



Family Fun Day

Jim Cross and Martin Weiss out the front of the Trak Furniture stall and Jordie Greer serving customers.

Minda's hugely popular annual Family Fun Day was held on Sunday 6 April and attracted a crowd of almost 2,000 people.

The event had something for everyone with performances throughout the day on the Santos stage, as well as a variety of food and product stalls.

After a traditional Aboriginal welcome by performers from Living Kurna, the crowds were treated to a wide variety of entertainment on stage featuring singers from **St Peters Lutheran Blackwood** and soloist, **Grace Bawden**; circus performers from **Seacliff Primary School**; the **Chad Romero Band**; dancers from **Directions Dance Academy**; a fabulous performance by Annika, Emma, Jason and Aimee of **Tutti Arts**; the **St George**

College Greek Dancers; musicians from **St Peter's Woodlands Glenelg** and **Brighton Secondary School**; the **St John's Grammar Belair Choir**; and **Kingston Academy** - including performing the "Palindrome" song; and to finish off the day perfectly, a performance by **Club Tutti**, a group from the Brighton campus who share a passion for social singing and music-making.

As well as performances on the stage, guests enjoyed other roving entertainment and displays including:

St Mary's Fire Brigade complete with their Triple Zero mini - fire engine providing fun rides and an appearance by Deefer, the brigade's mascot dog.

The Hog Club dazzled the crowd when approximately 40 members rode into the grounds of Minda on their beautiful Harley Davidson motorbikes and set up a display which was enjoyed by many.

SA Police thrilled the audience with their Mounted Horses demonstration and **Labs'n Life** provided an interactive display with their lovable labrador dogs.

SASRAPID (an organisation focusing on sporting activities for people with disabilities), **Somerton Surf Lifesaving Club** and **Glenelg Football Club** all provided demonstrations and fun activities with prizes.

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BOARD UPDATE

From the President

Association Members and families are often unaware of the broad range of issues the Board of Minda is dealing with at any one time. To improve this communication, each edition of "Around Minda" from now on will have a regular column in which I will summarise some of the key matters discussed at the most recent Board meeting.

The following summarises the key outcomes from the Board meeting of 3 April:

- It was noted that a Crisis Unit is being established in Waterhouse for clients experiencing acute disturbances and behaviour issues;
- The Board congratulated the Community Services and Property teams for their work in design and construction of the new community homes at Reynella;
- The Board noted that the transformation of Rogerson to the Learning Centre was on schedule to be completed by June 2008, and approved capital expenditure for the fit-out of equipment and services. The project is funded 50 / 50 by Minda and the Commonwealth Government. The centre has the capacity to train up to 200 people at the same time and bookings have already been made by external organisations;
- The Board reviewed a paper on cluster housing as a model for accommodation support and endorsed it as complementing our existing range of accommodation models;
- The Board accepted the financial accounts for February 2008 and noted they were favourable to budget;
- The Board accepted the resignation of Catherine Cooper from the Board with regret and thanked her for her contribution over the past three years. The Board will consider suggestions for an appropriate replacement;
- The Board discussed the informal Association meeting regarding Brighton Campus Master Plan and has noted carefully the extensive feedback received;
- A synopsis of the Mullighan Report on Children in State Care Commission of Enquiry was reviewed by the Board. The Board noted some references to Minda's practices some years ago but focused on support of management in ensuring protection of clients today and in the future;
- The Board noted a very successful visit of the Governor and Mrs Scarce to Minda during April and requested management ensure Minda take up his Excellency's offer to become more actively involved in Minda.

Roy Arnold
President Minda Inc



The artwork available for sale proved very popular

Family Fun Day Continued

The motorised Trike Rides and Physio 'people powered' passenger cycle were also very popular.

And last, but not least the ever popular **Southern District Pipes & Drums**, got everyone excited, including the Labradors!

As well as the array of foods available, there was a real carnival atmosphere that included plenty of activities, including amusement rides, camel and pony rides and the Mobile Animal Zoo.

Minda would like to take this opportunity to thank all of the sponsors who contributed to this event, especially our major supporting partner Santos.

Special thanks must also go to everyone who contributed to a fantastic day including the performers, stall holders, staff and all the volunteers who assisted not only on the day, but during the lead-up to this successful and important event.



