



# CODA

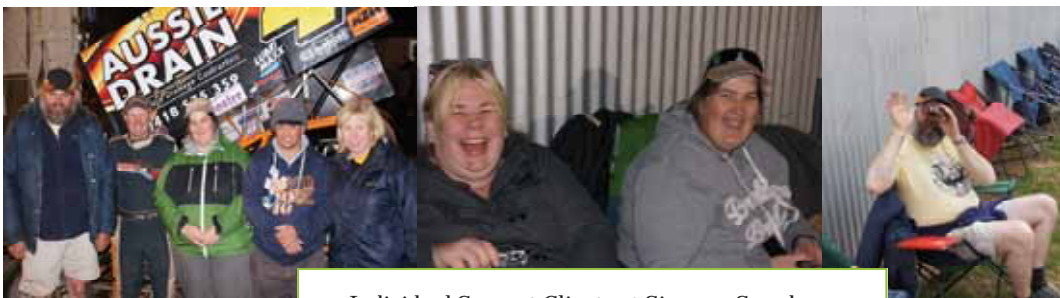
# CHRONICLES

Summer Edition

2014



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.~ James Dent.



Individual Support Clients at Simpson Speedway

### What's Inside

New Service	1
Around The Houses	2
Relay for Life	3
Board Information/ Healthy Recipe	4
NDS Forum	5
Autisim Workshops	6
Sun Safety	7

## New Services Available

### The Launch Pad

## Community Participation Timetable

Monday	Swimming 12pm - 3pm
Tuesday	Art and Technology 9am - 12 noon Personal Training 9am - 12 noon
Friday	Twisted Textiles Studio 9am - 12 noon Friday Finishers 12 noon - 3pm

More detail in flier attached to this newsletter For more information please contact Monica Provan at the Launch Pad on 5231 1573





CASS HOUSE



Jalmah



Langdon House



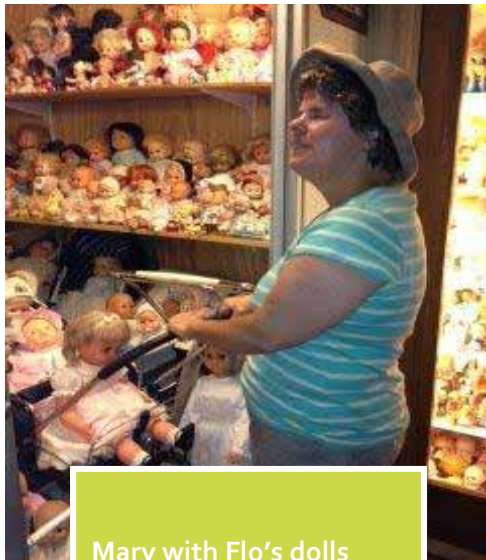
The Launch Pad

# Around the Houses

## CASS House

Let's have a peek at CASS house and see what the gents have been up to. A trip to Birrigurra Festival? Check. New building works? Check. A night out at the Celebration Dance? Check. New Years Celebrations? Check. Australia Day party? Check. The fellas at CASS have even started going out for dinner on Friday nights - look for them at a venue near you!

Unfortunately the loss of Chris was felt by all at the house, a loved member of the CASS house family.



Mary with Flo's dolls

## Jalmah

It's been a long time since we checked in with the residents at Jalmah, they've acquired a new housemate, and by all accounts she has brought a vivaciousness to the house and a giggle that Jimmy Giggle would be proud of. The house has hosted a Halloween night, they've been to see the wonder of the Colac Show, people got older and celebrated their birthday, they attended fashion parades for Cup Day, hosted jewellery parties, went to Carols by candlelight, went and saw the best collection of dolls ever and spent Australia Day at Forrest. After all this I think the house needs to invest in a relaxation tape or two, take some deep breaths and recover.

## Langdon house

The editor is always a tad nervous when starting to recount the exciting events that occur at Langdon House. With the amount of people that use the facility the constant responsiveness to their needs and diverse wants is astounding. So, what have the ladies and gents of Langdon house been up to? A trip to Phillip Island! Penguins! Penguins are awesome! Did they bring me back a penguin? No, that would be wrong! The Langdon House crew also went to the Colac Show, attended Jalmah's Jewellery Party, hosted the MOST glittery and spectacular Christmas Party, went to see, not only local Carols by candlelight but also travelled further afield to see Carols by Candlelight in Melbourne. Then there was a trip to Grease the Musical. Apparently Grease really is the word!

## Individual Support

So many Individual Support clients! So little time! Our IS support clients all have such varied and specific needs and interests that it's hard to summarise here what they have been up to. Here, however, are some of the highlights. A visit to see Volcano dreaming at RRRTAG, clients went to the Birregurra Festival, 50's quaffs at the Rockabilly festival, there were Birthdays, Netball comps, a Christmas party at the Beeac Hotel. Some of the clients went away for the Summer holidays, some visited family. Some went down to see the Australian Open, an annual trip that always seems to make the participants come back very happy and some how Summer-y (is that a thing? It is now!) Some of the more adventurous of the gang went to the Simpson speedway and Australia Day was celebrated in style at Jalmah.



John, enjoying the rides, Colac Show

## Community Participation

There are now community participation programs running. They are perfect for engaging with the community, and for fostering fun and friendship. Check out the enclosed flier for more information on our current programs that are designed to improve both health and wellbeing.



