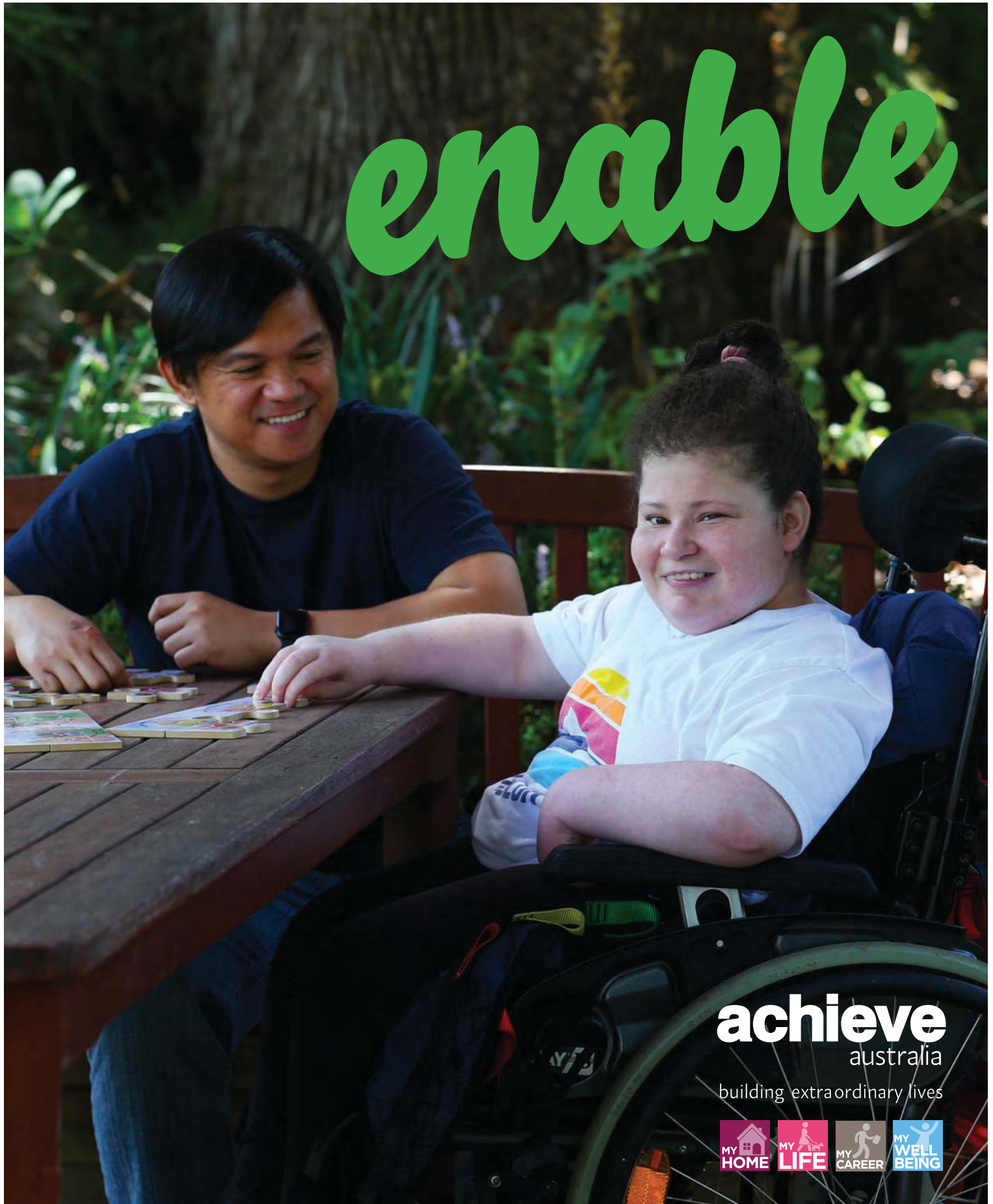


enable



achieve
australia

building extraordinary lives



NEED IT PACKED AND DISPATCHED BY FRIDAY?



AchievAble Enterprises is located in Newington, 16 kilometres west of Sydney. We deliver a range of high quality services to local businesses and provide supported employment for people with disability.

We are competitively priced, have two Hazard Analysis and Critical Control Points (HACCP) certified clean rooms for safe food handling, an accessible loading dock, and a fully trained team to service all your needs.

We service a broad range of customers from airlines and supermarkets to boutique providers and cosmetic companies.

Contact our Operations Manager, Leanne Larche, for a quote.

Our pack and send services include:

- co-packaging
- promotional assembly and display packaging
- working with perishable and non-perishable items
- labelling and printing
- airline meal and cutlery packing
- supermarket-ready packaging
- hand assembly kits
- shrink and flow wrapping
- cosmetic packaging
- liquid filling
- mail distribution



WHAT'S INSIDE

Acting CEO welcome	4
Spotlight on Drop-in Support	6
My Home	
Expansion to Summer Hill	8
Vacancies	11
SDA: Part three	12
Achieve in Action	13
My Life	
Upcycle program	14
DIY project	16
Sensory technology	18
My Career	
The Sewing Basket	20
Meet our Achievers	22
My Wellbeing	
Alleviate stress	24
News	26
Out and about	28
Upcoming events	29



WELCOME

BRENT PITTS, ACTING CEO & CHIEF FINANCIAL OFFICER



Welcome to the autumn edition of Enable. Over the past few months, it's been wonderful to see more and more stories emerging about the people we support at Achieve who are fulfilling their goals, following their passions and participating in a variety of activities out in the community.

