

VOCAL POINT



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Cover image: Ray Davies, Cathy Miller, Janet Dixon, Nicolle Flint MP, Governor Hieu Van Le, Chris Bergin, Susan Neuhaus, Senator Rex Patrick and Michelle Lensink MLC



Vocal Point is the official newsletter of Minda

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FROM THE CEO CATHY MILLER



As many of you know, I tendered my resignation as Minda CEO and finish up my tenure on Friday 28th September.

It has been eight years since I first started in my role, and it has been exceptionally rewarding to see Minda transition over the course of time to become a modern, progressive disability organisation that puts the people its supports at the very centre of everything it does.

Not only is Minda now a benchmark on a state and national level, it was rewarding to recently achieve international recognition when seven Thai organisations entered into an agreement which results in our training and care approach being used to transform the lives of people with disability and their families in Thailand and achieving appointment to the Workability International Board.

Minda was created out of the need to support some of South Australia's most vulnerable people and I have been proud to continue that legacy and ensure that the organisation is well positioned to grow and thrive under the rapidly-changing NDIS environment.

As I reflect on my tenure at Minda there are plenty of achievements to be celebrated – we now have a positive culture of success, doubled the workforce, announced major business acquisitions, and opened new metro and regional offices.

Recently we unveiled the largest, and most advanced, disability support hub in South Australia as part of our Master Plan at Brighton and completed state-of-the art accommodation options.

But ultimately these outcomes are all a means to an end, which is to give people with disability a range of choices about how they want to live, work if they want that opportunity, learn new skills and live an extraordinary life of their choosing.

It has been that objective, shared with the entire team, that has made my time at Minda one of my career highlights to date.

Leaving a role that you are passionate about is never an easy thing, but it is time for me to move on to the next challenge - and I farewell the many colleagues and friends I have made as CEO knowing that Minda is a true leader in the disability sector.

I thank you for your support.

A stylized, handwritten signature of Cathy Miller in black ink.

Cathy Miller
Chief Executive Officer



FROM
THE
PRESIDENT
SUSAN
NEUHAUS

One of the most important hallmarks of a CEO is leaving an organisation in a much better state than when they first arrived, and there can be no doubt that Cathy has done exactly that after what has been a very successful eight years at Minda.

Cathy has been an outstanding ambassador for Minda and the broader disability sector, and she has become much-loved and respected across our workforce, volunteers and the many people we support.

During her tenure, Cathy has worked closely with the Minda Board and Executive team to successfully implement a number of major initiatives to ensure our organisation is perfectly placed to adapt, respond and best support a growing number of South Australians and their families under the National Disability Insurance Scheme.

Cathy has spearheaded a number of major business acquisitions designed to self-generate income through our social enterprises to secure local jobs and provide increased support and employment options.

Under Cathy's leadership we have expanded our footprint, giving more people access to our programs and services, including Disability Choices, MyPATH and our highly successful

mentoring program – all of which have been introduced under Cathy's watch.

Most notably Cathy has played an important role in realising the 10-year vision of successive Boards of Directors, presided over by Roy Arnold OAM and Tony Harrison, who had the vision and commitment to develop Minda's Master Plan at Brighton. Minda's broader range of accommodation options come complete with smart technology which is a first for the disability sector – and ensures people can live as independently as possible without compromising on support.

She has strengthened our lifestyle and accommodation offerings even further with the addition of Brighton Dunes retirement living options, as well as the establishment of Minda Housing Limited as part of our NDIS-ready focus.

Cathy leaves our organisation in a strong position for sustainable future success.

I am sure that I speak on behalf of you all when I express sincere thanks to Cathy for her unwavering efforts to promote Minda, and wish her the best for the future as she embarks on the next stage of her career.

Susan Neuhaus CSC
President



ASSIST with Minda

On Tuesday 31 July, we were excited to announce the transition of ASSIST Therapy Services to Minda, with their established team of allied health therapists and support staff having the choice to take up employment with Minda.

