

FAR NORTH COMMUNITY SERVICES

July 2018



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Message from the CEO

My wonder at the resilience and positivity of people never ceases. Through our work, we have the opportunity to meet and get to know many people. It is a privilege to have people with disabilities and their families place trust in us to support them to achieve their goals. We are committed to delivering the best service we can and to continuous improvement where it is required.

Putting our values into action goes a long way to fulfilling the commitment we make to deliver the highest quality supports and services.

Our Board were very wise when they added the value of Understanding to the list chosen by the people we support, their families and our staff. As the NDIS rolls out and more people chose Far North, we need a lot of understanding, of the work ahead, the challenges and of each other.

New people to support and get to know, and a doubling of the staff in the last twelve months means we need to take time every now and again to reflect and appreciate the unique qualities that we all have that make us such a great team.

As they say, *no man is an island*, and none of us can be all things to all people. It is the understanding, partnership with the people who choose our service that will lead to satisfaction with our services and people achieving their goals.

As I began this update, I was reflecting on the resilience of our team and want to acknowledge every-one who continues to go over and above in your roles as the NDIS is rolling out. I have never witnessed an organisation grow at the pace we have in the past 12 months and that people choose Far North is a testament to our Board and all of our staff. I wanted to

acknowledge you all by name and thank you individually, however there are so many stories I realised I would have 100 paragraphs. So to all staff, please, accept sincere thanks and acknowledgment for all that you do.

On July 1st July, the National Disability Agency took responsibility for disability services in our State. The Kimberley region is rolling into the national scheme between October and December. In the coming months Coordinators will be working alongside people we support and their families to ensure the transition is a smooth one. Coordinators will be available to follow up any questions you may have.

Lastly, I would like to extend a warm welcome to our new staff. There are many of you and we are still recruiting in all areas. We do have a spotters fee for support workers that recommend potential staff to us, so if you know any values driven people who you think would be an asset at Far North, I encourage you to talk generally about your role (without divulging any confidential information) and recommend the organisation to them.

Kathy Hough

CEO

Introduction from Far North's new East Kimberley Disability Services Manager



My name's Dylan Grogan and I am very grateful to work with you. I was born in the Pilbara, raised in the Great Southern and cut my teeth in Perth. I have had over 6 years of experience as a Paediatric and young adult Occupational Therapist and also founded and continue to Direct the WA ROCKABILITY GROUP – a charity that helps people with challenges to fulfil their rock star dreams. I have moved up to Kununurra with my family, Michele (my partner) and son Harrison (who is now 15 months old).

We love it in Kununurra and are really happy to be here, I am sure you will see a lot more of the family.

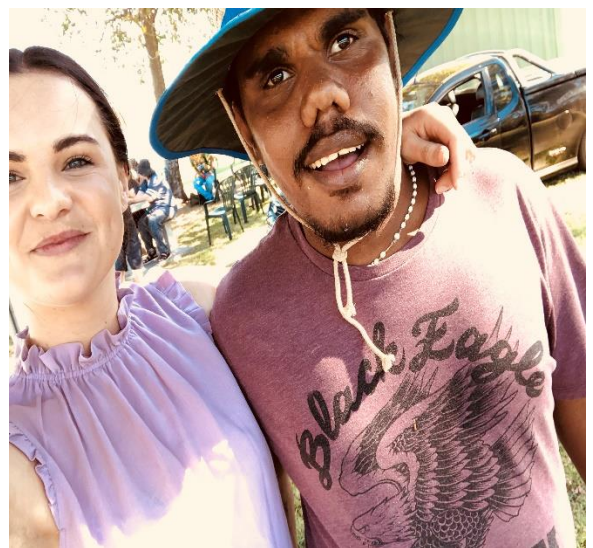
As a Manager for the East Kimberley, I aim to listen, to lead and support you and our team to continue and assist great teamwork and most importantly, achieve great outcomes for the people we support. I pride myself on being approachable, so please feel free to say G'day and let me know how things are going.

I am very grateful and excited to meet you all, work with you and assist our vision to be achieved.

Dylan Grogan

Brendon's Birthday at Ski Beach

The team in Kununurra celebrated Brendon's birthday down at Ski Beach, it looked like a fun filled day with cakes and laughter. Happy Birthday Brendon!



Pete's Morning Tea

Far North would like to congratulate Pete Moore on receiving his new Volunteering contract.



Pete has been volunteering with Far North now for some time and has given the organisation great commitment and dedication.

Pete spends up to 2 hours per week shredding all of Far Norths old confidential documents and is very professional in his role.



Thanks again Pete, we are all so happy you are part of the Far North Team.

