

# IMAGINING

# BETTER

Imagining and achieving better lives



## House Proud

**Michael's moved out of his family home!**

By using a transition flat as a stepping stone towards more independent living, Michael can experience life in his own self-contained space with the security of knowing that support is onsite and nearby.

**>>> see page 3**

# A R A L U E N



**Winter 2019**

From the **CEO**

## Ready, set, GO

We are now almost three years into the NDIS rollout. The NDIS has allowed people with a disability to reimagine what their better life should consist of. Araluen has responded by creating supports and opportunities that enable people to achieve their vision.

Whilst much has been accomplished, Araluen must continue to evolve with the changing industry landscape and provide quality, inventive supports that people want. Our Board has recently completed a new Strategic Direction that identifies our priorities and determines our approach for the next three years. We thank those involved for their efforts.

It will be an exciting time as we forge new partnerships, expand into new locations, build the

capacity of our staff and vary the supports we offer whilst remaining true to our mission and values. People are at the heart of all that we do. Araluen will continue to imagine and achieve a better life based on dignity and choice for each person we support.



Ross Coverdale  
CEO, Araluen



Following community-wide consultation and a thorough review of our operations under the NDIS, Araluen has developed a new Strategic Direction that sets our course of action for the next three years.

You can download this document from our website or contact us to receive a copy.

 [www.araluen.org/about-us](http://www.araluen.org/about-us)

 [admin@araluen.org](mailto:admin@araluen.org)

 9439 2805

## Upcoming Events

### WHAT?

Araluen Housing Roadshow  
Network Meeting

### WHEN?

Tuesday 25th June  
10.00am - 12.30pm

### WHERE?

Onemda  
123 Anderson Creek Road  
Doncaster 3109

Family & Carers  
Network Meeting

Tuesday 20th August  
10.00am

Milley Lodge  
Araluen -  
226 Old Eltham Road  
Lower Plenty 3093

**ALL WELCOME**

# Moving towards community living, step by step

**Moving out of home for the first time is exciting. It can also be a little daunting. Araluen participant, Michael, is making the move to more independent living in stages.**

Michael (pictured right) recently moved into Araluen's transition unit where he's developing living skills that will lead to an expanded range of options for future community-based living.

Araluen's transition unit is adjacent to Fraser House so Michael has access to staff support and the company of other residents when required.

Since moving into the unit in January, Michael has been eager to learn the tasks associated with day-to-day household upkeep.

Some in-home support to assist with meal preparation, shopping, washing, cleaning and money management is in place, however, the amount of help used is gradually being reduced as Michael becomes adept at performing more tasks independently.

Michael is proud of his home and his growing independence. He particularly likes "relaxing at the end of the day, having more privacy and deciding who comes here".



Drum roll...introducing...

## Options for Community Living

A happy, safe, suitable, long-term home is the basis for a great life and Araluen has been involved for many years in creating quality accommodation outcomes for people, whether their preferred model of housing is community-orientated or a group home. As the NDIS continues to provide opportunities for people to have greater choice and control over how they live, Araluen is proud to present 'Options for Community Living' - our new-style Housing support that brings all of our residential activities under streamlined new management to better meet the goals of participants.

Options for Community living is headed by newly-appointed General Manager, Penny Kendall. Penny has extensive experience in accommodation services and is driven by a set of innate personal values that focus on inclusion, respect and valuing all people.

Penny has spent her career in the disability sector working with a number of organisations, assisting people achieve great outcomes in their lives, both those accessing services and the staff delivering them.

Options for Community Living respects the long-term work that Araluen has done in providing comfortable group homes where flexibility and community inclusion is achieved for residents. The title also references the newer planning-based work pioneered by Araluen that's helping people find new homes or prepare to move out of the family home.

### Options for Community Living



[www.araluen.org/housing](http://www.araluen.org/housing)



[CommunityLiving@araluen.org](mailto:CommunityLiving@araluen.org)



9439 2805



**Chancez Cafe@  
Possum Hollow**

Beverley Road,  
Heidelberg

**Opening hours:**  
Monday - Thursday  
10.00am - 2.00pm



Full steam ahead...

## Chancez Cafe number four is a picnic in the park

**Well over 150 people joined us to celebrate the opening of Chancez Cafe, Possum Hollow in May. The new cafe has already made an impact, becoming our busiest, despite the outdoor location and the less than tropical weather.**

This new venture was developed in partnership with Banyule City Council's Social Enterprise and Local Jobs team to create inclusive, meaningful pre-vocational learning opportunities and to meet community demand for a cafe service in this much-loved section of the Warringal Parklands, Heidelberg.

Chancez Cafes are going from strength-to-strength. The Possum Hollow cafe will support about 16 people each week to learn hospitality and customer service skills in a small group setting where they can benefit from increased attention and more personalised guidance from staff.

