

# Around minda



## Leisure Options soaring to new heights



Geoffrey touches down in Melbourne

**Minda constantly strives to create an environment for individuals to pursue opportunities to lead valued and meaningful lives in supportive communities.**

Recently, Geoffrey Bates, of Brighton was able to realise his passion for planes and enjoy a day out at Melbourne airport. This opportunity was made possible by Leisure Bank, a Minda Board initiative that provides extra funds for recreational opportunities.

Accompanied by Gai Dawe, a Leisure Options Recreation Assistant, Geoffrey set off for the

Adelaide Airport early on Wednesday 29 July. On seeing the planes from Tapleys Hill Road, he could not contain his excitement, having only had the opportunity to fly once before.

From the moment Geoffrey and Gai boarded their Virgin Blue flight, the staff were fantastic. They were treated like royalty and even received complimentary food and drinks. Geoffrey particularly enjoyed take-off and landing and even found the turbulence hilarious.

At the end of the flight, Geoffrey and Gai were invited into the cockpit to look around, meet the pilot and receive a certificate from

the Virgin Blue staff. The pilot recommended a restaurant in the International Terminal where Geoffrey and Gai enjoyed a meal while watching the planes land and take-off.

Having satisfied their appetites, they spent some time discovering all the other sights and sounds of the airport. While waiting to board their return flight to Adelaide, Geoffrey and Gai ran into some old friends from Minda and enjoyed catching up over a hot drink.

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## BOARD UPDATE

# From the President

**The lead up to Christmas is, as usual, a busy time at Minda. We recently held a Special Association Meeting, updating Association Members on the Master Plan process and the Annual General Meeting, on Sunday 22 November.**

The Master Plan has been a far more complex project than initially thought and at the Special Association Meeting, I announced that the project has been slightly delayed. Many factors have affected the Master Plan process, including a change in Minda's management structure; the evolution of Minda's service delivery model and the philosophical view of our services had to be agreed upon and significantly, the undertaking made at the outset that no land would be sold has made the commercialisation model more complex. There has also been a necessity to take into account existing underground and aboveground service infrastructure, site contamination risks, storm water/flooding risks and current vegetation on site.

Further to this, we needed to ensure that the Master Plan reflected changes in Government policy (both State and Federal), brought about by the ratification of the UN Convention on the Rights of Persons with Disabilities. The resulting new direction will result in service delivery needing to align with best practice of individualised service, which the Board has already endorsed.

At the September Board Meeting, Connor Holmes presented their interpretation of the parameters set at the outset of the Master Plan process (including no sale of land).

The Master Plan presented to the Board was one view of what could happen at Brighton campus over the next 25 years.

Taking into account the evolution in the disability sector, it was the Board's opinion that the proposed Blueprint Master Plan was not the right model for Minda. As new policies and practices are still being developed, the Board felt it appropriate to allow time for the development and effects to be gauged before the Board accepts a final and appropriate Blueprint Master Plan.

Having said this, over the two years significant headway has been made with the Master Plan and we have asked management to continue working with Connor Holmes to further refine the blueprint development for Brighton campus.

The revised Blueprint Master Plan will be presented at the final Board Meeting of 2009. Information summarising the new cut of the Master Plan will be distributed in early 2010 and a subsequent meeting will be held at which time the Master Plan will be presented. I look forward to updating you with the Master Plan progress in the near future.

I was delighted with the Annual General Meeting, held on Sunday 22 November. It was pleasing to have the interchange of views both during and after the meeting.

At the AGM, I reported on the many successes celebrated during 2008/09. This included the adoption of the guiding principles of the UN Convention on the Rights of Persons with Disabilities, the adoption of a Person Centred Thinking

approach and the endorsement of a 'Policy of Choice'. Another first to occur this year was a joint planning day between the Board and Executive, which saw the development of the 2009 – 2012 Strategic Plan – a piece of work that demonstrates the commitment and joint direction between the Board and Executive.

I also spoke of the Board's commitment to 'best practice' and the development of a Board Improvement Plan, which has acted as a sounding board for all Board activities, before going through the financial details for the year. Attendees also heard from Susan McInerney, CEO, and Helen Packer, Chair of the Minda Association Advocacy Group.

