



December 2014

Outcomes

**We see
the ability
within.**

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Few people outside of the disability sector truly understand the extent of the adjustments that organisations, such as StGiles, need to make in order to continue to be a significant contributor to the lives of people living with disability under the model envisaged by the National Disability Insurance Scheme (NDIS).

Whilst change can be very unsettling for many people it is the realisation that not to do so and to stand still will not hold the organisation and our

I would like to take this opportunity to wish you and your families a restful and peaceful Christmas.

2. 2. 2.

Ian Wright
Chief Executive

Please accept my special gift of: ☐ \$20 ☐ \$50 ☐ \$100 ☐ \$200 ☐ \$

Name				Email					
Address						State		Postcode	
My cheque is enclosed, or please debit my:				<input type="checkbox"/> Mastercard		<input type="checkbox"/> Visa			
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
						Expires		<input type="text"/> / <input type="text"/>	CCV <input type="text"/>

Ongoing support

☐ Please charge \$_____ monthly to the credit card details above until I advise otherwise in writing.

☐ Please send me information about remembering St Giles in my Will.

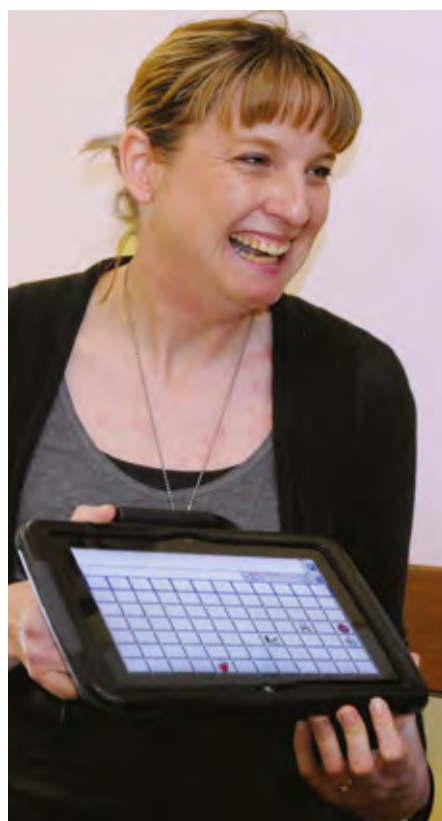
If for any reason you do not wish to receive our appeal information, please write to us at StGiles, PO Box 416, Launceston TAS 7250. St Giles Society respects your privacy. If you have any questions about your privacy please call us.
(Donations to St Giles Society of \$2.00 or more are tax deductible).

Thank you!

St Giles moving into NDIA



Working with 15-24 year olds has been exciting during the trial of NDIA in Tasmania, according to St Giles speech pathologist Greer Maine.



"It's an age group that has historically missed out on speech pathology services. There is so much potential to create meaningful change," she said.

Technology can open many doors for people and increase independence - which for teenagers is especially important.

While early intervention is also important, it marks the beginning of a whole life.

"Often at that the early intervention stage there are so many things to juggle, as well as just getting your head around the reality of caring for someone with a disability and what that means.

"This year we have found people have been so appreciative of finally having some support (within the NDIA). They're also really committed and this often leads to great outcomes. "

The wider availability of eye-gaze communication technology continues

to be a big learning curve for therapists and families, but it leads to a lot of possibilities.

"The NDIA is a chance to challenge a lot of assumptions - learning is life long; people do not reach a point where they cannot learn a new skill," Ms Maine said.

"I think this exciting momentum will continue with NDIA.

"More people will start to see more of the opportunities others are taking and want the same for themselves or their family members.

"Up until now, many people haven't known what is possible, so they aren't quite sure what they should be asking for, or what they might be missing out on. "

Hopefully, with more people in the community seeing the benefits we will see wider, greater change to the lives of people living with disability.



NDIA 18 Months

People living with disability will expect improved access to mental health services as they get a stronger voice and control over their lives, St Giles senior psychologist Dr Lyndsay Quarmby predicts.

Dr Quarmby, head of St Giles Development Assessment Team, said the sector would need to develop a better understanding of disability and how it impacts on mental health.

