



Karl Traeger with Sue (left) and Bronwyn
- part of the Envirocare cleaning crew

Brighton Master Plan

Winter 2011

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Earlier this year, Woodhead was appointed lead architect on the \$200 million redevelopment of Minda's 28 hectare Brighton site.

The Woodhead team recently held an Exploration By Design workshop at Somerton Surf Life Saving Club, inviting a wide range of stakeholders to be involved in shaping plans for an integrated, affordable, liveable and sustainable coastal urban village. More than 70 stakeholders attended and contributed to the workshop.

Over time, and at a pace suitable to the people Minda supports, a network of new streets, pathways and more useable and activated open spaces will transform the Brighton site into a vibrant urban community.

"We are committed to maximising choice and inclusion for people with intellectual disabilities to achieve their aspirations," said Woodhead's lead architect, Karl Traeger.

"We appreciate this opportunity to create a coastal urban village that delivers a universal and inclusive place for people to live, relative to expanded choices, access and the ability to age."

In an effort to get under the skin of Minda and truly understand the organisation, Karl and Minda's Executive Project Director, Roddy Clark, recently rolled up their sleeves and volunteered in Minda's Laundry, with the Envirocare cleaning crew and in the Chuanninga Day Options facility.

"Karl went above and beyond the expectations of a consultant and really got stuck into the role," said Roddy. "He is committed to better understanding the operations of Minda, and to seeing, first hand, how we support the people who live and work here."



Welcome to the winter issue of Vocal Point. Despite the cold and dark winter days, it continues to be very busy for Minda, from both a daily operational perspective and the array of projects which are currently on the go, together with the corporate functions.

Most recently (3 June), I had the pleasure of attending the 2011 Minda/Kelly & Co. Lawyers Black Tie Quiz Night at the Sebel Playford. A fabulous night was had by all who attended and amazing generosity was shown by our sponsors and supporters, who helped us to raise more than \$45,000.

The money raised will go towards refurbishing Minda's Port Elliott holiday home, Dunsford House, so that people supported by Minda, along with their families and friends, will be able to reconnect with one another during a vacation.

A recent Minda Board meeting was held at Trak Furniture. This is one of two Board meetings to be held away from Brighton in order to decentralise operations and better engage all Minda businesses.

From the President

Holding these meetings away from campus also enables Board members to appreciate the diversity of skills among Minda's staff and supported employees.

Prior to the commencement of the official meeting, Board members had the opportunity to meet with supported employees, who gave us a tour of Trak Furniture's premises in Lonsdale. It was great to see the exceptional workmanship that goes on at Trak Furniture and to witness the sense of pride these employees have in their work.

The recent Association meeting saw support for endorsing an enhancement to Minda's rules. In the main, the changes allowed for greater clarity and improved governance, and also related directly to the operations of the Board. The new rule relating to Board tenure of service now allows members to serve a maximum of three consecutive three year tenures before being required to stand down for a minimum of three years.

Once this time has passed, former members are eligible to renominate as a director. This does not take away the requirement for Board members to sit for re-election at the end of each three year term. This move was taken in a bid to keep Minda's Board progressive and contemporary and allow for the emergence of new skills and ideas.

This year, the Board has welcomed two new members, Michael Negri (January) and Shaun Hughes (May). Michael has more than 20 years' management experience in a number of industries and has also held various roles with his current employer, Boral - including in areas such as strategy, sales and project management. His current role is as Regional General Manager, Boral Construction Materials SA.

Michael has a sister and an aunt with intellectual disabilities so he is delighted to join the Minda Board and bring along his personal and professional experience.

He is also looking forward to being part of the Brighton Master Plan and to draw on his passion for improving facilities.

Shaun brings to Minda 20 years of business experience working across a number of industries in New Zealand, Australia and internationally, and currently holds a senior executive position at Elders Limited. Shaun is committed to ensuring Minda maintains the high standards of service it has been providing throughout its history.

Another significant meeting that took place this quarter was a stakeholder consultation forum, held on 31 May by Woodhead, the lead architect for the Brighton Master Plan.

