

# NEW DIMENSIONS

Volume 4 • October 2016



## THANK YOU FOR YOUR DONATION

- | **Oatley 101 Society of Artists Inc.**  
for donating \$2,000 towards Sunnyhaven Art Therapy
- | **Late Clare Gertrude Walker**  
for her kind donation of \$160,000.  
Special thanks to **Alan and Gay Walker**  
for their support towards Sunnyhaven.
- | **Christopher Pelcz**  
for his kind donation of \$1,000 and recognising Sunnyhaven
- | **Mick Madigan**  
for his continuous monthly donation

## EMPLOYEE OF THE MONTH

Employee of the Month goes to Sharlane Briggs, Sharlane has worked very hard and clients are enjoying the programs implemented.

## message from the CEO



Since our last newsletter a number of major events have taken place for Sunnyhaven. Our 10 bed unit complex commenced construction

and we hope to have this facility up and running in early 2017. This unit complex will provide alternative accommodation options for people who have the ability to live semi-independently.

We have commenced a number of renovations in our existing properties that will create a more modern environment for our clients that reside in those homes.

In readiness for the NDIS rollout in 2017, we have purchased a new system to assist with invoicing, clients goals, collecting documentation and providing proposals to new and existing families. Whilst this is still in the infancy stage, the staff are working diligently to ensure all relevant data is uploaded into the system.

Whilst a large number of our families will not hear from ADHC till next year about the NDIS

we have had a small number from Western Sydney commence their transitions to the NDIA. The feedback has been mixed, with some families saying that it has been an easy transition to other families saying they have not heard anything since the original letter from ADHC. At present we are putting together folders with all your information in a pack to assist you and the NDIA planner to access your needs. We are happy to support you in any way with the next funding stage of your family member's journey.

Over the last few months we saw the passing of Ciara Cochrane. Ciara had a tremendous fight in hospital to recover. She is sadly missed by all the Sunnyhaven family and my heart goes out to her parents.

We have conducted a number of Information sessions on the NDIS and we will continue to provide these sessions over the next six months.

My sincere thanks to the estate of Late Clare Gertrude Walker who donated \$160,000 to the service. These funds will go towards the 10 bed unit complex as we did not receive any financial support from either the State or the Federal government.

We look forward to the next twelve months of reshaping the service and providing the required supports to our families.

**Maree Mullins**  
Chief Executive Officer

# Quality manager's message



The National Disability Insurance Scheme (NDIS) NSW will roll out in 2017 for clients who reside in the South Eastern Sydney district areas

of Botany Bay, Hurstville, Kogarah, Randwick, Rockdale, Sutherland Shire, Waverley, and Woollahra will be able to access the NDIS from 1 July 2017.

The NDIS NSW website contains lots of useful information and links to help you to get ready for the National Disability Insurance Scheme, at [www.ndis.nsw.gov.au](http://www.ndis.nsw.gov.au)

This month we are sending to Clients, Families, Guardians and Carers our annual Survey to collect your feedback and your suggestions, so we can use it to improve the quality of

our services. We would appreciate your time answering this survey. Sunnyhaven

acknowledges that feedback plays an essential role in identifying areas which can lead to improvement.

In order to respect people with disability and families from culturally and linguistically diverse backgrounds, the Sunnyhaven complaint and feedback forms are available in three languages; Chinese, Greek and Arabic.

As part of Sunnyhaven's values, Innovation and Professional Excellence are the key to providing good quality services and a safe environment for our Clients. Therefore, we are starting the process of AS/NZ ISO 9001:2016. We are expecting to be certified by the beginning of next year.

We look forward to continuing our partnership with Families, Carers and Clients, so if you have any enquiries please do not hesitate to contact me by email at: [alessandra.luz@sunnyhaven.ngo.org.au](mailto:alessandra.luz@sunnyhaven.ngo.org.au) or by phone 9588 5033.

**Alessandra Luz**  
Quality Manager

## SPOTLIGHT

### MEET AND GREET

Local Member Chris Gambian visited Sunnyhaven on the 1<sup>st</sup> July 2016. Our thanks to Chris for visiting over a hectic election period.



From left to right:  
Maree Mullins, Chris Gambian, Maureen Horder, Vivian Edmonds and Elaine Cohen.

## ACTIVITIES - COFFEE CLUB

Frederick St clients enjoy cooking and preparing for Coffee Club on Friday nights. They go shopping, purchase the ingredients and cook pasta for the night.



# COMMUNITY CONNEXIONS PROGRAM

## COMMUNITY PARTICIPATION

Sunnyhaven community participation program has had a busy couple of months introducing new programs. Gerry Taylor is our new Arts therapist and has been very busy developing new arts programs to maximise our participant's full potential.

Oatley 101 Society of Artists Incorporated recently celebrated their 17th Members Annual Exhibition. The event was very well attended with an abundance of beautiful artworks on display. Guest presenters and major sponsors also supported the event, including Belinda Hanrahan, Director of Hazelhurst Regional Art Gallery.

