

Hotline

Leveda Magazine

Spring 2011



Kelly Vincent

Dignity 4 Disability
Our Inspiration
Leveda Vice-Patron

Leveda Patrons

Support from the
Governor

MAHOOD

A Brand
New Service

Healthy Leveda

Water - Are You
Drinking Enough

In this issue

From the CEO



Wendy Wake-Dyster
Chief Executive Officer

“Strength does not come from physical capacity. It comes from an indomitable will.”

Mahatma Gandhi



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Welcome to the second edition of the new and improved HOTLINE. We received much positive feedback on the April edition and I hope you, our readers, will enjoy the Spring HOTLINE just as much.

There's a great mix of positive stories in this edition. The people we support, Volunteers and staff all have some new and exciting developments to share.

All at Leveda were delighted to recently announce that the Governor of South Australia, His Excellency Kevin Scarce and Mrs. Liz Scarce have agreed to be Leveda Patrons, and the highly influential Hon. Kelly Vincent MLC, Dignity for Disability, our Vice-Patron.

We are also feeling very inspired with new relationships forming with key members of the community. In particular we have met with Mrs. Leesa Vlahos, Member for Taylor, who recently visited our log Road Service at Salisbury North. We are developing strong links with Kildare College which will be of great benefit to the work of Leveda. The Mayor of Salisbury, Gillian Aldridge has also become more aware of Leveda and as a result was a special guest at our recent Karaoke Night.

The Volunteer Program continues to strengthen and you can read more about the Rawson family who found themselves in the Messenger Newspaper after winning an award during National Volunteers Week for their dedicated work with Leveda.

Also in this edition, our Client Services Executive Manager, Judith Hodson, discusses our brand new Service, 'Mahood'. The introduction of a new

Leveda service is of course very exciting, it is also further evidence of our growth as an organisation.

There's been much media attention paid to the disability sector over recent weeks largely relating to the State Budget, Leveda is encouraged by a number of announcements. It has been advised that this new budget will deliver another \$56 million over the next four years to meet the needs of people living with a disability including \$10.8 million to fund home modifications and new equipment. Also included in this allocation is \$7.7 million to assist people currently living at Strathmont relocate into supported accommodation within the community. Support within the community is of course the primary objective of Leveda and the basis of our incorporation more than 20 years ago.

The 2011-2012 State Budget confirms the commitment to the welfare of children and places a priority on financially supporting young people within the community who cannot be in the care of their parents. This will have a positive impact on the Leveda Respite Service.

With the re-structure and growth within Leveda it was important to re-visit our Strategic Plan to ensure we encapsulate all of the new potential that we have secured especially in terms of new staff skill sets. I have worked closely with the Board, Leveda Executive Management and extended Management team in developing a new plan and pathway forward.

Our clients, families, staff and agencies with whom we have close working relationships have been provided with opportunities for feedback on our draft Strategic Plan (2011-2014). I look forward to this feedback being incorporated into our

Introducing Leveda's official patrons

new Strategic Plan, and the official launch of the plan later this year.

It's almost time for our next Annual General Meeting and there will certainly be a lot to present, it's been a huge 12 months since our last AGM. To commemorate this growth the 2011 AGM will be held at Sfera's Convention Centre on the 14th October. As always there will be a serious side to the meeting, but please rest assured I'm conscious of ensuring the fun and opportunity to catch up with friends and colleagues that is also offered at our AGM is maintained. Last year we were all treated to a belly dancing display from the Babylonia Troupe...I can only imagine what wonderful presentations will be on offer this year! Don't forget, the AGM also marks the time of year to either update your Leveda membership or join to show your support.

As we head out of the chilly Winter and into the Spring months I'm sure you will all join me in enjoying the sunshine and getting back into the outdoors. Perhaps take this very copy of HOTLINE and an iced tea out into the garden and enjoy a great read!

Wendy Wake-Dyster
CEO

Leveda Annual General Meeting

Friday 14 October
**Sfera's Convention
Centre**

Visit our website
www.leveda.org.au
for more details



LEVEDA Welcomes The Governor of South Australia, His Excellency Rear Admiral Kevin Scarce AC CSC RANR and Mrs. Liz Scarce as official Leveda Patrons.

We are delighted that the Governor has accepted our invitation to become Patron. Acceptance is a positive sign that as an organisation we have demonstrated our professionalism, progressiveness and strong standing within the sector. Being able to now announce The Governor as official Patron is a firm indicator that Leveda is moving forward and building in a positive direction.

As Leveda works hard to strengthen brand awareness and education surrounding what we do and the people we support, being able to boast such high profile Patrons is a positive step.

The Governor and Mrs. Scarce both have a defence background,

in fact this is how they met. The happy couple were married in the Naval Chapel at HMAS Watson in Sydney in June 1975 whilst serving in HMAS Cerberus.

Their two children, son Kingsley and daughter Kasha, also lead dynamic lives. Kingsley is currently serving in the Royal Australian Navy and Kasha is a Youth Counsellor.

Considering their busy schedules and family life, The Governor and Mrs. Scarce still manage to find adequate time for hobbies. Sport is a shared passion; The Governor enjoys a round of Golf and Mrs. Scarce relishes in the opportunity to watch the cricket and football. They both also enjoy reading and keeping fit.

