



CODA CHRONICLES



Autumn / Winter
Edition 2017

New CEO - Monica Provan

The beginning of Autumn saw the CODA Board of Management with great pleasure appoint Monica Provan to the position of Chief Executive Officer for CODA Inc.

Monica had been Acting CEO since Jacqui Soares retirement last year.

Monica brings to the position many years of experience in the disability field and is well placed to lead the organisation through the challenges that lie ahead.



CODA Outings

Over the last few weeks clients have been on some great group outings. A group travelled to Geelong to the 100% Kylie Minogue Tribute Show at GPAC, June saw two groups catch the train and visit the Melbourne Aquarium and recently a group of keen football supporters travelled by bus to Melbourne to watch Geelong and Hawthorn play at the MCG.

The outings have been enjoyed by all and have given everyone an opportunity to experience and learn how to use public transport.



They have also provided the opportunity for some clients to enjoy a totally new experience.

July will see a very lucky group set off on the train to enjoy Aladdin the Musical in Melbourne. We look forward to hearing all about their trip and seeing lots of great photos when they return.



LEAP (The CODA Shop)



The last few months have been busy as always in the LEAP Shop. The LEAP team have been sorting through the large amount of donations we received at the start of the year.

The new touch screen cash register has been installed and is a huge success. Staff and clients are having a great time learning which buttons to press and not to press, "we are very thankful for the void button".

No one has been hesitant about having a go and Jane was heard saying "At least I don't have to use my brain now".

The staff in the LEAP shop would like to welcome Erika Lawrence and Gayle Johnson to the team, they are a pleasure to work with and we look forward to new adventures in the future.



Langdon House

Langdon House has been very busy over the last three months.

Clients have been enjoying some fun outings. On Good Friday they travelled to Inverleigh for the family fun day and enjoyed seeing some very tall super heroes, dancing to Mick Mack's music and visiting lots of stalls filled with loads of goodies for special gifts. The many food stalls made the decision of what to eat difficult (how much ice-cream can one person eat in such a short time?) Some of our clients went to see 100% Kylie Minogue at GPAC, they danced and loved having their photo being taken with the star.

The Langdon House veggie garden has produced lots and lots of tomatoes that have been picked and turned into bolognaise sauce, filling the freezer for the winter months ahead. New winter veggies have been planted and the clients are enjoying watering them and watching them grow.

Easter is always a fun time especially with lots of chocolate to eat. We had an Easter hunt which is always a hit and the Easter Bunny visited during the night leaving behind some furry animals and delicious chocolate eggs.





Recreation, Children's and Specialist Services

The children's services at CODA are certainly brightening up the place! Entirely too much fun is happening at Langdon House. You cannot help but smile when you walk in and see all the kids' art work they have left behind!



We have our CODA Butterfly girls group meeting regularly. The girls have enjoyed learning the skills to create a mosaic art piece. They made new mosaic room numbers for the Langdon House doors, followed by a group dinner. They have also made dreamcatchers, built a tool box each and enjoyed a trip to the movies to see Beauty and the Beast.

We don't want to leave the boys out! The CODA Brick Masters boys group also meets regularly. The boys have been busy, they've enjoyed a fishing trip to Lorne, which was a highlight for those who had never before been fishing. The Colac Men's Shed donated a wood work project for all the boys to put together, which saw the boys put together and paint their very own wooden tool box.



Our holiday program has been crazy busy!

Activities have included riding scooters, gardening (thanks Tom), arts and crafts projects and an Easter egg hunt. There were a couple of day trips to the Werribee Zoo and the Pirate Exhibition in Geelong. The kids left Langdon House each day with some great stories to tell their parents about what they accomplished throughout the day and our great staff went home to an early night!

If you are thinking about booking your children into our holiday program, please get in touch with **Renee Wilson** on **0418 523 595**. The word is out, even the parents want to come along and have fun so spots fill fast!





Jalmah



February saw Bernice, Angela and Mary embark on an adventure, flying “yes flying” to Tasmania to visit their friend Heather.



