

NEWSLETTER

WINTER 2017

COMMUNITY  
LIVING  
AUSTRALIA



Getting NDIS Ready!

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*Together We Achieve*

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# A MESSAGE FROM THE CHIEF EXECUTIVE



**Mark Kulinski, Chief Executive**

What a busy start to the year we have had! I cannot believe it is the middle of the year already!

Although this first part of the year has already flown by, I am extremely proud of the achievements and progress our clients and we as an organisation have made this year. It has been great to see our teams so committed to working on improving our service offerings for our clients and to making sure we are ready for the implementation of the NDIS (National Disability Insurance Scheme).

The full implementation of the NDIS is fast approaching with a number of our regions – the Murraylands, Riverland and South East joining the full scheme from the 1 October this year and the Adelaide Hills, Fleurieu and Southern Metro following suit in early 2018!

I know the NDIS and its impending arrival has been talked about for a long time regarding its anticipated impact on our services and the lives of our clients. Well, it is more or less here and it will be bringing with it some change. Internally, our teams have been working extremely hard reviewing our service offerings and processes to ensure that we are ready to support our clients and to offer them the best services possible.

Though the NDIS may change the types of services and supports you receive, Community Living Australia's commitment to our clients, their families and people living with disability will not change. We are aware of how daunting this process can be for some of our clients and their families. As an organisation we are committed to supporting you as best as we can to prepare for the scheme, to transition to it and to ensure you get the best outcomes possible from it.

You will be hearing further and more frequent updates from us regarding the review of our services as well as how we will and can support you with your journey and transition to the NDIS.

I want to reaffirm our belief that the NDIS is a positive development for our clients and for people living with disability across Australia. It will bring greater choice and control over the services and supports you receive and we will continue to be your trusted partner to ensure you get the best outcomes possible from the scheme.

A more detailed update on the NDIS is provided later within this newsletter – please read this for further information.

In closing, as always I would like to thank our clients and families. We are incredibly grateful for your support and are humbled that you have placed your trust in us to provide the supports you need to live a good life. We will continue to keep you as the focus of all that we do now and into the future.

Best wishes,

Mark Kulinski

# NDIS UPDATE



Donna Adams, Project Manager  
NDIS Readiness

## The NDIS

As you would be aware the National Disability Insurance Scheme (NDIS) is the new way of providing support for people with disability, their families and carers in Australia.

The NDIS will provide about 460,000 Australians under the age of 65 with a

permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life.

Reasonable and necessary supports help people with disability achieve their goals, including independence, community involvement, employment and wellbeing.

Supports may include personal care and support, access to the community, therapy services and essential equipment.

