

Flintwood

Newsletter

Jan/Feb/March 2021



Message from the CEO

Jackie Romein

Hello everyone, in an ever-changing world we have started to see the doors opening up and we are now re-joining our community. We are risk assessing all activities to ensure we keep everyone as safe as we can until we have the full vaccine rollout. Our people are enjoying the community events and activities again and you can see their joy and excitement from the photos in this newsletter.

With winter on the way and delays with the vaccine, we encourage everyone to consider having the flu vaccination. We have supported another 3 people to move into their home in Dharrak and one lady with drop in support. We have a few vacancies in our accommodation homes if you know anyone looking for support to move in with their peers, please let us know. We expect another busy year with lots of positive changes happening. Your input is always appreciated and my door is always open.



Message from the Board

As we move towards a more covid-safe environment, it is great to see our Day Programs starting to venture out into the community again. We are still taking advice from the State Health Department and will continue to do this. Although keeping our loved ones safe has been a difficult time for all, I wish to thank Flintwood's staff for their impressive effort in managing this.

We want to take this opportunity to let you know about an important program conducted within our Flintwood accommodation services, known as Official Community Visitors. These visitors are selected community members who are skilled and educated on the appropriate management of accommodation homes within the Disability Sector.

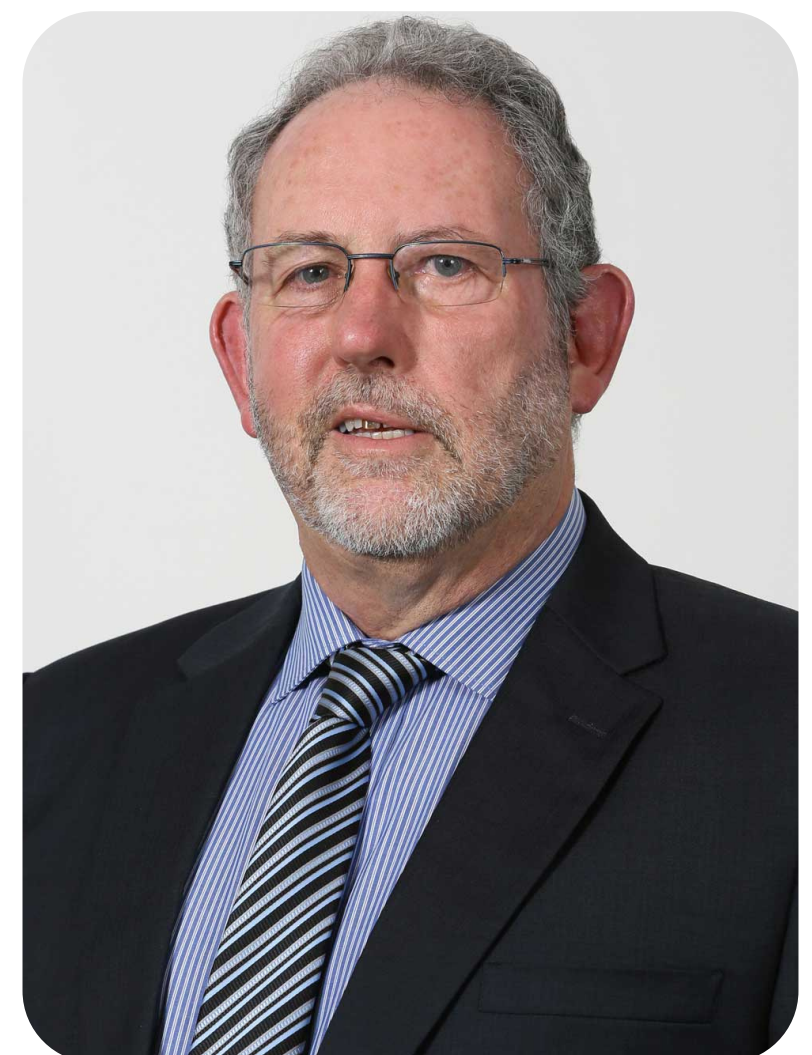
These Visitors randomly attend our Flintwood homes to check on our Participants' well-being, review the relevant documentation, and assess each home to ensure each of our Participants are enjoying and thriving within their home environments.

Flintwood receives a report each time a Visitor attends one of our homes. These reports provide an overview and address any areas of concern regarding residents' health, individual development, and notes on safe and supportive environments. If the report identifies any issues, they specify a date for Flintwood to report back to them with comments re resolution.

Flintwood has always done exceptionally well in these reports. If issues are raised, we are often onto them before the Community Visitor documents them. As a caring organisation, we are proud of our accommodation homes and how we manage them. More importantly, we are very proud of how happy our residents are in their forever homes.

We wish everyone a healthy and happy Autumn.

Sharon Foord & Russell Gould



The Flintwood Story is now Available!

