



**OCTOBER 2016**

**Photo of the month** Rehearsing for the concert – to be held Fri 11 Nov

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# Open Days a success

Although we didn't get overwhelmed by people coming through the doors, everyone really enjoyed the BBQs and also hanging out and having a chat at our different venues. It's a really important way to outreach to the wider community to let them know what happens behind the scenes.

Thank you to everyone who got all our venues looking very inviting. There was also information on display for the taking too. We have lots of great photos from the Open Days that show just how wonderful and diverse life is at Windarring!



**Our work for sale during our Open Days.**

## AGM

**Our Annual  
General Meeting  
is on Wednesday  
16th November**

**7.30pm  
Baxter Place,  
Hutton St**

There are some important documents relating to the AGM.

1. Report by the Board
2. DRAFT - Windarring constitution
3. Form of appointment by proxy.

Please email Danielle at Windarring to have them emailed to you:

[dspiteri@windarring.org.au](mailto:dspiteri@windarring.org.au)



## What's happening in these photos?



**You'll just have to come along to the concert on 11 November to find out!**



**Group fitness at the Old Castlemaine Gaol with Mandy who puts everyone through their paces.**

## Radius is closed

We have just been informed that as a result of a business decision by the Board of Management Peter Harcourt Disability Services Ltd (trading as Radius Disability Services (RDS) will discontinue operations. This is a big shake up and will affect 130 people with disabilities previously supported by Radius..

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

### Kyneton

- With a volunteer from Sailability we had some sailors for a day: Graham, Vanessa, Gerard, Geoff, Simon (who choose not to sail on the day), and Michael.
- Jessie had a visit from Aussie Greenmarks yesterday and they were asking to change all the florescent lights, free of charge in the shop. This is a Government incentive program and they have been contracted to offer this service to all local businesses. On 7/10/2016, a crew of 6 men replaced all 65 globe fluorescent lights at Hutton St and they are also doing the shop at Mollison St.

### Castlemaine

**Healthy Heart Walk** Tuesday and Thursday mornings a group of participants meet other members of the community to take part in the healthy heart walk run by CHRIP at the Gardens in Castlemaine. Everyone has their heart rate and blood pressure taken before they do a 1.7km walk round the gardens. After they have their heart rate and blood pressure taken again. If blood pressure goes down and heart rate goes up it means they have walked at a pace that has been healthy for their heart.

Everyone stays for a cuppa and a biscuit. Having volunteers from both Windarring and CHIRP make it possible.

### Gisborne

- Our travel training group are learning new skills as there are no trains for the month of October. They are learning the skills which go with coach travel including the fact that it all takes a lot longer!
- Great effort at the gym on Monday morning. Everyone is using the equipment responsibly and recording their results which show improvements each time.
- The art group are working on their entries for the Kyneton Show. This is a source of great pride each year that people get to have their work displayed. Sometimes somebody wins a prize!

### Everywhere

#### **NDIS Readiness plans**

As discussed at the staff Professional Development day, we will be employing Jane Dawson a couple of days per week to work with any participant to get their NDIS Readiness Plan organised.

For more information on when Jane will be available please call the office 5422 7001.

## A word or two from our CEO



### Our AGM

The AGM is set for Wednesday 16 November. Invitations and information have gone out to members to ensure they know about the meeting and the agenda.

### Gisborne concert

Don't forget to get your tickets for the Gisborne concert on Friday 11 November. The photographer who attended the Open Days got some great photos of rehearsal. Everyone's costumes are looking fantastic.

### NDIS Readiness plans

We will be employing Jane Dawson to work with any participant to get their NDIS Readiness plan organised. Jane will be a great resource for that one on one focus. More details will be available when Jane starts.

### One of those mixed up weeks.

Gisborne and Castlemaine I believe will be take the Melbourne Cup holiday and Kyneton will be off on Kyneton Cup. Whatever day you take, enjoy the break!

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

## The 2016 Regional Wellbeing Survey is now open!

### Do the survey online

[www.regionalwellbeing.org.au](http://www.regionalwellbeing.org.au)

The Regional Wellbeing Survey's mission is to support research that improves the wellbeing and quality of life of people living in rural and regional Australia. To achieve this, each year we ask people living across Australia to take part in our survey.

Taking part lets you have your say on issues ranging from your access to the internet and key services, to how events such as floods and drought are affecting you, and how your community is changing. This year we also have some questions for people who care for others, about experiences of caring and the types of support needed by carers.

All survey participants aged 18 or over can enter the draw to win one of 20 prizes worth a total of \$9,000. You can choose to do a short or long version of the survey.

