

# sunshine community & friends NEWSLETTER



## BRETT



As if it's not enough that Brett is a prolific artist whose work has been hung and sold in a number of exhibitions, he is also involved in a volunteering program with Meals on Wheels, and has a busy pamphlet run in his local area.

Having lived on Sydney's Northern Beaches all his life, Brett loves the exercise he gets while delivering his pamphlets, as well as saying hello to familiar faces in the street.

His work with Meals on Wheels also gives him an opportunity to "meet nice people" and make a strong connection with his fellow team members.

Brett carries the boxes to the boot in the van, puts things in the baskets, and even fills out the form at the front desk. "I like all the old people. I grew up with a lot of older people," says Brett.

The opportunity to engage with the community and earn a living ensures Brett is enjoying life to the full and planning for a great future, including saving his money to visit his uncle in London.

We are proud to say we are one of NSW's leading service providers in the disability sector. As an NDIS provider, we currently support people across the Sydney, Central Coast, Hunter, Nepean and Blue Mountains regions.

We were founded in 1924 by Dr Lorna Hodgkinson. Her indomitable spirit not only saw her become the first woman to ever hold a PhD from Harvard, but also a pioneering advocate for bettering the lives of people with disability.

Our service is all about the people we support every day – their needs, their goals, their ambitions. Over the course of nearly a century in this sector, our approach, underpinned by rock-solid values, has continually evolved.

*We never stop learning, we never stop listening, and we never will!*



**inside** NDIS UPDATE • NEW STRATEGIC PLAN  
WHAT'S ON AT SUNSHINE • EVENTS

**sunshine** *live, grow & develop*

# NDIS update



Here at Sunshine, we understand how daunting the NDIS can be, so we are offering one-on-one meetings to help you understand what your next steps may be. If you have any questions or concerns, please call our team on 1300 266 222 or email [info@sunshinelgd.org.au](mailto:info@sunshinelgd.org.au)

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 and upcoming events <http://ndis.nsw.gov.au/events/>



## Plan Implementation Workshop – South Turramurra & Hornsby

The purpose of a plan implementation workshop is to support participants, carers and their families to prepare for implementing their approved NDIS plan. The workshop will cover:

- Practical steps to get ready for plan implementation
- Understanding the flexibility in using your funded supports
- Understanding the options of managing your funding
- Understanding your role in setting up a service agreement
- How to navigate the myPlace portal

### Hornsby Workshop

**When:** Saturday 27 May, 10am – 12pm  
**Where:** Hornsby RSL Club, 4 High St Hornsby, NSW  
**RSVP:** (02) 9275 9441 OR email [catharine.joukhadar@ndis.gov.au](mailto:catharine.joukhadar@ndis.gov.au) providing your NDIS number.

### South Turramurra Workshop

**When:** Tuesday 6 June, 5:30pm – 7:30pm  
**Where:** South Turramurra Uniting Church, corner of Chisholm and Vernon Streets, South Turramurra  
**RSVP:** (02) 9275 9441 OR email [catharine.joukhadar@ndis.gov.au](mailto:catharine.joukhadar@ndis.gov.au)

## NDIS Preparation Workshop - Burwood

Get the most out of your disability funding. Join this workshop for an interactive session on how to develop a plan to get the most out of your individualised funding and to get ready for the planning meeting with your National Disability Insurance Agency (NDIA) planner. Information will be provided on how to choose a service provider.

**When:** Thursday 22 June, 10am – 12pm  
**Where:** Family and Community Services Office (FACS) – Level 2, 56 Railway Parade, Burwood  
**RSVP:** NDIS Transition and Partnerships team at [info.sydney@facs.nsw.gov.au](mailto:info.sydney@facs.nsw.gov.au) or by phone (02) 8746 5522

## Newcastle - How to create a partnership between families and services that really works

Presented by Margaret and Jeremy Ward, parents and advocates who will share years of experience around planning for a good life, creating effective partnerships, networking and safeguarding. The workshop can help families make the most of the NDIS.