## Relay for life - CODA All Abilities

Last year a dedicated Team, operating out of Jalmah, lead by Bernice Reynolds (one of our dedicated staff from Jalmah) spent the year working towards fund raising for Cancer research. This effort culminated with the 2013 Relay for Life. Being active and engaged members of the community is what it's all about with CODA and the team, made up of staff and clients, undertook to do it again, and to better what they did last year. At the time of writing this we are in the home straight for Relay for Life 2014. The team has raised over \$1000 more than they did last year. This is an outstanding effort from a dedicated crew. I personally can't wait to spend the night walking around the Show Grounds, bringing an end to this years Relay for Life activities.

Hope to see you there!



Relay for Life team 2013



# CODA Board of Management Information

**Chairman:** Trish Stephens **Vice Chairman:** Andrew Wright

**Treasurer:** John Scarrott

**General Board Members:**

Bruce Edwards, Geoff Wallace, Lloyd Brunt, Mary Carew, Michael Chapman, George Roberts, David Schram, Marg Carter

**The board meets on the following dates for the remainder of this year:**

10th February, 17th March, 14th April, 12th May, 16th June, 14th July, 11th August, 15th September, 13th October, 10th November, 8th December

Health and Easy Breakfast Recipe

## Banana, Peanut Butter and English Muffin

This recipe is from [www.weightloss.com.au](http://www.weightloss.com.au)

When selecting muffins, opt for multigrain or wholemeal if you can. If you would like a gluten free option, replace the muffins with rice cakes.

One serve of this recipe represents 17% of the recommended daily energy intake of an average person.

**This recipe is low in saturated fat and a good source of protein.**

### **INGREDIENTS:**

- 🍯 2 tsp. Peanut butter
- 🍌 ½ Banana
- 🍞 1 Wholemeal English muffin

### **HOW TO:**

1. Toast Muffin lightly.
2. Place 1 tsp. Peanut butter on each side.
3. Slice Banana and place on top.

Serve immediately.

Have you tried making any of the healthy recipes that are featured in the CODA chronicles? Did you like it? Would you cook it again? Take a pic of your cooking creations and forward them to [kbryan@codal.org.au](mailto:kbryan@codal.org.au) and you might be featured in our next newsletter!!

OR! If you have a healthy/quick/easy recipe of your own - send it in! We're always excited to hear your ideas and your recipe could end up in print. Recipe ideas can be emailed to [kbryan@codal.org.au](mailto:kbryan@codal.org.au)



## New Kids On The Block!

A BIG CODA WELCOME TO Michael Sproules, Matthew Downey Vicki Wilson, Marcia Pellegrino. We hope that your time with CODA is rewarding and exciting.



## NATIONAL DISABILITY INSURANCE SCHEME

### LEARNING FROM THE CUSTOMER

### EXPERIENCE

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### FREE EVENT

**FRIDAY 4th April 10 - 1pm COPACC Cnr Rae & Gelibrand Street Colac.**

NDS is hosting a workshop in Colac. This forum is for NDIS providers, current and potential participants, their families and carers, to listen and learn from NDIS participants about their experiences of choosing service providers and their expectation.

It provides an opportunity for people to share ideas and experiences about what works well and doesn't work well and how providers can respond to participant expectations.

#### **PROGRAM**

- 9:30 Registrations
- 10:00 Welcome & Introductions
- 10:05 NDIS: The New Environment
- 10:25 NDIS Participant Panel
- 11:35 Morning Tea
- 12:05 Workshop
- 12:55 Close

**RSVP** - Please register online at <https://www.eventbrite.com.au/e/learning-from-the-customer-experience-colac-registration-10717964721>

For more information please contact Stephanie Worsteling, Projects Manager, NDS Victoria (03) 8342 4311



CODA Inc. would like to bring its clients and carers the chance to participate in the autism spectrum workshop. If you require more information please use the contact details at the bottom to get in touch with someone who can tell you more.

**The Aspect Positive Behaviour Support Program** is a State wide Program, funded through the Department of Human Services (Victoria) and offered FREE to parents/carers of children and young adults diagnosed with an Autism Spectrum Disorder (ASD) aged 6 – 25 years and living at home.

The program is a tiered system offering three sequential levels of support:

1. **Positive Behaviour Support Workshops** (ASD specific Group training and information)
2. **Post Workshop Consultation** (Short term additional assistance for families needing support with their individual positive behaviour support plan)
3. **Individual Behaviour Support Coordination** ('Wrap around' team approach, working collaboratively with other services to provide support to a small number of families with a child or young person with complex needs or enduring challenges. Individuals requiring this level of support may be at significant risk of family breakdown and will be referred to the Advisory and Support Panel which is representative of local services and organisations.)

**26TH, 27TH, 28TH MAY 2014**

**For parents and carers of children and young adults diagnosed with Autism Spectrum Disorder, aged between 6–25 years and living at home**

**Aspect Victoria is pleased to offer our highly successful, contemporary, evidence-based three (3) day Autism specific Positive Behaviour Support Workshops in Colac - City Bowls Club in Gravesend Street.**

**This is level one of the three levels of support and form the basis of the other two levels**

**Register ONLINE: [www.autismspectrum.org.au](http://www.autismspectrum.org.au) Or ring Amber Day on (03) 9377 6600**

## SUMMER TIME

This summer has seen Colac faced with heatwave conditions so remember the following

- keep cool
- drink plenty of water
- stay out of the sun
- look after yourself and others.

For more information on how to avoid heat stress and heat stroke please visit the better health website <http://www.betterhealth.vic.gov.au/> They have lots of helpful information on staying healthy and well this summer.

You know what to do. Do it.



Slip



Slop



Slap



Seek



Slide

For further information visit [SunSmart.com.au](http://SunSmart.com.au) or call 13 11 20



The fantastic Langdon House Christmas Party hopes that everyone had a Merry Christmas and A Happy New Year!