The Governor and Mrs. Scarce will work with Leveda in numerous ways, we look forward to watching our partnership grow, commencing with the recent announcement that the Governor and Mrs. Scarce will attend the upcoming Leveda Skit Day!

Announcing Kelly Vincent MLC as Leveda vice-patron

Adding to the Leveda community is Kelly Vincent MLC, the youngest woman in Australia to enter Parliament at the time of the 2010 election, and the first South Australian to use a wheelchair in parliament.

Kelly is a member of the Legislative Council for political party Dignity for Disability, promoting dignity through choice for people with disabilities, their families, carers and networks in South Australia.

Ms. Vincent exudes inspiration, her input as Vice-Patron will be a major positive in the lives of our clients.

Our motivational Vice-Patron was quick to step into her new role, attending the Leveda monthly disco VIVA Leveda not long after her acceptance to become part of the Leveda team. Kelly introduced herself to an audience of excited clients and staff before enjoying an evening of music, dancing and making new friends.

More recently, Kelly has played a vital role in assisting Leveda throughout Cerebral Palsy Week in early August where she attended the Leveda DisabiliTEA, a morning tea initiative

to promote the NDIS and 'Every Australian Counts' campaign.

Having Cerebral Palsy herself, Kelly offered an opportunity through Leveda for people to come and learn more about her vibrant life and the trials and tribulations she has conquered to be where she is now.

Considering the need for advocacy and on-going improvements within the sector that we are all working toward, both Leveda and Kelly envisage a very active partnership. Leveda is enthusiastic about what can and will be achieved through joining forces.

Leveda envisaged that within this article we would share with our readers an offering of excerpts from Kelly's Maiden Speech, made when she first entered Parliament. However you will soon realise why we have decided to include the entire speech for your reading pleasure.

Kelly Vincent MLC Maiden Speech

13th May, 2010
Legislative Council

Firstly I acknowledge the Kurna people, whose footprints meet our own every time they touch this land, and within whose stories we weave our own. I would also like to acknowledge and congratulate the newly elected members of parliament, in particular Tammy Jennings and Jing Lee. I have already found your strength of mind and spirit, eloquence and kindness to be truly "honourable."

Sitting here in this chamber as the youngest female, and the first person who uses a wheelchair ever elected into South Australian parliament, is, as you can imagine, not an easy thing to describe. So, I would like to employ one of the basic rules I often use in what I suppose is now my 'other life' as a writer: begin at the beginning.

Until recently, I would have said that the beginning of my disability advocacy journey occurred roughly 18 months ago, as I had been struggling to get a new wheelchair for about that long. (I was approved for the wheelchair in January of 2008, but would not sit in it until October of 2009).

During this period, I began speaking at disability related conferences and forums about this experience, and the effect it was having on my body, mind, and life. I would usually just get up on to the stage and ad-lib something, as I am of the view that the last thing the disability sector needs is yet another PowerPoint presentation. Through these speeches, I



developed something of a small cult following, and, while I really enjoyed doing them, and appreciated the support and increased awareness, it occurred to me that I still didn't have a new wheelchair.

So, late last year, I turned to my last refuge: Facebook. I began a group called 'Mission: Kelly's New Chair,' on which I placed some of my story, as well as the contact details of the office of the Honourable Jennifer Rankine, Minister for Disabilities.

I began the group thinking that if just 10 or 15 of my friends joined and each sent a letter, then the group would have served its purpose. However, within a few weeks, the group had some 250 members, some in countries such as France, Mexico and America.

Fortunately, I have some varying ability to converse in both French and Spanish, and was soon dedicating as much time as possible to sending out trilingual updates. I believe that, although none of us ever said it, we were all perfectly aware that we were in fact communicating in the universal languages of hope and goodwill. Soon, the letters, emails, and phone calls to Minister Rankine's office were flowing thick and fast, and at times, I would sit in front of my computer and chuckle at the fact that, at the age of 20, I was effectively running a disability rights movement from my bedroom. Such is the power of youth.

Then one day, after I had been speaking at a forum, I switched on my computer to see that the group had gained a new member: Dr Paul Henry Collier, and though I didn't know it at the time, the course of my life was changed forever.

But, as I was saying, I no longer consider this to be the beginning

of my journey. This is because, a month or so out from the March 2010 election, my fellow candidate, turned staff member and above all, beloved friend, Sam Paior, pointed to me, and said three words that will stay with me always and forever: 'advocate since birth'. I simply did not realise before I heard Sam say these words, how true they were. I am not just an advocate when I present at forums, or run a Facebook group. I am an advocate every time I point out to the owner of a restaurant that I can't reach the soap in their accessible bathroom. I am an advocate every time I glare disapprovingly at the seemingly able-bodied lady who walks out of the accessible bathroom after I have been waiting to use it for 20 minutes. I was an advocate every time I came home in tears from school because a student made fun of the way I walked. And, most of all, I am an advocate every time I ask this question: 'why is this allowed to happen to people with disabilities?'

Let me suggest a rather disturbing example of what I mean by 'this'.

