



MARCH 2013
ISSUE 6

The Grapevine

Email: monika.ryan@tulgeen.com.au



Jo, Mitch, Kevin and colleagues are posing to mark the moment.

Photo provided by Kevin Findlow
Individual Support Officer,
Tulgeen

Welcome to the first *Grapevine* issue in 2013!

Wow, it's March already! What happened? Last time I looked, it was December 2012...

Please note that enquiries, comments and contributions are welcome anytime and can be sent to: monika.ryan@tulgeen.com.au, **BUT: deadlines are on the 15th of each month if you want your contributions in the following month's issue.** Thank you and enjoy the read.

Monika Ryan - TES Support Worker and Editor

Bega District News, 02-12-1994

Songs, dance and instrumental items at Matinee Musicale



●Michelle Bruce improvises on the keyboard.



●Carolya Lawley takes the solo in Do-re-mi.



●Tom Fitzpatrick performing at the Matinee Musicale.



●Comperes David Murphy and Celine Wooding.

19 YEARS
AGO...



●Lucy Russell, Michelle Bruce and the dancing puppets.

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●A dance by Jim Maloney.

BDN Photos kindly provided by Kelly Kirha - Individual Support Officer, *Tulgeen*



● Tutor and co-ordinator, Elizabeth Ellis, and Charlie Fisk on guitar.

“The audience and the Training and Education Service clients all had a wonderful afternoon at the Matinee Musicale on Saturday afternoon at the Bega High School. Performers were Michelle Bruce, Charlie Fisk, Tom Fitzpatrick, Bruce Fraser, Vanessa Gould, Craig Haining, Carolyn Lawler, Jim Maloney, Beverly Mitchell, David Murphy, Pauline Prendergast, Lucy Russell, David Simpson, Michelle Smith, Joye Umback, Damian Valentine, Jenny Wade, Dane Waites, Catherine Williams, Celine Wooding and Jeffery Young. David Murphy was master of ceremonies and the afternoon was coordinated by Training and Education Service tutor Elizabeth Ellis. Volunteer helpers were Pat Thornton and Isabella Ellis.”

Bega District News, 02-12-1994

Information from “Your Voice, Your Choice.”

Thank you to Sean O’Neill from The Disability Trust for giving us permission to republish from their own newsletter. They have so much great information! Below are a few excerpts.

If you want to read more please go directly to www.disabilitytrust.org.au/newsletters.html.

Disability Online

From ‘Your Voice, Your Choice’, February 2013

This new website – Australia’s Disability Hub – has news, videos and resources from Commonwealth and State government agencies. Carers can also find information, services and help at www.disabilityonline.org.au.

My Choice Matters

From ‘Your Voice, Your Choice’, February 2013

This \$5 million NSW Consumer Development Fund has been set up by the NSW Government for people with disability, families and carers.

My Choice Matters intends to assist people get the most out of the changes to disability supports. Having more choice and control is a big change for many people. My Choice Matters will work together with people to build skills and abilities so they can feel ready to make the most of the new system.

My Choice Matters will bring people together to share information and knowledge, learn new things, find out

what other people do and work out what individuals need or what they can offer to others.

Starting in March, My Choice Matters will provide opportunities for all this learning to happen. For example, there will be workshops, training and information sessions, peer support, mentoring, leadership development and much more.

For more information go to www.mychoicematters.org.au, sign up for the newsletter or join the Facebook page.

Disability Sports and the Benefits

From ‘Your Voice, Your Choice’, December 2012

There are many benefits of exercise for people with disabilities. In addition to feeling good, raising self-confidence, promoting better health and possible improvement in ability, sport and exercise can also bring

added benefits such as social interaction and friendship. Sports and exercise clubs, groups and facilities often organize social outings and group training opportunities.

continued on p. 4

The Australian Sports Commission in conjunction with the University of Technology, Sydney conducted a research project investigating the 'Getting involved in sport: Participation and non-participation of people with disability in sport and active recreation'. The study focused on two groups, People with disability and Disability service providers. The full report is at www.ausport.gov.au/participating/disability/resources/research_and_reports/disability_participation_research.

Key findings included it is essential to provide easily accessible information on local sport and active recreation opportunities, cost is seen to be a major factor in many different ways, including extra costs associated with disability and that those people who are engaged in social activities generally are much more likely to experience a better level of quality of life than those not engaged.

While the Paralympics are at the elite level of sport, there are a number of opportunities for participation in sport at the local level.

