

Greetings Compass families and friends,
What an interesting journey we have been on together this past 3 months... We started the year with a mix of challenges from extraordinary weather events through to serious underfunding in the world of Disability post school support. As always, good people pull together and face the challenges with support from people far and wide.



I have had the great pleasure this past month of meeting with many of our families and Trainees to discuss each ones' progress, goal and challenges. What a powerful experience mixing with everyday heroes and listening to them share their hopes and their fears, and wrestling with the daily trials that are the sad reality of supporting someone with a disability with a seriously underfunded disability system. While no system is fool-proof the National Disability Insurance

Scheme mentioned at right has the potential to make a seriously positive difference in ordinary peoples' lives, so even if you're getting tired of hearing about it, please take the time to find out about it, lend your support and spread the word. We are hoping that every Australian (that includes you) will log on and sign up to say you think it matters—it's time for a change...

The other wonderful aspect of meeting with so many of you is the opportunity to reflect on the progress of these young men and women. We plan to offer our families opportunity to join us at an open day morning tea at your centre later in the year to see first hand what goes on in our centres.



In the meantime you are all invited to come and see for yourselves at our MOTHERS DAY MARKET at Caloundra in May. This is a real celebration of success for our young men and women. They have worked hard to make beautiful products for you to purchase but even more special is the pride and joy they experience in inviting you into their world and meeting you as responsible, capable young men and women. Put it in your diary and get yourself there You are guaranteed a great day out, great food, great entertainment and great pressies. Treat your Mums or treat yourself! I hope to see you there.



I wish you all a wonderful Easter. Jan



I SUPPORT THE NDIS,
It's time to make every Australian count



TAKE ACTION
www.everyaustraliancounts.com.au

Date Claimers

Thursday 14 April 2011
Break Up Day for 1st Quarter
Friday 15 April for 2day programme

Friday 22 April—Tuesday 26 April
Easter Public Holidays

Monday 2 May 2011
Labour Day Holiday

Wednesday 4 May 2011
Tuesday for Farm & 2day programs
Compass recommences

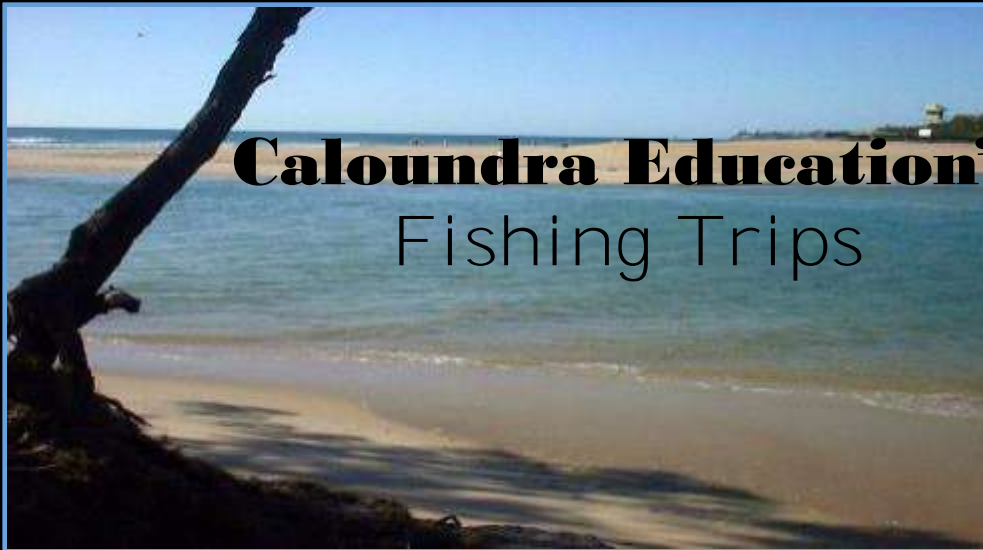
Thursday 5 May 2011
Mothers Day Market

Sunday 8 May 2011
Mothers Day

Monday 6 June 2011
Green Week

Ever wondered what this is?  Turn to Page 4

Caloundra Education's Fishing Trips



This term the Caloundra education unit is going fishing as a recreation lesson. On our first trip we headed off to Currimundi lake, fun was definitely had by all. Annelise caught the only fish on the day, a small whiting called James which was also her first fish ever! She was very excited about it and showed the fish off to everyone.

