

Parent and Family Newsletter

Summer 2021/22 Edition

Garden Program

The Windarring Australian Disability Enterprises Gardening program based in Kyneton is up and running. A very experienced Garden Co-Ordinator, Tricia Mooney leads the team of supported employees and works with each individual assisting the employees to achieve their employment goals.

Our gardening team have been learning and refining their skills in garden maintenance, including mowing, whipper snipping, pruning and other garden maintenance skills. Our team have been working on keeping Windarring Kyneton and Millend to look tidy and looking great. They have also been engaged to work in two local homes where they provide a garden service once a fortnight to keep it all up to scratch.

It has been amazing to see the team learning about how to safely use garden equipment and be safe at work, and also have fun while doing so.

Our 2022 vision is to grow our Gardening Team and engage with other people in the community who are interested in our hardworking team to service their garden and put their fantastic skills to work!

Supported employment continues to be a great program for those living with a disability who are eager to hold valuable employment in a supported environment. Feel free to contact Shae Desmond at sdesmond@windarring.org.au to find out more about how Windarring and our ADE (Australian Disability Enterprise) Programs could be just the thing you're looking for.



Janine Nash and her bird paintings



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SLES - School Leavers Employment Supports

The Windarring program is about helping students and recent school leavers to develop their skills, confidence and independence. We are ultimately setting the foundation to develop and progress our client's career goals.

Our program is very flexible and individualised as each client will have a different career journey. Some clients may know what they want to do and just need assistance with the steps to get there whereas some clients' journeys will really be about discovering their career options and trialing different industries to find the right fit.

We are extremely lucky at Windarring in that we have already established ADE businesses to explore career opportunities, however our program is also designed to utilise community partnerships and think outside the box when it comes to employment.

Our program is based on the principles of customised employment and focuses on getting to know our clients on a personal level while also liaising with family and other supports to really tailor a support plan that is person-centered and unique to the individual. These support plans are flexible and rely on our client's freedom to make choices about their life's direction.

We have just enrolled our first client into this program and with supports starting 14th February 2022 we are very excited to learn and grow with Windarring's SLES program.



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A Getaway to Port Fairy

On 3rd February 2022 an excited group went to Port Fairy. They had a great time exploring everything Port Fairy has to offer including the beaches, sightseeing, finding lots of animals, a visit to the lighthouse, eating at restaurants, shopping and making new friends!

One thing everyone enjoyed was a leisurely walk admiring one of Victoria's earliest settlements. Port Fairy has many original historic buildings and it was wonderful to admire them.

Thank you, Kathy Harper and Michelle Rhodes, for all your care and attention.



We loved our accommodation. Clare, Alinta and Linda



The lighthouse and the locals were popular with the group.



Best friends!

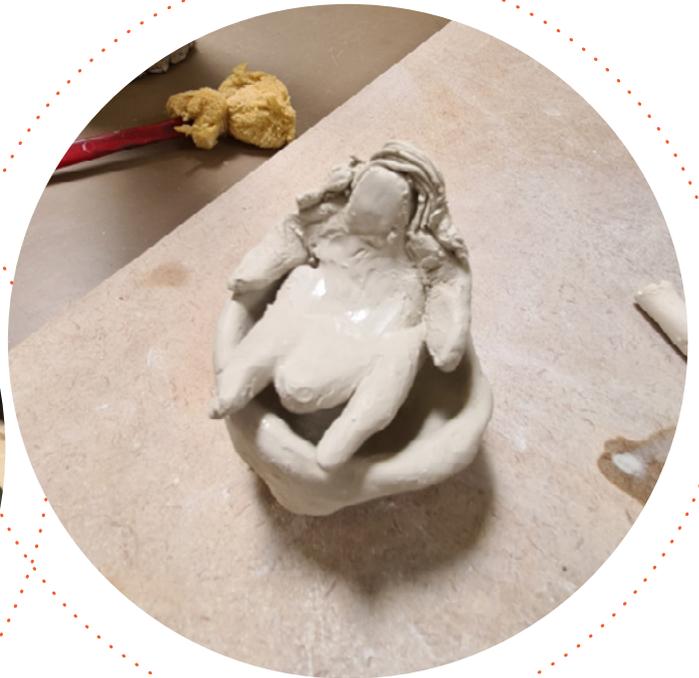


Dinner out.