Nathan: Leader of Tomorrow

From 'Your Voice, Your Choice', December 2012

In early December, Bega based Nathan travelled to Brisbane to attend the first training conference of his Leaders for Tomorrow program. It marks the commencement of his 12 month commitment to developing himself to be more skilled, confident and active in leadership roles especially in managing his Homecare Direct Shopping business covering the Bega area.

The Leaders for Tomorrow program is an individual leadership program which is committed to developing

200 people with disability through mentoring and leadership development opportunities, and to become better equipped to contribute as leaders in Australia's future.

TAFE NSW Hunter Institute, leading a consortium with E-QUAL (Enhancing Quality), is delivering the program Nationally. For more information visit www.leadersfortomorrow.com.au or call 1800 887 624.

I hope you find the information above as interesting as I do. Thank you again to Sean O'Neill at the Disability Trust.

As 'Your Voice Your Choice' mentions, there are a number of opportunities for participation in sport at the local level in the Illawarra and Shoalhaven regions, but what do we know about the Bega Valley Shire? For example: Do we have riding, surfing or sailing for People with Disability? Do we know anybody who has experience in providing sport and recreational opportunities to people with disability. Is there anybody looking to create new programs in the Bega Valley Region?

Let's keep our eyes open and communicate the info...!

Monika Ryan - TES Support Worker



HEALTHY AND DELICIOUS

Broad Bean Dip or Spread

(allrecipes.com.au)

This recipe is inspired by a dish traditionally served with pita bread for breakfast in Egypt.

375g fresh or frozen broad beans
 1 to 2 tablespoons olive oil
 1 large red onion, chopped
 1 large tomato, diced
 1 teaspoon ground cumin
 half a bunch fresh parsley, chopped
 4 tablespoons fresh lemon juice
 salt and freshly ground black pepper to taste



1. Put the beans into a stockpot with enough water just to cover and bring to a boil.
2. Drain half of the water after beans are tender. Return beans to stockpot and add onion, tomato, olive oil, cumin, parsley, lemon juice, salt and pepper. Mash the beans and bring the mixture back to a boil, then reduce the heat. Gently cook the mixture for 5 minutes. Serve warm with toasted pitta. Serves: 6

Community Disability Forum



Date: March 13, 2013

Time: 1—3 pm

Location:
Workability Office
156 Newtown St Bega

Hi everybody!

I am pleased to advise you that we will have our second Community Disability Forum coming up in March this year.

The Forum:

- Is for people who have a disability, their families and other interested members of the community
- Is for local people who are passionate about creating positive lives for people with a disability
- The ongoing format and purpose of the forum will be discussed as needed
- The forums could include guest speakers, as well as identifying topics of interest for group discussions.
- Participants might also chose to include a social element e.g. all bringing a share morning tea at meetings etc.

Thank you to everybody who for came along in February, where we identified a variety of issues, some of which were:

- the lack of support
- lack or a maze of information
- financial and emotional struggle
- absence of community inclusion and social barriers

Simon Schweitzer (Community Development, Bega Valley Shire Council) has agreed to be our guest speaker at our next meeting and address the follow-

ing topics:

- 1) the role of council community development section
- 2) their capacity to resume compiling a community services directory
- 3) update on the proposal to 're-brand' as the sapphire coast

I am very excited and look forward to working with you all to create positive and productive outcomes. I hope that the forum process will be as inclusive as possible and that everybody will continue to have a say. My vision is that the forums will be influenced strongly by a hands-on approach and heaps of community networking.

Come, ask your questions, have your say and spread the word!

We look forward to seeing you there!

With Warm Regards,

Monika

All enquiries welcome:

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or Monika Ryan:

y-yoga@bigpond.com

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Person Centred Approaches and the National Disability Insurance Scheme – Change is on the Way.

The Disability Industry is undergoing significant reform on a State and National Level.

At a NSW level, the initiatives of Stronger Together 2 which drives Disability policy in NSW will mean that personalisation, individualised funding and the self managed model are just around the corner. The strategies proposed in Stronger Together 2 moves NSW services to a personalised and self determined model.

On a National level, the National Disability Insurance Scheme (NDIS) has political support from all major parties and is now a reality. The Hunter region is an initial launch area to test the NDIS Bill and its provisions. The Hunter region will implement the NDIS reforms with subsequent government studies examining its effectiveness, from 1 July 2013. A NDIS Transition Agency has been established and will assist consumers and services in the Hunter region (in the first instance) negotiate the transition. The full NDIS encompassing all of Australia is expected to be operational by 1 July 2018.

BUT...what does it all mean?

