



Minda celebrates largest graduation of disability carers



Class of 2008 Graduates

Minda hosted its largest ever graduation ceremony for carers in the disability sector on Wednesday 25 June at Minda's Brighton Campus.

The graduation celebrated the achievements of 292 students who have completed *Certificate III in Disability Work*, *Certificate IV in Disability Work* and *Certificate IV in Training & Assessment* at Minda during 2007 and 2008.

Minda's patron, the Governor of South Australia, His Excellency Rear Admiral Kevin Scarce made the keynote address, and graduates were awarded their certificates by Minda's Ambassador, Katrina Webb OAM, Minda's President Roy Arnold, and Minda's two General Managers, Phil Martin and Susan McInerney.

Established as a Registered Training Organisation (RTO) in 1998, Minda has a longstanding commitment to fostering high quality training, and building capacity, capability and sustainability in the sector.

In recent times, the community services sector has experienced a serious shortage of workers, but Minda has helped to alleviate the pressures of the skills-shortage through training and development of employees across the industry.

In fact, of the 292 students graduating, 52 of these were from external service providers Anglicare, Bedford Industries, SA Wire, Orana and Baptist Community Services. In the future, Minda looks set to accommodate many more students from external service providers.

Michelle Taylor was awarded the Student of the Year, congratulations to her and to all the students who graduated on the day!

The magnitude of this graduation is testament to Minda's commitment to teaching and developing potential for both internal and external stakeholders and this focus is set to rapidly expand with the opening of the South Australian Learning Centre, within our refurbished Rogerson Building.

The project originated in 2003, when the Commonwealth Government allocated \$900,000 to Minda for the development of a state-of-the-art skill centre. The Minda Board matched this offer dollar-for-dollar with another \$900,000, providing \$1.8 million for the development of the training facility.

Continued Pg 2



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" features this regular column in which I summarise some of the key matters discussed at the most recent Board meeting.

The following summarises the key outcomes from the Board meeting of 3rd July.

- Next steps on the Master Planning process were discussed and it was agreed that:
 - i. A Steering Committee meeting to be held on the 11th July to establish the chronology of the next steps and also to firm up the procedures and processes for the consultation period;
 - ii. A workshop, to be conducted on the 25 July, including all Board Members, Executive management and Connor Holmes personnel will discuss options for the future of the campus, within the parameters already established by the Board.
- A recommendation was received from the Nomination Committee that Dr Bronwyn Halliday be appointed as an "expert" Board Member to replace Ms Catherine Cooper, who had resigned due to pressures of business. The recommendation was unanimously accepted, and Dr Halliday was offered a one year appointment. Her participation as a Board Member is, like all other Board appointments, on a voluntary pro bono basis.
- The report of the Finance and Audit Committee was received and it was noted that:
 - i. The Service Account, to the end of May 2008, showed a significantly better than Budget position, and it is expected that this trend will continue through to the end of the financial year, resulting in a deficit much lower than Budget;
 - ii. The investment funds reflect a much lower return for the year to the end of March 2008 due to stock market pressures, and it is expected that this adverse trend will continue to the end of the financial year with a decrease in value of our investments. Despite this, Minda will still be able to make the subsidy to the service fund that will ensure quality and quantity of services are retained.
 - iii. The Board reviewed an amended Whistleblower Policy put forward by management, and approved it for implementation. This policy will ensure legitimate whistleblowers are protected.

Roy Arnold
President Minda Inc



Student of the Year, Michelle Taylor

Cover story continued

The centre will provide quality vocational learning and professional development to staff, supported employees and the community services sector to assist their performance at the individual, team and organisational level. It is also set to enhance promotional opportunities and career pathways for staff.

The refurbished Rogerson Building features nine training rooms, a training kitchen, a resource centre, meeting and conference rooms and two information technology and e-learning rooms. The interactive training and conference rooms are equipped with latest technology such as smart boards and video conferencing facilities and are available for hire.