Meanwhile, Dr Quarmby said demand for early childhood diagnosis will grow significantly. "It is my understanding that this will not be covered by the National Disability Insurance Agency and as such will fall to the consumer to pay or be State Government funded,"

she said.

"It would be beneficial for St Giles to develop its diagnostic service to meet the predicted need."

St Giles holistic approach to the child and their development positioned it well to fill the role, she said.

"We look holistically at the child and will diagnose more appropriate where warranted. For instance, anxiety disorder, speech and language disorder rather than simply rule in or rule out."

NDIA Participate

St Giles has identified that its occupational health and communication teams can collaborate to help people with disability transition into study and work and has developed a program called Participate.

In the first year of the NDIA trial we have noticed growth in requests for assistive technology to help people transition from school to university, TAFE and work as well as living independently.

Participate, available from Launceston and Hobart, has been a very successful addition to St Giles suite of services.

2015 Events Calendar

Please note these events on your family's calendar

January 30	Car Raffle draw	July 31	Black Diamond Dinner 7.30pm till midnight \$250 per person all inclusive
March 15	Balfour Burn 9.00am till 3.00pm	August 14	Night Niche at the Albert Hall 3.00pm till 9.00pm Free event
April 15	Car Raffle starts and runs until June 2015 Six week telemarketing campaign	August	Lenah Valley Family Day 11.00 am till 2.00 pm
May 2	Mother's Day Niche at the Albert Hall 9.00am till 3.00pm	October 21	AGM Launceston Town Hall 2.00 pm
May 15	Mid Year Appeal and Outcomes newsletter mail out	October	Christmas Appeal and Outcomes newsletter mail out
June 27	I-Know Trivia Tailrace Centre 7.00 till 10.30pm Tickets - \$30 per person Supper included	November 14	Walk With Me Hobart and Launceston awareness walk (same day statewide)
		December 5	Christmas Niche - 9.00 am till 3.00 pm

New look

We have developed a new range of booklets and updated our brand as well as turning our website into a client focused, interactive place to help families, guardians and clients use and understand how St Giles' services will work within the National Disability Insurance Agency.

We have worked hard to develop the new materials in consultation with our therapy team who, we believe, are best equipped to understand community needs.

The brochures will become widely available during the first quarter of 2015 and will include information on St Giles Physiotherapy, Speech Pathology, Support Services, Respite, Psychology Services, Seating Clinic and others.

The brochures will help you start your journey towards an informed decision on our services or particular therapy interventions.





Dennis and Braz

One person can make a difference – this year our fundraising workload was boosted considerably by two people.

Woolworth's Lindisfarne manager Dennis Grimes and Royal Australian Navy leading seaman Kirri Lee Brazendale – Braz.

Between them, Mr Grimes and LS Brazendale gave untold hours volunteering and fundraising for St Giles with the aim of contributing \$30,000 towards facilities for children

with disability in Hobart.

They sold sausages in rain, hail and shine. Dennis developed and produced a statewide raffle for Woolworths vouchers that raised \$17,000.

His idea to put little green feet all over Woolworths stores was a winner while Braz's effort to create Family Day at Lenah Valley was enhanced when the young men and women of the Rapid Relief Team volunteered to donate a barbecue lunch.

Niche News

There will be **THREE BIG Niche** markets in Launceston during 2015 – Including a one-night-only Niche at the Albert Hall.

Our first **Night Niche** will be held on **FRIDAY NIGHT ONLY August 14** at the Albert Hall with doors to open at 3pm. The Albert Hall Bar will also be open. So why not pop in for a glass of wine, and a warm winter shopping experience at Niche?

Mothers' Day Niche will be held on **Saturday, May 2** between 9am and 3pm and **Christmas Niche** will be on **Saturday, December 5** – 9am to 3pm.

NICHE & Co
TASMANIAN MAKERS BAZAAR



Innovation for young people in Southern Tasmania

A new Rehabilitation Gym has enhanced the suite of services available at St Giles Lenah Valley.

The service opened two years ago and the recent opening of the Rehabilitation Gym means the team of therapists can now provide tailored strengthening and fitness programmes in a timely manner for children as young as 10, who would otherwise be ineligible to join or access a commercial gym.