The Flintwood Story is a celebration of the last 20 years of Flintwood Disability Services. The book highlights the amazing achievements of Flintwood and the people who helped make Flintwood what it is today.

To receive a copy, please contact (02) 9630 1777 or admin@flintwood.org.au



Individual, Social and Recreational Programs

Crown Street

We seem to start our Newsletter with the same Paragraph, but I would like to again say a big Thank you to Crown St families. You give us so much, and we would not be here if you did not trust and support us through this period.

We continue working on our gardens and we would like to say thank you to TAFE and to Paul and Paul who work so well with everyone at our site. They are in the process of building raised garden beds for our side garden.

Participants spoke to the Management team regarding a new program. "The Plastic Project" is first for us and we are aiming to make a difference to fix plastic waste problem.

Our CEO and Flintwood have purchased the next part of the program by buying us the Shredder, which will make the project more fun and easier to prepare our plastics for making things. We would like to donate the things we make to our local community. Shell and the Plastics team have been working with Precious Plastics in Melbourne to research the best and safest Shredder.

Bunnings have been amazing by donating items for the program, they are now also collecting lids from their café to donate to us. Our team sit and sort through every cap after they are washed through our machine.

Parramatta Men's Shed have again made us some amazing Uno Card Holders. The game builds skills, colour matching, counting and following rules as well as making friends.

We have also purchased cameras for the photography group, participants will be learning about how to take the perfect photos to be able to be displayed on our wall of fame.

We are starting our "Short Film Crew", making movies. Participants will be able to video, take pictures, work on the music and become very creative.

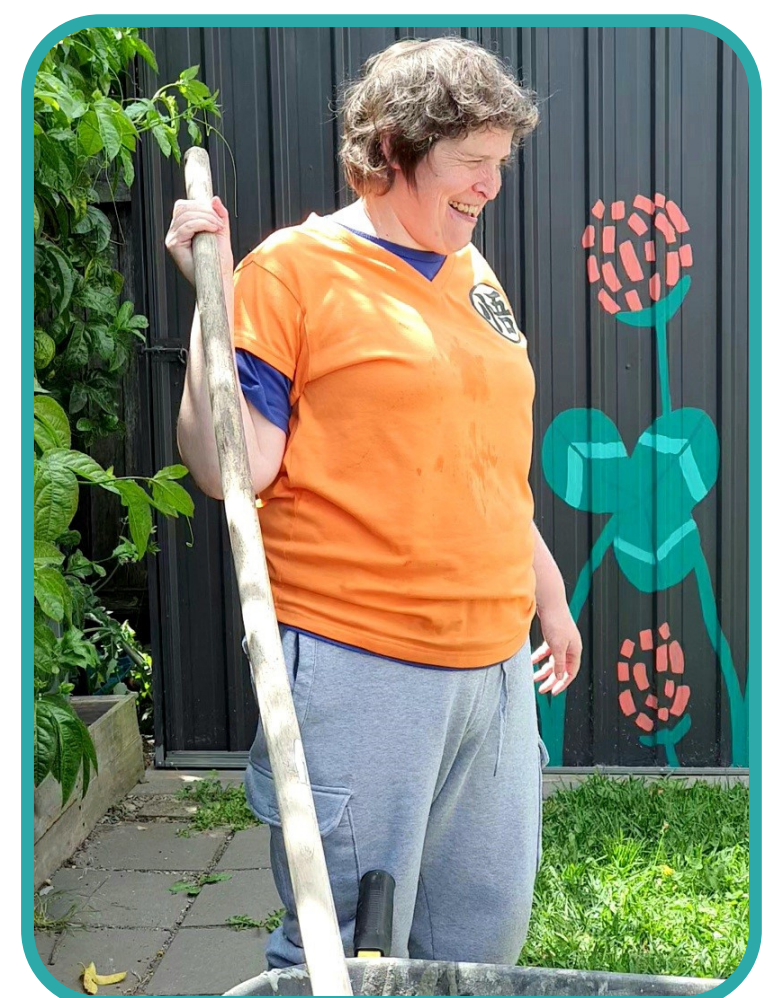


Best Road and 55 Harris

We are excited to head back into a greater amount of normality with programs. The sites are eager to get back into full swing and enjoy the autumn air.

A lot of the programs will be mixed with other sites which many of the participants are excited for, seeing familiar faces again and working on creating new relationships. Some of the programs we are commencing include the bowling league, Farm hands, sports day, cheerleading, bingo, creative baking, TAFE gardening and loads more.

The excitement to get back into community programs is as at an all-time high!



York Road

We have now been open for 3 months and are really enjoying our new space. This has also enabled us to spread out and do many more activities. We are working on our garden and building up our succulent collection so that we can make more to sell. Friday Bingo remains a favourite on site as we look to move it to a community hall or club. York Road now has a Model building group, they are currently working on model planes and are really enjoying the work. A large group of participants have entered the Footy Tipping competition and we look forward to the games and being part of the Footy Group, checking our picks and watching the ladder. Go the Panthers!



