



Spring Edition

2016

# CHRONICLES

## *Farewell Jacqui*

CODA's inaugural and long standing CEO Jacqui Soares, has announced her retirement after 26 years at the helm. Under Jacqui's stewardship the organisation has grown in every dimension - services delivered, clients and families supported, staff members employed, revenue and assets.

While change is always difficult, and there will be some adjustments CODA has a strong administration team which will be lead for an interim period by the Acting CEO Monica Provan.

Jacqui looks forward to taking a step back, and having more time to devote to the farm and family.

Staff, clients and families will have the opportunity to celebrate Jacqui's retirement at an event to be confirmed.



**VICTORIA**  
State  
Government

Coda acknowledges  
the support of the  
Victorian  
Government

## The Launch Pad

The Launch Pad continues to thrive filling up the clients busy schedules. In June a group of young ladies headed to Geelong's GPAC to see High School the Musical, then in July, clients headed to Sovereign Hill in Ballarat for their 'Christmas in July' event.

The school holiday program has also grown with 10 children participating and more showing interest for next holidays.

The Launch Pad team are now looking at starting an iPad photography group on a Wednesday afternoon, so if you are interested let Kath Dixon know!



## Cass House

The residents of Cass House continue their busy lives, keeping up to date with their usual activities and day programs. There has been more works completed in the bathrooms at Cass House to allow better accessibility for clients and is much appreciated. Happy birthday to resident Ray Frith, who celebrated his birthday on the in July.



## Langdon House



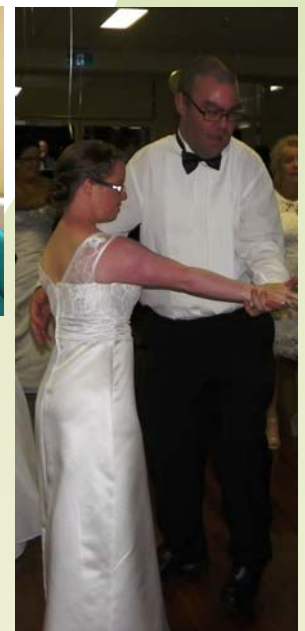
Its all go at Langdon house at the moment! The new carport being constructed in the back yard has not stopped the residents from partaking in various activities over the last few of months.

Residents attended a Deb in April. The girls looked beautiful in their white gowns, and the men very handsome dressed up in their suits. It was a fantastic sight watching them dance the night away and thoroughly enjoying themselves.

The dancing continued with residents heading to 'Hot Goss' in Geelong and visiting the Circus, making it a very busy month!

Back in May, residents headed to Camperdown to check out the Robert Burns Scottish Festival where a great time was had dancing, singing and all things Scottish.

June saw the Langdon house residents continue their busy schedules, including a visit to Warrnambool to do some whale watching.



Deb Ball

## Individual Support

Two of our Individual support clients, Brendan and Catherine, attended the Deb Ball in April and had a fantastic time.

Claire has been lucky enough to go on a trip to sunny Cairns with Thumbs Up. Shane celebrated his 60th birthday with a full house of guests, happy birthday Shane!

## LEAP (the CODA Shop)



The LEAP crew have just had a store wide half price sale to celebrate national op shop week. It was a great success with many new customers making their way into the shop.

They have also had a visit from the specialist school where staff were showing the senior students around the shop and explaining what the goings on are at LEAP, hopefully some will come work at the shop in the future. Everything else has been going smoothly with this winter being more successful than last winter and more locals knowing about LEAP.

## Jalmah



It sounds like the residents of Jalmah have been enjoy some delicious treats lately!

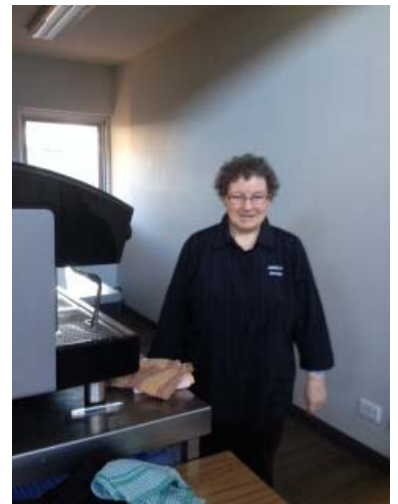
They continue to begin the month with a Country and Western lunch and afternoon and in June, joined in the Biggest Morning Tea fundraiser. Angela did a fantastic job as the Barista for the event. There was also 2 birthday celebrations at Jalmah in July, keeping the residents super busy.

*Heather with her photograph she took with St Laurence*



*Jalmah resident Mia, put her craft skills to use and created these beautiful paper mache shoes, titling the artwork 'Best Foot Forward'*

*Angela the Barista making delicious coffees at the Biggest Morning Tea*



## Relationships and Recognition: Research Project

Recently 8 CODA clients and their chosen support staff were involved in a research project regarding the building of relationships. The project looked at what is already being done to make sure young people feel cared for, respected and valued through their relationship with their support workers.