A wonderful time was had by all; there was coffee, lunches, visits to Platypus World, cruises on the Gorge, and more coffee. As we would all remember, coffee was one of Heather’s favourite things!

Heather celebrated her birthday with a special lunch at her brother, Alan’s home cooked by sister-in-law Erica. Bernice, Angela and Mary joined in the celebration. It was lovely to catch up with Heather and see how well she had settled in her new home, and celebrate her birthday.

Not that long after the happy travellers returned home to Colac, Heathers’ health deteriorated. Sadly Heather passed away in late March with her loving family by her side. We celebrated her life with a meal and gathering at the Austral Hotel, Heather’s fellow residents, friends and many people from across the different services, past and present came together to remember Heather and share a glass of red.



CASS House

Cass House has been busy tending its new veggie garden. Late last year Rene Peters together with Boyd built a garden using two potato boxes kindly donated by Jim Parker (Parker Brothers Potatoes). The boxes were filled with soil, pea straw and manure, then planted with spring onions, broccoli, zucchini, lettuce, spinach and silver beet seedlings. Michael and Trish donated some pumpkin and strawberry seedlings as well.



The Cass House happy gardeners John, Jim and Boyd were kept busy over the summer watering and nurturing the seedlings and then enjoyed the rewards. Lettuce has been used in lunches with spinach and zucchini also growing well and used in some tasty treats.





The Launch Pad



The Launch Pad has been busy with lots of activities.

Ketrina has reported that the ladies attending the gym are working out very hard and encouraging each other along.

The swimming group supported by Joy and Vicki have focused on improving technique and swimming laps, while the fitness group on Fridays with Joy also welcomes support workers Trish and Stacey

Art activities have been very busy with papier-mache, sewing, painting and knitting, filling lots of time, while the Monday afternoon group enjoying cooking and visiting the library.



The Launch Pad staff have been very busy supporting people to build independent living skills within their homes, encouraging healthy eating and accessing community events. Lots of positive feedback has been provided regarding outings to the Football, Speedway, Theatre and Concerts.

A HUGE thanks once again to the dedicated staff for supporting these individuals to work on their goals.

The Launch Pad would like to thank Pam Radcliffe for her ongoing support leading the community singing group; the ladies have reported they enjoy singing very much.



Individual Support

Staff and clients have been very busy the last couple of months with day to day activities, holidays at Easter and joining in on some of the recent CODA outings.

June saw John, Neil, Andrew, Ari, Claire, Brendan, Catherine, James and Jeremy catch the train to the Melbourne Aquarium, and then in July another group hopped on the bus and went to see the Geelong Hawthorn AFL game at the MCG. Despite being a chilly day, everyone had a great time

For a lot of them it was either their very first AFL game or first time at the MCG. Everyone barracked hard, but unfortunately there was one person a little unhappy on the way home – never the less he did enjoy his very first AFL game watching his beloved Hawks.





Relationships and Recognition Project Book Launch



March saw clients and support workers set off to Geelong for the launch of a book titled “Relationships and Recognition”.

The book is a collection of photos taken by 40 young people and their support workers across six sites around Australia, including CODA.

In 2016 a group of clients and their support workers from CODA participated in interviews, took photos and shared the things that matter to them.

The Relationships and Recognition Research Project is funded through the Australian Research Council’s Linkage Grant program and the photos are part of a larger research project that will run until 2018.



Choice, control and the NDIS

Last year a number of CODA clients participated in a project titled “Choice, control and the NDIS” run by the University of Melbourne. The project explored the experiences of people living with disabilities, and family members providing care and support to people with disabilities, in the Barwon trial site.



Prior to the publishing the final report the University invited CODA clients who participated in the project to a workshop in Geelong to help the University identify key messages from their findings.

The final report has been completed and is available, if you would like a copy emailed to you please give us a call at the CODA office or feel free to pop by if you would like to view a hardcopy.





New or changed
NDIS plan?
We need to know!

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 Denise 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 Denise White at the office.

Please phone 5231 1573 to talk to Denise.