At the AGM, I spoke of some recent movements of Board Members and I would like to take this opportunity to extend a warm welcome to three new Board Members: Kate Thiele, Richard Bruggemann and Robert Crabbe. Each of these new Board Members bring specialist skills to the Board, which will further enhance the strategic governance of Minda. In the December edition of Vocal Point, the new Board Members will be profiled.

After four years of service to the Minda Board, Tony Innes has resigned to pursue other opportunities. On behalf of Minda, I would like to thank Tony for his contribution. Tony has taken a keen interest in Minda and has been a valuable asset to the Board. I wish Tony all the best for the future and again, reiterate my personal thanks for his efforts.

I look forward to a successful 2010 and take this opportunity to wish you all a very Merry Christmas and a safe and prosperous New Year.

Roy Arnold



# Sturt Cottage enjoys Biggest Morning Tea

Guests enjoy the Biggest Morning Tea

**Day Options participants who attend Sturt Cottage Craft wanted to do something for others and decided to hold their first ever Biggest Morning Tea, on behalf of the Cancer Council.**

The idea held tremendous appeal as Sturt Cottage Craft has a long standing tradition of hosting morning teas. Forty-seven people attended the event on Thursday 28 May at Brighton House to enjoy the many treats on offer.

Guests included volunteers, family members, peers and staff from accommodation and other day options, as well as other people with whom the participants have regular interactions.

Much preparation went into the event with two volunteers, three staff and fifteen participants all involved in the preparations and the ensuing cleanup.

All together \$140 was raised for a very worthy cause. The hosts certainly enjoyed the opportunity to socialise with their invited guests and everyone appreciated the sumptuous range of food available.

Sturt Cottage Craft provides day activities for craftspeople as an alternative to employment.

**If you would like more information please contact Lyn Orbons on 8422 6236.**

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On the flight home Geoffrey did not miss a thing from his window seat. It was a great day and a fantastic adventure for Geoffrey and Gai.

The staff involved are to be commended for working together to make this dream a reality for Geoffrey.

Leisure Options provide a wide variety of leisure activities, included sports, arts and social outings.

Leisure Bank is managed and planned through Leisure Options according to the individual's wishes

**If you need assistance planning your own adventure, please contact Leisure Options on 8422 6315.**

## Susan McInerney finalist in Telstra Business Woman of the Year Award

**Minda congratulates Susan McInerney on being short listed as a finalist in the recent Telstra Business Woman of the Year Awards.**

The award celebrates the journeys of some of Australia's most inspirational women and since taking on the role as CEO at Minda, Susan's energies have been focused on delivering further improvements to Minda's core services and the ongoing review of organisational policies, processes, systems and capabilities.

Throughout the year, the organisation has had some great achievements and taken some groundbreaking steps forward, most notably the introduction of the guiding principles of the UN Convention on the Rights of Persons with Disabilities and the adoption of Person Centred Thinking.

This is a fantastic achievement and recognition of Susan's significant contribution to Minda.



## Update from the CEO

**It is of paramount importance that people living with disability have choice and control about where they live and the support they receive.**

These rights are recognised through the UN Convention on the Rights of Persons with Disabilities and it is essential that people living with disability are encouraged and supported to enact these rights in pursuit of the life they want, to actively contribute to society and to develop and maintain links with their social networks and the wider community.

We no longer think of disability as something that individual people 'have'. People have impairments. These can include sensory, intellectual and physical impairments. Disability is what happens when these impairments meet with an inadequate environment.

Through the endorsement of the guiding principles of the Convention and the adoption of a person centred approach, Minda can deliver on its vision with strong values around inclusion and citizenship, developed one person at a time, based on the things that are most important to that person.

This means real choice and real control. This includes social inclusion, the opportunity to grow and learn and to feel valued by others for what you have to offer.

It was a pleasure to host another successful Open Minds session, 'From exclusion to equality', on Wednesday 30 September. Special guest speakers Ben Wallace, State Manager of the South Australian Office of the Department of Families, Housing, Community, Services and Indigenous Affairs, Robbi Williams, CEO of the Julia Farr Association and acclaimed speaker Robert Martin, who travelled all the way from New Zealand to share his story, all contributed to a very successful afternoon.

This informative day was a valuable opportunity for Minda to officially recognise its commitment to the guiding principles of the UN Convention.