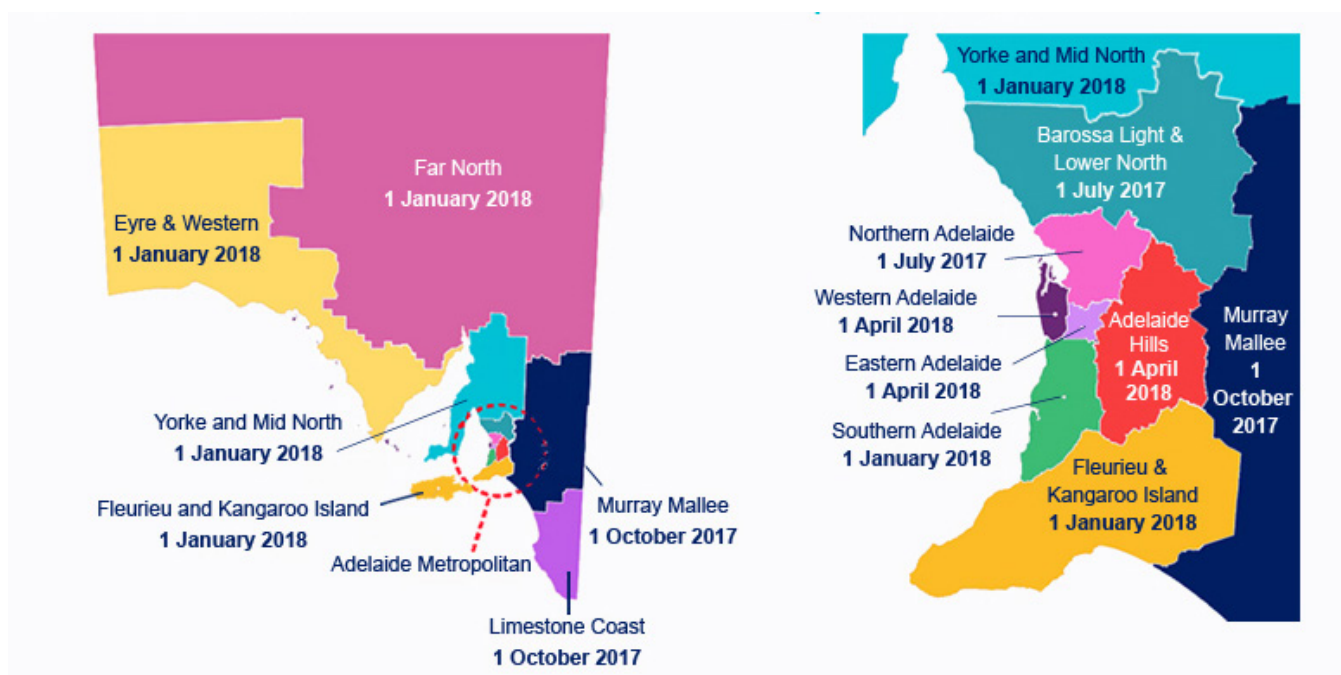
The NDIS has already been rolled out for children and is currently being rolled out for all 15 to 17 year olds across the state. The full scheme begins rollout in some of our regions from the 1 October this year with the remainder of our regions coming onto the

scheme either by the 1 January or the 1 April 2018. The full regional rollout dates for adults in South Australia are identified on the maps below.

## Tips on how to create your best NDIS plan

A National Disability Insurance Agency representative will contact those eligible for the NDIS to organise a time to ask you some questions that will be used to establish what supports are included in your first NDIS plan.

Your first NDIS plan will include what your daily life is, including the goals you want to work towards and



Statewide and Metropolitan rollout dates for the NDIS

what types of supports are needed to achieve those outcomes. Those support categories deemed reasonable and necessary will have funding attached.

Your existing support services will continue until you have an approved NDIS plan.

To ensure the NDIA creates a plan that best reflects the supports you need we recommend you:

### **1. Learn about the NDIS and what supports can be funded**

a) Attend a Community Living Australia NDIS information session (information regarding these in your region will be sent to you)

b) Get information from websites - [www.claust.com.au/ndis](http://www.claust.com.au/ndis) and [www.ndis.gov.au](http://www.ndis.gov.au)

c) Contact us on (08) 8536 5888 to chat about the NDIS, or send us an email at [ndisreadiness@claust.com.au](mailto:ndisreadiness@claust.com.au).

### **2. Think about your everyday activities and your future goals and what supports you would need to make them happen**



**Families of clients from the Murraylands attending an NDIS Information Session run by Donna**

a) You could print off or call us for a copy of our NDIS planning booklet, available at: [www.claust.com.au/ndis](http://www.claust.com.au/ndis)

b) You can contact us for a one-on-one pre-planning support meeting

c) Be open about your support needs with the NDIA planner - don't forget to mention if there are times when you need extra support. Don't just talk about the supports needed on a good day, as your plan needs to cover all your supports for the year.

### **3. Collect evidence to support the types of supports or equipment you are requesting and how they will support your daily life and identified goals. Request written letters detailing this from the**

**professionals you work with - such as your service provider, doctor, specialist or allied health professionals.**

**4. Think about how you would like to participate in the NDIS planning meeting - you may be offered an over the phone meeting but if this does not suit you, you can request a face to face meeting.**

**5. Decide if you would like a support person with you during your NDIA meeting - this person could be a friend, family member, and advocate, or a provider.**

A support person can:

- be there to make you feel more comfortable
- be a person who is a second set of ears to listen to what is discussed
- be someone who knows your current supports
- be someone who understands your goals and can help prompt you if you forget to mention anything

Community Living Australia is happy to attend as your support person at your NDIS planning meeting. If you would like us to support you at this meeting please contact us on (08) 8536 5888 or [ndisreadiness@cloust.com.au](mailto:ndisreadiness@cloust.com.au).

