



**Fitness is important for everyone, but it has particular benefits for all those who attend Bayley House. Regular, structured physical activity helps improve health, enhance social behaviours and increase self-esteem.**

With this in mind, Bayley House has been operating weekly gym sessions with several groups of clients over the past six years. Each week participants travel to the gym at GESAC ready to test their fitness and go through their routines. Instructor Libby Dewar is fantastic and knows our clients well having worked with them since the program commenced.

Libby has a great understanding of some of the challenges they face and knows how to keep everyone motivated and get the best out of them. Each gym session includes activities that are fun, yet at the same time increase cardiovascular fitness, strengthen muscles and improve coordination.

Whether it be grooving to funky dance music, lifting weights, racing each other on exercise bikes or participating in a fit ball routine, everyone gets involved and has a great time.





## CEO's message

**As many of you would be aware, I recently tendered my resignation and worked my last day in early April. Writing my last CEO message was one of my final duties, and a very sad one at that.**

Over the past six years I have derived a great deal of pride and satisfaction from working as Chief Executive Officer. It really is a great place, and one where consistently great things happen. At the end of the day it is all about the people who make up an organisation. In the case of Bayley House, it is the clients who make the work so satisfying.

Standing at my farewell morning tea I looked out at all the expectant and enthusiastic faces and fondly recalled many of the personal interactions I have had with clients, staff and their families. I take these memories with me.

I would like to thank to all the staff and volunteers who worked hard to support me as CEO; we have achieved so much together and I have greatly appreciated your support.

In terms of what the future holds, I plan to explore other career options over the next few months. One thing that I am keen to do, is return to clinical or community nursing. Regardless of where I go, or what I do, I will always remember my time at Bayley House.

Bruce Salvin  
CEO

## Dates to remember

### April



NDIS Peer  
Support  
Meeting



Term 2  
commences



NDIS Peer  
Support  
Meeting



ANZAC Day  
Holiday

### May



Family &  
Friends  
Meeting



Volunteer  
Week morning  
tea



Mothers' Day  
Stall



NDIS Peer  
Support  
Meeting

### June



Family &  
Friends  
Meeting



Queen's  
Birthday  
Holiday



NDIS Peer  
Support  
Meeting



Last day  
Term 3

## noticeboard

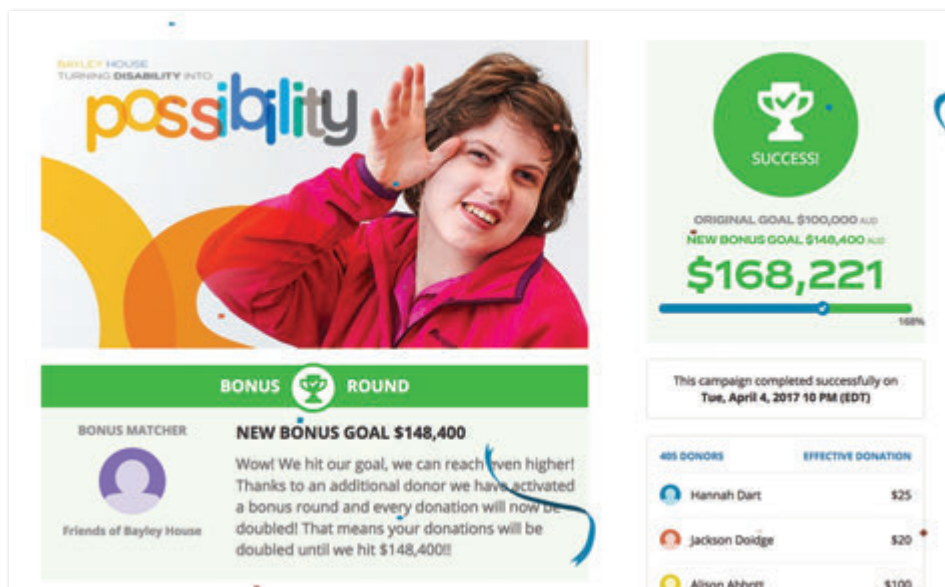
### Contacting the Day Service

Often families or carers need to contact the Day Service to inform staff of absences, late arrivals, illness, early pickups or other news that is important and must be conveyed as soon as possible. For this reason, the Day Service can be contacted directly via email on: [dayservice@bayleyhouse.org.au](mailto:dayservice@bayleyhouse.org.au)

All client information, news or other communications should be sent directly to this email or calling Virginia in the office on 03 9982 1500. The office is a busy place and your call or email will be responded to as quickly as possible.

