

MESSAGE FROM THE MANAGING DIRECTOR

Welcome to the spring edition of our newsletter.

It has been a wonderful year so far for us as an organisation. While the disability sector is undergoing significant transformation as a result of NDIS, we are pleased to be part of supporting many people with accommodation, housing, and community-based programs. Currently, we provide eleven accommodation outlets in the eastern metropolitan region; however, we are planning to expand our services to the north metro area in the coming months.

Our eastern community-based program is ready to take another leap with the opening of our "Community and Learning Centre" in Bellevue. Hon. Minister Stephen Dawson (Minister for Environment; Disability Services) will officially open this centre for the community on 16 November 2017. We aim to provide a full range of skills-based programs that enable independent living skills such as computer courses, budgeting, shopping and meal preparation. This centre will also cater for recreation and fitness programs with a Men's Shed as an additional feature. The centre is inclusive of all people and we encourage all members of the public to visit and participate in the activities offered.

While we make considerable growth in the disability sector, it is important to acknowledge our staff including all front-line team members. Without their commitment and passion, it would have been challenging to achieve the key milestones and providing support to our clients.

The world moves forward with innovations and growth in all sectors at an ever-quickening pace. We recognise the necessity for a progressive, supportive model in housing, accommodation and community-based programs for people with disability. Since the commencement of our disability division in 2015, St Jude's continues to demonstrate impressive growth in the housing, accommodation, and community-based program by offering flexible and various models of support for people's choice. We will always continue to maintain our core values and personalised services to all our clients and stakeholders.

We hope you find this newsletter useful.

If you wish to attend the opening of the Community Centre, please advise us by 31 October. You can RSVP to Fiona Hood via email at fiona.h@stjudes.com.au

Sincerely,



Binu Joseph
Managing Director

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Our Values

- **Excellence** – to always perform to the highest standard and be professional in our approach
- **Continuous Improvement** – to be committed to continually improving all aspects of our service
- **Teamwork and Inclusion** – to work together with our clients and their families, colleagues and the wider community to achieve the highest quality service.
- **Respect** – to show respect for clients, their families and our colleagues in every aspect of our service

Our Mission

To maximise the health, enjoyment and quality of life of people with disabilities by providing quality individualised care of their choice and control

Our Vision

To be the most excellent service provider for disability in Western Australia

ABOUT US

St Jude's Services has been one of the innovative and leading service providers for people with disabilities and psycho-social needs in Western Australia since 1982.

Recently, our efforts and services to people with disabilities have been formally recognised by the Disability Services Commission (WA) and National Disability Insurance Agency.

Our experience in service delivery is reflected through 35 years of providing services and consistently maintaining the highest of standards.

KEY PERSONNEL

Phil Pusey
Founder & Governing Director

Binu Joseph
Managing Director

Fiona Hood
Manager Eastern Region

Lee Fernihough
Manager Individualised Services

Amelia Lewis
Housing and Accommodation Coordinator

Naiomh Crossett
Human Resources Officer

SERVICES WE PROVIDE

HOUSING AND ACCOMMODATION

We understand that access to permanent and secure accommodation with the feeling of “your own home” is one of the key challenges for people with disability. St Jude’s Disability Services aims to provide individuals with the opportunity to shape their future and to self-direct their support. We cultivate a service model that works with flexibility supporting both independent and shared living options for people with disability. In offering accommodation support, our principle intention and drive are for individuals to experience a sense of home, strong connections with their community, and an increased sense of belonging and enjoyment of a safe and supportive lifestyle that is driven by choice rather than by the constraints of a disability.

We offer a range of housing and accommodation options in community settings located in the Perth metropolitan area. Options include: Shared or individual supported accommodation with 24/7 or drop-in staff support.

COMMUNITY ACCESS AND SKILLS DEVELOPMENT PROGRAMS

We provide individualised support to suit individuals social needs to enable the pursuit of social and recreational activities in the wider community.

Clients choose their own activities within general categories such as mentoring, peer-matching, sport, healthy living, culture, the arts, recreational, educational support, volunteering and pre-employment training and support.

Our approach is to build on the existing personal strengths of the individual and support existing community access strategies, such as the use of public transport if that is the individual’s current way of accessing the community. This approach allows our clients to retain existing skills while supporting their resources to stretch towards cultivating positive outcomes aligned to their individual support plan. The programs range from providing support to enable client to independently engage in the community with varying levels of intensity, through to skills development in the community or at our learning and recreation centre.

St Jude’s offers a learning and recreation centre located in Bellevue which includes: men’s shed, community garden, sensory room, computer and cooking classes and much more. Through the centre we offer Independent Skills Development Programs covering budgeting, meal planning, preparation and use of public transport.