On the second fishing trip we went under a bridge at pelican waters, and low and behold Annelise caught her second fish a small brim, followed by Troy catching a small brim his first fish he has ever caught, he was very proud of himself and had a smile from ear to ear for the rest of the day.

Yet another fishing trip, back to Currimundi Lake at one of our favorite fishing spots and the guys were getting heaps of bites, the fish were having a feeding frenzy, there were a few unlucky fish however Anthony caught his first fish for the term a whiting, and Joey also managed to catch a fish also a whiting, they were both very pleased with themselves.

All in all they are all having a great time and we look forward to many more successful fishing trips.



Continuous Improvement Plan

We at Compass are committed to ongoing service improvement. If you have a suggestion about how we can improve our service, please write your suggestion on one of our **Service Improvement Suggestion Forms** which are available from the office, any of our centres or on our website: www.compassinc.org.au and we will carefully consider every idea.

Advocacy

Remember that you are able to bring along an advocate or support person to any meeting that you have with Compass.

An advocate is someone who is there to support you or represent you and your interests in circumstances where you feel that this additional support is required.

Please ask us if you need more information or assistance with organising for an advocate.

COMPASS CALENDAR

Need to check dates for the holidays or a special event?

Our Annual Planner Calendar is available 24/7 at

www.compassinc.org.au



New Postal Address for Compass:
PO Box 585
Palmwoods, Qld, 4555

New Outdoor Learning Area at Palmwoods

Trainees and families will have noticed a change in the back yard at Palmwoods recently. With the generous assistance of a grant from ANZ bank, we have been able to create a wonderful new outdoor learning area. This area extends the original paved area to about four times the size and is finished off with a covered pergola. This area will allow groups to conduct craft and other outdoor activities in all weather conditions as well as provide an excellent area for outdoor recreation. We would like to thank Luke Brownrigg of South East Landscaping for the tremendous job he did working in with us to get the job done with minimal disruption to trainees and programs. Thank you also to ANZ for their generosity in making this new Outdoor Learning Area possible.



New Ride-On Mower for Farm Team

Sunshine Coast Council

There is a great new addition to the resources and equipment for the trainees located out at the Compass Farm. With the assistance of a grant from The Sunshine Coast Regional Council and The Graham Latcham Foundation, we have been able to purchase a ride on lawn mower to provide further valuable and meaningful opportunities for our trainees to learn and practise vocational and workplace skills which will enable them to become more independent and develop real life work skills. The ride on mower will form part of the array of power equipment (including push mowers, whipper-snippers, blowers, etc) that provide training and work opportunities for those trainees involved in grounds maintenance around the farm and in the Lawn and Garden Service. We would like to extend our appreciation to both the Sunshine Coast Regional Council and The Graham Latcham Foundation for their generosity and ongoing support of our trainees and programs.



The Compass Website has evolved!!!!


Have you seen our wonderful new website lately?

We have been making improvement after improvement which has resulted in a beautiful, new, user friendly, site with lots of state of the art additions.

One of these additions is, of course, the social networking vogue, FACEBOOK




Our Facebook page is up and running and I encourage you to show your support by jumping on to your Facebook account and 'liking' our page. It's a great way to stay up to date with Compass News and to keep in

contact with friends. To view our Facebook page, simply click on the  icon inside the "Follow US!" box on the bottom right hand corner of the front page of our site www.compassinc.org.au/.

Another major addition to the site is the ability to post RSS feeds.



Subscribe to Compass feeds and you will automatically receive Compass news & upcoming events! You will never miss out on important Compass news again - **you won't even need to go to our site to receive our feeds!** ☺ Read on to find out more on RSS feeds and to subscribe.