The survey is voluntary, confidential and anonymous, and closes on 30th November 2016, at midnight. Thank you for taking the time to participate and sharing your valuable insights.

Dr Jacki Schirmer, on behalf of the Regional Wellbeing Survey team, University of Canberra

### A lovely thank you letter we received ...

## Thank you Windarring

Hello, my name is Teresa and I am a single 68yo grandmother looking after two grandchildren aged 12 and 15. I came to live in Kyneton about a year ago and was looking for some respite assistance so I could go to the USA and visit my son, his wife and two young grandchildren. Windarring came to the fore with respite assistance for two weeks.

I happily booked my ticket and headed off. Within 24 hours of arrival in Boston MA I missed a step, fell and badly bruised my ankle. Several days later I began to experience strange piercing chest pains. Off to hospital to be told I had two blood clots on my lungs and after x-raying my ankle I was also told I had a fracture of the fibula. After four days in hospital I was told I could not travel by air for at least 3 weeks. Yes, that meant I needed extra respite help with the children back in Kyneton. Windarring again came to assist. The wonderful people there organised extra carers to take turns to overnight with the children, cook meals, wash clothes, feed pets etc., even arranging extra groceries.

My time in Boston was wonderful, despite the injuries, and I came home filled with much gratitude to Windarring. If you are a single parent or carer and need some help do contact this wonderful organisation. Its people are worth their weight in gold.

My special thanks to Rod, John, Andrea, Kat, Lavinia and all the others whose names I have missed or do not know. **Theresa.**

## Building Australia's First Ever Accessible Alpine Accommodation.

**Australia's first purpose-built alpine accommodation for people living with a disability is a step closer.**

Minister for Disability and Ageing and Acting Minister for Sport Martin Foley turned the first sod to start construction of the Howmans Gap Alpine Centre at Falls Creek, which will soon become the home of Disabled Wintersport Australia.

The state-of-the-art facility will come complete with 36 beds, so that participants of all abilities can get out and challenge themselves on Victoria's ski fields. It's all possible thanks to a \$3.1 million Andrews Labor Government investment. The Howmans Gap Alpine Centre will open more doors for people living with a disability to participate in Disabled Wintersport Australia's fun Snow Sport and Green Season Program, ensuring more Victorians can embrace the benefits of a healthy and active lifestyle. It's also set to play a key role ushering in the next generation of elite champions. The centre will become a high performance training base for Winter Paralympic Games stars like Sochi bronze medallists Jessica Gallagher and Toby Kane.

The Howmans Gap Alpine Centre is being developed with universal design principles at its heart, making sure people living with a disability can participate in the sports they love feeling safe and independent.

The centre is being delivered in partnership with Victorian YMCA and Disabled Wintersport Australia.



A crew of six replaced all 65 globe fluorescent lights at Hutton St, and they are also doing the shop at Mollison St.



Lyndon comes to Hutton St every Friday and takes part in a number of different activities. Lyndon enjoys reading the Kyneton newsletter to Jill and typing out his favorite songs while listening to them through his headphones.

## Windarriving in pictures



The Healthy Heart Walking crew in the Castlemaine Botanical Gardens



Mary icing the cakes for morning tea that the group prepared earlier. She really enjoys being involved in this cooking and really enjoys eating them as well.



Graham sailing away on Lake Weeroona in Bendigo, with a volunteer from Sailability.



David having his blood pressure taken



Daisy and Tegwen working as a team



Ross getting ready for Halloween



XXXX on sausage sizzle duty at the Kyneton Open 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.



### NDIS trial – on time and on budget

The NDIS Quarterly Report for April-June 2016 - the last of the three-year trial period - showed \$2.4 billion had been committed to help people with disability across the country, with 35,695 participants successfully joining the Scheme since July 2013.

Highlights of the quarterly report include:

- \$2.4 billion committed for participant support costs 35,695 participants in the Scheme
- 53,423 plans approved (including successive plans) Survey of participants - 95 per cent of people's experience either good or very good.
- 3519 registered service providers
- 50 per cent of active participants received disability services for the first time
- The largest amounts overall - \$577 million - has been paid for assistance with daily life at home, in the community, education and at work.

**Read more >>**  
<https://www.ndis.gov.au/about-us/information-publications-and-reports/quarterly-reports.html>

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

### Resources about decision-making support for people with cognitive disability.

The aim of the Supported Decision Making Project was to build knowledge on how people with cognitive impairment can be supported to make major life decisions, such as post-school options and accommodation.