**When:** Friday June 23, 9:30am-3pm.  
**Where:** Travelodge Hotel, 12 Steel Street Newcastle  
**RSVP:** 1800 774 764 or email [info@resourcingfamilies.org.au](mailto:info@resourcingfamilies.org.au)

# What's on at Sunshine



## Sunshine Morning Tea Meet & Greet Events

In March and April, Sunshine held five morning tea meet and greet events at various locations across Sydney. It was a wonderful opportunity for individuals and families to meet one another and to also meet the Local Area Coordinators, hear about the full range of supports and services Sunshine offers, chat with the Sunshine team, and learn how to get the most out of their NDIS plans.

*"It's so wonderful being able to get together and spend time with each other at the various locations.*

*Everyone enjoyed catching up over morning tea and being able to ask important questions about the NDIS, and how to get the most out of their NDIS plan,"* said Tracey Sherwin, Manager for Community Services.

The morning tea events were a great success, with a wonderful mix of both new and familiar faces. We look forward to holding similar events in the future!



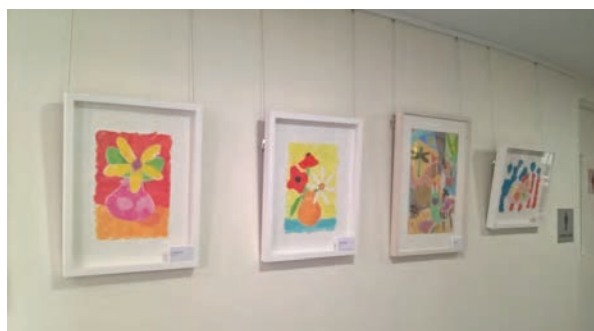
## Life in Colour - An Exhibition by Sunshine Studio Artists

Sunshine Studio Artists recently showcased their latest works in an exhibition entitled 'Life in Colour' at the InTransit Art Space in North Sydney from 23 February to 27 March and it was a wonderful success.

The artists explored the use of colour using a variety of techniques and mediums, and they looked at how colour evokes different emotions within all of us. Artists have been using colour as a way of storytelling and expressing emotions for centuries and in this exhibition, the result was a colourful celebration of their creative process.

Congratulations to the artists from the Sunshine Art Studio for another outstanding exhibition!

If you or someone you know would be interested in joining Sunshine's Art Studio, or if you would like information on class times and locations contact us on **1300 266 222** or email [info@sunshinelgd.org.au](mailto:info@sunshinelgd.org.au)





# What's on at Sunshine

## Sunshine's Been Busy at Expos!

Sunshine has had the pleasure of recently exhibiting at various Expo's including the Northern Sydney NDIS Service Provider Expo, the Northern Beaches NDIS Service Provider Expo and the Northern Sydney Expo for Students with (dis)Ability!

Expos are a great way to find out about NDIS news, events and listen to informative talks from key speakers – all while being able to view the full range of supports and services offered by a variety of service providers in your area.

We will be attending various upcoming Expos across Sydney, the Central Coast and Hunter regions, so make sure to check out the "what's on in your community" section of this newsletter.



## Support Sunshine - Buy Your 2017 | 2018 Entertainment Book!



Sunshine is now selling the NEW 2017 | 2018 Entertainment Book or Entertainment Digital Membership available on your smartphone, with 20% of every membership sold contributing to our fundraising efforts. You'll receive hundreds of valuable offers for everything you love to do, and you'll be helping us support others to live a great life!

You can order your Entertainment Book or Entertainment Digital Membership securely online from our online order page here: <https://www.entertainmentbook.com.au/orderbooks/200p219> or you can drop into our head office to purchase a book in person at 6 West St Pymble, NSW 2073.

Contact us on **1300 266 222** or email [info@sunshinelgd.org.au](mailto:info@sunshinelgd.org.au) for more information.

# New Strategic Plan



We've recently refreshed and updated our Strategic Plan for the next three years. Sunshine's Strategic Plan charts how we will live our values, and communicate our approach to supporting people who access our services. Make sure you take the time to read through our updated Strategic Plan.