The dedicated rehabilitation gym houses a treadmill, a recumbent bike and ergo, bench for free weights training, assorted free weights training and assorted free weights for strengthening upper and lower limbs; electrical stimulation machines, a myometer and a pulse oximeter.

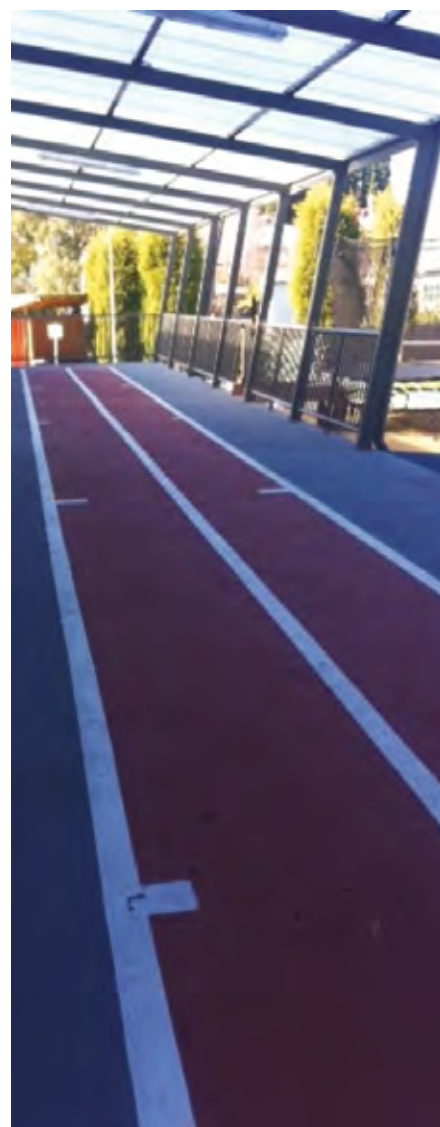
Funded by a \$10,000 grant from

MyState Financial, the project's final stage includes a 25-metre undercover track and a rowing machine.

The service has also been able to develop an outdoor therapy playspace which is the first of its kind in Southern Tasmania.

This fantastic play area is for younger children providing an exploratory area for those with a variety of physical limitations.

As fitness and strengthening for children with disabilities is a focus of current research, we believe we will be well placed to put into place the emergent results and provide the best service within the best time for children and adolescents in Southern Tasmania.





Winners of St Giles I-Know Trivia night in June was Scotch Oakburn team, the Chalkies.

I-Know Trivia

AFTER four years of dedication to knowledge, the team finally got to take the St Giles Knowledge Cup back to their Penquite Road campus; where it will remain until June 2015.

Questions were developed with the usual panache by historian Dr Tom Gunn. MC Rick Fontyn moved the evening smoothly towards a successful finish, with auctioneer Sam Woolcock's colourful sale of a lamb, the only break in the relentless questioning.

Our volunteers, Mel and Helen Johnston spent countless hours walking through Northern shopping centres to collect 300 items for the I-Know Trivia balloon tree. The pair were rewarded when the tree sold out and raised \$3000 for St Giles.

Among the 20 tables was a team from the Launceston Eye Institute. The Institute's Dr Brendan and Michele Vote made a surprise announcement and donated \$3000 to St Giles to sponsor the evening.

Hope to see you all back in 2015

An Evening with Ken Short & friends

GREAT MUSIC, GREAT SHOWS



Featuring:

John X, Scott Farrow, Alison Farrow,
Nicole Sim, Michael Colrain, Audrey Smith,
Andrew Short, Aaron Powell and the
Pyjama Brothers

7.30 Tues 9 December

BOOKINGS: Theatre Royal Box Office 6233 2299
www.theatreroyal.com.au



All proceeds of show goes to
St Giles in Hobart





A Black (truffle) Diamond Dinner

Tickets are selling fast for the dining experience of a lifetime – A Black (truffle) Diamond Dinner - within the glorious byzantine nave of St John's Anglican Church, Launceston.

St Giles has been given approval by the Church Wardens to stage the evening and we have enlisted three of Tasmania's great chefs. Don Cameron of MUD, Nick Hooper

of Novaro's and Dan Alps of Alps and Amici have volunteered to develop and prepare food for the evening on [Friday, 31st July, 2015](#). It will be the first time the trio have ever worked together, AND its for a great cause – outdoor child development programs at St Giles.