Minda's Executive Manager Service Delivery, Geoff Blackwood says the process started when the South Australian Government announced that the management of ASSIST Therapy Services would transition to a non-government organisation.

"As a well-established provider of choice within the disability sector, it has been pleasing that Minda has been recognised as the chosen service provider."

Minda was selected for a range of reasons, including capability to offer continuity of support for ASSIST customers and importantly, our allied health team's well-deserved reputation as industry-leading professionals.

ASSIST staff are similarly highly-regarded, with core business in Occupational Therapy, Psychology, Physiotherapy, Speech Pathology, and Dietetics/Nutrition. Offering services across greater metropolitan Adelaide, ASSIST also provides in-home and community-based support.

"The ASSIST group brings a great diversity in skills and multi-disciplinary practice, which we believe will expand Minda's offering and ability to service a broader range of customers across the community."

Inclusive Café at Minda Brighton

Inclusive Café (INC for short) at Minda Brighton is in full swing, with great coffee and a full menu available, six days a week.

There are many delicious food options to choose from, including soup of the day, Thai basil beef, a variety of pastas (including gluten free) and eggs benedict, to name just a few.

You can dine in or 'grab and go', with regular specials available for Minda and SAGE staff.

If you haven't had a chance to visit, make sure you call in for breakfast, lunch or a snack – and tell your friends!

If you're loving the INC coffee, you can keep the good vibes pouring at home too with INC's bags of beans, ground coffee and coffee pods.

INC provides employment for people of all abilities and as a social enterprise, the contribution patrons make in supporting INC will be invested back into supporting people with disability.

Supported employees Cheryl and Chelsea have transitioned from working in Isabel's to working at INC – so make sure you say hello!

INC is on Facebook @InclusiveCafe and on Instagram @inclusivecafe – so like and follow the café on social media to keep up to date with all the latest news and foodie pics.

Open from Monday to Saturday, 7.30am to 5pm, Minda Brighton.



Supported Employee Cheryl at Inclusive Cafe

Students Learn the Ropes at INC

Five students from Brighton Secondary School are relishing the opportunity to participate in work experience at Inclusive Café at Minda Brighton.

SA Group Enterprises Commercial Manager, HR Operations and WHS, Tracy Biddiss-Scott, says Ryan, Ellias, Abdulhay, Connor and Kaiser are excited about the opportunity to experience working in the café for two hours a day, one day a week, for four weeks.

Ryan was the first student to start in the café and he was smiles all round, being buddied up with our barista Marcello. Ellias says he is really excited about the opportunity to learn the ropes with café staff Hayley and Jade.

"Given we have such young and vibrant staff at the café, this has certainly assisted the students to settle in," Tracy says.

"This four-week introduction of work experience at the café is allowing the students to see if hospitality is where their



Ellias (centre) with Jade and Hayley at INC

interests lie."

Tracy says the students – who are in years 9 to 11 – can use their work experience to explore vocational avenues while at school, and can gain a real insight into what it's like working in the hospitality world.

She says the four-week work experience was planned around each student's current subjects and

appointments, with all students participating in their weekly two-hour placement.

"Our ultimate aim is to offer these types of opportunities for students to participate in work experience across all our Commercial Enterprises and provide support to students who are interested in pursuing a career."

Master Plan Stage 2 Launch

Minda has taken the wraps off Stage 2 of our Master Plan at Brighton, showcasing the largest, and most advanced, disability support hub in South Australia.

Minda Patron, the Governor of South Australia, His Excellency the Honourable Hieu Van Le AC, officially opened the new accommodation and lifestyle precinct at a celebration on Monday July 9.

The event was attended by dignitaries including the Governor and Mrs Le; Federal Member for Boothby, Nicolle Flint MP; Senator for South Australia, Rex Patrick; and South Australian Minister for Human Services, Michelle Lensink MLC. Also attending were State and Local Government representatives, Master Plan partners, corporate partners, and members of the Minda Board.

