

Around minda



Master Plan endorsed

At the mid-year Association Meeting on Tuesday 22 June, the Association voted and endorsed the Board's proposed Master Plan for the Brighton site.

The process has been comprehensive, with some additional time required whilst Minda's service delivery model was re-examined in light of the Board's commitment to the principles of the United Nations Convention on the Rights of Persons with Disabilities.

Minda is confident that this is the right model going forward and is committed to ensuring the sustainable future of the Brighton site. Many of the existing facilities on site, including client accommodation, were built over 50 years ago and are now outdated for the provision of high quality care. The Master Plan allows for the delivery of new purpose built housing and facilities of the highest standards.

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BOARD UPDATE

From the President

When I went for my morning exercise, the temperature was 6° and conditions were very damp so it is very appropriate that this is the winter edition.

In fact, it rather reminded me of weather that caused me to flee from England 46 years ago. On a more positive note, it is good to see the rain, which is great for farmers, gardeners, SA Water and the wider South Australian community.

Now we have a general election before us, it is to be hoped that whoever wins (and I will carefully refrain from any political comment) will understand that funding for intellectual disability is underprovided and furthermore, understand the plight of those families who cannot obtain service as a result of this lack of funding.

On the subject of underprovided funding, it is an appropriate time to discuss the possible establishment of the National Disability Insurance Scheme (NDIS), first advocated in 2008 at the 2020 summit. The Federal Government in 2009 announced that the Productivity Commission would conduct an inquiry into a national long term care and support scheme, examining the costs, benefits and feasibility of a no-fault social insurance scheme to support people with a disability.

The commission is presently engaged in the consultation process and is expected to make its final report to government by mid 2011.

It is far too early in the process to understand how the system will operate but in very broad terms, it can be seen as comparable to Medicare for the disabled. Having said this, there are many unanswered questions that can only be resolved by all of us in the disability sector working together to achieve a consensus solution.

It will be a long and arduous task to get there but the prospect of a transformational change in the way disability is dealt with in Australia is worth the effort. The Board of Minda will participate in the process of establishing sufficient detail of how such a scheme could operate because, if we are to get our voice heard, we will need to be represented in the corridors of power. To give unconditional support is not wise until a lot more flesh is put on the bones that exist presently, but we cannot stand aside from it and leave it to others to lead the way.

Of course, no scheme to improve the lot of people living with disability will be successful unless more money is invested in the system. In addition, service providers need to work to improve the effectiveness of service delivery both from a cost and quality point of view.

Recently, the Honourable Bill Shorten, Parliamentary Secretary for Disability and Children's Services spoke at a disability forum, held at the Adelaide Town Hall, of the "poor governance arrangements" and "inefficient service delivery" of some service providers.

He may well have been right in some service providers, however, Minda's governance is excellent and its management is making great strides in improving services as we move to individualising support practices and eliminating operating deficits.

To summarise, then:

- The present funding arrangements for disability support are inadequate.
- A NDIS could represent an opportunity to make transformational change.
- The devil is in the detail and until such time as the unanswered questions are resolved, Minda cannot give unqualified support.
- Minda must stay with and take a leading role in the process of answering those questions.
- The concept of a NDIS seems to have attracted bi-partisan political support, which is encouraging.

Finally, as we shiver and cough, just remember, as Shelley said, "If winter comes can spring be far behind".

Roy Arnold

Cover story continued

Wide consultation was undertaken amongst Association Members, Minda staff and clients, the wider community, government, local residents, Holdfast Bay Council and other special interest groups.

Some of the issues raised during the consultation phase included consideration for the following:

- Secondary dune system
- Housing for new clients
- Tutti accommodation
- Commercial precinct
- Retirement apartments
- Housing and infrastructure adjoining the southern boundary
- Traffic management

At the heart of the plan is Minda's commitment to providing the best possible

accommodation, care and support to the 1,500 individuals with an intellectual disability who are reliant on Minda for their ongoing quality of life.

While we respect the input from the outside world and will do our best to cater for it, this cannot be at the cost of compromising our commitment to the intellectually disabled, which is Minda's sole reason for existence.

