

Newsletter: May 2013

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*Hi Families and Friends*

When the management team asked me to take on the role of Acting Service Manager in Norm's absence, I agreed (merely due to shock perhaps) and was warned that I was going to have to 'fit into a mighty pair of shoes'. However a pretty special thing is happening around me. The dimensions of my feet have become irrelevant as the whole Compass team is not only alongside me; they are at times carrying me. Trainees, office staff, trainers and managers are all doing a mighty job to help me fill those shoes and keep Compass on track till Norm returns. Thank you.

I am loving being at the Farm daily and in rare moments of repose, am watching the citrus area grow into a real 'orchard'. As a recent guest at the trainees' Harvest Kitchen luncheon, I can see also the Farm team not only know how to grow great produce... they can cook up a storm too.

The Mother's Day Market activities are in full flight in all centres, with last minute quality touches to the craft products, ceremonious lining up of chutney jars and curries simmering full of farm vegetables. Sights, sounds and aromas to make everyone smile.

The Caloundra team has cajoled another barrel of raffle prizes from their business community (thank you Rob - our chief cajoler). Several trainees have charmed the community at the local shopping precincts, selling tickets and promoting the market. Amongst the hundreds of guests this year we will welcome the Nambour Special School and the Caloundra Lionesses. Everyone is looking forward to another day full of laughter, music and great gifts for Mums.

Compass has also recently entered into a Community Partnership with the Nambour Special School to reinforce their STEP (Supporting Transition through Engaging Partnerships) Program. The partnership will help make 'the next step' after school much easier. School staff, parents and students will have increased opportunities to 'be prepared for, see and try' what is available for them long before they graduate. Parents can make informed decisions earlier and allow their children longer periods of time to make those important transitions. Thank you NSS for this great initiative.

As parents are aware, Compass will undergo a Queensland Disability Service Standards Audit on May 16<sup>th</sup>. We would like to thank all parents, trainees and staff who have agreed to contribute to this audit. As always, we welcome this process as another vehicle to ensure we are providing the highest possible standard of service to each of you.

Regards

*Sally Ryhanen with a size 6 shoe*

**Acting Service Manager**

*Compass is Proudly Sponsored by.....*



*See Page 4 for more info*

## Date Claimers

**Thursday 9h May 2013**  
Market Day

**Monday 12th May 2013**  
Mothers Day

**Friday 17th May 2013**  
Gympie Show

**Friday 31st May 2013**  
Maleny Show

**Monday 3rd June 2013**  
Environmental Week

**Monday 10th June 2013**  
Queens Birthday –Public Holiday

**Friday 14th June 2013**  
Sunshine Coast Show

**Thursday 20st June 2013**  
CAU Break Up day

**Friday 21st June 2013**  
P2DAY Break Up day



# Compass Mother's Day Market

Central Park Rd  
off Arthur Street, Caloundra  
(across car-park from John Wallace swim school)

Fantastic range of Handmade gifts including  
woodwork, beadwork, pamper products,  
and a great range of  
homemade jams and chutneys ...

**Date: Thursday  
9th May 2012**

**Time: 10am-2pm**

Proudly Sponsored by



## Palmwoods

**Natalie**

# INTRODUCING TO THE TEAM



Nat Garozzo is our newest staff member in the Palmwoods centre.

Nat is married with two girls. She has worked in varying disability services over the past 10 years. Nat loves horses, cooking and gardening. She is looking forward to working with the trainees to continue to develop their independent living skills.

## Caboolture

**Kylie**



Kylie Southon works for Compass in Caboolture. This is a community based program at the moment, working with one trainee.

Kylie is married with two teenagers, who keep her very busy.

Kylie has lived on the Sunshine Coast for the past 12 years, having grown up in Victoria.

Kylie is enjoying her new position with Compass and is looking forward to meeting more trainees and families in the future.

## CALOUNDRA



**Michelle**

Hi most people call me Chelley. I live in Caloundra with my husband and 2 children. I love going to the beach and camping.

### Continuous Improvement Plan

At Compass we 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**

available from the office, our centres or our website: [www.compassinc.org.au](http://www.compassinc.org.au) and we will 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](http://www.compassinc.org.au)

# '..so much more than just a swimming

The Caloundra Aquatic Lifestyle Centre tell us in their advertising they are so much more than a swimming pool.....and this is so true!

Just a few meters away from the Caloundra Compass front door, the swimming complex has become a vital part of our training program where the owners and staff go out of their way to create the best experience possible for our trainees.

The Aquatic Centre provides a myriad of opportunities to strengthen social skills, helping Compass trainees access the community with confidence and develop their independence. The young people pay their own entrance fee, sometimes order and pay for food after a session and comfortably join with the rest of the community in a relaxing 'post-swim' lunch.

Sensory integration and brain gym sessions take on an extra dimension in the water and trainees delight in experiencing weightlessness and increased flexibility and movement. Many trainees develop greater body awareness and integrate some newly developed movements into their daily lives.

Break-up days at the pool are sensational. The centre rolls out a gigantic and intimidating floating obstacle course – and the challenge is on! Not much stops our trainees, who literally fly over the rocking, wet, slippery aquatic 'Mount Everest'.

Thank you to the management and staff, who welcome us warmly, support our fundraising and make it so easy for the trainees to access and enjoy their complex.



## Creative WOOD WORK

Caloundra trainees love to get creative with practical woodwork.

Here is a picture of Kobie and the coffee table that he made with fellow friends.

