

IMAGINING

BETTER

Imagining and achieving
better lives



Hello Possums!

"I love Possum Hollow Playground because people here are having fun and there are lots of trees and birds" - Molly's all smiles as she'll soon be able to put her two industry-recognised food handling certificates to good use in a much-loved community venue. Chancez Cafe number five is coming soon in partnership with Banyule City Council.

details >>> page 3

A R A L U E N

autumn 2019

from the CEO



Welcome back

We have hit the ground running at the start of 2019. Welcome to our 17 new participants, who are all settling in well, and also to their family members and carers.

2019 is shaping up to be a big year. As our existing initiatives continue to attract participants, we remain on target to provide increased support options from Mill Park Library and commence operating from the Epping Campus of Melbourne Polytechnic.

We are very fortunate to have such caring, dedicated and skilled staff teams and management as well as energetic and involved Board and committee members.

Whilst not perfect, we continue to better understand how to maximise the potential and funding of the NDIS. We are here to help. We continue to learn and appreciate your feedback.

Ross Coverdale
CEO, Araluen

IMPORTANT

change of date:
day support non-participant day

It is necessary to bring forward one Professional Development Day so that we can deliver essential training to staff.

from

Monday
5th
August

>>>

to

Monday
17th
June

Therefore participants should attend their regular day supports on Monday 5th August and not on Monday 17th June. We apologise if this causes inconvenience.

Upcoming Events

Tuesday 21st May
10am

Family & Carers Network Meeting

Milley Lodge
Araluen - 226 Old Eltham Road
Lower Plenty 3093

Thursday 2nd May
7pm

Housing Support Network Meeting

Araluen - 226 Old Eltham Road
Lower Plenty 3093

Thursday 2nd May
10.30 am - 12pm

Official Opening - Chancez Cafe at Possum Hollow

Warringal Parklands, Heidelberg



see page 3
rsvp:
ph: 9439 2805
e: admin@araluen.org
all welcome

Full steam ahead - Heidelberg, here we come

The word is out and spreading - Chancez Cafes offer friendly service, great coffee and freshly prepared food whilst improving future job prospects for participants. The ever increasing demand for our cafes has resulted in a new partnership between Araluen and Banyule City Council.

A refit and revitalisation of the Possum Hollow playground cafe is currently underway. This venue will reopen as Chancez Cafe Possum Hollow and provide a base for up to fifteen people to gain hands-on workplace experience and confidence.

Possum Hollow Cafe is located in Warringal Parklands in Heidelberg. The parklands is just one of the many interconnected parks and reserves located along this section of the Yarra River which provide a multitude of sporting and leisure facilities for walkers, cyclists, dog owners, bird watchers and families.

A highlight of the area is Possum Hollow, a large playground that is fenced and offers a variety of play and recreation opportunities, including a flying fox, BBQs and picnic facilities.

These features make Possum Hollow a popular destination for locals who are eager for the cafe to reopen.

Chancez Cafe Possum Hollow will offer some new additions to the usual menu that have been created with the local community in mind. These include high teas and catering for childrens parties.

"Council is committed to creating training and development opportunities for community members who can experience barriers to gaining employment. Our partnership with Araluen and its cafe at the Possum Hollow is a win for everyone."

- Wayne Phillips
Mayor - Banyule City Council



Chancez Cafe Possum Hollow

Official opening



Thursday 2nd May 2019
at 10.30am -noon

Chancez Cafe
- Possum Hollow
Warringal Parklands
Beverley Road
Heidelberg 3084



[Google Maps link](#)

information/rsvp:
Ph: **9439 2805** ext: **164**
E: admin@araluen.org



[www.araluen.org/
chancez-cafe](http://www.araluen.org/chancez-cafe)



Sowing the seeds of independence

Like many people, Damian Cullinan gains satisfaction from spending his time in a meaningful way and having strong relationships with others. By working with Araluen's Skills Development team, Damian has a regular volunteer role in the nursery at a local Bunnings store - and his confidence and sense of independence is blooming!

Skills Development is an intense-focus support that encourages community connections. Wherever possible, development opportunities are matched with participant interests. This support is enabling Damian to advance his goal to live and work more independently in the future.

Since mid 2017, Damian has been accompanied to Bunnings by a Skills Development staff member who has supported him to learn tasks associated with the day-to-day upkeep of the garden section and to better understand workplace behaviour and responsibilities.

Damian also now has better time-keeping abilities and understands the importance of complying with health and safety rules.

