

NEW DIMENSIONS

Volume 8 • Oct 2020



THANK YOU FOR YOUR DONATIONS

Susanne Cohen had been a part of the Sunnyhaven family for over 20 years until her recent decline in health which led to her transition to Bupa.

Sue was truly missed by the participants and staff at Sunnyhaven.

On the 9th Sept 2019 our hearts sank when hearing the news of Sue's passing.

Sue donated the amount of \$18,302.14 to Sunnyhaven.



message from the CEO



HELLO TO OUR SUNNYHAVEN PARTICIPANTS AND THEIR FAMILIES,

Over the last 6 weeks we have seen such significant changes in the way we support our participants. I would like to thank you all for your understanding and your kindness in attempting to find ways to keep everyone safe.

Our day program staff has been redeployed into our houses to assist and provide day activities to all our accommodation participants. Our day program team leaders have been working with me to find some solutions to what we can provide to our external participants online. Music therapy and makeup will be starting next week and this will continue until we return to normal.

The Government has stated that this could continue well into July however, I believe that some restrictions may lessen and we can return to offering day services in possibly smaller groups for a start. I have spoken on Sky news about the poor information to the disability sector and not acknowledging people with a disability in all their media conferences.

Our staff has undergone training in COVID-19 and reviews of our infection control training. We have ordered substantial infection control resources to ensure everyone is safe from this horrific virus.

My thanks to all our staff who still keep coming to work as essential services. Often the unsung heroes in this sector, as we often hear about the wonderful jobs the medical teams are doing.

If you need anything please don't hesitate to contact us at the office.