Implementation of the Master Plan will be a major task over the next five years or so and, to address that task, the Board has appointed Board Director Tony Harrison as Chair of the Master Plan Steering Committee.

Further updates on the developments of the Master Plan will continue to be provided in Minda's newsletter Vocal Point and at www.mindainc.com.au.



Government House

Do you volunteer at Minda and would like to visit Government House?

His Excellency Rear Admiral Kevin Scarce AC CSC RANR Governor of South Australia and Mrs Liz Scarce invite community volunteers to participate in special guided tours of the public rooms of the House.

The 45 minute tours will be conducted by volunteer guides on the second Monday of each month (except in the event of a public holiday, when an alternative will be offered), commencing at 10.30am.

Bookings are essential and may be made by ringing Government House on 8203 9800. Please provide your name, contact details and the name of the organisation for whom you volunteer.

Numbers are limited to 25 per tour. Please note: tour may not proceed if there are insufficient numbers.

For more information, please visit www.governor.sa.gov.au.

Calling all volunteers

If you have a few hours to spare and would like to assist in some daily activities, Minda's Volunteers Services would love to hear from you. Minda currently has the following volunteer positions available:

Leisure Options

A volunteer is required to assist staff to support people attending 'Shout for Joy' services at Brooklyn Park Church of Christ. Tasks include supervision, social interaction and participation in various activities. A bus licence is beneficial but not essential. Time: Tuesdays fortnightly 6.30pm – 9.30pm

Photographer - short term project

Minda is seeking a volunteer to take photographs of each resident at the Brighton site as well as various community houses, which will then be used for identification on medication cards.

Competent computer skills, the ability to use Microsoft 'Picture Manager' and the initiative to manage this project are essential.

Time: flexible hours

Transport

A driver is needed to transport people to various recreational activities. This volunteer will be provided with the use of a Minda vehicle and must be capable of assisting people in and out of the vehicle.

Time: weekdays 3.30pm - 8.00pm

Yoga instructor

An instructor is required to run low impact yoga sessions at the Day Centre with the support of staff.

Time: flexible days with a morning or afternoon session.

Bowling

Assistance is required to support people to attend recreational bowling sessions at Cross Road Bowls. Within this role, volunteers will also need to assist with setting up and bowling.

Time: Saturdays 9.00am – 1.00pm

Community activities

Would you like to help support individuals with activities like cooking, shopping, banking and recreational and social outings? Southern Metro would love to have you involved within the community homes.

Time: flexible on weekends or evenings

If you are interested to learn more about these roles or about other volunteer activities at Minda, please contact Volunteer Services on 8422 6244.

Minda acknowledges EPAC and Adelaide Development Company as major supporters.





Update from the CEO

Minda is entering an exciting new era following the endorsement of the Board's preferred Master Plan for the Brighton site at the mid-year Association Meeting.

At the heart of this is the way we support people – our service delivery – which is intrinsically linked to the Master Plan. The bricks and mortar of a new development are only part of the project. Behind the buildings and facilities, it is the life of each individual that we can enrich, which is our highest priority. The built form of Minda is secondary; what is important is that it reflects the intent of our service delivery philosophy.

It must be reiterated that the current model is a high level plan only and the Board now look to commence the process of developing a more detailed plan. During the development of these plans, the input provided throughout the consultation phase will be considered.

In 2009, the Board adopted the guiding principles of the United Nations Convention on the Rights of Persons with Disabilities. What this meant for Minda was a review of the service delivery model – to bring it in line with 21st Century practices. As a result of this review, Minda adopted a Person Centred Thinking approach, which sees the individual person empowered to make choices about their life.

Fundamentally, it gives people living with disability the central role in determining what they want to do now and in the future and gives each person a life in which valued relationships, choice, contribution, security for the future and challenges are realised.