This project is looking specifically at how those aged 18—30 are being recognised and supported through the NDIS and their support workers.

James from National Disability Services visited the CODA office in September, speaking first with our 8 participants and then with their chosen support worker, and then in a pair and discussed how they spend their time together.

The clients and support workers will document their relationship through a series of photos that will help examine the role of support workers in young peoples lives.

The information will be used in research along with approximately 200 participants.

The research is being undertaken by a research centre in Lismore, the Centre for Children and Young People.

The information will then be exhibited by way of a photography exhibition when the research project concludes.

### Thank you...

Thank you to CSI for donating a load of sand to West Street to assist in the School Holiday program.

It was very much appreciated.



## Chickpea and Veggie Burgers



To Prep: 25 minutes  
To Cook: 10 minutes

### Ingredients

- 400g can chickpeas, drained, rinsed
- 1 small (70g) carrot, peeled, grated
- 2/3 cup wholegrain breadcrumbs
- 2 eggs, lightly beaten
- 2 teaspoons olive oil
- 4 round wholegrain rolls, halved crossways
- 8 lettuce leaves
- 4 slices canned beetroot, drained
- 1 large (220g) tomato, sliced

### Method

1. Place chickpeas in a bowl. Using a fork, mash until almost smooth. Add carrot, breadcrumbs and egg. Mix to combine. Using floured hands, shape mixture into 4 patties.
2. Heat oil in a frying pan over medium heat. Cook patties, turning, for 4 to 5 minutes each side or until heated through.
3. Meanwhile, preheat grill on high. Toast cut side of rolls for 2 to 3 minutes or until golden. Top roll bases with beetroot, lettuce, tomato, patties and roll tops. Serve.

# CODA Board Members—2016

**Chairman:** Marg Carter

**Treasurer:** John Scarrott

**General Board Members:**

Bruce Edwards, Mary Carew, George Roberts, David Schram, Miffy Shelton, Clare Moran

**The board meets on the following dates in 2016:** 12th September, 12th October, 14th November, 12th December

Welcome...

CODA would like to welcome the following staff to the CODA community.

**David O’Sullivan; Donna Baker; Joseanne Pace; Leanne Perkins; Lee White; Lesley O’Neil; Matthew Kelly and welcome back to Pip Watt who you will see popping in and out from time to time.**

We hope that your time with CODA and our clients is one that is filled with fun and laughter.



**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.**

A new or altered NDIA plan means that you also need a **NEW SERVICE AGREEMENT** with CODA. The Service Agreement sets out the terms of the service that you receive from CODA and also includes important claiming and GST information that CODA must have in place to continue to provide service. Please come and see Monica to confirm the **continuation** or **change** of your **services** resulting from a new NDIA plan.

If you have **ANY** questions please talk to your service supervisor or Monica Provan at the office. Please phone 5231 1573 to talk to Monica.



CODA

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Web: [www.coda.org.au](http://www.coda.org.au)

## What happens to your *complaint* when you complain to the Disability Services Commissioner?

- ✘ The Disability Services Commissioner encourages feedback from all clients and customers. The Disability Service Commissioner can help you with a complaint or any concerns you have about your disability service. To make a complaint, simply call, write or email us or our staff. You can make your complaint anonymously if you'd prefer, just call us and tell us your concerns.
- ✘ There are different ways we can help when someone makes a complaint. One of the ways is to have a meeting with you and your service provider, we can talk about your complaint and what can be done to make it better. We can decide to investigate your complaint, meaning we can not fix your complaint by having a meeting. We ask everyone lots of questions to find out what happened and after the investigation is complete, we tell your service provider what they must do to fix your complaint.
- ✘ Sometimes people can be scared to make a complaint, but you can always call us to ask for help with your complaint.
- ✘ To find out more contact the Disability Services Commissioner on 1800 677 342 or email [complaints@odsc.vic.gov.au](mailto:complaints@odsc.vic.gov.au) or [www.odsc.vic.gov.au](http://www.odsc.vic.gov.au)

### Discover: A resource for people planning for the future

A National Disability Insurance Scheme help guide discussing what is the NDIS, how to become a participant, human rights, communication and more. This is a fantastic resource for people planning a future with input from the NDIS.

The Endeavour Foundation has produced this resource and if you'd like to get a copy or find out more about it please contact them on 1800 112 112 or go to their website:

<https://www.endeavour.com.au/Our-Endeavour-Foundation/News/Discover-guide>

and download a copy of your very own.



## CHRISTMAS IS COMING!!

**We are looking for 'Christmas-themed' artwork from clients to go on the front cover of the CODA Christmas cards for this year. If anyone is interested in submitting an artwork, please see Kat in the CODA office.**