The Tutti performers entertaining the crowd



Prof Hidemi, with Minda staff (from left) Keryn Platt, Susan McInerney and Debbie Knowles

Japanese professor visits Minda

Twelve years ago, the Japanese Government commissioned several specialists to develop the nation's deinstitutionalisation policy and write the educational curriculum for people with a disability.

In 1996 Minda was fortunate to host one of these government officials, Professor Hidemi, on his fact-finding tour of Australia. His particular interest focused on supporting staff in Japan to identify the early signs of ageing in people with an intellectual disability. He was most impressed with the Broad Screen Check List of Observed Changes (BSCOC) developed by Minda.

He took this tool back to Japan and it was most helpful in assessing clients who were showing early signs of ageing and a dementing condition. They were able to develop training

for staff based on the knowledge that he acquired from us here in Australia.

As a result of the research he undertook at Minda all those years ago, Prof. Hidemi is now an Associate Professor of Rehabilitation, in the Department of Medical Welfare, Faculty of Health Science, Suzuka University of Medical Science.

In March 2008, Prof. Hidemi returned to visit Minda and see the changes that have taken place over the past 11 years. His return trip also took him to Brisbane to revisit the Endeavour Foundation.

While here, he was able to look at our current practices, particularly in relation to clients who are in Day Options and Business Services. As has happened in recent years at

Minda, there is a move in Japan towards all clients being productive and Prof. Hidemi spent time discussing Minda's experiences and progress in this area.

In addition, he was very interested in Minda's nursing home - The Pat Kaufmann Centre - as the foundations were being laid for this building when he was here on his first tour. Prof. Hidemi noted that in Japan there are no specific nursing homes to support people with an intellectual disability.

Prof. Hidemi concluded his visit by congratulating Minda on the growth in the number of clients who were now successfully and safely living in community.



The Holdfast Bay Walking Group take a well earned break!!



Enjoying the scenery

Holdfast Bay Walking Group - Welcoming walkers of all abilities

Over the past decade, more than 15,000 Australians have enjoyed the benefits of being part of the Heart Foundation Walking program.

Heart Foundation Walking plays a vital role in encouraging (generally older) Australians to enjoy regular physical exercise in a safe, structured and encouraging environment.

Included in this inspiring statistic are participants of the Holdfast Bay Walking Group, an initiative of Retirement Lifestyle Services, at Minda.

Some years ago, a group of retired people with a disability - all clients of Minda Inc. - wanted to pursue their interest in walking at community locations. Unable to find any walking groups which met their needs,

Retirement Lifestyle Services worked alongside these individuals to develop the Holdfast Bay Walking Group.

Over time, the original group of six participants grew significantly to 21, and now comprises two specific walking groups. The Thursday morning 'Strollers' is designed for people who enjoy a more leisurely walk, while the Friday morning 'Cruisers' has a participation structure for a more intense walk.

As wider community membership is encouraged, the 'Cruisers' have welcomed other retired South Australians without disability, who were looking for a walking group. With the aim of maintaining their health and fitness while developing social networks, the groups enjoy a variety of

walking locations including the Linear Park, and foreshore walks near the Adelaide Shores Yacht Club at Glenelg North.

The Heart Foundation is looking to grow the national program to 19,000 participants in the next three years. The Holdfast Bay Walking Group aims to help achieve this goal through continued and increased community membership; implementing a diverse walking program; and offering a welcoming and inclusive environment.





One of the new purpose-built community homes on Hillier Street

Two new community houses for Minda

Two new community homes managed by Minda, were officially opened in March by the Minister for Families and Communities and Minister for Disability, Mr Jay Weatherill

The purpose-built houses on Hillier Street, Reynella, have been developed as a result of \$400,000 in State Government funding and will accommodate a mixture of tenants from the state's Urgent Accommodation Waiting List and from Minda's Brighton campus.

With accommodation for five residents each, the homes have been fitted out by Minda from funds raised at two Black-Tie Quiz Nights.

Minda's General Manager, Strategy and Assets, Mr Philip Martin, said that while the State Government provided the bulk of funding for community housing, additional money raised by Minda enabled this funding to be spread further.

"There is a huge demand for this sort of accommodation in the community," he said. "And the houses give the occupants much needed independence and a feeling of community participation."

"We are dedicated to creating opportunities for people with intellectual disabilities and we feel

these houses are directly in line with that. They're all about positive change to meet the needs of future generations."

