

sunshine community & friends NEWSLETTER



IF YOU HAVEN'T ALREADY HEARD... WE ARE MAKING A CHANGE

We have been leading our families through changes in the disability sector since we were first established in 1924. Most recently we've navigated the changes to the NDIS and we've continued to find the pathways for our clients to live their best lives.

For far longer than the recent changes to the NDIS we've been thinking about a name change to the organisation. We embarked on our own journey as an organisation to assess whether the name Sunshine was still the best representation of our values and our place in the disability sector.

We've spoken to our families, our employees and others in the disability sector. We discovered that:

- Sunshine gets confused with other disability support providers
- A lot of people don't know who we are
- Our name could be stronger in representing our mature leadership in the sector
- Our clients and employees above all want to be proud of the name

As one of our valued supporters, families/advocates/guardians, you are amongst the first to know...

From November 13, our new name will be Unisson Disability.

We arrived at this name following a thorough process. We feel it better represents the connection, togetherness, support and progress that we strive for. It emphasises our focus on working together in the interest of the people we support. We've used the double "S" to convey the importance of equality, togetherness and connection. It speaks to our values of fostering mutually-beneficial relationships to build the best possible lives we can for our clients and their families.

This is an incredibly positive step for us as an organisation. We're excited about revealing our new look newsletter, website and more in November.

If you have any questions or concerns about our new name please contact Katrina Jackson, Manager, Marketing & Communications on 1300 266 222 or info@sunshinelgd.org.au.

UNISSON

DISABILITY



inside

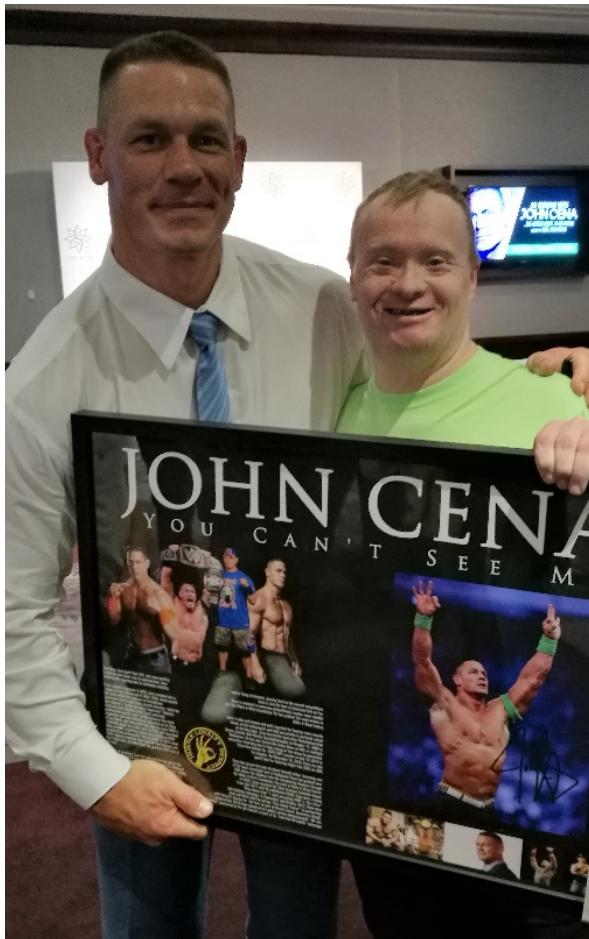
MEET STEPHEN • WHAT'S ON AT SUNSHINE BUSINESS SERVICES • MEET KIRSTEN

sunshine live, grow & develop

Meet Stephen



Stephen's story is a great example of being authentic, opening up about your vulnerabilities and the positive things that can come from this.



Stephen with John Cena

Wrestling superstar John Cena often has some choice words for his opponents in the ring, however one of his inspirational mottos 'Never Give Up', is something that has resonated with long-time fan and Sunshine participant, Stephen Pugh, from Hornsby.

Stephen, who has Down syndrome and anxiety, has been receiving drop-in support from Sunshine, and with the help of his Direct Support Professional (DSP) Jess, Stephen has been applying Cena's 'Never Give Up' mantra to various areas of his life and in return seeing positive outcomes.