**6. Think about whether you need assistance with managing your plan or coordinating your supports. At your planning meeting, you can ask for funding to purchase Plan Management, and Support Coordination support. This funding may also be approved to support you to learn these skills so you can manage future plans yourself.**

**7. Understand the different ways your funds can be managed and decide which way will suit**

**you - NDIA managed, managing it yourself, registered Plan Manager or a combination. This will form part of your plan so you will need to know this prior to your meeting with the NDIA.**

If you choose NDIA managed you can only use NDIS Registered Providers.

For more details on what's involved in these options you can view this document:

<https://www.ndis.gov.au/participants/understanding-your-plan-and-supports.html>

## Your NDIS Plan - Your Choice!

Once your NDIS Plan is approved you can start to utilise your funding to achieve your goals.

If you find the approved plan does not reflect what was discussed at your NDIS planning meeting or your

needs have changed, you can request a review or appeal the plan.

Your plan will usually be in place for twelve months and then you will be given a chance to review your goals and supports to form a new plan.

## Community Living Australia is here to support you

Community Living Australia is committed to supporting you to successfully transition to the NDIS.

If you want to register for a future NDIS Information Session, or simply talk to us about the NDIS please contact us on (08) 8536 5888 or email us at [ndisreadiness@cloust.com.au](mailto:ndisreadiness@cloust.com.au). Alternatively have a look on our website [www.cloust.com.au/ndis](http://www.cloust.com.au/ndis) for more general information on the NDIS.



Brian, Marty, Ryan and Jodie-Anne at the Biggest Morning Tea event at 'The Cottage', Day Options in Murray Bridge

# REFURBISHED IT PROGRAM CONNECTING CLIENTS WITH TECHNOLOGY

Our Refurbished Technology program provided in partnership with Connecting Up is now up and running. Set to change the lives of people with disability, the program will make it easier for them to purchase quality technology and to engage with others and their community.

The program provides a wide range of quality, refurbished technology items including computers, laptops, tablets, printers, and other hardware to our clients at a very affordable price.

If you are on the lookout for, or are interested in purchasing one of these items and you haven't yet taken advantage of this great program, visit our website at: [www.claust.com.au/refurbit](http://www.claust.com.au/refurbit) where you will find all the information you need on the program, or alternatively, come into one of our offices and ask for a brochure.

Once you have decided what you want to purchase our team can support you through the whole ordering process – all you need to do is give us a call on (08) 8536 5888 or pop into one of our offices – our team would love to help.



**Chief Executive Mark Kulinski speaking at the 2017 Australian Not-For-Profit Technology Awards**

It is also important to note that full set up support is available to you at an additional cost.

Again, if you would like more information about

the program please visit the website [www.claust.com.au/refurbit](http://www.claust.com.au/refurbit), contact us by phone on (08) 8536 5888 or email us at [refurbIT@claust.com.au](mailto:refurbIT@claust.com.au).



**Kaitlyn and Travis trying out their new tablet, purchased through the Refurbished Technology program**

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# CLIENT SERVICES RESOURCE TEAM UPDATE

Community Living Australia's Client Services Resources Team (CSRT) has been busy at the start of 2017 working on a wide range of projects focused on improving the delivery of services to our clients and families and on ensuring that our services align with the requirements of the NDIS.

A review of our Day Options services is currently being undertaken by the team in order to identify improvement opportunities and to assist the organisation in making sure its services are aligned with industry best practice, are ready for the implementation of the NDIS and provide the best service possible to our clients and their families.

Some other key projects and strategies the team have and will be implementing in 2017 include:

## Running training programs for Support Workers

These include person centred planning, active support, positive behavioural support training, resilience training and mental health first aid.