Some people with a disability wait up to five years, perhaps more, for equipment such as a wheelchair. They may wait fifteen years or more for supported accommodation, unless their primary carer in their current house dies or is forced to abandon them, unable and unwilling to care for them any longer.

A sixteen-year-old girl with burns to 70 percent of her body may, and does, go without the wheelchair she requires to be mobile at school, because the school lost the wheelchair more than a year ago, and have not yet received a replacement.

It pains me that a deaf person misses out on a large part of presentations in

public places, because the building's hearing loop is out of order, or never installed.

And the list goes on.

If we applied this concept to education, our children would have to wait somewhere between 2 and 5 years for "equipment" - school books and uniforms. Worse still, imagine being unable to offer a child a place in a school until another student dies?

This is of course unacceptable, even outrageous. The ramifications of a child not having ready access to education, especially in their early years, are potentially greater than any of us can imagine. They may become illiterate, have underdeveloped social skills, and potentially be unable to make as great a contribution to society as they would otherwise be able to. If the disability funding model were applied to education system, there would be a public outcry, followed by a complete overhaul of the system.

And yet this happens in the disability sector. Every. Single. Day.

Perhaps what I have just said will give you a little insight into why I am set back a little when people try to suggest that Dignity for Disability is a 'single issue' party--because disability knows no boundaries. It crosses transport, education, social inclusion, access, and discrimination, for a start. Anyone who needs proof of the wide reach of disability need only look up at the galleries of this chamber and behold all of the special guests who have graced us with their society and audience today. I sincerely thank them all for this. It is a true honour. Disability affects people of all ages, races, genders, classes and religions, in very different ways. And this should be a source of joy

and celebration, just as much as it is seen as a difficulty.

One of my favourite authors, Kahlil Gibran, once wrote: 'Last night, I invented a new pleasure. And as I was giving it the first trial, an angel and a devil came rushing toward my house. They met at my door and fought with each other over the new pleasure, one crying: 'it is a sin!' The other: 'it is a virtue!'"

If only disability could be a pleasure in this sense.

Because although Disability for Disability is not a single issue party, I guess you could say that its 'mission statement', if you will, is actually pretty simple: the idea that there is no such thing as 'one size fits all' in regard to disability--that people with disabilities, are individuals, and, more than that, because of the struggles they have faced and the battles they have fought taking the good and the bad, have turned them into some of the most strong, well-educated and articulate individuals this state has to offer.

I am sometimes asked if the name of the party, Dignity for Disability, implies that people with disabilities do not already have dignity. My response to this is simple: No. In my mind, the word 'dignity' in the name of the party simply means that people with disabilities truly are dignified and intelligent human beings, who are able to make a real and lasting contribution in society, and it is high time that the services and opportunities given to them reflected this.

I was recently also asked whether comments about people with disabilities 'finally having a representative in Parliament' implied that we were somehow ungrateful for the contributions to the disability sector made by members of

parliament who have already graced this chamber and this parliament for many years--I would particularly like to acknowledge Minister Jay Weatherill, the Honourable Mr Stephen Wade, Senator Mitch Fifield, and Minister Bill Shorten. These kinds of people, many of whom do not have any direct involvement in the disability sector, by way of being a person with a disability or a carer, family member or friend to a person with a disability, but still work tirelessly and with ineffable passion and dedication, on the basis that improving the lives of people with disabilities is fundamentally a social, economic and, above all, a HUMAN RIGHTS issue, these people are what some in the disability sector refer to as Allies. And as we all know, the purpose of the ally is to work side by side with those they support, not to overtake or be put in place of them.

As I said in reply to the person asking me this (very valid!) question about allies, we at Dignity for Disability acknowledge and applaud the work of these Allies and look forward to being given new reasons to continue applauding them in the future. However, we believe that having Allies in Parliament is quite simply not the same thing as a person, and a party, that has lived, breathed, pure physical and spiritual involvement in disability.

Think for just a moment of Indigenous Australians. I am not for one second suggesting that people with disabilities are comparable with Indigenous Australians in regards to the severity of the hardships they have faced historically. However, if I may be so bold, I would suggest that these two groups are similar in that they are each their own culture, with their own rich histories, languages hardships, and joys, that cannot be understood

as clearly, wholly or naturally by 'outsiders'.

Nevertheless, I will be the first to admit that I, and d4d as a party, do not have all the answers. I cannot do this on my own. I would like to take this opportunity to give my heartfelt, spirit-deep thanks to just a few of the people who have helped ensure that while I am travelling this long and winding road, at least I will be doing it without a flat tyre, both literal and metaphorical. To the original members of the party: Sam Paior, Rick Neagle, Ronni Wood, Garry Connor and Michele Thredgold. To Fim Jucha, our volunteer coordinator during the election campaign. To David Holst. To Natasha Stott Despoja and Kate Reynolds for their sage and, pardon the pun, democratic advice, both political and personal. To Ian Gilfillan for much the same reason. To David Winderlich. To Chantel. To Natalie and Nick. To Lucy. To PJ Rose and Alirio Zavarce, who are largely responsible for my becoming an artist, and embracing my disability as a natural part of my art. And to my mother, whose refusal to see her daughter effectively punished by society, not only for being a sensitive soul, but for not being able to use scissors as well as the other children, may well have saved my life before I was even born.

