

# CHRONICLES



The first flower of the British spring is widely considered to be the primrose; however the buttercup is actually the first flower of the spring. The Latin word for "first rose" is "prima rosa" and it is here that the name "primrose" originates.

## Annual General Meeting

On the 9th September 2013 CODA Inc. had the joy of presenting their AGM. CODA also launched their 2013 Annual Report including information about CODA during the past 12 months. If you would like a copy of the annual report please drop into the office on Hesse Street and pick one up.

During the AGM there was many presentations and congratulations for the work that the CODA staff do.

Julie Pavletich the guest speaker, talked about the LEAD Barwon project. LEAD stands for Leading, Educating, Advocating for Disability. The LEAD project will work with a group of twenty people (both people with disability or informal carers/family members) to increase their confidence to tell others about their experience with DisabilityCare Australia (or as it is once again known National Disability Insurance Scheme).

If you would like more information about this project please contact the Committee for Geelong on 5227 8075 or [cfg-admin@committeeforgeelong.com.au](mailto:cfg-admin@committeeforgeelong.com.au)

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## New services available soon

### Community Participation

The results of our recent survey confirm our current service users, parents/carers and staff are interested in CODA Inc expanding the range of supports provided. We are currently developing a support stream with a focus on community participation for individuals and small groups. **Staff will support people to access activities and experiences** available in the community in line with their goals and aspirations. Where activities are not readily available, CODA Inc will work with applicable groups to gauge community interest and support further development if warranted. Services will be available from 8am until 10pm, 7 days a week and, as always, support outside of these hours can be negotiated on an individual basis. Some examples of what we have been asked to provide are:

- ◆ support to go swimming,
- ◆ support to develop new craft skills,
- ◆ support to develop cooking skills,
- ◆ support to work with employment providers, and
- ◆ support to become fit and healthy.

CODA Inc have a range of staff available with expertise in **health and wellbeing, art and craft, information technology, media, drama and vocational education and training**. We are also willing to source staffing skills based on the interests and goals of the participant. If you would like to know more about our new support options, please call Monica Provan on 0478 225 534 to make an appointment.

**For more information on programs starting soon please see page 3 of this newsletter.**

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## DisabilityCare Australia or NDIS?

### What's In A Name?

Are you confused about what the name of the new system is called? You're not the only one. First then Prime minister Julia Gillard announced we would have the **NDIS**, then the then Minister for Disability Reform Jenny Macklin announced the scheme would be **DisabilityCare Australia**, now in October 2013 we are all working under the **NDIS** again.

"From 20 September 2013, the name DisabilityCare Australia reverted back to the National Disability Insurance Scheme (NDIS). Going forward, the Agency will be known as the National Disability Insurance Agency (NDIA). "



# Open Group Activities starting soon:

## Friday Finishers & Green Fingers



Bring along your UFO's – (Unfinished Objects) and work away on your individual art or craft projects with the encouragement of others, or make your shopping money go a bit further by growing your own veggies in a shared garden. You can come for a half day or a full day. \$3 per half day covers room hire, and tea, coffee etc.

Bring a carer if required, or if you have funding, CODA can organise paid carers for you - everyone is welcome!

Interested in selling your art/craft work or excess vegies? Why not share a market stall with us at the local markets?

## Brewing Buddies

Are you interested in learning how to make beer? There are a few boutique breweries within easy reach of Colac now and we think it would be fun to learn how beer is made. Perhaps we could even make a special low/no alcohol beer for people who have to have regular medication! Let us know if you're interested in this project.



## Your Loss, Your Gain



Spring has sprung and it's time to work on getting rid of that winter padding around our waist lines!

Meet us at the CODA offices for a half hour walk at these times (feel free to bring mum, dads, brothers and sisters):

**Tuesdays 4pm, Wednesdays 8am, Thursdays 5pm**

There are two voluntary challenges you can take part in, beginning 14

October ending 13 December:

**Kilogram counter:** Have your weight recorded at the start and finish of the challenge – the person who has lost the most kilograms wins the challenge

**Kilometre counter:** Record your weekly steps and have it converted in to kilometres – the person who has walked the farthest wins the challenge

The challenges involve a donation of money per walking session with half the proceeds going to the Relay for Life and half the proceeds going towards the prizes. The donation can be any coin \$1 or under.