The new homes bring the number of community houses operated by Minda to 50, including three respite houses. Each house accommodates between one and five intellectually disabled residents plus carers.

Mr Martin said that providing off-campus housing for South Australia's intellectually disabled was vital in helping them make choices in where they wanted to live.



Minister Weatherill and Minda clients at the new accommodation ribbon cutting ceremony



Minda's Patron The Governor of South Australia and his wife Mrs Scarce receiving artwork as a thank you for their visit to Minda from Darren Parkes

The Governor visits Minda

On Wednesday 26 March, the Governor of South Australia, His Excellency Rear Admiral Kevin Scarce and his wife Mrs. Liz Scarce attended Minda for a tour of the Brighton Campus and two community houses.

The Governor, who is also the Patron of Minda, was very impressed with the activities and services provided by Minda - so much so, that he purchased some pottery pieces created by the clients of Day Options.

His Excellency spent four hours touring Minda and spent valuable time with the President of the Board, Roy Arnold and Minda's two General Managers, Susan McInerney and Phil Martin.

The visit provided an opportunity for the Governor to learn more about Minda. Minda appreciates the time the Governor spent and we look forward to continuing the relationship through his patronage.



Blind Date performers on stage

Tutti Fringe event - Blind Date

South Australia's internationally acclaimed Tutti Ensemble presented the world premiere of Blind Date, an eye-opening cabaret by five vision impaired performers at this year's Fringe Festival.

This tender and funny show was an *'if you dare to fail you're bound to succeed'*- take on looking for love with more than a blind spot! The performance portrayed love through a different lens with Tutti stars - Annika Hooper, Emma Taylor and Jason Crowhurst who combined with chanteuse Michele Thredgold and Adelaide blues legend Chris Finnen to thrill audiences with their stunning harmonies, humour and chutzpah!

Blind Date was directed by Adelaides' Queen of Cabaret, Catherine Campbell, carefully bringing together a lucky dip of original songs and all-time favourites which included numbers from Stevie Wonder and Carole King.

Grundy's Shoes

Grundy's Shoes is a South Australian company and after four generations, is still owned by the family. Established in 1921, Grundy's has three iconic stores; Rundle Street, Adelaide, Jetty Road Glenelg and Victor Harbor.

The Physio Department at Minda Inc has been purchasing shoes for clients with special supportive footwear needs for approximately 20 years. During this time our experience with the staff and management at Glenelg has been one of consistent support and assistance. Recently Jacqui of the Jetty Road store kindly donated ten pairs of Baxter 'Val' shoes (valued at over \$100 each) for use by clients of Minda Inc.

Over the years, Minda has been the proud and grateful beneficiary of many generous donations in kind, but of course nothing goes



Margaret Hains modelling her new Grundy's shoes

beyond the friendly service and understanding that has helped so many people with special footwear needs. We would like to take this opportunity to recognise this local business which has supported Minda in making lives better for people with a disability.

Minda Service Excellence Award

In August 2007, Minda successfully reached Award Level Certification in Service Excellence Framework (SEF).

This award recognised Minda's exemplary best practice and compliance in Disability Standards and our dedication to continuous improvement. This was only achievable due to the outstanding effort by all staff within Minda.

Only four organisations received this award out of over 400 who participated in the Service Excellence Program, and therefore Minda is extremely proud of this achievement.

The award and certificate was recently presented to Minda by Peter Smith, Deputy Chief Executive, Department for Families and Communities at Balyana Function Centre on 3 March 2008.

Special mention must go to Danny Ween, Minda Inc. Quality and Food Safety Officer, who worked tirelessly on the SEF Audit and always made himself available to help managers and staff meet and exceed their Service Excellence Frameworks standards.

Well done Danny, and to all at Minda.



Des (left) and Tony (right) with the inspiration for the walk for wheels John (centre)



The passing of Roma Gilchrist

April 29, 1921 - February 28, 2008

Minda is saddened by the passing of Roma Gilchrist on 28 February.

Roma had been a friend of Minda since the mid -1950's when her daughter Patti became a resident at Brighton campus. Soon after Patti joined the campus, Roma began volunteering her time with the Minda Auxiliary and the school canteen.

A dedicated volunteer, Roma saw her home duties as her most important role, always being there for the family, quietly maintaining a well-organised house.

She was an undemanding person for whom maintaining friendships was an important part of her life.