As part of this edition, we are really pleased to launch a new series of articles focussed on AchievAble Enterprises, 'Meet our Achievers'. Through this series, we speak to our supported employees to hear more about their work and passions, and the contributions they are making to their teams and communities. Achieve is proud to be able to share these stories and looks forward to expanding the series in the future.

In February, we were excited to host part two of the Positive Partners Program in conjunction with PricewaterhouseCoopers. Part two builds on the literacy skills developed in the 2018 program with a focus on creative writing. It's a great example of how innovative programs can assist people with disability in becoming more involved in the community.

Congratulations to all seven participants who completed the program and I look forward to reading your stories that will soon be published into a book. A special thanks also goes to PwC for your assistance and mentorship during part two of the program. Of course, it is only with this kind of collaboration that we can truly achieve our Passion of social inclusion for the people we support.

As part of our 2019 Customer Engagement Plan, we have launched a new event series known as Local Talks and Global Talks. These events have been introduced especially for the families of our participants, and we are in the process of finalising dates for the remainder of the year.

Local Talks will be held across Achieve sites with a focus on what's happening at each location, while providing an opportunity for families to give their feedback and ask any questions.

In addition, Global Talks provides an opportunity for all Achieve families to come together in Sydney and the Northern Rivers, and will provide organisational and disability sector updates. We look forward to connecting with family members at our first Global Talks in late March and early April.

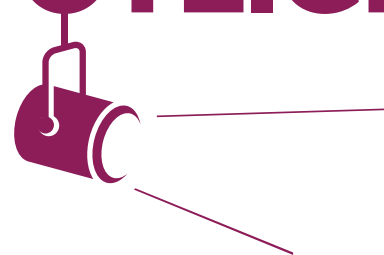
Finally, as we move into the cooler autumn months it's a timely reminder for us all to look after our health and wellbeing. This also means that flu season is ahead of us so it's a good idea to check in with your GP or health provider about this season's influenza vaccine.

I look forward to sharing more updates with you again soon and I hope that you enjoy this edition of Enable magazine.

Brent Pitts, Acting CEO & Chief Financial Officer



SPOTLIGHT ON DROP-IN SUPPORT



Achieve Australia's Drop-in Support service provides assistance designed to increase opportunities for people with disability to live independently, or transition to more independent living arrangements. Drop-in Support is available to individuals who live on their own, with family or in other shared living environments.

Karen, who receives Drop-in Support on a regular basis, says that the help she receives offers both personal and social benefits. "Staff come in the morning to help me clean up, go shopping and help me look after my cat, Princess, and take her to the vet. On the weekends, I go out with staff and my friends and don't sit at home by myself. We go bowling, to Parramatta, the city and lots of other places," says Karen.

"I also like cooking with the staff and cleaning my place up to make it look nice. The staff help me to be more independent," Karen went on to say.

Drop-in Support offers in-home services that include, but are not limited to:

- Daily household tasks such as cleaning, washing and ironing
- Grocery shopping and cooking
- Gardening
- Personal care
- Building new skills
- Maintaining relationships with family and friends
- Establishing new friendships and social connections

- Attending medical or hospital appointments
- Budgeting and banking
- Connecting with local community networks
- Finding employment and going to work
- General health and wellbeing
- Family support for ageing parents or other family members where individuals may be transitioning to more independent living arrangements.

Doug, who receives support from Achieve with Hannah once a week, says, "Hannah has helped me to sort out my rent when my housing changed and makes me feel less stressed about money. I have also learnt how to text, and I'm building my job interview skills and social interactions."

Achieve's Community Living Manager for the Northern Region, Roni Isaac, sees the benefits of Drop-in Support for people with disability every day. "Supporting participants at home means they are empowered to remain in their own homes, be independent, lead a healthy lifestyle and participate in the community like everyone else," she says.

Drop-in Support services are currently provided in the areas surrounding Hornsby, Epping, Ryde, Lismore, Casino as well as other locations on request.

To find out more or to connect with our Drop-in Support team over the phone or face-to-face, contact us on 1300 22 44 38 to arrange a meeting.



"Supporting participants at home means they are empowered to remain in their own homes, be independent, lead a healthy lifestyle and participate in the community like everyone else."

ROCKET



EXPANSION OF SERVICES TO SUMMER HILL

At the end of 2018, Achieve Australia secured a formal transfer of services from Family and Community Services (FACS) for the Summer Hill facility. The handover has seen more than 50 participants join our services and approximately 50 FACS staff transfer to Achieve to ensure stability and continuity of care at the Summer Hill group homes.

During the transfer of services, we provided opportunities to meet with clients, families and staff to ensure a seamless transition. We also held information sessions for families and guardians to help navigate the NDIS. This open and transparent communication will continue over the coming months as we look for more ways to connect and provide opportunities for families to have their say.

In addition, facilities at Summer Hill include purpose-built short term accommodation options for people with disability who have complex health needs. Recently renamed as Summer Hill House, it is a state-of-the-art facility providing short term disability accommodation 24 hours a day, 365 days a year.

With a team of experienced and professional nursing staff, Summer Hill House helps take the

stress out of short term accommodation for families looking for suitable respite care options. "Stays can be as little as one night a year, or every week depending on the needs of the person and their family," explains Naomi Fraser, House Manager at Summer Hill House. "Some people find the transition into the service very easy, others need more time. We work closely with families to determine the individual needs for every person in our care," she says.



