On your mark...get set...GO for the 2016 Minda Olympics
In September, I was pleased to release our strategic plan, Minda2020, for discussion. The plan outlines our five major goals and how we aim to achieve them over the coming years. It also reaffirms our overarching vision and the values that guide us every day, and explores the evolution of our services to encompass disability support, housing, aged care/seniors living, social enterprise, education, consultancy and advocacy.

## Minda2020 Strategic Plan
**Our road map for the future**

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## Have your say
**What will Minda be like in 2020?**

As a member of the Minda community, your feedback is encouraged and will be carefully considered. The success of this plan, and Minda's long-term sustainability, is underpinned by all of us sharing the same vision and values. This is your opportunity to help shape the organisation by emailing your feedback on Minda2020 to minda2020@minda.asn.au.

I am particularly keen to hear your ideas on how we can offer more than what is just reasonable and necessary for the people we support. While much will change with our Master Plan, the NDIS and new technology, our core values and approaches, such as Person-Centred Thinking, and the fundamental principles of human rights, will not.

People with disability will always remain at the heart of our planning and decision-making.

Minda has long been recognised as South Australia’s leading provider of comprehensive disability services. As we approach the next decade, I am confident that we have the right people, resources and direction in Minda2020 to achieve our vision and deliver the kind of support that sets us apart by helping people live a great life.

I would love to hear your feedback on the new Strategic Plan - please email minda2020@minda.asn.au.

## Somerton Surf Life Saving Club Lease

Minda has offered a generous 150-year peppercorn lease to support the sustainability of the Somerton Surf Life Saving Club, and its valuable services to the local community, well into the next century.

We look forward to working with the club, a longstanding neighbour for more than 50 years, and its members going forward.
And they’re off and racing in the 2016 Minda Olympics hosted by Bean and Sneddon MyPATH groups at the Brighton site.

Coinciding with the Rio Olympics, the Minda participants embraced the spirit of the games and enjoyed some friendly, and at times fierce competition, to win the coveted medals.

The all-day event was the brainchild of Minda staff members, Michelle Smale and Daniel Smith, who rallied their teams together, decorated the buildings and grounds and ensured everyone had the opportunity to be involved. Races included the walking/wheel chair race, three-wheeler bicycle time trial, long jump (with the option to throw a bean ball instead), javelin, balls in bucket, ball through hoop and the hotly-contested crowd pleaser, the relay race.

One of the jubilant competitors, 19 year old Laura, a gold medal winner, was cheered on by her proud mum Tracy.

“All of the MyPATH participants, staff members and volunteers had a wonderful time…”

“She’s been watching the coverage from Rio every day,” Tracy said. “She’s done a colouring book with all these word searches and pictures about the Olympics,” Tracy said. “It’s wonderful to see all the colours – everyone is excited.”

Senior Manager, Lifestyle Services, Dale Govett led the opening ceremony - complete with an Olympic flame made from balloons—while Rob Dempsey, Chief Operating Officer joined Michelle Etheridge, Editor, Guardian Messenger to present the medals to each of the winners.

All of the MyPATH participants, staff members and volunteers had a wonderful time either competing or spectating and cheering very loudly for their friends. The Olympic Creed states: “The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

The Minda Bean-Sneddon Olympics captured that sentiment perfectly.
Minda Offers Easement to Connect Community Coastal Walk

Minda has offered a 3590sqm easement along the beachfront to establish a 4m wide walkway connecting the Adelaide Coast Park that stretches from North Haven to Sellicks Beach.

“It is our gift to the local community,” said Minda Chief Executive Officer, Cathy Miller. “It will open up a very popular part of the coast park and make it far more accessible for those living with disability, older people, parents with pushers and cyclists. “It’s also a lovely way to welcome the wider community and encourage more connection with Minda.”

The majority of Minda’s Brighton site, incorporating the coastal walk, was purchased by the organisation from William Hodgkiss in 1909. Another smaller parcel of land on the northern side was given to Minda by Miss I M Hackett in 1935. Both the former Hodgkiss and Hackett landholdings feature in the early development of south-west Adelaide and the early history of the Brighton area in particular – the district of which Minda has long been a part.

Gardening Tips
from James, Craig & Cameron in Envirocare

- Mix both dry (newspapers, pea straw) and wet (food scraps, lawn clippings) material in your compost heap
- Mulch your garden beds
- Fertilise your lawn, especially after all the recent rain and mow regularly
- Prune your hedges to keep them looking at their best

- Plant your favourite veggies for summer – and don’t forget the tomatoes!

Envirocare is a Minda social enterprise specialising in domestic and commercial property maintenance.

The team can provide regular or on-off property services - phone Andy 8422 6585 to book now.

Now let’s get moving

My name is Ben Turner, I’m an Accredited Exercise Physiologist (AEP or EP), I’m new to Minda and I’m the first of my kind here.

I will take this opportunity to introduce myself and my role at Minda, along with a brief overview of what an Accredited Exercise Physiologist is/does.

My role at Minda is to provide exercise intervention to anyone that can benefit from an increase in exercise/physical activity. In doing so, I am promoting health & wellness in a team care arrangement with the other Allied Health Professionals (AHPs) to ensure that service users have access to the services that they require, whether they be residents or supported community members.