**Email [dayservice@bayleyhouse.org.au](mailto:dayservice@bayleyhouse.org.au) or call 03 9982 1500 to inform staff of absences, late arrivals, illness, early pickups or other important news.**





Catriona was delighted to see the campaign billboard out the front of 54 Middle Crescent

# An amazing campaign

On Tuesday 4 April Bayley House launched an online fundraising campaign with the aim of raising \$100,000 in 24 hours. Not only did we reach our target, but we exceeded it, raising an astounding \$168,221.

The **Turning Disability into Possibility** campaign featured Catriona Ryan and several other clients, all of whom have benefitted greatly from Bayley House's support. The campaign was 'live' for only 24 hours and it was all or nothing; if the target was not reached Bayley House wouldn't receive any donations. Amazingly our target was reached in just under two hours; the fastest any campaign assisted by fundraising consultants, Charidy, has reached its target in Australia.

Extensive promotion via social media and email played a crucial role in the success of the campaign. This raised awareness far and wide and when the campaign commenced, people started donating immediately ensuring the campaign got off to an amazing start.

Thanks to three groups of matching donors who pledged their support prior to the campaign, every dollar was matched until the \$100K target was reached. This effectively meant \$1 donated became \$4. A bonus round was then held and a new target of \$148,400 was set. This was exceeded just before 5pm. A third target, 300 donors, was reached two hours later.

There was a great buzz of excitement around Bayley House during the day. Many staff and clients across the service kept track of the campaign and watching the tally rise became addictive.

By the time the campaign closed at 12 noon the next day, just over \$168,000 had been donated by 405 donors. The average donation was \$179. The amount raised was far beyond all expectations and reflects the high regard our community has for the work undertaken by Bayley House.

Such an amazing result could not have been achieved without the support of so many people. On the day, 38 volunteers, mostly family members of someone attending Bayley House, made over 900 calls to people in the Bayley House community. Their calls prompted many to donate. Promotion via social media was vital. Thank you to our Social Media Ambassadors and everyone else who spread the word.

Finally, thank you to our matching donors, Bill and Rea Hodgson, Melanie and Peter Hannon, Fay and Wally Matthews, Hede Architects and the Vulcan family. Your pledge to match donations inspired others to donate, thereby ensuring success and **Turning Disability into Possibility.**

## Local supporters included:

- Kay & Burton
- Tim Wilson MP
- James Newbury, Candidate for Brighton
- The Pantry
- Keith's Bakery
- Brighton Rec
- Dendy Deli
- Ckaos
- Lakeside Financial
- Brighton Savoy

## CAMPAIGN TIMELINE

### April 4

- 12:00** Campaign commenced
- 12:25** 25% target reached (\$25K)
- 12:44** 50% target reached (\$50K)
- 13:16** 75% target reached (\$75K)
- 13:55** 100% target reached (\$100K)
- 16:50** Bonus target reached (\$148K)
- 19:01** Target of 300 donations reached

### April 5

- 12:00** 168% target reached (\$168K)  
Campaign closed



# *providing* High Support



**Around 3% of Australians have an intellectual disability which may affect every day social, emotional and cognitive skills. The level and type of support required varies depending on the severity of their disability and the complexity of their needs.**

The High Support Program at Bayley House offers a specialised program for individuals with very specific and ongoing high support requirements. The program comprises of two very busy and energetic groups which are based out of the newly refurbished Glassborow Wing. The groups are supported by a fabulous team of instructors and participate fully in all Bayley House activities.

Each person in the High Support Program is non-verbal and needs full supervision. In addition, they require assistance at meal times and with most aspects of their daily living needs. A majority have trouble with mobility and self-care and must be supported accordingly.

