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## Local organisations focused on health are working together to create a healthier, happier community.



Cobaw Community Health, Kyneton District Health, Macedon Ranges Health, Macedon Ranges Shire Council and Windarring are inviting community members to identify health priorities via a short online survey, with the support of the Central Victorian Primary Care Partnership.

Central Victorian Primary Care Partnership's Executive Officer, Shelly Lavery said each organisation plays different roles but together they work to promote health and wellbeing of community members "from the cradle to the grave".

"It is great to see collaboration on health planning start with organisations asking community members what is important to them in relation to health and wellbeing" she said.

Survey responses will help guide planning for community health and wellbeing in the Macedon Ranges Shire. The online survey will close on 10 March 2017. Paper copies are available from each organisation.

Surveys are available from each organisation in paper form.

## Full steam ahead



We are well and truly on the countdown to the end of summer, March long weekend, Easter and of course the launch of the NDIS in our region, although we are working with a few participants who are getting in early or who are from Central.

### Vehicles update

We have received hot off the presses our review of our fleet. The aim of this review was to come up with a plan for a cost effective strategy to equip us with a younger, more reliable fleet. This will need to go to the Board, who are meeting on 15 March. Therefore at this stage, there is no further movement on the couple of remaining vehicles still off the road, as the cost to get them on the road is more than they are worth.

## Galen's kind gift



This photo was taken last week at Melton when Galen Sartore and his parents, presented Benjamin Akok with a jungle theme chess set that Galen created.

Below is an extract from the 7.30 report from the ABC. Galen was asked to be a part of this program, but he chose not to.

*"Millions of students headed back to school this week but few will have travelled the hard road and endured the challenges of boy you're about to meet. Benjamin Akok is a Sudanese refugee and he has cerebral palsy. This week, he has been voted captain of his school in the troubled Melbourne suburb of Melton.*

*As Lauren Day reports it is more than a popularity contest, it is proof that hard work does indeed pay off. Benjamin Akok is the school captain and he has made it to Year 12. He was born in Sudan, left there when he was one and moved to Egypt and when he turned six, he moved here to Melbourne. He doesn't remember much about Sudan, which in 1998, the year he was born, was crippled by famine, drought and one of the longest civil wars on record. Adding to their struggles, Benjamin Akok was born with a disability. Benjamin has cerebral palsy, I shake a lot from time to time. I don't walk normally. Benjamin is the Victorian State School chess champion who likes performing magic and playing chess.*

## Round the traps **What's been happening here and there?**

### Kyneton

#### Intereach in Kyneton

Intereach, the Local Area Co-ordinators, have set up shop in Piper St and their window display certainly stands out with NDIS plastered all over it. Subscribe to their newsletter by clicking on this linking or copying and pasting it:

[http://www.intereach.com.au/news/ndis-lac-e-news-loddon-area/?mc\\_cid=84875655ce&mc\\_eid=84870b4494](http://www.intereach.com.au/news/ndis-lac-e-news-loddon-area/?mc_cid=84875655ce&mc_eid=84870b4494)

### Castlemaine

#### Farewell

Steve Walter, who has been a familiar face around Castlemaine for many years has decided to move on.

Steve and his woodworking, musical and many other skills will be greatly missed. Good luck with the next adventure.

An afternoon tea will be organised to farewell Steve and to show our appreciation and thanks.

### Gisborne

- Term 1 2017 has started off with a bang with five eager new clients coming along to the Gisborne day service.
  - And we have a new program happening: *Women's Health and Wellbeing*. Participants are learning about personal hygiene and how to make healthy choices. They then finish up each session with yoga and meditation.
- Very relaxing!

### Everywhere

#### Board Planning Day

On Saturday March 4th the Board and senior managers will be having a planning day to set out some of the ideas and issues that need to be addressed to ensure we are ready to take on the challenges and opportunities of the change that NDIS brings. Hopefully from that day, we will all see some developments in the evolution of Windarrang into the NDIS butterfly it is to become.

## A word or two from our CEO



### Our vision

Obviously as we proceed through this year and greet the NDIS we all need to be comfortable with going on this journey because that's what is required to make sure we achieve our vision of 'People receiving the supports they need in order to live lives that are fulfilling and purposeful'.

### To Daylesford & beyond...

Last week we had a number of people and families from Daylesford tour around our services and sites in Kyneton to get a feel for Windarring. From this meeting and from other discussions these individuals have had with us, they would like Windarring to provide services in Daylesford to replace the Hepburn Shire, which is their current service provider. So this week we are meeting with the Hepburn Shire to begin the process of taking over these services. This is an exciting development for windarring. There will be some wonderful opportunities to build on the services and to ensure we assist people in achieving their outcomes.

**Cheers,**  
**Chris O'Connor, CEO**  
**coconnor@windarring.org.au**

## Personnel

A big Welcome to Jim Moss who has started with Windarring. Jim will be replacing Danielle when she goes on maternity leave.