OUR SERVICES

- Accommodation services: 24/7 shared accommodation, assistance in managing tenancy
- Assistance with daily living activities
- Family support and respite programs & skills development
- Social and recreational support programs
- Shared management programs
- Complex nursing care and allied health services
- In addition to the above, we provide a broad range of programs and supports that suit your needs



POST SCHOOL INFORMATION EXPO

On Tuesday the 5th of September, Fiona Hood (Manager-Eastern Region) and Lee Fernihough (Manager of Individualised Services) attended the Post School Information Mini Expo held at Kalamunda Senior High School Education Support Centre. The purpose of the expo was to provide information to families and school-leavers about the opportunities and services available to them after finishing school. It was a great afternoon, and we look forward to attending again next year.

Photo: Fiona Hood, Manager Eastern Region

QUALITY OF CARE & SERVICES SURVEY

During August we conducted a survey encompassing our clients' experience of St Jude's 'Quality of Care and Services' for both accommodation and individualised services. The purpose of the questionnaire is to examine in which areas we are performing strongly as well as those in which further improvements are possible. We are proud and passionate about providing quality supports and services, so this survey offers an opportunity to reflect on how our clients truly regard St Jude's Disability Services. We surveyed the maximum number of clients possible with some limitations due to unavailability and choice to obtain from participation. The overall results were pleasing and demonstrated that the people we are partnering with feel confident and contented with the services provided.

The survey results have been examined and we look forward to discussing the results with you at our next Client Meeting and continuing to fulfil our mission of maximising the health, enjoyment, and quality of life of our clients by providing individualised care of their choice and control.

We thank everyone who participated as without your feedback we cannot grow and improve. A summary of the survey will be available for our clients in all our Accommodation Houses, Talbot House and at the Bellevue Learning Centre.

Quote of the month:

Life is like a camera....

Focus on what's important, *Capture* the good times, *Develop* from the negatives, and if things don't work out... **Take another shot!**

DAVID'S HILLARY'S GETAWAY!

Having not been on holiday in several years, David jumped at the opportunity to take a 2-night stay at Hillary's Boat Harbour.

David and his support worker Zoe spent several hours researching activities and accommodation in Hilary's and were able to put together a very specific itinerary for the two nights. Zoe helped David to create a budget for his holiday and they were very careful to stick to it. David stayed at the Hillary's Harbour Resort, visited AQWA, took long walks along the beach and even went to a drive-in movie theatre!

David dined at the Sing Garden Chinese restaurant and enjoyed breakfast at the Dome Café while overlooking the water.

As you can tell from the photos, David had the most amazing time and is already planning his next holiday!

ANOTHER HAPPY CLIENT



Photo: Warren Sheriff



Photos: David Thompson

ST JUDES COOKING GROUP

The aim of this group, based at our Bellevue Learning Centre, is to bring together different members of the local community in a fun environment to share recipes, ideas, make friends and encourage each other to eat healthily.

The cooking club will promote healthy eating, reduce isolation within the community, help people to cook recipes on a budget and will be community led. Currently we have a cooking group running on Friday mornings from 9-12; however we are looking to run more throughout the week.

Feedback from the participants of the group is that they feel by socialising and meeting new people in addition to cooking healthy meals has increased their confidence, self-esteem, and overall well-being. Learning to cook healthy meals on a budget has also helped to reduce stress amongst the participants.



Photo from left: Rosemary Stott (client), Lee Fernihough (Manager Individualised services), Pimmada Jackson (support Worker)

... they feel by socialising and meeting new people in addition to cooking healthy meals has increased their confidence, self-esteem and overall wellbeing...

...WE ARE NOT A TEAM BECAUSE WE WORK TOGETHER. WE ARE A TEAM BECAUSE WE RESPECT, TRUST AND CARE FOR EACH OTHER

VALA AFSHAR

OCTOBER BIRTHDAYS

Wishing everyone a HAPPY BIRTHDAY!

Melissa Kanyayi
Kirstie Stewart
Raul Cheruiyot

CLIENT INSPIRATION

Jonathan is a young adult male, he enjoys hanging out with his friends, listening to music, singing karaoke and watching movies. Jono suffered an injury in 2014 which meant he required assistance with some of the day to day living tasks such as cooking, cleaning, keeping appointments and managing medication.

Despite these barriers, Jono always had a long term dream of supported-independent living in the community. St Jude's Disability Services began working with Jono in October 2015 and developed an individual support plan outlining his goal of living in the community. Strategies have been put in place and Jono is developing skills in budgeting, shopping, meal preparation and domestic tasks.

Two years after the injury, in March 2016 Jono achieved this goal when he moved into St Jude's Disability Services shared accommodation in Midland. Jono now lives with a house-mate and is an active member of his local community.

Jono's journey has been a positive one, and we look forward to partnering him on his future successes.



Photos: Jonathan Peasley



COLOUR-IN COMPETITION

We invite all our clients to participate in the spring colour-in competition. Picture is on the last page of the newsletter. The winner will be announced in the next issue. Please bring your masterpiece to the Talbot office after completion.