AEPs specialise in clinical exercise interventions for persons at high-risk of developing, or with existing chronic and complex medical conditions and injuries. These interventions are provided by exercise delivery including health and physical activity education, advice and support; and lifestyle modification with a strong focus on achieving behavioural change.

The aim of an AEP intervention is to prevent or manage chronic disease or injury, and assist in restoring one’s optimal physical function, health or wellness.

Feel free to contact me via phone or email if you have any queries about how I can people living with disability improve their health and wellbeing.

Ben Turner
Exercise Physiologist,
(08) 8422 6207
ben.turner@minda.asn.au
At Home in Hendrie Street

You can smell the comforting waft of a hot dinner cooking as you walk down the neat little pathway to the Hendrie Street units, part of Minda’s community housing options.

It’s Friday night and, in unit one, Elva and Michael are sitting down to a light supper prepared with assistance from support worker, Ann. After a long week at work, they are looking forward to planning their weekend.

“We’ll probably head out for a morning tea tomorrow with coffee and raisin toast, or maybe up to Hahndorf for a drive on Sunday or Adelaide Foreshores for a holiday,” says Elva who has lived at Hendrie Street for around 15 years.

Michael rides his bike to Minda Brighton every day where he then catches the bus to Trak, where he enjoys relabelling paint tins at Lonsdale, amongst an array of opportunities.

Born on Hermannsburg Mission in central Australia, Elva left home when she was five years old to receive treatment at the Adelaide Children’s Hospital and later Townsend House. Aged 16, she began to be supported by Minda.

Football-mad Michael settles down to watch the Crows on the TV while Elva, who is vision impaired, listens to her music (and on occasion can be heard singing along to Cat Stevens and other 70’s artists.

“I like going to concerts, usually around three shows a year,” she says. “I’ve seen Stevie Wonder, Mariah Carey, John Fogerty, John Farnham, The Hollies, Leo Sayer. And I like to go the concerts at the Marion Cultural Centre.”

“I learned to cook at Townsend House,” says Elva, a Pitjantjatjara woman. “I like to make things in the kitchen. I love cooking.” Elva also attends a weekly local Indigenous group and travels to Alice Springs every two years to connect with her step-mother and other family and friends on country.

At home at Hendrie Street, Elva and Michael are model tenants, great neighbours and enjoy going out with their many friends nearby.

Warren and Donna Cox live next door to Elva and Michael. They share their home with Melissa, the 12 year old cat – a much loved member of the family. They have lived together at Hendrie Street since 2013.

“We met at the bus stop, at Marion Shopping Centre,” says Donna with a smile. “I thought he looked like a nice person.” Married in 2011 at nearby Oaklands Park, the couple take enormous pride in their home which is filled with photos and treasures.

“There is plenty of room. And the staff are great. They help us a lot,” says Warren who needs daily medication to manage his epilepsy.

For Donna, the Hendrie Street unit: “It’s closer to my mum and my sister. Mum is only about four streets away.

Regular support worker, Ann buzzes between the two units making sure Elva, Michael, Donna and Warren have any assistance they need.

“I am incredibly lucky,” she says. “I have the best job at Minda. We’re like one big family. If I’m cooking a roast on the weekend, I pop another one in the oven to bring here. Everyone loves a home-cooked roast.”

Step through the back door and you’ll discover an enchanted garden full of ornaments, lights and pot plants.

“We love animals,” says Donna. “Come and see the birds. We have budgies, canaries and finches. We buy the seed, and clean out the cage and make sure they have fresh water. The animals are great – they keep you company.”

“I lost another cat to cancer. Marnie [Manager, Torrens Accommodation Service] and all the team leaders held a funeral for her in the back garden. They did a poem and put a little plaque and an angel there so I can go and see her and talk to her whenever I want.”

When they are not busy at work or looking after the garden and animals, Donna and Warren enjoy trips away, especially to Melbourne to visit Donna’s family.

“We go on the bus to visit my dad,” she says. “It’s a long way but I like to see the different scenery,” she says as she shares photos of herself and Warren having a snow ball fight in Victoria’s alpine region.

Warren works in Minda’s Somerton Park Packaging Solutions while Donna is part of the Minda cleaning crew in Burnell house (at the Brighton site) and also a longstanding member of Minda’s physio team.

“It will be 21 years in October,” says Donna. “And I love it.”

Minda manages over 70 accommodation sites in the community, and at Brighton, for 532 individuals.
Spin Cycle
first look
at the new
Lonsdale Laundry

The excitement had been building for months when 40 supported employees and their families joined staff for a pre-opening tour of the new Minda Laundry and Linen Services at Lonsdale in early August.

SAGE staff members have now started at the new facility with the first group of supported employees and Minda staff to commence in October.

“The anticipation has been close to fever pitch ahead of the orientation tour of Minda’s new laundry at Lonsdale,” said Minda Chief Executive Officer, Cathy Miller. “It’s huge event for our supported employees and their families. The tour and BBQ is all about building confidence and readiness ahead of the formal relocation in early October.