## Improving communication between Support Workers and clients

Including training Support Workers in how to use Proloquo2Go (a computerised communication program) and staff right across Community Living Australia will also be trained in developing written communication in plain or easy English. This will help to bridge any communicational gaps existing between clients and support workers.

## Increasing client participation in the decision making process

Recently, at least a dozen people in leadership positions across Community Living Australia underwent significant training to improve the inclusion and active involvement of clients in their lives and our services.

## Developing a loss and grief package

Assisting Support Workers to better discuss delicate and personal issues with clients, ensuring they receive appropriate support during a difficult time.

The team will also be looking at developing and implementing tools that focus on sensory profiling, communication, and acquired brain injury later in the year while also looking at how we can better manage and develop our services for our clients with autism.



**Carmen conducting Mental Health First Aid training with Support Workers**



# MARK KULINSKI REACHES 10 YEARS OF SERVICE!

On Tuesday 28 February 2017 Mark Kulinski our Chief Executive was acknowledged by the Board for reaching his 10 years of service to the organisation – first at CLASS and now at Community Living Australia.

This is a fantastic achievement showing Mark's dedication to the organisation, the industry, and to people living with disability. Throughout his 10 years of service, Mark has successfully led and supported a number of Community Living Australia's milestones, including the implementation of Day Options services in Kangaroo Island, the expansion of services into Victor Harbor and Renmark, and the merger of CLASS and Community Lifestyles.

With Mark's leadership, Community Living Australia now supports over 500 clients and employs over 450 staff across seven regions in South Australia.

Bill Rowe, Chairperson of the Board said that; 'Mark has been a fantastic servant and leader of the organisation for a very

long time now. He is passionate about the work and the people we serve and the organisation has been fortunate to have someone with such commitment to be leading it. We are proud as a Board of the work Mark has done guiding the development of CLASS, overseeing the merger process with Community Lifestyles and now steering Community Living Australia in its journey of readiness for the NDIS.' Mr Rowe also added; 'Mark should be very proud of his achievements and I am sure I am joined by all of our clients, their families and are staff in congratulating and thanking him for his efforts.'

'I am honored and honestly humbled to have been given the opportunity to be Chief Executive of both CLASS and now Community Living Australia. I am proud to see how we have grown and the development we have undergone to be the fantastic organisation we are today focused on providing the absolute best quality of life to people living with disability,' said Mark Kulinski Chief Executive of Community Living Australia. 'I am looking forward to this journey continuing and to us continuing to strive for excellence as we align with and prepare for the NDIS,' added Mr Kulinski.



Mark Kulinski is congratulated on 10 years of service by Community Living Australia Board Chairperson Bill Rowe, and Board Members

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## AND THE BEAT GOES ON!

### GRANT RECEIVED FROM THE ROTARY CLUB OF MOUNT BARKER TO PURCHASE DJEMBE DRUMS

We are pleased to announce that we have been successful in obtaining a grant from the Rotary club of Mount Barker enabling us to purchase a set of Djembe Drums to be used as part of a therapeutic drumming workshop for a group of our Mount Barker Day Options clients.

The workshop utilises musical therapy to assist clients in developing their social, cognitive and fine motor skills.

Community Living Australia Chief Executive Mark Kulinski says that; 'Receiving this grant is great news and the development of this program shows the organisation's commitment to partnering with other community groups and providing a wide range of varied and quality services to suit the needs and develop the skills of all our clients.'

'The program is fantastic, the clients who are involved are really enjoying it and we can see that it is beginning to make a positive impact with some of them feeling more comfortable and relaxed in being able to communicate

within this group and program,' added Sue Stuart, Regional Manager for Adelaide Hills, Strathalbyn and the Riverland.

Community Living Australia would like to acknowledge and thank the Rotary Club of Mount Barker for providing this wonderful grant and for supporting this great program which will make a positive and lasting difference in the lives of our clients.