The full document can be found on our website: <http://sunshinegd.org.au/about-us/strategic-plan/>

**sunshine**

## OUR STRATEGIC PLAN SNAPSHOT 2016 - 2019

**VISION** a world where every person is welcomed

**PURPOSE** working together to create possibilities for a great life

**VALUES**

- conviction – we have the courage not to give up
- generosity – we give our hearts and minds in an effort to understand others
- integrity – we do what we say we will do
- collaboration – we work together, nurturing strong relationships

### REALISING OUR GOALS

#### a service that people want

**1.1** We maximise growth opportunities

- 1.1a** Through the NDIS market
- 1.1b** Through mergers and acquisitions
- 1.1c** Through inter-service transfers

**1.2** We are a quality service, driven by the client

We deliver high quality services that enhance the goal attainment, aspirations and independence of clients

#### a workforce inspired by purpose

**2.1** Our workforce is ready to operate successfully in an individualised, person directed service system

We have highly skilled and engaged employees that respond effectively to the needs and aspirations of our clients

**2.2** Our workforce is engaged and embrace the organisation's culture and values

Our workforce are ambassadors of the organisation and act with a high level of personal accountability and integrity

**2.3** Our leadership is inspiring and our management structure is efficient and effective

Our leadership team and management structure efficiently and effectively supports employees working in the new disability service system

#### a resilient organisation

**3.1** We manage the impact of growth to ensure it is sustainable

All new growth opportunities are financially viable, implemented in a considered timeframe and central support resources increase in line with expected growth

**3.2** Our operations are well supported by the right systems and technology platforms

We have systems in place to enable our staff to thrive in their roles wherever they are located

**3.3** All NDIS developments are monitored and responded to appropriately

Sunshine and its clients transition seamlessly to the new NDIS processes and take advantage of any new opportunities that arise

**3.4** Sunshine is an organisation that is well governed

We have the appropriate structures and controls in place to drive organisational performance while at the same time managing risks and ensuring compliance with policy and regulations

**3.5** The organisation's brand and positioning strategy is fit for NDIS market opportunities

Brand presence has higher visibility in the market and is evident through an increase in clients

# What's on in your community

## THE ARTS: ENGAGING WITH DISABILITY - NEWCASTLE

*The Arts: Engaging with Disability* is a three day event aimed at connecting people with disability, mental health issues and their carers with Arts-based organisations and activities. The conference will focus on how the Arts can best support, assist and improve well-being, health and social participation for those within the disability and mental health sectors. Through a framework of plenary sessions, workshops, discussion groups and performances, the conference provides individuals and/or their respective organisations, with opportunities to showcase arts/health initiatives.

Participation in the event will allow exploration of new ways to enable and empower people with disability, mental health and carers through the broad and exciting framework of the creative arts.

An underlying aim of the event is that of improving the independence and empowerment of people with disability through genuine inclusion in enjoyable and beneficial community arts activities. When therapy doesn't feel like therapy, powerful things can happen.

**When:** Thursday 8 June - Saturday 10 June, 9am - 4pm The

**Where:** Conservatorium, Corner of Auckland and Laman Streets, Newcastle NSW

**RSVP:** Register online for any or all of the three days at <https://www.eventbrite.com.au/e/the-arts-engaging-with-disability-tickets-33648668072>



THE UNIVERSITY OF  
**NEWCASTLE**  
AUSTRALIA

## COME AND TRY GOLF - MULTIPLE LOCATIONS

Empower Golf Australia are hosting Come and Try Golf Clinics at a variety of locations. Come and Try Golf clinics are an ideal way to introduce people with disability to try golf for the first time, or to reintroduce former players to the game they love, after accident or illness.

Players of all abilities have the opportunity to try golf using the amazing ParaGolfer and other adaptive equipment. Expert tuition will be on hand to ensure everyone gets the most out of the day. And because Empower Golf understand that each person has their own community of support, they always welcome your family and friends to share in the afternoon.