Thank you to Geraldine Taylor, president, the committee and members of the Oatley 101 Society of Artists for their generosity and very kind donation of \$2,000 which will go towards the purchase of equipment for Sunnyhaven's Art Therapy program.

Geraldine provides art therapy services to Sunnyhaven and was instrumental in recommending Sunnyhaven as a service provider worthy of receiving the proceeds from the evening.



Shopfront Drama classes started 2 weeks ago and the participants are enjoying this program, we have received positive feedback.

Anne Lehman, Music Therapist, has had a huge impact with our clients especially her work with Keith. Keith now plays the harmonica solo on stage. Excellent work, Anne, thank you for your dedication and commitment to Sunnyhaven and the participants. You truly have a therapeutic effect.

Aqdas our Speech Pathologist has implemented a communication board to utilise with our clients of a morning which has been a huge success in helping our participants and staff work together.

A reminder: we run A Parent Support Group which meets on the last Tuesday of every month from 10-11.30am at CAS Day Program 2, Laycock Rd, Penshurst. All are welcome.

## AEROLIZE

Aerolize has been a very successful program and has been running for two terms with very positive feedback from all involved. We would like to thank Nick and his team from Aerolize in making this program accessible to all involved.



# COMMUNITY CONNEXIONS PROGRAM (CONT'D)

## COMMUNITY ACCESS SERVICE

Sunnyhaven Community Access Day Program clients have been out within the community seeking more programmes and group events. These social inclusion activities increase engagement.

Clients have been attending the Creative Corner at Kogarah Library to Participate in Art. This programme is open to all adults within the community.

Our music programme facilitated by Music Therapist Ann is thoroughly enjoyed. The one to one sessions provide the individual time to create songs and gain the confidence to teach and share with others at the weekly concert. Recently we had the pleasure of a visit from Helen-Megi Mesamagi, a Senior Case Manager for Community Options program. Helen was able to view the arts and crafts program, she was also presented with a song specially written for her by one of our clients. Helen's feedback was that she felt very special, thankful and she had thoroughly enjoyed her visit.



Our clients were introduced to the Kogarah Community Hub. This programme is facilitated by the Kogarah Community Service and provides different workshops throughout the year. The Colour and Coffee Group purpose is for people to rediscover their creative self, meet new people, connect with others in the local community, find relaxation and peace in the flow of colouring, participating in an activity

that helps to reduce stress and engaging in an alternative meditation practice that embraces your imagination.

Clients have participated in activities to Bondi Junction, Cronulla and Miranda by train. This creates a great program for those who wish to gain confidence in using public transport, exercise independence when purchasing items.

## SENSORY GARDEN

Clients have planted some vegetables and flowers and maintenance of the garden is provided by different individuals during the week, weather permitting.



# COMMUNITY LIVING PROGRAM

## TAVISTOCK ROAD

Diane McHugh and Teresa Godsell have returned from their holiday in May 2016 from the Blue Mountains. Both ladies attended Camp David in beautiful Yarramundi. They meet people with disabilities from other services while enjoying a range of games, picnics, concerts and walks. The highlight of the camp was when both ladies won the mini Olympics, beating the men's team hands down. Not to be outdone, Richard and Victor also have holidays booked with Richard set to cruise around Queensland and Victor camping at Stanwell Park. Tavistock clients are certainly jet setters.



Teresa celebrated her Birthday on the 14th August 2016 at Sizzlers, she invited the other houses to attend and celebrate this occasion with her.



## LEEDER AVENUE

Elvis Bacic is participating in an exercise program as part of his goals. Elvis enjoys boxing and has also started using the exercise bike. Keep up the great work Elvis.

A Development application has been lodged with Kogarah Council for Leeder Ave to add a larger living area to the house. This will be an area where all four clients can sit and spend time together.

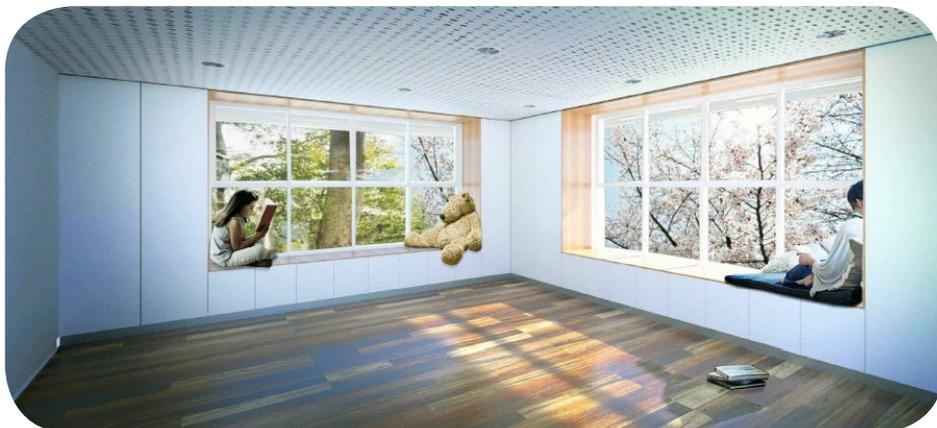


## FREDERICK STREET

A big warm welcome to Helen Spora. Helen moved into Frederick St on the 12th July 2016. She seems to have settled in and is happy with her new home.