**James with one of the purchased Djembe Drums**



**Blossom and Juanita practicing their drumming with the help of Deb**

# WATCH OUR NDIS QUICK FACT VIDEOS FOR IMPORTANT INFORMATION ABOUT THE NDIS

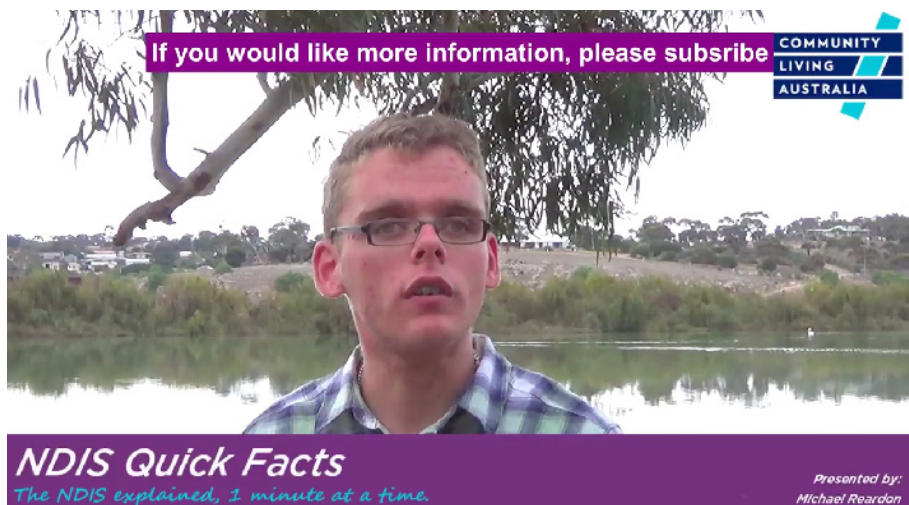
As the NDIS rollout approaches across many regional areas in South Australia, we have found a creative way to inform people about the scheme.

Partnering with a long-time client and now volunteer of the organisation within the Marketing Team – Michael Reardon, we have started to develop a series of short videos or ‘Quick Facts’ to provide bite-sized amounts of information on the NDIS.

The topics we are covering range from - what the NDIS is, to how to prepare for an NDIS Plan and that first planning meeting, to what the rollout dates are across the state, to what supports are and are not funded, and to what the eligibility criteria to access them scheme is.

We have already completed the development of 6 NDIS Quick Facts – they are available for viewing on our website at [www.claust.com.au/ndis-quick-facts](http://www.claust.com.au/ndis-quick-facts), with many more becoming available soon.

Mark Kulinski, Chief Executive of Community Living Australia, explains the project saying; ‘The quick fact videos demonstrate how the organisation is utilising different platforms



Michael presenting an NDIS Quick Fact video

to get the NDIS message out to our clients and families. We understand that significant changes like the NDIS can be quite daunting and that is why we are committed to working with our clients and families every step of the way to ensure they receive maximum benefit from this exciting new scheme.’

‘What these quick fact videos seek to do is to make transitioning to the NDIS easier for our clients and families. We wanted to provide them with information that was short, to the point and easy to digest – unlike most of the information surrounding the NDIS. The Quick Facts discuss one topic at a time and just present the absolute key information,’ added Donna Adams, Project Manager – NDIS Readiness.

Michael Reardon is a university student studying Journalism and International Relations at UniSA and has been volunteering in the Marketing Team over the past twelve-month period with a significant part of his role involving presenting the NDIS Quick Fact videos in a creative and engaging way.

‘When I was asked to help develop and present the NDIS Quick Fact videos, I jumped at the opportunity because as someone who has been surrounded by disability all my life I understand the challenges people with disabilities face. I know how exciting, yet daunting the NDIS can be and I wanted to support Community Living Australia in communicating the scheme to people with disability, their families and the general community.

I believe it is a huge game changer for South Australians living with disabilities moving forward,' tells Michael Reardon.

If you would like more information about the NDIS or how we can support you in your transition, please contact our offices on (08) 8536 5888, head to our website at [www.claust.com.au/ndis-quick-facts](http://www.claust.com.au/ndis-quick-facts) or email us at [ndisreadiness@claust.com.au](mailto:ndisreadiness@claust.com.au).