It means that reforms to the Disability industry are a reality

Stronger Together 2 in NSW is taking steps to move NSW based services towards a consumer -focused model which is in line with the NDIS. Most importantly, it means that choice and control, and therefore power, shifts **from** services and organisations which have traditionally received funding **to** people with disability. Clients will be directly

funded and can exercise full choice and control about who they wish to work with, who should support them, what they want to do and when they want to do it.

This means that Tulgeen will have to change how we plan and provide services and do business. You may think that we are already offering personalised service, and in some respects, we do but there is more that we can and have to do. Big changes are happening and Tulgeen needs to change to adapt and thrive. Clients will be able to be as self-managing as they wish. This translates to anyone with a disability being able to pick and choose the exact services and products that they desire, and as long as they can afford it from their budget, take the services they want, how they want, when they want and with whom they want.

What is Tulgeen doing?

Tulgeen will:

1. Learn as much as we can about what is happening and keep communicating this throughout the organisation.
2. Hold a series of information and consultation sessions with clients and their families and/or advocates to inform them about personalisation and the NDIS and to assist them to develop the skills and resources they may need to understand and take *full advantage* of the personalised model.
3. Hold a series of information and consultation sessions with staff to ensure that they are knowledgeable about personalisation and the NDIS and discuss how this will change the nature of our work with clients. It will also

assist staff to appropriately support clients and their families/ advocates to become fully empowered. These sessions are also an opportunity to discuss concerns, opportunities and ideas for the future. **This will commence in March with the TES team and move to each area around the organisation.**

4. Ensure that Tulgeen's leadership is fit for purpose and can steer the organisation competently and confidently through the strategic and operations challenges ahead.
5. Work with Executive Managers to ensure that operational systems and platforms are in place to meet the requirements of clients and staff.
6. Promote personalisation and its message of empowerment within the Bega Valley community.

What can I do?

1. I can attend sessions with an open and enquiring mind and learn as much as I can.
2. I can participate fully and keep talking with my colleagues following the info sessions.
3. I can be the best and most positive worker I can be by supporting my colleagues at every level of the organisation and by supporting clients and families/ advocates in their learning and understanding of the personalised journey towards NDIS.
4. I can be a champion for change.
5. I can.

WATCH THIS SPACE FOR MORE DETAIL

Rachel Choy
Human Resource
Manager



The Restrictive Practices Authorisation Panel

Dear Colleagues!

We recently had our 'Restrictive Practices' training at Tulgeen. I personally believe the training was very welcomed and that there may be further need for workshops to address specific issues.

After asking Mitch for some more information regarding the Restrictive Practices Authorisation Panel, she provided me with the following:

The Restrictive Practices Authorisation Panel was formed in about November 2012 and the members are:

Permanent members = Chair - Mitch van Reesch, Individual Support; Liz Mitchell, Regional Behaviour Support Team, ADHC; and Elle Millstead, SEA (South East Advocacy Service), Independent Advocate.

Additional members = relevant Department/Service Manager and the client's key worker; Maple Court clients may be represented or supported by the Maple Court Coordinator Karen Dewberry.

The client, if participation is assessed as contributing to their wellbeing and/or not compromising their wellbeing may also attend if they wish to.

Thank you Mitch.

Monika Ryan (Support Worker - TES)

FundABILITY

I was a Scorer and Judge at the recent Fun-d-ABILITY fundraiser for the SongABILITY events run by Dial-a-Carer.

It was heaps of fun and great to network informally with other disability services staff in the area. The highlight for me was the last night on 23 January when we had 13 teams of fun people of all ages having a ball. Our HRM, who'll remain unnamed, was wonderful in meeting the challenge for team 'JethroTullgeen' by singing up a storm alone on the stage to score extra points for the team.

Julie Sanson was there with Graham and Miriam; Sarah Carr, Jennifer Russell, Ross Nivara and Emily Brown were also there and they all looked like they were having a great time especially when they were competing in the 'dance-offs'.

Three cheers for Tulgeen, WorkAbility and Dial-A-Carer for organising this event, and three cheers for Merimbula's Club Sapphire in supporting the fundraiser!

Mitch van Reesch
Individual Support

The Tulgeen Board of Directors

... takes pleasure in announcing the appointment of Pete Gorton as the Interim CEO whilst Tulgeen prepares itself for a longer term appointment. Pete's appointment is effective immediately.

We welcome the return of Dave Elliott to the position of Finance Manager as well as regular duties of staff within the Finance team. Our sincere thanks to Dave and his team for their efforts during the last three months; they are really appreciated.