The meeting explored the objectives and purpose of the redevelopment, in context of an urban development framework. More than 70 people attended the full day event, where they were encouraged to talk about what the redevelopment means to them.

The coming months are going to be exciting times for Minda as we work towards the final development of detailed architectural plans for the Brighton site.

I look forward to the next issue, when I will report on other developments that occur during the coming months at Minda.

Tony Harrison
President



Welcome to the winter issue of Vocal Point. In May, I celebrated 12 months as CEO of Minda and what a year it has been!

I have attended six ministerial openings of community homes and will see 10 more open during the coming months - in Park Holme, Old Reynella and Blackwood Park.

Minda's Brighton Master Plan has seen some significant developments since I began, including the approval of the concept plan by the Association, the appointment of Executive Project Director, Roddy Clark, and the selection of lead architect, Woodhead. In the past three months, the project team has held a number of public consultations to engage families, supported individuals and the local community in shaping the future of Minda's Brighton campus.

In the last issue of Vocal Point I thanked a number of dignitaries who have demonstrated their support of, and commitment to, the Brighton Master Plan. I would also like to take this opportunity to thank Chloe Fox, Deputy Speaker and Member for Bright, for her continued support.

From the CEO

This year is a significant one for volunteers. The month of May marked National Volunteer Week (10–15 May), 13 June was South Australia's Volunteer Day, and 2011 also marks the 10th anniversary of the International Year of Volunteers.

We have almost 300 registered volunteers at Minda who we value highly. To highlight the role of our volunteers in making a difference to the people we support, this issue (page 4) features the contribution made by Donna Ferris, who became a volunteer in November 2010, when she became a buddy to one of Minda's supported employees, Greg.

Donna's story demonstrates the impact that volunteering for just a couple of hours a week can make to both the volunteer and the person receiving support.

The 2011 Minda/Kelly & Co. Lawyers Black Tie Quiz Night was held on 3 June and was a spectacular success. We raised more than \$45,000, which will go towards reinvigorating Dunsford House, Minda's Port Elliot holiday home.

The money raised from this event, along with our Winter Appeal and other 2011 fundraisers, will enable Minda to transform this house into a high-specification, fully functional holiday home to offer a well earned break to the people we support, their family and friends.

This year's Black Tie Quiz Night – a sell-out event - secured the highest level of sponsorship and donations since it began in 2006.

A big thank you goes to all the organisations that have sponsored the event and provided donations during the past five years. Collectively, we have managed to raise nearly a quarter of a million dollars for Minda.

You can read more about this event, and see some photos from the night, on pages 6 and 7.

New Ambassadors for Minda

I have great pleasure in announcing FIVEaa radio broadcasters, Amanda Blair and Keith Conlon, as new Ambassadors for Minda. Their public profile will help raise awareness of Minda and promote its services among the community.

Keith frequently promotes our Commercial Enterprises during his top rating morning breakfast show on FIVEaa and has had a long standing association with Minda, hosting events such as MC at graduations and special openings, including the opening of the South Australian Learning Centre in 2008.

Amanda recently interviewed our Executive Manager Strategic Marketing, Nicole Maley-Randall, and Jeane Lafort, one of our terrific volunteers, on air during her afternoon radio show as a way of highlighting the tremendous support our volunteers provide to people supported by Minda.

FIVEaa was also our Media Sponsor at the 2011 Minda/Kelly & Co. Lawyers Black Tie Quiz Night and provided a major prize and spot prizes during the night.

We are thrilled by Keith and Amanda's public support of Minda and look forward to working with them on other events, such as Minda's upcoming Corporate Golf Day (18 November) and International Day of Persons with Disabilities celebrations (3 December).

I hope you enjoy this issue of Vocal Point and I look forward to updating you in the spring issue on more exciting happenings at Minda.

Cathy Miller
Chief Executive Officer

What a difference an hour can make

Donna Ferris was studying for a Certificate III in Disability when she saw a notice at her local WorkSkill office calling for people to join the Minda volunteering team.