The successful tender and transition at Summer Hill follows a strong track record of disability service transfers to Achieve Australia over recent years. This included the delivery of Specialist Supported Living (SSL) services for people with disability living in 28 group

homes owned by NSW Ageing, Disability & Home Care (ADHC) in North Western Sydney in February, 2018. The transfer resulted in an additional 130 people with complex medical and behavioural support needs also transitioning to Achieve.

As the organisation steadily grows, we will continue to champion social inclusion at every opportunity and put the people we support and their families at the centre of everything we do.

LOOKING FOR SHORT TERM ACCOMMODATION AND RESPITE?



Set amongst beautiful landscaped gardens just seven kilometres west of Sydney's CBD, Summer Hill House offers short term accommodation for people with an intellectual disability, high physical supports and/or complex health needs.

Our accommodation provides a fully furnished 'home away from home' with qualified nursing staff on duty 24 hours a day, 365 days a year.

Summer Hill House has been designed to offer peace of mind, comfort and convenience. We know that it can be daunting to have a family member in



someone else's care. That's why we can provide individual supports and tailored transition services into accommodation at Summer Hill House. This gives families and carers the chance to meet with our on site team, discuss all necessary requirements and explore all available options.

Summer Hill House provides people with disability the opportunity to meet new people and create meaningful connections, explore different activities and discover new life experiences. Guests can also enjoy their own private bedroom, the interactive sensory room, a specially designed spa bath, our peaceful landscaped gardens or simply relax in the shared living spaces to dine, watch television or play games.

In addition, we have a range of special events and regular group activities throughout the year featuring movie nights, music therapy, health and wellbeing, gardening, family days, plus much more.



As Summer Hill House provides short term accommodation for people with disability who have complex needs, we do have eligibility criteria that must be met before booking a stay with us.

To find out more or to apply, contact us on 1300 22 44 38 or visit achieveaustralia.org.au



A SERVICE OF ACHIEVE AUSTRALIA



VACANCY My Home Vacancies


Achieve Australia's accommodation and support services offers you a range of options to best suit your individual needs.

Current listings

- Dural - 1 room
- Kellyville - 5 rooms
- North Ryde - 2 rooms
- Parramatta - 1 room
- Ryde - 4 rooms
- Waitara - 1 room

To view more details on these vacancies, visit our website or contact the team at Achieve Australia.

 1300 44 22 38 and ask for My Pathway

 MyPathway@achieveaustralia.org.au

 achieveaustralia.org.au/my-home/my-home-vacancies

PART THREE DISABILITY HOUSING AND SDA – FINDING A SOLUTION

Specialist Disability Accommodation (SDA) funding is intended to improve access to appropriate housing and living arrangements for people with disability. In the last edition of *Enable*, we explored the challenges that many people with disability and staff working in the disability sector have encountered with SDA. Particularly, the difficult administration process for SDA funding, which has meant the majority of NDIS participants cannot gain approval for funding.

This has left 94% of NDIS participants locked out of secure and appropriate disability housing, and left families and disability sector staff feeling frustrated by the system.

However, the Melbourne Disability Institute (MDI) and Brotherhood of St Laurence are seeking to resolve this problem. They have launched the NDIS Housing Pathways Project, which aims to build a platform to help people with disability find appropriate housing. The project will collate and share housing solutions for “the other 94%”.

“We recognise that 6% of NDIS participants get SDA, so there’s a whole group of other people who need different solutions,” explains Joseph Connellan, Senior Manager of Housing at the Melbourne Disability Institute.

“We believe that communities are profoundly interested in the housing needs of their members with the NDIS, but are typically unaware of what their needs are. So we work with communities to inform them what the demand and the possibilities are for their members with the NDIS. We then want to engage them to help solve the problem.”

The NDIS Housing Pathways Project aims to facilitate communication and collaboration

across different communities, including people with disability and disability sector staff, to find innovative disability housing solutions for SDA.

The project will:

- Identify and review existing information, services and research
- Produce resources in a variety of formats, including digital and online
- Distribute the resources to a range of groups commencing with Local Area Co-ordinators
- Develop and pilot training packages based on the material produced
- Develop and pilot a community-based methodology to support community understanding and action to house the NDIS participants in their community
- Promote research opportunities around NDIS and housing.

The project wants to address and help find solutions to the current challenges experienced by all those looking for, providing, or helping to find suitable housing for people with disability under the NDIS.

To do this, they want to hear from you. If you have a question about disability housing, you can submit it to the NDIS Housing Pathways Project by visiting disability.unimelb.edu.au/housing so that they can work to address it and share a solution.

While accessing suitable disability accommodation has proved a challenge for many during the first years of the NDIS rollout, it’s encouraging to see innovative solutions emerging that will help unite the disability sector.

ACHIEVE IN ACTION: ROCIO CLARET

Rocio Claret has always had a passion for working in the community. With a background as an early childhood teacher, she is driven by giving back and helping others.

“Working in the disability sector came naturally to me because I’ve always had a desire to use my work to do something of value,” says Rocio.

Working as a Team Leader at Achieve, Rocio oversees up to ten staff and more than 30 participants who attend the various My Life Day Programs at Araluen. She is responsible for all operations and the day-to-day planning of the activities as well as initiating and researching new projects.

Rocio explains, “I love being creative and coming up with new ideas. The possibilities are endless with what we can do at the Day Programs and for the people we support.”

A growing area of focus is to explore new local partnerships to support people with disability to learn new skills, build social connections, and create a variety of new experiences out in the community.

