

Greetings Families and Friends of Compass,

It's been a quiet week around here with all the Trainees and staff on semester break. I hope you've enjoyed the break in routine—maybe even enjoyed some special outings or a break away?

One of our Trainees has been enjoying an extra special adventure over the whole of this past term and we're pleased to share a brief story about what she did. We know that our Trainees and their families are—quite literally—everyday heroes. Therefore it is even more amazing when one of you sets out to achieve something that people without a disability would balk at. How about walking 250kms... in 17 days... in a foreign country... carrying all your luggage on your own back? Then setting off for another country to walk some more...! Read their story pg 2...



In addition to the Staff training you will read about on page 4, staff have been busy reviewing, planning and re-writing Trainee programs and activities for the coming term, as they monitor and guide the learning and progress of each individual Trainee. As the Semester came to a close many hours at home were spent summarising progress and growth for each individual person, for each individual area of the curriculum. All in order to bring you Semester reports.



Look forward to receiving those next week.

Do you have friends, relatives, work colleagues, or neighbours who support you and value the contribution of Compass Education and Training in the lives of young men and women with a Disability?

Let them know about "Afternoon Delight" and encourage them to

BUY A TICKET TODAY.

Want to see even more young people have the opportunity to further their education and achieve greater independence?

Help us spread the word and raise some much needed funds. This




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



TAKE ACTION

www.everyaustraliancounts.com.au

Date Claimers

- Tuesday 12 July 2011**
Farm and Tues—Fri group return
- Wednesday 13 July 2011**
Palmwoods and CET return
- Friday 22 July 2011**
Compass Inst. Woman's Fundraiser: 'Afternoon Delight'
- Friday 22 July 2011—15 Aug. 2011**
Coast Life Homes Bike Ride Appeal
- Mon 8—Fri 12 August 2011**
Independent Living Power Week
- Sunday 4 September 2011**
Fathers Day
- Thursday 15 September 2011**
CET 3rd Qtr Break up
- Friday 16 September 2011**
Tues—Fri Group 3rd Qtr Break up

Erin Cameron's Incredible Walks!



Erin at a road marker on the Camino, Spain

Palmwoods trainee, Erin Cameron, spent term two travelling through Spain, Ireland and Scotland, with her mum, Hilary.

In Spain, Erin and Hilary walked a section of the Camino de Santiago. This is an ancient pilgrimage trail, over 1000 years old, and is walked by thousands of pilgrims each year. It passes through many small Spanish villages, through farmlands, and over mountain passes. Along the way are many pilgrim refuges, or albergues, where simple and basic food and accommodation can be found.

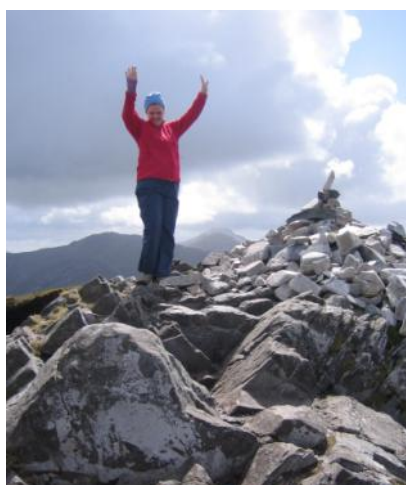
Erin and Hilary walked the final 250km section of the camino, taking 17 days and walking between 10 and 20km each day. They carried all their clothes and sleeping bags in backpacks. They walked over two beautiful mountain passes, and met many wonderful local people and pilgrims. They ate some interesting food including "Tarta Santiago" which is like an almond cake, "cafe con leche" (milky coffee), and "pulpo" (octopus!). It was fantastic to finally walk into the plaza in front of the cathedral in Santiago! What a wonderful achievement!



Erin and Hilary arriving at Santiago de Compostela

Following this, Erin and Hilary explored Ireland where they walked some more, climbing Mt Errigal (the highest mountain in Donegal), and Diamond Hill in Connemarra. In Scotland they climbed Mt Cairngorm, and explored many hills and valleys in Glen Coe.

In London on the way home they had a more relaxing time! They wandered around the city seeing Buckingham Palace, Westminster Abbey and having a ride on the London Eye!



Erin summitting Diamond Hill in Connemarra, Ireland

Congratulations Erin for completing so many incredible walks!



Early bird tickets for sale online Monday 4 July 2011 – Caloundra Music Festival.

Caloundra Music Festival at Kings Beach each October has been a popular event for many of our Trainees. There is plenty to see and do at the free Festival Village (this year located at Happy Valley Bulcock Beach) meaning you don't actually need to purchase Festival tickets to have a fantastic day out. But if you do want to be able to take advantage of the full festival experience, you might be interested in a limited release of early-bird tickets available on line at discounted prices at 9am from Monday 4 July 2011. They're only \$127.00 for pension-card holders for a season pass. These early-bird tickets sell out very quickly so get in quick...

You may or may not be aware however that because the festival is a Sunshine Coast Regional Council event,

the Companion Card is valid for this event so

both you and your carer get in for the one ticket price.