This Chancez Cafe will add some new offerings for it's customers, such as high teas and catering for children's parties. We believe that Chancez Cafe at Possum Hollow will become a valuable community asset and prove an important stepping stone for participants as they work towards future employment goals.

We'd like to thank everyone who attended the event as well as the many people who worked hard to make the project a reality.

**Above: L-R: Acting Chair, Linda Peterson, Brian, CEO, Ross Coverdale, Ruby and Chancez Support Worker, Pam, plate up a mountain of Chancez own special cookies on opening day.**



## Street appeal

Chancez Cafe at Possum Hollow keeps getting better. Our appreciation goes out to DOMSKI, AJ47 and Jaz Mishap for creating this stunning graffiti art masterpiece on the cafe's street facing wall. This project was made possible thanks to Banyule City Council's youth street art program, "New Hope". **Support these talented artists by checking out their exhibition, "New Hope" at Hatch Contemporary Arts Space in Ivanhoe from Wednesday 3 July 2019.**

## Nillumbik Prize for Contemporary Art 2019

### Art with a heart

The prestigious Nillumbik Prize for Contemporary Art 2019 is bigger than ever with prize money for the winner increased to \$20,000 and eligibility extended to all artists nationally.

So with a much stronger field of contenders, we're SUPER DOOPER PROUD of artist, James Barden, on his shortlisting for one of Australia's premier art prizes. James' entry is called "Pat's House". The grouped collection of intricate marker drawings took many months of patient work and

was completed in tribute to family friend, Pat Cronin, who passed away three years ago.

Well done, James, and well done to our pretty impressive art staff. Thanks to Nillumbik Shire Council Arts & Cultural Development and Montsalvat Arts & Events for their support of contemporary artists.



Right: James Barden at Montsalvat with his short-listed entry, 'Pat's House'.

Below: Benny is one of many participants enjoying the new environment at Rosanna Station.

### VOTE FOR JAMES

Visit the Nillumbik Prize for Contemporary Art Exhibition to cast your vote in the 'Peoples Choice Award'. The winner will receive \$500. Open: daily until 21st July, 9am - 5pm at: Montsalvat, 7 Hillcrest Ave, Eltham

## On track at Rosanna

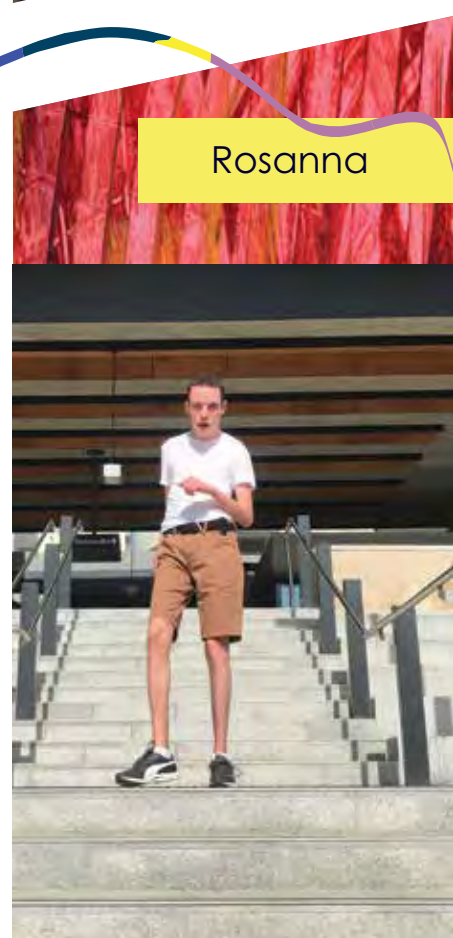
The Rosanna train station reopened in early May after a redevelopment that saw the equivalent of five Olympic swimming pools of soil excavated to build an underground tunnel, the removal of two level crossings and the construction of a new rail bridge. The major works have improved traffic congestion and allowed for additional train services on the Hurstbridge line.

The new look station and surrounding landscaping is proving beneficial for participants who access Araluen Rosanna, with instructors using the station as a conduit to increase community engagement for participants.

The station is built from a myriad of finishes, providing tactile surfaces to touch and explore while waiting for trains. The new station is accessed with lots of wide stairs and ramps. There are lifts to ride to the elevated tracks although the stairs are nice workout and a great test for one's co-ordination.

The Hurstbridge Line offers plenty of interesting gateways to the community and participants can now more readily visit local shopping strips, libraries, parks, graffiti lanes and cafes to increase social and life skill development. Further afield the city offers many opportunities for our all-day community access supports.

### Rosanna



Fun things to do out of hours...

