at playing in leagues outside of work.

BASKETBALL

On a Tuesday afternoon we head off to the David Collings Leisure Centre in Mornington to meet up with Konnections for a game or two of basketball. It's a fun, fantastic, fitness based program that everyone enjoys. Each week we alternate who's on the scorers board and when the buzzer sounds it's time to shoot some hoops. It's not about winning or losing at basketball; it's all about how you play the game, learning the rules and developing a new skill set. Some of our basketballer's have used their new found skills and taken up playing outside of work.



RAINE, HAINE AND SHINE FARM

The Raine, Haine and Shine Farm at Balnarring has been operating for years now. It is another community based program where everyone gets a chance to interact with the farm animals and the community. Upon arrival we say hello to Charlie the farm cockatoo then its off to deliver hay to the animals in paddocks, check water troughs and most recently check up on the new piglets. The range of different animals is great and the farm staff are teaching us all the different aspects of farm life; from feeding and nursing to produce cultivation and general animal responsibility. All in all it's a farmtastic day out.



MUSIC WITH SCOTT

Scott is a music therapist and instructor. He comes to Dromana one afternoon a week and in two small groups, takes the clients for an afternoon of jamming. Everyone gets the opportunity to sing and dance to their favourite song and play a variety of instruments. Recently Phillip has started bringing in his guitar from home and Scott is assisting him to learn some chords to his favourite songs. Also Marcus has started recording, each week before the program starts Marcus and Scott record some vocals and Marcus is learning to mix them on the i-Pad using a DJ app. With some more practice and hard work Marcus will be ready to present his recordings to all of us!

LIBRARY

Every Wednesday we head off to Rosebud Library for some reading and personal computer time. Holly uses the time to look up the newest episodes of different cooking shows for some inspirations for the Healthy Cooking program. Koochie researches her favourite bands and learns some new songs to teach Scott in music. Stephen finds YouTube videos of African Tribal drumming and practices the beats quietly on his legs. Andrew has recently started using a typing program to improve his computer skills.

TABLE TENNIS

Table Tennis is held on a Thursday afternoon at the David Collings Leisure Centre and provides a fun environment to practice some hand eye coordination skills and bat away some of the weekly stress. The guys are starting to show some real skill and improvement and time just flies by while we're there.



I-PAD'S

Dromana has 6 iPads available for use with a variety of different app's which are both educational and fun. With everything from numeracy and literacy brain teasers to learning about different emotions, ways to deal with stressful situations, coordination puzzles and of course some classic hits in the music folders. The iPad's are a fantastic communication tool as they provide a way to learn new things that is fun and rewarding.



MCALISTER

KING KONG SIGHTING

On the 4th September the team from McAlister Street ventured up to Melbourne to see the hit musical “King Kong’ at the Regent Theatre. Everyone was excited to see the legend himself. Gerard was dressed to the nines in a black tuxedo complete with a red bow tie. The group relaxed over a lovely lunch at “Brunetti” Cafe in City Square before heading up to the theatre. We were lucky enough to score ourselves an upgrade to some prime seats and waited eagerly for the show to begin. When King Kong finally came on stage he let out a massive roar that was so loud it could be heard blocks away. The rest of the show was filled with wonderful theatrics and special effects. Everyone was on the edge of their seats as the performers leapt across the stage. When the show came to an end, Deb loved having a chat to the other patrons about how much she loved the show. A weary, but satisfied group headed back to the bus ready to head back to Red Hill.



LAWSON

WELCOME BACK OLIVIA AND LINDA

Olivia has been away for several weeks and after returning to ‘focus’ for part days is now back full time and enjoying mixing in with her friends in the room.

Linda has been on a family holiday for three weeks and was all smiles when she got back last week and got straight back into the swing of things in Lawson.

Lately, the Lawson



people have been out and about exploring activities such as Swimming at Casey Race, walking in the local parks, music with Scott and the Salvos, wellbeing with Sandy, Cirque sur Roues, Yoga with Gill, Balloon Football and football days at Noble Park and Dromana. Many of those are ongoing favorites but we do have new activities such as the Cirque sur Roués at Frankston and Wellbeing. Cirque sur Roues is attended by Flynn, Camille and Linda. Flynn loves to take part in all of the activities whereas both Camille and Linda enjoy the music, colours and movement in the hall.

Wellbeing sessions and especially drumming is enjoyed by the group. Like other rooms Music with Scott has been moved from the hall and into individual rooms. Since the change Lawson group involvement has shown a huge increase as Scott tailors the songs to the client's responses.



COMMUNITY SUPPORT



This term in the Kingsley room we have made some slight changes to some of the programs. We now do Bocce in the hall of a Monday morning and we have our star Bocce champion Geoff to show us how to play and boy can he play!! Well done Geoff keep up the great work!!!

With gardening we have been allocated a plot from the newly busy painting our plot in our and planting

built Garden beds, we will be room colour which is purple vegies to use in our cooking program we just need the rain to stay away so that we can get stuck into it. In the meantime we will be planning what we will be cooking and planting so that when the cold weather goes we can get right into it.