Welcome

Staff Member	Role
Jaclyn Nangle	Broome Roster Coordinator
Corinna DeSouza- Role change	Derby Roster Coordinator
Dylan Grogan	EK Disability Services Manager
Elaine Clarke	WK Disability Services Manager
Shantelle Rose- Role change	Kununurra Roster Coordinator
Fiona Hart- Role change	Human Resources Officer
Kevin Smith- Role change	Broome Team Leader
Joshua Brooker	Kununurra Support Worker
Laura Cottrill	Derby Support Worker
Ingrid Elmitt	Broome Support Worker
Sharni Gilbertson	Kununurra Support Worker
Coral Birch Gore	Kununurra Support Worker
Grace Gunson	Kununurra Support Worker
Bella Haines	Broome Support Worker and Administration Support
Annabelle Heggaton	Kununurra Support Worker
Jennifer Hemsall	Halls Creek Coordinator
Lai Yi Hsin	Fitzroy Crossing Support Worker
Alex Igboeghe	Finance Assistant
Prajesh Parambu	Technical Support Officer
Milka Muhuha	Derby Support Worker
Doreen Musiyiwa	Broome Support Worker
Fintan Pearce	Kununurra Support Worker
Johan Riley	Derby Support Worker
Shelley Rodriguez	Kununurra Support Worker
Peter Rurii	Derby Support Worker
Lee Schiller	Kununurra Support Worker
Iona Sollitt	Kununurra Support Worker
Leonie Ward	Kununurra Support Worker
Stacey Wemyss	Broome Support Worker
Koa Williams	Kununurra Support Worker
Theresa Williams	Kununurra Support Worker
Jean Writer	Kununurra Support Worker
John Writer	Kununurra Support Worker

A Star in Fitzroy Crossing!

Leonis has made a remarkable transition from school life to an independent environment. His mother Delphine is very happy with Leonis' progression.

Leonis has taken charge of his personal care, keen on showering and must have clean clothes. Leonis makes his own choices regarding his activities each day. His support hours are filled with shower and breakfast, basketball, Kariyili for computers, Wangki Radio and band practice on Wednesdays. Leonis continues to focus on improving his speech and as a result of his support, his social network has greatly improved. Leonis wanted to say thanks to the support workers that are making such a difference to his life.

Kyle Andrews Annual Walk



On May 27th some of the Far North staff took part in the Annual Kyle Andrews walk. The walk is in its 9th year, and comprises a 5km walk from Gantheaume Point to Cable Beach along the beach in support of The Kyle Andrews Foundation, raising funds for children battling cancer.

Here are some photos from the day!



Far North Shining Stars Program

Lucy Leeder, Executive Assistant at Far North is our first Shining Star award for 2018. Lucy was nominated by Sharon Garner and Chai Silvery for her professionalism, willingness to always help her colleagues, team work, initiative and always remaining calm as she juggles an enormous variety of tasks. Well done Lucy.

Kathy Hough has nominated Francis Lee in the next round. Like Lucy, Francis remains calm, keeps on smiling and always puts the people he supports first. He is a good team player and he frequently steps in and uses his initiative and problem solving skills to ensure the supports for people are not disrupted. Francis is driven by strong values of caring for others and he demonstrates this daily.

#GoodLifeKimberley

Check Out how our hashtag is going!

Don't forget to use it in your posts of all the exciting things you get up to in The Kimberley. If you don't have an Instagram or Facebook account you can send your photos to lucy@farnorth.org.au to upload for you.

<https://www.farnorth.org.au/our-news/goodlifekimberley/>

Information Linkages and Capacity Building Grant

Our ILC Coordinators, Tegan and Janet have been busy in the past few months, making contact with many organisations including the Family Domestic Violence Support Team, Centacare, Red Cross, Department of Communities, BRAMS, Independent Living Centre, Centrelink, OVAHS, Aboriginal Short Stay and more. The ILC Coordinators have supported people to access mainstream services and provided information on the NDIS and eligibility to a wide range of organisations.

Other partnerships in progress

- Contracted local media company to produce short films made by Aboriginal people to explain the NDIS, eligibility and pre-planning. Films are in progress
- Agreement to partner with NDCO who also have an ILC grant do create short films in the Fitzroy valley region and information on the NDIS in Creole
- Developing brochures by working with the language centre in Kununurra to develop information on the NDIS in Mirrawong
- Currently developing a pre-planning resource for Aboriginal people

NDIA Participant Pathway Consultation workshop held in Kununurra

Tegan worked closely with NDIA senior staff with regard to the consultation that was held for Aboriginal people on the participant pathway. Tegan invited local service providers to the service provider workshop, however it was the participant workshops with over 30 Aboriginal

people with disability, families and carers that was the highlight of the time the NDIA staff spent in Kununurra. People with disability participated in the workshop and with their families they provided invaluable feedback for the NDIA that was well received. Tegan worked hard to get so many people to attend and Far North provided transport to ensure people could attend.