Brookvale

The Brookvale site was freshly painted over Easter, which has brightened up the centre ! Brookvale has been getting out and about every day to parks and reserves around the Northern Beaches Lane Cove, Davidson, Manly, and Narabeen lakes. In centre we have been cooking up a storm on Tuesdays and Thursdays, today its Pizza, a favourite were the homemade sausage rolls and a no bake cheesecake . Its great to have our music teacher Grace back on Wednesdays and we hope to start dance programs soon. Return and Earn is also really popular, we are saving for a DJ for Xmas.

Coming up Water plants workshops we are growing plants in water and making some planter boxes to grow our own herbs, we hope to be back at Bocce soon,

We also hope to have an exhibition in the winter months,

Many thanks Rachel Johnson



Derby Street

Derby street participants have been enjoying the purpose built Pamper Room to relax during covid restrictions. We are enjoying going out to Parks and doing some very creative art projects. April to June Activity Selection sheet has just been issued and we can't wait to try some new activities, get out to the local markets and join in the end of year production of the Wizard of Oz.



31 Salisbury

31 Salisbury has been focusing on living a healthy life style by being involved in daily exercises and learning healthy eating habits and recipes which we have incorporated into our weekly BBQ on a Friday. It is amazing how many tasty and healthy recipes are out there for BBQ's. We have had so many fun adventures from beach days, fishing, sensory walks and park visits where the ducks like to come and say "hello". 31 Salisbury is looking forward to the Flintwood Musical - Wizard Of Oz commencing on Friday's. We have all been waiting patiently!

Exciting times ahead as we are starting to roll out our new and exciting programs over the upcoming months. Preparations have commenced for our seedling growing program which will be linking in with TAFE Cooking. It is exciting to be using our own grown fresh produce in our Cooking program! We have the camera's out ready for the photography program, yoga and meditation in the park has been such a hit. Literacy, maths and money skills are full steam ahead. Everyone at 31 Salisbury enjoy finishing off the day with some onsite music therapy. Stay tuned for our next adventures.



Short Term Accomodation

STA has been very busy in the past few months, both with new people joining the service, and others coming in to catch up with friends.

Due to Covid 19 restrictions, we have spent time at the house rather than going out, in saying this we have still been busy teaching social skills and learning new skills to help with everyday life. We have welcomed five new people whom have had a stay or two, and really enjoyed their time.

We are looking forward to the year moving on, so we can continue to join in community life, in a safer environment.

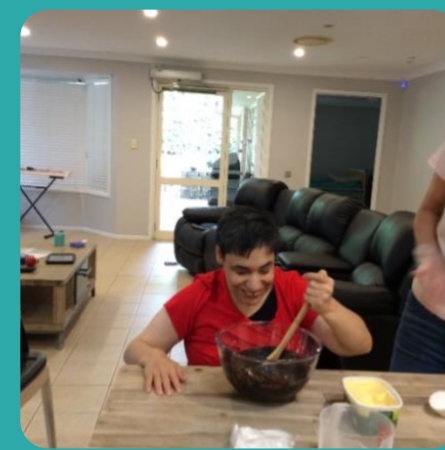
STA will also be looking at ways to use STA funding for possible stays away at different locations, more of a holiday destination a few times throughout the year, more information on this coming soon.



Supported Independent Living

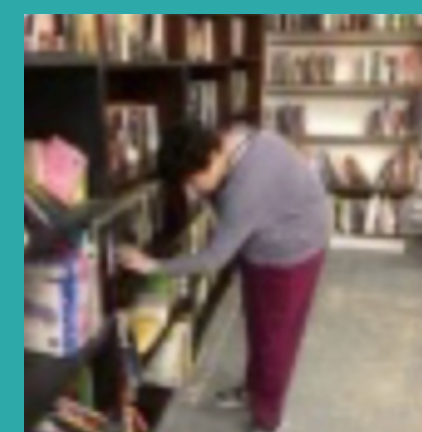
Moala Street

It has been wonderful to leave the site and be able to visit our families in their homes and spend time with the extended family and friends. Being able to connect with everyone and attend family functions and go to church has been a welcome change. We've been baking up a storm and trying new recipes. Secretly the tasting of the new recipes was probably the best part.



Perseus

Now that the restrictions have eased, the ladies at Perseus are excited to be able to access the community again. Samantha choose to visit the St Vinnie's store at Minchinbury and buy herself books. Samantha was supported 1:1 to choose the books she wanted to purchase, pay for them and purchase lunch of her choice



Rosebery and Phoenix

The Residents at Phoenix have been keeping busy by attending their day services, keeping up exercise and taking advantage of the hotter days to use the pool in their own back yard.



