



Directions

Disability Support Services
— for individuals & families —

MEMBERS' NEWSLETTER MARCH 2016

Welcome to the first quarterly newsletter of 2016, and especially to our new members who have joined this year. Directions now has 31 members which is great progress, thank you! We would still like all of the families that we support to join up as members, and the wider community that partner with us in providing our many and varied support services. If you know someone you think would like to join us, please share this newsletter and encourage people to get in touch and complete a membership application.

ECU MEDICAL GENETICS TALK

In March our Occupational Therapist EJ Leong was invited by ECU Lecturer Dr Lois Balmer to put together a Medical Genetics talk for undergraduate students and provide insight into the real life experiences of people living with genetic conditions. We were very fortunate that Rachael, Nick and Chloe and their mums Judy, Jenny and Sharon, along with Nick's support worker Eve, volunteered to share their stories with the students.

Jenny said: "This has been such a great process preparing for the speech. It has provided Nick with the opportunity to reflect on his life and celebrate his achievements."

Dr Balmer said: "The speakers have inspired the students in many ways. They have painted the picture that no matter where life takes you, life is defined by the person themselves."

L-R, Back: 3 students; Elizabeth (CEO); Rachael; Alida (SW); Sharon
Middle: Dr Lois Balmer; 2 students; Nick; Eve (SW); Judy; Chloe
Front: 2 students; EJ; Jenny



KENWICK SCHOOL PRESENTATION



Michelle Logan

Directions was also invited to attend a parent information night at Kenwick School this month. Several service providers and Disability Employment Organisations presented at the session, giving parents an opportunity to find out about the options available to support their children as they transitioned out of school.

Our Coordinators Michelle Logan and Rebecca Eddy provided information on the wide variety of support we can offer, and highlighted our values and our person-centred support to individuals and families. We plan to do many more of these presentations to schools and to the general public to ensure everyone is kept well informed of the changes the National Disability Insurance Scheme will bring.

ART EXHIBITION AND WORKSHOPS



Artist, Trudi Pollard

Check out her website
see her stunning designs
www.pollarddesigns.com

Directions has been selected to put on an Art Exhibition at Genesis in Roleystone in October of this year! Everyone in the Directions community: members, people that we support, families, staff and volunteers are all invited to participate and contribute to the exhibition and submit.

The Artist Trudi Pollard will run two workshops with people that we support to create a magnificent *Directions* wall hanging from silk and natural dyes. The first workshop in the week 11-17 July will be to gather natural materials and use them to create dyes. The second workshop in the week 8-14 August will involve dying the silk using techniques such as rolling, tying and crumpling, and the creation of the wall hanging. Please ring 9262 4900 if you would like to know more.

SNAPSHOTS OF INCLUSION



Inclusion is acceptance of all people regardless of their differences. It is about appreciating people for who they are. Inclusion allows people to value differences in each other by recognising that each person has an important contribution to make to the life of people around them.

Directions supports people to be included in their community, to find a valued role, and to develop a sense of belonging. We do this by offering choice and flexibility in every activity that we support. No day is the same, and every hour, minute and second of time we spend with the people that we support really count. Here are snapshots of some of those many and varied moments with Directions over the past 3 months.



JOY MARTIN

Joy Martin was a long standing board member with Directions who was person-centred, creative, and always approached problems with a positive attitude and innovative ideas. Joy passed away in 2009 and we commemorate her connection with Directions by sharing stories about staff who demonstrate these qualities.



Ben Kilner

Ben Kilner has been delighted to have Support Worker Russell Small join him on some recent weekends away. They are kindred spirits and both share a passion for cycling. Their last trip together included a ride of 55kms from Dunsborough to Busselton and back!

Ben told us: "I liked the ride along the cycle path by the ocean to Busselton and the chicken parmigiana meal at the hotel on the Saturday night. It was a great weekend away doing the things I like to do".



Alexia and Steph

Alexia has been receiving support from Directions for the last few months and her mother Jessica Fawkes has told us that: "Support Workers Stephanie Aymore, Erin Bruce and Sherrylle Carter are doing a wonderful job with Alexia.

They are working with Alexia on the new morning and afternoon visual routine which helps keep her on track. It is lovely to see Alexia building new friendships, exploring the community and learning new skills along the way.

BUILDING RELATIONSHIPS THAT MAKE THE DIFFERENCE