The South Australian Learning Centre will be officially opened in November 2008.

South Australian **learning** centre
An initiative of Minda



Brighton Master Plan Update

Minda is currently in the process of developing a Master Plan for its Brighton Campus.

The blueprint is designed to ensure the Brighton Campus operates as efficiently as possible when it comes to Minda meeting its charter of creating opportunities for people with an intellectual disability to lead valued and fulfilling lives.

The aim of developing a Brighton Campus Master Plan is to:

- Develop a coordinated and comprehensive vision and clear path forward for the management, operation and development of the Brighton Campus so that Minda can meet the future needs of its clients in a flexible and responsive manner;

- Identify future opportunities for people with intellectual disability;
- Address the social, commercial and environmental considerations confronting Minda; and
- Provide for current and anticipated service delivery requirements of Minda.

The first step in the process was to identify professional organisations willing and capable of undertaking the wide variety of tasks required.

From this we received 16 applications, which were then evaluated, based on cultural fit, Master Plan experience, social inclusion and environmental and commercialisation considerations.

From this evaluation, a short-list was prepared.

These short-listed candidates were then invited to complete a Request for Proposal.

At its meeting on 5 June, the Board accepted a recommendation from the Steering Committee of the Brighton Campus Master Plan that Connor Holmes Pty Ltd be appointed to assist Minda in formulation of the Master Plan.

It has been a complex and protracted process but the Board believes the result has been excellent, with Connor Holmes emerging a clear winner out of three professional proposals of high quality. It is also felt by the Board that the cultural fit between Minda and Connor Holmes is excellent, with the latter being a medium-sized South Australian firm of planners and architects.

In addition, both principals of the firm - Stephen Connor and Stephen Holmes - will be highly involved personally in the Master Planning.

Connor Holmes has the task of developing the blueprint, which will be a coordinated, comprehensive and clear path forward for the management, operation and development of the Brighton Campus.

There will be several steps in the development of this plan, including a detailed consultation process with all stakeholders, will commence from August onwards.

Once the blueprint has been completed, it will go to the Minda Board for approval before being implemented.

Because of the detail required and the extensive consultation process, it is estimated that the Master Plan will be completed around July 2009.



Update from the GM's

The past two months have continued to be exceptionally busy and exciting at Minda.

We have completed the refurbishment of the heritage-listed Rogerson building and established it as the South Australian Learning Centre. This will provide excellent opportunities for not only Minda staff but also all employees in the disability sector to enhance their skills to achieve Certificate III and IV in a range of disability studies and to provide improved services throughout the state to people with disability. The Learning Centre will also provide a multitude of training opportunities for people with a disability.

It was recently pleasing to attend the graduation ceremony of nearly 300 graduates from Minda's Certificate III and IV from Minda services as well as Orana, Bedford Industries, SA Wire, Anglicare. In the coming year, 260 people will commence or are part way through Certificate III and IV.

We have commenced refurbishment of the kitchen on the Brighton Campus as part of our desire to enhance the quality of food delivery and choice to our clients living on the campus. Work has also commenced on the design and quotes for building properties at Reynella and Old Reynella in response to our desire to assist to move people from the Urgent Accommodation Waiting List into residential services.

We are pleased to advise that from the 1 July, Minda will operate under a new services structure. Client service delivery will function under Residential Services, which will be headed by Gary Hubble, and Lifestyle Services, embracing all-day and employment programs, will be headed by Dorothy O'Brien. We wish them well in this exciting new initiative.

Minda is pleased to announce the appointment of Connor Holmes to undertake the Master Planning process for Minda in the coming 12 months, and in the period from August through to October, we look forward to extensive consultation with all stakeholders at Minda. This will start with the Board, Association, clients, staff and all families. We believe this will lay a strong foundation for the future direction and priorities for Minda in the coming period.