Redhill rescue to the rescue! Jeremy our cute yellow canary, after some well needed rest and rehabilitation from a nasty tail injury is doing extremely well and is getting stronger and more adventurous by the

day and also singing a much happier tune. A wonderful success story for Jeremy.

Kingsley is now doing creative arts this term; there has been a lot of colourful and creative work being produced. Clients have enjoyed exploring the different techniques and mediums with some wonderful outcomes. It's so great to see so much enthusiasm



COMMUNITY SUPPORT



well done to all.

A few people from not only 'focus' but from other services as well attended the "footy fun day" this year there was various fun activities for them to do but also they got to dress up in their favourite footy colours it was a fun filled day for all, not only for the activities but it was a great way for us to meet new people.

Music with Scott has been great this term with everyone really getting into it, they are requesting some really good songs and getting up and dancing whilst using various instruments, Mandy has started to show a bit of interest in Scott's guitar and on occasion having a little go it's great to see Mandy and the rest of the room so happy and dance around.

We have been

having a go with the I-pads this term as well with some interesting outcomes. People are learning lots of skills including hand eye co-ordination and problem solving skills it's great to see everyone



giving it a go.

Last but not least we have celebrated some Birthdays this term which is always a good excuse to get out the chocolate cake recipe, thank you to Geoff and Becky who are always the first ones to help make them hmmm don't know why that would be.....can you..... and how did that chocolate icing bowl get so clean before it was washed.



COMMUNITY SUPPORT



'focus' ON BROADWAY

On Friday the 21st of June, a year of rehearsals, planning, building, costume design, many ups and downs and a whole lot of blood, sweat and tears all came together to present an amazing, professional, show stopping performance – 'focus' on Broadway.

Wow, what a show it was. Throughout every minute you could see the dedication, and perseverance, that was put in to creating the spectacular performance.

The production was held at the New Peninsula Centre Theatre in Mt Martha, a matinee at 11am followed by an evening performance at 7pm. Special thanks must be given to Bunnings Rosebud, Sandi Squire-Hill, the 'focus' events committee, New Peninsula Centre in particular Freda Bowie and the volunteers, Dandy Lights, and all 'focus' staff who volunteered their time to make this amazing vision come to life.

Every Monday clients from Dromana, McAlister and Red Hill headed over to the hall at Hastings for rehearsals, the guys in the art program busied themselves with costume design, set building and prop ideas.

The performance opened with



"Lullaby of Broadway" presented by Marcus, Gerard, Deborah, Bernie, Bruce, Debra and Adam, followed by "My Fair Lady" starring Sam, Holly, Andrew, Bruce, Nick, Jonathon, Andrew, Geoff, Geoff, Damien, Lindy, Melinda and Ben.

After that was "Cats" starring Veronica, Koochie, Maryanne, Anita, Amanda, Marcus, Philippa, Sue and Fiona. "Cats" wasn't just on stage, Veronica, Amanda and Ryan did a fantastic job enticing the audience with their prowl through the isles.

Before the intermission came "Hair" which on-stage starred Adam, Nick, Bruce, Lindy, Bernie, Jonathon, Geoff, Mark, Marcus, Deborah, Ben, Debra, Bruce, Andrew, Jackson,



COMMUNITY SUPPORT



Jane, Jamie, Damien, Melinda and Holly. Whilst everyone was performing in "Hair" a previously filmed segment was played on a projector screen of everyone else, singing and dancing a having a good time in their costumes. A special mention to the New Peninsula Centre Youth Group for coming out from the shadows to dance amongst the audience during the performance.

After a brief intermission it was all eyes on stage for "West Side Story" starring Adam, Gerard, Damien, Bruce, Amanda, Mary, Sam, Bernie, Jonathon, Marcus, Jamie, Holly, Philippa, Koochie, and Julia.

The show closed with "Annie" featuring Sue as Annie. What an inspiring closing performance it was, a show that truly could not be faulted.

Congratulations and thank you to everyone who was involved in showcasing some amazing talent.

When asked their opinions on the show, here's what a few of our budding performers had to say:

"Everything!" was Deb's response when asked what her favourite part was.

"Interesting to do cut scenes rather than just one show... I preferred dancing to acting because everyone can dance" Mary.

"Watching the big screens, everyone saw me".

"I loved doing my Broadway solo's in



between acts" Marcus.

"Meowing and prowling in Cats... Dancing with my friends in Annie" Anita.

"Dancing and singing" Jane.

"Being a pretty girl" Julia.

"Cats was my favourite... Meooooooooow... Wearing pretty make-up".

"Was great mate" Geoff.

"I hope I get to be in the next one" Amanda.

"Little bit of luck was my favourite" Damien.

One last special thank you to Mary, Marcus, Sue and Philippa for recapping the nights special events and helping to put together this review and a big thank you to Marcus for being compere for the night.



OUTREACH NEWS

HIGHLIGHTS

Gary celebrated his 51st birthday and went to Gold Class cinemas for the first time and said he felt like a king!