Donna had always wanted to work with people with intellectual disabilities and had worked for the Royal District Nursing Service as a support worker for more than four years.

After contacting Bev Coghlan, Minda's Volunteer Coordinator, in November 2010, Donna was introduced to the Buddy Program, which matches supported individuals with volunteers and encourages a friendship to develop between the pairing. This may involve anything from the volunteer having lunch with their buddy at their residence, to a day out at the beach or cinema, or assisting with a shopping trip.

Donna liked this idea and, after reading his profile, was soon introduced to Greg, who works in Minda's Laundry.



Greg doing the laundry

Greg lives in a community house in Warradale and, after their initial meeting, a friendship quickly ensued. But their friendship is not without a competitive edge, as the pair compete against each other during their regular ten pin bowling sessions.

"Greg has almost beaten me a couple of times, and he is getting better, but I've told him I will not let him win!" said Donna, who takes him bowling every fortnight.

Donna's teenage son often goes with them and he and Greg have also established a bond.

"A great thing about volunteering is that it can fit in with your life and the people in it. You can say what hours you would like to do, so volunteering doesn't take you away from your family, and it only takes a couple of hours a week to make a big difference to someone's life," said Donna.

In addition to being Greg's buddy, Donna has supported Retirement Lifestyle Services, assisting a staff member with taking a group of five supported individuals on outings. Donna's weekly excursions have included trips to the movies, having barbeques and visiting the motor museum.

Donna has also helped staff members take four people on weekly fishing trips to Brighton and West Beach, and has proved to be the most successful Minda Community Lottery salesperson to date, selling 18 books worth of tickets.

Bev Coghlan saw Donna's commitment and enthusiasm from the moment she met her.



*Minda volunteer, Donna
with her buddy, Greg*

"Donna is a modest, yet inspirational woman, who has done so much for Minda's Volunteer Services in only a few months," said Bev. "Her only aim was to give some of her time to help people with intellectual disability. The happiness and sense of wellbeing that Donna has offered to Greg and others she has helped to support is what makes her such a good example of a Minda volunteer."

There is no doubt Donna loves her volunteering role at Minda and recognises the rewards it can bring.

"Whenever I go home on a Friday, after day trips out with the guys from Blackwood, I feel 100 per cent alive, and cannot wait until the next Friday comes around so I can do it all again," said Donna.

"Volunteering at Minda has enhanced my life and fulfilled all my expectations of what it would be like to work with people with an intellectual disability."

To find out more about Volunteer Services or the Buddy Program, or to enquire about becoming a volunteer, call Bev Coghlan on 8422 6244.

Real Lives, Real Places

The self advocacy program is a 15 week course run from the South Australian Learning Centre (SALC) at the Brighton campus, and is part of the Real Lives, Real Places program at Minda.

The pilot program started in February 2011 with a group of 16 self advocates from the Minda community, who wanted to learn life skills that would empower them to make decisions and have a voice among their peers and other people they interact with.

Each week, the self advocates met for a two hour session at SALC to discuss things such as their human rights, how to express their feelings and opinions in an assertive way, how to get involved in their own Individual Lifestyle Plans and how to set up and run a representative committee.

The self advocates completed the training program on 6 July and will soon be awarded a certificate of completion. They will be encouraged to continue their role as mentor - sharing their knowledge with others who wish to undertake self advocacy training for themselves.

As part of the training, the self advocates were invited to an international conference in Geelong in February 2011. The 'Having a Say' conference, which was hosted by Victoria Advocacy League for Individuals with Disability (VALID), was attended by more than 1200 people from Australia, New Zealand, Malaysia, Japan, Ireland, Canada and Germany.



Chris Bergin

Chris Bergin is one of the self advocates to have recently completed the training and is a mentor to his peers, speaking on behalf of them and representing their views to management and others.

When asked what being part of the self advocacy group meant to Chris, he said: "I can speak up for my rights and for my friends. I feel more mature."