The research, conducted by La Trobe University, explored the processes and dilemmas associated with supporting people with cognitive disability in decision making. The outcomes of the research were then used by Scope to develop a range of resources to improve knowledge and build capacity in the area of decision-making support. The multimedia and print resources target families and carers, service providers, and legal professionals.

The Supported Decision Making Project was conducted by Scope in partnership with Carers Victoria and funded by The Victorian Legal Services Board through their Major Grants Program.

For additional information about any of the resources: [research@scopevic.org.au](mailto:research@scopevic.org.au)

**Read more >>**  
<http://www.scopeaust.org.au/research-project/decision-making-support-building-capacity-within-victoria/>

Source: [scopeaust.org.au](http://www.scopeaust.org.au)

### The End of State Based Registration and Compliance

**Article by Luke Bo'sher from the Disability Services**

I have long been talking about the absence of a true quality framework for the NDIS, especially considering the fact that it is already in the process of being rollout out across the country. It was with much interest that I read the article as described above:

'On Friday governments made a huge decision about how the NDIS will work for providers. They decided that the Federal Government will take over registering providers and assessing their compliance with national quality standards.

And even more than that - a new national, independent complaints system will be introduced alongside an NDIS Code of Conduct to allow participants to resolve grievances.'

Creating a national framework for quality and safeguards and registration is a massive decision that will dramatically simplify the compliance burdens on providers, especially those operating in multiple jurisdictions.

**<http://disabilityservicesconsulting.com.au/end-state-based-registration-compliance/>**

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

### \$26 million investment in Disability Workforce

The Andrews Labor Government will invest \$26 M to transform the disability workforce in Victoria as part of the transition to the NDIS. Minister for Housing, Disability and Ageing Martin Foley today launched Keeping our sector strong: Victoria's workforce plan for the NDIS to ensure Victoria has a world-class disability workforce as we roll out the NDIS.

It will give disability workers new skills, greater diversity in job roles, and the opportunity to do exciting and valued work that has a direct impact on the lives of others.

The launch coincided with a visit to Melbourne City Mission where Mr Foley met with members and disability support staff at Compass Clubhouse, Australia's first clubhouse run by and for adults who have experienced an Acquired Brain Injury (ABI).

The Plan includes an additional \$2.1 million for the Future Social Service Institute, a unique collaboration between the (VCOSS) RMIT University, and the Labor Gov to ensure its full operation in 2017 and into the future.

The Institute will design world-best education programs, help train the workforce of the future, research emerging reform trends and opportunities, and empower not-for-profits to reorient to a global market.

As Victoria rolls out the NDIS, attracting and retaining workers with the right skills, values, and attitudes will be crucial to deliver more and better support for people with disability.



## Meet a member of our Windarring Family

### Rodney Diacano

Rodney lives at Mill End in our supported living units. He was born in Footscray in Melbourne and has three sisters: Melissa, Samantha and Joceanne.



Rodney's favourite food is mashed potato alongside steak and a few vegetables. An ideal TV dinner would be in front of 'Everybody Loves Raymond'. In his leisure time he likes to relax and listen to

heavy metal music! His favourite AFL team is of course the Bulldogs (as he is a Footscray boy).

He enjoys gardening and doing weights to keep fit and active.



## What's On

### International Day for People with Disabilities Dinner Dance – Saturday 3rd December

The date of Saturday 3rd December has been set and the band has been booked. Tickets will be on sale soon and with only 120 issued it will be first in.

We encourage all participants, family, carers, staff and friends to attend both if possible to support these opportunities in our local community.

### Annual General Meeting

Wednesday 16th November. All welcome.



### Bob on Long Service Leave

Bob is going on long, long service leave. Windarring wishes him well and hopes he has a great break. Bob says he will be back before he retires. Arrangements for maintenance work are currently being worked out and all will be informed when it is finalised.

## Gisborne/Kyneton 2016 Concert



### Fri 11<sup>th</sup> November

Doors will open at 6pm for a 6.30pm show at Sacred Heart College Kyneton

Tickets \$10 per person

Enquiries 54288854

Save the date – a concert not to be missed!!!



## Term dates

### Term 4

Monday 3 October - Thursday 22 December  
Closed: Friday 23 December

### Public holidays during Term 4

Melbourne Cup	Tuesday 1 November
	Gisborne & Castlemaine
Kyneton Cup	Wednesday 2 November
	Kyneton
Christmas Day	Sunday 25 December
Boxing Day	Monday 26 December
Public Holiday for Christmas Day	Tuesday 27 December



### SAVE THE DATE

Our AGM is coming up, all welcome.

Wednesday 16th November



## Bendigo Boccia Program

Are you interested in playing a sport in your local area? Then why not enrol in our Boccia program!