Over time, less direction has become necessary as Damian's ability to organise himself has increased and he's now comfortable interacting with the Bunnings team and customers. This coming year, it's anticipated that Damian will no longer need on-the-job support from Araluen.

Damian is always proud and excited to pull on his Bunnings t-shirt and head off to work where he's become an invaluable part of the nursery team. In fact, Damian was reluctant to take a break at Christmas time. Damian's built strong working relationships with his fellow team members who regularly praise both the standard of his work and his commitment to it.

Damian accesses Araluen's Skills Development support to focus on learning the specific tasks needed to turn his love of gardening into a valued role. ✓ ✓



Skills Development



What is Skills Development?

Araluen's Skills Development support allows participants to prioritise learning goals and focus on specific skills that are necessary to improve everyday living or improve social or work prospects.



NDIS

Who can benefit?

Skills Development is a time-limited support that is available to participants who have funding for 'Capacity Building' approved in their NDIS Plan.

learn more:



www.araluen.org/skill-development

contact:



Luke Yeoman

Coordinator - Skills Development

Ph: 0410 632 528

e: lukey@araluen.org

The world comes to Rosanna

WHEEEEEEEEEEE...daredevils, Claudio and Jason, love a good rollercoaster ride! The sights and sounds of the world are beamed into Araluen Rosanna via a new projection system that creates life-like audio-visual experiences.

Participants are fishing, chilling out by the ocean or a babbling brook, enjoying concerts, watching lightning strike and much more whilst their imaginations, senses and curiosity are engaged.

The web-based system was installed as part of an ongoing project at Rosanna that aims to adapt the environment to be more supportive of the sensory needs of participants.

Stimulating various senses in a safe and controlled way can help to improve social skills, thought processes and concentration.

The new system encourages communication and interaction but is also being used to activate different perceptive reactions that reduce stress, hyperactivity or agitation in some individuals. Over time, sensory stimulation, can help people cope better with the world around them.

Support for Autism



Did you know.....

Araluen is presently Australia's only support provider for adults to have gained internationally recognised gold standard Autism accreditation.

Our staff are trained to develop supports that address unique and sometimes complex sensory, behavioural and communication needs.

learn more:



www.araluen.org/autism



Do you need a new NDIS Service Agreement?



You must have a Service Agreement with Araluen to access our supports.

Remember - if your NDIS Plan is reviewed, you may also need to have a new Service Agreement.

Please contact Helen Ryan for advice on your new or revised NDIS Plan.

NDIS Help and Araluen Service Agreements:



www.araluen.org/ndis

contact:



Helen Ryan
Ph: 9439 2805 ext: 164
E: helenr@araluen.org

Welcome!

Araluen is growing and we're thrilled to be joined by new participants, their families and carers. We look forward to achieving great things together. Please welcome:



17
new participants
in **2019**

Tamara (pictured), **Grace**, Cooper, **Matz**, Richard, **Matthew**, Alexander, **Wendy**, Jesse, **Najeeb**, Kaylah, **Caitlin**, Nicholas, **Ruby**, Julie, Andrew and **Sarah**.



Primed

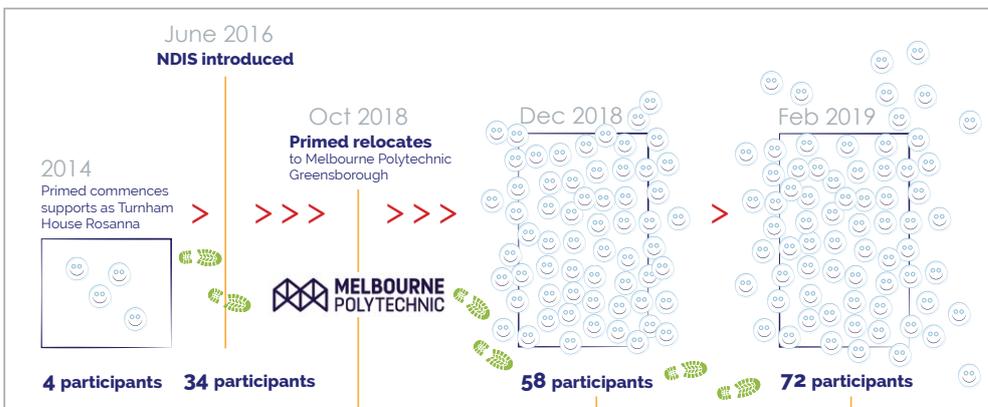
Outcomes and growth as Primed thrives on campus

A complete relocation of Primed from Rosanna to Greensborough campus in late 2018 is allowing Araluen to further develop our industry partnership with Melbourne Polytechnic to design supports that align with the aims of the NDIS.



snapshot:

The opportunity to base at a community location with state of the art facilities and increasing options for industry-embedded learning has seen growth in participant numbers at Primed. In fact, Primed has become Araluen's biggest support base marking the first time in our history that Lower Plenty has not supported the highest number of people.