Recently, while working with a participant who has autism and severe intellectual disability, Rocio was not deterred by the participant’s preference to not get involved

in any community activities and to simply observe. However, staff still asked each time when a new opportunity came up and persisted in trying to find out what might spark the participant’s interest. Eventually, something did.

“You can never tell when that ‘no’ to get engaged will become a ‘yes’, but you have to keep trying and, if you do, it can actually change someone’s life,” says Rocio. The participant now enjoys playing tennis at the local centre each week and likes mirroring the other players to learn new moves.

“I don’t want to settle for things just as they are. I want to explore and push the boundaries for the people we support so that they can have the most amazing lives, just like everyone else,” explains Rocio.

She says it also helps having great support at work. “I’m really lucky because the

team at Achieve really believes and trusts in me, even when I say I want to shake things up, do things differently and explore new possibilities,” she says.

“It’s all part of why I love my job and, would you believe, why I love Mondays,” laughs Rocio.

“I want to explore and push the boundaries for the people we support so that they can have the most amazing lives, just like everyone else.”





“I can see a real sense of pride when participants show their work to others. They say ‘I made that!’ to people and it’s lovely to see.”



FROM WASTE TO WONDERFUL

When it comes to repurposing and recycling waste, the old saying ‘one person’s junk is another’s treasure’ couldn’t be closer to the truth. It’s also one of the easiest ways to do our bit for the environment.

As part of Achieve’s My Life Day Programs, recycling projects have been integrated into the weekly schedule to form an upcycling group. The group uses recyclable materials such as plastic bottles, glass jars, cardboard boxes or coffee canisters to create unique handmade gifts and homewares. Some recent projects include: potted succulents; bird feeders and cat scratchers; lanterns; board games; wall art; drink coasters; plus much more.

It’s not only benefiting the environment, participants are also enjoying the new creative projects. Lillian Patterson, who oversees the Upcycling Program at Araluen, says that it’s about the opportunity to see something created from materials that would otherwise go to waste and then see them turned into something special.

“I can see a real sense of pride when participants show their work to others. They say ‘I made that!’ to people and it’s lovely to see,” explains Lillian.

Not only that, but participants also get to use their creative and artistic skills as part of the program. “I like doing the painting and making art,” says Natalie who takes part each week.

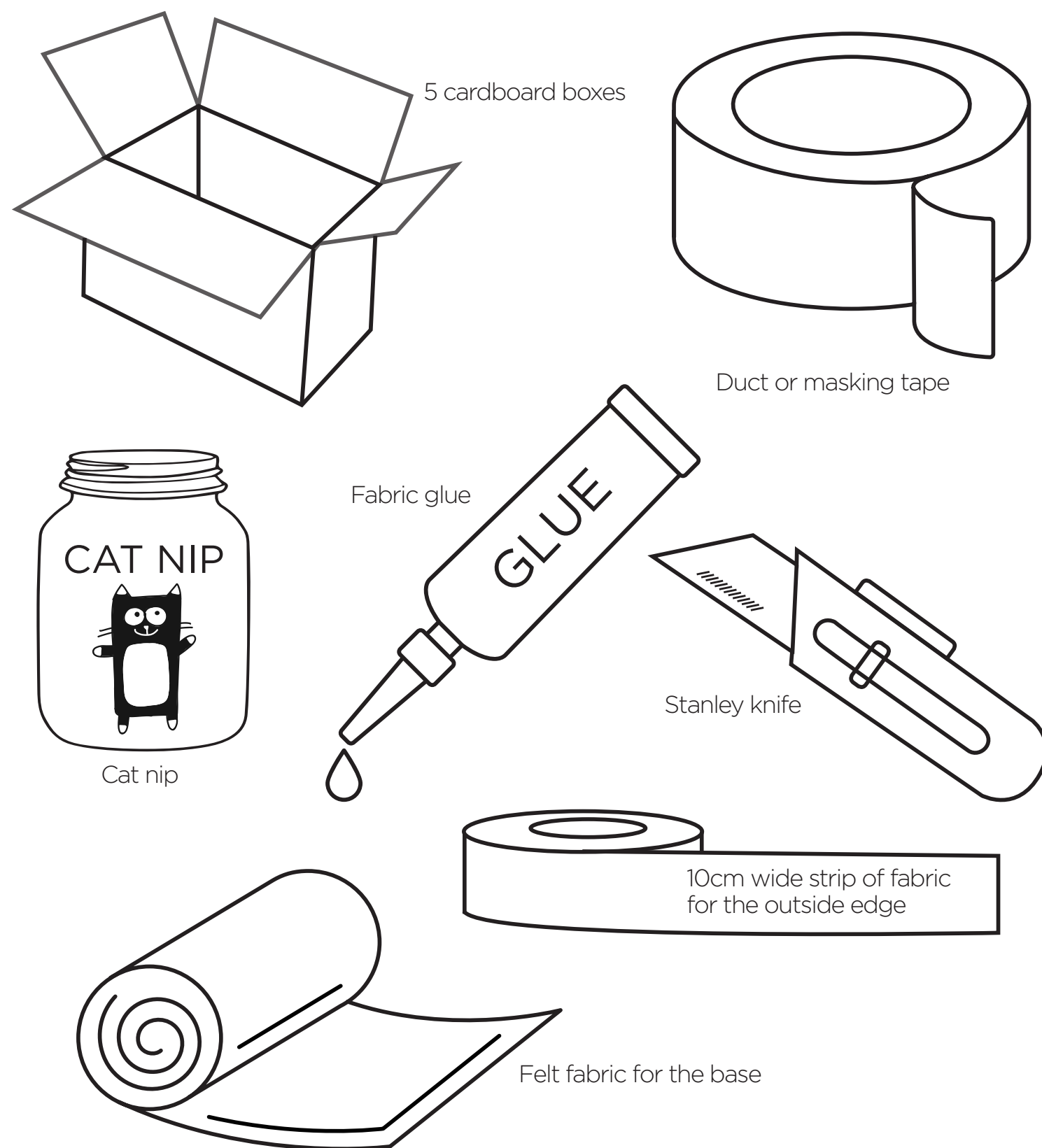
The group has also had the opportunity to collaborate with other programs at Achieve. After collecting cuttings from the garden, participants received help from the gardening group to create coffee mug planters.