This edition of Around Minda highlights some wonderful achievements of individuals living with intellectual disability. One man is now successfully running his own business, another individual has been awarded Athlete of the Year and we celebrate another's achievements at being awarded the inaugural Allan Sloan Community Service Award.

In line with our more personalised approach, we are pleased to support the International Day of People with Disability on Thursday 3 December.

This important day recognises the achievements and contributions of people living with disability and encourages support for their dignity, rights and wellbeing.

Minda's philosophy continues to evolve and I look forward to further developing our ongoing commitment to the individuals we support in 2010.

This is the final edition of Around Minda for 2009 and however you choose to celebrate this festive season, I wish you a joyous Christmas and a fulfilling 2010.

Susan McInerney



David celebrates his victory

## Sprinting to success

**Competing in seven athletic events regularly over the course of five months is a huge undertaking but the hard work has paid off for David Sghendo, who has been named Athlete of the Year by Athletics SA.**

David competed and triumphed in the E-grade category; for those with a disability, between October 2008 and February 2009, competing in long jump, shot put, discus, high jump and javelin as well as the 100m and 200m sprint, which are his two best events.

Receiving his trophy on the presentation night at Santos Stadium was a very proud moment for David and members of his family were there to cheer him on.

His involvement in sport began early when he started playing soccer with his sisters, an interest that has continued. He is passionate about football, is a huge fan of the Adelaide Crows and also enjoys the cricket.

David is not about to take a break any time soon and has already begun this year's athletics season, which started in October.

Participating in events such as these allows individuals to not only get fit but make new social connections, gain self confidence from their achievements and of course to simply have fun!

# A Future Directions facelift for railway station

**Commuters travelling to and from Hove Railway Station can enjoy a clean and well maintained environment thanks to the hard work of a small team of individuals from Minda's Future Directions program.**

Working in partnership with TransAdelaide, the group adopted the station in January 2008. Since then, they have visited the station each week to keep an eye on its condition and paint over the graffiti when necessary. Their work has expanded and now the team is in the process of creating a garden across the other side of the tracks.

The opportunity arose when Future Directions inherited the project from Leverington South and six team members eagerly volunteered.

Individuals really enjoy their time at the station and the efforts have been most appreciated by TransAdelaide, who have asked the team

to continue their work and create a second garden. Work is expected to begin on this project early next year. The group has also been asked to do some gardening work by Minda Job Placement (MJP), which they hope to begin in a couple of weeks.

The benefits of this initiative have gone beyond the immediate improvements to the station and have assisted the Future Directions staff to transition one team member into employment. Additionally, four of the individuals are currently studying at the SA Learning Centre.

It has given the participating individuals a great sense of self worth and satisfaction to see their achievements and their contribution to the community.

**If you would like more information, please contact Future Directions on 8422 6285.**



Landscaping at Hove

# Dougie's doing it for his friends

**Dougie Jacobssen wanted to help his friends make their dream a reality and in doing something for others, he has been recognised for his contribution.**



A participant in the Tutti Arts program at the Minda Brighton Campus, Dougie was awarded the inaugural Allan Sloan Young Citizen Community Service Award for his outstanding efforts in sponsoring artistic development for the disabled and for his other voluntary community efforts. He was nominated by the Zonta Club of Adelaide.

The Honourable Tom Koutsantonis, Minister for Youth and Volunteers, presented the award to Dougie at the Premier's Award presentation dinner as part of the celebrations for Service Club Week.

Dougie was the 'front man' in Tutti's recent campaign 'Do It For Dougie', which was raising funds to send three Tutti Artists with disabilities to the USA to perform in the American premiere of Tutti's 'Northern Lights, Southern Cross', a production first performed in the 2007 Adelaide Fringe Festival. Dougie spoke to Peter Goers on 891 ABC Adelaide each Tuesday about the campaign,

and also promoted it at the City to Bay Fun Run, carrying a 'Do It For Dougie' sign.

He was instrumental in successfully raising over \$8,000 to contribute to the campaign.

Supporting him at the ceremony were his parents, his grandparents, and two of his four brothers, as well as two of his close friends.

In his thank you speech, Dougie said he was very honoured to receive the award. He thanked everyone there, including his family, and said if it was not for them he would not be getting the award.

A very excited Dougie was able to share his good news with his radio audience on the Peter Goers show afterwards. One of the first things Dougie announced was his plan to donate a portion of his prize money to Tutti.