Verbal communication is limited. As such, there is a heavy reliance on the use of gestures, body language and vocalisation

to express wants, needs and decision making. The use of sign language is encouraged to support with the latter, especially when choosing between items, activities and objects. Daily morning communication sessions utilise objects and a communication board with picture references to ensure everyone is familiar with the day's routine.

The High Support area is always abuzz with activity. There are often things happening in the courtyard, sensory room, cooking area and program zones. In total, High Support runs 15 different programs each week, all of which incorporate new ideas and themes to match client needs, likes and interests. Clients participate in a range of sensory based activities as well as programs that ultimately allow them to reach their individual goals.

## **Cooking with a difference**

All those in High Support love their food and thoroughly enjoy getting into the nitty gritty of making something they can eat. Thus, sensory cooking, which aims to stimulate all the senses, is by far the favourite activity each week. Simple '4-ingredient' recipes are used with budding chefs being visually introduced to the different ingredients and encouraged to smell, touch and taste all the components prior to tasting the final product.

## **Sensory art**

This is a time to get messy! Participants use their motor skills to experience different textures and touch sensations whilst creating beautiful artwork; many of which are featured in our exhibitions. Whether it's using paint, shaving cream, paper or spaghetti, sensory art always puts a smile on each face.





*Jimmy loves painting*



*Making sure the garden is well watered*



*Inga tests her cooking skills*



*An outing to Giants Chair at Mt Dandenong*

### Spa sessions

These sessions enable clients to relax their bodies and mind and enjoy being pampered. They are based on individual client likes and make use of foot spas donated by Bayley House Family & Friends. The room is decorated with calming fabrics, scented candles and flowers to provide ambience and each person can choose from manicures, makeup and hair styling.

### Getting out and about

Community access outings are a very important and vital part of the weekly program. Community inclusion empowers clients to socialise, have fun, exercise and explore their environment. Their experiences can then be shared with friends and families through photos, memorabilia and drawings.

All sorts of venues are visited; local parks, the city, museums and places like the Dandenongs. No place is too much trouble for the groups to enjoy and explore, especially if hot chips or a hot chocolate are on offer.

### The value of music

Every High Support client lights up when music is played. For this reason, music is incorporated in some way into every program. Whether it be the playing of Zorba in the music session, listening to Enya during meditation, or shaking the tambourine and maracas during music therapy; all forms of music are enjoyed. Whatever the program or situation, music calms and soothes the soul.

### Use of technology

The use of iPads has been of great value in High Support. It might be as simple as listening a favourite song or using one of the learning apps but it is important in increasing engagement and offering greater control and self-determination. The benefits will continue to increase as more technological tools become available.

The High Support program has grown significantly over the past few years. The activities are more diverse and focus on what can be achieved. Courtney and her team must be congratulated on the wonderful work they do for everyone who participates in the programs they conduct.



*Soula spends time using the foot spa*





Footy Fans James and Molly

## ST KILDA ANGELS

Thank you to the St Kilda Angels Supporters Group for donating 10 concession and 3 adult membership passes which provide entry to St Kilda home games. The passes are available for use by anyone attending Bayley House.



Kurt plays the role of Easter Bunny

## EASTER TREAT

Everyone at Bayley House loves Easter, particularly when Family & Friends provide an early Easter treat. On the last day of term, clients enjoyed a scrumptious morning tea complete with hot cross buns, lots of Easter Eggs... and of course, a visit from Easter Bunny. Thank you ladies for the buns, Coles Bay St Brighton for a voucher for the Easter eggs and Kurt and Tony, who were our Easter Bunnies.



Maddie (left) and Sarah (right) bring a little cultural diversity to the front of Bayley House

# Cultural Diversity Week

Bayley House joined people from across Victoria to celebrate Cultural Diversity Week from 18-26 March. Our own community is very diverse and the week provided a great opportunity to learn more about different cultures, religions and countries.

Cultural Diversity Week temporarily transformed Bayley House. The corridors were awash with national flags, fantastic smells emanated from the different cooking areas, national anthems were being sung and people proudly spoke about their heritage and culture. Cultural awareness was incorporated into nearly every aspect of every program in the Day Service.

Many activities undertaken during the week focused on the cultures and backgrounds of the individuals in the group. The cooking programs were extremely busy and many a cultural feast was served for lunch. With over 20 different cultural backgrounds there were an abundance of different dishes to be sampled.