Returning to the matter at hand. It is high time that these 'outsiders' I was just talking about came in. Not only because we could use some more allies, but because there are numerous factors, such as the rate at which our population is ageing, the current twenty percent of South Australians who have a disability, the twenty percent who care for a person with a disability, and the 40 percent of carers who have a disability themselves, could, at any second,

become 21 and 41 percent. And that figure could include any one of the non-disabled people currently in this chamber.

As a tragic event on March 9th 2010 showed us, you just never know what is going to happen.

The death of Dignity for Disability's late co-founder and President, Dr Paul Collier, was sudden and, in many respects, untimely. It goes without saying that it was a great shock to myself and the party. I once again offer my condolences, support and love to Paul's mother, Wendy Collier, and his sister, Joanne Harvey. I would also like to thank them, because although I sadly did not know Paul long enough to figure out exactly where his intelligence, drive, warmth and charm came from, I have no doubt it had something to do with his upbringing.

I recall a telephone conversation I had with a friend and fellow advocate a day or so after Paul had the brain haemorrhage that would ultimately take his life. After taking ten minutes or so to digest the news about Paul, my friend said that he was 'like an older version of us.' I realise now how true and profound this simple statement was.

In his 46 short years, Paul did more than most of us can hope to do in 100. He chose to attend Oxford, not because it was going to be friendly to him and his wheelchair, but because he saw it as being the best place for him from an academic perspective.

He was admitted, and in his time there as a student, took steps to make the university accessible to everyone. Paul organised and ran public rallies and forums on disability issues. And, toward the end of his life, Paul performed an action that at the time

seemed, and in some ways still does, seem small. He put my name down as the number two candidate for the Upper House in Dignity for Disability's 2010 election campaign.

Now, I am still trying to figure out how big a place the idea of fate has in this chamber, but I will say that to me, the fact that the person who, for want of a less candle-snuffing expression, would 'take Paul's place' is 21 years of age, disabled and a woman, seems a pretty big coincidence.

I had to laugh when I was recently talking to a friend of mine. He has been backpacking around Europe for over a year now, and so he is not quite au fait with current Australian political happenings.

He said to me as we spoke on Skype--our first conversation since he left the country--:"I was talking to Mum on the phone. She said: 'one of your friends from high school has just been elected into parliament. You'll never guess who!

My friend explained that, without hesitation, and without the knowledge that this person had been elected on a disability platform, he said: "is it Kelly Vincent? It's Kelly, isn't it?" to which his mother only reacted with a shocked nod of the head.

Perhaps there really is a plan for each and every one of us. I sincerely hope so.

There can be no denying that Dignity for Disability's recent election and Paul's death are intricately intertwined. However, like many people with disabilities, I am pretty good at working with what I've got. Yes, the circumstances under which my election came to pass are tragic, even macabre, and very difficult to deal with. But what option do I, and we

as a party, have but to embrace this wonderful opportunity and privilege as best as we possibly can in order to achieve the best possible outcome for people with people with disabilities and their networks in South Australia, and to help Dr Paul Collier live on. Because he should. We need him to.

Yes, I suppose I am the quintessential 'accidental politician,' and I unashamedly admit that on my 'bad days' I find myself questioning whether I am deserving of sitting at this previously non-existent custom-made bench, which is, in its own way, a small symbol of just how big this is. I did not earn Paul's votes in the election. I cannot earn a place on this earth in lieu of Paul Collier. But I can earn the respect of both our constituents, and my colleagues. I can earn your trust, and I do not doubt that, more often than not, I will earn your criticism. But I am ready and willing to earn all of these things until people with disabilities, their families and allies do not have to fight for, and ultimately earn, something that is seemingly a birthright to all others: Dignity through Choice.

Active Support Overview

A tool for all!



Clockwise from top, Amanda, David, Rick and Daniel enjoy getting involved!

When the people we support are engaged in meaningful activity, we see people who have the capacity to engage and communicate with other people, do things with support and enjoy the level of activity she or he is doing.

Leveda firmly believe in Active Support, so much so that a training and information resource for disability support organisations developed by Leveda is ready for distribution.

The manual will assist organisations to effectively plan and deliver support provision with a purpose of ensuring quality of life outcomes for people living with disability. Please enjoy an exert from the manual...

A good quality life provides opportunities for people to participate in a range of activities, be included and build on independence and control. When lives are filled with various activity, tasks are taken on that are essential for each person's well-being.

When the people we support are engaged in meaningful activity, we see people who have the capacity to engage and communicate with other people, do things with support and enjoy the level of activity she or he is doing. People are supported to live more independently, with greater control over what is happening and what she or he does on a daily basis.

Engagement in meaningful activity and social relationships encourages people to:

- › keep fit and mentally alert
- › have a sense of personal worth
- › express ourselves

- › build on common interests with other people
- › develop talents and show others what we can do
- › demonstrate independence and autonomy

Community participation and building social relationships is a focal point for ongoing development. It is an important part of the quality of life we lead. Engagement is how we look after ourselves and our daily needs and it provides the basis for friendships and living together.