### Community Living Australia and the NDIS

Community Living Australia, in collaboration with Michael Reardon are developing NDIS Quick Fact videos to support our clients and people living with disability in their transition to the NDIS.

They are only a couple minutes long, each focusing on a new tool or piece of information. We hope you find them useful.

We will be adding new videos on a regular basis so stay tuned or follow our YouTube Channel to get notified when we upload a new video.

We also have a whole section of our website dedicated to providing you with the most up-to-date information on the NDIS so that your transition can be as smooth as possible. Access our NDIS information here

If you have any questions regarding the NDIS please do not hesitate to contact us on 08 8536 5888 or by emailing [ndisreadiness@claust.com.au](mailto:ndisreadiness@claust.com.au).

**NDIS Quick Fact 1:**  
What is the NDIS?



**NDIS Quick Fact 2:**  
Rollout Dates Across South Australia



**NDIS Quick Fact 3:**  
How to Prepare for Your First Planning Meeting



To watch more of our NDIS Quick Fact Videos - visit our [YouTube Channel](#) or our [NDIS Quick Fact Webpage](#).

Our NDIS Quick Facts can be found on our website, and on our YouTube channel:  
[https://www.youtube.com/channel/UC8xZZkIC8\\_X-KTJja4aWWg](https://www.youtube.com/channel/UC8xZZkIC8_X-KTJja4aWWg)

## SOUTH EAST TEAM HOSTS BIGGEST MORNING TEA!

On 24 May, clients and staff from South East Day Options held a very successful Biggest Morning Tea event at the Presidential Motel in Mount Gambier. The event, which supports the Cancer Council to raise funds for cancer prevention, treatment and support programs, was attended

by over 50 people from the local community, who all enjoyed the delicious catering prepared by clients and staff of Community Living Australia. In the six weeks prior to the event, the team were also very successful in obtaining community donations and selling raffle tickets to local individuals and businesses.

Clients and staff were overwhelmed by the positive response and enthusiasm of their community, receiving a number of generous donations which contributed to raffle prizes for the Biggest Morning Tea. The Presidential Motel also donated the venue and beverages for the event.

This year's Biggest Morning Tea event has raised over \$940 for the Cancer Council, supporting them in their fight to prevent cancer.

The clients and staff responsible for organising the event and gathering donations are thrilled with the amount of money raised, and are grateful for the opportunity to support others and give back to community.



**SUPPORT:**  
Community Living Australia Day Options Service members host their Australia's Biggest Morning tea event at the Quality Inn Presidential.  
Picture: AMELIA PEPE

Lucy, Kristy, Tina, Bec, Rachel, Liam, Michael, Michelle, Scott, Kylie, Kayte, Greg and Nathan at the South East Biggest Morning Tea event (photograph sourced from the Border Watch Newspaper)

# THANKING OUR VOLUNTEERS

## NATIONAL VOLUNTEER WEEK



Volunteer Sally speaking in the volunteering video

8 – 14 May was National Volunteer week, an annual celebration to acknowledge the generous contribution of our nation's and organisation's volunteers.

At Community Living Australia, we believe that volunteers are invaluable to the success of our organisation and we cannot thank them enough for their continued support and passion.

We have a multitude of volunteers who work across our various regions, service types and teams - including the Admin team, Marketing team and Client Services team. We even have volunteers who donate their time to a variety of special projects and events.

We want to take this opportunity to thank all of our volunteers across the whole organisation. Your

support means a lot and it goes a long way to making a positive and lasting impact in the lives of our clients, their families and the communities in which we serve. Thank you!

As part of celebrating National Volunteer Week we developed a short video which features a small number of our volunteers – Kimmy, Lisa, Michael and Sally and asks them about their experience volunteering with Community Living Australia.

View it on our Facebook page: <https://www.facebook.com/communitylivingaustralia/videos/1450344705008863/>

View it on YouTube: <https://www.youtube.com/watch?v=IZvHLWfIVBO>



Lisa, an Admin team volunteer, working at her desk



Kimmy, an Admin team volunteer, at the Goolwa Launch Event

# KANGAROO ISLAND'S BARB IS AWARDED FOR HER VOLUNTEERING EFFORTS!

At Community Living Australia, we support our clients to live life to the fullest by encouraging active participation in their communities. For Barb from Kangaroo Island, this involves volunteering to support others in her local community.