### QA Role

We are currently advertising for a QA manager. With the transition to NDIS and a few audits coming up this year, it is important we make sure we continue to provide a quality service and can back this up with our paperwork and systems. The PD is here for this role

### Manager Pathways to Employment

We will hopefully have interviewed for this position by the time you read this and have someone filling the shoes that Kathryn has been standing in for a while.

### NDIS Readiness Planning

Jane Dawson is back and at this stage the role will continue for a while longer as there has been great demand for this service. We are starting to collate some great information from this which will help us work out what services participants want and need into the future.

## NDIS readiness plans

Jane Dawson has been very busy and has chatted with about 80 people, assisting them in their preparation for the NDIS.

These sessions have also provided us with a great deal of interesting information about the services that people will be interested in purchasing with their NDIS plans.

We'll be starting this week, working with all the participants and their families/ carers who have indicated they would like support getting their plans ready.



## Meet a member of our Windarring Family



## Rodney Diacono

Rodney was recently given recognition for his great work at the Kyneton museum.

Rodney was presented with a variety of new gardening tools for him to use in the garden to make his job a little easier.

Fran from Friends of Kyneton Museum praised Rodney of the wonderful job he has done making the garden look great. Fran commented that she has never seen the garden look as good as it does today.

Rodney always arrives at work early. He is courteous to all around him and never complains about what he is asked to do for the day.

Congratulations Rodney for your dedication to your Job. Love your work and attitude Rodney.

Article by Janine Purvis.



**Brigitte and Linda bowling in Bendigo**



**Kerry visited the Kyneton centre for the first time since going to Bupa late last year. Everyone enjoyed seeing her.**

## Windarranging in pictures



**Hanging rock classic car show. Paul Beard with Dukes of Hazard General Lee replica.**



**A cosy corner at the Gisborne centre with a few handmade soft furnishings.**



**Graham out delivering the Midland Express on the paper round in Kyneton.**



**Galen has joined the art group this year and he can be seen working on his animated characters. His fine motor skills are excellent and the colour choices are great.**



**Andrew joined us as a special guest in our music group. His knowledge and enthusiasm for the group complimented the songs of the day.**

## There's so much written about disability and NDIS – it's impossible to read everything!

Below are some excerpts from articles we think are worth a read. If you're reading this as a PDF the underlined words are hyperlinks so you can just click on them to be taken to the webpage the article was sourced from. The full link is also included.



### The Soft Bigotry of Low Expectations

One of the biggest barriers to people with disability getting a job is the culture of low expectation, writes Kelly Vincent MLC from Dignity Party.

In Australia, 82 per cent of people without a disability are in the workforce, compared to only 53 per cent of those who have disabilities.

Unfortunately, an Australian survey shows that fewer people with disabilities are participating in the workforce than they were 20 years ago.

It feels at times as though we are slipping backwards. The statistics indicate that there are still significant barriers to people with disabilities getting a job and, importantly, getting a position that provides them with a living wage.

Some of those barriers are physical - ramps, adjustable desks, screen readers and accessible toilets - everyday, practical kind of things. Transport to and from work can also be a barrier to overcome. However, the bigger issue, and the one that can't be seen, is the attitudinal barriers that people with disabilities face from potential employers and workmates.

**Read more >>**  
[https://probonoaustralia.com.au/news/2017/02/soft-bigotry-low-expectations/?utm\\_](https://probonoaustralia.com.au/news/2017/02/soft-bigotry-low-expectations/?utm_)

Source: [probono australia](https://probonoaustralia.com.au)

### Diversity in the media

"Mainstream media is a powerful tool. It can stimulate cultural shifts in a world in which people with disability are recognised, respected and valued as equal citizens and unique individuals" said Cátia Malaquias, founder of not-for-profit project 'Starting with Julius'.

Cátia Malaquias, just like the National Disability Insurance Scheme (NDIS), is committed to equality for people with disability.

So much so, the West Australian mother of three, whose middle child, Julius (7) has Down syndrome, founded 'Starting with Julius', a not-for-profit project committed to promoting equal representation of people with disability in advertising, media and beyond.

"Advertising should be bold and reflect the world in which we live," Cátia said. "With one in five of us living with disability, it's a natural part of the human experience and, like other forms of diversity, it should be represented, not excluded.

**Read more >>**  
[https://ndis.gov.au/news/Starting%20with%20Julius.html?utm\\_](https://ndis.gov.au/news/Starting%20with%20Julius.html?utm_)

Source: [ndis.gov.au](https://ndis.gov.au)  
Source: [probonoaustralia](https://probonoaustralia.com.au)

### Introducing 'Nadia' a new virtual assistant

NDIA are pleased to introduce you to their most recent innovation, the development of a 'virtual assistant' - 'Nadia'. Nadia has been developed to provide people with disability with information about the NDIS when and how they want it. Initially Nadia will be used to answer the most common questions people have about the Scheme, but over time, with your help she will develop the capacity to provide detailed responses to a wide range of queries.