Philip Martin

Susan McInerney



Champion's six new additions

Lorikeets liven up Champion courtyard

Along with a lot of noise and a lot of colour, a new lorikeet aviary in the courtyard of Champion House, Brighton Campus, is bringing clients a lot of enjoyment!

The opportunity to build the aviary was made possible by a donation from the family of a client. The aviary was built in May this year and Champion client, Ian Reid, assisted with assembling the enclosure.

The clients have responded to the aviary with much excitement – they love to have a chat with the birds and enjoy the close interaction. The six cheeky birds are proving to be quite the source of amusement for many clients, particularly as they attract the local lorikeets into the courtyard.

The aviary, and its inhabitants, is really quite a spectacular sight. Everyone is invited to pop in and welcome the six additions to Champion House.



Mother's Day sale, May 2008



Pilko, with Minda volunteer, Des

Pilko pays Minda a visit

It was a case of putting a face to a voice on Tuesday 27 May when popular radio identity, Tony Pilkington, better known as 'Pilko', took time out of his busy schedule to take a tour of Minda's Residential and Lifestyle Services.

Presenting on Adelaide's top-rating radio breakfast show on FIVEaa, the popular radio presenter visited various sites and took a real interest in the clients. He was delighted when his nephew, who was participating in a program at the pool, spotted him and ran over to give him a huge hug.

Tony was wonderful with the clients and his personal interest in the disability sector was very much apparent. He praised the organisation for the work it does in supporting and providing opportunities for clients through accommodation, respite, employment and various other areas and said he looked forward to his next visit to Minda.

Following his visit, Pilko was excellent in promoting and covering recent fund raisers Walk for Wheelchairs and the Iceberger Winter Warmer Swim.

Sale at Leverington

Twice a year, Minda's Day Options in the Leverington Building, comes to life in a kaleidoscope of colour and a hive of activity at its, now infamous, market-style sale.

There is a great community feel to these sales and staff, volunteers and clients alike have the opportunity to pick up some fantastic products including pottery, plants, crockery, homemade jams and many other craft items.

What makes these events even more special is that produce has been hand-made by Day Options clients at Leverington and each item is very much unique. Aside from providing eager attendees with some beautiful pieces, the sales are, more importantly, an opportunity to showcase the skill and capabilities of Day Options attendees.

The wonderful marketplace has been running for over 10 years, with a Christmas Sale and a Mothers Day sale, with each one growing in popularity, produce and success.

Individually, the sales raise between \$1,000 and \$1,500 and the proceeds are put towards special events and activities for clients, such as concerts and Christmas parties as well as art and recreation supplies. All groups within Leverington participate in the sale, with the pottery and garden groups being the most avid contributors.

Don't miss the next sale, just in time for Christmas, scheduled for Friday 28 November, 9.30am - 12.30pm, be sure to jot it in your diaries now!

For those who are unable to attend the Leverington sales, products are available to purchase all year round and the staff welcome everyone to come past and have a browse. Orders are accepted and staff can accommodate requests for particular items and plants.

For more information about the Leverington sales or produce, contact Rachael Griffiths on 8422 6216.

Driven by passion: Tom in top gear

Since first he laid eyes on a Hillman, many years ago, Tom Letheby, a resident of Minda's Residential Services at Reynella, has been fascinated with cars – the metal, the speed, the power.

And now, Tom, who is arguably Minda's biggest car enthusiast, is set to become the SA Hillman Car Club's 100th member.



Tom at a Hillman outing

Tom's passion and interest in Hillman's has been apparent for many years, with his mother having been a proud Hillman owner. Tom first visited the SA Hillman Car Club in November 2003, where he met club members for a 'breakfast run' at Veale Gardens. He has been attending these breakfast runs every couple of months since and in recent times Minda volunteer, Gill Boulton, has accompanied Tom and been meeting the members of the car club.