Be safe

Maree Mullins
Chief Executive Officer

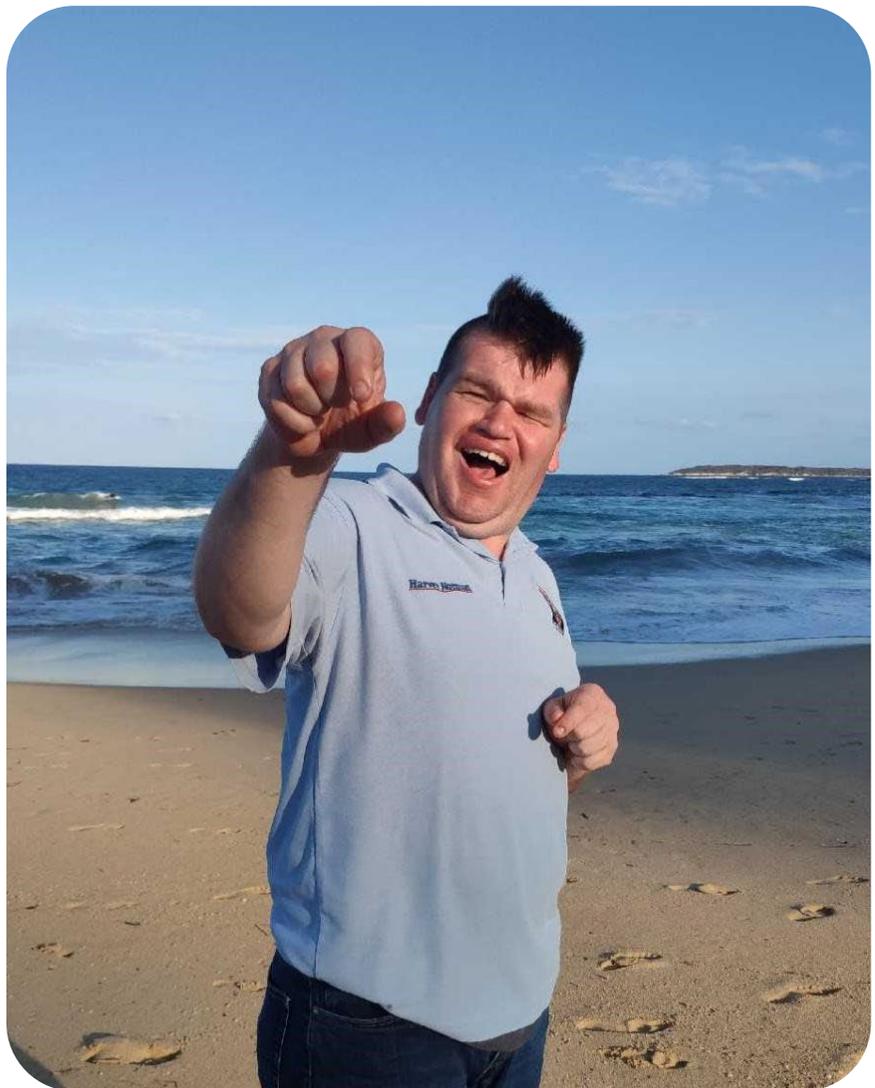
Newsletter stories

A sunny Trip to Cornulla

SPENDING SOME ACTIVE TIME OUTSIDE IS ONE OF THE FAVOURITE LEISURE ACTIVITIES OF OUR CLIENTS. IT BRINGS OUT THEIR SUNNY SIDE ALLOWING THEM TO EXPLORE THE PLACES AROUND THEM, PLAY AND EVEN MAKE NEW FRIENDS.

One client who loves this very much is Matthew, a long-term resident at Leeder Ave, Peshurst. Matthew enjoys going out on activities with staff and always looks forward to his train rides. Whenever asked how he wants to get to his destination, Matthew would always choose to travel by train, especially since the train station is within walking distance. Quite a handy location indeed!

On this particular day, Matthew was accompanied by Sunnyhaven staff member Rimaha, from Leeder Ave., they took the train out to Cornulla where he enjoyed a long walk on the soft sands of the beach and dinner out in one of the nearby cafes.



GO Bulldogs!

LIKE OTHER RECREATIONAL ACTIVITIES, SPORTS PLAY AN IMPORTANT ROLE IN BRINGING A COMMUNITY TOGETHER. BY ENCOURAGING SOCIAL INTERACTION, SPORTS ENHANCE LOCAL PRIDE AND HELP CREATE A SENSE OF BELONGING FOR MANY INDIVIDUALS.

Here at Sunnyhaven, we encourage our clients to engage within their local community, and to attend sports events.

Our client Bradley Thomas is one of our residents at Margaret Wing who is a rugby league fan and huge supporter of the Bulldogs. With the assistance of his uncle, Brad regularly attends football matches with staff support.

Brad loves taking pictures with his camera and at every game he attends, he is able to capture the match and also take a photo with the mascot and cheerleaders. He also enjoys wearing his jersey to every game to show his support. Brad always has a huge smile on his face.

Through sports, even if it's just watching a match, Brad is able to interact with others and participate while having lots of fun!



Community Participation at St Joseph's Reserve

LEARNING LIFE SKILLS, MAKING FRIENDS, AND BEING A PART OF A COMMUNITY ALL CONTRIBUTE TO HELPING OUR PARTICIPANTS FIND THEIR SUNNY SIDE

As part of our Community Participation program, we brought some of our participants to St. Joseph Reserve to enjoy the beautiful weather as they went for a bushwalk through the rain forest.