Knowledge exchange

In addition to attending the VALID conference in February, Chris was one of four self advocates to participate in a presentation at Flinders University, telling undergraduates studying for a Bachelor in Disability and Community Rehabilitation (BDCR), about the self advocacy program.

Fiona Rillotta, Lecturer/Topic Coordinator for the BDCR and self advocacy trainer at Minda, was impressed by how well the self advocates presented their experiences.

"The self advocates were able to use the resources from their training (such as printouts of pictures and powerpoint slides) during the presentation to explain some of their rights to the class," said Fiona.

"They were also able to give examples of some of the role plays they have done during training, like speaking up if your food is not cooked as you would like."

Fiona is responsible for preparing the pilot program's evaluation report and will also develop a baseline for assessing future programs.

Two abstracts have been submitted to the 2011 Australasian Society for Intellectual Disability conference, which will be held in South Australia in November this year.



'Having a Say' conference

The first submission identifies what self advocacy and the training course has meant to the advocates who have already undertaken the training, while the second promotes the self advocacy program at Minda.

If accepted, Chris will be one of eight self advocates to attend the conference.

Felicity Brown, Real Lives, Real Places Coordinator, would love to hear from anyone interested in sponsoring the self advocacy training program. All monies raised will enable more individuals to learn how to speak up for themselves, and will give them the opportunity to demonstrate this during their attendance at the 'Having a Say' conference in 2012.

Felicity can be contacted on 8422 6330.

Minda would like to acknowledge those who have previously provided generous donations to the self advocacy group, including:

- IKEA
- Harvey Norman
- The Vines Golf Club
- Simone Bell
(Manager of Minda's Catering Operations)

2011 Minda/Kelly & Co. Lawyers Black Tie Quiz Night

Held on 3 June, the 2011 Minda/Kelly & Co. Lawyers Black Tie Quiz Night was a sell-out event attended by 300 people and hosted by sports and media personality, Troy Gray.

Troy commanded the room and helped to set the evening's holiday theme when he temporarily handed over to Sunday Mail columnist and performer, Matt Gilbertson (aka Hans), for a pseudo live cross from Bali.

A joyful performance of Madonna's 'Holiday' by Hot Tutti, a group of four young women from Tutti Arts (a Tutti/Minda Day Options partnership), got people's feet tapping, and set the scene for the proceeding five rounds of quiz questions before the live auction commenced.

Platinum sponsor Kelly & Co. Lawyers has supported the Black Tie Quiz Night for five years, and provided invaluable support by sourcing prizes and volunteering on the night.

Independent auctioneer, AJ Coleman, put on a spectacular performance and sold holidays, memorabilia items and a string of beautiful South Sea pearls (provided by Joulz Jewellers and modelled by one of Minda's Ambassadors, Katrina Webb).

More than \$45,000 raised from the event will go towards the refurbishment of Minda's Port Elliot holiday home, Dunsford House.

Phil Hoffmann Travel (PHT) is a long standing supporter and preferred travel agent for Minda. PHT was a silver sponsor at this year's event and generously donated a South Pacific cruise, through Complete Cruise Solutions, worth almost \$5000.

PHT has also offered a unique fundraising opportunity to Minda by donating 1 per cent of the booking cost placed by members of the Minda community back to Minda in the form of travel vouchers.

These vouchers will be offered as prizes for fundraising events, so remember to mention your association with Minda when you book your holiday through PHT.



MC Troy Gray



Hot Tutti performing Madonna's 'Holiday'



Minda Ambassador Katrina Webb modelling the beautiful South Sea pearls



PHT team - Jo McLaren, Suzie Boyaci and Debi Brazier



Black Tie Quiz Night partners, Kelly and Co. Lawyers



Minda/Kelly & Co. Lawyers quiz winners, Woodhead

Woodhead, first time silver sponsors of the event and lead architect for Minda's Brighton Master Plan, revealed a competitive edge over other tables in the room, when it was announced as the winner of the quiz.

Table captain, Karl Traeger, proudly accepted the trophy on behalf of his team, while fellow silver sponsors, EPAC Salary Solutions, took home the wooden spoon.

