

# Community Living Association Inc.



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## Acknowledgement of Traditional Owners

Community Living Association Inc. would like to acknowledge the Traditional Owners of the land on which we live and work. We acknowledge the Turrbal people of the north of Brisbane, the Juggera of the south and other traditional groups in the surrounding areas.

We acknowledge all of our ancestors, Aboriginal, Torres Strait Islander, and non-indigenous, past and present, for shaping who we are and guiding us into the future. We welcome you to the community we share. We acknowledge this country as a 3 flag nation.



## History of the Turrbal People

The Turrbal people are the self-identified traditional custodians of the North Brisbane area and linguistically relate to a poly-block of languages - the Yuggerra (European translated Yuggerra) and Gubbi-Gubbi dialect - which is spoken as far inland as Moggill, North to the Pine River and South to Logan (Steel, 1983, p. 121). An Indigenous people's language belongs to country and creates traditional lore, custom and the country from which it originates, i.e. flora and fauna species. The 'TURR' in Turrbal is translated as 'NO' whereas 'BAL' describes an Indigenous peoples place marker. Central to an Indigenous people's name and linguistic grouping is the root that is an indicator of one's immediate family and their familial reproduction under this name. Underlying this immediate connection is the kinship net-work that connects a people to country. This connection is directly descended

from the mother's side, hence the Indigenous expression, "*skin of my country*". (Dr. Peter Whalley, Interview. March 19, 2010. Senior Lecturer QUT Oodgeroo Unit).

Nundah was originally pronounced in the language Yuggerra as both Nyanda and Nandah meaning 'chain of water holes' (Steel, 1983, p. 129). This definition stands in relation to a major Indigenous pathway that was effectively used as a coastal trade route, a site for Corroborres and a meeting spot for various Indigenous groups who travelled North and South along the Coast, as well as for those Indigenous peoples travelling inland (Steel, 1983, pp.123-131).

Post-colonial Nundah was initially named Zion Hill in relation to the presence of the German Moravian Missionaries (who later relocated to the Bunya Mountains) to which local Indigenous Tribes referred to as 'Umpie Daggur' (houses of white men); Zion Hill was later renamed The German Station but was officially re-named Nundah during the 1890's reflecting both local Indigenous historical interest and the connection to Turrbal country.

Pre-colonisation (Steel, 1983, pp. 123-126) there were a large number of Bora Rings or Bools located within the Nundah area; this indicated that a dense Indigenous population were present on country. Bora Rings are traditional initiation sites where young Indigenous men are welcomed into manhood through customary ceremonious rituals such as circumcision, scarification, the learning of sacred song, stories, dance and traditional law. Indigenous people are not homogenous groups but consist of separate nations all encompassing differing languages, traditions, lore and symbology. Therefore Bora Ring ceremonies are conducted in a variety of ways reflecting a particular Indigenous group (Family Representative Committee, 2006, pp. 4-6). Indigenous groups were distinguished from one another by the directions of the incisions (scarification) that were made upon the breasts and arms during initiation ceremonies i.e. the Turrbal people were differentiated by a fleshy protuberance made upon the wrist by continually casting fishing nets (Dr. Peter

Whalley, Interview. April, 17, 2010. Senior Lecturer QUT Oodgeroo Unit) and also displayed chest scars which were arranged in vertical patterns with scarring added to the shoulders of males at the time of a Bora Ring ceremony (Steel, 1982, p. 126). The Turrbal people were known to have participated in Bora Ring ceremonies at Nudgee, Keperra, and Samford neighbouring the Garumngar people. The Bora Ring at Keperra lent itself to the suburbs name as 'Kipper' means young man in Turrbal.

Bora Rings still presently exist in Brisbane and can be located at Toorbul Point, Samford, Samsonvale and Mount Esk Pocket (Petrie, 1902, p. 55).

The Turrbal people displayed a continuous connection to country in the Nundah area. The Duke of Yorks camp, that self- identified themselves as Turrbal people, was located in Yorks Hollow which at the time was a gully that passed through Victoria Park and the Royal National Association Showgrounds (RNA). This Indigenous campsite was traditionally known as Barrambin. Another two known Turrbal campsites were located at Toowong and was called 'Baneraba' and Newmarket known as 'Buyuba' meaning 'shin and "[referred] to the straight reach of Enoggera Creek in the vicinity of Bancroft Park" (Steel, 1982, pp. 124 – 125). The Turrbal people of Barrambin, Baneraba and Buyuba were Riverine people and consisted of between fifty to sixty men who utilized a wide array of local resources that were located upon country. Indigenous groups that subsisted along coastal inlets were recorded as having high population densities due to the availability of marine resources producing a picture of "a stable and well developed coastal settlement patterns" pre-colonisation (Whalley, 1987, pp. 19-24)

*\* CLA has compiled this history as part of its commitment to Reconciliation processes in Australia. We recognise that much of the material is sources from European records and may contain inaccuracies.*

*\*CLA continues its support of Reconciliation by supporting annual Sorry Day activities with Noonga Reconciliation Group.*

## CLA's History

Community Living Program (CLP) was established in 1987 as part of the Commonwealth Rehabilitation Service (CRS). The program, which was attached to the Taringa Rehabilitation Centre, was to support young people with an intellectual/learning disability towards independence. In 1987 the program was moved to the Spring Hill regional unit, its first community-based setting.

People with an interest in the program (Friends of CLP) became concerned when the CRS decided to cut back CLP's resources, and decided to seek funding under the new Disability Services Act (1986). Funds were granted in 1989 for a research and development project. The Friends of CLP incorporated as the Community Living Program Inc. on the 23rd of June 1989. On the 20th January 1995, CLP changed its name to Community Living Association Inc. (CLA) when it began to sponsor a range of other projects.

CLA now manages:

- Community Living Program
- ARROS
- Community Connections
- Community Projects Team  
(Co-ordinating NCEC, The Shed, Volunteers and other Projects)
- Village Housing
- Research work
- BEROS
- CLA Brokerage Arm



## Our Purpose

Community Living Association (Inc.) aims to:

- To contribute to the relief of poverty, sickness and other misfortune and to the promotion of the well being of individuals, groups or communities who are disadvantaged and vulnerable either socially, physically, intellectually or emotionally (hereinafter called social welfare); in particular those people who experience a learning (intellectual) disability.
- To undertake, or carry out any other benevolent work or purpose.
- To promote, establish carry out and support and to assist in promoting, establishing, carrying out and supporting any social welfare program designed to contribute to the alleviation of poverty, sickness or other misfortune including those undertaken by Statutory Authorities, voluntary Welfare Organisations and other community groups.
- To assist people with 'learning difficulty' to determine and achieve what is important to them.
- To assist people with 'learning difficulty' to stand up for themselves, individually and collectively in the community and to have their say in representing their interests, issues and needs to all sectors of the community and government.
- To assist people with 'learning difficulty' to improve the social and economic conditions of their lives, for example: income, housing, health, transport, sporting, recreational, artistic etc.
- To assist people with 'learning difficulty' to develop a safe and secure life in the community.
- To assist people with 'learning difficulty' to develop their family, friend, partner and community relationships and connections.
- To assist people with 'learning difficulty' achieve a state of good psychological and physical well being.



- To assist people with 'learning difficulty' achieve a sense of personal potency and of personal meaning.
- To assist people with 'learning difficulty' achieve a sense of meaningful use of time for example; employment, community service etc.
- To collaborate with other organisation's in the achievement of C.L.A.'s objectives.
- To document and record C.L.A.'s work and endeavours.
- To identify and initiate creative responses to the needs and issues of people with 'learning difficulty'.
- To assist community members build better communities through the inclusion of people with learning difficulties.
- To assist families in their commitment to family members with a learning difficulty.
- To support young people and their families where those young people are at risk of homelessness, or early school leaving or other social disadvantage that could lead to poverty, sickness or other misfortune.