Most recently, Tom was invited to participate in the Club's 'Fun Economy Run' on Sunday 4 May. The Run covered 102 km through Port Adelaide and Salisbury, finishing at Henley Beach Primary School, where Tom enjoyed a complimentary lunch shared with the other club members. On the day, a jubilant Tom managed to win first prize in the raffle, receiving a pot plant, box of chocolates and a bag of cookies, which was greatly appreciated.

Tom has been considered an 'enthusiast' of Hillman vehicles and the Club has recently passed a motion at their Annual General Meeting to accept Tom as a member.

Formed in May 1988, the SA Hillman Car Club's main objective is the preservation of Hillman vehicles, however the organisation also provides information about the vehicles and their history, as well as providing assistance and information to people wishing to own and maintain a Hillman or who, like Tom, simply have a passion for these unique and endearing vehicles.

Minda Association Advocacy Group

The Minda Association Advocacy Group (MAAG) comprises of members of the Minda Association, who meet monthly to provide an independent family/advocate perspective to the Board and management regarding the care and services provided to clients.

MAAG meets every second Tuesday of the month from 7pm to 9pm in the Williams Room, at the back of Isabel's Cafeteria.

Key objectives of the group include assisting in the development of sound communication and collaboration between the Board, management and staff at Minda, and the clients, their families and carers. MAAG also participates in specific projects from time to time including those referred by the Board and management.

At the moment MAAG enjoys a wide representation of parents/carers and siblings from many areas of Minda services, such as accommodation both in the community and on campus, Day Options and support work places.

In speaking about the group, Chair of MAAG, Helen Packer, said "MAAG warmly welcomes new members. The group offers interested people a really positive opportunity to find out more about Minda and also to meet other parents and/or carers who are willing to share their knowledge."

If you would like more information about MAAG, or wish to attend MAAG meetings, please contact Helen Packer on 8377 0759. Please note that you need to be a member of the Minda Association to attend meetings.

Minda gets behind the news

On 20 May, ABC television production, 'Behind the News', aired a touching story on the news broadcast, called "Disability Carers", which tenderly discussed life as a sibling of a disabled individual.

Some of the filming for the story took place inside Chuaninga Day Options at Brighton, providing some excited Day Options clients the opportunity to be on television.

Reporter, Catherine Ellis, discussed the implications and outcomes on the families with a relative with a disability.

The story considers the impact on the brothers and sisters who, according to the report, are often faced with a family situation which involves considerable stress and that unwittingly, these siblings can be overlooked - leading to feelings of isolation.

Ms Ellis did go on to say that most siblings in such circumstances take very positive things from their experiences and interviewees spoke of the outweighed benefits of their situation.

The story was featured on Episode 13 of BTN and can be viewed at <http://www.abc.net.au/news/btn>.



Catherine Ellis with some Day Option participants



Happy 110 Years, Minda!

As many would be aware, this is the 110th year that Minda has provided services to South Australians with an intellectual disability. Throughout the year, there will be several functions to celebrate this wonderful milestone and the great achievements of the organisation.

110 Year Birthday Gala Dinner

This night is set to one full of excitement and surprises. Guests will be delighted with games, carnival amusements and roaming entertainers – everything you dreamed of for your birthday party. Over a sumptuous three course dinner and superb wines, you can be guaranteed to enjoy a world class performance and finish the night by dancing to top Adelaide band, Supernova. This is a party you can't afford to miss!

Venue: Adelaide Entertainment Centre

Date: Saturday 26th July 2008

Time: 7pm

Dress: Black Tie

Price: \$150

To purchase tickets contact:

Marion on 8422 6286 or Nicole on

8422 6513 in the Marketing Department

110 Year Celebratory Birthday Barbeque

Whilst we welcome everyone to the Gala Dinner, if you miss out on this occasion, there will still be the opportunity to join us in November, when Minda will be having its 110th celebratory birthday barbeque for

Association members, clients and their families, staff and volunteers. The event will be held at the Brighton Campus.

More information on the barbeque will be distributed closer to the date.