****You must remember when entering the Festival to have your companion card with you.**

*****You are able to book tickets online (and take advantage of the early-bird special) just print the ticket and receipt and present both with your companion card at the gate entry. This way**

ADVOCACY

Advocacy for people with a disability is speaking, acting or writing without conflict of interest on behalf of the interests of a disadvantaged person or group, in order to promote, protect and defend the welfare of and justice for either the person or group by:

- Being on their side and no-one else's;
- Being primarily concerned with their fundamental needs; and
- Remaining loyal and accountable to them in a way which is emphatic and vigorous.

Remember you can bring along an advocate or support person to any meetings you have with Compass. Please ask us if you need more information or assistance arranging for an advocate.

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.

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



MAROOCHYDORE

STAFF TRAINING— PERSONAL DEVELOPMENT AND GROWTH



At the end of the semester, all staff attended a professional development staff day. Part of the day focussed on personal development and growth, through which staff learned more about themselves and how to work more effectively in a team.

The day commenced in the Dojo with 'Sensei David'. As you've heard us say before, "Budo", the philosophy and practices of the Dojo and the traditional martial arts practiced there, informs the underlying principles and philosophy of our Service's unique culture and approach to Disability support. This session was important in reminding us of our roots—of those values and competencies that are the essence of our approach. Through a series of hands-on (and shoes-off) experiential learning activities including a demonstration by David and Amy of the awe-inspiring timing, precision, strength and discipline that is Jodo (a form of weapons martial art) we experienced a unique form of team building, and of learning to work more cooperatively with ourselves, each other and beyond.

This was followed by more intensive personal development sessions conducted by regular presenter Ron Coyle who helped staff explore their own personality types and the impacts on team dynamics, communication and so on. Through knowledge and awareness our differences become our strengths just as much as our commonalities already are...

Thank you David... And thank you Ron Coyle for your generous ongoing support of Compass and our Staff Team



Afternoon Delight

"Mastering the art of life"

A fundraising event for Compass Institute Inc.
www.compassinc.org.au

Date: Friday 22nd July 2011
Time: 1pm - 5pm
Where: Mango Hill Farm
 159 Commissioners Flat Road, Peachester
Cost: \$75
Life Drawing workshop: \$20
Guest Speaker: Lisa Cox, an inspirational speaker who will share with you her journey of courage.
Canapés & champers, raffles, live music, silent auction & more

Major Sponsors





RSVP - Tuesday 12th July 2011
 Amy Suttor p: [54573716](tel:54573716) / e: amy@compassinc.org.au

Want to know what's been happening at Compass Farm this past Semester?

Here's an update from our Farm Manager Rob Birse...



The focus of this semester's work has been on laying the groundwork for the on-going core activities of the farm.

This has involved:

- Preparing and planting out over 40 vegetable beds in the market garden.
- Planting crops suitable for mulch and compost heap ingredients.
- Making six large compost heaps.
- Preparing and planting out Strawberry and Raspberry beds.
- Larger scale plantings of Sugar Snap Peas and Garlic in the Small Cropping area.
- Preparing the area and planting out approximately 60 Pawpaw trees.
- Nursery work including growing seedlings for the market garden, potting up strawberry and raspberry runners and potting up pawpaw seedlings.



Rob also mentioned the growth in confidence and physical aptitude he has seen in the trainees and congratulated them for their achievements, their positive attitude and good humour...

Thanks Rob!

An awful lot!!



From David's Desk



Hi Everyone,

I hope you all enjoy the time-out and the young people return for the second semester refreshed and invigorated. The newsletter has been revamped a little to minimise the download size which will make it much more accessible for you... not much point in a newsletter you can't download :). As Jan mentioned last time, we have undergone our fourth annual accreditation audit with IHCAC – an external organisation licensed to ensure that disability services state-wide comply with the 10 Disability Service Standards. (If you'd ever like a copy of them please just ask at the office).

There is an enormous amount of behind the scenes work that has to be carried out by all the staff to ensure we have evidence of how we meet those standards. The auditors examine quite minutely every aspect of the organisation including governance (Board function, minutes, reporting), staff recruitment, induction and development practices (position descriptions, performance reviews), privacy and confidentiality practices, community participation, service planning and access (entry and exit procedures, progress plans, reports), complaints and disputes processes, service management (meetings, continuous improvement, succession planning), protection of legal and human rights (freedom from neglect or abuse) and many other aspects.

This requires that we spend many hundreds of hours each year doing work that is not seen... however the value of all that effort becomes apparent when the audit team examine the service and identify the ways in which it not only complies but excels. I was very proud of the staff and grateful for their efforts at the conclusion of the audit because once again Compass was acknowledged as a service that goes beyond what is required of it. It was wonderful to hear from the auditors just how positive the feedback was from the young people and families regards the principle of further education and training and the way in which that principle was enacted through all our centres and activities.

I want to thank you for choosing and trusting Compass in the way you do. We will always aspire to be worthy of that trust. When I first started the service in 2003 I always said that I treated the young people who attended the service as I would my own sons or daughters - and that's the feeling we will continue to work hard to maintain amidst the legislative requirements of providing this type of support.

Best wishes, David