## Mission Statement

CLA Inc. will seek to carry out its' objectives in ways that are:

- Respectful, kind and encourage one's own control;
- Flexible, innovative and responsive, leading and giving hope;
- Diverse, fun and address the whole self;
- Written down and shared with others;
- Well-resourced and heading toward self-sufficiency;
- Co-operative and collaborative and value all opinions;
- Seek feedback and question deficiencies; and
- Challenge society and change it, acting politically.
- Stable, keeping core values and vitality

## CLA's Funding Partners

Grants	Funded By
<b>Community Living Program</b>	Dept of Communities, Child Safety and Disability Service (QLD)
<b>ARROS</b>	Dept of Communities, Child Safety and Disability Service (QLD)
ARROS: Transitions Funding	Dept of Communities, Child Safety and Disability Service (QLD)
<b>Brisbane Emergency Response Outreach Service</b>	Dept of Community, Child Safety and Disability Service (QLD)
<b>Community Connections</b>	Dept of Social Service (Federal)
<ul style="list-style-type: none"> <li>• Reconnect</li> </ul>	
<ul style="list-style-type: none"> <li>• Student Welfare Workers</li> </ul>	Dept of Education and Training (QLD)
<ul style="list-style-type: none"> <li>• Fee for Service</li> </ul>	Kelvin Grove High School  Kedron State High School
<b>Village Housing</b>	Dept of Housing (QLD)
<ul style="list-style-type: none"> <li>• Village Housing (LTCHP)</li> </ul>	
<ul style="list-style-type: none"> <li>• Emergency Unit (CAP Headlease)</li> </ul>	Dept of Housing (QLD)
<b>CLA and NCEC collaboration</b>	Dept of Education/ Employment/ Workplace /QLD
<ul style="list-style-type: none"> <li>• Skilling Queenslanders for Work</li> </ul>	

# ORGANISATIONAL CHART

## ORDINARY MEMBERS OF CLA (INC.)

Elected annually from Membership. Meet monthly.

Nine people

Committee CLA Inc.

- President
- Vice President
- Secretary
- Treasurer
- Five other Board Members

→ Memorandum of Understanding with:

- Nundah Community Enterprises Co-operative Ltd
- Independent Youth Housing Group Ltd and
- Women with Intellectual and Learning Disability – Sexual Violence Prevention Inc.
- Micah Inc.

CLA Brokerage Arm

Co-ordinator CLA

[Research Work  
[Village Housing Worker  
[Financial Administrator

**Admin Staff**

Brisbane Emergency Response and Outreach Services

- Team Leader
- Outreach worker
- In house worker

Community Connections

- Reconnect
- Team Leader
- Youth & Family Workers
- CLA Associates
- Volunteers
- School Social Work

ARROS

- Team Leader
- Outreach Social Workers
- Accredited Mental Health Social Worker
- CLA Associates
- Volunteers
- Mentors

Community

Projects Unit

- Team Leader Co-ordinating
  - NCEC
  - The Shed
  - Volunteers and
  - Other Community Projects

Community Living

Program

- Team Leader
- Community Living Social Workers
- CLA Associates
- Volunteers

## **Community Living Association Inc.** **President's Report 2015 – 2016**

It gives me great pleasure to present this report on behalf of the constituents, Committee and staff of CLA.

CLA's mission statement is as follows:

- Respectful, kind and encourage one's own control;
- Flexible, innovative and responsive, leading and giving hope;
- Diverse fun and address the whole self;
- Written down and shared with others;
- Well-resourced and heading towards self-sufficiency;
- Co-operative and collaborative and value all opinions;
- Seek feedback and question deficiencies;
- Challenge society and change it, acting politically;
- Stable, keeping core values and vitality.

Being really true to a Mission Statement can be a challenge. How have we done over 2015-16?

We place great emphasis on being respectful, showing kindness and care and I encourage anyone who feels we are not meeting these objectives to approach me or the Co-ordinator or someone they trust to talk about it.

Fun we've had as you can see from the video presentation of past musicals and tonight is organised as a fun event. Other fun events have been The Grease Dance, the Micah Ball, the gorgeous legs Walkathon group, Community Connections' Family Beach Day and lots of interactions from Jonathon's fines, Taury's jokes and John Monson's jokes.

CLA is keen for constituents and clients to have control both in their individual lives and also in the structure of the organisation. That's why we invite all constituents to become members of the organisation; why three of the nine committee members are constituents, why we have supported constituents to establish their own organisations for housing (IYHG) and employment (NCEC) and why we identify all of the groups from Shared Meal to People of the Airwaves as People's Organisations where people can have a say in the running of the group. This year we supported Paul O'Dea to become a Board Member of the Australasian Society for Intellectual Disability, the first time that Board has had a member with a disability.

CLA writes our learnings down and shares with others – this year we published an Intellectual Disability and Domestic Violence Report; we have held a number of Dual

Disability training workshops; Morrie and Jess Burke have presented at a number of seminars in relation to NDIS and reaching people with intellectual disability on the margins, and ARROS team published a series of case studies regarding this issue. Cate has presented at a Youth Homelessness Sleep Out event and was guest speaker at QUT with Dr Phil Crane on the topic of "Connections Work and Young People"; Tania and Eden have run training for teachers around young people's disengagement from school; Richard and a host of Co-op workers Danny, Michael, Craig, Felice, Bernard, Stephen and Nathan have travelled and presented on the Co-op. Sabrina, Katie Hudson and Jess Groves have developed a training course about parents with intellectual disabilities. Jenifur Charne has been to Canberra to speak about the Housing Co-op and Jenifur and Paul O'Dea have spoken at the Convention Centre and at QLD Parliamentary Annexe on the Housing Co-op. In response to young people's housing need, the Reconnect Team worked on their Action Research question "what would it take for young people to successfully complete and submit private rental applications?" and drafted a working version of the Private Rental Application Kit. Young people have acknowledged how useful it is to have trustworthy information about how to complete an application and what they need to plan to be considered in the private rental market.

Some of these presentations were to challenge existing systems and we have also challenged with a range of individual advocacy which has been at local office and Ministerial level. We have also challenged through our DV report and we have had a position on the DV and Disability Review Advisory Committee. And once again we are a partner in facilitating QLD Roundtable 2016. CLA is also a partner with QUT, Deakin and NSW Universities in the Lost in Transition Research Project and Renee Mills is acting as a research assistant on the project.

Innovative projects have included BEROS (Brisbane Emergency Response Outreach Service) which has been in collaboration with Micah and Kyabra. We have also been involved in an innovative housing project with Kyabra and with WWILD we have run a series of dual disability workshops as well as experimenting with Recovery groups for people with dual disability and also healthy relationship groups. A number of people have participated in a 'Peer Enablers' Project which we are hoping will lead to constituents being able to provide support to others. Community Connections participated in the Northside Sexual Assault Action Network Victim of Crime Capacity Building Project to address the gaps by increasing the access of worker's in North Brisbane to specialist sexual assault support services, knowledge and skills.

One of our partners NCEC has had a big year supporting refugee groups to set up their own business; they have established a new Parks Crew, have forged a relationship with the local Pony Club, won the Australian Social Enterprise Award 2015 and have also just fundraised a

food trailer to create more employment. A number of these outcomes have been achieved through partnership with CLA around Skilling Queenslanders Projects.

The diversity of what CLA does is reflected in some of the groups and projects:

- Kalinga Park National Sorry Day ceremony with Noonga Reconciliation Group Inc.
- Literacy for Everyday
- People of the Airwaves
- Adventure Holiday
- Shared Meal
- BEROS
- ARROS and ARROS Transitions
- Community Connections
  - Craigslea SHS Independent Students Group
  - Kedron SHS BRiTA and Peer Skills groups
  - Transitions Group
  - Kelvin Grove SHS Wellbeing Expo
- IYHG
- NCEC
- CLP
- Renee Mills – Part time Social Worker at Kelvin Grove High School
- Student Welfare Workers at West End, Virginia and Gumdale State Schools

These have all emerged as responses to people identified needs and aspirations.

To end some thanks –

- to all the constituents
- to all the great volunteers
- to people who have taken on projects like the Nundah Passport project – Annie and John Kenny
- to the Committee
- to the staff with particular mention to Flick (who's left for Italy), Zac (England), Dominique (Rockhampton), Hollie on maternity leave, and Minda from Community Connections.