Gary was given a gift of a sightseeing flight in an old aeroplane from Tyabb airport but due to strong winds has not yet been flying. Waiting on a still day!

Elle went on the YMCA camp to Anglesea with support and joined in the adventures including kayaking, dress up disco and enjoyed the ferry ride over to Queenscliff.

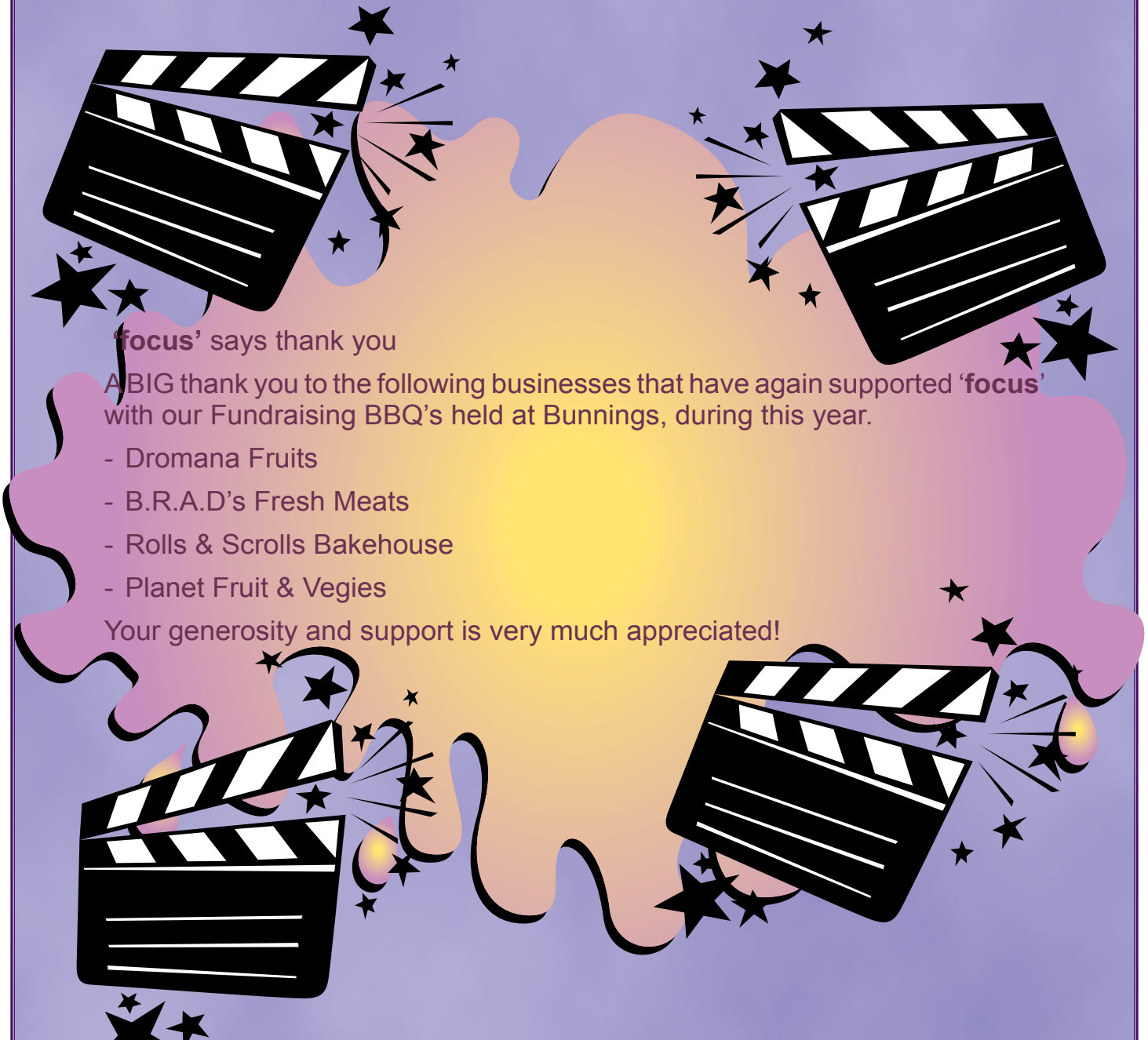
Tim enjoyed his day out into Melbourne riding on the train and tram and watching the activities in Fed Square.

Gladys and Elizabeth attend Art on Thursdays at The Barn and love to go along each week to create and socialize!

Saturday Art group has resumed in a new location Dromana Community Centre and is well attended by Outreach clients.

Ryan attends mosaic class at Mornington Community House weekly and is now working on his 4th piece. Ryan looks forward to his class each week.

Jonathan has started to join in at the Patterson Lakes Disco one Friday per month and enjoys a meal out before attending.★



'focus' says thank you

A BIG thank you to the following businesses that have again supported 'focus' with our Fundraising BBQ's held at Bunnings, during this year.

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

Your generosity and support is very much appreciated!