The manual comprises two discs, one a DVD describing participation and implementation from an Australian perspective (including people other than those who have an intellectual disability e.g. people with Autism Spectrum Disorder, Acquired Brain Injury and people who have a sensory impairment) and is also based on information from the resource 'Person centred active support' by Jim Mansell et al (2004) with the kind permission of Pavilion Publishing www.pavpub.com.

The second DVD describes elements of person centred active support in practice via short clips and written material. Templates, training slides, and practice leadership guidelines provide useful information.

Content also includes a discussion centering on communication, relationships and choice making opportunities, staff motivation, team and individual staff paradigms (e.g. Active Support vs health procedures,

administration), management support, encouragement, and team practice, all of which influence Active Support implementation. Furthermore, the effectiveness of on-the-job training and coaching, refreshers and integrating Active Support with other organisational systems and processes and various tools e.g. Person Centred Planning monitoring and review are included.

If you would like more information about Active Support or how you can purchase an Active Support Resource Manual please contact Karen at Leveda on 8256 9800.

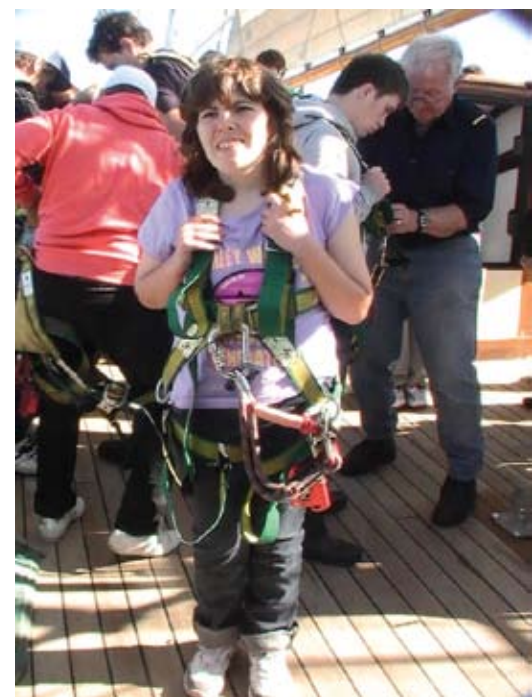
Community Support

Enjoying activities, Enjoying Life

Leveda is committed to ensuring the people we support are provided with every opportunity to lead full, active and dynamic lives. One of the ways we do this is via the Leveda Community Support Program which provides various platforms for social inclusion, holidays, recreation and learning new skills just to name a few. Leveda's new Community Support Manager, Kylie, shares a bit of an update.

Leveda is about to embark on a trial of Active Support in the Community Support Program. The documentation and processes have been reviewed to suit the individual and specific needs of the Community Support Program. We have identified one person to trial the adapted model of service delivery and we hope it to be a success.

In addition to the Active Support model, Leveda are soon to introduce the "What I'd like you to know about me" profile system as the final stage to the Community Support Program. The "What I'd like you to know about me" resource was created by Life's for Living and is a vital communication tool that is designed for use by people with disabilities, their families and their support services. Each profile is individualised and developed in consultation with the person and their relevant stakeholders. While there are many benefits of the "What I'd like you to know about me" program, the major benefit is the profile allows anyone working with the person to provide them with important information they need to support them safely. These profiles are kept current so they can make a lasting difference in the lives of the people they are intended to support.



Mikaila and Justin enjoy their holiday getaways!!



Our new Service - MAHOOD

Mahood › Elizabeth Grove
Two years ago Leveda successfully tendered for the Young People in Residential Aged Care (YPIRAC) project and won funding for three services. Two services have been established at Mundon and Spruance. A third service (Mahood) is due to commence towards the end of November 2011.

This service model is based on a strong partnership between Disability SA, Julia Farr housing Association, Leveda and the clients and their families. It will provide improved community inclusion, quality of life and wellbeing for people supported at Mahood.

We are very excited to work in partnership with the above agencies to effectively provide a new service that is innovative, flexible, person centered, promotes participation in community life and increases choice and decision making of people we support.

Mahood will offer supported accommodation for 5 people through the YPIRAC program. There is also a client of Disability SA who will live in a unit independent of Leveda service provision.

The service is purpose built with equipment considerations and aesthetics complimentary to one another. Location will enable community partnerships to be formed and access to local services available – it is certainly a very exciting project.

We welcome the appointment of Peter Thompson as Transition Coordinator. Peter will oversee this project, including:

- › Coordination of meetings between clients, families, current service providers
- › Provision of information for key stakeholders
- › Development of Support Plans and associated Person Centered Planning
- › Building progression and overview
- › Input into staff recruitment, training and orientation

We will keep you up to date on the progress of the service and look forward to sharing our opening date with you all!



A world of recreation



As always, the people Leveda support continue to enjoy an active Recreation Program with everything from karaoke to a day at the circus on offer... literally!

Leveda's Karaoke nights have received a boost after a successful grant application saw the Salisbury Council fund much needed brand-new equipment.

Leveda was able to purchase an impressive system including new speakers, top of the range karaoke machine, tonnes of new tunes right through to disco lighting to really set the scene! Thank you to Clark Music

Australia on North East Road for helping us with our new equipment.

