



Directors

Tony Negri OAM (Chairman)

Paul Hardy-Smith

Sally Harrop

Andrea Heffernan

Sara Jholl

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 ...

Welcome to the September newsletter, as the football is coming to an end and the sun is beginning to shine again.

I am sure there will be something in this addition of the newsletter for everyone.

To begin I would like to welcome Ms Toni Stewart to the **focus** Executive Team. Toni commenced in the role of Executive Manager, Client Services in July. She comes to us with a wealth of experience having worked for many years with SCOPE, before working in the Quality Team at Villa Maria Catholic Homes (VMCH). Toni's work with VMCH included preparing the service for entry into the NDIS in July this year.

Toni will be a huge asset to our team as we also prepare for the changes ahead of us.

focus Information Sessions on

THE NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

By now everyone should have received an invitation to our NDIS Information Sessions.

It is very important that at least one member of every family attends these sessions to learn about the Scheme and what it will mean for your family member with a disability.

Please feel free to invite siblings to attend the sessions with you. All families will need to be involved in the planning process to move across to the NDIS, it is important that you all know what you will be required to do.

We will be having four sessions presenting the same information to ensure as many people as possible are able to attend.

You only need to attend one session.

Session 1 & 2 Tuesday 11th October 2016

Surrey Hills Uniting Church

Corner Canterbury Road & Valonia Avenue, Surrey Hills
VIC 3127

At 1.00pm – 3.00pm & 6.00pm – 8.00pm

Session 3 & 4 Thursday 13th October 2016

Mornington Golf Club

Tallis Drive, Mornington VIC 3931

At 1.00pm – 3.00pm & 6.00pm – 8.00pm

Please RSVP at the office 59815100 to ensure we have enough copies of the booklets for everyone.

Gail Foster
Chief Executive Officer

AROUND THE HOUSES



BALCOMBE

BAM DANCE

Everyone at Balcombe loves to dance.

They represented their dance school "BAM" at Ashwood Primary School for 'Down Syndrome Day'.

Everyone decided to make a day of it as there were many things to do at the event.

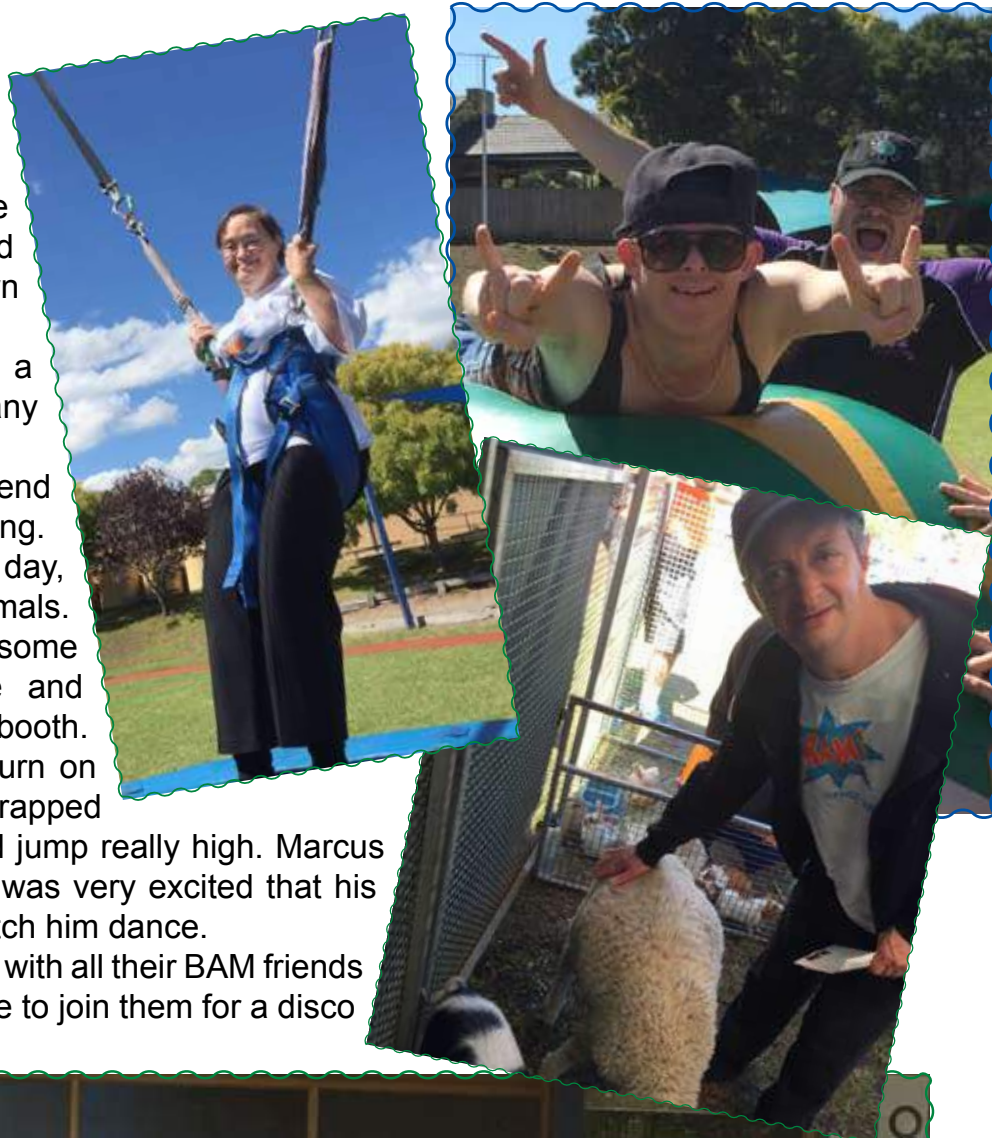
Catherine invited her friend Mandy Connelly to come along.