Roma died peacefully at her home at the Somerton Masonic Village on Thursday, February 28 and will be sadly missed by everyone at Minda.

Des and Tony Walking for Wheels

Des Rowe and Tony Bini, friends of Minda, will be putting their best foot forward in May as they embark on 'Walk for Wheelchairs,' – a regional walking-expedition of South Australia, raising valuable funds for Minda.

Walk for Wheelchairs will see the two walking enthusiasts pound the pavement for ten days from Wednesday, 28 May to Friday, 6 June 2008.

Through the initiative, both Des and Tony hope to assist individuals who are wheelchair bound with a physical or intellectual disability. Proceeds raised from the walk will go towards the maintenance and replacement of wheelchairs for Minda clients, as well as towards Minda's Day Care Centre.

Des, who also volunteers with Minda, says, "Not only are there huge costs associated with general wear and tear of wheelchairs, but the deterioration of a wheelchair can significantly impact on the lives and comfort of those with a physical disability."

The poncho-clad duo will depart from Minda's Brighton campus at 10am on Wednesday 28 May, marching north as far as Gawler and Tanunda, before travelling south to Victor Harbor and then making their way back via Noarlunga and Hallett Cove.

Walk for Wheelchairs will conclude upon the pair's return to Minda on Friday 6 June 2008.

To donate or sponsor Des and Tony for the walk, please contact Val Jones on 8422 6270 or Nicole Anderson 8422 6514.

Stress Management

No matter who we are or what our lives involve, stress can affect both the mind and body.

The Learning and Development Department is offering staff and families the opportunity to attend a Stress Management Course at Brighton Campus. This course is designed to assist in identifying the different types of stress and how to manage those stresses while becoming more relaxed, energetic and content. The course also looks at techniques to deal with stressful situations.

For internal course outline and further information please contact Casey Price on 8422 6264 or email casey.price@minda.asn.au

WORKSHOP 1

Tuesday

10th June

9.45-11.45am

WORKSHOP 2

Thursday

25th September

3.30pm-5.30pm



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Board of Minda Association

Mr Roy Arnold

President/Chairman

Mr Wes Ashman

Vice President/Deputy Chairman

Mr Roy Bradburn

Ms Catherine Cooper (resigned 3 April)

Mr Gregory Cotton

Mr Kym Hancock

Mr Tony Innes

Mrs Kaye Kay

Mr Peter Krieg

Mrs Lyn Magee

General Manager,

Strategy and Asset Management

Mr Philip Martin

General Manager,

Operations

Ms Susan McInerney

Patron

His Excellency Rear Admiral

Kevin Scarce - AC CSC RANR

Governor of South Australia



Minda's Volunteer Coordinators
Bev Coghlan and Rick Selway thanking
Phyl Bedford for her 30 year service to Minda.

Volunteer Retirement

For the past 30 years, Phyl Bedford has been an active volunteer of Minda.

Phyl has been instrumental in many areas of the organisation and has supported clients with activities, outings, grooming and just being there for clients when they need someone to talk to.

After 30 years of service, Phyl has decided to retire and the staff and community of Minda would like to sincerely thank Phyl for her wonderful service to the Minda community.

Staff Retirements

Two staff members of Aged Care High Support retired in March after serving the organisation for many years.

Maureen Stoddard of Bright House worked for Minda for 22 years and Raelene Fuss of Bean House worked for Minda for 39 years. Raelene is the second longest serving staff member.

We wish both Maureen and Raelene all the best in their retirement and thank them for their tireless work and dedication.

Calendar of Events

Corporate Golf Day

Friday 16th May,
Glenelg Golf Club

110 Year Gala Dinner

Saturday 26th July,
Adelaide Entertainment Centre

Black Tie Quiz Night

Friday 24th October,
Sebel Playford Adelaide

Association Dates

Mid-Year Association Meeting

Tuesday 24th June, 2008 at 6.00pm
held on Brighton Campus

AGM

Sunday 9th November, 2008
held on Brighton Campus.

Event information

For more information please contact:

Marion Zafry on **8422 6286**, email
marion.zafry@minda.asn.au or go to
www.mindainc.com.au

Payroll Giving

Have you ever wanted to contribute to Minda on a more regular basis but with smaller, more frequent amounts?

Well you can. Through payroll deductions you can donate as little as \$1 each pay.

For further information, please contact Val Jones on 8422 6270.