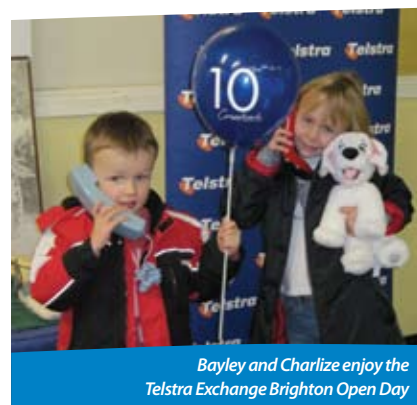
Importantly for the Master Plan, this change would see a reduction in the number of congregate activities and reflect more of a replication of community style living – as has been demonstrated in the plan. I feel particularly excited about the promising future that I believe the Master Plan offers people supported by Minda.

Whilst we have exciting times ahead with the Master Plan, we have also celebrated some great achievements recently. In this edition of Around Minda, we acknowledge the accomplishments of our supported employees at the Trak Pride of Workmanship evening (pg 9). Also featured are visits from a group of disability teachers and administrators from Singapore (pg 8) and a group of students from Brighton Secondary School (respectively), further building on our external relationships (pg 7).

We have been fortunate to receive some wonderful support from the community. Two generous donations were received from the South Australian Hotel Industry and the Commonwealth Bank. Participants of Sturt Cottage Craft have also been busy donating hand-made items to organisations around Adelaide.

I hope you enjoy this edition of Around Minda.

Cathy Miller
Chief Executive Officer



Bayley and Charlize enjoy the Telstra Exchange Brighton Open Day

A ringing success

Telephones are a fundamental part of our lives but how many of us understand how these crucial communications systems function and link us with those at the other end of the line?

The Telstra Telephone Exchange in Brighton opened its doors on Saturday 26 June for a rare peek behind the scenes.

Telstra kindly agreed to allow Minda to host a sausage sizzle at the event, the proceeds of which went to Minda. The enthusiastic crowd enjoyed the opportunity to view some communication pieces from the past through to the latest Telstra product range.

Minda enjoys a complementary partnership with Telstra; Enviocare looks after the gardening and maintenance for several Telstra telephone exchanges. Additionally, Minda's Cleaning Crews are currently trialling their first commercial jobs by cleaning Brighton, Glenelg, West Adelaide and other Telstra Exchanges. This initiative may provide an opportunity to expand services resulting in more jobs for Minda and supported employees.

Thanks must go to Kiwanis Glenelg, who ran the sausage sizzle and to the Minda volunteers and staff for their assistance with the event preparation and resulting clean up. Thanks also to Telstra for the opportunity to host the table, which supported Minda in building relationships with the community and to Leverington, who distributed leaflets to local residents to promote the event.

Real Lives, Real Places

Work is rapidly continuing on Minda's Lives, Real Places project – the implementation of Person Centred Planning (PCP) and Active Support (AS) at Minda.

Deb McGrath, Executive Manager Strategic Projects, has commenced several audits to measure where Minda sits in relation to the guiding principles of the UN Convention on the Rights of Persons with Disabilities. The results of these audits will be presented to Executive and the Minda Board in July/ August and, following on from these audits, action plans will be established as necessary to ensure that the organisation is meeting the guiding principles.

Minda is fortunate to have Autism SA agree to support the organisation in the implementation of Person Centred Active Support and is in discussions with another service provider to secure an independent mentor for staff in the Demonstration Project and assist with the development of the training pack for Minda, in line with the Mansell model.



The Demonstration Project will see approximately 16 individuals living in the community and supported via PCP and Active Support. The aim of the project, which will commence in the coming months, is to build a solid example with the learnings documented, from which individualised planning can be rolled out across the rest of Minda. At present, the recruitment process for staff is underway and for the first time at Minda, the residents who are moving for the project will be involved in finalising the recruitment for each house.

The process of finding people who would like to move from campus into the community is also underway. The aim during this stage is to work with one resident at a time and place a "planning circle of support" around each individual who wishes to move and find out: what they want; where they want to live; who they want to live with; and what type of support is required for that person. At this stage, staff are looking for a compatible group who might like to live at the recently purchased Mack Street property in Glenelg.