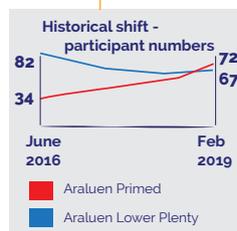
Growing aspirations

Our partnership with Melbourne Polytechnic positions Primed participants to access community-based support options that better suit the life and work goals of many.

Real outcomes for greater job-readiness

30 people have achieved hospitality industry recognised certificates

15 people have achieved classroom-based pre-vocational certificates



Best wishes to Sarah and Sam



The end of 2018 saw the end of an era for Araluen Primed with the departure of Manager, Sarah Chapman. Sarah has moved to a new home on the south west coast.

Sarah led the development of Primed since 2017 and was instrumental in creating a vision for supports that are community-based and that place emphasis on developing emotional well-being and maturity alongside the achievement of life goals and independence.

We thank Sarah for her commitment and her work to establish Primed as a thriving and successful support.

Samantha Vertkis has been appointed Manager of Primed. We are confident that Sam's knowledge of Primed's operations and her relationship with participants will see Primed continue to grow and evolve.

Go Bears!!!!

Winter's coming and that means it's nearly footy season. For eight Araluen participants - male and female - who proudly represent the Lower Plenty Bears, it's time to pull out the boots and get back to training for the coming Victorian FIDA (Football Integration Development Association) Football League season.

The FIDA Football League is governed by AFL Victoria and provides people with an intellectual disability the opportunity to participate in Australian Rules Football at a competitive level. Over 660 people statewide benefit from an environment that promotes fitness, fun, friendship and a sense of belonging.

Bears player, James Barden, says **"I love the club with all my heart and want to keep playing to make my (late) Dad happy and proud. Come and cheer for the best team in Australia."** >>>



new appointment

A new era for Art Connects

Araluen has a new Art Connects Coordinator. We are privileged to welcome Jonathan Crowther, an awarded artist and arts entrepreneur.

Jonathan brings vast creative talent and broad experience in the contemporary art industry to Araluen. Jonathan will work to create a more expansive range of exhibition opportunities and develop mainstream markets for the work of participants in Art Connects.

To learn more about Jonathan and see some beautiful artwork, see:



www.jonathancrowther.com.au

"Ruysch, Van Huysum and me" (detail - oil on canvas) by Araluen's >>> new Art Connects Coordinator, Jonathan Crowther.



an invitation

Araluen's Family and Carers Network fulfils some important communications functions. It provides a forum to share and discuss information that impacts support delivery and also gives the broader Araluen community a voice that is channelled back to our Board.

Wide collaboration between all parties helps to ensure a high quality of supports which is what we all want for participants. This is a great opportunity to share your feedback and ideas. Everyone is welcome to attend the meeting. No RSVP necessary.

Family and Carers Network Meeting

Tuesday 21st May at 10am
Milley Lodge, Araluen
226 Old Eltham Road
Lower Plenty 3093

And the winners are....



<< The winning artist and sitters of Araluen's first ever art prize, Robbie Rostolis, with his models, Amber and Paul Anka.



Araluen's well-regarded Art Connects support develops marketing and exhibition opportunities for one hundred artists who work in our three studios.

Over the past decade much has been achieved and it's pleasing to see many artists are earning their place in the contemporary art industry due to the quality of their unique work and talent.

Araluen celebrated the tenth anniversary of Art Connects by holding the Araluen Art Prize. This portrait competition encouraged members of the Araluen community to have their likeness captured by an Araluen-based artist. The winners were chosen by public vote. **Over 300 votes were cast to determine these winners:**

1st. Robbie Rostolis for his portrait of Amber (and Paul Anka, the cat).

2nd. James Barden - drawing of Brooke (top right).

3rd. Evie Rentzis who captured the spirit of Helen (bottom right)

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www.youtube.com/user/AraluenTV

www.araluen.org

A R A L U E N



Araluen_Centre