



TULGEEN
group
together growing

AUGUST 2013

ISSUE 10

The Grapevine

www.tulgeen.com.au



A long time at Tulgeen

We at Tulgeen are mourning the loss of our dear friend Netty Brown, who passed away in the Canberra Hospital on the evening of August 7th. Netty had been with Tulgeen for many years, and was a real feature of our community. After moving from her family home in Pambula, she lived at Howard Avenue, and worked with Stitches and Prints, while of course playing a big part in life at Training and Education Services. Netty will be sorely missed. She is pictured above with Merle Evans, who recently retired from TES.

Peter Gorton (Acting-CEO of Tulgeen Disability Services)



Welcome to AUGUST Grapevine!

Enquiries, comments and contributions are welcome and can be sent to: monika.ryan@tulgeen.com.au.

Thank you and enjoy the read!

Monika Ryan

Tulgeen Support Worker and Editor

Farewell Merle

Merle will no longer come to work, because she went on a well-earned never ending weekend aka 'retirement'. Above is the last photo of 'Merle-in-action'... 'Farewell Merle, we wish you an exquisitely wonderful retirement!'

Monika Ryan
Tulgeen Support Worker

Bicycle Workshops

Ashley Irvin and Mitchell Porteous have participated in two bicycle workshops recently in the last month at Workability. Interest was sought from Campbell Page for interested persons to attend. Both guys enjoyed the first session, they were very enthusiastic to attend the next. TES staff member, Russ Hill has attended with them and believes that these guys are really keen to learn about fixing bicycles. They took along 3 bicycles needing attention on the last occasion. These fix it jobs are a work in progress, 5 more sessions are scheduled and perhaps the bikes will be good as new when they are done.

Kristi Sproates
TES Coordinator



Hugh celebrates his birthday at Club Bega

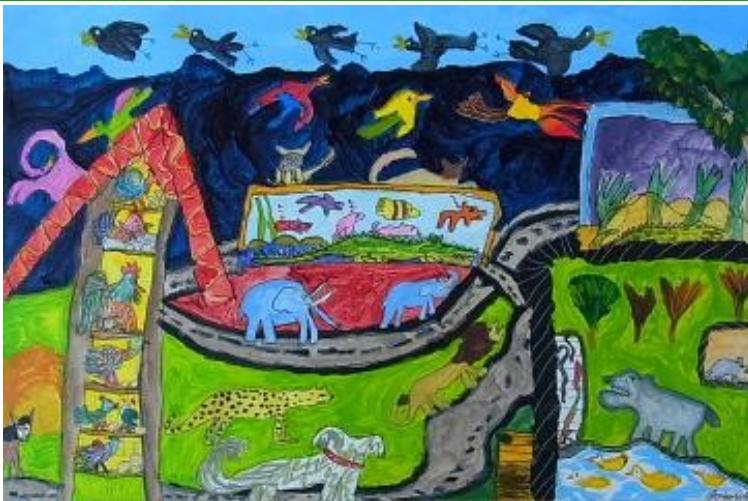


Hugh Lidden's birthday was on Friday, 19 July and he chose to celebrate it at Club Bega for lunch.

Local business man and friend Peter Belford, from Choices North Bega, joined Hugh for lunch.

Hugh also invited Emily, Julie, Mitch and Rose from Client Services to join him for lunch.

Mitch van Reesch
Individual Support Coordinator



'Zoo' by Emily Brown has been purchased by the Bega Veterinary Clinic

Matthew Perry
Art in the Garage Project Coordinator



Employee's Service Review - Survey

Supported employees from Tulgeen's ADEs (Australian Disability Enterprises) completed a Survey in July aimed at gaining feedback on:

- how well Tulgeen supports them at work, and
- what they think Tulgeen can do better.

The questions in the Survey were developed from the National Standards for Disability Services. Twenty-five employees, with support from Mitch van Reesch Individual Support Coordinator and Elle Millsteed Independent Advocate from SEA (South East Advocacy), completed the Survey.

In summary, the Survey was successful in finding out:

- whether employee's fundamental rights are being upheld at work, and
- areas where management, coordinators and supervisors can focus on improving support over the next 12 months.

A big thank you to all the employees who completed the Survey and the staff at the ADE's for their support.

Mitch van Reesch
Individual Support Coordinator

Hugh Lidden (right) and friends celebrating his birthday. Hugh has been with Tulgeen for about 30 years!