Every one had a fantastic day, patting lots of baby animals.

Chris, Bruce and Julia did some Artwork. Mandy, Catherine and Marcus had fun in the photo booth.

Marian and Marcus had a turn on the trampoline and were strapped into a harness so they could jump really high. Marcus had fun on a giant ball and was very excited that his sister and niece came to watch him dance.

Everyone danced up a storm with all their BAM friends and then invited the audience to join them for a disco to end the day.



AROUND THE HOUSES

TRIP TO VILLAGE CINEMA TO SEE "EDDIE THE EAGLE"

Marcus, Bruce, Catherine & Julia whilst learning about Spirit & Determination, enjoyed lots of laughs at the antics of the British athlete "Eddie Edwards" who after being cut from the Olympic ski team travelled to Germany to test his skills at ski jumping. Eddie's enthusiasm & positive attitude took him to compete for Great Britain in the 1988 Calgary Winter Olympics becoming a national hero. Apart from the laughs, we were reminded of valuable life lessons and came away feeling good.



DEB'S NIGHT ON THE TOWN

Deb Morrison got all dressed up for a night out to the Frankston RSL. She was looking fabulous in her outfit and enjoyed a lovely meal and some dancing.



ASH HOUSE

ASH HOUSE NEWS

Sylvie celebrated her birthday party, she turned 61yrs in August.
Ricky was supported to the footy at the MCG in Melbourne.
A few Ash House people went to the Disco in Mornington.



BERRY HOUSE

THE BEATLES TRIBUTE SHOW



Mark attended the Beatles tribute show at Frankston RSL. He got all dressed up for the occasion, ready to rock the night away. He enjoyed a wonderful meal and a delectable dessert.
Mark dragged the staff out to the dance floor and danced the night away, showing off his moves.



★HAPPY★ BIRTHDAY!

BRUCE'S BIRTHDAY BASH

Bruce celebrated his 46th Birthday at Berry House. He was very excited to celebrate with his mum and dad. Emma Zanin even popped in to sing him happy birthday. Bruce enjoyed having his favorite foods, fruit salad and homemade custard from mum, and some chocolate cake.