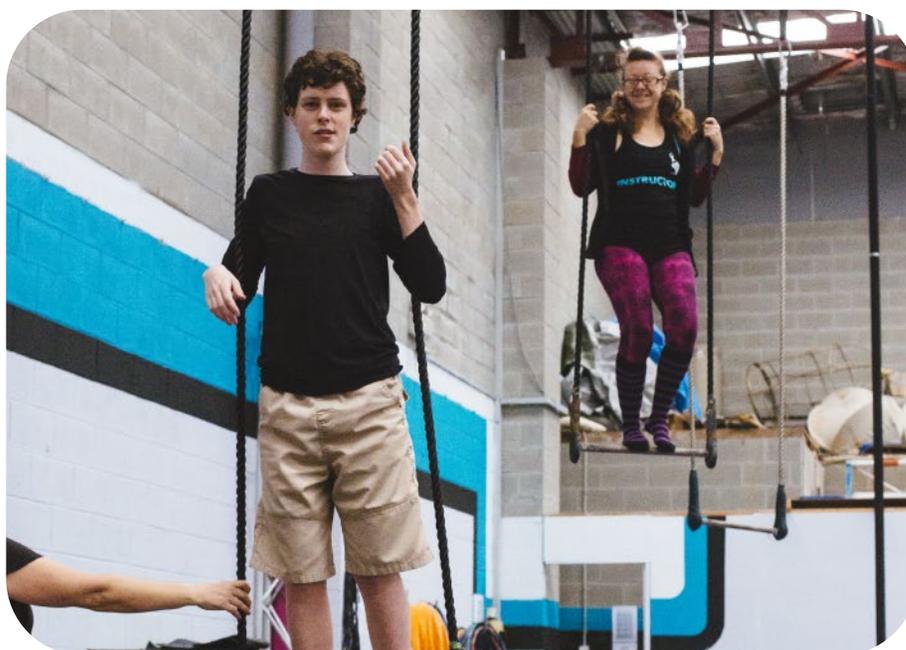
They were able to practice their leadership skills as they took charge of the directions they were all walking. It was a relaxing way to be one with nature whilst being friends and having fun at the same time.





CIRCUS FUN

CIRCUS SKILLS BRINGS TOGETHER ACTIVITIES TO SHOW COURAGE AND DEXTERITY ON TRAPEZES AND SWINGS.



COMMUNITY ACCESS SERVICE - First Tile Impression Workshop

BEAUTIFUL ARTWORK BY OUR CLIENTS IS CURRENTLY UNDERWAY AT SUNNYHAVEN. THEY HAVE BEEN POURING ALL THEIR LOVE AND ARTISTIC FLAIR FOR WEEKS NOW INTO THIS NEW CERAMIC ART MURAL THAT WILL GO ON THE SIDE OF THE CAS BUILDING.

They are proudly working side by side as they handcraft every mosaic tile piece and carefully glue them together.

This first tile impression workshop has been made possible thanks to the \$10,000 grant that Manager Ree Bosco and Art Teacher Di won. It's an exciting art project that gets both CAS and CP involved, allowing our clients to engage and use their imagination to bring an idea to life.

Sunnyhaven has already invited the local public for the unveiling and we all look forward to seeing the surely beautiful end result.





Busy months at Heath Street

DURING THE LAST FEW MONTHS, THE RESIDENTS AT HEATH STREET HAVE ENJOYED MANY OUTINGS.

Most held during the weekends, some of them have included trips to Cataract Dam, Blue Mountains, Penrith Panthers Club, Aqua Golf and many more.

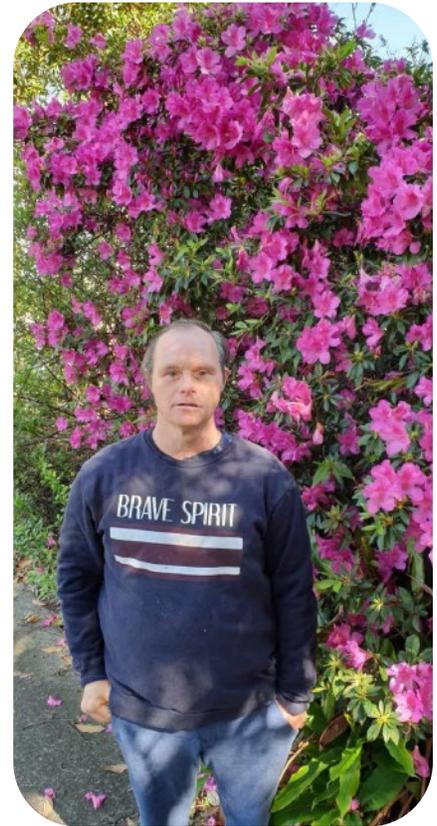


Damien's Afternoon Walk

DAMIEN IS ONE OF OUR RESIDENTS AT LEEDER AVE WHO ENJOYS WALKING DOWN THE LOCAL SHOPS AND HAVING A CUP OF COFFEE WITH OUR STAFF.

Not only does this allow him to stretch his legs but also to take delight in a good cup of joe. It also allows him to explore his neighbourhood and admire a lot of nature's beauty.