Employee Service Delivery Review Survey		
	Name: _____	
	Who is your Keyworker? _____	
Did the employee know who their Keyworker is? <input type="checkbox"/> yes <input checked="" type="checkbox"/> no		
Please tick <input checked="" type="checkbox"/> where you work:		
	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can choose if you want to do the survey or not. Do you want to do this survey?		
<input type="checkbox"/>	<input type="checkbox"/>	yes

Bega Council Creates Job Opportunities



Bega Valley Shire Council has announced an exciting new relationship formed between the Sapphire Aquatic Centre and a local disability service provider.

The deal with Tulgeen Disability Services will see local people with disabilities gaining employment as grounds maintenance staff for the Aquatic Centre in Pambula.

"This is a perfect example of Council and community groups working together to achieve results," Council's Community Services Manager, Simon Schweitzer said.

"Tulgeen has grown over the years to become a major provider for people with disabilities, and we're really happy to be forming this new relationship with the organisation."

Tulgeen Disability Services Supervisor, Rob Asmus, said supported employment services provide a lot of experience and confidence for their clients.

"This opportunity gives meaningful employment to our team of workers; it increases their training and development and leaves the workers with a sense of contribution to our community."

"We've been providing local community based work and vocational training for people with disabilities since 1976, and it's great to be adding this latest initiative to our range of services," Mr Asmus said.

Pictured: Tulgeen clients, Graeme Smith and Stephen Davies hard at work at the Sapphire Aquatic Centre.

Source: www.2ec.com.au/index.php/news/19844-bega-council-creates-job-opportunities

Mitchell's Manchester United experience

Wolumla's Mitchell Porteous meets Manchester United legend Dwight Yorke on Tuesday

MITCHELL Porteous pulled on the prestigious red jumper on Tuesday. The Wolumla soccer star was granted the opportunity to train with the famous Manchester United club.

Some of United's biggest names, both past and present, were at Parramatta Stadium for the exclusive training session. Mitchell, who has autism, was one of 40 Special Olympics athletes invited to take part in the event.

The clinic included Manchester's longest-serving captain Bryan Robson and fellow club legends Denis Irwin, Andy Cole and Dwight Yorke.

Mitchell, 23, was also excited to meet famous United mascot Fred the Red, as well as getting a close look at the Barclay's English Premier League trophy.

All participants were given the opportunity to work on their skills with the Manchester legends, who would later sign autographs. Mitchell was rapt to receive a club shirt and hat, both signed by players, as well as a participation medal.

The training session was watched on by a number of Australia's top athletes. Guests included Parramatta Eels coach Ricky Stuart and forward Fui Fui Moi Moi, along with Sydney FC representatives Terry McFlynn and Pascal Bosschaart. "Fui Fui walked on afterwards and congratulated us," Mitchell said with a smile.

Ms Porteous said her son would have received great confidence from the training session.

"Mitchell doesn't need much more motivation," she said. "He is loud and proud, but one of these people who just loves life, loves what he's doing."

Excerpt from BDN article by Josh Bartlett
July 19, 2013



Mitch Porteous (right) with Dwight Yorke

NDS Employee Engagement Survey—A Big Thank you to all Tulgeen Staff

As you will know, Tulgeen was selected to participate in the National Disability Services (NDS) online Employee Engagement Survey. This occurred from 20-31 May.

We achieved a 81% participation rate which is extraordinary given that only about 20% of our workforce has full access to a computer.

I wish to acknowledge the effort made by all the staff who participated to get to a computer in order to provide their opinions.

Your answers remain confidential and will be analysed by the NDS and the Voice Project team and provided as aggre-

gate data to Tulgeen and to the NSW disability sector so that we may improve our service and responsiveness as an industry.

When I receive this information from NDS, it will be available to the entire Tulgeen team via the new computers which you will all have access to.

Thank you again for your participation.

Rachel Choy
Human Resource Manager



DAFFODILL DAY

This year Tulgeen is participating in Daffodil Day! We are selling Daffodil Day Merchandise at TES and Admin.

Pens - \$6

Pins- \$5

Magnets- \$4

Please support the Cancer Council by purchasing one of these items or donating a gold coin.

Every little bit helps.

**We are also holding a BBQ at TES for Daffodil Day:
Thursday 22 August, 12-1pm
Yellow theme. Wear yellow.
See you then.....**

This Daffodil Day, every daffodil, every donation, grows hope; hope for better treatments, hope for more survivors and hope for a cancer-free future.

www.daffodilday.com.au

Kass Fenton
Project Officer

Supporting our In-home Support Clients into the Future

Tulgeen's Client Services (CS) Department is currently supporting our In-home Support (IHS) clients into the future of Individualised funding.