Chief Executive Officer Cathy Miller says the Master Plan is the biggest project in Minda's 120-year history.

"Stage 2 of the Master Plan represents a \$95 million commitment and includes our lifestyle precinct which offers a range of learning and lifestyle programs," Cathy says.

"Our Stage 2 accommodation includes 18 single-storey houses and two three-storey residential apartments buildings that combine the comforts of home with leading-edge technologies and a contemporary model of service delivery."

"I was delighted to be joined on stage during the official opening by Chris Bergin, who lives in one of the new apartments on Bonython Way. Chris did a fabulous job telling us about his new home, and how he enjoys

having his own space and independence."

Cathy says the Master Plan for Minda Brighton was first conceived in 2009 and it has become a physical expression of person-centred thinking.

"It reflects our commitment to become an intentional, mixed community village, that draws on smart technology to ensure people live as independently as possible without compromising on support," she says.

"I'm really excited about the technology behind the project, which is the first of its kind delivered for the disability sector. The Integrated Building System comprises building management, lighting control, CCTV and security, electronic access, energy management, assistive technology, just to mention a few. We're finding innovative ways to provide industry-leading support to our customers, with a non-intrusive approach to service delivery and support."



Roger Gillison shows Mrs Le through the pottery



Stephen Prider and Gai Dawe cut the ribbon for Lifestyle Precinct Building One



The Governor was impressed with the cooking that was underway in Lifestyle Precinct



Tim Sarah, James Sarah, Michelle Gheorghiu, Ben Layley, Adrian Esplin and Belinda Wood



Michael "Mikey" Field with Human Services Minister Michelle Lensink MLC and Federal Member for Boothby Nicolle Flint MP



Chris Bergin addresses the crowd

Disability Choices at Kadina

Minda is continuing to expand our presence across the state, with our newest Disability Choices office now open in Kadina.

Nicole Harris joined Minda as Disability Choices Coordinator last month and says the new office is going really well.

"The office is a beautiful space, it's light and bright, and we get a lot of traffic being in one of the main streets of Kadina," she says.

"I'm enjoying getting the Minda name out there in the region, and spreading the word on the services we offer."

Minda's Disability Choices office based in Kadina offers support to people with disability and their families in navigating the National Disability Insurance Scheme (NDIS), no matter where they are on their journey.

The office is located at 34 Taylor Street, Kadina. Rosemary Coulter runs SA Learning Centre courses and trainings from the same premises.

An official opening for the Kadina office is currently being planned – stay tuned!



Nicole Harris in the Disability Choices office at Kadina



Maria is SA's Self-Advocate

Maria Edwards has been named as SA's self-advocate by SARU, the Self-Advocate Resource Unit.

SARU's panel of three independent self-advocate representatives recently met and decided who the representatives would be for each state and territory.

As the SA representative, Maria will be involved in improving the national self-advocacy website, including making it accessible.

She will also be talking to Our Voice SA and Express Yourself self-advocacy groups to make sure all members have their say about what they want the self-advocacy website to look like and what resources it will have on it.

Maria lives at Brighton North and is regular at MyPATH, loving creative activities and dabbling in paint, glue, glitter or any other medium that will produce colourful and vibrant art. She takes an interest in politics, current affairs, news on disability and world news.

She has been recognised as a worthy advocate at Minda for some years now, having previously attended the Having a Say Conference in Geelong where she liaised with other advocates to find out the latest news in disability and advocacy. She always advocates for anyone needing a helping hand and says she is excited about going to Geelong again soon.

Well done Maria!

Rock Carnival



Alison Hoffmann, Susan Neuhaus, Cathy Miller and Phil Hoffmann



MCs Angus and Katrina roll into the Rock Carnival in a 1959 Plymouth Fury



Eleanor, one of our lovely volunteers



Ruby (centre) with MCs Katrina and Angus

Close to 450 guests enjoyed an electrifying night at the Minda and Phil Hoffmann Travel Rock Carnival, held at the Adelaide Convention Centre on June 29.