“It’s wonderful to see the different programs sharing their skills; from the gardening group sharing the plants and vegetables they have grown to the cooking group sharing their homemade cookies,” says Lillian.

If you have recyclable items that you would like to donate to the Upcycling Program, the group are currently collecting large empty coffee tins, cardboard toilet roll holders, 2 litre soft drink bottles, small plastic pots for cuttings and seedlings or glass baby food jars. Items can be delivered to Day Program sites at Araluen or Seven Hills from 10am to 2pm, Monday to Friday.

By using a little inspiration and creativity, the upcycling group are finding innovative ways to turn waste into something exceptional and we can’t wait to see what they will create next.

Make your own Cardboard Cat Scratcher



Participants and staff enjoyed creating this DIY Cardboard Cat Scratcher as part of the Upcycling Program.

MATERIALS

1. 5x medium sized cardboard boxes
2. Duct or masking tape
3. Fabric glue
3. Approximately 10cm wide strip of fabric for the outside edge
4. Felt fabric for the base
5. Stanley knife or scissors
6. Cat nip (optional)

METHOD

1. Measure and cut your cardboard in identical 10cm wide strips. Cut so that the ridges in the cardboard run horizontally across the strips.
2. Score the strips of cardboard by lightly cutting across each strip, but not through, leaving a 1cm gap between each one. This will make your strips easier to roll.
3. With the scored side facing up, start to roll the first strip as tightly as you can.
4. When you reach the end of the first strip, secure the end with the start of the next strip by using tape.
5. Repeat steps by continuing to roll and secure new strips of cardboard. It should look like a large continuous spiral.
6. If you need to, use tape to secure the base as the cat scratcher gets bigger.
7. Cut felt fabric to size and, using fabric glue, cover the base with fabric.
8. Cut your strip of fabric to size and secure the outside edge of the scratcher with the fabric using glue.
9. Follow product instructions and wait for the glue to completely dry.
10. Present your cat scratcher to your feline friend who is sure to be impressed by your new creation.

TIPS

- Use cat nip to encourage your kitty to use the scratcher if they don't seem interested at first. Before long, they'll have a new hangout and you'll save your furniture and/or carpets.
- Adapt the size of the scratcher by using more or less cardboard strips to suit the size of your cat. This one is approximately 30 centimetres wide.
- You can also use a hot glue gun to glue down the cardboard strips instead of tape.



THE LATEST IN SENSORY TECHNOLOGY

New sensory wall display units have now been installed at Achieve Australia's Day Program centres in Epping, Seven Hills and Casino. The exciting new technology uses vivid imagery, sound and light projections, and detects touch gestures that are similar to those used on smart-phones and tablets.

Achieve's Regional Manager in Casino, Karen Moore-Evans, explains, "From the moment the system was turned on, participants were very excited about using the new technology in our sensory room. They were quick to grasp the idea that the screen would react to their touch and enjoyed activities like clearing leaves from the rainforest, turning butterflies into flowers and destroying meteors."

Karen went on to say, "We can already see that this technology is helping to support participant interactions and to improve fine motor skills, hand-eye coordination and concentration for the people we support."

Robyn, who is a participant at Achieve's Day Programs, also enjoys the experience the

sensory rooms offer. "It's nice, I enjoy playing the games on the wall," she says.

This powerful technology has also been known to help improve movement, balance and coordination for people with disability and further develop communication and comprehension skills. In addition, sensory activities such as this can decrease anxiety and encourage new stimuli and emotions for participants.

The installation was possible thanks to funds raised at the 17th Annual Achieve Golf Day, which was held at the Monash Country Club on Thursday, 8 November

2018. Nearly 100 supporters turned out for the annual event including Federal Member for Bennelong, John Alexander OAM MP and Chairman of the Board, Richard Dinham.

Achieve will use this technology in the near future to help create more interactive learning programs for people with disability to build new skills, connect with others and explore different possibilities in a safe environment.

"We can already see that this technology is helping to support participant interactions and to improve fine motor skills, hand-eye coordination and concentration for the people we support."



INSPIRATION CALLS AT THE SEWING BASKET

Creativity is an expression of individuality, of inspiration and originality. Since October 2018, Nathan has been working at The Sewing Basket in Newington and has made a unique contribution to the team by sharing his creativity and love for fashion with others.

Nathan's mum, Prithi, helps foster her son's creativity. She helps to guide Nathan, who has autism, to explore his talents and encourages him to do what he loves. Fashion, sewing, design, drawing, painting, jewellery making, and hairdressing are just some of the things he likes best.