Tiffany has been exceptionally busy at home and spending a lot of her time braiding hair and sewing it to make wigs with the support and direction of support worker Marie Momo. Tiffany has enjoyed this activity and is very proud of the wigs that she has made. When asked what she enjoys best of this activity, Tiffany replies 'Tiffany likes to do hair darlin'

Residents of Rosebery have spent the last 3 months settling in to their new home. They have been enjoying meeting the neighbours and getting to know their new neighbourhood by going on regular walks and exploring. The Residents love their new home and are very proud to call it theirs. We wanted to shout out a thank you to everyone who helped them move on the day!



Carnation

Carnation St has been enjoying the lifting of Restrictions in the Cumberland area and being able to go back to day programs again, house group outings have been back on the cards and our Residents have been enjoying going out to local parks and having BBQs and enjoying the warm summer days. Carnation Residents are also looking forward to renovations taking place as the house painting will be starting in early may and the re arrangement of the dining area not long after the paintings had been completed.



Official Community Visitors

The Official Community Visitor (OCV) scheme is now part of the NSW Ageing and Disability Commission, and no longer sits with the NSW Ombudsman.

OCVs are appointed by the Minister for Families Communities and Disability Services, under the Ageing and Disability Commissioner Act 2019^{opens in new window}, and the Children's Guardian Act 2019^{opens in new window}. OCVs come from a wide cross-section of the community, including people who have direct experience and expertise in areas such as disability services and supports, mental health, child protection, out-of-home care, advocacy and health care.

What are Visitable Services?

Official Community Visitors visit supported accommodation services providing full-time care in NSW. The focus of the scheme is for:

- Children and young people in residential out-of-home care.
- People with disability in supported accommodation.
- People in assisted boarding houses.

What is the role of Official Community Visitors?

Official Community Visitors may:

- Inform the Minister, Ageing and Disability Commission and the NSW Ombudsman about matters affecting residents
- Promote the rights of residents
- Consider matters raised by residents, staff and other people who have a genuine concern for the residents
- Provide information and support to residents to access advocacy services
- Help to resolve complaints or matters of concern affecting residents as early and as quickly as possible by referring those matters to the service providers or other appropriate bodies, such as the NSW Ombudsman, the NDIS Quality and Safeguards Commission and the Office of the Children's Guardian.

In carrying out their role, OCVs may:

- Enter and inspect a visitable service at any reasonable time without providing notice of their visits
- Talk privately with any resident or person employed at the service
- Inspect any document held by the service that relates to the operation of the service
- Provide the Minister, the Ageing and Disability Commissioner, the NSW Ombudsman and the Office of the Children's Guardian with advice and reports on matters relating to the conduct of the service providers.

Hungerford

The Hungerford ladies have been enjoying the last bit of Summer.

They absolutely love playing team sports together out in the park and exploring different parts of Sydney . It's not all fun and games, lately, they are very committed to their household chores and enjoy baking together.



Springfield

The ladies at Springfield have been Making Easter decorations and looking forward to receiving lots of Easter eggs. Staff have been focusing on building the ladies confidence around completing everyday living skills independently. The ladies are looking forward to going back to their social activities and supports. We would like to wish everybody a Happy Easter.



Alpine

Residents at Alpine have been busy over the past three months. Daniel is excited about footy season coming up, he is a massive Parramatta Eels fan. Micheal has been busy practicing his communication through his Go Talk app on his ipad. Jenny loves doing puzzles and Alex loves baking. Georgina has recently been enjoying her Sunday afternoon pamper sessions.

John Street

COVID restrictions have allowed us to focus on in-home activities such as arts and crafts and baking at John St. We've even had some busy bee's using their walkers very proudly! Nicholas loves taking some time to relax in the massage chair. The Residents of John street are excited for Easter celebrations with their families, and we are looking forward to entering into the community again! Smiles all round!



Somerville House

Three new Residents have moved into their new home Somerville House in the beginning of 2021. Residents are already building relationships with their new housemates over cooking, gardening as well as arts and crafts! With shared Friday night movies and Saturday night BBQ's lots of laughs and making new memories are taking place, even during lockdown! Residents enjoyed the Australia day BBQ and Easter celebrations with family now restrictions easing and community access back. Somerville Residents are eager to begin making some new memories with their housemates on new adventures and activities!

Stewart Place

Both Cody and Kathy have settled in well to their new home at Stewart Place, Glenmore park, they are now comfortably into their routines. Cody has been enjoying playing in the backyard and has also been helping with the maintenance and upkeep of the backyard. He continues to enjoy his daily outing in the community with Day Service and Kathy has been exploring new activities such as gardening through her day service. With Covid restrictions easing we have commenced visits with Health professionals and are starting to get back some normality into their lives



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