

ISSUE 18

# Newsletter



November 2016

## Message from the Service Manager

### Seeking interested people

We are seeking people with financial knowledge to come on to our Committee. If you are interested please contact the office.

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Dear Readers,

It is interesting times! The National Disability Insurance Scheme (NDIS) is just around the corner. The NDIS is a significant social and economic reform and one that should make a positive difference to people with disability and their families. It also means a huge change for the disability sector.

The NDIS will see a shift in the purpose of funding from a welfare model to one of entitlement and rights (it is an insurance model, not unlike Medicare).

In this new model the question is not only related to what support do you need to manage your disability but what support do you also need to achieve your hopes and aspirations. It is important that people take full advantage of this opportunity.

It has been another big year here at Lifestyle Connections with preparations underway for the NDIS as the roll out is set to start from July 2018 in the Cairns region. Recent reports indicate that there are many people that are still not aware of what the NDIS is and what it will mean for their support. If this is you, not to worry there is still time. There is a lot of information available on the NDIS however, it can be difficult to navigate for some. I have included some links to some resources on page 3 of this Newsletter.

We also have these resources available in hard copy so please let us know if you would like some more information.

We will be holding an information session sometime next year for people currently receiving support through Lifestyle Connections, their family members and for other community members that are interested in attending. Current members of Lifestyle Connections will also be given the opportunity to have myself or one of the coordinators assist them in planning for the NDIS. Feedback from down south, where the NDIS is already operating, is that the more people are prepared, the more they are benefiting from the scheme.

I am excited about the opportunities and choice that the NDIS is offering for people with disability and am looking forward to the opportunities for Lifestyle Connections as a service.

We are here to support each other on this journey.

Leo Brunker  
**Service Manager**

## STAFF PROFILE: AMANDA MATTHEW



Hi, my name is Amanda Matthews. I am one of the very privileged employees of Lifestyle Connections.

I have been with Lifestyle Connections for over a year now and it has been an absolute pleasure. Around 9 years ago, I acted on my nature, and decided to move toward helping people. I did my study as a Teacher's Aide whilst also helping at a local school as an outside school hour's carer.

After finishing my study, I carried on as a Teacher's Aid, but this type of assistance is very unsteady employment, so I then chose to move into the areas of aged care and disability.

I have since worked with RSL Home Care and ARC Disability Services for around 2 years before doing a 2 year working holiday based in the UK, where I did live in home care through Active Assistance, providing care to those who had suffered spinal injuries.

Since returning to Australia, I lived and worked in Mareeba with Mareeba Flexi for another 2 years before moving to Cairns with my husband. We plan to stay here for a long time.

I aim to provide excellent support to make a positive difference and grow as a person.

I would like to share some achievements made between myself and a man I assist by the name of Mathew Wright. A former 51st Battalion FNQ Regiment Corporal, who was in a coma for 3 months following an accident with a taxi in 2003. When Matt came out of his coma, he could not walk, talk or eat but this has not dulled his determination. The accident left Mat with damage to the left side of his brain and paralysis to the right side of his body. Mat now requires the use of a wheelchair. Mat and I have been training two times per week. We do hill climbs and various stretches of tracks around the Smithfield area. This is to gain strength and endurance for the fundraisers Mat organizes and completes. The fundraisers raise money for Mats friend Rev. Kofi Boateng to build new facilities for The African Christian Homes. The next facility to open will be for learning and will be named after Mat. Our last fundraiser was a trek from Palm Cove all the way to Smithfield shopping centre. "Pretty easy" as Mat would say "I did it all sitting down".

Mat is already working on plans for his next fundraiser, possibly in Sydney.

If you would like to donate, please go to the **African Christian Homes** website

[www.africanchristianhomes.org](http://www.africanchristianhomes.org)

Or on Facebook: African Christian Homes

### Wet Season Is here

No doubt you will be aware that the cyclone season is upon us and it is now time to consider whether you are prepared. To assist you with your preparation below is a link to the Cairns City Council Website which has a number of valuable resources available like "Preparing for Cyclones". It is also important to ensure that you have a Disaster Management Plan in place in case of an emergency. If you would like help in creating a Disaster Management Plan, Lifestyle Connections is more than happy to assist you in this. We also have an information brochure available in the office to help get ready for cyclones. If you would like a brochure you can call the office to arrange for a copy to be sent out.

<http://www.cairns.qld.gov.au/community-information/cyclone-emergency-information>

<http://getready.qld.gov.au/be-prepared/>

### NDIS Resources

To help people understand and navigate the scheme, the NDIA has released a number of new resources. If you are viewing this newsletter electronically, simply click on the links below to view them.

#### My NDIS Pathway

<https://www.pavetheway.org.au/sites/pavetheway.org.au/files/documents/My-NDIS%20-Pathway.pdf>

#### Getting Ready for the NDIS

<https://www.pavetheway.org.au/getting-ready-ndis-0>

If you can't access the NDIS website to download a copy of 'My NDIS Pathway', you can either call our office on 4035 6771 or call the NDIA on 1800 800 110 and ask to have one sent to you by mail.