In liaison with IHS clients, their advocates and keyworkers applications for clients to apply for Active Ageing and Life Choices packages are being prepared to submit to ADHC.

This means successful applicants will receive their own funding based on their needs rather than having to access the current system of Block Funding.



If you have any questions about the process please contact Mitch on Ext 831.

Mitch van Reesch
Individual Support Coordinator

"If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." - Gandhi

Pauline's birthday celebration



Pauline Pendergast celebrated her birthday at home with friends and some afternoon tea. Present were Miriam, Dave, Julie, Bob and Emily.

Emilie Bird
In Home Support

Picture: Pauline (sitting) with Bob Woszczeiko and Julie Sanson

Pauline Pendergast has been with Tulgeen for about 30 years!

Leaders for Tomorrow

<http://www.fahcsia.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/leaders-for-tomorrow>

The Government's Leaders for Tomorrow initiative is a 12-month program which supports people with disability to develop their leadership skills. It will provide up to 12 months of leadership support to 200 people with disability to 30 June 2014.

This important program is tailored according to each participant's leadership aspirations to help committed and talented Australians achieve their leadership goals.

By linking participants with appropriate training, support and mentoring, Leaders for Tomorrow helps participants overcome barriers to work and education so they can become leaders in their chosen field.

It enables participants to develop the skills and confidence to become leaders in business, sport, art, the community and government – an important step towards increasing diversity of leadership in all areas of society.

Five participant intakes will be conducted over the life of the program and applications can be submitted at any time.

For more information visit the Leaders for Tomorrow website (<http://www.leadersfortomorrow.com.au/>) or call: 1800 887 624.

New Disability Minister in NSW

The new NSW Disability Minister is Upper House MP John Ajaka, replacing Andrew Constance, who was promoted to Minister for Finance and Services. Mr Constance has become a great friend of the disability sector and was integral to the continuation of the Stronger Together Strategy remaining bi-partisan and to NSW becoming the first state to sign up to the full rollout of the National Disability Insurance Scheme. Also, Michael Coutts-Trotter is the new Director General of the NSW Department of Family and Community Services (FACS). Jim Longley will remain as Chief Executive of Ageing, Disability and Home Care (ADHC).

Source: <http://www.disabilitytrust.org.au/>, August News

Resourcing Families is a state wide initiative that works with families that include a family member with developmental disability. It provides information, ideas and resources about developing a positive vision for the future, building informal supports, establishing networks, creating community con-

nctions and having more choice and control within people's lives.
 T: (02) 9869 7753 Free call: 1800 774 764
 E: info@resourcingfamilies.org.au
 www.resourcingfamilies.org.au

Individualised Funding in NSW – What could it mean for you?

Individualised funding is becoming more available to all eligible people with disability in NSW. This has the potential to result in significant positive change. Come and find out what this could mean for you or your family member or the people you work with. The information session will explore what could be possible, how to make the most of changes and how this will give people with disability more choice and control within their lives.

Dates and Locations

Tuesday 3rd September—Bega
 Wednesday 4th September—Ulladulla
 Thursday 5th September—Nowra
 Friday 6th September—Wollongong

Time

10:00 AM - 12:00 PM

Venues to be announced

The session will provide:

- An update on current options available
- Ideas for developing individualised arrangements
- Real stories of innovation and creativity
- Inspiration for transforming lives and harnessing potential
- Strategies for supporting more choice and control
- Information on how to move forward

Come along and find out more

All sessions are free – Everybody welcome!

How to Register:

visit www.resourcingfamilies.org.au and click on events or call 1800 774 764

Creating Community Connections

Creating Community Connections Webinar

Strategies for bringing more people into the life of a person with disability

30 August 2013

10:00AM—12:00PM

When most people are asked to say what makes their life meaningful, they refer to their relationships. For some people with disability, opportunities to build relationships may be limited or even non-existent, which can lead to increasing isolation.

This webinar provides strategies, ideas and resources for creating community connections in places and ways that

can make developing relationships possible.

This Webinar is free and for:

People with disability, family members, friends & professionals

The webinar can be accessed by computer/internet and/or phone. Easy instructions and materials provided. Please register seven days before the webinar to receive materials in time.

Register online or contact us by phone or email.

Online: www.resourcingfamilies.org.au

T: (02) 9869 7753 Free call: 1800 774 764

E: info@resourcingfamilies.org.au

New e-learning tool an opportunity for better mental health care for people with intellectual disability

Source: <http://www.disabilitytrust.org.au/>, August News

The Minister for Disability Services Andrew Constance and Minister for Mental Health Kevin Humphries have launched a website supporting mental health care for people with intellectual disability.