We have secured additional funding for the ILC project and will be advertising for a Manager based in Broome, and two part time Coordinators one in Derby and one in Kununurra in the coming weeks. The team will be focusing on supporting people with disability to access mainstream services and for people to be actively engaged in community activities and events.

Outback Initiatives: Leadership Program

Penny our Kununurra Coordinator and Fiona our HR Officer attended a leadership in The Kimberley, Kununurra.

‘I feel so privileged to have been able to attend this leadership camp, funnily enough I didn’t read the fine print before signing up so that got a few laughs when I asked if I would be going home to my family each night or staying at the same accommodation as everyone else, on then reading the fine print I notice we would actually be out bush with no reception and needing to carry all our camping gear on our backs for the 10 days. It was an amazing experience with some life changing opportunities that were so well organised and demonstrated that it included everyone to be a part of, however we are under instructions to not talk too much about our challenges and activities as this could ruin it for those who will do the course in the future, what I can say is that I would encourage everyone who will get the opportunity to do this to take it with the most positive enthusiasm possible as you will get so much out of each day and night and will form some very good friends along the way.’ –Penny



The Group- Penny 2nd and Fiona 3rd from the left

'Where do I begin? You wouldn't believe me if I told you half of the things we did on the most empowering and beneficial program I have ever attended. I am truly grateful for having had the opportunity to attend the Outback Initiatives Kimberley Leadership Program. 10 days filled with excitement, trekking through the bush and sleeping under the stars was just amazing albeit at times a tad challenging. The program itself was so well ran and provided us all with some lifelong lessons and friends that will be forever held close to my heart. I feel so very blessed to have been part of this amazing program and cannot recommend it highly enough as it is one of the only programs that I have walked away from thinking 'that was so very worthwhile on so many different levels and I learnt so much'. Do yourself a favour and register for the next program that is available to attend, you will not regret it and most importantly it is the best thing you can do for yourself.' - Fiona



What's On

YOU'RE INVITED TO A

Carer Support Group Meeting

At the Child & Parent Centre
555 Ironwood Drive, Kununurra

On Wednesday, 25th July

2:00pm – 4:00pm

R.S.V.P - Lyn 0491 252 596

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Recipe of the Month

As the weather has cooled down (well as cool as it will ever be), why not try this Jamie Oliver recipe.

"Hearty and nutritious, minestrone soup is a tasty crowd-pleaser and is super-easy to tweak according to the vegetables you have in the house."



Serves 8

Cooks In 1H 20M

Difficulty: Super easy

Ingredients

- 1 clove of garlic
- 1 red onion
- 2 carrots
- 2 sticks of celery
- 1 courgette
- 1 small leek
- 1 large potato
- 1 x 400 g tin of cannellini beans
- 2 rashers of higher-welfare smoked streaky bacon
- olive oil
- ½ teaspoon dried oregano
- 1 fresh bay leaf
- 2 x 400 g tins of plum tomatoes
- 1 litre organic vegetable stock
- 1 large seasonal greens, such as savoy cabbage, curly kale, chard
- 100 g wholemeal pasta
- ½ a bunch of fresh basil , optional
- Parmesan cheese

Method

1. Peel and finely chop the garlic and onion. Trim and roughly chop the carrots, celery and courgette, then add the vegetables to a large bowl.
2. Cut the ends off the leek, quarter it lengthways, wash it under running water, then cut into 1cm slices. Add to the bowl.
3. Scrub and dice the potato. Drain the cannellini beans, then set aside.

Finely slice the bacon.
4. Heat 2 tablespoons of oil in a large saucepan over a medium heat. Add the bacon and fry gently for 2 minutes, or until golden.
5. Add the garlic, onion, carrots, celery, courgette, leek, oregano and bay and cook slowly for about 15 minutes, or until the vegetables have softened, stirring occasionally.
6. Add the potato, cannellini beans and plum tomatoes, then pour in the vegetable stock. Stir well, breaking up the tomatoes with the back of a spoon.
7. Cover with a lid and bring everything slowly to the boil, then simmer for about 30 minutes, or until the potato is cooked through. Meanwhile...
8. Remove and discard any tough stalks bits from the greens, then roughly chop.
9. Using a rolling pin, bash the pasta into pieces while it's still in the packet or wrap in a clean tea towel.
10. To check the potato is cooked, pierce a chunk of it with a sharp knife – if it pierces easily, it's done.
11. Add the greens and pasta to the pan, and cook for a further 10 minutes, or until the pasta is al dente. This translates as 'to the tooth' and means that it should be soft enough to eat, but still have a bit of a bite and firmness to it. Try some just before the time is up to make sure you cook it perfectly.
12. Add a splash more stock or water to loosen, if needed.
13. Pick over the basil leaves (if using) and stir through. Season to taste with sea salt and black pepper, then serve with a grating of Parmesan and a slice of wholemeal bread, if you like.

<https://www.jamieoliver.com/recipes/vegetables-recipes/minestrone-soup/>