Harmony Day was celebrated on March 21. Many groups received a harmony package which included activities that promoted cohesion and inclusion. The importance of cultural diversity was discussed with participants talking about how everyone should respect difference and embrace other cultures.

Learning words and phrases from different languages was amongst the favourite activities. People learned how to say hello,

please, thank you and good bye in French, Italian, Greek, Polish, Chinese, Indian and lots more. Music and dancing from all those countries were also enjoyed.

Without a doubt, the highlight of the week was the Cultural Fashion Parade held on Friday. Everyone dressed up for the occasion wearing traditional clothing from their own cultural background, or that of their favourite country. It was a fabulous day. Watching everyone enter the building was amazing; they looked sensational. There was lots of laughter, many discussions about the outfits and plenty of photos being taken. All this culminated in a fashion parade later in the morning.

The parade featured a French Mademoiselle, a group of typical Aussies, a small Greek contingent, a couple of Scottish lassies and even a few Mexicans. Local MP, Tim Wilson, Member for Goldstein even got into the action. Tim, who was previously Australia's Human Rights Commissioner and is passionate about diversity, is very supportive of Bayley House. He had called by to say hello and join in the fun.

Overall, it was a great week of celebration and wonderful cultural experiences.





*Bri struts her stuff on the catwalk*

## Fashion Festival

Every year the Bayley Fashion Festival gets better and better, and this year was no exception. The fashions were fabulous; dresses, skirts, jackets and lots more.

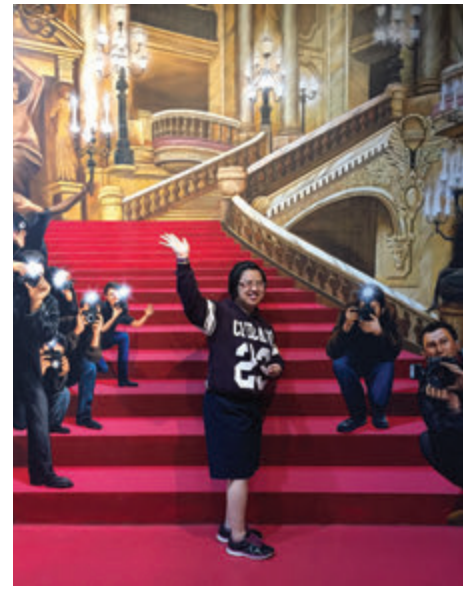
Over 80 guests spent the night watching a parade of the garments created by the 12 participants in the Fashion and Design Program. Each person presented two outfits; one for day wear and the other with a 'Derby Day' theme. The latter featured some stunning black and white designs that would rival the best at the Spring Racing Carnival. All the designs were popular with the audience who clapped and cheered loudly each time a new outfit was modelled.

It was obvious from the complexity of some of the designs that many hours of planning, designing and hard work went into making each garment. But it was worth it. Everyone looked wonderful and beamed with pride at being able to show off their creations.

Thanks must go to Program Instructors, Mani and Gillian for the wonderful work they do, Jane for the great makeup, Jason for the photography and our fabulous sewing volunteers Lesley, Jackie and Cherry for all the help they provide.



*Iain tests his balance*



*Sally waves to the paparazzi*

## Art Vo

**Learning to appreciate art doesn't always come easily, but if you can be a part of the artwork, then it makes all the difference. For this reason, several groups ventured to Art Vo during the term.**

Art Vo is an Immersive Gallery based at the Docklands, and is a fabulous way to experience an art exhibition in a completely different way. There are over 100 large 3D reality defying artworks that you can walk into and be a part of...and if you stand in the right spot, you can be featured in some unbelievable scenarios.

The exhibition is spread over 11 themed zones and the artworks have been painted directly onto the walls and floors by 40 Korean artists. Unlike normal museums, visitors are encouraged to touch and interact with the art, as well as take photos of themselves immersed in the settings.

The groups who attended from Bayley House had a fabulous time. It was a visual playground and everything was bright, colourful and very tactile. People went from one area to another exploring the Egyptian room, the fairy area, the animal experiences and lots more.