CAR MUSEUM

Simon, Alex, Deb and Susie from Berry house went to the Red Hill car museum to check out all of the fantastic cars and trucks they have on show.



AROUND THE HOUSES



BONDI HOUSE

As Cade is into collecting pop culture figurines and Star Wars he booked tickets to Supernova. Supernova was held at the Melbourne Show grounds, so it was an early start there. Cade enjoyed looking and purchasing different items.

He had photo taken with helps of different people in costume, but his favorite of the day would have to be when he asked to have his photo taken with a Stormtrooper and the guy collected the entire cast of Star Wars.

Justin has been going to the football every second Saturday. He is a mad St Kilda fan; his bedroom is decked out in red, black and white. We think he should become the team mascot because every time he goes St Kilda wins.

Renee has been doing lots of cooking and Cade kindly loaned her his chef's hat to wear while she was cooking. This is one of the activities Renee wanted in her personal plan so she has been supported to do this..

Tanya has been attending Bingo every week as she enjoys it. Tanya goes to the Carrum Bingo Centre where she is well known. They will hold up the game if she is running late and wait for her. She goes each week with the support of staff member Lianne. She is yet to have a big win but it will happen!



AROUND THE HOUSES



BERRY HOUSE

ALEX AT YMCA CAMP

Alex attended the YMCA camp at Mt Evelyn. He had a wonderful time meeting new people and trying new things. He won the 'Mr Happy Award' for bringing a contagious smile to every moment at the camp. Berry house staff, Ron won the "Malteser" Award as well.



AROUND THE HOUSES



BUNGOWER

HAPPY BIRTHDAY STEPHEN AND KYLIE

Stephen and Kylie both celebrated birthdays recently.

Kylie was too busy to eat cake as she was chatting on the phone to her mum and dad.

Stephen celebrated his 31st birthday with his house mates. He chose party pies, sausage rolls and steamed dim sims as his favourite meal and really enjoyed every mouthful.

The highlight of Stephen's evening was when the cake came and everyone sang the birthday song. Stephen's "hooray was the loudest and most enthusiastic of all.



V8 RACE CAR DRIVE AT SANDOWN RACEWAY



Philip enjoyed a V8 race car drive around the Sandown race circuit.

Philip met the drivers and staff before putting on his racing suit and helmet and

happily posed for photos before the big drive.

Philip had a very fast 4 laps around the circuit and the car made a great sound from it's roaring engine.

Philip finished the day off with a big lunch and a framed photo of himself in the race car, wearing his helmet.



AROUND THE HOUSES



RAINY DAYS

Julie and Dixie enjoyed exercising their artistic talents recently at Bungower during a wet day.

SORRENTO BACK BEACH

Bungower residents soaking up some welcome sunshine.



Melinda enjoyed a day at Frankston Arts Centre recently, watching "There's a hippopotamus on Our Roof Eating Cake!"



AROUND THE HOUSES



CEDAR HOUSE



Wow what a cold period we have had over the last few months but fortunately for us mother nature gave us a couple of good days and we made the most of it. Everyone wanted to be out and about, and the venue

chosen was Wilson Botanic Park where we found a spot to unpack our goodies and lunches and sit down to eat. After we had all had our lunches we set off for a walk around the gardens taking in the sights of the lakes and wildlife. It took us a while to all meet up in one spot as some of us weren't quite as quick as the others, but all in all it was a great day out full of fresh air and beautiful scenery.

Lindy has had a great time getting out to the local Op Shop where she enjoys having a chat to the ladies and purchasing things she likes.

Bernie also enjoys going to his local Bunnings to purchase items for his vegie patch. We can't wait to see what it brings us.

Marc has been getting out and about enjoying his walks around local gardens and parks we just need some better weather to be able to enjoy more outings.

Camille has been out and about to musical events

such as All abilities disco where he really enjoys the music and social aspect of meeting new people and dancing, other

outings for Camille include BBQ's where he likes to help with cooking and to just watch. Camille also likes bushwalking with some other people. He has also been helping decorate his new room with his favourite pictures.