Last weekend, while strolling down to the shops, Damien noticed some beautiful flowers all in full bloom. He was astonished by their beauty that when he approached them, Damien asked our staff member to take a photo to capture the moment. It was a delightful souvenir from a charming afternoon walk.



Cooking with Helen and Leo

COOKING IS ONE OF THE LIFE SKILLS WE HELP DEVELOP IN OUR CLIENTS HERE AT SUNNYHAVEN.

Supported by our professional staff, they get to learn basic cooking methods as well as important safety tips in the kitchen. Last November 11th, our clients Helen and Leo put their cooking skills to the test by preparing a delicious meal. Our staff bought them their ingredients and provided them with all the necessary kitchenware. We were very proud to see them improve on their skills as they chopped and cooked away while carefully following the recipe in the cookbook. And of course, the end result is a mouth-watering chicken stir fry which they happily shared with the staff and their friends.



sculptures by the sea

TERESA AND FATIMA SPENT ONE OF THEIR WEEKENDS VISITING THE SCULPTURE BY THE SEA EXHIBITION WHICH OPENED LAST OCTOBER 24TH.

Accompanied by Filomina, they strolled along the beautiful coastline of Bondi beach whilst observing the masterpieces of sculpture artists from different countries.

It was definitely a memorable day for Teresa and Fatima. They were not only able to witness inspiring creativity but they also got to enjoy nature.

Teresa and Fatima's weekend trip is part of our Sunnyhaven Respite services providing meaningful experiences for our clients whilst also giving their carers a break from their usual care-giving roles.



Additional Disability-related Health supports NOW Available

THE NATIONAL DISABILITY INSURANCE AGENCY (NDIA) HAS RECENTLY IMPLEMENTED ADDITIONAL DISABILITY-RELATED HEALTH SUPPORTS WHICH CAN BE PURCHASED UNDER THE NDIS FUNDING.

For Sunnyhaven clients to access these supports, they must meet the following criteria

- Clients must meet NDIS eligibility requirements and must be an NDIS participant
- The client's need of these supports must directly relate to their functional impairment. It should also be ongoing and is best provided by NDIS.

The fundable supports may be delivered in different ways and are grouped into 8 'support type' categories: continence, diabetic management, dysphagia, epilepsy, nutrition, podiatry, respiratory, and wound and pressure care supports.

If a client has recently become eligible for the NDIS, the additional disability-related health supports can be included in their plan if deemed reasonable and necessary. This is also true for clients whose plans are still being reviewed.

On the other hand, clients who already have an NDIS plan may use their unspent core supports budget to purchase disability-related health supports. They may also continue to receive support from their State and Territory health service. They just need to inform their health service that they are an NDIS participant and they will be offered support to escalate their needs to NDIA.

Footnotes:

1. <https://www.ndis.gov.au/news/3688-funding-disability-related-health-supports>
2. <https://www.ndis.gov.au/understanding/supports-funded-ndis/disability-related-health-supports>
3. <https://www.ndis.gov.au/understanding/supports-funded-ndis/disability-related-health-supports/disability-related-health-supports-participants>



We would like to thank Annette for being such a significant part of our Sunnyhaven team.

Employee spotlight of the month:

ANNETTE SMITH

Annette is one of our longest serving employees and an important part of the Sunnyhaven family.

A respected and much loved team leader, Annette has been with us since 2004. Now approaching her 16th year, Annette is a wonderful asset to Sunnyhaven who has dedicated so much of her life to the participants at Sunnyhaven. Always smiling and friendly, Annette loves joining in with all the activities and helping everyone feel involved, supported and respected.

COVID-19 update

"Sunnyhaven is closely monitoring the rapidly evolving state of COVID-19 in the community. We would like to assure all participants, families and stakeholders that our team is doing everything possible to protect the health, safety and wellbeing of the people we support.

Rest assured, all of our accommodation participants are being supported in their homes by both our accommodation and day program staff. Sunnyhaven is committed to ensuring our staff are fully supported in their roles during this time. For further information or if you have any questions about COVID-19: Call: (02) 9588 5433

Visit: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert> "