TDS has been involved in a number of recent events; including:

- FundAbility held at Club Sapphire during January to raise funds for the three organisations who chose to participate. Our thanks go to those of you who assisted. Our share was several hundred dollars which will be put toward future, similar events.

- The relaunch of the Community Services Inter-agency, and the Community Disability Forum.
- Cooperation and collaboration with other local agencies to holistically meet client needs.
- Meeting with ADHC to ensure our ongoing, proactive relationship.

The TDS Board Directors continue to work on Strategic Planning activities; most recently holding a follow-up workshop to develop action items to meet client needs in this changing environment.

We would also welcome the input of professionals in our community, particularly from the Accounting profession, who may be interested in supporting the role of the Board either as a Director, or in a more informal capacity such as provision of advice and guidance.

Please contact me at any time if I may be able to offer assistance to you.

Gae Rheinberger
President, Tulgeen Group Board of Directors

I am delighted to accept the Board's offer for me to stay on for a while yet, as the Chief Executive Officer – Interim. We have much to do, and we need to make it fun! I'd like to formally and warmly thank Dave Elliott and everyone else for their support in getting me up to speed. I trust that we can generate some momentum, and keep it going as Tulgeen faces the new "personalisation" world, and eventually, the National Disability Insurance Scheme (NDIS).

Last time, I mentioned the re-establishment of the Bega Valley Disability Forum, and I'm pleased to say that it is now up and running, with Monika Ryan playing a key role in getting it off the ground. We have also started the 'Interagency' forum, which provides a better way for all of the local players in the Disability Sector to improve communication, understanding and information flows. This should result in much improved outcomes for all members of the community, especially those who are more dependent on our services.

As Rachel Choy, our HR Manager has written, 'Personalisation' is rapidly approaching, and we all need to make a substantial effort to understand what it's about, and how we can deliver high levels of great personal outcomes to all people with disabilities that we come into contact with. I recently attended the NDS NSW Conference in Sydney, and came away very impressed about the opportunities that we can take to ensure that all of our clients (and staff) can "live a good life".

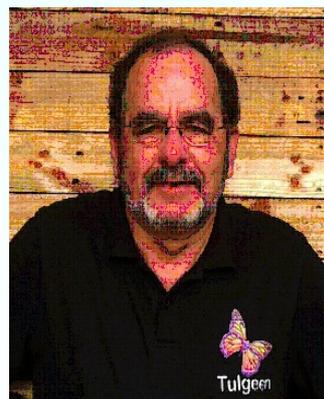
While we would all like to think that we do offer personal care and attention, the full range of successful 'personalisation' outcomes demonstrated in the UK, WA, QLD and Victoria, as well as in New Zealand and other places, show that we can develop very much more tailored services and products, while building on the great structure and processes that we already have. Some other organisations are a little ahead of us in NSW, but there are many behind us, and we should look to the next couple of years as being exciting and fulfilling, especially for our clients and their families and advocates. We will also continue to explore partnerships and alliances, so that we can offer the best outcomes.

Gae Rheinberger, President of the Board, and I, met with the ADHC Regional Manager, Peter McLaughlin recently. He was very enthusiastic about our activities, and encouraged us to work hard with all mem-

bers and agencies in our Sector to ensure that we make the best of the 'personalisation' opportunity. Co-incidentally, we have recently started working more closely with both Workability and Dial-A Carer, and we hope that these initiatives will again assist our clients to achieve even better outcomes. As part of this new found partnerships, we assisted in running a number of trivia events at Merimbula Club Sapphire in January, and as well as having a good time, we raised several hundred dollars for future Tulgeen promotional activities. We hope that you'll consider supporting future events such as this, later in the year.

We are still awaiting rezoning of the Riverside Nursery area so that we can extend our opening hours, and we hope that might happen in the next month or two. The planned extension of TES at the Spindler St complex is about to start, and is expected to be complete within 3-4 months. This will provide vastly better accommodation for Di Rees and her team, as well as for our Special Needs folks and other TES clients. We anticipate that the new Arts Precinct will deliver its first activities into the community in the next month, and that's very exciting, after all this planning and preparation time.

We also plan to initiate our new web-based shopping facility so that you can purchase many of the great products produced by our team in Stitches & Prints and elsewhere. Don't forget to visit our website www.tulgeen.com.au and to contribute news and info items that you'd like to see there.



Pete Gorton
Chief Executive Officer – Interim
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I trust that you will all join with me in building a new, more agile and responsive Tulgeen, while retaining all the things that we know we're good at. It's going to be an interesting time, and I encourage you to contact (or visit me) if you'd like to chat about anything in "our" world.