In celebration of Minda's 120th anniversary, we stepped back in time for a rock extravaganza featuring carnival amusements and fabulous entertainment by Australian rock singer Swanee, Adelaide band Lucky Seven, and a dance performance from across the decades by Precision Dance.

Event MCs were Minda ambassador Katrina Webb and radio presenter Angus O'Loughlin, who made a grand entrance to the carnival in the back of a Plymouth Fury 1959 convertible, kindly loaned to Minda for the evening by Peter Wickes.

Angus looked fantastic dressed as Danny

from Grease, with Katrina's 1950s-inspired outfit designed by Adelaide bridal and evening wear designers and Minda supporters Calèche.

Chief Executive Officer Cathy Miller says the rock carnival was an enormous success, raising more than \$60,000 thanks to generous supporters, including corporate partners and sponsors, Minda Board members and Executive.

"The major fundraising event for our 120th year highlighted the wonderful support we have from our sponsors and corporate partners, such as Platinum sponsor and long-time Minda supporter Phil Hoffmann Travel," Cathy says.

"Phil Hoffmann Travel has been a supporter and advocate of Minda for over 15 years and Phil himself is an ambassador of Minda.

"Although raising money to help support

South Australians with disability is the main reason for our gala events, they also provide sponsors and corporate partners with the opportunity to network, gain recognition for their support and enjoy a fun night out for a good cause.

"All our guests got into the spirit of the evening, enjoying a live auction run by Andrew Monks from Evans Clarke National, a silent auction, raffle and a lavish three-course meal."

Cathy says a personal highlight of the night was when she interviewed Ruby Nankivell on stage. Ruby, who is supported by Minda and a Mentoring Program participant, was well received by the crowd.

Thank you to everyone who made this event such a success!

Artful Minds at Minda

As we continue to strengthen the creative arts program, Minda, in conjunction with Artful, is excited to announce the launch of ceramics (pottery) classes.

This new partnership will allow the community to access to Minda's state-of-the-art ceramics studio with courses to be delivered by qualified and inspiring artists.

To launch this dynamic initiative, the ceramics classes will be delivered by Kate O'Callaghan, a ceramicist and the Artistic Director of Artful. Kate graduated with honours from the National Arts School of Australia in Sydney and launched Artful in 2015.

"The art of pottery provides so many benefits for people of all ages and is often described as therapeutic and relaxing," Kate says.

"I've personally seen students in my classes de-stress and flourish through this creative outlet".

The ceramics classes at Minda will include throwing on the potter's wheel along with hand building techniques. These techniques demonstrate the historical origins of ceramics:

"At Artful we are passionate about teaching the ancient practice of ceramics," Kate says.

"Together in the classes we will think like optimists, be adventurous and care about the materials things are made from; but most of all - have fun!"



Kate from Artful Minds

Classes are due to commence later this year in time for the holiday season.

To find out more about the upcoming ceramics classes, call Kate on **0406 339 642** or email artfulplace@gmail.com



Anthony working in ceramics at Minda

Our Comic Book Super Hero

Blend Creative graphic designer Travis Richardson has turned his passion for comics into reality, publishing his first comic book.

A member of the production team at Blend, Travis is also a talented illustrator. The comic book, 'It's Dynamic, Issue 1 – Hero's Debut', was created by Travis and his friend Olivia Brooks.

The comic book follows Danny, who decides to become a hero at an undercover hero school in order to find those responsible for his parents' kidnapping.

Travis, 21, has received great feedback on the comic so far, which he says pokes fun at popular culture.

"It's being sold in two comic book stores,

Greenlight Comics and Adelaide Comic Centre, both located in the city. They are nearly sold out. They've been selling pretty well, especially at work and to my friends," Travis says.