## **List of Presentations, Publications and Papers**

<b>Presentations/Publications/Papers</b>	<b>Persons</b>
<b>QLD Roundtable 2015.</b>	Jenifur Charne, Paul O’Dea, Ian Williamson, Bernard Denny and Felice Kirby
<b>NDIS Workshop</b>	Paul O’Dea, Michael Cherry, Ian Williamson and Daniel Thomas
<b>Business Council Corporative</b>	Daniel Thomas
<b>Business Council for Meeting re. housing- Canberra</b>	Jenifur Charne
<b>QUT Lecture</b>	Jonathon Rivers, Paul O’Dea, Ian Williamson and Michael Cherry
<b>CLA Training for Volunteer</b>	Clint Madden
<b>Griffith University</b>	Kelee Sheard and John Monson
<b>Paper Bag Lunch</b>	Michael Cherry and Katy Klein
<b>Dual Disability Training</b>	Michael Cherry, Kylie Rosenthal, Victoria Tucker, Samantha Nayada, Jess Groves and Maurice O’Connor
<b>Australasian Society for Intellectual Disability Melbourne</b>	Daniel Thomas
<b>School Re-engagement Forum</b>	Nikita Townsend, Mitchell Byng and Thomas Watson
<b>Reengagement Practices with Young People who School Refuse</b>	Eden Mcnamara and Tania Lawrie
<b>People with Intellectual Disability on the fringe</b>	Morrie O’Connor and Jess Burke
<b>Domestic Violence and Intellectual Disability</b>	Position Paper to Review process
<b>Villanova College Sleep Out- What is youth homelessness?</b>	Cate Ryan and Meg Redmond
<b>ARROS Case Studies People on the Fringe and the NDIS</b>	Jess Burke and ARROS staff
<b>Working with Parents with Intellectual Disability</b>	Sabrina Stokes, Jess Groves and Katie Holmes
<b>Couch Surfing</b>	Cate Ryan and Maurice O’Connor
<b>AASW Presentation</b>	Michael Cherry and Samantha Nayada

# Community Living Association

## **CLA Reconciliation**

CLA continues its commitment to reconciliation by being an active member of the local Noonga Reconciliation Group Inc. Annually on the 26th of May, National Sorry Day commemorates the acknowledgement of the Stolen Generations in the Bringing Them Home report 1997. The local gathering is held at the Kalinga Park Sorry Site, put in place by the BCC to acknowledge the children's homes historically around the Nundah area where children were placed after removal from their families.

Many schools, services and local community members contributed to the 2016 gathering and congratulations must be given to local artist Kiara Hughes for the inclusion of her art work on the Information Bollard. Thank you as well, to the volunteers and social work students who bring together this important gathering to pay our respects to past hurts.

As a member of the social work and human service sectors, CLA Inc. takes seriously the need to pause and reflect on the practices we use to ensure we do not repeat State sanctioned harm



## **Working with Parents with an Intellectual Disability**

This year we ran two workshops for CLA workers entitled “Looking Again: Working with Parents with an Intellectual Disability”.

The aim of this training was to provide focused training and reflection for workers who may be currently supporting parents who have an intellectual disability and is based on the premise that parents with intellectual disabilities (parents with I.D) can parent effectively with appropriate supports. We looked at the over-representation of parents with I.D. in the Child Protection system, myths in the community about this issue, current stressors for parents generally and how these stressors in particular, can impact parents with I.D. We also looked at parents’ and children’s needs, best practice for support based on evidence-based research and explored issues pertaining to attachment and trauma. We did some child-based play activities including yoga and collaborative art. The second workshop was split into 3 mini workshops based around a case study, working most effectively with other formal supports and developing informal supports with families.

We are looking to take this training into the community and are currently exploring child protection agencies and other family-support organisations who would be interested in such training.



## **Dual Disability Workshops Training 2015-2016**

This year a group of committed workers from WWILD and CLA embarked on a mission to train up as many professionals and students as possible to support people who have both an intellectual or cognitive disability and mental illness. We developed some training modules specifically designed to teach workers how to work effectively in a community-based recovery model with people who both have an intellectual disability and experience mental health issues. This training was funded by the Mental Health Commission with the requirement of completing 13 workshops by the end of June across the South-east Queensland region. Not only did we accomplish this, the feedback we received was very positive and prompted the continuation of these workshops after June this year and into next year. One of the highlights of this training was our wonderful guest speakers Michael Cherry, Kylie Rosenthal, Jill Goodman and Caroline Wicks who shared their experiences of mental health and gave workers real life examples of the struggles they have faced and overcome.

## **Re-engagement Practices: working with young people who school refuse' workshop**

This workshop was developed in line with CLA's commitment to sharing practice wisdom, learnings and frameworks arising from frontline practice and grounded in theory. The training built upon the school refusal practice framework that was identified by the School Refusal Scoping Study conducted in 2009. It offered participants an insight into skills, techniques and practice principles for assessing and responding to entrenched school refusal behaviours. Two workshops were delivered to workers based in community organisations and EQ staff by Eden and Tania in March and May 2016. Both were well attended, and favourable feedback was provided. Consultations with stakeholders over the two workshops suggest that this remains to be a practice area that is complex and under-resourced and that practice strategies and the opportunity to consult with peers are important to enable better outcomes.

## **AASW Presentation (ARROS- Michael ; CLP – Samantha)**

**09/08/2016**

ARROS and CLP workers, Michael and Samantha, were invited by AASW QLD Branch students and New Graduates Steering Committee to speak in the talk series of disability. The aim of this talk series is to promote better understanding of every day social work in this field. It has been a pleasure to share the CLA history, practice framework and principles with the students and new graduates.

## Community Living Program

### Literacy for Everyday

A group of students and volunteers meet on Fridays to work on skills that will assist with everyday living. We call this the Literacy for Everyday group. Over the years CLA has watched people move to independent living, gain employment and start their own businesses.

Recently a new volunteer to the group commented on how social the group is. One of the strengths of this social interaction is the relationships that develop between the participants of this group. Students and volunteers know each other well, have genuine interest and concern for their fellow participants and often have a banter and joke with each other. It is a warm and welcoming space to share with people every Friday.

We continue to explore our local community with an excursion to the recently refurbished Shorncliffe Pier and regular visits to the Nundah library as students and volunteers have watched the progress of the upgrade. Other students use their time to research journeys further abroad, communicate with friends and family, plan for journeys in the local area or building their confidence in moving towards independent living. These new skills can include learning how to send emails, send text via a mobile phone, write special occasion gift cards and increasing numeracy skills.

Through the many trips to the Nundah library, Nikki gets an opportunity to borrow books about cars and Christian likes to hire mystery DVD's. Students have also learnt how to use the self-checkout facility and are confident to ask library staff when they need assistance.

Literacy for Everyday is a place where people can share their experiences, always feel heard by others and there is always a bite to eat and a cuppa close by. Brett says that it's a great place to share their stories of their week and have an opportunity to show photos from recent trips. Nikki thinks "the people are nice and that I like to do drawing design". Susan shared that "Literacy is really good". Some people say it's the best day of their week!





A recent outing to the Planetarium at Mount Coo-tha

## **Swimming group**

Swimming group in 2016 got off to a great start with numbers as high as 8 or 9 some weeks during the warmer months. Constituents loved attending the Chermside Pool and always had a great time. Due to popular demand swimming group also rolled over into winter and was re-located to Bracken Ridge for the use of their heated pool. This was a fantastic facility with a large heated pool that was empty almost every time we arrived. Due to everyone's busy schedules swimming group had to come to an end in late June but will recommence on the 20<sup>th</sup> of Oct and constituents can't wait!



## **Walking Group**

While the Queensland sun has been shining, a group of CLA constituents and community members have been enjoying the fresh air and getting some enjoyable exercise in Greater Brisbane. Some of the places we have visited include the lush wetland of Boondall, strolling along the Brisbane River at Jindalee, meeting the wildlife at Chermside West and Tinchi Tamba bushland. Members of the group have commented that they are feeling healthier and have enjoyed the social aspect of the group.



## **Well Beans Group**

Community Living Association (CLA), in partnership with WWILD, has been facilitating a wellness group for people with intellectual disabilities that runs for 10 weeks.

