

CHRONICLES

What's Inside	
The Launch Pad Shop	1
Audit Shmaudit	2
Around the houses	3
Healthy Recipe	4
General Information	5
Advocacy help with the NDIS	6



Claire, Catherine and Courtney Relaying for Life!

The Launch Pad - What is going on?!

We're starting a social enterprise!

Some people may know that CODA has been looking at meaningful ways we can help people to develop communication, volunteering and work skills. We think the best way we can do this is through social enterprises. Our first venture is a retail shop that will be selling quality second hand items donated to CODA and other things people have made in our group activities. Proceeds from the venture will be donated to local charities and causes as well as contributing to our long term goal of new housing for people with disabilities.

Our shop will be staffed by funded and non-funded volunteers and will be open Monday to Friday from 9am to 5pm.

Would you like to work on your employability skills?

Supported volunteer positions are available and your skill development will be monitored against nationally recognised standards.

If you are interested in volunteering in our shop (either to support CODA or develop your skills), please contact Monica Provan on 5231 1573 or mprovan@coda.org.au



Welcome everyone, to the Winter edition of CODA Chronicles. This edition has been a long time coming but is worth the wait!

**Welcome new clients,
residents and staff!**

**Welcome current residents,
clients and staff!**

Since the introduction of the NDIS CODA has seen massive growth within the organisation. With more clients, staff and paperwork than ever before.

The NDIS is changing how we do things at CODA. We are exploring more and more opportunities in order to help more and more people. The only thing that isn't changing is how much we enjoy our jobs.

If you have any questions about the changes that are currently going on at CODA don't hesitate to stop in and ask.

And don't forget to keep CODA informed of any changes that happen to your plan or when you get a new plan. For us to continue to provide you with effective support we need the most up to date information possible.

Expressions of interest

Are you interested in joining a quality committee to help CODA find new and better ways of working. CODA is currently looking for people who would like to have their opinion heard and help shape the way that we do things. If you are interested please call Pip for more details 5231 1573 or email pip@codal.org.au

Quality Audit—Thank you to everyone!

At the beginning of this year you might have seen the staff at CODA working busily. You see this every day but for a short while it was very, very busy. This was because CODA was preparing to have an auditor come and look at all our policies and procedures. In other words what we say we are going to do and, more importantly, how we do it. HDAA send someone to check that we are the quality organisation that we want to be. They then allow us to continue to operate, and provide good quality service to our clients (That's you!) and be a quality place to work for our staff (That's us!)



The good news is that we passed with flying colours. As with all assessments, there are some room for improvements, and we will be working away at that. But because we are constantly working to make this place better another improvement doesn't feel like real work, just business as usual.

CODA would like to thank everyone that talked to the auditor while she was here, and helped to establish that CODA is indeed what we strive to be, a quality organisation that has the welfare of it's clients and staff at the heart of everything it does.



CASS HOUSE



Jalmah



Langdon House



The Launch Pad

Around the Houses

CASS House

Trips to Apollo Bay, seeing the Circus, and generally living large. The gentlemen at CASS House are always filled with exuberance. They have their day programs, they go shopping, see movies, see family and friends and have a great time! Simon celebrated the big 40, and it's always good to have a big Birthday Party, our other residents seem to get a sniff of a celebration and everyone joins in!

Jalmah

Day trips to Ferguson, to the Beeac Pub, Waurm Ponds shopping centre, Warrnambool theatre, Gentle Annie's berry farm, picnics in Apollo Bay, Country and Western Afternoons (yee haaa!), and birthdays are just some of the activities that have been undertaken at Jalmah since our last newsletter. I can announce that footy tipping has officially begun, so lets hope everyone is doing better than me—I'm currently in last spot in my footy tipping.

Unfortunately Marg Williamson has left her Wednesday and as a result the Jalmah residents had a farewell afternoon tea for her. Marg has been an integral part of the Jalmah household for so long her presence will be missed.

Individual Support

Individual Support are *always* up to something! Visits from family and friends, trips to the footy, participating the community groups, camping. There is nothing that these people can't do when they really want to! Pete celebrated a milestone birthday and so many of us celebrated too! I promise we are serious business here at CODA and not just about helping our clients and residents to party! We have so many people now accessing our Individual Support services, so another big WELCOME to you all. We hope your time with CODA is one that brings you joy and success.

Langdon house

Langdon House area always up to something. Between Birthday parties, eating out, gardening, DVD's, bopping to music, going shopping, (dare we mention Relay for Life??), Antz Pantz concerts, seeing Dinosaurs (WALKING ONES! I've seen Jurassic Park and this is *obviously* a bad idea!!), Easter egg hunts, Going to see a re-enactment of Gallipoli at Barwon Park Mansion. I know I've said it before, and I'll say it again. Langdon House makes me so tired just *reading* about what's going on there.

The Launch Pad

Here are some of the lovely bracelets that have been made by the people in The Launch Pad. I think they're just great!!



What is advocacy?

Disability Advocacy ensures the human and legal rights of people with disabilities are promoted and protected so that people with disabilities can fully participate in the community.

An advocate in the disability sector works to ensure the rights of people with disabilities are upheld and supports people with disabilities to make decisions affecting their lives.

What if I need advocacy?

There are a range of supports able to assist you with decision making. National Disability Advocacy Program (NDAP) is one of these. NDAP can help you with general access and support issues. They can also assist you with issues that may arise with National Disability Insurance Scheme or with your support providers. NDAP can also help you to develop self-advocacy skills.