Lois (left) with her two daughters Meredie (front) and Belinda.

Medal in order for Minda advocate

“Altruistic,” “generous” and “determined” – all these attributes could be used to describe Lois Hoyer, who has recently received an Order of Australia Medal (OAM) for service to the community through the National Council of Women, Minda and through other service and church organisations.

“I am absolutely delighted to receive such recognition. Although, the honour is as much a tribute to my family as it is recognition of my work at Minda, on the National Council of Women (NCW) and in the wider community,” said Mrs Hoyer.

“I have always been quite community minded. I am not one to sit back and watch life go by – if I can give something of myself, I’m always willing to do so,” she added.

For over 40 years, Mrs Hoyer has quietly worked on countless boards of fundraising and charity organisations, but she has always

championed a cause that’s especially close to home, with one of her six children, daughter Meredie, living with an intellectual disability.

And so began her interest in Minda. Meredie, turning 48 in November, has lived at Brighton since the age of 21. Over this time, Mrs Hoyer has served on the Board, as a Charter Member of the Reference Group, is part of the Minda Association Advocacy Group, as well as offering her support to the Tutti ensemble and assisting at many Minda’s functions.

“I obviously have a vested interest in people with a disability – the thing for me is acceptance by the general public and about building these people up. Because of this, I feel that it is part of my duty to throw my weight in where and when it is needed,” Mrs Hoyer said.

Minda congratulates Mrs Hoyer on her award of an Order of Australia Medal and thanks her for her ongoing support of and contribution to Minda.

Philanthropy is obviously something that runs in the family. Lois’ daughter, Belinda Harrington, recently celebrated her 50th birthday with a party, during which she spoke very highly of Minda. Belinda also very kindly requested that rather than purchase a gift, that guests make a donation to Minda.

“I have been very blessed in my life, so I wanted to give something back,” said Mrs Harrington.

This is an excellent and effortless way to support Minda. If you would like to set up donations in lieu for your next celebration, please contact Val Jones on 8422 6270.

Local Member visit Minda

On Monday 23 June, Minda was visited by Member for Bright, Ms Chloe Fox. Ms Fox returned to visit Minda, after attending the recent Family Fun Day in April.

Susan McInerney and Phil Martin, Minda’s two General Managers, showed the Member around the various centres on campus and the tour provided Ms Fox with greater insight into the client’s lifestyle options and also opportunities. Ms Fox has kept a keen eye on Minda and has shown a great deal of interest in the services and facilities.

Minda greatly appreciates the attention that Ms Fox is giving the organisation.



Minda’s GMs with Chloe Fox and Dale Govett



Welcome home banner, walkers and supporters

Walking for wheels

Wednesday 28 May - Friday 6 June



Trish Ferguson (pictured with some of her artwork)

Mosaic Clouds

An exhibition of creative work by several Tutti artisans was held at the Pepper Street Arts Centre, in Magill from the 6 to 27 June.

In an elegant and eclectic collaboration of colours, themes and textiles, the exhibition, appropriately titled 'Mosaic Clouds', presented the work produced by Tutti's visual artists over the last six months.

The works included richly coloured abstracts and pattern paintings, delightful cartoon inspired images, portraits and decorative responses to the natural world - truly a mosaic of colours and patterns.

The focus of the exhibition was on strength rather than disability, with the vibrant program encouraging participants to practice as serious and committed artists.

The colourful and unique artworks provided visitors to the centre a real visual feast.

For more information on Tutti, contact Sharon Manning on 8422 6510.

Feet of Endurance

After 10 long days and 345 km on foot, unassisted, Des Rowe and Tony Bini strolled into Minda's Brighton Campus on schedule on Friday 6 June, completing their fund raising initiative, 'Walk for Wheelchairs'.

Walk for Wheelchairs saw the two walking enthusiasts embark on the epic effort to raise vital funds for clients of Minda who have an intellectual disability and who are wheelchair bound.

