

Dear trainees, families and friends of Compass

September is here, and thankfully so is some warmer weather.

This past winter we have had more trainees and staff away with the flu than I can remember in my time at Compass. Part of the problem with this year's bugs are that when it seems that you are almost over it, you then seem to relapse or become infected with a different strain. Things like this can become a bit of a cycle - you get sick, your immune system fights to make you well and you become more susceptible to other bugs doing the rounds. If trainees and staff are sick, the best option is for them to stay home if they can and get well. If you come to work sick, you are going to have a miserable day and potentially pass on whatever you have to others. Lets hope we have seen the end of the flu season and everyone can be fit and healthy again real soon.

Last Saturday (2 September) we held our first ever Sausage Sizzle fundraiser at the Bunnings Warehouse at Caloundra. It was a magic day weatherwise, and it was great to see some very dedicated Caloundra trainees, their families and staff give up some of their time to help raise much needed funds for the Caloundra Centre. A huge thanks to Rob Glover who organised the day, and to Bunnings Caloundra and Coles Pelican Waters for their generous support. See page 2 for more details and photos.

Next week I will be attending an information session at Gympie Special School as the next step in our venture into that region. The following week we will be conducting interviews for prospective trainees and running an information session for prospective staff in Gympie. This is all very exciting and we are receiving very strong interest and support from members of the community of Gympie for us to open a Compass Centre there.

As the quarter draws to a close, staff and trainees are busy planning for their break up day activity. Your centre will send home information shortly advising of the activity and costs, etc.

Please note that there is only one week of vacation this quarter, then the Queen's Birthday public holiday on 1 October and Staff Training on 2 October.

Compass programs recommence on Wednesday 3 October.

Have a great month everyone,

Norm

**Date Claimers**

**Thursday 20 September 2012**  
Break up Day

**Friday 21 September 2012**  
2 Day programs Break up Day

**Monday 1 October 2012**  
Queen's Birthday Holiday

**Tuesday 2 October 2012**  
Staff Training Day

**Wednesday 3 October 2012**  
Recommence 4th Quarter

**Friday 5 October 2012**  
2 Day programs recommence

**Saturday 24 November 2012**  
Awards Night

**Father's Day**  
Sausage Sizzle  
A HUGE  
THANK YOU  
BUNNINGS  
Caloundra  
for allowing us  
to hold a  
fundraising  
event at your  
store



# Aiki Abilities Classes

Sophia, Nick, Samara and Mat are enjoying afternoon tea in the Dojo office on Thursday afternoons. They hang out together for an hour after Compass and then attend the new Aiki Abilities classes from 4.30pm-5.30pm.

Aiki Abilities is a unique movement based traditional martial arts program. The class focuses on body coordination, concentration, confidence, cooperation, fitness attention and socialisation skills, all in a fun environment. The class is open to the public, giving young people with a disability on the Sunshine Coast an opportunity to meet new friends and socialise.

If you would like to participate in our Aiki Abilities class or if you know someone who might want to join, please phone Amy on 5457 3716 or email at [amy@compassinc.org.au](mailto:amy@compassinc.org.au) for more information.

Your first class is free!



## BUNNINGS Sausage Sizzle

On Sunday 2 September, Compass Caloundra held a fundraising Sausage Sizzle at the Bunnings Warehouse in Caloundra.

We raised close to \$850 from sausage and drink sales, the raffle and donations - which is a good effort for first timers.

Special thanks to the Mooney, Holland, Boyd, Triggs and Luck families and the staff members who came along to help cook, serve and sell tickets, making it a really fun day for all.

Thanks also to Howard and the team at Bunnings for the opportunity and for being so helpful leading up to the event and setting up the equipment on the day.

Special thanks to Andrew and the team from Coles Pelican Waters for their huge generosity in providing the sausages, bread, onions, sauce and drinks for us to sell.

Thank you also to the families and friends who came along on the day to visit and to support our fundraising efforts.

All proceeds from the day will go directly towards special purchases for the Caloundra Centre.



# Caloundra Cafe

**Compass Caloundra** was injected with energy, enthusiasm and fun this week as trainees transformed their premises into a thriving 'restaurant'.

Shoppers, meal planners, table design artists, chefs and waiters all worked creatively through Power Week to provide a memorable dining experience on Thursday.

The team chose a healthy menu of slow roasted lamb and pork, crispy roast potatoes and colourful vegetables. A choice of three juices and an abundance of fresh fruit rounded off the fantastic meal. Original drawings and photographs were scattered across the table settings complementing beach inspired centre-pieces and professionally crafted cutlery settings.

With a focus on independent living skills, some other activities that were enjoyed during the week were orienteering, community access, financial control and cleaning.

**Congratulations to a 'Powerful' team of trainees.**

## On The Air At Hot 91

Compass is currently in the process of putting together a radio advertisement with hot 91.1, to promote our services. Renee was chosen to take part in this process. She has written about her experiences.

On Wednesday Morning (22 Aug) I went to Hot 91.1FM station with Keryn to record a new radio ad for The Compass Institute. I got to meet Todd and Sami. Todd let me sit in his chair and he put the headphones on my ears, just like he does. Todd is so funny. He showed me all the buttons and sounds on his computer.

I felt so happy to be chosen for the radio ad. I played a part and I said "It means I can be with my friends and have a real future." I would like to say thank you to Todd and Sami for having myself and Keryn in their radio station.