Stephen lives independently with a flatmate

in Hornsby, an achievement which sees him continuously build and maintain independent living skills with the help of DSP Jess three times a week. Stephen and Jess also work on managing his anxiety through regular exercise, meditation and breathing techniques.

Stephen recently had the chance to put into practice the skills and techniques he and Jess regularly work on, when they travelled into Darling Harbour to attend 'An Evening With John Cena', hosted by Karl Stefanovic at The Star Casino. The show was a long awaited highlight in Stephen's social calendar, and a chance to see his wrestling idol up close in person.

Travelling independently on public transport whilst managing his anxiety was a huge milestone in itself for Stephen, and with the support of Jess they made it into The Star, Darling Harbour to enjoy a night of entertainment and inspiration from worldwide sensation John Cena. Stephen and Jess however, had no idea of the impact they themselves would have on the superstar, and the other fans attending that night.

After enjoying the first half of the show, Stephen and Jess lined up to partake in the audience questions portion of the evening. With overwhelming crowds and public speaking a trigger for Stephen's anxiety, he and Jess practiced their relaxation and breathing techniques in the line until Stephen was called upon to ask his question.

With Jess standing by for support, Stephen held the microphone and stated, "I'm Stephen, and I have Down syndrome and anxiety", upon which John Cena decided to come down from the stage and stand next to Stephen while he asked his question. "Do you have any advice for dealing with anxiety?" Stephen asked. Cena put his arm around Stephen, and offered up his advice, "Always take a deep breath, try to relax, and never give up".



Stephen Pugh

Thrilled that he had overcome his anxiety and received first hand advice from his idol, Stephen thought his night had finished on a high, but after the show concluded he and Jess were asked backstage.

They once again had the chance to chat with John Cena, and pose for photos with the king of WWE wrestling. Cena's team arranged for Stephen to go home with some promotional items, and a very touched member of the public stopped Stephen to congratulate him on his achievement and gifted him a signed poster.

Overwhelmed with their evening, Stephen headed home on an absolute high thankful for their experience and for the support of Jess.

"Jess is very supportive and she helps me a lot, especially with my anxiety", Stephen says. "I was so happy about the night".

Jess has seen Stephen progress immensely over the last 10 months she has been supporting him, "I've seen a lot of change in Stephen, previously he wasn't participating in the community and his anxiety was overwhelming" she says. "Now he's really a part of the local community, people often

recognise him and say hello. He's now going out to social activities regularly and getting ready to start a job".

"It's definitely a two way street" Jess says of her experience supporting Stephen, "he has taught me so much about myself, about embracing new interests, and what I can work on as an individual to better myself".

Jess and Stephen



What's on at Sunshine



MEET OUR STAFF

KIRSTEN BISSET, DSP at Frenchs Forest Community Access

What brought you to Sunshine?

I have always had an interest in wanting to help people, and Sunshine seemed like the perfect job to be able to do that. I had previously worked at World Vision but as much as I loved it, I wanted to do something that was more hands on.

Working somewhere that meant empowering people to be the best that they can be and supporting them to do what they want and strive to do seemed like the perfect job to be in.



Tahlia and Kirsten dressed up for Woodstock Day

What do you love about working at Sunshine?

Sunshine is the most amazing place to be able to work with people that you might not have met otherwise. It's incredible to be able to come to work and support people to be the best that they can

be. I love that Sunshine has such a positive way of looking at life and that all the staff are so supportive towards each other.

Tell us something interesting about yourself?

I moved around a lot when I was growing up. I was born in South Africa and then lived in the Middle East for 6 years. Whilst living there I learnt a lot about other cultures and it made me appreciate working with and learning from people from all walks of life. I also have a passion for helping animals, and walk dogs from Monica's Doggie Rescue.

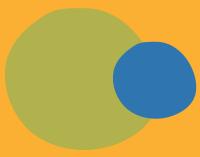
What does 'the real deal' mean to you?

The real deal to me means that you are your most authentic self, and that you do what is true to you. I think that it's really important to be able to accept who you are and to accept others for who they truthfully are too.

Kristen and Ashleigh



What's on at Sunshine



BUSINESS SERVICES

Creating employment opportunities for people with disability.