In mid July we gave the equipment its first test run, The Mayor of Salisbury, Gillian Aldridge, was in attendance adding to the excitement of the night. Mrs. Aldridge was delighted to see that the Salisbury Council have been able to assist in such a positive manner.

Of course there is much more to the Recreation Program than the opportunity to take on Whitney, Beyonce and Kylie during a night of karaoke...how about the circus?

Clients enjoyed a fine sunny day in Ridley Reserve, Elizabeth, witnessing the death-defying performances from the Moscow circus crew. The sounds,

colour and vibrancy of the show had everyone on a high.

Leveda's tip – If you haven't yet witnessed the fun of the Moscow Circus, get your tickets now. To find out when the circus is visiting again log onto www.moscowcircus.com.au

A special thank you to Jasmine, Graphic Design Volunteer for the design of the new VIVA Leveda logo and to Geoff Spencer for the fabulous photography at the last disco. Our Recreation Program is improving all the time thanks to many dedicated volunteers!

Leveda volunteer



Leveda has a growing army of dedicated and passionate Volunteers. Their efforts more often than not reach above and beyond expectation and Leveda is sincerely grateful.

The Rawson family in particular recently found themselves in the spotlight after winning a recognition award during National Volunteers Week.

Kaye Rawson and Shane Rawson along with their seven year old children Lily and Bailey, featured in a colourful Messenger article to acknowledge their work with Leveda and promote the Leveda Volunteer Program.

The Rawson family volunteer their time to support a Leveda client who benefits greatly through spending time with the vibrant Rawson family, although they do not see it as work at all. The experience is such a delight that they look forward to each instalment of volunteer hours.

The family of four spend time with a Leveda client, share laughter and smiles and enjoy a whole range of activities together, ten pin bowling is a favourite for all!

Kaye shares that she always knew she had fabulous children, but watching the way they interact, support and engage with the supported client has left her prouder than ever. "I think they are really getting some lovely life skills out of it." Kaye adds.

The Rawson family are a perfect example of the benefits for all involved through volunteering. The family are keen to encourage others to do the same and share that volunteering puts

a smile on the face of all involved, "It's definitely worthwhile," they add.

Leveda would like to thank all of our volunteers for their efforts, in particular Peter Szabo who consistently supports Leveda through the tricky world of computers and software, Geoff Spencer for his photography skill at VIVA Leveda and for helping all of the Leveda office team look fantastic for their staff headshots, Michael ... for his musical ability at VIVA Leveda and to Jasmine Kurda, who has worked tirelessly applying her graphic design skill to a range of Leveda communications as we finalise the last remaining areas of our re-brand.

If you are interested in Volunteering, visit the Leveda webpage for more information or contact Sandra Reid on 8256 9800.



Pictured above

1. Scott gives VIVA Leveda the big thumbs up.
2. Leveda Vice-Patron Kelly Vincent with Jamie, our guitar guru.
3. Brenton having a turn on the bongo drum.
4. Michael, Volunteer DJ, providing the dancing tunes.
5. Carolyn, danced the night away.
6. Rowena and Justin enjoying their time at VIVA Leveda.
7. Rocky and Gary, all smiles!
8. David, Tess, Jason and Michael pose for the camera.
9. Dac and Sharon.
10. Jasmine - Graphic Design Volunteer, proud of her work!
11. The Rawsons, accepting their Volunteer Award.

Cerebral Palsy Week

Recently we acknowledged Cerebral Palsy Week (Sunday 31 July to 6 August 2011). Organisations such as Leveda that are members of Cerebral Palsy Australia use the week to highlight information about Cerebral Palsy and the achievements of people living with Cerebral Palsy.

Many of the people Leveda supports have Cerebral Palsy.

- › Cerebral Palsy is the most common physical disability in childhood. It is a permanent physical condition that affects movement.
- › In Australia, it is estimated that a child is born with CP every 15 hours.
- › Cerebral Palsy is not a disease, it is

not contagious and there is no known genetic link.

- › CP results from damage to the developing brain before or during birth, or early in life.
- › Babies most at risk of CP are those born prematurely or with low birth weight.
- › CP, except in its mildest forms, can be seen in the first 12-18 months of life. The condition presents when children fail to reach movement milestones.
- › There is no known cure, and no specific pre-birth test.
- › CP can be as mild as just a weakness in one hand ranging to almost complete lack of movement. Although it is a lifelong disability, much can be done to reduce its impact.
- › It is important for children to receive support from an early age to ensure they have every opportunity to reach their full potential. The right therapy and equipment can make all the difference.

- › Some people with CP also have vision, hearing, speech or intellectual impairment. Ongoing research is vital for the management of CP.
- › Issues such as accommodation, transport, employment, ageing, access to health services and technology are critical to many people with CP.

If you wish to support Leveda in providing services to the people we support who have Cerebral Palsy, please contact the office on 8256 9800. You may wish to give a cash donation or you may have a business that you feel could provide a beneficial service. Your generosity is appreciated.



Healthy Eating - Healthy Life

Water, water, water...

We all know that drinking water is vital, we're told eight glasses a day. What we may not be so aware of is why, why should it be water and not cordial, what does water really do for my body?

Summer will be here sooner than you can say, "Fetch me a glass of water please!" To avoid dehydration now is the time to take to water like a duck, let our most natural resource become a natural part of your everyday life.