RSS (Really Simple Syndication) provides a convenient way for you to receive content "feeds" from a variety of sources, including the latest news headlines from www.compassinc.org.au/. When you subscribe to an RSS feed, new stories and updates are automatically delivered to you, the moment they are published. So you **don't have to constantly log on to the site & manually check the latest news. You can choose to have our feeds delivered to a variety of easy to use applications.** The most frequently used application is Internet Explorer. Other ways to read RSS feeds are through applications including Microsoft Outlook (email), My Yahoo or My MSN. You can use a downloadable RSS reader and you can even receive feeds on your iPhone or Android phone!

In order to subscribe to feeds, you simply need to click on the  button inside the "Follow US!" box on the bottom right hand corner of the front page of our site www.compassinc.org.au/ and then choose your subscription application (e.g. Internet Explorer).

Want step by step Instructions?? Please use "*Amy's simple method of subscribing to Compass Feeds through Internet Explorer*" below for simple instructions to assist you in subscribing J

Amy's simple method of receiving Compass Feeds through Internet Explorer

- Open Internet Explorer
- Go to www.compassinc.org.au/
- Click on the  button inside the "Follow US!" box (bottom right hand corner of the page)
- Click on subscribe to this feed in the new window
- Click subscribe
- Congratulations, you have just subscribed to Compass news feeds. Now just remember to keep an eye on your RSS Feeds symbol  at the top of your internet explorer page the next time you are online. If the symbol is orange there are some recent news articles waiting for you! Simply click on your orange RSS Feeds symbol to view your feeds.

Enjoy!!! Amy



From David's Desk



Keeping it Real

Recently I read a very interesting extract from a book about issues relating to the integration of aboriginal people into mainstream Australian society. While this is a very complex subject with many points of view, there were some insightful correlations to the situation faced by people with disabilities in their quest for social inclusion. The author made the point that Government programmes had in fact been obstructive to this goal both by consuming massive amounts of money through the programmes themselves and through building and maintaining the bureaucracy that had grown up over a thirty year period to administer them.

The main thrust of his argument was that the only *real* leverage that can sustainably forward a process of inclusion was **one focused on building capacity... capacity in those seeking inclusion and in those who have the opportunity to be inclusive.** I couldn't help but think that this is exactly what I have always wanted Compass to achieve – the dual goals of building capacity in the young people we assist *and* in our community. The process has been one of ongoing education and of identifying pathways that provided opportunities for *real* valued roles in the *real* world.

He talked about how many work programmes for aboriginal people were not real and more importantly, never would be real – they were massively subsidised, existing in a vacuum and were as such unsustainable. They would inevitably fold and be replaced by the next rebranded but doomed programme.

There are some very real challenges associated with this struggle to keep it real for all of us to face. I studied and eventually worked as manager of a Horticultural Therapy Unit in New Zealand in the early 1980's. The young people there worked an eight hour day five days per week with a half hour lunch and 20 minute morning tea. We were responsible for the upkeep of the grounds as well as the growing, harvesting and sale of all the produce. The 'We' comprised myself, an assistant manager, three staff, up to 20 trainees with varied intellectual & physical disabilities (18years – early 40's), occasional volunteers and 'helpers' sent to do community work by the courts. The reality for all of us was the workload and the hours were the expectation and we didn't know any different.

I guess the point I'm making is that when we have high expectations, as humans we will rise to meet them... and vice versa. Today I received an email from a staff member relating some of the wonderful positive changes that were highlighted by the recent Progress Plan reviews. It made my heart soar to read about things that to so many would seem almost inconsequential but that are like little miracles... *One family said their son went to the toilet on his own (no prompting) for the first time in his life. One mum told us her daughter is now trying to speak and interact with the family, is more able to stand up for herself and "is using manners and makaton more". One parent said their son can put on his backpack now, he can tread water without any flotation device and is starting to use facial expressions. Another dad said for the first time in a very long time his daughter is excited about going to a service. Another family said they were really impressed at how their daughter was saying 'thank you' and offering to help out.* And so on.

I'm so proud of the obvious effort that is underneath these changes – effort from the young person, effort from the staff and effort from the family members. This is real capacity building and it is this type of development that provides the leverage for integration into the broader community.