By working with our business services, customers assist us to maintain and create job opportunities for people with disability, in turn allowing opportunity for people to build a sense of valuable contribution, and achieve social inclusion in a work environment. The business services we run enable supported employees to develop new skills, through on the job training, contributing towards an overall positive experience, building confidence and having a positive impact on their lives

Mowmentus

Mowmentus is the reliable choice in garden maintenance and lawn care. We maintain the lawns and gardens for residential and commercial clients, municipal councils, government departments, retirement villages, hospitals and more.

Our people are renowned for their friendliness, dependability and quality of workmanship.

We'd be pleased to provide you with an obligation free quote about providing maintenance for your premises.

Mailplus

At our mail and packaging fulfilment business, Mailplus, we're highly regarded for our responsiveness, attention to detail, customer service and our drive to continually deliver the best possible results for our customers.

MailPlus supports a variety of businesses with our complete range of mail distribution, packaging and light assembly services.

Our prices are very competitive and you'll be delighted by our service standards.

We'd be pleased to discuss your specific project with you.

Please contact us at info@sunshinelgd.org.au or **1300 266 222** today to discover what Mailplus can do for your business or visit www.sunshinelgd.org.au for more information.

Meet one of our supported employees

KOZET

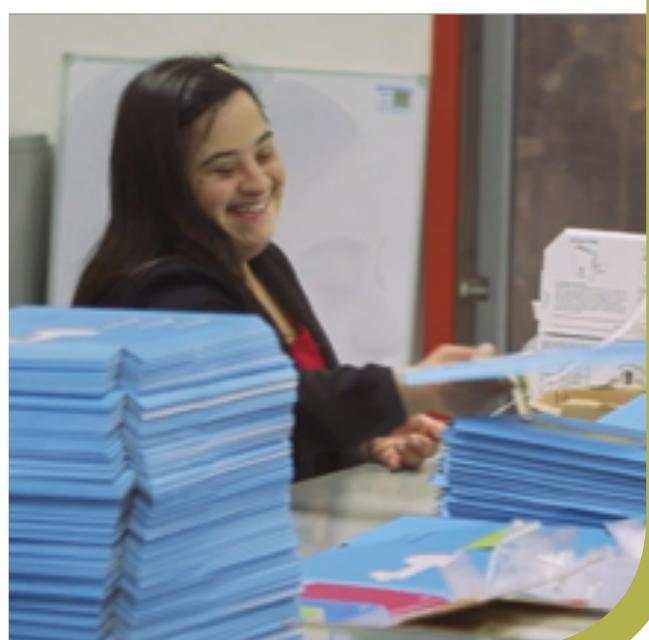
Kozet is a supported employee at Mailplus. Mailplus was Kozet's first job after finishing school. She loves going into work each day and finds it fulfilling to learn new skills, be a part of a team and to earn money and become independent and responsible with how she spends it.

"I like coming to work at Mailplus and I get to sit with my friends"

Mailplus offers Kozet the opportunity to develop capabilities, and her family has noticed a change in Kozet at home as well. She is more proactive and excited to help with the household chores and tasks.

"because she knows she can do stuff, she comes home and now she can help mum with the cooking"

Working at Mailplus also provides Kozet with the chance to socialise, and develop lasting relationships with her peers. Mailplus loves having her on the team and work has boosted her confidence and she feels recognised which is really important for Kozet, as it is for all of us.



What's on at Sunshine



You're Invited

Sunshine invites you to celebrate the launch of our new name and brand from 10am - 12pm in your local area.

We look forward to celebrating this milestone with you, in what has been almost 100 years of supporting people in the community.

All clients, families, staff, and members of our community are welcome. RSVP is essential.

Monday November 20

Central Coast
The Art House
19-21 Margaret St, Wyong

Tuesday November 21

Northern Beaches
Community Access Centre
16 Rodborough Rd, Frenchs Forest

Wednesday November 22

Lower & Upper North Shore
Thornleigh Community Centre
LOT 200 Phyllis Ave, Thornleigh

Friday November 24

Western Sydney
Community Access Centre
14 Cressy Ave, Beaumont Hills

RSVP to Hannah Graham prior to November 13
info@sunshinelgd.org.au
1300 266 222

What's on at Sunshine

TUNED IN MUSIC THERAPY PARTNERSHIP

Sunshine is pleased to share an exciting new venture with Tuned In Music Therapy, which will involve group music sessions at their Brookvale studios on Thursdays.