Training is fundamental to successfully rolling out PCP and at the end of June, PCP expert Annette Mayer visited Minda to train approximately 60 staff members, including South Australian Learning Centre (SALC) staff, in PCP and its related tools. One of the aims of Annette's visit was to train the SALC trainers in the tools that will be trialled in the Demonstration Project. Subsequently, a steering committee will be established to identify the tools and practice that will be utilised and rolled out across the organisation.

As part of implementing person centred thinking, Minda has made a commitment to develop self advocacy amongst service users. As part of the Real Lives, Real Places project, three services users (representing supported employment and residential services at Minda) recently travelled to Melbourne to develop their self advocacy skills.

The three were accompanied by Minda staff members Felicity Brown, Real Lives, Real Places Project Officer and SALC trainer, Fiona Rillotta, and visited two agencies, the Self Advocacy Resource Unit (SARU) and the Victorian Advocacy League for Individuals with Disability (VALID), the latter of which runs the annual national self advocacy conference. The visits provided an opportunity to learn about the role and training requirements for self advocates and enabled the five to undertake some research about what is available for people who would like to self advocate.

If you would like more information about Real Lives, Real Places, including the Demonstration Project, please contact Deb McGrath, Executive Manager Strategic Projects, on 0407 588 265 or email deb.mcgrath@minda.asn.au.



Beverley and Jenny with a Minton Farm staff member

Crafting community spirit

The creative crew at Sturt Cottage Craft are known for their community spirit - sharing the products they make with others and utilising their skill and passion to help build strong communities as well as encourage community engagement around Adelaide.

The group has raised money for prominent charitable organisations, most recently the Cancer Council, as well as donating hand-crafted items, including pet rugs and cat toys, to the RSPCA.

They also regularly donate colourful, knitted lap rugs to residents of Minda's Pat Kaufmann Centre and shred paper to be used as puppy litter in the pet store at Marion Shopping Centre.

The dedicated team visited Minton Farm Animal Rescue Centre to donate knitted possum pouches and hand tufted bedding. Staff from the shelter showed their gratitude by presenting a certificate of appreciation to those who gave their time and effort to make a difference. Soon, the team will be employing their woodworking skills to create sleeping boxes for various animals.

Jenny loves helping out. "I like to help the little possums at Minton Farm and I enjoy the people's company there. I'm looking forward to making a possum box in woodwork," she said.

Sturt Cottage Craft participants delight in the chance to help others. Beverley, another participant, explained, "It's a great idea because it gives us something useful and helpful to do."

If you would like more information on Sturt Cottage Craft, please call 8422 6236.

Chip in for Minda



The 2009 Minda Corporate Golf Challenge participants

Do you have a swing in your step and would rather be on the fairway than the freeway?

Then get ready to tee off for Minda's annual Corporate Golf Challenge, set in the picturesque surrounds of Blackwood Golf Club.

Enjoy pre as well as on-course food and drink, followed by a superb two course lunch in the club house, complemented by fine wines and fantastic prizes.

Date: Friday 19 November 2010

Time: 7:00am registration for 8:00am tee off

Venue: Blackwood Golf Club
Cherry Gardens Road
Cherry Gardens

Minda is pleased to have ADC return as its major sponsor for the event.

For further enquiries, or to discuss sponsorship opportunities, please contact Marion Zafry on 8422 6286, marion.zafry@minda.asn.au or Nicole Anderson on 8422 6514, nicole.anderson@minda.asn.au.

We would love to see you there!



Minda staff members Allwyn and Marnie at the Careers Expo

Careers Expo

The National Careers & Employment Expo is an outstanding two day event promoting job opportunities and career solutions.

With over 300,000 people attending last year's expo, this year's event presented Minda with a valuable opportunity to reach proactive and interested job seekers at the Adelaide Showgrounds on Friday 25 and Saturday 26 June.

Minda was represented by a wide cross-section of staff, with team members from Disability Enterprises, Residential Services, Marketing and Human Resources participating over the two days.

Friday saw a flood of school leavers eager to learn about what various industries could offer; while Saturday attracted a range of adults, with expressions of interest from those looking to change careers and others already working in the industry looking to change their employment.

