

FAMILY NEWS



E. W. TIPPING FOUNDATION

Person Centred Support.

Inclusive Community Development.

Issue 3, April 2008

Your new senior management team

We are very pleased to welcome our new Statewide Manager of Residential and Respite Services, **Penny Butler**.

Penny has been involved in disability services at many levels, from direct support worker in residential, education and day services, through to statewide co-ordination.

Penny has worked with a wide range of community and local government organizations. She brings broad knowledge and skills !

Penny will be ably assisted by **Area Managers** in each region.

These include:

- **Carolynne Smith** in **Western Victoria**

- **Laurelle Edwards** in **Metropolitan Region**

- **Elizabeth Matthews** in **Gippsland** (Elizabeth starts from 14 April)

Senior Co-ordinator, Team Leader and House Team positions largely remain the same.

If you have any queries about our services, please contact your House Team or Team Leader.

You are also welcome to contact Penny at our Central Support Office in Oakleigh or any of the Area Managers at their regional office if you have further queries about the new structure.

See the back page for full contact details.



Penny Butler, Statewide Manager of Residential and Respite Services



Carolynne Smith, Area Manager for Western Victoria



Laurelle Edwards, Area Manager for Metropolitan Melbourne

What would you like?

Welcome to the third edition of our family newsletter. We hope you enjoy reading it!

Please don't hesitate to let us know if there's anything you would like us to feature in future editions (our contact details are on the back page).

Fitness classes

The DirectLife team has organized fitness classes for people with disabilities and supporters in the southern metropolitan area.

The classes are taking place once a month at Monash Aquatic and Recreation Centre at a cost of \$7.80 (which may be reduced with more participants). The experienced instructor has tailored the class for people with disabilities.

The next class will be on 13 April. Contact Christine LaRive on 9564 1021 OR 0400 887 745 to book a place.

Tipping to form alliance

The EW Tipping Foundation has announced an exciting step – an additional alliance with another organisation.

The organisation is i-Gain Quality Learning, based in the Latrobe Valley for almost 40 years.

I-Gain is a Registered Training Organisation and leading training provider, which offers great opportunities for additional training for EW Tipping staff.

I-Gain also provides day services for people with disabilities, and auspices the Gippsland Community Leadership Program.

As part of the alliance, we are planning a ground-breaking – perhaps world first - project looking at best practice in disability day programs.

This project aims to pilot best practice in disability services in Gippsland, providing new opportunities for people with disabilities.

EW Tipping Foundation CEO, Richard Dent, said that families could expect the results of the pilot to spill over to other parts of the state.

"We expect that in the next year or two, we will start providing individualized day services right across Victoria," he said.

The alliance should be formalised by 1 July.

"We are consulting with interested groups and following some other processes, including financial due diligence and legal documentation," said Richard.

"We believe there are significant benefits in this alliance for the communities we support.

"These include opportunities for expanding, developing and increasing the effectiveness of our services. It also means we can share ideas, improve practice, and raise efficiency which will allow us to invest more funding into services."

A Question and Answer sheet is available — if you would like a copy, please contact Nandini Kelkar on 9564 1000.

You can find more about i-Gain at: www.igain.vic.edu.au

Carer wellbeing examined

An article which recently appeared on the Infoxchange website from Carers Australia says that carers are more than 40% more likely to suffer from at least one chronic health condition when compared to the rest of the community.

The report, titled *The Health and Wellbeing of Adult Family Carers in South Australia*, found that 70% of carers reported conditions such as diabetes, asthma, arthritis and cardiovascular disease.

Carers Australia CEO Joan Hughes said she was concerned about the findings.

"We now have solid evidence going back more than a decade that clearly illustrates the urgent need to address carer health and wellbeing," she said. "Yet there is still no national plan to address the problem".

The report is available from: www.health.sa.gov.au/PROS or by phoning 08 8226 7042.

Living the dream—moving out of home!



Peter and Greg love living independently.

It doesn't matter what your age or ability, nearly everyone wants to be independent. Two City of Kingston residents are proving that independence is possible in ways that most people haven't dreamed of.

Peter and Greg each have disabilities, and until recently were living with their respective parents.

They met through one of our programs, the DirectLife Project.

DirectLife supports people with disabilities who want to be in charge of their own life and live independently in the community.

Project Co-ordinator Christine LaRive helps participants to work out a profile of who they would like to live with, and arranges for potential flatmates to meet and get to know each other.

Part of the project was to establish a "circle of support" for the pair, including family and support workers, to help them work out where they wanted to live, find suitable accommodation, and determine house rules.

The circle continues to meet to support Peter and Greg, and the pair also have some help with housework from the City of Kingston. They go shopping together and take turns to cook, but otherwise continue with their own busy lives.

"I don't have to worry about other people now; I can do what I want to do, when I want to do it," said Greg, who believes the move has given him more confidence.

Peter, an enthusiastic cricket and football fan, says moving out was a good idea. "It would have to happen eventually, and this way I can get used to living without mum and dad," he said.

The pair encourage anyone with a disability to think about living independently. "But you need to do it carefully, like we have with DirectLife," said Greg.

"It's harder work, but it's worth it," added Peter.

More information about the DirectLife project is available by phoning Christine on 9564 1021.

Dinner, anyone?

People with disabilities in West Gippsland now have the chance to bond over dinner.

The Yoorooga Project has launched a community kitchen with funding assistance from the EW Tipping Foundation.

Participants have the opportunity to shop for ingredients, prepare and cook the meal, sit together to share their creation, and plan a meal for the following week.

"The kitchen allows people to learn skills not only in meal preparation, but also in nutrition, food handling, hygiene and safety, budgeting, teamwork, networking and shopping," said Project Co-ordinator Kerryn Vaughan.

"People living independently can sometimes become quite isolated and lonely, often causing depression.

"We hope this project will create some genuine and long-lasting friendships."

The Community Kitchen is open once a week at the West Gippsland Healthcare Group.

Yoorooga is a family-governed project that



Sarah, Phil, Sam, Jess and Deb at the launch of the community kitchen.

assists people with disabilities to live independently.

It is directed by a Governance Group, funded by the Department of Human Services and auspiced by the EW Tipping Foundation.

More information about the project and kitchen are available by phoning the Yoorooga Project Officer on (03) 5622 7777.



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The EW Tipping Foundation is a not-for-profit organisation providing high quality services and advocacy across Victoria for people with a disability, older Victorians, children and carers.

The Foundation is named after the late Bill Tipping, a journalist for the Melbourne Herald who wrote passionately about people with disabilities and other social issues.

When Bill died in 1970, there was a large public meeting in Melbourne to form the EW Tipping Foundation.

Every day we support hundreds of Victorians to achieve their aims and realise their dreams. We provide person-centred services, and foster inclusive communities.

Our vision is *independence, choice and community for all.*

Central Support Office:

15 Palmer Street Oakleigh 3166
Ph: (03) 9564 1000

Metropolitan Region:

110 Drummond St Oakleigh 3166
Ph: (03) 9564 1000

Gippsland Region:

71 Victoria St Warragul 3820
Ph: (03) 5622 7777

Western and Northern Region:

613 Mair Street Ballarat 3350
Ph: (03) 5331 5667

info@tipping.org.au
www.tipping.org.au