The main goals for this group included support participants to develop their awareness and understanding of individual mental wellbeing so they can actively work towards increasing feelings of happiness and wellness in their lives. We would like to offer opportunities for peer learning where individuals are encouraged to share self-care strategies that they find most effective. Within the group we would also like to provide opportunities for people to make new social connections and also support participants on how to maintain healthy social connections, as this has a major impact on resilience and wellness.

We have run two women's group this year and have had a lot of positive feedback from group members. The most common positive feedback we have had is the fun and often artistic way in which concepts of wellness were explored. We have also received positive feedback around fostering a sense of belonging that comes from discussing shared concerns with peers, and learning off each other. A lot of people spoke about making new friends and how connecting with others has become more of how they increase their wellness. The next group will be for men and some places have been offered outside the CLP and WWILD communities.

## **You and Me Group**

The YOU and ME program is a group about relationships and is facilitated jointly by Community Living Association and WWILD. This year, two courses for women have been run, each lasting 10 weeks. The aim of the program is to support women to develop healthy relationships in their lives, as well as the promotion of positive self-esteem, safety and positive interactions in relationships. Each week we have explored a central theme such as likes and dislikes, feelings, appropriate touch in different kinds of relationships, feeling good about yourself, making choices and saying no, dealing with conflict and positive and negative relationships.

Participants in the groups have very quickly developed rapport and interact very positively with each other. They have enthusiastically engaged in activities and been really interested in other's ideas and experiences – it has been a space where people have felt safe to explore issues which can at times be difficult to talk about. Stories, role plays and games were a valuable and fun way to explore issues and practise positive relationship interactions. The final week celebration- consisting of loud music, party games, food treats, overall reflections and a certificate ceremony was the highlight of the course.

The course will continue next year. Currently a YOU and ME reference group are meeting monthly to develop materials used on this course into a professional manual/training package.



## **People of the Airwaves**

People of the Airwaves is a small group comprising 5 individuals who are constituents of CLP and 2 individuals from WWILD. The group meets every month and takes the opportunity to record a 1 hour radio program which is then edited and put together by Kim Stewart. Kim then arranges for the completed program to be aired on 4ZZZ, a community digital radio show on the first Tuesday of every month.

Mick explains the group allows people to hear what those with a disability go through in life. It has become a platform and allows members the opportunity to speak up for themselves on various topics. It provides an opportunity via the radio for the group to explain to others the challenges and learning difficulties faced by individuals with a learning difficulty.

The group introduces different topics and interviews guest speakers with knowledge on the particular topic. Many of the topics address some of the issues that face both members of the group and listeners of the program. Some of the topics that have been addressed include domestic violence, issues of housing, working with a Co-op and what is involved in a radio program. Some of the guest interviewees have included CLA's own Sarah McDonald in her capacity as a volunteer, Kim Stewart as a radio producer and Jane at WWILD.

During the year the members enjoyed visits to both the ABC and 4ZZZ radio studios. These visits allowed members to obtain a first-hand view at how a radio station works along with meeting some very interesting characters, including B1 and B2, one of Paul's most memorable moments of the year.

Both Mick and Paul presented to students at QUT in April this year, speaking about their own experiences and the importance of Self Advocacy for individuals with a learning disability whilst identifying their tips to being a good social worker.

As Danny stated, the opportunity to get together as a group and discuss topics which impact not only the members but other individuals is the great thing about the Self Advocacy Group.



Paul and Mick with B1 & B2 at the ABC Studio

## **The Nundah All-stars Grease Lightning Dance Extravaganza!**

With much anticipation and preparation, this year's Nundah All-stars event was planned with a Grease Lightning theme from the popular movie Grease. It was time for everyone to pull out their dancing shoes and get ready to practise some party moves! Party-goers arrived dress to the nines in 50's attire- leather jackets, slicked back hair, wide skirts, spotted neck scarves and pink ladies outfits! It felt like a festive 50's time warp.

The Nundah All-stars chose to create a video performance and rehearsals began with much enthusiasm that the All-stars are well known for! With 'Pink' ladies and men in leather jackets, a medley of Grease music hits set the stage for the video. The team got inspired with filming to create a show stopping video clip. Hits included "Summer Lovin'", "You're the one that I want" and "Grease Lightning' ".



There were lots of fun activities to join in with and people enjoyed playing the fish game, face painting and quoits and the mega raffle. A highlight was the 50's theme photo frame where everyone had a chance to pretend they were Danny and Sandy from Grease. The dance floor soon filled with the band playing lots of favourite tunes as everyone danced the night away!



# MICAH MOONLIGHT RECAP 2016



In light of last year's roaring success workers recognised the spectacular benefit the MICAH Ball is for CLP constituents. For many, the Moonlight Magic Dinner dance is their only chance to dress up and get a little loose. Last year the workers made certain the CLP constituents took the most of this annual opportunity and this year's festivities were even bigger than the last. The MICAH Moonlight Magic Madness swung into fifth gear this year with nearly twenty of our cavorting constituents dressed in their Sunday best. Constituents started their night in our bespoke student salon, covering themselves in pretty purple eye-liner and sparkles in their hair. We were even graced by the presence of resident princess **Katalin**, who gave the ball 5 stars, saying **"Avocado head helped me to get ready in the dress. Me and Avocado head had a good night! The food and dancing was fun with Avocado head."** It's important to recognise the novelty of this situation for many of our party-goers. Many said that the opportunity to dress in formal wear and be preened and pampered was an event that came around very rarely if ever. **Michael** arrived dressed in his finest black evening attire and said of the ball **"You only get to do this once or twice a year, it's really good"**. Ladies took the time to get the special treatment from our students and our guys relished being runway ready in their spectacular suits. **Belinda** blew us away, arriving already made-up, looking cover-girl chic, she said, **"[MICAH Ball] was the only time I get to dress up and get pretty."** The pamper time gave constituents the opportunity to feel special and important; which was what the night was all about.



Next on the Micah Moonlight agenda was a photo-op in the CLP parking lot. Constituents got into cover-model mode, striking poses for our CLP photographers. Some constituents couldn't wait to be in front of the lens, others were a little reticent but all of our Micah crew came around in the end. **Steve P** was a one of the ones holding back but eventually relaxed and got a little silly with the rest. Of the ball he said **"It was very fun!"** and it showed on his face as he was beaming the night through. We took the chance to get a little silly and loosen up before we made our yearly pilgrimage to the convention centre.



Our vehicular convoy then set off down the street, each car picking choice cuts of preferred musical tastes to pump our people up for the night ahead. Our constituents grouped together in the Convention Centre foyer trading stories and strategies from last year's event. Tall talk was made about who would get tired first and everyone was convinced they'd dance the night through. We reached the hall and were transported to a balloon-clad wonderland, with lights dimmed and floor polished for the night ahead. Constituents loved the service from convention centre staff, feeling like patrons of a high-class restaurant.

**Kellee** was especially keen and says, **It was good. I had a good time. I love the food. I enjoyed myself there dancing. I am GOING there AGAIN this year... next year! "**

The hall was a buzz of excitement with some of our constituents cooing over exquisite outfits and others charming their way into free drinks. An alternating dinner drop brought some of the finest gourmet dishes our constituents had had all year and after a quick swap with the person next to us, to ensure everyone ate their favourite meat, our patrons ate like royalty. Our resident food review connoisseur **Kerri** recommends the creamed corn saying; **"Creamed corn usually has a weird aftertaste, but that one there is perfecto!"** and **Belinda** says **"The dessert was so yum to die for"**



Finally it was time for the main affair of the evening; the band began to play. Some were up in a flash shaking hips and doing dips in a style that caught the eye of partygoers all throughout the hall. Micah veteran **Brett** loves to get right into the rhythm and it's a highlight of his year, he says; **"Very good! It was a very good ball, you know?"** **Steve T** was another of our movers and shakers; he said of the night, **"It was out of this world!"** Others were a little slower to make their way to the stage but, as with the photos, everybody joined in eventually. Their reputation for rhythm was more than lived up to and the bets about early leavers were nullified as there were none.