As part of Leveda's HOTLINE health series, taken from the Leveda Healthy Eating Manual, please read the following, you'll soon learn why incorporating water into your diet is essential.

The body is made up of two thirds water and throughout the day we lose a lot of this through the bodily functions such as breathing, exercising and staying cool.

A spring in your step...

The end of winter is near, it's time to say goodbye to frosty mornings and welcome to the beautiful sights and smells that come with the blooming of spring flora.

In the last edition of HOTLINE you would have read about the Leveda Vocational Program and the hard workers that make it all happen. Since then, the crew have continued to work hard...gardening, car and window washing, making deliveries and whatever else it may be that is asked of them!

As well as teaching valuable life skills through hard work, a passion for gardening is emerging and what better time of the year for the dedicated gardener than spring.

Take a leaf (pardon the pun) from the Leveda work crew, and get your

garden ready for spring!

-It may have been a while since you have ventured into the garden, of course winter has you cosy by the fire rather than out pruning and preening! You may notice that winter has created a bit of jungle so the first thing you're going to have to conquer is a bit of a clean up. Plan ahead; make sure your green waste bin has been emptied the week before you plan to commence 'spring cleaning'.

-Test the PH of your soil (kits are available from your local gardening store), sounds like a trick for only the most tried and tested gardener, but not quite. More than likely you are going to want to go and buy all sort of seedlings and watch them flourish, so why not make sure you are giving them a healthy start. Think of it as creating a clean canvas before you start your art!

-Spring is the best time of year to spend hours in the garden so your



equipment will need to be able to keep up with your enthusiasm. Have your lawnmowers and whipper snippers serviced, not only will it make your time in the garden more efficient but it will lengthen the lifespan of your prized gardening tackle.

-Throw some fertilizer on the lawn, you'll be planning ahead to ensure a lush green lawn is available to enjoy an outdoor summer picnic and a beverage or two.

-Don't be too proud to ask your local garden expert what will work best for you and your garden. Be honest with what you can achieve to avoid setting yourself up for disappointment, a great garden wasn't created in a day!

When we consider that the brain is made up of over 90% water and our blood is over 80% water, we start to understand why we're told almost daily, to keep up the fluids! The body simply cannot function without water because basically, we're made of the stuff!

Here's another argument on the side of water - fibre intake is an essential component in our diet and fibre attracts water to the contents of the bowel to facilitate an efficient elimination process. Too much fibre and not enough water can contribute to problems such as constipation, not a pleasant topic, nor a pleasant situation!

Considering weight loss? - The body is constantly releasing toxins from the foods we consume as part of the metabolic process and when we embark on a weight reduction program for example the body is metabolising fat. These toxins and waste materials need to be eliminated from our systems; the only effective way to achieve this is to ensure that we drink water to flush this from our bodies.

Does drinking other fluids achieve the same results?

When we think of flushing the system, we need to consider that if we consume fluids that require the body to metabolise them we are no longer flushing the system but asking

the body to break up what we have consumed. This is why it is important to consume water so that we can flush the body of waste products.

If you have not drunk lots of water in the past it may be difficult to drink eight glasses of water. It is important to find ways to increase the consumption of water gradually.

Of course the list of benefits through drinking water is endless. Leveda encourages you to do some more of your own research, find out why water is particularly beneficial in your life.

You can purchase a copy of the Healthy Eating Manual by contacting Leveda on 8256 9800.

Sarah - My life So Far



Recently Leveda was delighted to welcome Sarah to the team during her work experience placement. Sarah has a very bright spark, always smiling and always ready for a chat. Nothing is an obstacle and there are huge opportunities awaiting her. Leveda asked Sarah to share her story...

My name is Sarah, I am 15 years old. I was born with a disability which progresses as I get older, I'm in a wheelchair now. When I was 3, my disability started to affect the way I walked. I was continuously tripping over so I had orthotics at a very early age. I remember when I was in primary school my mum would always say to me, "Now Sarah don't you come home with any grazes on your knees!" It must have been upsetting for my parents to see me covered with scrapes and bruises, but I was used to it. My parents and my sister are the most supportive people in my life and I should thank them first up for making me the strong person that I am today.

I went to Athelstone Primary School and I look back at my time there is fun and encouraging. They always supported me and taught me that my disability shouldn't stop me from doing whatever I want to do.

When I finished Primary School I followed in my big sisters footsteps and went to Kildare College. Before I talk about high school I will tell you a bit more about my sister, Erin. What a great big sister, Erin inspires me and always challenges me to try new things. She's always there for me, especially when I feel overwhelmed, nervous or stressed.

Back to the topic of high school, I enjoy all of the typical subjects such as maths, science and art. But my favourite thing to learn about is computers, specifically designing databases. Next semester I have chosen to take my interest in computers and design further; I'm really looking forward to this as it might just be the start of my future career!

Kildare College really is a good school. They have worked hard to make sure the school is wheel chair friendly and there are so many nice people, students and teachers that look out for me.

Of course my favourite person at school is my best friend Emma who has been my best friend for two years. Emma and I do everything together, I'm so glad to have a best friend like her.