Minda was well represented and was able to promote the organisation and raise awareness of its position in the disability services sector, as well as employment opportunities, to thousands of people of diverse backgrounds and ages.

Thanks must go to those who assisted on the day and in the lead up to the event.

A lesson with a difference

Respect, integrity and excellence in service are a shared vision of Minda and its close neighbour, Brighton Secondary School. The two organisations have enjoyed a long standing relationship and in June, 15 students from the school chose to spend the day at Minda.

The group of Year 9 students undertook the initiative as part of a preliminary requirement for their SACE qualification. This component of SACE is called the 'Community Citizenship Project' and is designed to develop awareness of the need to be actively involved as a citizen in the community.

The students enjoyed this lesson with a difference, spending the day working and interacting with people from the Minda Laundry as well as Tutti, Chuaninga, Leverington and Sturt Cottage Craft.

They gained valuable insight into the support and encouragement provided by Minda and became aware of the degree of dedication, skill and compassion required in such a vocation.

"I have now learnt how to talk to people with intellectual disability and to treat them like we treat others," one student commented.

Another student, Sarah said, "I am glad that my homegroup chose to go to Minda and I would recommend this experience to anyone."

The experience clearly had a tremendously positive effect and has increased the level of understanding in the students. "While I was there I learnt that the people who go to Minda have the same emotions and feelings that I do," said Gina, another participant.

The students' impeccable behaviour helped to further enhance what was a highly enjoyable and worthwhile program.

The school is keen to build on this initiative with Minda into the future.



Brighton students and supported employees at Minda's laundry

Backyard renovation sensation



A new look for Wilson Street

Barbeques, backyard cricket and the Hills Hoist collectively conjure up an affable stereotype of a typical Aussie backyard.

Fundamentally, the backyard is an extension of the home; a place of entertainment as well as a place to unwind, an area for competitive activity and for quiet achievement.

Generously funded by the South Australian Hotel Industry, one of Minda's community homes has received a \$28,000 makeover of

its outdoor area that would arguably leave the likes of Jamie Durie and Scott Cam (Backyard Blitz) impressed.

The five young men living at the Wilson Street property are already reaping the benefits of the new backyard and equipment, with staff reporting that the outdoor area encourages the men to learn new skills and contributes to relationship building and interaction with others.



The residents can enjoy going outside beneath the protection of a large shade-sail, where they are now able to entertain their visiting families and friends. A trampoline has also proved a huge hit, which was also made available as a result of the funding.

The benefits have been far-reaching and overall, the positive stimulation has contributed to healthier lifestyles for these men.

Thanks must go to the members of the Australian Hotels Association SA for providing the funding, which was specifically to aid the development of these young men, and for their support of Minda.

Thank you also to the dedicated staff who provided additional background support to see this project come to fruition.



International study tour visits Minda

Minda CEO, Cathy Miller, with teachers and administrators from MINDS, Singapore

On Thursday 17 June, 15 teachers and administrators from Movement for the Intellectually Disabled Singapore (MINDS) spent an afternoon visiting Minda's Brighton site.

The MINDS Association is one of the oldest and largest non-government organisations in Singapore and runs four schools, two Supported Employment Centres and accommodation options for people with intellectual disability.

The visit was part of a study tour arranged for the group by Flinders University. While in Adelaide, they visited a number of special schools, disability units and supported workplaces.

The visitors toured the facilities and spent time discussing the philosophy and services offered by Minda. They were particularly interested in the importance given by the organisation to people's individual needs. This was reflected in their questions about Day Options, alternative employment placements and the provision of different styles of accommodation.

At a meeting with Minda CEO, Cathy Miller, Mr Lawrence Yeo presented her with articles made by clients from MINDS Employment Development Centres.

The visitors have now returned to Singapore and hope that they will be able to replicate many of the ideas learned at Minda and other facilities to improve the life experiences of people with intellectual disability in Singapore.

Accolades for Kelly & Co. Lawyers

Kelly & Co. Lawyers, a long time supporter and supplier of legal services to Minda for more than 20 years, was nominated by Minda as a candidate for this year's Volunteering Awards.