As well as his comic book, Travis also has one children's book under his belt, and is looking forward to publishing more books in the future.

"The next comic book is already in progress and continues on from the first one as a super hero/Japanese style comic with a satirical edge," Travis says.

Blend Creative Account Director Monique Russell says Travis shows great initiative and creativity in his work at Blend, coupled with a willingness to add value and develop as a contributing member of the team.



Travis with his comic book at Blend Creative

BankSA

BankSA has had a productive and long-standing relationship with Minda, dating back to the 1970s. As South Australia's bank, what sets BankSA apart is its deeply ingrained understanding of this State and the local communities it serves.

BankSA does more than provide financial services. With an underlying commitment to drive South Australia's economic, cultural and social prosperity, the bank takes pride in its major sponsorships and partnerships, as well as a variety of grassroots community work.

Already BankSA offers Minda employees a range of benefits for banking with BankSA, including special rates and deals on a variety of products including home loans, everyday banking, credit cards, insurance, savings and personal loans.

BankSA staff are also enthusiastic volunteers and supporters of many Minda events, including International Day for People with Disability, Christmas Carols and Markets, Night of Stars, Stars of Minda and our annual major fundraising gala event.



Cheryl doing her banking at BankSA

To find out more about BankSA products and services, contact Glenelg Branch Manager, Joanne Maglieri or Lending Manager, Nathan Gillard on **(08) 8300 9100**. Alternatively, you can visit the BankSA website at www.banksa.com.au

Phil Hoffmann Travel

Established in 1990, Phil Hoffmann Travel has built an impeccable reputation in South Australia for quality, value and personalised service.

As an individual, Phil Hoffmann has sustained a professional commitment to the development of standards in the travel industry from education and training, through to political, economic and environmental issues.

He was instrumental in initiating and implementing the Australian Federation of Travel Agents training colleges and the Australian Travel Agents Qualification Scheme.

Phil Hoffmann Travel is one of Minda's corporate partners, and Phil Hoffmann generously contributes his personal time as one of Minda's Ambassadors.

This outstanding contribution was recognised last year, with Phil Hoffmann Travel being awarded the 2017 Premier's Award for Corporate Social Responsibility.

The team at Phil Hoffmann Travel also generously contribute to events at Minda, with an outstanding representation at the recent Rock Carnival fundraising event.

If you're planning your next holiday with Phil Hoffmann Travel, remember to mention 'Minda' so a percentage can go back to supporting people with disability. Visit www.pht.com.au for details on the latest travel deals and to find your nearest agency.



Some of our fabulous volunteers from Phil Hoffmann Travel (with Alison and Phil Hoffman centre)

Sue is our Star Volunteer



Sue Laslett has been awarded the Star Volunteer Award for the past quarter – and she says volunteering at Minda has changed her life.

“I get so much out of it,” says Sue, who was presented with the award by Volunteer Coordinator Debi Carr (pictured, right) and MyPATH participants last month, including Kathy (pictured, middle).

“I feel I can make a difference with one-on-one attention. And some of the people who come to MyPATH don’t have families, so it’s nice to be able to give them some TLC.”

MyPATH Support Leader Julie Maurer nominated Sue for the award and says Sue has been selflessly volunteering at Minda for four-and-a-half years.

“Sue is person-centred, polite, professional and reliable and everyone appreciates her so much that her contribution is really missed when she isn’t here,” Julie says.

“Sue has mainly been volunteering in MyPATH’s Independent Living Program and her knowledge of the customer group has been an invaluable resource. She brings a smile to the participants’ faces when she engages with them.

“Sue is a genuine volunteer, who is all about serving others. She functions just like a staff member, supporting participants in a variety of activities.”

Well done Sue, we’re lucky to have you here at Minda!

Thank you Dan

University student Dan O’Connor has shown great commitment to helping others by spending his mid-year uni break volunteering in Minda’s MyPATH program.