Twice a month, Barb volunteers with Delivered Meals, a hospital based program that provides meals to elderly people living in their own homes. The program has proven to be equally beneficial to both Barb and the recipients of Delivered

Meals, as Barb has now developed some great friendships with many people in her community.

In May, Barb attended a lunch at the Community Health Service, an event held to thank volunteers for their commitment and support. During the lunch, Barb was awarded with a certificate for her service.

'At Community Living Australia we are passionate about providing meaningful opportunities for people with disability to engage with their communities,' said Paula

Roberts, Regional Manager for Kangaroo Island. 'Building supportive networks that create opportunities for clients such as Barb to live how they want to live and to achieve their goals, whatever they may be, is a huge focus and we could not be prouder of Barb's commitment to her community and dedication to her volunteer work,' added Paula.



Barb is presented with a certificate for her efforts



Barb with a Delivered Meals recipient

# COMPANION CARDS - SUPPORTING PEOPLE LIVING WITH DISABILITY TO BE PART OF THEIR COMMUNITIES



**Cassie and Callan enjoying a picnic in the park**

Unfortunately, it can often be very easy for people living with a disability to feel isolated and disconnected from their local communities, particularly when they require support to attend specific venues and events, as buying two tickets can often become too expensive.

In response to this, for people who have a significant, lifelong disability and who will always need a companion to enable them to attend and participate in community based activities, it is possible to get a Companion Card. The Companion Card has been developed to promote the rights of people with a disability, who require a

companion, by providing them with fair ticketing to events and venues, and providing free admission to the event for their carer.

## You are eligible for a Companion Card if:

- You are a permanent resident of South Australia
- You have a significant disability impacting your daily life
- As a result of the impact of your disability you are often unable to participate in social and community events
- Your need for support is life-long

## Applying for a Companion Card:

- Call the Companion Card Information Line on 1800 667 110
- Send an email to: [dcsicompanioncard@sa.gov.au](mailto:dcsicompanioncard@sa.gov.au)
- Download and print a form, available at: [http://www.sa.companion-card.asn.au/images/SA\\_Companioncard/Cardholder\\_Application\\_2015.pdf](http://www.sa.companion-card.asn.au/images/SA_Companioncard/Cardholder_Application_2015.pdf)
- Write a letter requesting a form to: Companion Card, GPO Box 292 Adelaide SA 5001



**A group of clients and volunteers gearing up for their trip to Geelong, to watch the Crows play the Cats at Simonds Stadium - Clients used companion cards for the volunteers to attend the game**

## Supporting information to provide:

- Contact details of support services, this may include any Respite or Day Options services you currently receive
- Contact details for two fully updated reports from a health professional, such as a speech pathologist, physiotherapist,

paediatrician, occupational therapist, psychologist, registered nurse or social worker

- Any other information you believe will make the application process easier

Community Living Australia is looking forward to assisting you in any way we can to help make the application process easier.

If you have any questions or would like to know more about the Companion Card please visit: <http://www.sa.companioncard.asn.au/about-companion-card/apply-for-companion-card>.

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## EXPERIENCING THE HEALTH BENEFITS OF TAI CHI AND UKULELE

At Community Living Australia, there is always a major focus on encouraging clients to be involved in local community events across all our regions. At our Goolwa Day Options, a few of our clients are regularly participating in both Tai Chi and Ukelele classes.

Both of these activities are well known for their effects on improving physical and mental health.

Speaking to Sue Von Stanke, Team Leader for Goolwa Day Options who said that 'Four of our clients began to show an

interest in these community activities and have been attending for quite a while now. Each client has their own Ukulele and they get the opportunity for plenty of practice at Day Options during the week with all of them showing some real improvement.'



'It is great to see a group of our guys getting involved in some local community activities that interest them and that involve them learning some new skills whilst out in the community. They all really seem to be enjoying the new challenge,' added Paula Roberts, Regional Manager for Fleurieu, Southern Metro and KI.