The night may be over but the buzz from the affair has far from diminished. Talk of the night is still hot on everyone's lips **Ali** says, **"It was brilliant! Definitely worth the money! CLP should have this more often! Carolyn and I rocked that night!"** and **Carolyn** agrees that **"It was really good!"**

Many agree that MICAH is one of the most magnificent yearly traditions CLP has and though it's only our second, constituents count on it not being our last.





## **Shared Meal**

Shared meal is an opportunity for constituents to meet once a fortnight and share a meal where members can either contribute by preparing a meal or pay. There are approximately 15 to 20 constituents who attend on an evening and share good food and great company. Many of the members comment that it is the good food, a great social get together and catching up with good friends, which are some of the factors that make the evening enjoyable and the fact that everyone gets on well with each other.

This year the group was joined by students at Mary McKillop College who volunteer their time as being part of the Justice Representative Committee. The students contribute to the meal and join in providing activities which include games and entertainment with members. This was also identified as a highlight for members, stating "the students are great". Both the members and the students have an enjoyable evening. We would like to thank the Mary McKillop students for their support over the year.

A farewell was hosted for Jean earlier this year to thank her for her many years of support and involvement in shared meal as Jean decided to relocate to Western Australia. Jean often drops in to catch up with members when she returns to Brisbane to visit her family.



*Jean's farewell*

We have enjoyed great salads put together by Carolyn, mini pizza's created by Katalin, chicken drumsticks created by Christian and go very fast, Stephen's wonderful stew, Jamie who provides jelly and of course apple pie and custard provided by Mick which is always missed when he is unable to attend.

The group is currently in the process of organising their annual Christmas celebration, last year they travelled around and viewed the wonderful display of Christmas lights and enjoyed fish and chips.

We would like to thank Dave the volunteer who provides drinks and prepares a wonderful salad, Stephen M who assists with the dishes and tidying up the kitchen, Kerri who does the food shopping for Shared Meal, Belinda who makes the potato bake which is a favourite of many and those who assist with preparation on the night. Lastly we would like to thank those members who attend and make the night enjoyable sharing their stories and good food.



*Jamie and Mel*



*Carly, Ali and Carolyn*

## **Adventure Holiday Group 2016**

In 2016 Adventure holiday group has sure had some fun and wild times. Our first stop this year was to Lone Pine Koala Sanctuary where we got to see some beautiful wildlife and pat some kangaroos. It was a gorgeous day with clear blue skies, and a picnic lunch by the water to finish off our visit.



Our second stop for the year was to Hosanna Farmstay which was a blast! This camp included farm tours on rickety old trucks, a swim in the freezing cold lake, feeding the farm animals and getting a touch lost on our way to the markets... but everyone had such a good time and was keen for the next camp of the year.



Finally, we made a stop at Bestbrook Farmstay which was an idyllic homestead where the animals roam free. Our adventurous constituents had the opportunity to pat the animals, make damper, crack whips and throw boomerangs. Although it was very cold and windy throughout the weekend some of our constituents still opted to go for a swim in the pool and had a great time doing so. Everyone has said that the camp was great and that they had a fantastic time and look forward to our break up activity at the end of the year.



### **Quotes from constituents**

I really enjoyed the drive and the walk on camp – BJ

It was a real fun camp – AR



# MOONLIGHT WALK RECAP

As part of the Healthy 2016 initiative, two weeks ago CLA participated in their first fun walk. It was a spectacular night that involved constituents, their family members and CLA workers. The night started off with some nibbles at CLA which involved getting into the spirit with some coloured hair spray, face paint and glow sticks.



We made our way to the Southbank ferris wheel where we all completed the 5 kilometre MS Moonlight walk.

We had a great cheer squad who cheered us on and gave us the energy we needed to complete the walk. There were so many breathtaking views that the walk just flew by and before long we were talking about the highlights while enjoying a mini barbeque on the river at Southbank. CONGRATULATIONS to everyone who participated in the walk....We were successful in making exercise fun!!!!



**Quotes from constituents who attended:**

*"It was pretty good and exciting. It was good to see a lot of people. It didn't feel long...."*

*"Everyone had so much energy!!!"*

*"It was a funny night..I had a lot of fun."*

*"Walking helps burn off the fat."*

*"I'm looking forward to doing it again next year with more people!"*



## **Parent Group**

The parent group continues to meet each month at the Kedron-Wavell Club on Thursday mornings. It is an opportunity to share stories, provide support to each other and exchange information. Last month some of our members attended a week-end workshop run by a parent from NSW – whose daughter is now receiving NDIS funding. Additional parents have come to the group this year – and we are looking to meet parents next year who are engaged with other service providers, to further meet people and gain more knowledge from each other. We are looking forward to our next meet up which will be a Christmas party celebration at Kedron-Wavell Club.

## Community Connections

Community Connections works alongside young people and families where there are issues that could lead to early home leaving and/or early disengaging from school. Using an early intervention and community development framework, our work also encompasses group and project work and creating links with the school and wider community.

We are continuing to work with young people aged 12 – 25 years who receive funding from Disability Services, and this aspect of Community Connections has grown over the year with 2 new support workers on board.

The Reconnect service goes from strength to strength, and along with the school based Social Workers at Kelvin Grove State College, West End, Virginia and Gumdale State Schools, help maintain our relationships with schools.

We have continued to invest energy in strengthening our existing, and building new partnerships to support our work with vulnerable and at risk young people. We would like to acknowledge and thank all of our stakeholders for their support over the past 12 months.

- We continue to work alongside Picabeen Neighbourhood Centre, Jabiru Youth and Community Services, Youth Outreach Service and ZYPSS (Zillmere Young People's Support Service) as BNYA (Brisbane North Youth Alliance) to seek opportunities to expand support options to young people in Brisbane North.
- Several groups at local High Schools (some co-facilitated with school staff and other community agencies) including Peer Skills, BRITA Futures, Independent Students groups, and the Transitions Group.
- Centrelink Cluster Meetings - Continue to be facilitated by Community Connections and provides an opportunity for Social Workers from local Centrelink offices and workers from Community Connections to build relationships, share information and experiences to best support young people accessing both services.
- Facilitating the Northside Intercultural Youth Working Group to link youth work supports for CLAD young people across north Brisbane.
- Supported young people / children and their families who access the Nundah Library Homework Club.
- Provided support and participated in the National Sorry Day event hosted by Noonga Reconciliation Group Inc.

***Community Connections would like to say special thanks to:***

The current Community Connections Team –Cate, Renee, Eden, Laura, Courtney, Taki, Jo, Ben, Nat, and Anna.

Sophie, Jori, Gemma, Meg, Hannah, Nikki for their contributions while on student placement.

CLA Inc., in particular Maurice O'Connor, the Management Committee, Carmel, Sylvia and Mandy, and the workers at CLP and ARROS,

Bea Rogan, external facilitator for our Strategic Planning days.

Brisbane City Council

The School and Learning communities with which we engage.

Elders and community members from the various Indigenous communities in the Brisbane North area.

Elders and community representatives from the various communities that have supported the ongoing work with young people and families from diverse cultural backgrounds.

To all the young people and families who have shared their stories with us.

**A message from a  
Community  
Connections young  
person, to other  
young people**

*“Don’t be afraid to show that you are not ok. Because at the end of the day, you are you; embrace it! Don’t think you have to be someone people make you out to be. You are YOU and no one can be a better you.”*

*17 years old*

## **School's Work**

This year, the Reconnect Team worked with the Craigslea SHS Guidance Officer, Lisa Cameron to start up an Independent Student's Group in Thursday's lunch times. Our open and friendly group aims to give young people at school, who live independently or have extra responsibilities at home a place to connect, gain access to safe & reliable information and share skills and knowledge about what it takes to be independent. We've enjoyed sharing a healthy lunch together and look forward to the end of school year.

Villanova College invited Cate from the Reconnect Program to speak to students, teachers and volunteers about Youth Homelessness during their 'Sleep Out' event in July 2015. The young people showed incredible compassion and insight into the issues young people face that can lead to homelessness and were enthusiastic about raising funds for the cause.