Dan initially came to Minda in 2016 as a Year 11 Saint Ignatius student and completed his Community Service Placement in MyPATH. He loved it so much he decided to come back this year and help out Michael Charlton in MyPATH.

The first-year Engineering student also helped out at the Accommodation and Lifestyle Precinct official opening.

Dan says he greatly enjoyed his second ‘stint’ at Minda, and he enjoys helping others. Great work Dan, we hope to see you again soon!



Dan (right) puts his engineering skills to use with Matthew at MyPATH



Gift Wrapping

This Christmas, Minda will again offer a gift wrapping service in Adelaide Arcade, for a donation per gift.

The gift wrapping service will run from Monday 3 December to Monday 24 December, in the Adelaide Arcade promenade (between Grenfell St and Rundle Mall).

If you’d like to get into the Christmas spirit by joining our team of volunteer gift wrappers, we’d love to hear from you. Please register your interest by visiting our website, or by emailing community@minda.asn.au

Volunteer Morning Tea

We had a wonderful time celebrating the contribution of Minda volunteers at the Volunteer Appreciation Morning Tea last month.

About 50 volunteers enjoyed morning tea, live music provided by Brighton Secondary School students, and the opportunity to enjoy our new Inclusive Café.

Board President Susan Neuhaus thanked the volunteers for everything they do for Minda.

"We are so fortunate to have a team of volunteers that really espouse Minda's values, and help achieve our vision – for people with disability to live enriched lives of their choosing," she told the crowd.

"Whether this means supporting learning and development at MyPATH, entertaining at Coffee Club, volunteering in the OpShop, taking part in the coin collection program, assisting with events and church services, or simply having a chat at PKC over a cup of coffee – everything you do makes a difference."

With the disability sector in a state of transition, Susan says it is wonderful to know there are some things that never change, like the dedicated service of our volunteers.

"On behalf of the Board and Executive of Minda, I would like to acknowledge your outstanding contribution," she says.

"You are our advocates, our cheerleaders, our champions, and for that, we are so grateful."



Colleen and Pauline



Marg and Margaret



Brighton Secondary School students provided entertainment



Nigel and Alex



Max and Daryl from R U Serious

Christmas Carols & Markets



The Minda & BankSA Christmas Carols and Markets are returning in 2018, bigger and better than ever! The event will take place on Saturday 8th December from 2pm - 7pm at Minda, 12-16 King George Avenue, North Brighton.

There will be plenty of entertainment for the whole family, with a highlight being our 40-stall Christmas Market! You can also check out Adelaide's best food trucks and amusements including the tea cups ride, climbing wall, petting zoo, bumper cars, bouncy castle, face painting and of course, SANTA!

Entry is via gold coin donation, with parking available on site for \$5. The event is licensed BYO.

We are looking for volunteers who can assist with all aspects of the Christmas Carols and Market – please visit the Minda website for more information, or contact us at community@minda.asn.au

Thailand Delegation and Memorandum

Minda has signed a Memorandum of Meeting (MoM) with the Thai Department of Empowerment of Persons with Disabilities (DEP) and a group of six organisations collectively known as Thailand national-level organisations of and for persons with disabilities during a delegation visit to Minda last month.

Chief Executive Cathy Miller says the MoM is a meaningful illustration of Minda's ongoing commitment to a collaborative partnership with Thailand.

"It illustrates our dedication to developing training programs with Thailand in our combined mission to improve the quality of life of people with disability, with greater independence and community inclusion," Cathy says.

Minda's relationship with Thailand started in 2010 after an educational visit by Thai government officials. The visit laid the groundwork for an enduring relationship and established a valuable channel for

the sharing of knowledge, with the aim to enhance disability support.

"Cohorts from Minda have visited Thailand on various occasions to share knowledge of the sector, establish learning centres and promote supported

employment," Cathy says.