The opening of the Minda Laundry at Lonsdale is a wonderful opportunity for all staff to learn new skills and gain valuable industry experience working with the latest technology and equipment. Over the coming months, there will be a series of training sessions to familiarise yourselves with the different processes and machinery which will enable us to manage up to 150 tonnes per week at full capacity.

“The new laundry represents a critical shift in thinking, moving away from a traditional model of supported employment to genuine social enterprise,” said Cathy.

“The site not only gives us far greater space with the latest equipment to manage up to 150 tonnes per week of laundry but it also allows us to create more employment for people with disability, or disadvantage.

This purpose-built facility will be the pre-eminent laundry and linen service in South Australia, and one of the leaders of its kind nationally. It’s an exciting and highly anticipated expansion for Minda Commercial Enterprises.

“We expect all of our social enterprises, like the laundry, to offer clear career pathways where supported employees like Carly and David have the opportunity to learn different roles, build their skills and confidence and then potentially explore opportunities in mainstream workplaces.

“People with disability have hopes and dreams just like everyone else. Having a job, and the sense of pride that comes with meaningful work, is simply priceless.”

The NDIS at Minda: What you need to know

The NDIS is expected to cover all of South Australia, and all age groups, by July 2018 providing support to around 32,000 people.

When the NDIS commences in a region, people currently receiving supports through South Australian Government specialist disability services will be moving first.

Existing Commonwealth and state-based services and supports will continue until eligible people with disability start their plans with the NDIS.

There are 100 participants (as of 1 October 2016) receiving their NDIS supports through Minda. We are working on the transition arrangements for the people we currently support who either receive block funding or are financially discharged.

If you have any questions about the transition of your loved one, please contact Disability Choices on 1800 164 632.
Aspitech certification

The hills are alive...
Many people supported by Minda enjoyed recent production of the Sound of Music at the Festival Theatre including Maria and Geoffrey from Brighton North with Chief Operating Officer, Rob Dempsey.

Help: Christmas wrapping volunteers
Could you spare a few hours to help us wrap presents and raise money for Minda over the festive season? It’s great fun and a wonderful way for Minda to connect with the community. Contact Shelley Pyrah, Community Engagement Coordinator, on 8422 6544 or shelley.pyrah@minda.asn.au.

Happy 21st Erin
Erin celebrated her special day with all of her friends at MyPATH. Happy 21st!

Foodland SA supporting Minda
Next time you are shopping at a local Foodland store keep an eye out for Minda’s new coin collection units—the distinctive little blue and green houses—at the checkout.

Foodland has been a great supporter of Minda and we are grateful for their help in raising the awareness of people living with disability across South Australia.

Chelsea, the face of Minda’s Spring Appeal
We have already attracted over 400 new supporters through the Spring Appeal featuring Chelsea, who works at Isabel’s Café at the Brighton site. Thank you to all of our wonderful donors.

Top gear
Spotted at the Brighton site: Matt, Josh (in the driver’s seat) and support worker, Youssef.

Happy Birthday Pat Kaufmann AM MBE
We wish Minda’s first school principal, the incomparable Mrs Pat Kaufmann AM MBE, a very happy birthday.
Dragonfly Swimming Carnival

September
Minister drops in for tea at Henley

Minister for Disabilities, Leesa Vlahos dropped in for afternoon tea with the Gino, Wendy, Kim and Angela of Main Street, Henley Beach.

Sunday Mail
City to Bay
Fun Run

September
Who’s who on the Minda Board

Left to Right: Andrew Ford, Richard Bruggeman, Kate Thiele, Robert Crabbe, Kathryn Presser, Peter Krieg, Richard Mellows, Steve Favretto (Interim Chair). Absent: Michael Good
What’s on at Minda?

Minda Association
Annual General Meeting
Verco Hall, Minda (Brighton site)
Sunday 20 November at 10.30am
Phone: 08 8422 6270

Carols at Minda
Friday 9 December at 6pm
All Welcome

What’s on in Adelaide?

Daylight saving has arrived and it’s a great time to get out and about. Here are 10 ideas to enjoy Adelaide at **FREE** disability friendly events.

1. **Australian International 3 Day Equestrian Event** at Victoria Park on Thursday 3 November.
2. **Bonjour Adelaide French Market** at the Soldiers Memorial Gardens, Unley Road on Friday 18 and Saturday 19 November
3. **Adelaide Night Market** Sunday 30 October and 27 November, North Terrace
4. **A Few of Our Favourite Things Exhibition** at State Library of South Australia until February 2017
5. **Australian Festival of Marmalade** at Beaumont House on Sunday 20 November
6. **Visit the cruise ships docking** at Outer Harbour throughout November and December
7. **Credit Union Christmas Pageant** in the Adelaide CBD on Saturday 12 November
8. **City of Onkaparinga Christmas Pageant** on Sunday 20 November
9. **Ignite Unley** FREE movie at sunset at Gilbert Street, Goodwood on Friday 9 December
10. **Bicentennial Conservatory in the Adelaide Botanic Gardens** open every day from 10am - 5pm
Minda thanks the many generous individuals and businesses who support people living with disability.