Specifically, Kelly & Co. won the award for their outstanding service as presenter and business volunteer for the annual Minda Black Tie Quiz Night.

The original concept of a Black Tie Quiz Night was developed by one of Kelly & Co's Partners, Jacqui Ion, together with Minda's fundraising team and volunteers.

For Kelly & Co. Lawyers, the aim was to demonstrate their local roots by supporting a charity with strong South Australian ties and continue involvement as part of Kelly & Co's broader Corporate Social Responsibility (CSR) programme.

From Minda's perspective, the night was designed to both raise money and raise awareness of Minda and the work it does. Art and craft from Minda's Disability Enterprises are profiled and auctioned on the night and each year a painting by a Minda artist is used on the marketing material. Tutti have also had the opportunity to raise their profile with an introductory performance.

The Minda Black Tie Quiz Night has raised more than \$150,000 nett to help with the furnishing and purchase of equipment for community homes. However, the volunteers from Kelly & Co. Lawyers have done so much more than raise money. Each volunteer has become an advocate and friend of Minda. Their worth as role models for CSR and community involvement is immeasurable.

We congratulate Kelly & Co. Lawyers on winning this award and for their continued support.

For information on the upcoming Black Tie Quiz Night, see page 12.



Stuart Price(R), CEO Kelly & Co.Lawyers receiving the Award from the Governor

TRAK pride in workmanship



Trak's annual 'Pride of Workmanship' award night celebrates the results of a year long, monthly poll, with points awarded to Trak supported employees, based on a variety of skills, abilities and attitudes.

For the 18th consecutive year, the Rotary Club of Somerton Park sponsored the highly anticipated event, which was held at Isabel's on Friday 4 June. Each year, Trak presents one supported employee with the 'Pride of Workmanship' award.

This year, Andrew Tanner was the recipient of the award, recognised for his diligence, improvement and outstanding initiative.

Andrew was not only pleased to receive a trophy but also a \$200 cheque, presented by Rosalien Van Loon, Somerton Park Rotary President. He was able to celebrate his achievement with over 70 people who attended the night, including supported employees; family and friends; Rotarians; Andrew Ramsey, Manager Commercial Enterprises and Dorothy O'Brien, Executive Manager Lifestyle Services.

However, Andrew was not the only champion on the night with 'major improvement' awards presented to Nicholas Sharp, Tane Houltham and Warwick Smith and a certificate of commitment presented to each supported employee.

"The awards are a highlight for Trak and its constituents," explained Andrew Ramsey.

The night was also of particular importance to seven Trak employees, who were celebrated for 24 years of service with Trak. Congratulations to Micheal Barreau, David McCabe, Stephen Strathearn, Malcolm Langsford, Norma Potts, Greg Masters and Micheal Mitchell.

"The 24 year service awards are significant and were created following the recent retirement of John Bithell, who was also an inaugural member of Trak," Mr Ramsey explained.



Proud achiever; Andrew Tanner

"Next year, TRAK celebrates its 25th year and we hope to make 2011 one of the best years yet. We will celebrate not only the achievements of the past, but exciting plans for the future," he added.

The Trak Pride of Workmanship evening is an important event on the Trak calendar and there remains a solid history of past winners still working at Trak Furniture – testament to Trak's positioning as a workplace of choice.

Newly appointed manager of Trak, Greg Cole, also attended and was pleased to mingle with the Trak contingency and the wider Minda community.

"Special thanks must go to all staff at Trak who helped make the night such a success, particularly Greg Brennan and Jordie Greer, who arranged and presented the awards," said Mr Ramsey.

Trak would also like to extend thanks to the Rotary Club of Somerton Park for their ongoing support of both Trak and the event.

Congratulations to all Trak employees on their achievements!



Calendar of Events

Black Tie Quiz Night

Friday 22 October

Sebel Playford, Adelaide

Corporate Golf Day

Friday 19 November

Blackwood Golf Club

Brilliant Broadway

Saturday 20 November

and Sunday 21 November

Elder Hall, North Terrace

The Rotary Club of Adelaide West Annual Charity Concert, featuring Adelaide Art Orchestra, with part proceeds going to Minda.