Tutti and Minda heartily congratulate Dougie on his truly impressive accomplishment and generous spirit!

We Can Do It



Back (L-R) Geoff Masters, Richard Bruggemann, Helen Packer and Kym Hancock.  
Front (L-R) Jayne Lehmann, Lyn Magee, Rossalyn Dunstall and Alison Stoddard

## Get to know Minda's Family Services Committee

**In the last edition of Around Minda, readers were introduced to Family Services Committee member, Mr Richard Bruggemann.**

The final composition of the Family Services Committee took slightly longer than anticipated due to the overwhelming response from family members wishing to participate. With the committee now complete, Around Minda introduces you to the Family Services Committee in its entirety.

The committee has been established with the aim of providing a family perspective to Minda's Board and management regarding the service provided to current and future individuals with intellectual disability. More importantly, this group also actively provides advice or recommendations to the Board on policies.

Chair of the committee, Lyn Magee, told Around Minda that when selecting the members, there was a key focus on diversity in the group in terms of members' experience in accommodation (from community to campus) and employment services. It was also important to have the perspectives of parents of younger individuals.

"We wanted to give true representation of all of Minda's family services and the individuals selected all have varying backgrounds and experience, but each has a real, vested interest in Minda," she said.

The composition of the committee has been elected and approved by the Board and all eight individuals are Minda Association members.

### **Chair: Lyn Magee**

A Life Member of the Association and elected Minda Association family member, Lyn Magee has served on Minda's Board for 15 years. As the mother of Timothy, a long time resident on the Brighton campus, Lyn brings to the Family Services Committee insights from the perspective of a parent. She also offers various commercial skills as a former senior executive and business owner.

### **Deputy Chair: Kym Hancock**

Also a member of the Minda Board, Kym Hancock's association with the organisation extends over 27 years. With his son, Henry, living on Brighton campus, Kym said he is passionate about Minda and sees his

involvement as being ongoing, "with a commitment to working towards ensuring Minda's longevity, thus securing the future for individuals."

Like Lyn, Kym brings a balanced skill set to the Family Services Committee – being primarily a parent with comprehensive understanding and knowledge of the needs of individuals who Minda supports. This, coupled with the commercial business, problem solving and management skills acquired throughout his career, make Kym a highly valued member of both the Board and the Family Services Committee.

### **Richard Bruggemann**

Whilst Richard is not a family member of someone receiving services from Minda, he is certainly an advocate for people with disabilities, bringing with him a wealth of knowledge in the intellectual disability field. In particular, Richard has extensive experience from an academic, policy development and service delivery perspective and is able to share this knowledge with the Family Services Committee.

## Rossalyn Dunstall

Rossalyn is a long term member of the Minda community, with her son, Danny, receiving accommodation and employment support from Minda for a number of years. Rossalyn is able to provide representation from the perspective of a family member with an older individual residing on campus and in supported employment.

Rossalyn applied for a position on the committee to have the opportunity to provide input about services and also to participate in policy development. She also said that she would like to participate more in Danny's life now that she is no longer working.

## Jayne Lehmann

A Diabetes Nurse Specialist, Jayne has an interest in the medical aspects of care at Minda. She is also a mother of three daughters, one of whom, Sarah, receives respite and vocational care at Minda. With this background, Jayne is able to provide input from the perspective of a parent of a younger person receiving services.

When applying for the Family Services Committee, Jayne said, "Sarah's future at this stage lies with Minda. I would like to work with Minda to provide input on younger individuals' needs and those of their families."

"I am keen to be a part of the evolution Minda is currently embarking on and think this committee would be a good forum for this to occur. I am also on the Council for the Care of Children advising the Minister in relation to child protection and welfare, therefore providing additional insights for the Board to draw on," she added.

## Geoff Masters

With his three sons Gregory, Brenton and Ashley, receiving services from Minda, Geoff's association with the organisation extends over many years and he is a strong supporter of Minda and its philosophy. He is able to provide input to the Family Services Committee from the perspective of a family member with individuals in community accommodation as well as supported employment.

"My confidence in Minda to support my sons has remained strong ever since a Christmas respite service was available some 30 years ago. Over that time I have never

had any cause for complaint regarding the employment and respite services, which were continually used," he said.