Nathan's love for fashion sees him create in-store displays.

works in the shop, but he also creates new fashion displays in-store every week. "I like working with the fabrics and putting them with patterns to make an outfit or just one garment. I put the buttons and zips on to bring it all together," says Nathan.

Building work-based skills also provides opportunities to meet new people and improves social connections. "I enjoy working with the volunteers who are helping me too. Together we neaten the shelves, work with the fabrics and the donations that come in," Nathan says.

After studying fashion and technology at high school, Nathan transitioned to supported employment and later to the NDIS. Nathan's mum, Prithi, says it's been a long and painful journey for Nathan and her family.



Nathan and Prithi at The Sewing Basket in Newington.

"As a child, Nathan was always crafty and creative, and he loved fashion. He would make dolls clothes from scratch and create seasonal catalogues," Prithi says.

At The Sewing Basket, Nathan not only

"I like working with the fabrics and putting them with patterns to make an outfit or just one garment. I put the buttons and zips on to bring it all together."

"After going through a really rough patch last year with work, Nathan was in a dark place. But now he's found a job he loves, a job that fits him well and that's giving him more and more confidence each day," explains Prithi. She went on to say, "I've never seen Nathan this happy and his speech has improved dramatically since he started working here".



One of Nathan's creations at the shop.



Nathan sewing handmade bags for the markets.

When asked where he gets his inspiration from, Nathan says that one way is through window shopping to see what's in fashion. "I go to the shopping centre and see how they put the displays together in the windows. Maybe one day, I might work in one of those retail stores," he says.

Nathan works two days a week at The Sewing Basket, which has not only given him a new lease on life, but has also been a wonderful way to share his creative talents with other sewing and fabric enthusiasts.

To find out more about The Sewing Basket, visit thesewingbasket.com.au or follow us on Instagram@achievesewingbasket.





MEET OUR ACHIEVERS

MEET OUR TEAM AT ACHIEVABLE ENTERPRISES

“I get to pack bath salts sometimes and do the ‘rolling’ for airline meals, but I really like putting the woolly parts on the microphones.”

People with disability often face discrimination when looking for employment, which closes the door to financial independence and limits social connections. Through our enterprises, Achieve Australia is changing this.

AchievAble Enterprises is a unique force of people with disability who work hard every day to deliver reliable pack and send services to businesses all over NSW. We sat down with our loyal and bubbly staff at AchievAble to chat to them about life, work and fun. First up, let's meet Lauren.

Lauren has been working steady, regular shifts at AchievAble Enterprises for over ten years, since the factory first opened in Marrickville. Coming to work each week has helped her earn her own money, gain independence and make new friends.

“I live with my Aunty and my sister Glennie. Glennie and I catch the bus and then a train to work. We arrive at about 9, have a coffee and then start work,” she explains.

Lauren enjoys the variety of work and products that come through the factory. “I like working here because I get to do all kinds of stuff. I get to pack bath salts sometimes and do the ‘rolling’ for airline meals,” says Lauren. “But I really like putting the woolly parts on the microphones.”

Lauren and her co-workers package the well-known RØDE Microphones before they are sent around the world to be used in all kinds of media, audio and digital productions.

When she comes home from work, Lauren relaxes by watering her plants, helping her Aunty prepare dinner, and watching TV. “When the TV is too boring, I watch my DVDs,” she says. She works two days a week at AchievAble and two days at another job, with Wednesdays as her day off.

“On Wednesdays, I do my housework. I do the dusting and vacuuming, and I like to garden,” she says. “When I’ve finished, I like to do colouring and jigsaw puzzles. I like making the jigsaw puzzles into squares and seeing the straight edges.”

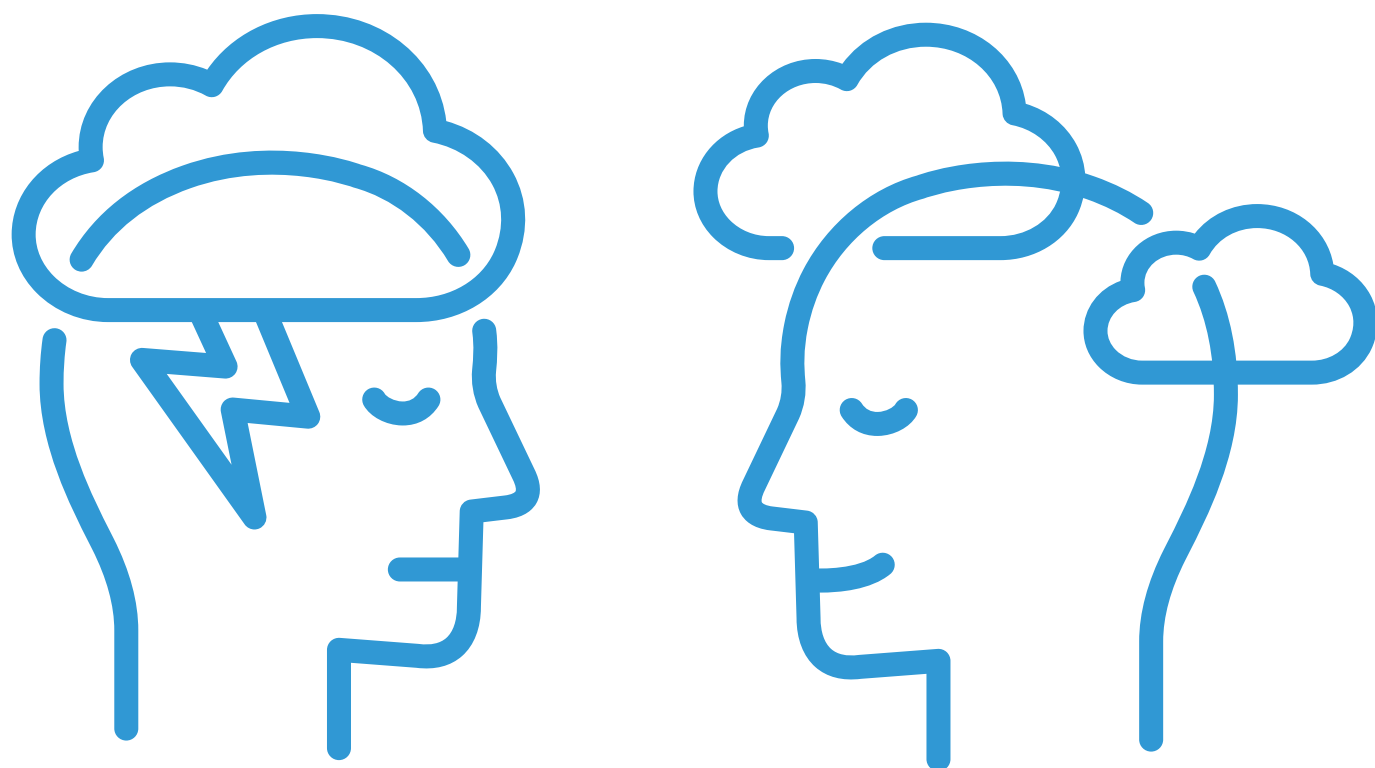
Lauren is smart with the money she earns at AchievAble. “I normally save my money. It goes into my bank account. But sometimes I buy coffees and go out with my friends.”