Clients found themselves surfing on large waves, sitting in gondolas or being confronted by animals. Some were seen dodging knives, waving at the paparazzi or juggling armfuls of shopping bags. Staff even got involved climbing bamboo with the Pandas and exploring ancient buildings. There was so much to see and do. Everyone had a fantastic time and didn't want to leave.

## Farewell Bruce

After six years as CEO of at Bayley House, Bruce Salvin was farewelled by clients at a morning tea on Tuesday 4 April. In true Bayley tradition, a few songs were sung, a gift was presented and Donny had the final say with an extremely loud 'Hip, Hip Hooray!'

Bruce has overseen many changes over the years but has always had the client's interests at heart when making key decisions. He knew everyone by name, chatted with them regularly, and developed a strong relationship with many of them. This, together with an open-door policy meant that clients felt comfortable letting him know what is going on and what they would like to see happen. He will be missed.



*Michael presents Bruce with a farewell gift*



L to R: Samantha, Kerryn, Robbie, Sophia and Richard enjoy the Pancake Day

## PANCAKE DAY

The promise of some great tasting pancakes set the scene for a lovely morning tea at The Crescent on Shrove Tuesday. Bayley House was invited to join residents and their families for the event which helped raise money for our programs.

The Crescent, owned by the Buxton Group, is situated in Bayley House's backyard in Outer Crescent and provides retirement living in the heart of Brighton. We are well known to the residents, and several of them volunteer their time in some of the activities we conduct. Earlier this year residents expressed their desire to management that they would like to support our clients and help raise funds for Bayley House. A Pancake Day morning tea on Shrove Tuesday seemed the ideal way to get things rolling.

So it was with great pleasure that CEO, Bruce Salvin, together with clients Robbie and Sophia, joined Samantha and Richard Buxton and around 40 others to enjoy a beautiful morning tea of pancakes. A raffle was conducted during the morning and much to their delight, and that of the guests, Robbie and Sophia were thrilled when they each won prizes!

Congratulations to The Crescent and all involved on a successful event. We are very appreciative of them choosing to support Bayley House and look forward to developing a close and mutually rewarding relationship with The Crescent and the Buxton Group.

If you, your business or community group is interested in Community Fundraising for Bayley House, please contact Ruth Lew, Fundraising Manager, for more information.

## A great way to celebrate

From weddings to christenings, birthdays to anniversaries, engagements to reunions, In Celebration giving enables your family and friends to make a donation to Bayley House in lieu of gifts.

It is a great way to spread awareness about Bayley House as well as our programs and services. In the past, In Celebration gifts have helped us purchase iPads and other essential equipment.

Everyone who makes a gift in recognition of your celebration will receive a special thank you and tax deductible receipt. In turn we will acknowledge your support and provide you with an update on the total funds donated.

**So, if you are hosting a special occasion, feel free to call Ruth Lew on (03) 9982 1537 or email [rlaw@bayleyhouse.org.au](mailto:rlaw@bayleyhouse.org.au) to find out more about how your celebration can help Bayley House and the people we support.**

### YES, I/WE WANT TO MAKE A GIFT!



**BAYLEY HOUSE**

52 Middle Crescent, Brighton VIC 3186  
P.O. Box 113, Brighton VIC 3186

\*All donations of \$2 or more are tax deductible

#### My details:

Title: First Name:

Surname:

Address:

Suburb:

State: Postcode:

Contact Number:

DOB:

Email:

#### Please accept my/our donation of:

☐ \$75 ☐ \$50 ☐ \$180 ☐ \$500 My choice \$ \_\_\_\_\_

☐ Please find my cheque enclosed (made payable to Bayley House)

OR please debit my credit card: ☐ VISA ☐ Mastercard

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Name on Card:

Expiry: / CVV: Signature:

☐ Yes, please contact me about making monthly donations

**Please return to:** PO Box 113, Brighton VIC 3186

OR donate online at [bayleyhouse.org.au](http://bayleyhouse.org.au) or by phone **03 9982 1500**

#### Please send me more information on:

☐ Wills and bequests

☐ Special occasion giving  
(donations in lieu of gifts)

☐ Becoming a volunteer

☐ Programs and services