I'm also very blessed to have really great pets that always make me smile, three cats to be precise. Their names are Chloe, Sandy and Leo.

Yes, from what you have read so far it is clear that I have a really great life with fantastic family and friends. But I can't say that being in a wheelchair isn't difficult at times. Sometimes I notice people staring at me and sometimes I feel judged. In fact when I was in year seven I was teased because I walked slowly, that's when I decided to use a wheelchair all the time. I probably could have used my legs for a little bit longer but the teasing was too upsetting.

I have shared my story to help you see that I am a typical teenager, I like computers, spending time with my best friend and I enjoy high school. People like me with a disability should never be ridiculed or stared at.

I hope you have enjoyed learning more about me...SARAH!

Margarete Ehrhardt joins Leveda



After my first two months working with a wonderful, caring bunch of people here I feel already part of the Leveda team and 'at home'.

Every time I visit one of the services and get to know more of our Client Services staff and clients it becomes clearer to me how complex and how important our work actually is.

The reasons why I joined Leveda include a personal wish to do something for the community as well as professional advancement.

I have been very fortunate over the last twenty-five years to be able to work with and learn from medium to large Australian businesses, including the Adelaide Casino, Spotless Services, Rib Loc Australia and Built Environs. My experience includes Corporate Administration, Risk Management, Human Resources, Occupational Health & Safety and Training in a hands-on and strategic capacity.

I also spent many years studying while working in order to obtain the necessary qualifications.

This experience and qualifications is excellent background for my new role with Leveda as Executive Manager Corporate Services.

Together with my skilled and dedicated Corporate Services team we will continue to and further improve our services to the rest of the business so that you all can concentrate on supporting our clients.

On a personal note – I am married to Roland. We left Germany in 1980 and simply wanted to travel and work around the world. We spent three years in London before coming to South Australia. We both fell in love with Adelaide and the surrounding hills and decided this was the end of our journey. We share our hobby farm in Inglewood with a few cows and emus, a goat and many kangaroos.

Leveda in the Community - The fun stuff and inspiring people



KILDARE
COLLEGE

Clipsal Fun

Thanks to Leveda Service Manager, Dev, for supplying us with some great photos of Colin, Dave and Phil enjoying the festivities of the Clipsal 500. Looks like they had a great time!

Pictured above

The boys from Innes Road enjoy their time at the Clipsal 500!

A Great Achievement

Congratulations to Nathaniel who has worked hard to gain his White Card Achievement for working on a building site. Another wonderful example of an individual overcoming obstacles, working toward a goal and realising his dreams.

Vehicle Branding

Leveda is heading into the world of car signage. The Leveda executive staff have been the first to get on board ensuring there cars have the Leveda logo displayed loud and proud and soon we will join the likes of SCOSA and Variety in enjoying the benefits of advertising our brand on community vans.

The more people that know about us, the more people that will support us. Branded vehicles are an excellent way to make sure the community knows who we are and what we do.

Look out for us on the roads soon!

Kildare and Leveda

Kildare College, Holden Hill, and Leveda are in the initial stages of developing a unique partnership to benefit both the people Leveda supports and the staff and students at Kildare.

New initiatives are being planned to support social inclusion through activity, and encourage students toward a rewarding career in community support which is already a focus of the college.

Kildare and Leveda have a long history already, as students previously volunteered at VIVA Leveda and this will continue within the new and official partnership.

Both Kildare and Leveda look forward to sharing the details of our new partnership as they come to fruition.. stay tuned!

Upcoming events

For more information on any of the events below visit www.leveda.org.au or contact Julie on 8256 9800.

VIVA Leveda

First Friday of every month.
A disco with a difference!



Above > Salisbury Mayor, Gillian Aldridge, presents Wendy Wake-Dyster, Leveda CEO, with a cheque for our new karaoke equipment.

Below > Our new karaoke equipment in action!

Skit Day Saturday 28 August

Come along, participate or enjoy the entertaining performances.

Movie Night

23rd September > 7pm > Hoyts Parabanks
"The Help" - A great film to encourage people to band together to make change!

Sunday Mail City to Bay

Sunday 18 September

Join Leveda *Team Empower* and hit the streets to raise awareness and be active. Enjoy a BBQ at the finish line!



Leveda Vision and Mission



Our Vision People living with complex disability are active, valued members of the community.

Our Mission We develop and provide high quality accommodation and community support ensuring each person has maximum control over her or his life.

How you can help

If you have any ideas on how Leveda can ensure the people we support are included and participating in their local communities, then please let us know.

We welcome support for our work and this can occur in many forms such as a donation of money, goods or services or by volunteering your time. Please contact us if you would like to contribute to the work of Leveda.

YES, I would like to help Leveda continue to empower South Australians living with a disability.

Donation Details

Name

Address

State

Postcode

Email

I would like to make a single donation of \$

I would like to make a regular donation of

\$30 \$50 \$75 \$100 or other \$

Please sign me up to receive regular updates and news from Leveda.

Payment Method

Visa Mastercard Amex Diners

Cash Cheque Money Order

Name on Card

Card Number

Expiry Date

Signature

Donations of \$2 or more are tax deductible

To donate please send your donation with this form to PO Box 722, Salisbury, SA 5108.

Thankyou for your donation.

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