NDAP can:

- Help you to build capacity to identify your needs and goals;
- Ensure you understand your rights and responsibilities;
- Make sure you are understanding your decisions and the effect these will have on your life; and
- Provide support with reviews, for example if a decision is made that you disagree with you can request a review of that decision. In these instances NDAP can help you participate in the review process.

The NDAP can also put you in contact with a support person if you are seeking a review in the Administrative Appeals Tribunal (AAT) of a NDIS decision.

Who can I contact locally to help me?

Colac Otway Region Advocacy Service Inc. (CORAS)

Providing advocacy for persons with a disability

Paul Brady and Jessica Buchanan are the advocates at CORAS and can be contacted on (03) 5232 1009

Their office is at 50 Rae Street Colac.

What happens if I am still not happy with a decision of the NDIS?

RIAC (Rights, Information and Advocacy Centre Inc.) and the National Disability Insurance Scheme

RIAC has been selected by DSS (Australian Government Department of Social Services) to deliver the newly implemented External Merits Review Support Service (EMRSS) to those Victorians who are resident in the Barwon launch site.

The EMRSS offers very specific support for people with disability seeking an external review of a decision made under the National Disability Insurance Scheme.

All people with disability will be offered a support person when seeking external merits review by the Administrative Appeals Tribunal (AAT).

This service demonstrates that people with disability will get a fair go when seeking a review, and ensures the review system is accessible and supportive for people with disability.

To talk to someone at RIAC please call, Toll free 1800 221 944.

The office for RIAC is 21 Regent Street Belmont.

CODA Board of Management Information

Chairman: Trish Stephens **Vice Chairman:** Geoff Wallace

Treasurer: John Scarrott

General Board Members:

Bruce Edwards, Mary Carew, Michael Chapman, George Roberts, David Schram, Marg Carter

The board meets on the following dates in 2015:

9th February, 16th March, 20th April, 11th May, 15th June, 13th July, 10th August, 14th September, 12th October, 9th November, 14th December

Healthy Recipe

Fettuccine Marinara (Serves 4)

Even though the meal includes pasta that has a low glycaemic index you may choose to have less pasta as the total carbohydrate content is higher than that usually recommended for people with diabetes



Ingredients

- 1 teaspoon crushed garlic (in jar)
- Cooking spray
- 500g marinara mix
- 1/2 cup shallots sliced or onion chopped
- 1/2 cup white wine
- 1 x 415g no added salt crushed tomatoes
- Pepper to taste
- 2 heaped tablespoons cornflour
- 3/4 cup evaporated light milk
- 300g dry fettuccine pasta

1. Saute garlic in a non-stick fry pan that has been coated with cooking spray for 1 minute then add seafood, shallots and wine to pan, cook 3 minutes.
2. Combine cornflour with milk, add to pan stirring well, bring to boil then simmer slowly whilst cooking fettuccine.
3. Fill a large saucepan 3/4 full with water. Bring to boil, add fettuccine noodles, bring back to boil then simmer stirring occasionally to keep pasta separated. Cook 10 minutes or until pasta is cooked, drain.

Divide pasta between 4. ie give 1 1/2 cups pasta per person.

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 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



Art from The Launch Pad

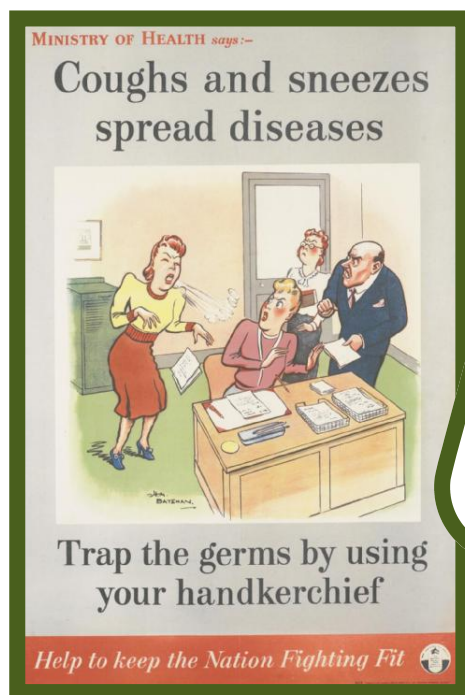
Request information!



CODA Inc. holds a lot of information about our clients, you (or your family member/s). We do this in order to provide you with the help and support that you require.

During our recent audit it was recommended that we make sure you are offered copies of your assessments and plans (as created by CODA). **Please** ask if you would like a copy of any of the documents that CODA has about you or your family member/s.

To ask question about this, or to request a copy of any information that CODA holds about you, Please contact Pip at the CODA office 5231 1573



Have you had your flu shot? If not now would be a good time to organise it with your GP. Three things you might not know about the flu shot:

1. There is no live virus in the flu shot.
2. The composition of the vaccine changes every year
3. The flu shot is safe for pregnant women at all stages of their pregnancy.

Have you got a new NDIS Plan? Have you got a better NDIS plan? Has your plan been updated? If so CODA needs to know.

In order to provide you with the services outlined in your NDIS plan CODA needs to talk to you each time you get a new NDIS plan. We also need to talk to you if your NDIS plan changes. CODA needs to have the most up to date information about your NDIS plan. We also need to know what parts of your plan you are asking us to provide. This information allows CODA to deliver a high quality of assistance and care to all our clients.

"Is the copy of my plan that CODA has up to date?"

"Why does CODA need this information?"

"Does CODA need to have a copy of my NDIS Plan?"

If you have ANY questions please talk to your service supervisor or Monica Provan at the office. These people can find out the answers to all your questions. Please phone 5231 1573 to talk to Monica.

**New or
changed
plan?
We need to
know!**