The NDIS is an exciting step forward in disability support.



Nov 25 – Dec 10 – *A Christmas Fairytale* – @ The Rondo

Dec 11 – *Carols By Candlelight* – 6:30pm @ Fogarty Park

Dec 15 – *Cairns Christmas Lights Ride* ❄️ ❄️  
- 5pm @ Esplanade Lagoon ❄️

*Cairns Taipans Basketball Games*

(Nov 05, Nov 13, Nov 27, Dec 09, Dec 12, Dec17, Dec29)

## MANAGEMENT COMMITTEE MEMBERS 2016/2017

Wendy O'Reilly – *President*

Sue Barclay – *Vice President*

Janice Noonan – *Secretary*

Colleen Dolan – *Treasurer*

Jo-ann Hoare

Megan Lilly

Jenny Brittain

Bill Butler

Nancy Johns

If you're interested in becoming a member of the Management Committee, please contact the Service Manager or the President on 4035 6771 for information.

### To all who are 'Lifestyle' connected!

As you will be aware when you read the list of Management Committee members, there have been some significant changes. It was my pleasure, as incoming President, at the recent Annual General Meeting, to acknowledge the remarkable long standing service of both Colleen Dolan and Bill Butler, and since that evening of Betty Kelly. Again, in print, we say THANK YOU.

I came to this position wearing a sizeable L Plate! With the National Disability Insurance Scheme on our doorstep, we are welcoming unfolding opportunities of recognition of the needs of people with a disability, and the growth of Lifestyle Connections. It is my aim, hand in hand with the Committee and Staff, to maintain the culture, ethics, efficiency and accountability of our organization as we move forward with vitality.

Faithfully,  
Wendy O'Reilly

A poem for Colleen Dolan OAM – former Hon President read by Wendy O'Reilly at the AGM

### **A Heart for Children**

One hundred years from now it will not matter  
what kind of car we drove,  
what kind of house we lived in,  
how much we had in the bank,  
nor what our clothes looked like.  
One hundred years from now it will not matter  
what kind of school we attended,  
what kind of computer we used or  
how large or small our DVD collection was.  
But the world may be a little better  
because we were important in the  
life of a child.

- Unknown Author

## RESOURCE COMMITTEE

Bill Butler  
Colleen Dolan  
Jo-ann Hoare

## GRIEVANCE COMMITTEE

Wendy O'Reilly  
Janice Noonan  
Jenny Brittain

Contact numbers for the above Grievance Committee Members are available in the Waiting Area of Lifestyle Connections Office.





Hazel Ah Gum (mother), Lauren Vico (Ozmosis owner), Karen Ah Gum, Claire Manning (friend)

## Help support Karen's amazing achievement and raise money for breast cancer research

On October 13, Ozmosis in Edge Hill held a book launch for Karen Ah Gum's new book, "The Way". Karen is donating all proceeds from the sale of the book to National Breast Cancer Foundation (October was breast cancer awareness month).

Copies of Karen's book can be purchased for \$25 from Piccones IGA, Pease Street & Lifestyle Connections – 113-115 Aumuller St, Bungalow. Just pop in during opening hours and pick up your copy!

Karen had this to say about her book: "This book was written 25 years ago but it lay dormant for so long because I simply didn't think that anyone would be interested in my story. It wasn't until they constantly told us in church that Jesus said I am 'the way' that I finally realised there might be something I could do with this book 'The Way.' My mother and a friend have both suffered from breast cancer so I decided to support Breast Cancer screening (National Breast Cancer Foundation). Although it was rejected by the publishing houses - they don't know what a story I've got to tell. Please help me to support NBCF through the purchase of my book."

### Useful Contact Numbers and Links

#### Disability Services

Complaints: 0732247179

Enquiries: 1800177120 (Toll Free)

40489 900 (Cairns)

#### Disability Discrimination Legal Service

1300 882 872

#### NDIS Website

<http://www.ndis.gov.au/>

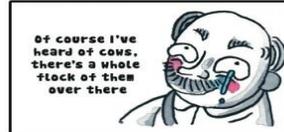
#### Rights in Action

40 317 377

#### Centrelink

13 27 17

### DAD JOKES #3 newwatercolour



## Reminder

**The office will be closed on the following dates:**

**23<sup>rd</sup> Dec - Office closing at 12pm**

**25<sup>th</sup> Dec - Christmas**

**26<sup>th</sup> Dec - Boxing Day**

**27<sup>th</sup> Dec - Christmas Public Holiday**

**\*Staff - Pays will be processed on the 28<sup>th</sup> so make sure you get your timesheets in before. We will not be chasing up t.sheets on this day**

**01<sup>st</sup> Jan - New Year's Day**

**26<sup>th</sup> Jan - Australia Day**

## CONTACT DETAILS

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Community Access Coordinator – Matt Schyff

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