## PRINCES STREET

Jenny is now more active and healthier than she was at the start of the year. She is now having all her meals with others at the dinner table. She also takes her dishes to the table after her meals. Jenny is now more interactive and is making more choices and decisions about what she wants to eat and activities she wants to do. Jenny is now walking more than before and can now access Day Program without needing to be pushed in a wheelchair. She now moves around the house safely with a walker and walks to and from her room several times to get her craft items. She is also visibly a lot happier. We are all very proud of her, she has such a strong willpower.



## Staff Profile

### MICHELLE HORNE



I have worked at Sunnyhaven since 2012, initially as a casual and a short time later in a full time position. I then progressed to Acting Team Leader

at Princes Street Accommodation program and was later accepted as Team Leader. I remained at Princes Street for two years before moving to Sunnyhaven's Respite program where I still am.

I have gained much knowledge since joining Sunnyhaven and love working with the people we support with all their different needs and unique personalities.

I also have the pleasure of working at Coffee Club on a Friday where people from Sunnyhaven and other services get together for a barbecue, dance and Karaoke.

## Therapy Services

Our Early Intervention service has grown over the past year. We provide therapy to children with ASD and/or developmental delay, and support their parents and carers. This service is delivered in the child's home, child care and school settings. We also work in conjunction with teachers and educators, to provide support and training. Some common goals include using visual routines for bedtime, first-then visual boards for transitioning between activities and developing reading skills.

In the Community Connexions program, we have been working with the staff, using a visual board to communicate about emotions on a daily basis. This builds up exposure to visuals such as pictures and photographs.

## Community Living Program (cont'd)

### BOX ROAD

A big warm welcome to Judith Howes. Judith Howes recently moved into her new home at Box Road, Sylvania on the 21st May 2016. Since moving into Box Road, Judy (as she likes to be called) has settled in and happily calls Box Road her home and her housemates her new friends. Judy's housemates Valda, Helen and Alan have found Judy to be very entertaining, mesmerising everyone with her impromptu dance performances. Judy also looks forward to attending the Sunnyhaven Coffee club each Friday night where she has made new friends. Judy diligently practices the song and dance routines she will be performing on stage there. Judy has many varied and diverse interests including drumming, drawing and dancing and last but not least drama. Judy is also artistically talented winning a prize for her art work. Judy has a desk in the sitting room at Box Road when she creates her works of Art.

Judy is looking forward to having her art work framed and joining a Drama group. One evening at the dinner table Judy thanked Valda and Alan for inviting her to live with them "Valda replied. "Thank you for coming to live with us Judy." And then Alan repeated what Valda had said and at the same time Helen sanctioned that by putting her hand up in the air and said a very definite "Yeah".



### PARK STREET

Harry Siva celebrated his 60th birthday on Friday night, a celebration was had at Coffee Club with his friends, and Harry enjoyed the cake and then got up on stage to sing. On Saturday 20th August 2016, Harry was taken to his brother's house for a BBQ lunch with Park Street staff and housemates as well as his brothers and other family members. Harry had a wonderful weekend and is looking forward to his next birthday.



## Other News

### BEACH STREET

Development application for Beach St was approved through Rockdale City Council. On the 22nd June 2016, Sunnyhaven was successful in a grant from FACS Community Builders to provide a space for Art Therapy and an Arts worker for 1 year. The demountable Building will provide Arts opportunities for people with a disability.



## COMMUNITY LIVING (CONT'D)

### LORRAINE STREET

It has been a busy few months in Lorraine Street with the clients sharing activities or pursuing their own activities.

Jessica continues to enjoy her independence and is not reliant any more on staff support to access the community. In fact she has really engaged the local community by joining a local

club and eating dinner or lunch their once a week, attending the local night foodies markets, catching public transport to local shopping centres and day activities.

Ann and Bronwyn continue to love going out for long drives with their favourites being Riverwood Plaza, Cronulla Beach and Stanwell Tops.



### NDIS

The National Disability Insurance Scheme (NDIS) is a new way of providing support for people living with disability. It's a whole-of-life approach - a major reform of disability services in Australia, designed to provide the right support according to each person's needs and goals.

The NDIS replaces the old system of 'block' funds going to the organisations providing support. Instead, eligible people are assessed and allocated individualised funding. The idea is that everyone's support needs are different and that each person can exercise choice and control over what services and supports they receive.

People living in the St George and Sutherland regions have another year under the current system and will not transition until July 2017 onwards.

### HELPFUL RESOURCES

The NDIS has a number of useful resources including a monthly eNewsletter, which gives helpful and practical information, you can access this at: <http://www.ndis.gov.au/news/subscribe>

Other useful NDIS resources

- <http://www.ndis.nsw.gov.au>
- <https://www.ndis.gov.au>