"Similarly, we have had the pleasure of hosting visitors from Thailand, to share experiences and challenges to help further develop service delivery and positive outcomes for people with disability."



Chief Executive Officer Cathy Miller with Thai delegates after the MoM signing

Blackwood Sensory Garden

The Minda Blackwood Sensory Garden has been officially opened, made possible thanks to a generous grant from SUEZ as part of its 2017 SUEZ Community Grants program.

Executive Infrastructure Director Michelle Gheorghiu acknowledged State Manager for SUEZ, Paul Haslam, as well as Account Manager Danielle Olrich and Sales Manager Phil Green, who were present on the day.

She also acknowledged the Minda Op Shop volunteers for their contribution, as well as other supporters and dedicated volunteers involved in building the garden.

"The sensory garden has already become popular with residents of our community accommodation here at Blackwood, and

the residents themselves played a role in choosing the colours and are already using some of the fresh produce in their cooking," Michelle says.

Resident Michael was very excited to attend the opening and enjoyed getting ready for the event, helping staff from Minda to set up.

When asked what he liked the most about the garden Michael said: "The garden is very nice. I like the yellow and the orange flowers ... I want more yellow and orange!"

Michael says he is really looking forward to the garden being in full bloom.



Paul from SUEZ is presented with a fern by Michael

AEIOU Foundation



Heidi at AEIOU Foundation

Kiya Rabig and her family were living in the country town of Port Augusta when they began to notice delays in their daughter Heidi's development after her first birthday. At the time, they could not have imagined their observations would result in an autism diagnosis which would see them uproot their life and move to Adelaide city to give her the support she needed.

They soon discovered AEIOU Foundation and Heidi, 4, began attending the Brighton service in the Minda precinct earlier in 2018. At that point in time, she was non-verbal and among other things, the family hoped to make progress with her toilet training, setting a routine and learning to interact with other children.

"From the day of our first meeting, with the goals they put in place for Heidi and the way they structured their classes, we were very impressed," Kiya says.

"It almost sounded too good to be true, but they have lived up to every standard and goal they have put forward."



In a few short months, Heidi was fully toilet trained, could sit still and attend in class and would respond to her name. She also continues to make promising progress with her verbal communication skills as she moves on from the Picture Communication Exchange System (PECS).

"Everything AEIOU has done has built opportunity for Heidi to be able to participate in a mainstream education environment. They have given her the ability to interact with her peers and make friends."

Kiya says AEIOU Brighton and the wider Minda precinct would give children the ability to succeed and more opportunity to eventually go on to learn in a mainstream setting in the future. "The other benefit of this location, is Minda offers a range of services including autism-friendly hairdressers, a swimming pool and more."

Her advice to other parents on a similar journey is simple.

"Don't give up on your hope and dreams for your family and children and don't be afraid to speak up when it comes to your little ones."

For more information, visit the website

www.aeiou.org.au



Adam thinking about some great places to go

MyPATH Places To Go

The MyPATH Literacy and Numeracy group has been exploring places they would like to go.

From Japan to Ireland, the chocolate factory and even to visit the Dalai Lama, everyone got into the spirit of travel and adventure!



Reece is keen on Sydney and India

Home Care in Demand

With more older Australians opting for in-home care over nursing homes, demand for Minda's Home Care service is continuing to rise, due to positive word of mouth and excellent care provided by our staff.

Minda is a registered provider through the Australian Government My Aged Care service, and offers flexible support options to meet customers' continuously changing needs and goals, with as little, or as much support as you choose.

"People can be assured they will be backed by an organisation with 120 years' proven experience supporting South Australians with disability; plus, we have been delivering Home Care support for over a decade," Home Care manager, Libby Chapman says.

"We can assist applying for services/packages and finding the right provider for you, as it can be a complicated process.

"Our team welcomes enquires, and are happy to explain 'how it all works' and help guide people through each step, keeping everything confidential along the way."