## **Reconnect Program**

This year has been filled with fun groups, positive individual support and working with our community to respond to factors placing young people at risk of, or experiencing homelessness. We've welcomed babies, celebrated graduations, watched people cook tasty meals, seen people improve their budgeting skills, assisted young people find safety in their community & relationships, worked alongside young people to stabilise their accommodation, supported young people in their journey of recovery toward increased wellbeing, heard people plan for their future goals and supported families to find new ways to get along with each other.

Our annual January beach trip brought families and young people together to start the year off with outdoor fun.







The team focused our Action Research on the question of "what would it take for young people to successfully complete and submit private rental applications". This was in response to the lack of social housing options for young people and the need for young people to find ways to enter the private rental market. The outcome of this research was the creation of a 'how to' style resource we call the Private Rental Application Kit. Young people have said that having trustworthy information in one place about the process of preparing to apply for private rental is very helpful. Young people were able to learn about the meaning of words (aka jargon) used in the real estate industry and are more realistic about the types of housing that would be affordable. It has enabled young people to organise the right types of ID, references and other information to include in applications for share houses and other private rentals; as well as plan for the logistic of a house they would move into; apply for a bond loan; and consider the types of housemates they want to live with for a successful tenancy.

Cate participated in the Northside Sexual Assault Action Network and was a member of the Victim of Crime Community Capacity Building project Steering Committee. The outcome of this project was \_\_ workers across north Brisbane trained in supporting survivors of sexual violence as generalist workers, linking workers into a network of supporters and ongoing reflection about sustaining response to gendered violence. Thanks is given to Nundah Neighbourhood Centre, BRISSC, Zig Zag, WWILD as key stakeholders in this project.

Sadly, the Reconnect Community lost a massive advocate for young people with the passing of Allan Cooper of Logan Reconnect. His support across the state is missed.

## Independence

Independence is a forever life changing and life growing skill, this skill is used to pursue personal goals in every aspect of life. From as little as one when you start to learn how to walk on your own to as old as a teenager or adult moving out of home to start your own life. Every single part of change is a trait of independence. I like to see it as a caterpillar forming into a cocoon and transforming into a beautiful independent butterfly in which can fly freely in whichever direction it decides to choose as it's in control of its new journey.

In saying this moving out of home was one of my personal journeys in which I inflicted and pursued. Moving out of home as an adolescent was extremely difficult as I had no idea what I'd be facing, where I was going to go and better still how I was going to survive. This was an extremely stressful, challenging and hard skill to apply with no known knowledge. I felt somewhat alone and personally felt that I didn't have the ability, skills or values to carry through such a task of finding my own place to live.

Not knowing where to start or how much process was involved was confronting. I personally started by looking at how much I could realistically afford within working two jobs, any bills or expenses I had such as phone, food and travelling expenses and also any applicable government benefits. After coming out with a set amount I then started looking at rental websites where I viewed many properties that were a match to my budgeted amount and pursued with ringing the correlated real estate agents to book a time to view the properties as I found out along the way that you couldn't apply for any properties until you had viewed them as this was a part of the renting process. All the anxiety, fear and nerve racking emotions came about when contacting the real estate agents and viewing the properties as I personally felt I had to portray myself in a way that would break the stereotypes of young people.

After the process of contacting and viewing the properties, then came along the rental applications. These were extremely detailed and required a lot of information such as 100 points of I.d, any applicable rental history, references and income details. This application at first felt as though I was going into a test blindsided and had no idea what I was doing. However with assistance of support workers and real estate agents I was able to fill these forms out with the necessary documentation and information. Continuing with this process it then came to a period of a waiting process this was the most anxious part for me, I literally had butterflies in my stomach not knowing what the verdict would be. A million and one thoughts travelled through my mind and I was asking myself a lot of questions. Though some of the outcomes were knockbacks and I felt depicted as a young person due to the strong stereotypes in place, I knew that the only thing to do was keep trying and be an individual and portray this within my application. So as the applications were completed and sent through after a few attempts I was finally accepted into my own rental property! This was such a relief and a high feeling of a Toyota moment!!

With all the work, time and effort put into place by portraying the value of independence really paid off in the end and was such a great feeling and achievement within itself. Not only was independence the value in which was placed into action of getting through the process but was also a result as a personal goal of finding my own rental property. It was as though I was the butterfly that had sprung from the cocoon and transformed into the butterfly in which decided to fly freely in the direction I was aiming for, making myself in control of my own journey. Though there were many hurdles, it was finding the right change of direction not only within myself, my goals but also my actions. Being independent can be hard I'm not going to deny, but in the end there is always a rewarding experience of a goal being achieved that you and you only can be satisfied and proud of within yourself. So spread those wings and set a flight!!



## **Working alongside young people with cognitive disabilities.**

Community Connections has continued to work with young people with a cognitive disability and their families. We have supported young people individually around the areas of school transition, identifying goals, community access and linking, organising and attending appointments, job seeking and in-home support. Alongside these areas, there has been a focus on providing emotional support and building and maintaining healthy relationships. We have also been working with young people and their families to prepare for the implementation of the NDIS.

Some highlights of the work have included a young person transitioning from family home into supported accommodation. This has also involved creating close relationships with other services who have been involved in the transition. Another young person has been supported to complete a traineeship which has led to qualifications and further paid employment. We have seen a noticeable change in many young people's personal outlook, with some comments of feeling happier and more independent.



## **Transitions Group**

Community Connections continued the Everton Park Transitions project throughout the year. This group was started as young people with a disability often experience poor post school outcomes, due to the lack of support established for them after school. This year, the group was held at the Community Place at Stafford. This allowed the group to utilise the kitchen to learn food preparation and healthy eating. Whilst historically the group focused on agency visits, we found more positive outcomes when focusing on psychosocial education and skill building. This group has been led by the young women and all the topics have been areas of interest for them. Some of the topics covered were social media and cyber safety, relationships and emotional learning, job seeking and interview skills.

In April the Transitions Group had a jar in the 'Local Matters Program' at Grill'd. This saw us taking first place and winning \$300. The public support for this group was outstanding and had a significantly higher amount of tokens than any other group that month.

Throughout the year, some feedback from the young people has been that they find that "It's friendly and we feel like we can say what we want without being judged and they listen to us", and "that they listen". When asked what we do in the group, comments were "It's like a Transitions Group for transferring from school to real life" and we are "learning about society". They also had the following conversation when discussing what we had learnt throughout the year:

A – "Dealing with emotions"

M – "Where to get help for example, Headspace and Kids helpline"

A – "How to prepare for job interviews"

Mo– "we learnt about relationships"

M – "And how relationships can be positive and negative"

D– "We also learnt about travel training"

M – "I can catch the bus from home to school or Chermside"

A – "I can catch the bus to school or Chermside and I can catch the train to youth group"

*Teachers involved in the Transition from School Project has said the following: "There is clear evidence that students who have been on the program have developed skills that will help them as they leave school and enter the community."*

*These skills include healthy relationships, communication, keeping safe, internet safety how to access help for health issues through agencies such as headspace and other community organisations.*

*While students are at school they have access to and direction from teachers, when they leave this support diminishes. Students with a disability are vulnerable and it is vital they be given every opportunity to gain life skills required to safely transition into the community post school.*

*The program that CLA offers for students provides these skills allowing them to confidently make the transition knowing that support can continue.”*

## BEROS



In 2015/2016 Community Living Association (CLA) in consortium with Micah Projects and Kyabra Community Association received 12 months funding from Department of Communities Child Safety and Disability Services to deliver Brisbane Emergency Response Outreach Service (BEROS) as a trial project in the Brisbane Region.

BEROS works with young people (12-18 years old) in the care of child safety who are self-placing and are connected to one of the seven Child Safety service centres in the Brisbane Region.

The BEROS service provides the following support:

The CLA team provides outreach case management to young people who are self-placing or who are regularly absent from placement. This team work Monday to Friday 9-5pm alongside young people, child safety and other stakeholders.

The case management team support young people to work on goals that they have defined as a priority. For some young people this might be about stabilizing housing, engaging in education or employment, working on relationships with family etc. Case managers support young people to access resources, refer to alternative services and support options, and rebuild their relationship with Child Safety.