Lauren likes, routine, order and relaxing with her family and friends. Ongoing employment helps her to keep her life full of these things.

To find out more about employment opportunities with Achieve, contact us on 1300 22 44 38 or visit

achieveaustralia.org.au/my-career

How to alleviate stress and restore inner balance



Stress can affect anyone. Not to mention, there are complex individual, physiological and emotional factors which determine how each of us respond to stress. Developing self-awareness and knowing what to do if you experience stress are essential to reducing symptoms or avoiding burnout. But what does stress look like?

It can be different for everyone, however the main symptoms of stress can be psychological, behavioural or physiological. This may include one or more of the following signs that you, or someone you know, is experiencing stress:

- **Psychological** - worrying, self-blame, lack of concentration, poor decision making, confusion, anxiety, sadness, depression,

irritability, anger, fear, panic or, at the most extreme, suicidal thoughts.

- **Behavioural** - sleep difficulties, withdrawal, isolation, restlessness, alcohol and drug use, over or under eating, violent behaviour or domestic problems.
- **Physiological** - sweating, tension, headaches, trembling, chest pain, nausea, digestive problems or sexual difficulties.

Michael Caballero, Senior Psychologist at Achieve Australia, explains that there are several key areas that can help deal with stress. "Firstly, we need to understand stress and then develop an awareness of what stress looks like for us as individuals," he says. "Next, we need to develop a toolkit for

copling to ease any symptoms that we might experience. And finally, we need to understand when to ask for help if it's becoming overwhelming," Michael went on to say.

So, what's in your toolkit? We looked at eight areas that can help build resilience and alleviate the symptoms of stress, and help to restore inner balance.

DEVELOPING YOUR TOOLKIT

- 1. Lifestyle** - look at diet, exercise and sleep routines, take time for relaxation or get a hobby.
- 2. Physical** - explore gentle exercise such as swimming, tai chi, stretching or yoga, have a massage, learn how to breathe or practice meditation.
- 3. Mental** - learn to say 'no', focus on what you can control instead of what you cannot, prioritise, restructure your beliefs, and develop more optimistic thinking.
- 4. Emotional** - identify your triggers, develop self-awareness, try responding and not reacting, share your feelings with others, write in a journal, laugh or create a gratitude journal.
- 5. Environmental** - declutter, clean, separate work from your personal space, personalise your bedroom, get a pet or think about your home in terms of the temperature, lighting and its surroundings.
- 6. Social** - surround yourself with positive people and create some variety in what

"We need to understand stress and then develop an awareness of what stress looks like for us as individuals."

you do socially and recreationally, meet new people or join a club.

- 7. Sense of purpose** - attend a self-development course, find meaning and belonging or get in touch with nature.
- 8. Workplace** - develop work-life balance, practice time management, take time off, use your weekends wisely, be honest about what you can achieve, set boundaries and collaborate with others, take a five-minute

break and talk to your colleagues, learn how to ask for help.

If you are experiencing stress, know that you are not alone and that help is available.

Where to get help:

- Take a look at who in your life may be able to support you. Family, friends, colleagues or informal support networks can be a good place to start.
- Access professional services such as a psychologist or counsellor. You can

also see your GP to enquire about Medicare rebates.

- Families and people with disability can use Achieve Australia's My Wellbeing services.

Remember, if you, or someone you know, needs urgent help, contact Lifeline on 13 11 14 or 000 in an emergency.

If you are interested in attending a stress and coping workshop for families, carers or people with disability, contact the My Wellbeing team to express your interest via mywellbeing@achieveaustralia.org.au or phone 1300 22 44 38.

Take a look at some of the latest news and highlights in the disability sector.