The team offers a personalised, boutique service, catering to the unique needs of each customer and endeavour to match customers and staff to build trusting relationships.

"We can provide help getting out and about, reconnecting with friends, attending appointments, going to places or engaging in activities people used to in the community, just to name a few," Libby says.

"Our committed and culturally diverse team understands the importance of maintaining people's independence, achieving goals, and making a positive difference in people's day to day life."

Minda's Home Care team have extensive training in the areas of aged care, dementia, mental health and all have DCSI and Police clearances.

"We have a dedicated Registered Nurse and Enrolled Nurses as part of the Home Care program, and are connected to allied health services throughout the community."

Contact the Home Care team and find out how we can support you, your family or advocate on **8179 5292** or email:

homecare@minda.asn.au



Ian at the gym



Janet having her makeup done



Fay playing mini golf

Georgia's Story

Georgia is a gorgeous, warm, people-person who loves fishing, music, AFL and talking – but her life started in chaos.

During birth, Georgia had a large bleed in her brain and suffered a stroke. Her mum, Angela, and her dad, Adrian, were terrified.

"They resuscitated Georgia and brought her back to life. I flew down with her from Coffs Harbour to the children's hospital in Sydney. She was in intensive care, there were medical interventions everywhere – it was all a bit of a blur and very traumatic," Adrian says.

After some months of monitoring, it was starting to look like baby Georgia was in the clear. Until, when she was three months old she had a seizure. And not just one. Georgia started having at least sixty seizures every day.

"Every time she woke up, she'd have a seizure. She was on five different medications which made her really drowsy, so she would have a seizure, have a feed, fall asleep, wake up and have another couple of seizures. That was her whole life," Angela says.

This was Georgia's life for almost two years. You might be able to imagine the affect it was having on Adrian and Angela – Georgia had to be supervised 24/7. The rest of their life was on pause.

"Medication wasn't working, so we were pretty devastated to know that nothing could be done. Every seizure Georgia had was doing damage and after a year and a half, we were at our wits' end," Adrian says.

"When she was two years old, Georgia got a head cold and her seizures started to lessen. And for some reason, after three days, they stopped. And nobody, not even the neurologists could tell us why, or point to any conclusion at all. But we didn't care what the reason was, we were just so relieved they stopped," Adrian says.

Now, Georgia is 20 years old and has only had three seizures since. She has a physical disability on her left side affecting

her arm and leg and has intellectual disability as a result of the numerous seizures.

"We have to do almost everything for her. With only one functional hand, she finds it very difficult to get dressed on her own, cook and cut up her meals. All waking hours, someone has to be around to help her," Adrian says.

Despite the daily challenges, it is amazing to see how far Georgia has come. When Georgia was born, her family were told to never expect her to walk or talk.

"It's funny, she was having speech therapy when she was younger and we always said – if she ever starts talking, we'll never tell her to be quiet. We have regretted that once or twice since, because now she loves a chat!" Adrian says with a wide smile on his face.

Georgia has now finished school and attends Minda's MyPATH day programs, which allow her to develop her skills and interests. Currently, Georgia spends her days swimming, learning how to cook, dancing and building her confidence through programs like the MyPATH Leadership Group and Girl Power.

"She has been so happy. She was very nervous when she first started at Minda, but she's very happy now and loves all the staff," Angela says.

At the moment, Georgia is unable to work, but her family hope that one day she will be able to achieve part time employment.

"For her future, I just want Georgia to have some independence, be happy and feel safe," Adrian says.

"Minda's work is invaluable. They support so many people, I don't know what a lot of people with disability would do if they didn't exist. We'd be stuck, that's for sure - it's the reason we moved back to Adelaide."

"Angela and I are able to go to work and Georgia is in an environment where she feels confident and is having happy and meaningful days. She is fulfilled," Adrian says.



THANK YOU



Minda thanks the many generous individuals and businesses who support people with disability.

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