Micah provides a BEROS street to home service 7 nights a week from 6pm until midnight supporting young people to safely return to placements, other self-placement arrangements or the BEROS accommodation. The team regularly provide welfare checks to young people flagged as at risk by child safety, placements or the CLA case management team and respond to other referrals from Child Safety After Hours, police, young people and hospitals.

Kyabra provides the house and the overnight support staff for the BEROS emergency accommodation. The BEROS emergency accommodation supports up to 2 young people for a maximum of 2 nights whilst BEROS case management works alongside Child Safety to advocate for a stable placement option or supports the young person to access alternative accommodation.

The BEROS emergency accommodation was located in Woodridge for the initial 6 months of the trial project, which was outside of the Brisbane region and attracted a large number of outer region referrals. In early 2016 BEROS moved to a private rental property in Salisbury with the intention of moving the service back to the Brisbane region and gauging how this would impact the number of Brisbane region referrals entering the accommodation.

BEROS has evolved and transformed as a service over the past 12 months throughout its trial phase. As a service we have been consistently reflecting on our work with young people and implementing appropriate change to our practice and procedures. From this cycle we have grown as a trial project into a service which has been funded for the next 2 years. Plans for continued growth and service development are clear and supported by BEROS contract managers, Child Safety region and other significant stakeholders.

We look forward to the new financial year, our new house, our ongoing partnerships, supporting young people and continuing to move forward as a new service in a system undergoing so much change.

Thank you from the BEROS team!

## **Accredited Mental Health Social Work**

ARROS welcomed a new program to the team in 2014 in the form of Accredited Mental Health Social Work (AMHSW). AMHSW are registered providers with Medicare Australia. They have been assessed on behalf of the Commonwealth Government by the Australian Association of Social Workers (AASW) as having specialist mental health expertise. An AMHSW is eligible to provide services through Commonwealth-funded Better Access to Mental Health Care Programs. AMHSW in ARROS have experience in assessing and treating people with Intellectual Disabilities who are experiencing mental health challenges, such as:

- Depression and other mood disorders
- Anxiety disorders
- Suicidal disorders
- Relationship problems
- Life crises
- Adjustment issues
- Trauma
- Family conflicts

Referrals have come from a range of services, people themselves, families and Government organisations. We are committed to providing ongoing mental health support to people for up to 10 sessions (per calendar year) bulk billed with a referral from their general practitioner. Heading into 2016/2017 financial year CLA has Megumi Hassan who is accepting referrals and practicing in this role 1 day a week.



## **ARROS connecting constituents with Givit!**

This year, a number of ARROS constituents were supported to access Givit donations of much needed items. Givit allows community service providers to request essential items for their clients, whilst respecting their privacy and safety.

James was delighted to receive a lawnmower, which has been put to great use at his property and contributes to his worm farm success!



## **Awesome Traders Project**

This year, Sean took part in the Awesome Traders Project and after 10 weeks of learning new skills in hospitality, working within a team, preparing food, cooking and working on his resume, Sean gained a Certificate 1 in Hospitality! Sean really enjoyed the hands on side, particularly working in the café and learning to follow a recipe and preparing food. Sean was keen to use these newfound skills and has gained employment at Monte Lupo Café in Banyo where he works five days per-week. Sean has become an integral part of the team at Monte Lupo Café and makes a mean coffee!





## **Awesome Traders Project and Employment at Montelupo Café**

Taury has undertaken Awesome Traders Project where he enjoyed learning about hospitality, job search skills, resume writing, and staying healthy through exercise. Taury and his fellow students learned those skills at the venues such as HELP enterprise in Eagle Farm, Stage 6 Health and Fitness (Nundah), Espresso Train Café, and at Nundah Market.



In the completion of this project, Taury successfully attained an employment at Montelupo café in Banyo. Two awesome volunteer workers, Yizi and Eleanore support Taury to work at this café 2 days a week. Taury really enjoyed participating in the project and felt sad when it finished. However, now he says he loves his work at Montelupo café!

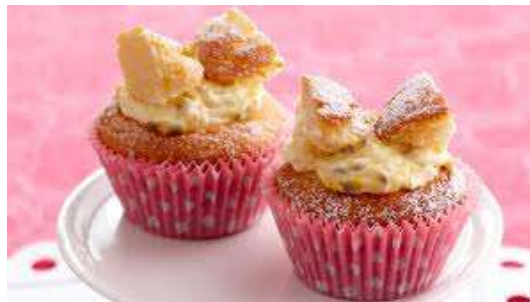


## **James shares his life stories with Jillian from NDIA**

In August this year, James met Jillian to showcase his work at his home in Stafford Heights as well as at his weekend home in Kobble Creek. James proudly shared his ever growing worm farm business he has been running over 5 years, and his work around the yard to enter Garden Award event through Housing Service.



Then, we all drove to Kobble Creek where James was excited to show his tree house while sharing the story around this project and other activities he enjoys with some support from Debbie.



After having a stroll around the acreage and sharing some of his passion around solar powered electric appliances, James shared his goals and dreams over a lovely morning tea kindly prepared by Debbie. James told his ARROS worker later on that he felt empowered and proud of sharing his stories with Jillian, and a sense of contribution as a member of CLA.

## **ARROS NDIS Preparation**



Our work to get prepared for NDIS to roll out in Queensland is ongoing. This August, Penny, the new Associate Outreach Worker, is on board to assist the team with NDIS preparation so that all our constituents have smooth transitions to the new scheme. All ARROS workers are supported to have requested documents regarding NDIS eligibility in place. The following is what we have been working on:

- Completing Annual Review and Plan with constituents. 12 of the Annual Review and Plan have already been presented to team.
- Completing Detailed Supports Description with constituents. The Description will help to give NDIA a clear overview of the current support the constituents have now and the necessary support that they may need to achieve their goals and aspirations in future.
- Collecting supporting documents that demonstrate constituents' eligibility for NDIS.

## **A helping hand for Nundah's homeless**

Senior Constable Kristy O'Neil on Aug 31, 2016 @ 1:48pm

On Monday Hendra Police had the pleasure of attending the launch of Nundah Village Passport (NVP). Acting Officer in Charge, Senior Sergeant Leonie Scott, and Inspector Mick O'Dowd were on hand to learn all about the NVP and meet the volunteers behind the project.

The NVP is an initiative designed to build self-esteem and a sense of belonging to the Nundah community. Targeting homeless or at risk persons, the program provides all participants with meal vouchers which they are able to redeem at local Nundah businesses. There they can enjoy a meal with their social worker and talk options for their future. Participants can fill their belly and their self-esteem tanks all at once!

The program is funded by the Albion and Nundah Rotary clubs. What an awesome way to build community relationships. Congratulations to our wonderful community and these volunteers who have worked tirelessly to get the NVP off the ground.

We certainly look forward to a long relationship with the NVP.



<http://mypolice.qld.gov.au/brisbanenorth/20>

[16/08/31/helping-hand-nundahs-homeless/](http://mypolice.qld.gov.au/brisbanenorth/20/16/08/31/helping-hand-nundahs-homeless/)

## **Self-Care**

In July the ARROS team participated in its annual tradition of a 'Self-Care' afternoon where staff were encouraged to share their own positive self-care strategies with the team and gather new ideas from others. The Self Care afternoon is about exploring the challenges of social work and the tools needed to avoid burnout and fatigue. Self-care strategies include; mindfulness, eating well and doing exercises that relax us. Having a network of support people in our lives is also important as well as good office hygiene to prevent the spread of colds and flus in those winter months. It also includes being diligent about our self-care routines because making a habit of it makes it more accessible when we need it.



## Nundah Community Enterprises Cooperative



Nundah Community Enterprises Cooperative (NCEC) provides meaningful work for people with intellectual disabilities who were long-term unemployed, having fallen through gaps in the employment system. This is achieved through the establishment of employment generating businesses. NCEC measures its performance by the sustainability of its businesses (Espresso Train Café and NCEC Parks and Maintenance) and the quantity, quality and longevity of employment it creates. NCEC adopts a *depth* approach to social impact, creating employment for those whom the private market and funded government programs had been unable to assist. Our leadership in the sector was this year confirmed in



Nundah Community Enterprise Co-Operative

winning of a prestigious Australian Social Enterprise Award.