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Gisborne Pottery Class was a big hit!



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Support Coordination

Increasingly Support Coordinators provide a valuable role to assist people with a disability to pursue their dreams. The best Support Coordinators work in partnership with Windarring to ensure client goals are well planned and met. Windarring's aim is to ensure everyone has access to Support Coordination because we know that this is the best way for people with a disability to get the supports, they need. There are a number of excellent agencies who provide Support Coordination and Windarring also offers this service. If you want to know more about how Support Coordination can help please contact Tony Cavedon at tcavedon@windarring.org.au or Melissa Shaw at mshaw@windarring.org.au



What roles can a Support Coordinator fulfil?

A good definition of the Support Coordinator's roles:

Connection: assist the client to develop knowledge, experience and connections with the community and broader systems of support.

Support Design: works together with client to understand Plan funding and its purpose. Support Coordinator will understand the client's confidence and skills and helps the client to identify what they want from services. Will develop and design support solutions to meet client outcomes.

Establish Supports: assist the Participant to identify and consider support options and link the client to the broader systems of supports. Where practical creates a supports and action plan to facilitate the client to implement their plan.

Crisis: Assistance to resolve points of crisis and developing capacity and resilience in the client's network.

Coach, Refine, Reflect: Coach the client through challenges that come up. Helps client prepare for review and report on achieved client outcomes.

Support Coordinators are paid by the hour, just like most other NDIS supports. So once the client's funding has run out, Support Coordinators are under no obligation to continue providing support (provided that discontinuing support would not breach a duty of care). But it's no secret that many clients do not receive enough funding for a Support Coordinator to do everything on the list above.

The best Support Coordinators will take some time at the beginning of a Plan to discuss how much they can realistically achieve given the person's funding. From there, they can explore with the person which of the roles outlined above are most important to them. This allows them to work together to set clear expectations about which roles the Support Coordinator will fulfil and which they may provide limited or no support in.



Tip: Wherever possible, try to ensure you save some hours to support the client to prepare for their Plan Review! This can be really high impact work, enabling the person to have a great year. Moreover, many people will have their Support Coordination funding significantly reduced or removed at Plan Review time. So, this may also be the last opportunity you have to support the person. If invited, Support Coordinators can attend planning meetings, so long as they are not acting as an advocate.

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Support Coordination Continued

How much crisis support are Support Coordinators expected to provide?

While it does fall within the scope of Support Coordination to provide support during periods of crisis, people often have inadequate funding for their Support Coordinator to both provide crisis support and fulfil their core role. But nobody wants to say 'no' to a person in crisis.

Windarring would suggest that a best practice approach for Support Coordinators working with people likely to experience crises is to take a proactive role. This would

involve investing in building the person an informal or paid support network that can respond to a crisis. This is also a more prudent long-term strategy for people who may not have Support Coordination funding renewed in future Plans.

Acknowledgement: Disability Services Consulting
<https://teamdsc.com.au>

Parent Update - Gisborne

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| Monday | Lawn bowls at Gisborne Bowls Club and then Pottery classes in the afternoon, a group walks over to the Learn Local to take part in Pottery classes every Monday afternoon from 1pm – 3:30pm. |
| Tuesday | <p>We have started a cooking program every Tuesday, Participants will be cooking lunch for the day, from this we will develop a tuckshop system where Staff will have the opportunity to buy a take-away lunch for \$8 from the meal being cooked.</p> <p>Art program; a group will be going to Windarring Art Gallery in Kyneton every Tuesday to take part in activities.</p> |
| Wednesday | <p>Paper delivery and upcycling, Travel training and Lunch club (picnic in the park).</p> <p>We also have individual swimming 1:1 every Wednesday.</p> |
| Thursday | <p>Gardening, maintaining our backyard and potting plants to sell in the Gisborne Emporium. Maintenance group takes part every Thursday, the group are in charge of ensuring the buses are washed and cleaned, fuel tank is full. They are also in charge of any odd jobs that need to be done which may include fixing things, or grocery run for the site.</p> <p>Recycling group at Rohs Rd travel to Bendigo to collect and sort through donations to bring back to Gisborne to sell in the Emporium. Travel Training and Men's Shed groups also take place every Thursday.</p> |