The website, provided by the University of NSW and funded by the NSW Government, is the first of its kind in Australia. It provides an e-learning tool which is targeted at the disability and health workforce.

The tool takes a practical and accessible approach

to educating professionals on understanding and meeting the mental health needs of people with an intellectual disability. Topics range from communication skills to assessment and management of mental disorders in people with intellectual disability.

In the future, the site will also provide e-learning resources to people with intellectual disability and carers.

The website is free to access and can be visited at www.idhealtheducation.edu.au.



Live Life Bega Valley

The Live Life Bega Valley project is run by Bega Valley Shire Council and offers a range of physical activity and healthy eating programs and activities that can support Bega Valley Shire residents to lead healthy lifestyles.

Programs and activities are available to Bega Valley resi-

dents 18 years and over and are run on weekdays during school terms at local community venues.

All Live Life Bega Valley programs are FREE to Bega Valley residents.

Register now to have a chance to win a healthy prize pack.

If you would like a registration form mailed to you, or for further information, please contact Carmen Falvey at cfalvey@begavalley.nsw.gov.au or phone 6499 2379

South Coast Field Days

21 & 22 September 2013, Bega Showground
<http://southcoastfielddays.com.au>

Excitement is growing for the South Coast Field Days (kindly sponsored by Provincial Plants & Landscapes). Stallholder registrations are now streaming in, with some coming from as far as Melbourne for the weekend.

SCPA-South East Producers is bringing back the South Coast Field Days with a vibrant program of inspiring talks, workshops and demonstrations and a showcase of local products and skills around the theme of 'Sustainable Land Use and Living'. Like previous South Coast Field Days our speakers, workshops and stallholders will centre around 5 interest areas;

1. Sustainable agriculture
2. Small-scale forestry

3. Crafts

4. Community connections
5. Building & technology

There will be plants for sale, advice on the use of worms in compost and grey water treatment, an array of food stalls (to eat there, or take home), information about local bird species, heating options for your home, environmentally friendly cleaning products... just to name a few...

If you want to know more about what's in store, or to book your stall, please visit www.southcoastfielddays.com.au or email sandra@scpa.org.au.

Tulgeen will have two stalls at the South Coast Field Days, one for Riverside Nursery and one for Stitches & Prints. We look forward to seeing you there.

Monika Ryan
Tulgeen Support Worker

Bega Valley Disability Community Forum

The Bega Valley Disability Community Forum is meeting again on August 27th with guest speakers **Katrina Ewing** and **Mary Guthrey**, 'self managing' mothers.

As always, everybody is welcome!

You might also want to put September 24th in your diary, as we will have the pleasure to have **Junee Waites** as our guest speaker. Junee is the Author of '*Smiling at Shadows*' (the story of Junee and Rod Waites and their son Dane, living with autism) and Ambassador for the 2013 Living Life my Way, NSW Government Initiative.

Our meetings take place at the:

'Junee Waites' Room, Workability

**156 Newtown Street Bega
from 1 to 3 pm.**

If you have any questions, please feel free to contact us:

- Stephen Reed: Stephen.Reed@facs.nsw.gov.au or 0428 251 511
- Michaela Pascolutti: michaela@sapphiressupportservices.com.au or 0413 136 006
- Monika Ryan: y-yoga@bigpond.com or 0404 798 368

We look forward to sharing informative, enjoyable and sociable meetings with you.

Monika Ryan
Tulgeen Support Worker

Commissioner appointed for ALRC inquiry into Legal Barriers for People with Disabilities

A new inquiry will consider whether Commonwealth laws and legal frameworks create barriers to people with disability exercising their rights and legal capacity. On July 23 Attorney-General Mark Dreyfus QC formally referred the inquiry into Legal Barriers for People with Disabilities to the Australian Law Reform Commission (ALRC), and appointed the Disability Discrimination Commissioner Mr

Graeme Innes AM to the ALRC to support the inquiry. Inquiries undertaken by the Australian Law Reform Commission provide a unique opportunity for in depth consideration of issues of law. The reference follows a three-week public consultation on draft terms of reference. The Terms of reference, and details of the consultations, are available at www.alrc.gov.au/inquiries/disability/terms-reference.