In commenting on the rationale behind the walk, Des said, "I started thinking about how we can do something about funding so that the waiting times for wheelchairs are reduced. We decided to do a walk to create a public focus and encourage the well-known generosity of South Australians to the fore.

"Reducing waiting times is not just a funding issue, it's about enhancing the quality of life

for clients generally and making life easier for the dedicated and hardworking staff at Minda," he said.

The retired bank managers walked north as far as Angaston before travelling south through the Adelaide Hills and across the Fleurieu Peninsula, making their way back to Minda's Brighton campus via Willunga.

Des and Tony's efforts have raised over \$5,500.

Congratulations must go to Des and Tony on their completion of the walk, as well as a huge 'thank you' for their efforts.

Thanks must also go to event supporters, including Phil McMahon Real Estate and BankSA.

Labs 'n Life

Man's Best Friend Teaching Life Lessons at Minda

Brian Webb, pictured with Labrador, Seymour



An innovative educational program involving 'man's best friend' is teaching important life skills to ten young people who are under the guardianship of the Minister.

The young people – all at risk of disengaging from education – have been participating in 'Labs 'n Life' program, a collaboration between Families SA, TAFE SA and Minda. Labs 'n Life teams up the young people with a loveable Labrador.

The theory and practical sessions, during which the dogs remain with the students at all times, are part of TAFE SA's Certificate I in Introductory Vocational Education.

As part of the practical sessions, the students teach Minda clients basic dog handling as part of a life-skills Day Options program. The students have also visited Retirement Lifestyle Services where they interacted with older clients.

The interaction with this special group of young people and the dogs has proven to be a winner with our clients, who increasingly built their confidence around the dogs and enjoyed being around the animals and learning some dog-handling skills along the way. The experience of working with our clients proved to be an uplifting one for the participating youth, who felt valued and appreciated whilst working with our clients.

One 15-year-old said he could think of nothing better than working for Minda. "I love working with the clients. How can I do further study in disability work?" he said.

"Clients involved in this program had a huge amount of fun and really loved the interaction with the Labradors. They enjoyed teaching the dogs simple commands and through the initiative, participating clients experienced improvements in mobility as well as communication skills. Making new friends through their interaction with the students in the program was also a real added bonus,"

said Dorothy O'Brien, Executive Manager of Lifestyle Services.

Beth Dunning, Executive Director of Families SA, said the skills the youth learnt would stand them in good stead for the rest of their lives. "Not only are these life-skills valuable to them in the long term, they are improving their self esteem and encouraging them to assist other people who face significant challenges in their lives," she said.

The 10-week pilot program, which commenced in April, concluded with a graduation ceremony at Minda on Tuesday 1 July. This graduation was not only for the participating students, but also for the Minda clients who took part in the 'Labs nLife' program, and the Labrador dogs themselves.

Given the success of the program, funding has been secured for the program to continue until the end of 2008.

For more information on Labs 'n Life, contact Anne Noble on 8422 6528.

'Lifespan Study' to shed light on mental illness in the intellectually disabled

Over the past four years, Minda has been involved in one of the largest, most comprehensive studies yet to investigate the mental health in adults with intellectual disability.

Known as the 'LifeSpan Study', the research has been undertaken by Monash University's Centre for Developmental Psychiatry and Psychology, in conjunction with Minda and the Intellectual Disability Services Council (now Disability SA) and the Department of Education & Childrens Services (DECS) and shall provide vital information on the mental health status of adults with an intellectual disability.

For Minda, the opportunity to participate in this important study offered the chance to build upon research which had previously been conducted into aging and disability, from which the Developmental Behaviour Checklist was developed.

"Minda wanted more empirical evidence about people with intellectual disability as they age. We were seeing problems with mental health issues and we needed validated evidence as to what was giving rise to these issues and why. The LifeSpan Study provided this opportunity," said Phil Martin, General Manager, Strategy and Assets.