NDIS Unsure about who to make a complaint to?

there is no wrong door

If you call any of our offices we will help you get to the right place

I'm not happy with my disability service provider	Disability Services Commissioner (Victoria)	1800 677 342 complaints@odsc.vic.gov.au www.odsc.vic.gov.au
I'm not happy with the NDIA's actions	Commonwealth Ombudsman	1300 362 072 www.ombudsman.gov.au
I'm not happy with my community mental health provider	Mental Health Complaints Commissioner (Victoria)	1800 246 054 03 9032 3328 help@mhcc.vic.gov.au www.mhcc.vic.gov.au





Cinnamon Apples

To Prep: 15 minutes

To Cook: 2 minutes

Ingredients

- 1 large apple
- ½ teaspoons water
- ¼ teaspoons cinnamon
- ¼ teaspoons sugar
- ¼ cup low-fat yoghurt

Method

1. Place chopped apple, cinnamon, water and sugar (if using) in a microwave safe mug or bowl and mix.
2. Cover with a plate or cling film with holes in it and microwave on HIGH (100%) for 1 minute. If you want softer apples, microwave in 30 second bursts until you get the right texture. Note: if there are several mugs in the microwave it will take longer to cook.
3. Serve with low-fat yoghurt.

Nutritional Information

Per Serving
Energy 430 KJ
Protein 0.51g
Total fat 0.18g
Carbohydrates 22.34g
Sugars 21.96g
Dietary Fiber 4.17g
Sodium 2mg

Top Job and Merit Moments

Top Job - Claire McKie

For digitising nearly 30 years of records! Claire took on a mammoth task and has done an absolutely cracking job!

Top Job - Megan Billing

For doing a great job of acting supervisor whilst Sue was away. (It's never easy)

Merit Moment – Matt Kelly

Matt K - after returning from his A/L one of the clients was so happy that he smiled and started clapping (not something he does all the time). Keep up the great rapport building with clients and family Matt.

Merit Moment - Aaron Cocking

For always going above and beyond, in his care for his clients and their families.

Merit Moment – Leanne Perkins

Leanne - Always helps out with an extra shift whenever needed and willingness to always help.

Top Job – Stacey Cook

Stacey has been given positive feedback from client's family regarding the support she has provided. Great work Stacey!

Merit Moment

The leadership and extended administrative team and a few other team members have been working under incredible pressure as they adapt to new and ever changing processes, learn new skills, and learn to work with new personalities, and they have gone through all of this in an environment too small for current needs. Hot-desking has been a major activity around the CODA office! A big "good on you" for patience and perseverance goes to Jennie Woods, Jan Verouden, Wendie Fox, Claire McKie, Kat Bryan, Mitzi Featherstone, Sue Gregory, Pip Watt, Denise White, Kath Dixon, Sue Gamble, Carla Marshall and other affected staff.





CODA Board Members 2017



Ed Morrissey
Chair



George Roberts



Karen Brady



David Schram
Deputy Chair



Mary Carew



Ross Soares



John Scarrott
Treasurer



Bruce Edwards



Miffy Shelton

Board Meeting Dates

- Monday 17 July 2017
- Monday 21 August 2017
- Monday 18 September 2017
- Monday 16 October 2017
- Monday 20 November 2017
- Monday 18 December 2017



New Staff

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

Kerry Fletcher, Grace Horne, Geraldine Maloney, Alan Powell, Melynda Rogers, John Stocks, Melissa Dobie and Hayley Morgan.

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



**CODA acknowledges the support
of the Victorian Government**





VALID

Colac Peer Action Group

VALID in partnership with the Colac Neighbourhood House are really excited to be able to invite people with disability and their supporters along to join this group.

Support, friendships, information sharing, advocacy, afternoon tea and a chat.



When: 2nd Thursday of the month

Where: Colac Neighbourhood House,
23 Miller st, Colac

Time: 1.00pm – 3.00pm

For more information please call Kylie on: 0439 011 003
or email kylie@valid.org.au

Vision: VALID is committed to the vision of an Australian nation in which people with a disability are empowered to exercise their rights, as human beings and as citizens

Victorian Advocacy League for Individuals with Disability Inc