Richard has also enjoyed getting out into the outdoors with his long walks and BBQ's, he likes to sit and enjoy his surroundings and also going to the beach to dig his toes into the sand.

Dale has enjoyed BBQ's as well as music events and most of all being at home to watch the footy and car races.

Corey has also been enjoying the outdoors with everyone and has visited the animal farm. Corey also liked the beach. Corey has helped staff to decorate his room with his fav pictures and also helps with putting his clothes away,

Janene enjoys going out for a BBQ and walks at local parks and gardens. Janene has also been helping decorate her room placing her favourite pictures into a frame to be put up. Janene has also become a great helper around the house enhancing her independence skills.



AROUND THE HOUSES

CENTURY

ALL THINGS AUTOMOBILE



Scott and Kevin headed up to Red Hill to visit Charlie's Auto Museum. Both gentlemen were spellbound by the treasure trove of all things automobile and more. Both Kevin and Scott found it difficult to leave and have plans to return soon.

BEACHCOMBER

Scott never one to let any kind of weather stand in the way of a good roam on the beach can be seen ready for some fishing action. They just weren't biting all that well on the day but never mind there is always next time.



SPRING IN THE STEP

Steven and Kevin were invited by their Somerville friends to partake of some BBQ delights. Steven ever the host with the most did his best to keep everyone's plate full. Steven is hosting the next calendar event with the brand new BBQ at Century.

AROUND THE HOUSES



HARTIGAN

In September, Jeanette chose to go and see the "We are the World 2016 School Concert" presented by the Peninsula Specialist College in Dromana. It was held at the New Peninsula Community Centre in Mount Martha.

It opened with songs on the didgeridoo and clapping sticks representing Australia, this song was Jeanette's favourite also because Sebastian was playing the didgeridoo and Jeanette has know Sebastian since he was little. The songs represented different countries of the world, there was a song from New Zealand and the children performed the Haka and a song representing England where they danced around a maypole, and a Bollywood song representing India - which was very colourful then all the children came together on stage for the songs - "We are the world we are the children" and "What a Wonderful World".

Jeanette said she had a fantastic time and is already looking forward to next years performance.



PINE

Mandy, Warwick and Jane were all rugged up when they visited Wooleys Beach for a BBQ with Oak House.

Everyone enjoyed the sausages and went back for seconds...and thirds!

Mandy visited McDonalds for dinner. She finished it off with a cappuccino. She must have enjoyed it by the smile on her face.

Jane had an appointment in Camberwell followed by a visit to her favourite café 'Chocolatte'. Their hot chocolates are delicious!

Jane certainly thinks so!



AROUND THE HOUSES

OPPY HOUSE

Deb and Sally went to see "The Sound of Music" at The Regent Theatre for their Birthday Celebrations. Sal and Deb were singing along to the music throughout the show and had an awesome time even talking afterwards for the hour drive home after the show. Deb and Sal bought a Souvenir Program to share and look at the pages often as a reminder.

The ladies had a chocolate cake and celebrations back at the house on the weekend as well.



HEALSVILLE SANCTUARY

Deb, Sally and Jane went to Healesville Sanctuary, Deb was very happy to see the Echidna's, telling everyone around her that she could see them!

Sally was snapped with a Koala in the background. Sally took her new walker to Healesville Sanctuary and was very happy to walk around independently pointing to all the animals along the way.



AROUND THE HOUSES



RYMER

★HAPPY BIRTHDAY★

Michael recently celebrated his 50th birthday with a quiet gathering at home with balloons and cake of course! He also enjoyed a lunch with his family.

Happy 50th Michael!



★HAPPY BIRTHDAY★

SEAVIEW

Mary-Anne dressed up for the BAM concert, doesn't she look great!

Sandra has continued her monthly 1:1 horse-riding lessons at Ace Hi Ranch in Boneo and is loving it! Sandra says she wants Sugar (her favourite horse) to come live at Seaview so she can feed her carrots and "sugar" all the time. Sandra is hoping to go on a trail ride this Summer.