"As my sons are now entirely in Minda's care with the community housing recently provided, I have strong interest in ensuring Minda's high level of professionalism continues to be maintained," he added.

## Helen Packer

As a Minda Association member, volunteer and past Chair of the Minda Association and Advisory Group, Helen Packer is actively involved in the Minda community. Helen's son, Jonathon, spends three days a week at Minda's Day Options and two at Minda Packaging Services.

Helen also joined the Family Services Committee to be able to provide advice to the Board from a parent's perspective. Volunteering one day a week at Sturt Cottage Craft, Helen has an understanding of the needs of individuals with intellectual disability and their families and keeps in regular contact with the families of Day Options and respite individuals who, like Helen, have a young adult living at home.

With this experience, Helen is able to provide "first hand knowledge of their needs and concerns for the future" to the Family Services Committee.

## Alison Stoddard

Alison has been an Association member and supporter of Minda for a number of years with her daughter, Lynley, receiving support via accommodation, day options and employment services at Minda.

Alison was interested in joining the committee because she would have the opportunity to contribute to decisions about the services provided to individuals. "I was very excited to see that this Family Services committee was being formed. Communication and collaboration between the Board of Minda and stakeholders is extremely important," Alison said.

"I feel I would be able to contribute to the new committee from the perspective of my daughter being a individual living in the community," she added.



# Calendar of Events

## International Day of People with Disability

Thursday 3 December  
Brighton Campus

## Leverington Christmas Sale

Thursday 3 December  
Brighton Campus

## International Volunteer Day BBQ Celebrating Minda's registered volunteers

Tuesday 8 December  
Marion Sports and Community Centre

## Glenelg Golf Club Ladies Day

Tuesday 23 February  
Glenelg Golf Club

For more information on upcoming events, please contact Marion Zafry on 8422 6286, email [marion.zafry@minda.asn.au](mailto:marion.zafry@minda.asn.au) or go to [www.mindainc.com.au](http://www.mindainc.com.au).

We Can Do It



## Going Greek for Minda's theme days

**Day Options participants were greeted with the distinctive blue and white flag of Greece and traditional Greek music when they entered the Verco building to celebrate a Greek theme day.**

Thursday 15 October was an exciting day for everyone who attended, as they were treated to an energetic performance of traditional Greek dancing, kindly provided by students from St George College.

The group comprised 13 brightly costumed students, ranging from years 6 to 9. They performed a fantastic range of traditional Greek dances and after the performance, the dancers remained to take some photos and to chat with anyone eager to ask questions.

The festivities held particular significance for Day Options participant, Mary Ambados

(pictured above with the students) who, with her parents by her side, was thrilled to celebrate her Greek heritage and posed for a photograph with the dancers.

Special thanks go to the Day Centre staff, who organised the colourful display to set the atmosphere and prepared a sumptuous Greek-style morning tea for the guests to enjoy and of course, to the staff and students of St George College for their enthusiastic presentation.

Minda's Day Centre staff have been very busy this year creating a varied range of theme days including Safari Day, Alien Day as well as regular events like Valentine's Day and Anzac Day.

Activities offered seek to maximise individual participation and enjoyment.



### 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](http://www.mindainc.com.au)

### Board of Minda

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Mr Peter Krieg

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**Ms Susan McInerney**

### Patron

**His Excellency Rear Admiral**

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Governor of South Australia



## Stephen's business is a clean sweep!

**Stephen Wallis' future is looking bright as MJP Employment Services first self employed small business owner.**

Stephen had been working with Minda Job Placement (MJP) for less than six months when Minda's Independent Support Services (ISS) came looking for someone to take on the community house cleaning contracts.

It was a case of the perfect opportunity at the right time. Stephen was approached due to his enthusiasm, work ethic and willingness to give anything a go. He now runs his own successful cleaning business, having taken all the necessary steps to make this business venture possible, together with training and support from MJP staff.

Stephen's clients have been impressed with the standard of his work and his customer base is going from strength to strength. ISS staff report, "He's wonderful and has been a fantastic addition to our service."

He has now been offered the cleaning contract for the South Road offices where MJP is located. Stephen has told MJP staff, "It feels right for me, I can plan my schedule and the work is very flexible."

**For further information on MJP Employment Services, please call 8179 5266.**