It took them three weeks to make this beautiful table for the new parents retreat at the Caloundra centre.

# Champagne Diamond

10th May 2013, 11.30am-3.30pm  
Maroochy Events Centre



Celebrity Guest Speaker  
**Corinne Grant**  
(actor, writer, comedian).

No raffles,  
No auctions,  
Just entertainment!

Includes canapés,  
a 2-course lunch\*,  
drinks, live music &  
a \$20 cash draw ticket  
(1st prize \$2,000!) for only \$140pp.

Dress code - Formal attire  
\*Gluten free & vegetarian options available on request.

**Book now:**

**(07) 5457 3716**  **bookings@compassinc.org.au**

Major Sponsor: Also sponsored by:



Calling all mothers and daughters  
for a *stunning* charity event.

Win a spectacular  
diamond worth  
**\$13,000!**



All proceeds go to  
**The Compass Institute**  
a Sunshine Coast charity  
supporting young people with disabilities.

**I wanted to formally invite you to a special fundraiser we're holding in May called Champagne Diamond. We've been working on this for over 5 months with our major sponsor, Heritage Bank - Palmwoods.**

The event will be held on Friday 10<sup>th</sup> May from 11.30am to 3.30pm and it's going to be huge! Someone is going to win a \$13,000 diamond and there are many different kinds of prizes to give away on the day. We're really excited about this event. We're looking to have around 200 people attend. Which means you get around a one in 200 chance to win a diamond worth \$13,000! Which are very good odds for such a huge prize.

I am happy to inform you that we have secured **Corinne Grant** as guest speaker on the day. You've probably heard of Corinne, she is an actress: an original core cast of *Rove Live*, founding member and core cast of *The Glass-House* and a core cast of *SkitHOUSE*. She has appeared on *Spicks and Specks*, *Dancing with the Stars* and *Good News Week*. She is also going to appear in the movie *Goddess* this year. She is a writer for newspapers: *The Herald Sun* and *The Age* in addition to having written her own book. Plus she is a comedienne! Her natural,

down-to-earth charm and her quick wit have made her one of Australia's best known, and most warmly regarded performers.

**Hannah McEwan and Paul Taylor**, the weather presenter and local news reader, from Win TV have come on board as MC's.

Tickets are \$140 per person. This includes canapés, a 2-course lunch (vegetarian and gluten free options available on request), all drinks, live music and a \$20.00 cash draw ticket (first prize \$2,000). This will be a really stylish and quality event. We're not going to be asking you to reach into your pocket and pay for anything further – like raffles or auctions.

All proceeds go to Compass. They will be used to help us develop much needed accommodation options for people with disabilities on the Sunshine Coast – our Independent Living Training Centre.

Keep an eye out for our TV and Newspaper ads, as well as our posters around the Coast. We really hope you can attend.

Please email [bookings@compassinc.org.au](mailto:bookings@compassinc.org.au) or phone (07) 5457 3716 to secure your place.

# From David's Desk



Dear Parents and Friends,

As I write this article I realise two things... I'm holding up our newsletter from going out on time through tardiness and it's the 1<sup>st</sup> of May. While I regret the former, I'm secretly a bit appalled by the latter. That means 2013 is already one third behind us while somehow I'm still stuck in February somewhere! I was talking with a friend a while back about time speeding up as we get older when his 10 year old son piped up to say how 'No, it can't be age – I feel it too!' :)

As you all know Norm has been away very ill, however I'm happy to say that some of the more immediate aspects of his health challenge have been addressed with a positive outcome. It will possibly be quite a long road but we are all supporting him as best we can. Thank you to all who sent in best wishes for him – I passed them on and I know they meant a great deal to him. In the interim Sally has been wonderful in taking on much of his workload. Thank you in fact to all the staff who have been real rocks!

Our annual audit is scheduled for mid-May and it's been an opportunity for me to reflect on where we've travelled over the past 12 months. Previous years have seemed to contain such massive improvements and gains that this one has somehow felt quieter by comparison. The reality is we've been on such a steep curve over the past 10 years I guess it naturally levels out a little eventually. Then we started listing all the things that have happened over the past 12 months and I realised so many of the improvements have been behind the scenes in our systems, policies and procedures, governance, lesson planning, computer systems, corporate partnering, lesson planning and similar. They may not show on the surface but they make the days more efficient and the delivery of our support to the young people so much more effective.

I also recalled that in the first few years of Compass we tried to get a parent reference group together to support Compass's efforts and programmes. After much emailing and conversation, I ended up sitting across the table from the one parent who actually attended the meeting. We had a good laugh and decided it probably just wasn't something that people could fit into their busy lives. That said I thought we might try it again. (After all, we had a very positive turnout to the parent meeting about housing solutions...). The role of a parent reference group can include things like volunteering to help at functions, developing ideas to pass on to staff about new activities or educational programmes, organising & participating in working bees, helping with network connections to access services that can be employed by Compass and similar. If you're interested in being part of a reference group that met monthly and did some of the above, can you please register your interest with Chanae on [chanae@compassinc.org.au](mailto:chanae@compassinc.org.au) and I'll get back to you to organise a get together.

Champagne Diamond is only a few days away. Please support this women's event. It's a 1 – 200 chance to walk away with a \$13,000 diamond!! Also, thanks to the support of 91.1 Hot FM and the Sunshine Coast Turf Club, Compass will be the recipient of proceeds from the Ladies Oaks Day on Friday 31<sup>st</sup> May. Get along for a great day of fun and colour if you can.

Thank you and best wishes,

David