Closing date of competition: Monday 9 October

MY LIFE

Written by: Ashley Nelson
Client in Accommodation Services

This is a short story
All about me,
My highs and my lows,
My vision, my dreams.

I've achieved so much
In such a short space of time
I have things to help me
Like visual signs

The struggles I go through
Just relying on touch,
My effort is endless
And I'll never give up

My music calms me
And I feel at ease,
My hair down at spring time
In the cool summer breeze

Some days are good,
And some days are bad,
Some days are happy
And some days are sad.

I have targets,
I wish to achieve,
I have to stay focused
And I have to believe

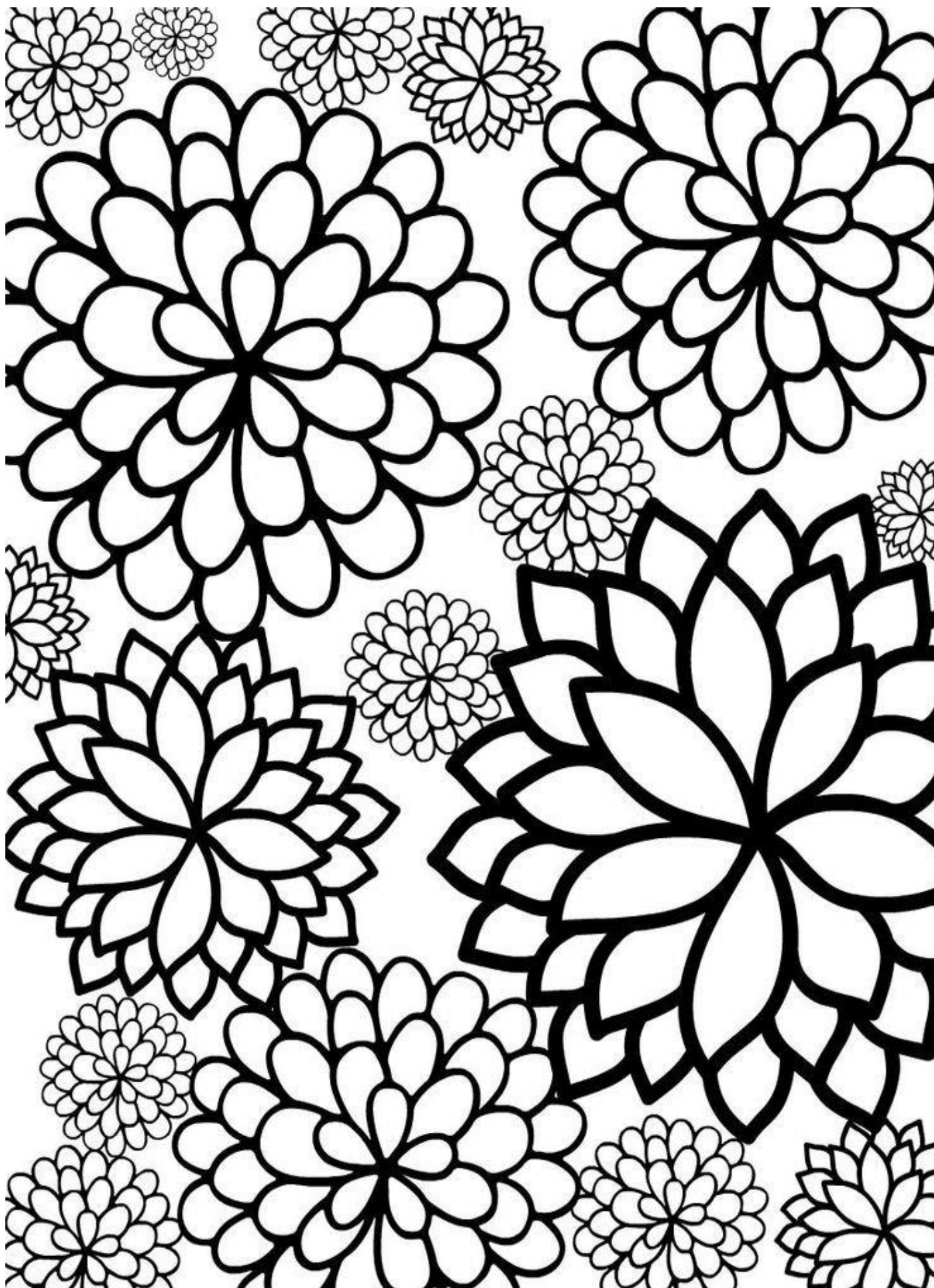
I'm using my struggling
To help others get through
Diploma in counselling
Is what I will do

Two months down
And I'm feeling great
But what's left to achieve
Will just have to wait

One thing at a time,
And I'll just take it slow
My hard work is showing
And deep down I know

That this is the direction
I want to take
And these are the decisions
I'll continue to make

The struggle is endless,
And I'll continue to fight.
My names Ashley Nelson
And this is my life.



Name: _____