Nadia has been co-designed by people with disability with the NDIS's Digital Innovation Reference Group taking the lead. They have also engaged with people with a wide range of different disabilities to ensure Nadia is a useful tool for everyone.

Watch the YouTube video on the making of Nadia

**Watch video >>**  
[https://www.youtube.com/watch?v=Eq\\_0KeV4fFA](https://www.youtube.com/watch?v=Eq_0KeV4fFA)

Source: [ndis.gov.au](https://ndis.gov.au) & YouTube

### 100 Women 2016: Designing clothes for people with Down's syndrome

For one woman with Down's syndrome, rejection and discrimination spurred her on - as far as London Fashion Week. Now this designer from Guatemala is on the BBC's 2016 list of 100 inspirational women.

Before she was an internationally-recognised designer, Isabella Springmuhl says she was rejected by two fashion schools in her native Guatemala because she has Down's syndrome.

"They said I would not be able to cope," recalls the 19-year-old.

But that rejection was exactly what Isabella needed to turn her life around, says her mother, Isabel Tejada.

"I was furious that these institutions did not give Isabella a chance to learn. It was so sad, but it made her change everything. She then decided she wanted to learn sewing so I took her to a sewing academy for women."

While learning how to sew, Isabella was asked to design outfits for worry dolls - traditionally hand-made dolls originating from Guatemalan and Mexican folk traditions. The tiny dolls are usually put under children's pillows in the hope that they will take away their sorrows while they sleep.

**Read more >>**  
<http://www.bbc.com/news/world-latin-america-38132503>



# Term dates for 2017

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**TERM 1**

Monday 23rd January 2017 – Friday 7th April

Centre Closed: Monday 10th April – Monday 17th April (includes Easter)

**PUBLIC HOLIDAYS FOR TERM 1**

- New Year’s Day: Monday 2nd January in lieu of Sunday
- Australia Day: Thursday 26th January
- Labour Day: Monday 13th March
- Good Friday: 14th April
- Easter Monday: 17th April

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**TERM 2**

Tuesday 18th April 2017 – Friday 7th July 2017

Centre Closed: Monday 10th July – Friday 14th July

**PUBLIC HOLIDAYS FOR TERM 2**

- Anzac Day: April 25th April
- Queen’s Birthday: Monday 12th June

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**TERM 3**

Monday 17th July 2017 – Thursday 21st September 2017

Centre Closed: Friday 22nd September – Friday 29th September

**PUBLIC HOLIDAY FOR TERM 3**

- Grand Final Friday: Friday 29th September

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**TERM 4**

Monday 2nd October 2017 – Friday 22nd December 2017

Centre Closed: Monday 25th December

**PUBLIC HOLIDAYS FOR TERM 4**

- Melbourne Cup: Tuesday 7th November (Gisborne & Castlemaine)
- Kyneton Cup: Wednesday 8th November (Kyneton)
- Christmas Day: Monday 25th December
- Boxing Day: Tuesday 26th December



# Meet two NDIS planners

Take a look at this YouTube video to see two passionate NDIS planners, Anita and Rick, in action. They chat about what they find rewarding about their jobs.

[https://www.youtube.com/watch?v=Jpz4md9r\\_zc&utm](https://www.youtube.com/watch?v=Jpz4md9r_zc&utm)



## March Birthdays

- 2 Elizabeth Hipworth
- 3 Robert Webb
- 3 David Keegan
- 7 Steven Scerri
- 9 Peter Roberts
- 11 Mark Byrne
- 11 Jacqueline Moore
- 13 Billie Brown
- 13 Graham Impey
- 15 Danny Dunnigan
- 17 Anna Zahle
- 21 Emily Jones
- 23 Jannina Biggs
- 23 Lesley-Anne Corcoran
- 23 Alex Peattie
- 24 Wendy Phypers
- 25 Felix Hill
- 26 Galen Sartore
- 29 James Hynson
- 31 John Newberry
- 31 Peter Young

## Rethinking autism in the workplace

Source: [probonoaustralia.com.au](http://probonoaustralia.com.au)

Australia needs to “rethink” autism in the workplace, according to a not-for-profit disability employment organisation, involved in a world-first initiative to employ autistic adults in specialist animal care roles. EPIC Assist, an organisation which helps people with disability to prepare for, find and maintain meaningful employment, said there were major problems with the way society viewed disability.

According to EPIC Assist CEO Bill Gamack, as long as those views prevail “we will never truly see progress”. “When you really get to the core of it, society has starkly different expectations for people with disability compared to people without disability,” Gamack said. >> More...

<https://probonoaustralia.com.au/news/2017/02/rethinking-autism-workplace/>



Jill Pittaway and Shirley Stockfeld working on their glazing.



Windarring is a people centred, community based organisation committed to eliminating barriers to participation, inclusion and acceptance for people with disabilities in their local community.

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Send your newsletter content to [dspiteri@windarring.org.au](mailto:dspiteri@windarring.org.au) – the more content the better your newsletter will be!