Despite the projects initiation at Monash University, Victoria, it was felt that South Australia has the best historical database of intellectual disability in Australia and Minda, having undertaken studies in the area

previously, already had a body of knowledge to build upon, and consequently, the study has been based in the State.

Several hundred Minda clients have been involved in the three-year study, which assesses participants physical and mental well being through the Developmental Behavioural Checklist.

Researchers contend that mental illness is two- to three-times more prevalent in people with an intellectual disability than in the general community. Problems related to mental illness often cause distress to the individual and their carers; exacerbate their disability; add to the costs of caring by government and private agencies; and can significantly impact on the educational and occupational process.

However, mental illness in those with intellectual disability often goes undetected and therefore untreated, with one of the greatest obstacles being that tools used to assess and assist in diagnosis of mental illness in the general community are unsuitable for use with individuals with an intellectual disability.

Due for completion in 2009, the expected project outcomes include:

- Increased understanding of the mental health issues of people with an intellectual disability across the lifespan;
- Improved assessment, diagnosis and treatment of mental illness for adults with intellectual disability;



Prof. Tonge with Minda President Roy Arnold

- Increased understanding of the prevalence, nature and development of mental illness, including protective and risk factors;
- Increased knowledge to assist in policy development, resource allocation and service-planning for adults with intellectual disability and mental illness; and
- Improved resources and increased access to training for carers/staff working with adults with an intellectual disability and mental illness

At the completion of the study, Minda hopes to be better equipped to identify and provide subsequent support to clients who are experiencing mental health problems.

The LifeSpan Study has been funded by the Australian Research Council Linkage Grant and Apex Foundation for Research into Intellectual Disability.

For more information on the LifeSpan Project, please contact Karen Peterson on 8422 6338.



Minda Incorporated

King George Avenue
Brighton, SA 5048

PO Box 5, Brighton, SA 5048

Phone: 8422 6200

Fax: 8422 6330

www.mindainc.com.au

Board of Minda Association

Mr Roy Arnold

President/Chairman

Mr Wes Ashman

Vice President/Deputy Chairman

Mr Roy Bradburn

Mr Gregory Cotton

Mr Kym Hancock

Mr Tony Innes

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 RAN
Governor of South Australia



Rick with some of his supporters before embarking on the swim

Making a splash for wheelchairs

In a not too dissimilar feat of endurance as Walk for Wheelchairs, Rick Selway, Volunteer Coordinator, donned the budgies on Friday 20 June and plunged into the icy waters at Seacliff, for the third year in a row, to raise vital funds for Minda and the Multiple Sclerosis Society.

Beginning at the Seacliff Surf Life Saving Club at 9am, the avid swimmer swam approximately 5 km to the Somerton Surf Life Saving Club in a superb time of 1 hour and 45 minutes.

Not a bad effort considering he was not wearing a wet-suit and the water temperature was around the 12°C mark. What makes this even more remarkable is that Rick is classified as legally blind.

"I was never a huge fan of swimming in the ocean, but in September 2001, I decided that it was time I overcame my fear of the sea and embarked on my first swim. Sea swims soon became an addiction and a great source of fitness," Rick said.

"But I did this to raise money for the worthy cause of replacing wheelchairs for Minda clients and, as some might say, because I'm mad," Rick laughed.

Previously Rick raised \$10,000 for Minda with an attempt to swim the English Channel. He has his sights set on conquering the Channel in 2009, in what will be his third attempt.

Congratulations to Rick for his efforts and for raising over \$1000 to be shared between Minda and the Multiple Sclerosis Society.

Calendar of Events

110 Year Gala Dinner

Saturday 26 July

Adelaide Entertainment Centre

Black Tie Quiz Night

Friday 24 October, Sebel Playford Adelaide

110 Year Celebratory B'day BBQ

Sunday 9 November, held on

Brighton Campus (following AGM).

Association Dates

AGM

Sunday 9 November, 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

Together, we can do it.

We Can Do It