The foundation stone for the church was laid by Lt-Gov Arthur in December 1824 while its vast Georgian/Gothic/Byzantine nave was added in 1937-38.

The deep turquoise byzantine church dome and the menu will be the stars of the evening.

The chefs have all volunteered their time and talent as well as helping source produce donors for the menu. Only 250, all inclusive tickets will be available for the sparkling black tie dinner to be held on Friday, July 31, 2015 at \$250 a head.

The dinner will continue until the Church bells strike midnight.

[Tickets are selling fast, don't miss out on this once in a lifetime experience, Call Danielle Blewett on 0400 642 794 to order your ticket. What a great Christmas gift.](#)

Mrs Frances Underwood Inaugural Patron of the Friends of St Giles

We were honoured in late 2013 when Mrs Frances Underwood accepted our request to become the inaugural Patron of the Friends of St Giles.

With the unexpected and untimely passing of her husband, Governor, Justice Peter Underwood, we asked Mrs Underwood if she would be happy to continue to support St Giles in her role as Patron.

She agreed and we are grateful.

Mrs Underwood, whose background is in early childhood, embraces and

understands St Giles and is a great advocate for the rights of the child.

With the early learning challenges facing many, many Tasmanian children, the voice of Mrs Underwood as Patron of Friends of St Giles is strong and clear about the values of early intervention and equal access to opportunity to thrive.

Mrs Underwood on piano with children at Government House Reception for St Giles, July 2014





2015 Balfour Burn Fundraiser

The 2015 Launceston Eye Institute **BALFOUR BURN** will be run on **Sunday, March 15**, starting with a 100m sprint in front of **Elaia Café** and a sharp left up Balfour Street, Launceston.



This year Balfour Burn saw 800 runners, walkers, pram pushers and even wheelchair athletes race the 320m up Launceston's steepest hill – Balfour Street a one in 20 graded climb.

The Balfour Burn used Tasmania's wild side – a love of extreme sports and our sometimes extreme landscapes – to develop an accessible and fun community challenge in an easy to access but hard to conquer location.

Cycling and schools sections will be expanded this year by Race Director Rick Fontyn who hopes the event raises more than \$20,000 for child mobility programs at St Giles.

"What we have learned is that young families who have used our services for early childhood physiotherapy, occupational therapy or speech pathology are very vocal advocates for St Giles," Mr Fontyn said.

"Many of these families are environmentally aware and have a strong sense of social responsibility. These are the families who give us faith in our future.

"They are also health conscious as well as their active lifestyles so the Balfour Burn appealed to their social conscience as well as their active lifestyle choices."



Transition Program

WHAT: Transition to Independence Program

WHO: Referrals can be made directly to St Giles through your NDIS Planner

The introduction of the NDIS has allowed St Giles to use their understanding of the changing needs of individuals to enhance its services.

This year we purchased a property at Summerhill to allow young people to transition from home to independent living as part of St Giles Transition To Independence Program.

"Great outcomes are already being achieved through this program, with the potential to offer this opportunity to more individuals in the near future," St Giles Community Services Manager Mark Deverell said.

The property consists of a three bedroom house and two, two bedroom units on a secure block.

- The house operates a program designed to provide **skill development and assessment of future needs** for young people preparing to move from home in to an independent accommodation option, a shared semi-independent support model, or in a group shared house with people who share the same interests. Skill development plans are created to meet the individual needs of participants of the program. Goals are realistic and achievable, and experiential opportunities expand the choice and control people have over their lives.

- The units **are privately leased to people** requiring NDIS accommodation options, and are tailored to people living with disability.

To use these services participants will need to include this in the NDIS plan when meeting with their planner.



Registered Office,

Launceston:

65 Amy Road, Newstead, Tasmania

Postal Address:

PO Box 416, Launceston, Tasmania 7250

Phone: (03) 6345 7333

Fax: (03) 6345 7373

Email: society@stgiles.org.au

Web: www.stgiles.org.au

Hobart:

11a Gant Street, New Town 7008

Postal Address:

PO Box 45, New Town, Tasmania 7008

Phone: (03) 6238 1888

Email: adminsouth@stgiles.org.au