Tuned In Music Therapy offers individual and group music therapy sessions for children with additional needs such as autism, developmental delay and physical disability, adults with disabilities and aged care.

Music therapy is an allied health profession where music is used holistically to address health, and well-being. A Registered Music Therapist (RMT) uses music as the medium to connect, 'tune in' and support the achievement of specific goals to strengthen abilities and to enhance an individual's everyday life regardless

of their musical ability. Music Therapy can help improve physical health and ability, develop communication and social skills, address emotional and behavioural difficulties and increase creativity, self-esteem and confidence.

The music therapy sessions at Tuned In use a blend of known and improvisational (created in the moment) music, including instrumental play, vocalisations, music and movement, interactive technology and songwriting. Assessments are recommended before embarking on a music therapy program and our programs are regularly evaluated and progress reports provided.

If you're interested in signing up, get in touch with Emilia Agostino on 0414 720 804 or at emiliaagostino@sunshinelgd.org.au

WEEKEND SUPPORT FOR CHILDREN AT FRENCHS FOREST

Sunshine now offers children's support on Saturdays at our Community Access Centre at Frenchs Forest! There's a lot on offer at the Frenchs Forest Community Access Centre, with a variety of fun activities available, as well as plenty of social interaction.

Types of activities on offer at Frenchs Forest:

- Cooking
- Art
- Music
- Sensory experiences
- Gross motor play
- Outdoor activities

For more information contact us on 1300 266 222 or email info@sunshinelgd.org.au

Facilities available at Frenchs Forest:

- Sensory room
 - ~ Foam wedges
 - ~ Massage chairs
 - ~ Ball pit
 - ~ Light effects
- Kitchen
- Art room
- Smart boards
- Music room
- Outdoor BBQ area
- Grass area
- Basketball courts



What's on at Sunshine



DYING TO TALK RESEARCH PROGRAM AND DVD

Conversations about death or dying aren't most people's cup of tea.

Frankly, many of us prefer to ignore the subject altogether. When it comes to people with an intellectual disability, however, the topic is often swept under the rug completely.

The Dying to Talk project shines the spotlight on this important issue, with the goal of finding ways to better communicate the concept of dying and death to people with intellectual disability.

The project began in 2013 when the Faculty of Health Sciences at University of Sydney, Sunshine and Keele University in the UK won an Australian Research Council Linkage Grant. Together our research showed that, compared to disability staff, adults with intellectual disability have a significantly poorer understanding of death, were less self-determined about end-of-life planning, and reported greater fear of death.

We then went on to develop a training toolkit to assist disability support staff to have conversations about dying and death. The aim was to help people with intellectual disability to better understand dying and death, so they could make plans for it if they choose to. An important emphasis was to introduce these conversations early, while people are well, and long before death is imminent.

The toolkit includes a DVD resource, Dying to Talk, winner of an Australian Writer's Guild Award in 2015. The DVD consists of 9 short sections plus special features. It features real people with intellectual disability and disability service staff (not actors).

We are pleased to announce that the DVD is now available. You can view all 9 chapters plus the special features via our website here:

<http://sunshinelgd.org.au/about-us/research/>



THE ART OF HUMAN CONNECTION

At Sunshine we are unwavering in our belief that no one person should be defined by their disability and our work is about establishing and deepening connections and facilitating relationships. Our goal is to form an alliance with clients and families, serving as a bridge to richer and more fulfilling personal experiences in our community. We aim to create experiences for clients that have a substantial impact and enable a memorable connection.

Back in January we asked you, our clients and families, to take part in a satisfaction survey and we were pleased to see over 65% were very happy with the quality of service we provide. The point of the survey however was to see the areas we needed to improve. In March this year, we rolled out a program across the entire organisation focused on the art

of building relationships, creating connections and finding the opportunity to say 'Yes' in everything we do. We believe the support we provide to you, and your family member is what we do, the connection and relationship we create with you, is HOW we do it well. We will be continuing to implement the program as an ongoing initiative throughout the organisation, with the program being run every 6 months as well as ongoing communications to our employees about learning the 'art of human connection'. We believe this approach aligns nicely with our values and our overall approach to supporting people with disability, one that is focused on achieving great outcomes with the people we support.