## Sparring sessions

Sparring is a form of training used in many combat sports that uses rules and equipment to make injury unlikely. The most common form of sparring in available in Colac is boxing, where people practice punching into padded equipment. As well as providing opportunity for muscle stretching and physical activity, sparring can be useful for releasing emotional tension and aggressive feelings. A young man has requested CODA set up a sparring group, which we will do in conjunction with experienced professionals, if there are a few more people interested.



Please feel free to call Monica on 0478 225 534 if you would like some more information on any of these activities.

## Day Trip Delights

Day Trip Delights is an ongoing series where CODA Inc hope to keep you informed of locations where you can go that are accessible and fun.

### **Apostle Whey Cheese**

**9 Gallum Road Corriemungle 03 5598 7367**

Friendly staff, accessibility for wheelchairs, climate controlled areas, tea and coffee available, and easily accessible decking area to watch the cows.

<http://www.apostlewheycheese.com.au/>

### **GORGE CHOCOLATES**

**1432 Princetown Road, Cooriemungle 0488 557 252**

Friendly staff, accessibility for wheelchairs, climate controlled areas, tea and coffee available. Able to look at chooks, ponies and pat the dog.

<http://www.gorgechocolates.com.au/contact-us/>

## Around the Houses

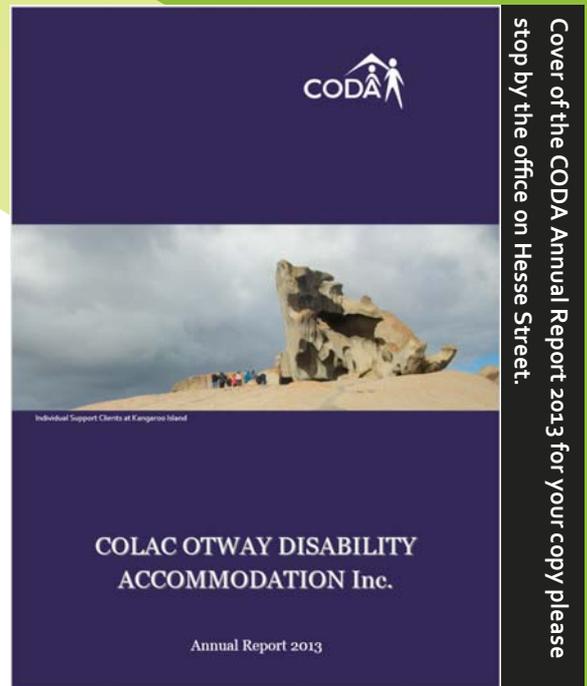
### CASS House

New blinds, renovations, new dinner sets, new blinds, it's all work men and building sites for the residents of CASS house at the moment. When the workmen have finished the residents and the staff wont know themselves. Much to my disappointment there will be a real lack of the colour red in the new office but the staff assure me they need a space that is calm and most definitely not red.

The guys have also been out and about with trips to the Otway Derby Dolls, birthday parties and generally being incredibly impressive.

### Jalmah

The residents of Jalmah went to Echuca! How lucky are they? I am reliably informed that everyone had a great time and the first bit of shopping was completed by morning tea on the first day. With all the holidays that residents and clients have been taking lately I'm getting itchy feet.





## Langdon house

Langdon house, what can I say? As always the clients time is filled with frivolity and fun. A trip to Melbourne to see King Kong ("It's a show that will leave a colossal footprint" - The Age), but again parking our bus was a problem - does anyone who

reads this newsletter have a suggestion to help us out with this?

There has been trips to the movies, down the street, and general busyness in the house as people have asked to undertake certain tasks. Princess Fiona is of course being spoilt, as always.



## Individual Support

It's all go with Individual Support - the clients are meeting with DisabilityCare Australia (National Disability Care Agency) to discover the best way to support them. The paper work and meetings are moving forward and being a trial site isn't slowing the individual support gang down at all. People have moved house, visited

friends and relatives, birthday celebrations, holidays to Perth, new day programs starting with clients, it's all go in the new office which we are still looking for a new name for if anyone has any suggestions please forward them through to [coda@coda.org.au](mailto:coda@coda.org.au) or tell one of our the staff members.

## Help

If anyone has any unwanted/leftover craft materials such as paints, wood, wool, paper, cardboard, fabric, stencils we will be grateful recipients, just drop them in to the CODA office when convenient.