A special thank you goes to all our sponsors

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We Can Do It



Homestead Cottage - The rise of Arthur

Homestead Cottage is nestled in the beautiful countryside location of Blackwood. Situated next to Minda's Craighburn Nursery, the Cottage is a Day Options workplace for up to 18 supported individuals.

The Cottage runs three programs for people who Minda supports.

The garden program engages participants in weeding, planting and watering the garden, which provides much of the produce for the Homestead's second program, cooking.

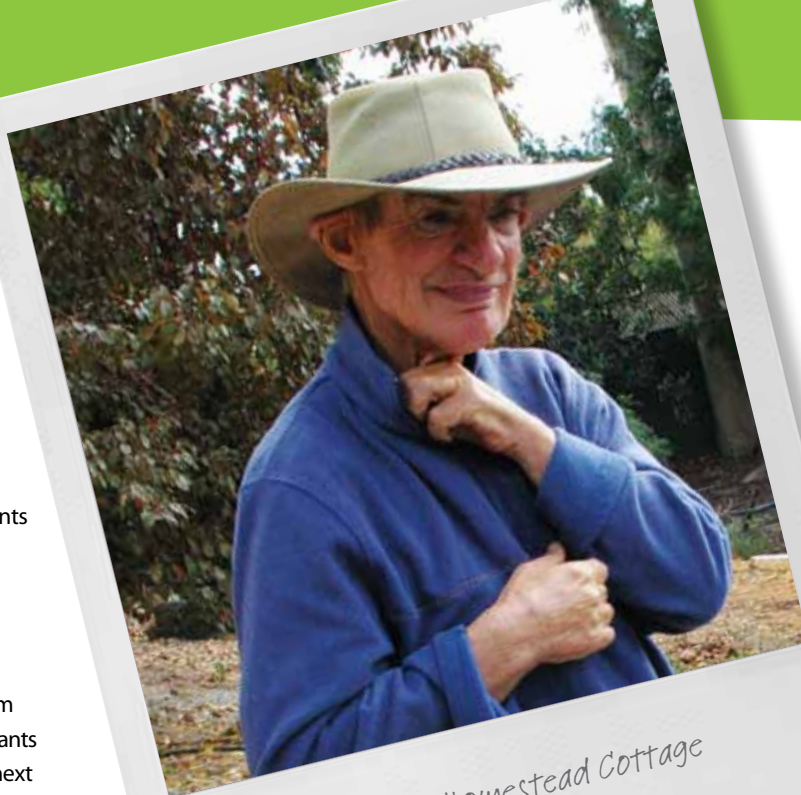
Run over four days, the cooking program starts on Friday of each week, as participants plan the shopping list required for the next week's menu. Monday morning involves a trip to the local shops to buy the additional produce needed to complement the veggies and herbs that are grown in the Cottage garden.

Tuesday is spent chopping and preparing the ingredients for Wednesday's special cooking day – which is when all those who attend the Cottage are involved in cooking something they enjoy. The cooking program encourages individual choice and decision making, from the compilation of the shopping list right through to choosing which ingredients to chop or add to the cooking pot.

The final program that is crucial to life at the Homestead, is 'Cottage beautification', an art project that enables Minda's supported individuals to express themselves and make their indelible mark on the building's walls, floors and furniture by using mosaics and paint to improve the aesthetic of the Homestead.

Michelle Smale is Team Leader at the Cottage, where she has worked for more than eight years. Her efforts to engage those who attend sessions are rewarded with hugs and kisses and, occasionally, with a few words from the more reserved members.

One such member is Arthur, who - for the past year - has been travelling on the Minda bus to the Cottage from his home at the Brighton campus.



Arthur at Homestead Cottage

Arthur has lived on campus since he was a young boy. He has always been very quiet and has consistently kept to himself, limiting his interactions with support workers and other residents.

Now 62, he is starting to engage with others around him, which Michelle sees as a huge step towards empowering Arthur and supporting him in making his mark on the world.