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Parent Update - Bendigo

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| Monday | Activities include swimming, art and craft and 4-wheel driving. There is a Men’s group which uses the Rotary Club’s “Camp Getaway” site at Axedale, and a bowling group in the afternoon. |
| Tuesday | Out and about with the Men’s group, Art and Craft, and also what we refer to as a butterfly program where participants involve themselves with activities of their choosing such as board games, indoor and outdoor sports and shopping. Participants also have the option to dine out in the evenings. We are currently looking for a new Yoga teacher to replace our previous teacher who unfortunately moved away from the area. |
| Wednesday | Out and about with the Men’s group (fishing, yabbing and generally doing blokey things). Cooking is also offered on Wednesdays either one to one or in groups. Butterfly program is also offered in the morning. Afternoons are where the Rock’n’Rollers really shine. Participants get to join in singing, playing an instrument, dancing or just enjoying the music. |
| Thursday | Out and about with the Men’s group (fishing, yabbing and generally doing blokey things). We are also excited to be introducing a Women’s group with outings and events of participants choosing. Our aim is for both the Men and Women to drive these groups and be involved in the decision making of the program. |
| Friday | Out and about with the Men’s group (fishing, yabbing and generally doing blokey things). Gardening is a choice for some which includes watering plants, potting succulents and mowing etc. Z-Fit is a dance and exercise class held in Golden Square which many participants enjoy. Moving forward Castlemaine participants will be joining in. Friday afternoons usually sees participants winding down for the week with a quiet music session or a movie. |

Many outings are offered for weekend support with trips to places of interest, bbq’s garage sales and alike.

Participants are also offered support on public holidays throughout the year.



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Parent Update - Kyneton

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| Monday | Gardening group: We have the community house who comes to assist in our cooking group with making it nutritional and educational. Variety of different art activities. |
| Tuesday | A group of participants go to the Watergardens for travel training and finishing off with bowling. Newspaper delivery, we have people delivering the local paper door to door every week. |
| Wednesday | A group does general maintenance around the centre and grounds. There is also a gardening group on this day. A small group attends the school farm annexe at Carlsruhe to feed animals and water plants. |
| Thursday | Our new gallery space at Mollison Street is up and running, this involves presenting participants work in a dedicated space, also upcycling of donated and found goods. 1-1 swimming happens on most days including Thursday. There is also a joint community house Windarring cooking course available. Gardening and art as well as community access also take place. |
| Friday | Gardening and art as well as barbecuing and horse-riding are some of the many Friday activities. |

During the week there are many 1-1 options for participants to choose. They can go for a massage or haircut, maybe go shopping by train or just go for a coffee.

- Kyneton Gallery / upcycling
- Gardening program
- Joint cooking programs with the Community House (nutritional and educational with the cooking)
- Computer program
- Swimming, bowling, gym
- More 1:1 support for clients



