



Directions

Disability Support Services
— for individuals & families —

MEMBERS' NEWSLETTER SEPTEMBER 2017

Directions now has 132 members! We look forward to seeing you all at our Annual General Meeting and Bunnings Community Partnership DIY Celebration on 26 October, 5pm at Maddington Bunnings. There will be some fabulous musical performances, a display of some of the DIY projects that people we support have been working on, and of course plenty of delicious food and drink catered by the people we support!

GROUPS AT DIRECTIONS

To ensure that Directions is meeting the needs and preferences of everyone we support, we have been setting up more groups and these are proving to be enormously popular. Teenspirit Maddington is going from strength to strength, Teenspirit North (based at Sudbury House in Mirrabooka) will commence full time in the September school holidays, and Teenspirit Mandurah is being set up to commence in the January school holidays!



We are also very excited to be setting up a group for young adults two days a week at the Tigers Football Club in Claremont. This is not just a superb venue in itself, it is also adjacent to excellent sporting/aquatic facilities, local community shops and public transport. We are working in partnership with the club and Graham Moss is happy for the young people of the group, who have all been to school together locally, to be involved with the club, participate in the daily goings on, and perhaps even have some coaching from enthusiastic team members!

THERAPY AT DIRECTIONS



Therapy has also been blossoming at Directions. Since gaining registration in March, many of the people we support have moved the therapy component of their plan to Directions so that their therapy can be integrated into their daily community support, and Local Coordinators have been referring new families to us too.

One of the skill building groups that is running at the moment is cooking skills with our wonderful Occupational Therapy team. It's amazing to see how quickly knowledge and skills improve through peer to peer learning with friends!



PARTNERSHIP WITH BUNNINGS



Over the last few months Directions has been building a community partnership with our local Bunnings. People we support are attending their community workshops, and they are developing and adapting workshops specifically to meet the individual needs of people with disabilities. There is a plan for the people we support to help run the next Maddington Bunnings family fun day, and we are working on the possibility of people we support being able to undertake work experience at Bunnings next year. We will be thanking Bunnings and celebrating our partnership by holding our Annual General Meeting at Maddington Bunnings.



BUILDING RELATIONSHIPS THAT MAKE THE DIFFERENCE

CAKE SALE

This month Directions had a bake sale, including our very own specialty, Hummingbird cupcakes! We were raising funds for Bravehearts' White Balloon Day. It was great to see so many of the people we support involved, either baking cakes, handing out flyers or selling cakes on the day! It was a fantastic atmosphere and a great way to connect with our local community. We raised \$416.90 for the charity which will go towards supporting victims of child abuse.



STRATEGIC PLANNING

Directions has a current 2016-19 strategic plan, but with all the changes that are going on in disability services our Board have reviewed the plan early. One of the key reasons for this early review was the results of our survey of all the families we support. This survey was carried out in January-March this year, and it had one very clear message: many people we support like to have individually tailored supports but they do also want the opportunity to meet up with their peers and join in activities *together* in groups and clubs.

In August and September, Board members (including 3 family members that we support) met with support workers, coordinators, our therapy team, office staff and volunteers, to look at our values and review our strategic plan. The result is a vibrant and re-energised plan for Directions with very clear goals for the years ahead. The plan will be on our website shortly. Please let us know if you would like to have a hard copy.



Values workshop



Strategic planning

JOY MARTIN STORY

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.



Zoe Gibson is one of our newer support workers and has already proven to be a brilliant asset to the Directions team. Her bubbly nature and compassion for the people she is supporting is beautiful to witness and her consistency and fun personality is supporting the guys to achieve great outcomes!

Darwin has been receiving support from Directions for a few months now. He is a gorgeous 4 year old who had previously never had support, and was a bit nervous to start off with. His Mum, Aleesha, was also quite nervous because Darwin had never spent any time with a support worker before. We introduced him to our excellent support worker Zoe (pictured with Darwin) and they hit it off immediately!

Aleesha told us: "Darwin is getting on really well, he's absolutely loving swimming and dancing with Zoe. He's so fond of Zoe that he even talks about her during the week, which he rarely does with anybody. I'm really happy with how Zoe has been looking after Darwin!"

SAVE THE DATE

Following the hugely successful talent show at last year's Christmas party, we have decided to make a bit of a tradition of it. There has never been such a supportive audience with standing ovations and storming applause for every act. What a way to boost the confidence and self-esteem of our budding performers! So this year the Christmas party will again be a talent show on Friday 8 December, 5pm at the Maddington Community Centre. Save the date, you won't want to miss this!

BUILDING RELATIONSHIPS THAT MAKE THE DIFFERENCE