**Participants in the Tai Chi Program Jessica, Dannii and Rebecca in their Tai Chi T-Shirts**



# SUPPORTING THE ROTARY CLUB OF TAILEM BEND IN THE MURRAYLANDS TO GIVE A HAND TO THOSE WHO DON'T HAVE THEM

It has been a busy first half of the year in the Murraylands with numerous projects and good news stories getting up and running!

In March, clients Adam and Roslyn volunteered their time and efforts to support the Rotary Club of Tailem Bend with their 'Hands On' project. This project involves building functional prosthetic hands from kit form and distributing them overseas to victims of landmines and war.

Adam and Roslyn were keen to get involved in the project after being approached by Sally Charlton, Project Manager for the 'Hands On' project and volunteer at Community Living Australia, to join the team.

Each hand takes two

people approximately two hours to be assembled. Adam and Roslyn worked together to assemble theirs and they left a message for the future recipient along with a photo of them both. This will be given to the recipient of the hand who will then provide a photo and message back of their own. This establishes an important connection between the builder and the recipient, and will allow Adam and Roslyn to see the positive contribution they have made.

'The Hands On Project is an outstanding venture, and it is wonderful to see our clients getting involved to make a difference on a global scale,' said Molly Baulch, Regional Manager for Community Living Australia. 'Partnerships with local groups and initiatives such as these support our

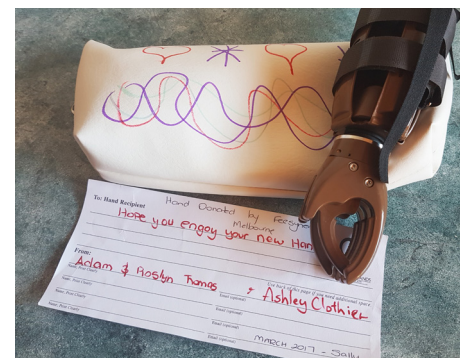


**Adam and Roslyn were with Ashley, President of the Rotary Club of Tailem Bend**

clients to develop their skills and self-esteem while actively participating in their community, and we could not be prouder of Adam and Roslyn for identifying a way in which they could positively contribute to society and provide a much needed service to someone in need,' added Molly.



**Adam and Roslyn hard at work assembling their hand from kit form, with support from Ashley**



**Adam and Roslyn's assembled hand and message**

# BREAKFAST BAR PROGRAM LAUNCHES IN THE RIVERLAND!

At Community Living Australia, a number of clients across our regions are supported to produce and provide muesli bars to local schools and community groups, as part of a Breakfast Bar Program. Our Day Options group from the Riverland have recently begun providing these healthy snacks to the students at Monash Primary School.

The purpose for the bars and the program is that it gives the students at Monash Primary School a healthy alternative to other school snacks and provides the students who attend school without any lunch or without having had breakfast with something nutritious to eat to fuel their brains for learning throughout the school day.

The importance of nutrition and the effects it has on academic and social performance is well-documented, with kids who receive adequate nutrition achieving far greater results academically than those who don't. In order to concentrate, learn and solve complex problems students need fuel, and feedback from our partner schools indicate that they have noticed a significant difference in some of the

students who receive the bars.

Supported by Renmark Foodland, the Breakfast Bar Program was rolled out in the Riverland following the success of similar programs in the Murraylands, Adelaide Hills and Fleurieu regions. The program truly supports our clients to live life to the fullest by encouraging active participation in the community, and contributing to personal development.

'Through the Breakfast Bar Program, our clients have the perfect opportunity to positively contribute to their community and to

establish local working partnerships. Our clients have successfully come together with another great community group to provide a much needed service to others, and it is wonderful to see them develop their skills and confidence in the community,' said Sue Stuart, Regional Manager of the Riverland for Community Living Australia. Adding that, 'our clients really enjoy contributing value and helping others in the community in need, we have seen positive outcomes in terms of their level of self-confidence and connection to community.'



**Community Living Australia's Troy and Sarah delivering the breakfast bars to students and staff at Monash Primary School**





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