What's on at Sunshine

IT'S SCHOOL LEAVER SEASON!

Sunshine has had the pleasure of recently exhibiting at various Expo's for school leavers and sharing the range of services, supports and options we have at Sunshine for individuals post school.

In the last few months, Sunshine has exhibited at a number of post-school disability expos including the Central Coast and Hunter School Leavers Expos, as well as the Western Sydney Employment Life Skills & Leisure Expo, and the Bankstown Post School Expo.

What a turnout! It was great to speak to hundreds of

students, families and other providers about making the transition from school to employment or study.

Some of Sunshine's post school options include Community Access Programs, Transition to Work, Supported Employment and the School Leavers Employment Support Program.

If you or someone you know is finishing school this year, and would like to know more about our Post School options, contact us on **1300 266 222** or email info@sunshinelgd.org.au

SUNSHINE IS NOW ON CLICKABILITY!

We are pleased to announce that Sunshine is now on Clickability!

Clickability is an Australian disability service directory featuring ratings and reviews from the people who actually use the services. It lets you find out about services, share your experiences and connect with others about issues that matter to you. If you currently access a service from Sunshine, we'd love to hear about your experience. To leave us a review, visit Sunshine's Clickability page: <https://clickability.com.au/listing/sunshine-lgd/>

Here's a review of Sunshine that someone recently shared:

Christian

My Rating



2 months ago

I have extremely fantastic care worker. I'm over the moon with my worker. She is someone I hope to be around for a long time. Words can't express how grateful I am.

Sunshine services are much better than my experience with my last services. Way above my expectations and things are going very smoothly. The goal setting sessions and being accountable for my daily to do list has been great. I've come a long way in my road to recovery. I have a schedule and I am encouraged and strive to do the activities on there. It's been a positive, empowering, and beautifully uplifting experience. I'd give the agency a AAA rating.

TAX APPEAL RESULTS

Sunshine's annual Tax Appeal raised a heart-warming \$40 885 this year, an incredible result thanks to our generous donors.

Every donation no matter how big or small, allows Sunshine to continue being able to create opportunities for the people we support and assist them to live a great life – with greater choice, independence and joy. Thank you for your ongoing support.

If you would like to donate to Sunshine you can, contact us on **1300 266 222** or email info@sunshinelgd.org.au or visit our donation page <http://sunshinelgd.org.au/support-us/make-donation/>



together we can make a real difference!

What's on in your community



CAMP BREAKAWAY CAMPS

Camp Breakaway provides fun-filled respite camps on the Central Coast, where adults and children with disability are given the opportunity to enjoy a break, meet different people and take part in outdoor activities. Upcoming camps include:

CAMP BREAKAWAY HIGH NEEDS CAMP

When: 24-26 November 2017

Where: 80 Highway Ave, San Remo, Central Coast NSW

Bookings: Monday-Friday between 9:00am and 4:30pm

on: (02) 4390 7624

or email: bookings@breakaway.org.au

Checkout further camp dates for 2017 and 2018: www.breakaway.org.au/respite/camp-dates



HIT 100 – MEAL SERVICE, DIETITIAN COACHING, COOKING CLASSES

This service provides meals and dietitian coaching (in English or Arabic) and cooking classes to build capacity for independence for people of any age and disability. Food services include delivered, healthy and tasty frozen meals.

When: Mon-Fri 7.30am – 6pm

Where: Throughout Sydney Metro, Central Coast, Hunter Region (including Newcastle and Lake Macquarie), Illawarra, Southern Highlands, ACT

Cost: Discuss on application;

NDIS funding accepted

RSVP: Contact Josh Ayscough
on 0428 606 184 or
1300 448 100 or
hello@hit100.com.au



PERFECT FIT HEALTH SOLUTIONS – EXERCISE

Individualised exercise prescription for children (aged 5+) and adults with physical, intellectual or sensory disabilities and mental illnesses. Each person is assessed by an accredited Exercise Physiologist and then prescribed an exercise program to be done in the gym and/or home. The exercise program is tailored to each individual's level and goals and includes things like improving fitness, strength, range of movement, social interaction; and reducing the incidence of secondary health complications. Individual and group (aged 16+) sessions available. Carers welcome to assist. NDIS Provider.