James has been getting out and about over Winter, he took the ferry to Queenscliff for lunch one weekend. James knows his way around the ferry and heads straight to the café on board for a cappuccino. We had to take a smaller ferry back again but James handled it like a pro. He has also been to the Werribee Zoo and into Mornington.

Mary-Anne had dinner with her old friend Simon from Berry House, their friendship goes back 30+ years!



AROUND THE HOUSES

THE FLATS

Mikael and Stefan always enjoy their weekend camp with the YMCA. On this occasion Stefan won the prize for best dancer of the night by doing the Michael Jackson moves, Stefan was impressed with his award and shared a laugh or two with his brother Mikael while they were dining.



BEING OF SWEDISH ORIGIN MIKAEL WAS THE EXPERT AT PUTTING TOGETHER IKEA FURNITURE FOR HIS NEW FLAT.



M-IKEA-L ?

AROUND THE HOUSES



THE RISE

KATRINA IN THE KITCHEN



Katrina was eggcited to get in the kitchen and get her hands dirty.

Today, cupcakes were on the agenda.

Katrina enjoyed the process from cracking the eggs, mixing the batter and scooping the batter into the patty pans – she has an uncanny skill of doing this in such a neat and clean way.

The cakes were in, timer set and the wait for afternoon tea began.

As all true bakers do, Katrina could not wait to lick the bowl.

Once baked, Katrina had a hard time sitting on her hands waiting for them to cool down to be able to ice. But she got there in the end and beautiful pink cupcakes were the result.

Afternoon tea was awesome and there were some leftover to take for lunches for the week.



THE MATCH!

Charmaine, Rob and Deb from Berry arrived at the Somerville Pub excited, they were here for lunch and to watch a Wrestling Match.

First order of business – LUNCH!

I think the burgers chosen were bigger than their heads!!

No matter as they made swift work of them; making their way through the delicious meal.

The excitement built up in Charmaine as her beloved sport began to amp up on the big screen – she was so excited in fact that she chose



AROUND THE HOUSES

to find a seat MUCH closer to the action.

The match was met with cheers and heckling from Charmaine as Rob and Deb watched on quietly back at our table.

The match was quick and there were cheers all around for the winner!

All enjoyed themselves.



ROB'S DAY OUT

Rob spent the day out on the town. First he enjoyed a game of mini golf where he gave John a run for his money, then he went to visit the animals out at AAPS in Keysborough where he really enjoyed watching the cats play and laze about.

At the Animal Shelter, he perused through the op shop, hunting for DVD bargains. And bargains he got, coming home with a healthy stack of new block busters to enjoy. Onwards to JB Hi Fi to see what other DVDs he could find; and he managed to add another two to his ever growing collection.

Lunch was at Fratellis, Rob chose

chicken schnitzel, chips and salad. He enjoyed every mouthful.

After lunch it was time to head back home. He enjoyed showing staff his stash of DVD's and requested that one be put on so he could enjoy in the comfort of his arm chair in his bedroom.



INDIVIDUAL SUPPORT >>>>>

SEED TO SEED PROGRAM

At Dromana ISS the 'Seed to Seed' program has been in full swing. A truck delivered all the new mulch and soil to make new garden beds. Some delicious vegetables have been planted and are already ready for picking to use in the cooking group. The gardening participants hope that the cooking participants cook something really yummy for all to try soon. The broccolini is nearly a meter high, it is being picked every day to encourage new growth. The magpies are loving all the fresh soil to eat lots of our worms. The Cumquats and lemons are being picked for the cooking participants to make jam and lemon curd. Everyone here at Dromana ISS is loving the transformation our garden has had and being able to see all the hard work that has been put in. Our functional art class here at Dromana ISS have been working on a new scarecrow giving him a complete makeover to add to the garden and keep all our new fresh produce safe!