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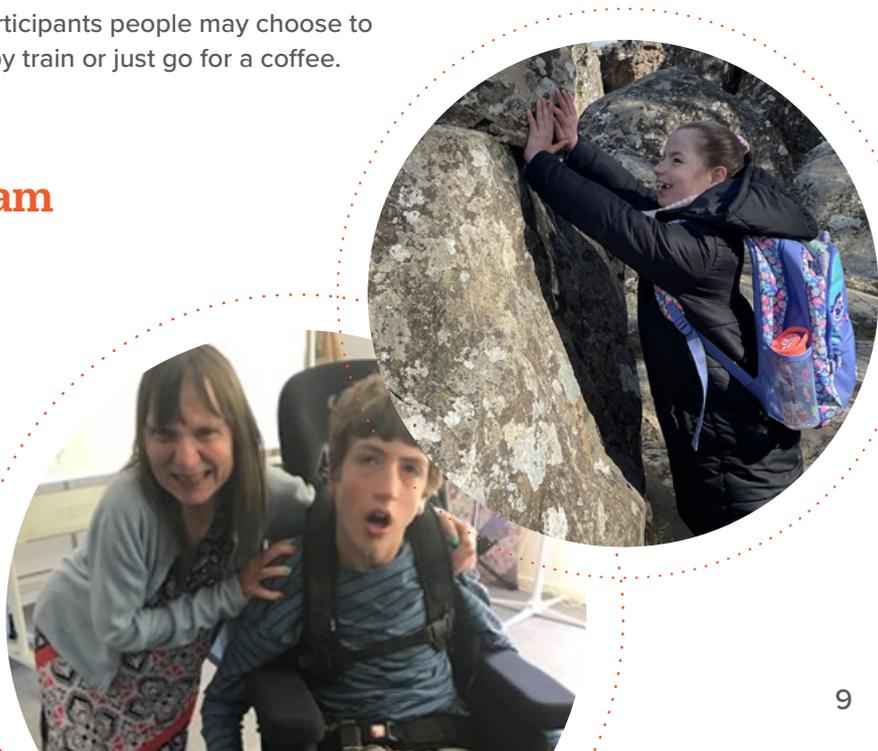
Parent Update - Castlemaine

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| Monday | We will be continuing with our Pop-up Programs which will include things like... Building a herb garden, general gardening and maintaining the vegie garden, growing succulents in various donated goods and hanging them in macrame to sell in the shop, various woodwork and art projects that everyone is involved in. |
| Tuesday | We will introduce Craft with our talented support worker Amanda, while simultaneously running the radio program with Jakob and Bodie to ensure all time is utilised adequately. We will continue to run Cooking in the morning. |
| Wednesday | Lawn bowling, at the Daylesford Bowling Club. There will also be Swimming in the morning at Kangaroo Flat. Castlemaine will also introduce activities that promote a healthy lifestyle. i.e, Yoga, Gym, Ball games, Cricket, healthy eating education and more... |
| Thursday | We will see a continuation of the league bowling day and woodwork program and introduce some gardening. Clients will be encouraged to be involved in all aspects of maintaining the site. |
| Friday | It will be a continuation of the cooking program, community access and will join the Bendigo site for Dance and Drama in the morning. In the afternoons will be swimming and introducing an additional program for the afternoon for the clients who don't swim. Castlemaine will be looking to introduce gardening to the cooking programs so clients are maintaining the garden beds for the use of the cooking group. |

During the week there are many 1-1 options for participants people may choose to go for a massage or haircut, maybe go shopping by train or just go for a coffee.

Parent Update - Youth Program

Operates every Saturday, after school hours and programs throughout school holidays and public holidays



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Save the date! \$5 Fill-a-bag Garage Sale Castlemaine 12th March 2022

Celebrate with us in March with our incredible garage sale in Castlemaine Saturday 12th from 9am. Pick up some great bargains and we will have a fill a bag sale.

We will have a fantastic BBQ lunch with a Sausage sizzle & cold drinks Drinks available for \$2! Don't miss it!



WOW! Book and Toy Sale! Golden Square 19th March 2022

Celebrate with us in March with our incredible book and toy sale in Golden Square, Bendigo on Saturday 19th from 9am. Come along it will be super! Books and Toys everywhere!



Community
Participation

Supported
Living

Employment
Pathways

Windarring Pty Ltd
67 Baynton Street
Kyneton VIC 3444
+61 (0)3 5422 7001
admin@windarring.org.au
windarring.org.au