Please visit Minda's event page at www.mindainc.com.au for more information.

International Day for People with Disability

Friday 3 December

Minda, Brighton Campus

Please visit Minda's event page at www.mindainc.com.au for more information.

For more information on upcoming events, please contact Marion Zafry on 8422 6286, email marion.zafry@minda.asn.au or go to www.mindainc.com.au.



Enjoying a river cruise in Port Adelaide

Some people may view the prospect of retirement as 'winding down', however, a group of individuals has been exploring Adelaide and its surrounds, debunking that myth and thoroughly enjoying themselves in the process!

Anne Cruickshank, Robert Masters, David Milligan, Barry Dibell and Graham Haywood, who all work four days per week, have been enjoying a myriad of activities on their day of leisure with assistance from Minda's Retirement Lifestyle Services (RLS).

RLS offers a range of leisure activities for people who are retired, semi-retired or approaching retirement to ensure they can consider a full range of options and enjoy their life to the fullest through home, centre and community-based initiatives.

The group have hand-fed kangaroos at Cleland Wildlife Park, cruised with the dolphins in Port Adelaide and been impressed by Adelaide's cultural centres including the South Australian Museum and the Hans Heysen Cottage in Hahndorf. They have also enjoyed watching the latest movies at the cinema, walking regularly, taking mystery tours around Adelaide and listening to a variety of music on their many journeys including favourites like ABBA and The Beatles.

During Summer, they chose to make the most of Adelaide's superb weather with regular barbeques, enabling each member to take turns in cooking for the others with much delight and pride in the end result and not a burnt snag in sight!

The RLS staff incorporate the specific interests of the group from personal requests, providing a never ending source of ideas.

Upcoming trips include a visit to the prized pandas at the Adelaide Zoo and a sample of the wares at Adelaide's famed Central Market, proving that retiring from work certainly does not mean retiring from life!

If you would like to learn more about this initiative, please contact Retirement Lifestyle Services on 8422 6294.



Handfeeding kangaroos in Cleland Wildlife Park

Fighting fit partnership

Every week, Jonathon Packer is able to sweat it out in the EFM gym at the Brighton site thanks to a new initiative between EFM and Minda.

Jonathon is one of twelve service users accessing the program, which allows participants to enjoy the benefits of rowing, weights training, cycling, stretching and the treadmill; all at their own pace and skill level.

The partnership began in March, allowing EFM to be more inclusive and accessible. For Jonathon, the program has been really positive, with an increase in fitness, self-esteem and confidence. The other eleven participants have enjoyed similar benefits. It is the small nature of the group that makes it so successful, allowing for valuable, individualised attention.

Jonathon is proud to be a member of a gym, like the general population. Jonathon's

mother, Helen, explained, "He normally would not get the chance to go to a gym. EFM is an environment where he doesn't feel intimidated or out of place. He can go at his own pace and get involved."

"Going to the gym has given him a whole lot of confidence to speak up for himself. He really looks forward to his training. It is one of the most beneficial things he's done. He likes the bike and the treadmill in particular," she added.

Previously a Port Power supporter, Jonathon currently follows the Crows and recently attended a training session, relishing the opportunity for a photo with player, Ted Richardson; a source of inspiration.

Since beginning the program, Jonathon has developed clear goals and his focus is firmly set on improved muscle tone in his legs. Regular sessions on the stepper have already



In step: Jonathon at EFM

improved his walking, which has, in turn, boosted his self esteem and confidence.

With his goals so firmly in mind, Jonathon and his walking, is sure to go from strength to strength.



Dragonfly Squad make a splash for cash

On Tuesday 22 June, Minda's Dragonfly Swim Squad held a Marathon Swim Event at Minda's Aquatic Centre to help raise vital funds required to keep the squad afloat!

The squad, a group of 18 dedicated participants with intellectual disability, has been funded for the last three years by the Office for Recreation and Sport through the Inclusive Recreation Inclusive Sport (IRIS) program. Sadly, the squad has been under threat of closure due to the exhaustion of these funds, which are necessary in order to run this fun and fulfilling program.