<<<<< INDIVIDUAL SUPPORT

COOKING @ DROMANA



Hot Water Workout

In line with their health and wellness goals and that of being members of their local community and meeting others, Amanda, Jane, Philippa, Sam and Sue now have memberships at Peninsula Aquatic Recreation Centre (PARC) in Frankston and have joined the aqua workout session on Tuesday afternoon.

The session is held in the hot water

therapy pool and class members take part in a range of activities to upbeat music. Working out in the water is therapeutic and relaxing and the exercises

assist to improve cardio, increase muscle strength and flexibility, burn calories, relieve stress and anxiety and build endurance.

Exercising with the dumbbells is most popular and not as easy as you would think. It often causes a laugh or two amongst the group. The session is fun to engage in, is thoroughly enjoyed by all and is a great way for everyone to improve their fitness and meet new people.



JACKSON'S AN UNCLE



Jackson came in to work beaming, when his sister Courtney and her husband Rodney's baby Hamish John finally arrived after being 10 days overdue.

Little Hamish weighed in at 7pounds 7 ounces.

Jackson is a very proud uncle and why wouldn't he be, Hamish is absolutely adorable.



KENSHIN KARATE

McAlister participants Chris, Adam, Sam and Gerard commenced an exciting new men's fitness program in Langwarrin. The program is facilitated by Sensei Leanne, a qualified instructor and is held at Kenshin Karate on Wednesday afternoon.

We have access to a purpose built, state of the art facility with the programs aim being to assist with goals of staying active, keeping fit and engaging in local community.

During the session participants take part in fitness activities and traditional karate exercises and movements, which have assisted to improve motor skills, fitness levels, coordination, communication and concentration. The session also teaches the importance of control and respect and Sensei Leanne apart from teaching the principles of karate is also teaching some karate terminology. Everyone understands that the only time to practice Karate is in the dojo (place of the way) and can now recognise terms such as; kiritsu - stand up, sensei ni rei - bow to the teacher, ichi - one, ni - two, san - three and osu. This word symbolises respect and understanding and is used with a bow when entering or leaving the dojo or greeting another instead of using the word hello.

This activity has been a positive addition to McAlister's program timetable and everyone has welcomed the opportunity to get involved.



INDIVIDUAL SUPPORT



DRUMMING

Kathy takes us for drumming every Wednesday afternoon. She teaches us how to play the drums and other percussion instruments. Sometimes it is hard to keep the beat but we all have fun trying!



INDIVIDUAL SUPPORT

HINTERLAND SCARECROW FESTIVAL & TRAIL

Yes, we are making another scarecrow, with the theme of recycle and compost.

Contributors included many of our day service sites, including the Work Shed. We look forward to being part of the festival.

Flinders Room have made some huge worms for the project, and also helped fill the worm crate, with sticks and branches gathered from the Red Hill gardens.



SPRING TIME IN FLINDERS

Spring is a wonderful time for all, but especially for the participants in Flinder's Room at Red Hill ISS.

We get to watch all the beautiful flowers bloom, the wonderful Blossom tree every year puts on a show, the daffodils are showing their happy faces, and the Lily's are standing tall.

Bottle Brush and Wattle trees are also a food source, for both the wild birds, and the birds we take care of in our aviary.

Spring also means we get to be in the garden, working on our garden art projects, and planting vegetables and



INDIVIDUAL SUPPORT



flowers.

Winter has been about cleaning up the paths, trimming back the trees, getting the planter beds ready and working on community based projects.



MUSIC THERAPY

Every Wednesday morning, Red Hill people meet in the hall for the music therapy program. Everyone is encouraged to actively participate by creating music with instruments, their voice and dancing. Those involved always enjoy themselves and like being able to request some of their favourite songs to be played.



INDIVIDUAL SUPPORT



LAWSON GROUP

This term we have had some awesome travel training outings. Clients are supported to present their own Myki cards to touch on the myki card reader. We all thoroughly enjoy the train trip and then when we get to our destination we touch off. We have enjoyed our bowling sessions, we have had a few strikes and everyone has enjoyed themselves.