Boccia is a precision ball sport which is similar to bocce, and related to bowls. It is contested at local, national and international levels and is a paralympic sport.

The program caters to all abilities and there will be experienced facilitators to guide you through the sport to learn and develop your skills.

The program runs for 6 sessions from November 8th to December 13th. It's a great way for meeting new friends, keeping active and more importantly having fun!

**When:** Tuesday 8th November - 13th December 2016

**Time:** 10:30am-12:30pm

**Cost:** \$20 for all 6 sessions.  
Full payment to be made by November 15th 2016

**Where:** Peter Krenz Leisure Centre, Napier Street, Eaglehawk, 3556

**RSVP:** Thursday 3rd November 2016

Session	Date
Session 1	8 <sup>th</sup> November
Session 2	15 <sup>th</sup> November
Session 3	22 <sup>nd</sup> November
Session 4	29 <sup>th</sup> November
Session 5	6 <sup>th</sup> December
Session 6	13 <sup>th</sup> December

For more information, or to book your place for the term please contact **Michelle Lucas**

 Phone 0408 113 156

 E-mail [mlucas@scopevic.org.au](mailto:mlucas@scopevic.org.au)

# JOHN KNIGHT MEMORIAL AWARD 2016

John Knight was a former participant who attended Windarring throughout his life. John had a fantastically happy disposition and loved people, so we thought that it was only fitting to give this Award to a person that John would have admired and liked.

John was in a wheelchair and required full assistance, so he relied heavily on others to support him. His friends and colleagues were very important to John and so Windarring has decided to celebrate those people who enhance the lives of others.

Nominations are now open. Please contact [dspiteri@windarring.org.au](mailto:dspiteri@windarring.org.au) for a nomination form

Nominators must be Managers, Program Leaders or Support Workers in order to nominate a recipient.

Closing date for nominations is Wednesday, 11 November 2016

All Nomination Forms must be returned to Di Nancarrow via email [dnancarrow@windarring.org.au](mailto:dnancarrow@windarring.org.au) or via post PO Box 403, Kyneton Vic 3444.

**This Award has been made possible thanks to a very kind donation from the Knight family in memory of John Knight.**

## Government moves to tighten access to Mobility Allowance

The Australian Government wants to legislate to tighten eligibility for future applicants for Mobility Allowance, while ensuring continuity for existing recipients. The Mobility Allowance is being progressively absorbed into the NDIS and from 2020 will be discontinued as a separate payment.

At present, around 60,000 people receive Mobility Allowance to assist them to travel to work or a vocational program or seek work. To be eligible, a person must be unable to use public transport without substantial assistance because of disability, illness or injury.

### More information

[https://gallery.mailchimp.com/881c9e75baa91f8d92ae9ea05/files/Government\\_moves\\_to\\_tighten\\_access\\_to\\_Mobility\\_Allowance.pdf](https://gallery.mailchimp.com/881c9e75baa91f8d92ae9ea05/files/Government_moves_to_tighten_access_to_Mobility_Allowance.pdf)

### October Birthdays

- 2 Jessie Desmond
- 2 Tania Griffiths
- 2 Lavinia O'Neill
- 5 Steven Morse
- 6 Peter Hird
- 7 Francis Bush
- 7 Anna Peart
- 8 Jessica Harvey
- 8 Gabrielle Martin
- 8 Zeke Baynham
- 15 Steve Morse
- 15 Jonathon Lane
- 16 Diane Hutchinson
- 18 Matthew Byrne
- 21 Katharine Davies
- 21 Craig Diss
- 23 Mary Ann McDonald
- 24 Craig Douthie
- 25 Phillip Gamble
- 26 Alexander Wheeler
- 28 Michele Basten
- 30 William Morris
- 31 Jennifer Forrester

### November Birthdays

- 3 Brigitte Wallesz
- 3 Jessie Smith
- 3 Darryl Durham
- 4 Jason Marshall
- 7 Janice Wright
- 7 Jodie Wyhoon
- 8 Christian Imfeld
- 12 William Martin
- 12 Linda Collaco
- 19 Ross Kilner
- 21 Hannah Rebbett
- 24 Alba Soraghan
- 26 Neil Timms
- 28 Micheal Van Hoof



Our Kyneton shop on our Open Day Monday 17 October 2016



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.

67 Baynton Street, Kyneton, Victoria 3444. Telephone (03) 5422 7001 | Fax (03) 5422 2332  
Email [admin@windarring.org.au](mailto:admin@windarring.org.au) | PO Box 403, Kyneton, Victoria 3444.

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