The squad, however, refused to hang up their togs. Family, friends, staff and other members of the local community rallied around the squad to show their support, donating their money, time and hearty vocal support as each swimmer completed as many laps as possible in the allotted time.

The 11 squad members participating on the night gave their all and any exhaustion they felt was soon offset by the appreciation of the crowd and the thrill of accomplishment. The star swimmer for the evening was Emily Leigh-Tamblyn, who not only swam the most laps of the squad for the evening at 66 laps (just over 1km), but also raised the most in donations and pledges of any squad member, a fantastic effort by Emily!

The Dragonfly coaches played a huge role in the event, also having their chance to race against the clock. All coaches swam at least 1km with a few superfish swimming just under 2kms (100 laps).

By the end of the evening, over \$4000 had been either pledged or donated and the announcement that the squad would be safe to continue for another year was met with thunderous applause, joy and all round relief by everyone present. Special acknowledgement must go to coach, Peter

Grantham, who was responsible for raising a significant portion of the donations pledged on the night.

A huge thank you goes to the dedicated Dragonfly members, coaching staff and especially the supporters, sponsors and donors who have now guaranteed the future of the Dragonfly Swim Squad!



Emily and Jennifer prepare to take the plunge

Calling all quiz masters

It is time to start practising those brain teasers... Minda's Black Tie Quiz Night is back!

This year's event will take place on Friday 22 October at the Sebel Playford with Gold Sponsor, Kelly and Co. Lawyers, supporting the event for the fourth consecutive year.

This year will once again offer a fun night of good-natured competition and a chance to win the grand trophy or perhaps the wooden spoon! Along with superb food and wine, an exciting range of items will also be on offer through the live and silent auctions.

Minda is thrilled that this year's event will be hosted by media personality, Brenton Ragless. The Black Tie Quiz Night raises much needed funds for Minda, with all proceeds raised going towards furnishing new community homes, facilitating greater inclusion and community integration for people with intellectual disability.



Minda's 2009 Quiz Night

Minda appreciates the South Australian community's support of this event and you can help by taking a sponsorship package, registering a team or providing prizes or auction items.

Date: Friday 22 October

Time: 7:00pm 'til midnight

Dress: Black tie

Venue: Sebel Playford
120 North Terrace, Adelaide.

Tables of 10, sorry, no individual ticket sales.

For further enquiries or to purchase a table, contact Marion Zafry at Minda on 8422 6286 or email marion.zafry@minda.asn.au.



Minda Incorporated

King George Avenue
Brighton SA 5048
PO Box 5, Brighton, SA 5048

Phone: 08 8422 6200

Fax: 08 8422 6330

www.mindainc.com.au

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Commonwealth Bank's community spirit



Wayne Beaumont presenting the cheque to Minda

Children participating in Minda's Vacation Care have an extra reason to smile after a welcome donation from the Commonwealth Bank.

Branch Manager, Wayne Beaumont, visited Minda to present the cheque for \$5,893 to Andrew Elvin, Executive Manager

Residential Services. The funds became available through the Commonwealth's Staff Community Funds Community Grants Program. Since 2007, over \$1.5 million has been donated by 5000 staff to support health at the grass roots and support the local community.

Begun 25 years ago to benefit young people between the ages of 5 and 21, Minda's Vacation Care provides support to 205 families, offering activities on and offsite and providing opportunities available to other kids.

The program is vital to the families and young people Minda supports, allowing parents to continue to attend work or provide care to other members of their family. James Blenkiron, Vacation Care Coordinator, was most appreciative of the cash boost.

"I think it is a wonderful initiative for the Commonwealth Bank to support such a scheme."

"The funds provided the opportunity to replace and purchase new sensory resources that better reflect the developmental needs of the participants, allowing them to develop their skills whilst enjoying recreation-based learning," he said.

Minda would like to thank the Commonwealth Bank and its generous staff, for their kind donation through this initiative, which aims to raise community awareness regarding young people living with intellectual disability.