INDIVIDUAL SUPPORT



TRAIN TRAVEL/TRAINING

We have been going on the train every Tuesday this term. We get on the train at Stony Point and travel to Frankston and back. If needed, staff assist us to swipe our Myki card when we get on and off. We all like to look out the window and occasionally have a chat and smile to others on the train. Some of us enjoy the sensory movement of the train and find it very relaxing. We like Tuesdays!



THE FACTORY ALL STARS BAND

This term the Band members finished writing and recording a theme song for our band "WE ARE THE ALL STARS BAND". With support from staff we also made a video clip to go with the theme song. All members of the band were supported to individually record their vocal parts; the process of recording the theme song was a great learning experience. The vocals were combined later in a "mix". The video clip was fun to make, with staff support the video clip was edited and fine-tuned using visuals and sound.



COMMUNITY, PARKS AND RECREATION

This term at the factory we started a new program that we developed and implemented with support from staff. The program is Community, Parks and Recreation, the idea of the program is for the group to focus on keeping physically and mentally active. As a group we visit various outdoor parks and recreational areas where we enjoy bushwalking and gentle physical activities. So far we have spent the day at the Bayside Shopping Centre in Frankston, Where we all had a great time exploring the shops and talking to the sales staff, the following week we went to The Briers



INDIVIDUAL SUPPORT

in Mt Martha, we were very lucky as the sun came out when we arrived, we decided to follow the Kur-Bur-Rer Walk, it was a 4km walk through a variety of vegetation including dense scrub and woodland, we all really enjoyed the walk. Our favourite so far is the Devil Bend Reservoir, where we followed a 3km trail.



AUGUST VALID MEETING

Each month two Members from different organisations volunteer to host the VALID Meeting. This Month Holly and I volunteered to be the hosts. VALID aims to empower people with an intellectual disability to: Exercise their human rights and citizenship status within their local communities and to have control and influence over the decisions and choices which affect their lives. It was a great experience hosting the meeting with Holly and we both felt very proud of ourselves.

By Marie



ACTIVITIES AT THE WORKSHED

IPAD SKILLS

Workshed clients have taken turns at using various iPad applications during the rainy weather. Scott, Stefan and Mikael in particular have enjoyed learning various educational and sensory based apps.



BIKE TRAINING

Clients have enjoyed making use of the Workshed's outdoor space for riding bikes in the finer weather.



ART

Workshed clients have enjoyed taking part in afternoon art activities as the day winds down, using in various media such as painting and pencils. Brendan and Mikael have been especially keen on painting this term, sharing their usual art table together each week.



OUTREACH NEWS



I saw on a postcard that a dog cafe had opened in Collingwood. I really wanted to go and have a look. With my support worker we worked out how we were going to get there and I took my dog Miskie. When I got there I bought Miskie a dog cappuccino and a dog muffin made from chicken. She loved it. I got to see other people's dogs and talk to their owners while we all had lunch together.



The 'focus on fun' activity group recently visited the Pt Nepean National Park and wandered around the old buildings, taking a bus tour of the park with breathtaking views of the coast. We were lucky enough to be there on a clear day and we could see the skyscrapers of Melbourne CBD and Queenscliff Light house. Fish and chips were the choice on the day for lunch on the Rye foreshore. We welcome Julia and Christopher to the group and look forward to future adventures.

We also visited the Melbourne Star and what a day it was!! Steph and Julia decided to stay on the ground with Jo. Luke and Stuart showed no fear wandering around the cabin taking photo's.

Rob helped calm Kylie who is scared of heights but had the courage to face her fears and step into the cabin – well done Kylie. Leanne calmed Jamie who faced his fear of heights – well done Jamie- he kissed the pavement when we hit the ground!!

Nick and Andrea took in the sights. After the ride we met up with Jo, Julia and Stephany for lunch. Lots of shopping and of course lots of talk about the footy finals coming up. This was a great day out !!



YMCA WEEKEND ESCAPE – MOUNT EVELYN

Elly, Veronica and Ezza attended the YMCA Weekend Escape in Mount Evelyn. Everyone 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.