NCEC Parks and Maintenance was again sustained by its own business operations and did not require external subsidy or subsidy from another part of the co-operative. 2015/2016 also saw an increase in parks contracts awarded by to the co-operative, due to its positive work reputation with existing customers.

In 2015 NCEC embarked on a two year research partnership with the University of Queensland (UQ) to document qualitative outcomes for workers within the co-operative as well as our model of sustainable job creation. Whilst waiting for the outcome of that study, enjoy reading this short excerpt and 'qualitative snapshot' from a Radio National

interview aired in July upon winning an Australian Social Enterprise Award.

NANCE HAXTON (Radio National): *Danny Thomas started working here a year ago, after an accident left him in a wheelchair, and struggling to find work.*

DANNY THOMAS (Café worker): *Mostly a lot of unemployment. People out there didn't want to employ people with disabilities or mental issues and all that. But it's good to have established this co-op because it helps people to earn a living wage and all that and there's not many co-ops around like that to help people with disabilities.*

## NEW DEVELOPMENTS

This year the cooperative expanded its activities into consulting and training, to share its expertise with other communities and not for profit organisations wanting to develop their own social enterprises.

### Outcomes:

- Two new community enterprises have been started by long term unemployed people from refugee backgrounds
- 18 people with disability and or refugee background have accessed paid traineeships
- One successful consultancy for a large NFP



## **SQW (Skilling Queenslanders for Work)**

CLA were successful in gaining funding for two

State Government funded projects through the

Skilling Queenslanders for Work (SQW) initiative

that rolled out in February 2016.



***The Awesome Traders Project*** was 9 weeks in duration and assisted (10) CLA constituents (young people with an intellectual disability) to obtain a Certificate I in Hospitality through HELP Enterprises. The group also set up a market stall at the Nundah Farmers Markets and sold the produce they had made at Espresso Train Café. This project helped to imbed the theoretical learning through the Certificate I qualification.

One hundred percent (100%) completed this project and (4) of the young people gained casual employment in cafés and (1) found work in a bakery. Two (2) went on to participate in further training and (2) reengaged in school. This was an extremely satisfying outcome and the project workers ***Renee Mills and Jess Black*** should be congratulated for their excellent work.

***The Our Re-Gen Project*** was a traineeship in conservation and land management and (18) participants were recruited and engaged in paid work experience at the Hendra Pony Club. The cohort was made up of (7) CLA constituents with an intellectual disability and (11) CALD participants from MDA. The project was (26) weeks long and the trainees gained theoretical knowledge and hands on experience in skills such as mowing, whipper snipping, hedging, weeding, safe work practices, workplace communication, hard landscaping and planting.

The project focused on assisting the Hendra Pony Clubs efforts to maintain the land and provide better safety for horses and riders and improved natural environments. The land is situated on an old rubbish tip and the efforts of this project gave a well-earned break to volunteers who have given their time for years to keep the grounds maintained.

The Re-Gen team consisted of Greg Beckford, Eathen Smith and Sam Papillo and the outcomes from this project were also very impressive with 88% completion and 61% employment outcomes. This project was so popular, that an application was submitted for the ***Re-Gen Again Project*** which will see 2 intakes of 15 over 22 weeks participate in a



traineeship in Conservation & Land Management beginning September 2016 and March 2017.

**Community Caterers Project** was a sixteen week program run as part of the Queensland Government's Skilling Queenslanders for Work program. Nine participants, three of whom identified as having a disability, and six from different cultural backgrounds, successfully completed a Certificate I in Core Skills for Employment and Training, a Certificate II in Hospitality, as well as building confidence and teamwork skills in a hospitality environment. Participants had the opportunity to share their knowledge, skills and recipes amongst the group, and the differing abilities and interests of the group provided a unique and positive learning environment for everyone involved. We wish our Community Caterers participants every success in their new careers in hospitality.

Nearing completion is the **NDIS Peer Enablers Project** (9). This project is on track to achieve KPI's and all participants are actively engaged and more positive about their future employment prospects.

In Summary the Skilling Queenslanders for Work Projects have assisted a total of 46 people to achieve training and employment goals. Peer networks have been created and all people involved have gained more skills and improved confidence.



# Housing

## Village Housing

Village Housing is an initiative of CLA that provides long-term housing to Community Living Program (CLP) constituents and other eligible community members.



Village Housing purposely includes people with and without intellectual disability in its aim to create the best life possibilities for people with an intellectual disability. Village Housing hopes to demonstrate that communities can be a place where all people are equally valued and where their gifts and contributions to others can be recognized.

### **Goals of Village Housing are to:**

- Increase housing options for constituents of CLA and other eligible persons in North-East Brisbane;
- Provide safe, affordable and secure accommodation close to public transport and other services;
- Provide supportive accommodation through:
  - A balance of people with and without an intellectual disability;
  - Positive and purposeful interactions with other tenants and neighbours;
  - Engagement of those who are important to constituents in their housing situation; and
  - Engagement of tenants in sharing the management of Village Housing

Village Housing has 9 dwellings, comprising 6 units and 3 houses.

Over the past year we have undergone some minor alterations and upgrades, including internal painting, new flooring, blinds and appliances.

Village Housing continues to offer good quality, well maintained and affordable housing to people on low incomes and pensions.

### **Village Housing Crisis Accommodation Program**

Village Housing utilises one property with Queensland Housing Department funding for crisis accommodation for eligible persons. Village Housing also subsidises a number of people with crisis housing needs in private rental. Funds for this purpose are through donations.

### **In Home Mentor Scheme**

Village Housing also provides support for the In Home Mentor Scheme which provides in house support to people transitioning to independent living.

### **Independent Youth Housing Group Ltd**



IYHG is a constituted body which receives ongoing support from Community Living Association. The co-operative have been operating for 27 years and is not for profit and completely run and maintained by its 12 members.

The main goal of IYHG is to provide quality, stable housing for low income earners. IYHG presently has 11 properties in Clayfield, Nundah, Northgate, Wooloowin and Zillmere areas and houses 12 people.

IYHG has continued throughout the year to improve and maintain its' properties. Over the past year we have undergone some minor alterations and upgrades, including new flooring and blinds and have recently been successful in funding from Gambling Benefit Fund for a bathroom and kitchen upgrade.

### **Home Share**

CLA supports North Brisbane home share which seeks to link people who have accommodation and need support to those who need accommodation and provide support.

## CLA Brokerage Arm

The CLA Brokerage Arm is a recognised host provider under the Your Life Your Choice program. It acts as a budget holder for the funding an individual with a disability receives from the Department of Communities, Child Safety and Disability Services.

## Here are some websites that are connected with Community Living Association

	<p><b>CLA Inc website:</b> <a href="http://www.communityliving.org.au">www.communityliving.org.au</a></p>
	<p><b>Facebook page:</b> <a href="http://www.facebook.com/CommunityLivingAssociation">www.facebook.com/CommunityLivingAssociation</a></p>
	<p><b>GiveNow:</b> <a href="http://www.givenow.com.au/communitylivingassociation">http://www.givenow.com.au/communitylivingassociation</a> On this site you can make a donation to support innovative housing and personal development options for young people with a disability existing Child Safety and other young people experiencing social disadvantage.</p>
	<p><b>Community Crew Resource Hub:</b> <a href="http://www.communitycrewhub.com">www.communitycrewhub.com</a> This site provides information on supporting people with a disability and their families to explore the options of niche volunteer roles or creating a micro business as an alternative way of meaningfully engaging in community.</p>
	<p><b>Nundah Community Enterprises Co-operative:</b> <a href="http://www.ncec.com.au">www.ncec.com.au</a> The Nundah Co-op provides meaningful employment for people with intellectual disabilities and mental health issues.</p>
	<p><b>Home Share Project:</b> <a href="http://www.homesharebrisbane.com">www.homesharebrisbane.com</a> The idea of homeshare is to create an opportunity for the householder to offer affordable accommodation to a homesharer in exchange for some agreed support or company.</p>

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