ABC News, 13 January

CLOTHING LABELS FOR PEOPLE WITH DISABILITIES OFFER MUCH-NEEDED COMFORT AND DIGNITY



More than 4 million Australians are estimated to have a disability, yet there are only a handful of boutique manufacturers across the country making inclusive and adaptive clothing for them.

Forbes, 29 January

THIS WOMAN IS MAKING DISABILITY INCLUSION A LEADERSHIP ISSUE

Caroline Casey is asking 500 companies to put disability inclusion on their board agenda and take action on some aspect of it in 2019.



The Sydney Morning Herald, 11 February

'TIPPING POINT': DISABILITY SUPPORT START-UPS ARE COMING OF AGE

A new chat tool for families of children with disabilities is just one business embracing Australia's strong ecosystem.

Talking Disability, 21 February

ADELAIDE FRINGE SHOW THE 'IGNITION POINT' FOR PERFORMERS WITH DISABILITY

South Australia is once again embracing the return of the Adelaide Fringe Festival and with hundreds of amazing performances within the program, one act is showcasing the talent of people with disability.

SBS News, 14 March

HELP DEVELOP DISABILITY COMMISSION SCOPE



Stakeholders have two weeks to complete a public survey giving feedback on the government's draft terms of reference for a disability royal commission.

Radio National, The Philosopher's Zone podcast

DISABILITY AND DIGNITY

Disability raises a host of moral concerns - issues around justice, human rights, and what we owe to each other in a compassionate society. But philosophers have been slow to address disability, and what philosophical literature there is often comes up short in the face of disability's highly complex nature and the ethical challenges it poses.

FRINGE PERFORMER- MAINSTREAM HIT



OUT&ABOUT

POSITIVE PARTNERS PROGRAM



This program has been made possible thanks to the funds raised through Achieve's recent partnership with TOMRA Cleanaway as part of the NSW Government's Return and Earn Scheme. Thank you to everyone who diverted more than 60,000 recyclable containers from landfill and donated their 10c refund to Achieve.

The second phase of the Positive Partners Program commenced in February, 2019. The program builds on the 2018 course learnings with the support of corporate volunteers from PricewaterhouseCoopers. Its aim is to help people with disabilities further develop their literacy and everyday life skills.

As part of the four-week program, seven participants learnt how to write creatively and to edit their own original stories. A book of these short stories, with illustrations created by Achieve's Tafe Art Group, will be published soon.

SOUTH WEST DISABILITY EXPO

Achieve Australia is proud to be a Silver Sponsor at the South West Disability Expo. The Expo will be held from 5 - 6 April at the Whitlam Leisure Centre, Liverpool and features more than 120 stands showcasing the latest information, technology, products and services on offer in the

disability sector. On the day, there will also be speakers and presentations from industry experts as well as entertainment and live performances. Visit our team at exhibition booth S8 on the day. Entry is free.

FRI 5TH & SAT 6TH
APRIL 2019
9AM - 3PM
WHITLAM LEISURE CENTRE LIVERPOOL

FREE ENTRY

NEW EVENTS LAUNCH

In 2019, we will host a series of new events for families to attend that will continue to create open and transparent communication with families and Achieve. It's also about giving you the chance to have your say and provide any feedback to us.

Local Talks are tailored to each Achieve site, and will provide relevant updates and information for families on specific locations. These will be held every two months. While the **Global Talks**, hosted twice a year, will be for all families to attend, regardless of your location. Global Talks will include Achieve, NDIS and disability sector updates.

Families will also have the opportunity to meet with Achieve's Executive and Operations team, listen to topical presentations, participate in panel discussions, and network with others. The first Global Talks event will occur on Thursday, 28 March at Araluen and Thursday, 4 April in the Northern Rivers. If you can't make the event, we will be providing a summary of the discussions for anyone who missed out.



GLOBAL TALKS



LOCAL TALKS

Events

28 March

Global Talks, Achieve Australia
Araluen, Epping

4 April

Global Talks, Achieve Australia
The Chambers, Casino

5-6 April

South West Disability Expo
Whitlam Leisure Centre, Liverpool

13 April

West Ryde Easter Parade & Fair
West Ryde Town Centre

8-9 May

The ATSA Independent Living Expo
Sydney Showground, Sydney Olympic Park

29 May

Northern Sydney Expo 2019
The Concourse, Chatswood

19-23 June

Craft & Quilt Fair
The Sewing Basket
ICC, Sydney



Talk to an expert

Contact us

Contact our team for information, advice, accommodation vacancies, services and support, and to provide feedback.

Bheard

At Achieve, we welcome all feedback and want to hear about any concerns or suggestions you may have.

We have also partnered with an independent telephone feedback line for consumers, carers and families.

Contact Bheard on 1800 925 520.

 1300 22 44 38

 info@achieveaustralia.org.au

 achieveaustralia.org.au

 Achieve Australia

 @AchieveAus

achieve
australia

building extraordinary lives



What's cooking in the My Life Kitchen?



Achieve Australia's My Life services offer more than 90 different programs at multiple Day Program centres in Sydney and the Northern Rivers region of New South Wales.

We also offer one-on-one or small group community based support programs to enhance social connections and networks.

My Life experts offer opportunities for people with disability to:

- Learn new skills to build confidence
- Get active and participate in the community
- Explore work options or volunteering

Our Day Program centres are located in Epping, Seven Hills, Lismore and Casino NSW. To view a sample Day Program schedule or to enquire, visit achieveaustralia.org.au/my-life

achieveaustralia.org.au

1300 22 44 38



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