## Lots of new activities are coming your way

Araluen's Recreation support offers fun group community participation options most Saturdays throughout the year. Camps and holidays are also arranged. Due to demand, we're also commencing evening events with the first of our regular discos coming soon. Check out these options and keep an eye on our website, Facebook and Instagram.



Holiday opportunity: get-away for a two night farmstay near the mountains

Aspen Springs is nestled in a secluded Valley five minutes from beautiful Bright in north east Victoria.

The farm is home to many breeds of animal and provides well-equipped, accessible, self-contained accommodation in a converted barn that has a variety of bedroom types and living space.

As well as farm activities, holidaymakers will have the chance to fish, build a campfire and maybe even see some snow.

**When:** Friday 13th - Sunday 15th September

**Where:** Aspen Springs Farmstay, Bright

**Cost:** Needs-based. Contact Dannie for quote

**Recreation@Araluen**  
Fun things to do out of hours

Contact: Dannie Zappulla

 [www.araluen.org/  
recreation](http://www.araluen.org/recreation)

 [danielaz@araluen.org](mailto:danielaz@araluen.org)

 0409 938 450



"Cat Woman"  
by Kylie Gentle

# SUPERHERO DISCO

**When:** Friday 9th August, 2019

**Where:** Orana (Music side)

**Time:** 7.00pm - 10.00pm sharp

**RSVP:** Dannie (details above)

**Cost:** \$15.00 - bookings are essential

**Wear:** Your favourite Superhero costume

Refreshments supplied

Participants must be supervised by a parent or carer if not part of the recreational program

## An old friend returns

**Support Coordination is funded under Capacity Building by the NDIS. At scheduled reviews it is important to discuss with your planner having Support Coordination included in your new plan. Once an NDIS Plan has been approved with Support Coordination included, participants can work with Support Coordinators to determine how their funds will be spent and to connect with providers. Araluen's Support Coordinators assist people, like Kon, by working through needs and circumstances that can sometimes be complex. They seek solutions that lead to a better standard of living. Here's Kon's story:**

Kon is a participant who's attended Araluen Rosanna for many years. Kon enjoys cooking, going to Warringal Shopping Centre while learning road safety, and creating beautiful ceramics at Araluen's Diamond Creek art studio.

In February this year, Kon's family relocated out of the area so he wasn't able to access his supports at Araluen.

It was important to Kon that he retain his familiar routine and have continuity of the supports in his NDIS Plan. Following the move, Kon and his family were intensely supported by Araluen Support Coordinators, Amy and Angela, to connect with a new range of services in his local area.

The efforts of Kon's Support Coordinators resulted in a partnership with an agency that employs Support Workers. Kon now has individual support to access the community three days per week and to learn how to use public transport.

Finally, after many months of coordination, Kon was able to come back to Araluen in May. Kon's confidence has increased

**Right: Support Coordination has enabled Kon to return to Rosanna after an extended break by putting in place supports that have increased his ability to travel more independently.**

as he's gained more exposure to the community and his independence is growing. His ultimate goal is to travel to Rosanna on his own by public transport each weekday. Araluen's Support Coordinators have put in place supports that will enable Kon to gradually develop the skills he needs to achieve this.

So far, Kon is travelling to Araluen on his own in a taxi one day per week and travel training on public transport with a support worker two days per week.

Becoming more comfortable in the community and developing these new living skills is a huge achievement for Kon. The unfolding outcome is also a job well done by Amy and Angela who were able to pull together a cohesive range of supports that suit Kon's new living arrangements whilst meeting his NDIS Plan goals. Welcome back Kon!

### Support Coordination

Get the most out of your NDIS funding

Contact: Kim Dodgson



[www.araluen.org/  
ndis](http://www.araluen.org/ndis)



[kimd@araluen.org](mailto:kimd@araluen.org)



0409 565 868



## Melissa's doing big things

This edition of "Imagining Better" features artworks by Melissa, pictured in front of her large abstract acrylic painting, "Colour Craze No. 1". Melissa has been a participant in Araluen's 'Art Connects' support for two years where she continues to produce work that keeps getting bigger and better. She has a great eye for colour and uses many different tools to create texture. Melissa's work can be purchased via 'Art Connects' Coordinator, Jonathan Crowther.

 9438 2944

 [jonathanc@araluen.org](mailto:jonathanc@araluen.org)



We value your feedback about anything to do with Araluen and like hearing your opinions. If you have any comments about this newsletter or an idea to include, please contact us.



### Please recycle

Printed on recycled paper.

If you would prefer to receive this newsletter by email, please let us know.



[comms@araluen.org](mailto:comms@araluen.org)



[admin@araluen.org](mailto:admin@araluen.org)



(03) 9439 2805

# ARALUEN

Imagining and achieving better lives

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



**NDIS**