"Arthur is a delightful person to be around. When he was referred to the Cottage, we were unsure about the ways in which Arthur would contribute to the projects that happen there, due to his reserved nature. But we wanted to give him the opportunity to experience what it is like to be in the hills, surrounded by nature, yet bustling with gentle activity," said Michelle.

"He is still very reserved, but compared to how he was when he first arrived at the Cottage, when he would stand in the garden alone and pick the leaves off trees, there has been a huge transformation in Arthur.

"Now, he is a confident, focused man, who has a very high skill level when given specific tasks to do.

"His special jobs now are sweeping the floor – and I don't mind admitting that he does a better job of it than I do – and choosing which sauces to lay on the table at mealtimes.

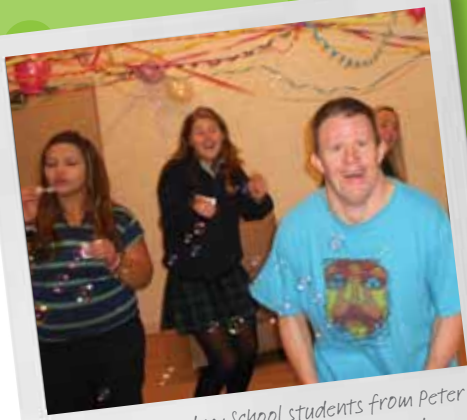
"I was told he didn't speak, but I would always try to engage him in a conversation, even though they were one-way, and he has been given lots of positive reinforcement for his contributions."

Michelle was recently rewarded for her commitment and determination to involve Arthur in the daily routines of the Homestead. She was in the kitchen when she heard her name being called, quietly, from behind her. As she turned around, she saw it was Arthur who was calling her.

"I had never heard him talk - I was told he couldn't talk – so I couldn't believe it was him saying my name. It was one of the best days of my life at the Cottage. Now, Arthur is cheeky enough to shout 'Michelle, cup of tea' when he's feeling parched, which always makes me smile. I never do it for him though, but I send him into the kitchen to help me make it!"

You can find out more about the projects at Homestead Cottage by calling Michelle Smale on 8278 9955.

Brighton Secondary School students get creative at Minda



Brighton Secondary School students from Peter Vowles' homegroup, partying with Wade

A recent visit by two classes of students from Brighton Secondary School (BSS), brought a flurry of activity and helping hands to Minda's Brighton campus on a cold day in May.

More than 40 Year 9 students arrived to participate in a community service project to help support the needs of the local community, getting involved with some much needed gardening and painting.



Brighton Secondary students from Steve Smith's homegroup preparing soil with the Envirocare team

One class was assigned to one of Minda's Commercial Enterprises, Envirocare, which is made up of 20 supported employees. Envirocare has a contract with the City of Holdfast Bay to keep the beaches and coastal parts of the City rubbish free, and also services homes and small businesses in the community, undertaking general garden maintenance such as lawn mowing, pruning and rubbish removal.

"Our relationship with Brighton Secondary School has always been good, but is now developing even further, and our reputation as an organisation to come to when participating in community service

is gaining increased interest," said Shane Hunt, Manager for Envirocare.

"I was really pleased by the students' enthusiasm on the day, and their willingness to get involved with the gardening duties. They made a great contribution to preparing the soil for the winter and the supported employees loved having others to instruct!"

A second class helped to improve the aesthetic appeal of some house exteriors. A small group of students transformed the plain cement area in front of one of the houses (Murdoch) into a lakeside mural, on which fish, rocks, flowers and clouds were spray painted. Others hand painted tile mosaics for Crawford, created vertical gardens for Bright and made morning tea.

Students also surprised Crawford residents by decorating the living area with streamers and balloons, and they all enjoyed singing and dancing.

Brighton West Manager, Jody Martin-Rankin and Support Coordinator, Lisa Feder, consulted with the students before they arrived on site, making two visits to their classroom.

"We wanted to engage the students in this collaborative project as much as we could, and really help them to own the ideas for it," said Jody.

Jody said that, on the day of their arrival, the students were quite nervous and later revealed they had not known what to expect from the supported individuals.