*By Renee*

### 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)

# Herb Garden

P2Day and the Palmwoods Training Unit have been working together to create a herb garden at the Compass Farm.

While the Training Group has been planting seeds and seedlings in trays in preparation, the P2day Group cleared the stones and old plants from the garden.

We had to dig the garden over, then the farm team mulched it.

We have been working hard putting all our new plants in the garden ready to use in our Farm Canteen.



## Rescued Kitten Nursed by Caloundra Trainees



At Compass Caloundra last semester we had the opportunity to look after a female black kitten (approximately 3 days old) that had been rescued from an industrial site at Kawana. As one of our Units was doing "Pet Care" as part of their programme, this fitted in perfectly. She was initially bottle fed until she was old enough to lap milk and take solids.

*"We put 'Tuki' in a cage with a mat and a litter tray. Each day we gave her fresh water and food. We saw her eyes open and her grow bigger. Every week we weighed her and took photos. We cuddled her and played with her. We took her to the Vet."*

Matt

A lovely family adopted her from Sunshine Coast Animal Refuge. At 5 months of age, she recently went back to visit the Vet.



# Palmwoods Olympics



At Compass we celebrated the Olympic Games that were held in London recently.

The Olympic Games are held every four years in a different chosen host country. There is a Torch Relay that carries the Olympic Flame from Olympia in Greece to the host country where the cauldron is lit up by the flame.

There is then an opening ceremony and then a big celebration and parade of nations. The Olympic Games went for sixteen days while people from participating countries competed in many different sports. When competing placed athletes are awarded medals:

- First place gets a gold medal, second place gets a silver medal and third place gets a bronze medal.

At Compass we made an Olympic Torch and had our own Torch Relay. We then had a celebration with music and dancing in the Dojo as our own Opening Ceremony. We played games representing some of the Olympic sports in Recreation Training like soccer, gymnastics, running, basketball and volleyball.

We learned about flags of each country and we tried food from different countries as well.

**Written by the Palmwoods Training Unit.**



# From David's Desk



## FUNdraising

This year's Charity Golf Day is behind us and once more we have managed to exceed the total raised in the previous year. Including a presentation from Heritage Bank for their Calendar, we raised \$15,990 overall. This was a great effort and largely due to the work that Amy and the staff at Pelican Waters Golf Club put into the arrangements, the support of our major sponsor, Heritage Bank; our media partners – Hot FM, Win TV and Sunshine Coast Daily and the other sponsors and teams on the day. There is a link to a short video on our website and I totally recommend you have a look at it. The video was shot by renowned Australian artist, Shane Gehlert, whose new hobby is making videos. Shane offered to put it together as a service for Compass. It is seriously worth watching.



This year we again had John Coutis ([www.rollingsuccess.com.au](http://www.rollingsuccess.com.au)) as our guest speaker. John is an amazing man and he had the whole room on a rollercoaster of laughter and thoughtful silences... he really knows how to engage people in comprehending the lives of people with a disability, their dreams and capabilities, while inspiring everyone to make sure they get the most from their own lives. John has agreed to become a roving Ambassador for Compass. Next month in the UK he will share a stage with Richard Branson and Donald Trump... and will present them with a Compass cap and badge along with information on our programmes. There is no doubt John will make a wonderful representative and I look forward to sharing his adventures with you all as he goes along.

Two of the big drawcards for the day were the offer of a brand new car from Caloundra City Autos on one hole and a \$5,000 account from Heritage Bank on another – both there for the taking as hole in one prizes. And there were some very close calls with one golfer hitting the flag on one of the holes. I mention these things to let you know just how much support has been directed towards Compass, its aspirations and goals by the corporate community locally. There are some very generous people who go to quite a bit of trouble to help raise money to support the purchase of resources and make improvements to facilities for your sons and daughters.

The next big event is our Gala Race Night at Corbould Park in Caloundra and is scheduled for Friday 26<sup>th</sup> October from 6pm. We held our inaugural race night in February this year with 135 people attending a really exciting night of races, dinner, awards and general good fun. Our aim this time is to have two hundred attendees. There were initially seven race sponsorship packages available on the night however we believe we already have three of these sold! The remainder of the attendees will be comprised of groups of ten people – family, friends, Compass supporters and others who may wish to join the fun. The night includes a 3 course dinner and drinks package in the newly renovated Champagne Garden which is absolutely trackside... you can almost pat the horses as they go by! To make this event successful and ensure we raise as many funds as possible on the night, we are going to need your help. We'll be sending all of you a registration form to book in family, friends and businesses you may be associated with and there will even be a prize for the person or family who book the most people in to the evening. Please get behind this initiative because the beneficiary is your family member.

## Compass Lifestyle Services

Thank you to all those of you who took the time to complete the survey form we sent out a little while ago about opportunities for Compass to provide some after hours, weekend or in home support. The clear message we got from the surveys was that in-home respite is not an issue for you, but that weekend recreational activities on a user pays basis are something everyone was interested in. We are taking this information on board to help us design some weekend services and we'll be back to you soon with a programme that can incorporate the suggestions you have made along with an idea of how much activities might cost to support. The good news is our preliminary work shows that we should be able to offer two tiers of support that will suit everyone & be within reasonable financial boundaries.

David