**When:** Friday 2 June, 1:00pm – 4:00pm Shelly

**Where:** Beach Golf Club, Shelly Beach  
Central Coast NSW

**RSVP:** Places are limited, contact James  
Gribble to register  
[james.gribble@empowergolf.com.au](mailto:james.gribble@empowergolf.com.au)

**When:** Monday 26 June, 1:00pm – 4:00pm

**Where:** North Turramurra Golf Course, North  
Turramurra NSW

**RSVP:** Places are limited, contact James  
Gribble to register  
[james.gribble@empowergolf.com.au](mailto:james.gribble@empowergolf.com.au)

**When:** Friday 9 June, 1:00pm – 4:00pm

**Where:** Muirfield Golf Club, North Rocks NSW

**RSVP:** Places are limited, contact James  
Gribble to register  
[james.gribble@empowergolf.com.au](mailto:james.gribble@empowergolf.com.au)

**When:** Tuesday 13 June, 1:00pm – 4:00pm

**Where:** Long Reef Golf Club, Collaroy NSW

**RSVP:** Places are limited, contact James  
Gribble to register  
[james.gribble@empowergolf.com.au](mailto:james.gribble@empowergolf.com.au)



**EMPOWER GOLF**  
AUSTRALIA

- For golfers of all abilities -



# What's on in your community

## HUNTER & CENTRAL COAST SCHOOL LEAVERS EXPO FOR STUDENTS WITH DISABILITY

The Hunter & Central Coast School Leavers Expo for Students with Disability is an annual event that attracts more than 1000 students, families, carers and staff from the education, employment, disability and community sectors. This expo gives school leavers with disability the chance to explore the various options for post-school all in one place. It's a great way to get familiar with NDIS service providers, and ask important questions about your NDIS plan.

### Central Coast Expo

**When:** Thursday 22 June, 9am - 1pm

**Where:** Mingara Recreation Club, Mingara Drive, Tumby Umbi NSW

**Cost:** Free Event

### Hunter Expo

**When:** Thursday 27 July, 9am - 1pm

**Where:** McDonald Jones Stadium, Level 2, 294 Turton Road, Broadmeadow NSW

**Cost:** Free Event



## INTEREST GROUP: CLARITY IN COMMUNICATION

This is a parent led group for anyone who has a child who uses an alternative or augmentative system of communication (AAC), or is thinking a communication system might be useful in the future.

During this interest group families will share ideas about communication and discuss the wide range of options for augmentative and alternative communication. The group will also discuss how AAC can help children across different aspects of their learning, including literacy skills and positive behaviour.

**When:** Monday July 3, 10am – 12pm

**Where:** Plumtree (in the Youth Centre), Yabsley Ave Marrickville NSW

**RSVP:** Register online at <https://www.eventbrite.com.au/e/interest-group-clarity-in-communication-for-children-with-disability-or-development-delay-registration-32841816758>



## CAMP BREAKAWAY - YOUNG CARERS AND SIBLINGS CAMP

Camp Breakaway provides fun-filled respite camps on the Central Coast, where adults and children with disabilities are given the opportunity to enjoy a break, meet different people and take part in outdoor activities. The upcoming young carers and siblings camp provides a getaway designed specifically for the siblings and young carers of people with disability.



**When:** Tuesday 11 July - Friday 14 July

**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](mailto:bookings@breakaway.org.au)  
Check out further camp dates for 2017: <http://www.breakaway.org.au/respite/camp-dates>

# WE WANT YOU!



## Have you connected with us through our social pages?

Our social pages are our platform for educating 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 our 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.

**EMPLOYMENT & VOCATIONAL FACILITATOR** –Thornleigh

**DIRECT SUPPORT PROFESSIONAL ROLES**

– Located across Sydney, Central Coast and Hunter Region

## We Invite Your Feedback

**The Sunshine Community & Friends Newsletter** is for our valued supporters, families, partners and clients.

We invite you to comment and give feedback on our Newsletter. We would love to hear your opinions, what you enjoy, and what you would like to see more of inside our Newsletter!

Email us at [info@sunshinelgd.org.au](mailto:info@sunshinelgd.org.au) to provide your feedback and suggestions.



**prefer online?**

If you would prefer to receive your newsletter via email please visit our website [sunshinelgd.org.au](http://sunshinelgd.org.au) and register to have your news sent to your inbox! Or email us at [info@sunshinelgd.org.au](mailto:info@sunshinelgd.org.au)