## Resources for everyone!

The CDDH Victoria (Centre for Developmental disability Health Victoria) has some free resources that may be of use to carers

1. The CDDH have a news letter that contains useful information for carers. To be on this mailing list please email [cddh@monash.edu](mailto:cddh@monash.edu)
2. **Hanging out Program** - A program for helping people at Risk of Isolation. You can download a copy at <http://cddh.monash.org/assets/documents/hop-a4iso-1.pdf> or pop into the office to see a copy to see if it's something that you need.
3. A new website for adults with disabilities which helps people with intellectual disabilities who want to live more independently and need to know how professionals can help them achieve this. An **incredibly user friendly** site with videos for each section. [www.healthyactivelife.org](http://www.healthyactivelife.org)

# 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:**

11th November 2013, 9th December 2013

At the October meeting the office bearers were re-elected by the committee.

## Diabetes Friendly Recipe

# Wholemeal Pancakes and Cinnamon Peaches

This recipe is from *Delicious Living* by Peter Howard, (New Holland, 2006). To purchase a copy (RRP \$19.95 + postage) call Diabetes Australia on 1300 136 588.

These pancakes are a great snack that can be served with a number of toppings, either savoury or sweet. Try them for lunch topped with cold meats and salads; as they stay moist and carry flavour quite well.

Preparation time: 10 minutes

Cooking time: 15 minutes

Makes: 12 pancakes

### **INGREDIENTS:**

- 🍳 2 cups wholemeal self-raising flour
- 🍳 2 cups skim milk
- 🍳 1 teaspoon canola oil
- 🍳 1 teaspoon vanilla essence
- 🍳 2 egg whites, beaten until stiff
- 🍳 1 x 410g can of sliced peaches in their own juice
- 🍳 1 teaspoon ground cinnamon
- 🍳 Spray canola oil for cooking

### **HOW TO:**

1. Mix the flour with milk and oil in a suitable bowl. When combined fold in the egg whites and let sit for 5 minutes.
2. Heat the peaches in their juice with the cinnamon in the microwave until warm.
3. Spray a crepe/pancake pan with minimal oil and cook each pancake. Turn when the bubbles start to appear. Flip over and cook through.
4. Serve the pancakes with peaches and syrup over the top.

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



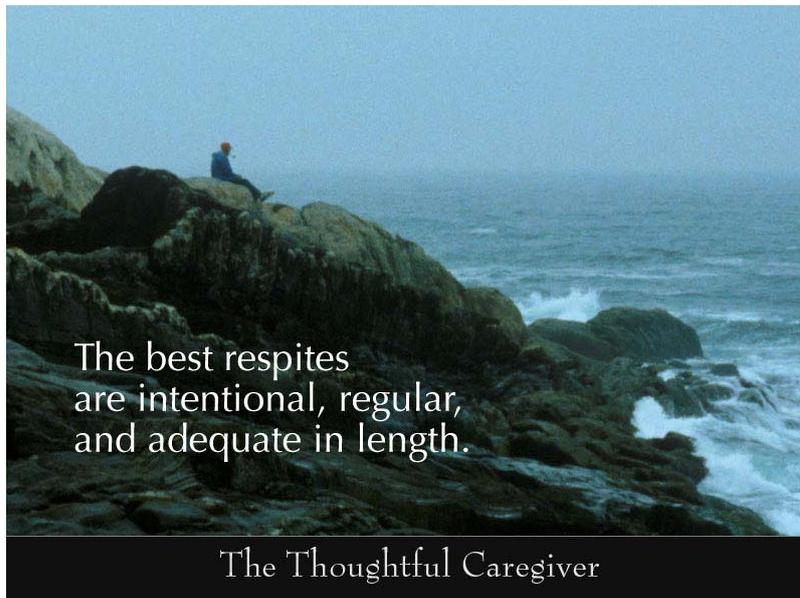
## IMPORTANT REMINDER!!!

### Remember Respite when meeting with NDIA!

When meeting with the National Disability Insurance Agency please don't forget to tell them if you will need respite at Langdon House

Coda can only provide the services specified within a persons plan and many of you currently access respite.

Ensure that you tell your NDIA planner this to continue to access Langdon House or other respite providers.



The best respites  
are intentional, regular,  
and adequate in length.

The Thoughtful Caregiver

## Opportunity for families to purchase units in Colac

A parent had been monitoring some units for sale within walking distance of the CBD. There are three two-bedroom units for sale at \$150,000 each. As they have been on the market for a while, there is likely to be a discount if all units are purchased together. Please let Monica know if you are interested in discussing the opportunity of a shared unit for your son or daughter.

Monica can be contacted on 5231573 or [m.provan@coda.org.au](mailto:m.provan@coda.org.au)



## New Kids On The Block!

A big welcome to Andrew Venner, the latest addition to the CODA family.