"It didn't take long for them to relax and they all seemed to enjoy themselves and be pleasantly surprised by their positive experience here," said Jody.

One of Crawford's residents, Warwick, was a particular hit among the students, immediately engaging them in shooting hoops outside his home.



Brighton Secondary school student, high-fiving Crawford resident, Warwick, after another spectacular hoop

Warwick loved the attention, and he won not just the basketball game, but a number of hearts too.

Five students were particularly inspired by their time at Minda. Keeley, Bec, Carly, Ralph and Will all agreed their experience had differed from their expectations and discovered how much fun it was to interact with some of the people they met.

"It has been an awesome experience," said Keeley. Will agreed, "It has been a great day."

Two of the students remarked they were considering undertaking their work experience at Minda and two others were seriously considering volunteering on a weekend.



Students from Peter Vowles' Year 9 homegroup (L to R) - Bec, Keeley, Ralph, Carly & Will



Minda CEO, Cathy Miller, Jonathan from Murdoch House, and direct care worker, Naomi Connell from Murdoch House, enjoying the St Kilda football game

Respect Inclusion Choice



Vocal Point is the official newsletter of Minda

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100 reasons to Crow

Thanks to a very generous donation of footy tickets by Darren McCormack, Dealer Principal Cornes Toyota, 100 people from Minda enjoyed a thrilling win by the Adelaide Crows over St Kilda at AAMI Stadium in May.

In another display of generosity, Crows coach, Neil Craig, donated his season tickets to the Adelaide vs Gold Coast Suns match to supported individual Kingsley Shutz, and three of his friends.

Kingsley's family travelled from the country so they could watch his nephew play in the Auskick exhibition at half time, followed by another exciting win by the Crows.

Thank you again to Cornes Toyota, Neil Craig, and all the family, volunteers and staff who provided support.

SAVE THE DATE



2011 Minda Corporate Golf Day
Friday 18 November, Blackwood Golf Club

International Day of Persons with Disabilities celebrations
Saturday 3 December, Minda's Brighton Campus

For more information on upcoming events, please contact:

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

Winter Appeal

Dear Friend of Minda

We all know how important it is to be able to choose when to take a break from our hectic schedules to enjoy some down time with our family and friends. A short trip or a long, leisurely break away is often what we need to help us unwind and relax, and give us chance to recharge our batteries.

The people who live and work at Minda need the same opportunities to escape as us. Yet people with disabilities often find it challenging to find suitable holiday accommodation, due to specific needs.

At Minda, we are trying to change this. We want to provide people with a disability with a totally accessible holiday home.

Fortunately, Minda owns Dunsford House, a holiday home in picturesque Port Elliot. But it is in need of a complete makeover in order to make it a relaxing, enjoyable and enriching experience for those who holiday there.

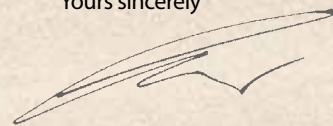
The money raised from our 2011 Winter Appeal will go towards making this house more than just a holiday home.

With your help, we can give the people Minda supports, their families and friends, a chance to reconnect with one another, and spend some quality time in a totally accessible home, in a beautiful location.

This opportunity offers more than just fun in the sun. This is about changing people's lives, so please help us to make a difference by donating to this appeal.

All donations over \$2 are tax deductible.

Yours sincerely



Cathy Miller
Chief Executive Officer



Yes, I would like to make a donation to Minda's 2011 Winter Appeal.

Name

Address

State Postcode

Phone Email

Yes! Please add me to your mailing list and keep me informed about Minda's work in the community.

I would like to find out more about making a regular donation.

PAYMENT OPTIONS

My Cheque/Money Order is enclosed and made payable to Minda Incorporated. OR

Please debit my Visa Mastercard

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Cardholder's name Expiry Date /

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\$200 \$100 \$50 \$25

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How to donate

Donate online: www.mindainc.com.au

Post: Please post completed coupon with your donation to: **PO Box 5, Brighton SA 5048**

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Thank you for your support!

We Can Do It