- **29 July - 5 Aug tbc - Cerebral Palsy Awareness Week** - The Centre for Cerebral Palsy
- **Friday 2 - Jeans for Genes Day** - Children's Medical Research Institute 5 August—Bank Holiday (ACT, NSW)
- *tbc - Anxiety Disorders Week - Anxiety Recovery Centre Victoria
- **12-17 - Brain Injury Awareness Week** - Brain Injury Australia
- **18 - 24 - National Healthy Bones Week** - Dairy Australia and Osteoporosis Australia
- **21 - 30 - Hearing Awareness Week** - Deafness Forum of Australia
- **Friday 23 - Daffodil Day** - Cancer Council Australia
- 25– 31 August—Speech Pathology Week
(Speech Pathology Australia)
- **21 - 30 - Hearing Awareness Week** - Deafness Forum of Australia

- **27 August—Katrina Ewing and Mary Guthrey at the Disability Forum (for further information refer to article on previous page)**
- **31 - Doctors for Doctors Day** - Medecins Sans Frontieres Australia
- **1—7 Sept—Spina Bifida Awareness Week**—This week aims to raise awareness of Spina Bifida and the importance of Folic acid in a person's diet.
- **1—7 Sept—National Child Protection Week**
- **24 September—Junee Waites at the Disability Forum (for further information refer to article on previous page)**

Sources:

<http://www.and.org.au/pages/disability-related-events-calendar-2012.html>

Bega Valley Disability Community Forum

www.motherandbaby.ninemsn.com.au

www.napcan.org.au.

People-Funded Solar PV for Tulgeen

By Margaret Hender
July 21, 2013

Tulgeen Disability Services, on the far south coast of NSW, has already implemented a variety of energy efficiency measures to reduce its electricity consumption, and hope to install a solar system on its TES roof in the near future. CORENA (Citizens Own Renewable Energy Network Australia Incorporated) is currently seeking donations from the public to fund this project. CORENA will provide an interest-free loan of \$12,000 to help pay for the solar panels, and Tulgeen Disability Services will pay back the loan out of the savings on its power bills.

Once the loan is repaid, Tulgeen Disability Services will benefit from reduced energy costs, and from Day 1, the rest of us will all benefit from the reduction in carbon emissions. As the loan is repaid, that money will be 'recycled' into other similar projects. But first CORENA needs to raise around \$9,600 more in donations to reach the funding target for the Tulgeen project.

"Tulgeen has exhaustively monitored and reviewed its current infrastructure, fittings, buildings and usage patterns", said Pete Gorton, acting-CEO of Tulgeen Disability Services. "We have commenced an energy efficiency drive, and have also reviewed many of our daily processes and practices to reduce our electricity consumption. We are keen to install solar PV on the building used for Tulgeen Training & Education Services (TES), which provides day programmes and activities for up to 50 local people with disability. We anticipate that the new solar system will provide a significant portion of our daily usage, and ultimately save Tulgeen a considerable amount in electricity purchases."

CORENA is a new not-for-profit organisation set up by a bunch of ordinary people who want to enable everyone who wants more renewable energy to get on with the job of fund-

ing it, rather than just waiting on government action. It is renewable energy funded by the people for the people, with all donations spent on funding practical renewable energy and energy efficiency projects.

"The CORENA funding mechanism is crowd-funding with a twist", said Margaret Hender, CORENA Chairperson. "As soon as the Tulgeen loan starts to be repaid, that money will go straight into helping to fund a second project at another community-serving organisation somewhere else in Australia, then another, and another. By the time the public has funded around 120 similar projects, at a total cost of around \$2.4 million, the repayments coming back into the fund from earlier projects will be sufficient to keep on funding an endless stream of similar solar and energy efficiency projects way into the future. All we need is one million people to make a one-off donation of \$2.40, for example, or 100,000 people to donate \$24 each."

"We rely entirely on donations from people - lots of people - all those people who are worried by climate change or by the health and environmental impacts of coal and gas. The CORENA mechanism gives everyone an extra way of taking practical and immediate action to speed up the transition to 100% renewable energy."

Details about the Tulgeen project, and information on how to donate, are available at <http://corenafund.org.au/category/small-projects/current-small-project/>.

Alternatively, if you wish to claim a tax deduction, you can donate directly to Tulgeen Group Business Account
BSB 641 800 Account 200576787
(CLEARLY STATING YOUR SURNAME AND CORENA)

Media contacts

Margaret Hender (CORENA chairperson)
[\(08\) 8265 6607](tel:(08)82656607)
margaret@corenafund.org.au
<http://corenafund.org.au/>

The Tulgeen New Fleet Additions



Shannon Catt (left) and Jason Hooker posing in front of the new red Camry.

Dianne Rees and Robert Robinson inspecting our new FORD Transit People Carrier, purchased from the Brain Injury Association.



Pauline Pendergast and Sam Ferguson ready for a ride in