Where: Jetts Hornsby – Level 3, 236 Pacific Hwy, Hornsby NSW 2077.
Accessible venue. Near Hornsby train station,
disabled parking at shopping centre.

When: Friday by appointment only

Cost: NDIS 2017/2018 \$145.63 / 60 min individual session
and \$48.54 / 60 min group session.

RSVP: For information and booking, contact Andrea Tyler,
Exercise Physiologist on 0416 981 230 or
andrea@perfectfit-heathsolutions.com

Perfect Fit
Health Solutions

NDIS Update

At Sunshine we understand how daunting the NDIS can be, so in lieu of our communication forums we are offering one on one meetings to help you understand what your next steps may be.

Alternatively, the NDIA are offering a range of information sessions focused on the NDIS and what you need to know. Below we have added upcoming workshops. You can visit their website for more information
<http://ndis.nsw.gov.au/events/>

NDIS PLAN IMPLEMENTATION WORKSHOP

The Plan Implementation Workshop is a practical workshop to support participants, carers and their families to prepare for implementing their approved NDIS plan.

The workshop will cover:

- The price guide and flexibility in using funded supports
- The options for managing NDIS funding
- Information provided to participants in setting up a service agreement
- How to navigate the myPlace Participant Portal
- The difference between LACs and Support Coordinators
- The review process
- Reasonable and Necessary decision making



A list of locations are below. If you would like to attend the workshop, please RSVP to 9275 9441 or send an email to debbie.cole@ndis.gov.au

If you require AUSLAN or language interpreting services, please advise at the time of the booking.

Location Uniting Office Building 1, Level 3, Suit 6
20 Bridge St, Pymble NSW 2073
Date/Time 3 Nov / 1pm – 2.30pm

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Location Lifestyle Working Manly Room Level 1
117 Old Pittwater Rd, Brookvale NSW
Date/Time 8 Nov / 6pm – 8pm

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Location Uniting Office Building 1, Level 3, Suit 6
20 Bridge St, Pymble NSW 2073
Date/Time 14 Nov / 6pm – 8pm

Location Uniting Office Building 1, Level 3, Suit 6
20 Bridge St, Pymble NSW 2073
Date/Time 16 Nov / 5.30pm – 7pm

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Location Uniting Office Building 1, Level 3, Suit 6
20 Bridge St, Pymble NSW 2073
Date/Time 27 Nov / 11am – 12.30pm

.....
Location Uniting Office Building 1, Level 3, Suit 6
20 Bridge St, Pymble NSW 2073
Date/Time 8 Dec / 1pm – 2.30pm

WE WANT YOU!



Have you connected with us through our social pages?

Our social pages are our platform for informing the wider community about some of the challenges facing people with disability. It is a platform that we use to share inspiring and informative articles from around the world and within your local community.

We invite you to follow our tweets, our Facebook page as well as our other sites and tell us what you think about our posts.

If you're already our friend, please remember to comment, like and especially share the information we post.

We need you to help widen our community and extend our social reach!



Jobs Board

Know someone that would like to join the Sunshine team? We are now recruiting for some exciting and varied roles. Visit our website for more details and to apply.

SUPPORT COORDINATOR – Supported Living Pymble

TEAM LEADER – Supported Living Sydney

TEAM LEADER – Community Services Blacktown

TEAM LEADER – Accommodation & Shared Living Lower North Shore

TEAM LEADER – Accommodation & Shared Living Western Sydney

DIRECT SUPPORT PROFESSIONAL ROLES – Located across Sydney, Central Coast and Hunter Regions

We invite your feedback

Sunshine Community & Friends is our newsletter for supporters, families and partners. We invite you to comment and give feedback on our Newsletter at info@sunshinelgd.org.au. Tell us what you think and what you want to see more of!



**prefer
online?**

If you would prefer to receive your newsletter via email please visit our website sunshinelgd.org.au and register to have your news sent to your inbox! Or email us at info@sunshinelgd.org.au