

Shooting a few hoops is always a bit of fun, especially when you are playing with friends. One of our Health and Wellbeing activities, basketball, is a great way to increase physical fitness, improve coordination and promote teamwork.

Basketball is a highly popular activity with around 30% of the people attending Bayley House participating in the one of the local competitions conducted for people with an intellectual disability. Each week, 10 teams from Bayley House test their skills and venture onto the basketball court; seven teams play in the Tulip Street competition in Sandringham on Tuesday mornings and another three teams play at GESAC on Wednesdays.

The competition is fierce, but the games are always friendly and played in great spirit. Everyone gets the chance to have a run around, testing their ball handling skills and goal scoring abilities. Win, lose or draw, it doesn't matter, the focus is on participation and being part of a team.

Playing basketball has a range of benefits. Many players have shown a significant development in the level of their social skills, self-esteem, confidence and sense of belonging within the community. It promotes a healthier lifestyle, improve communication with others and encourages participants to lead a more active life.





CEO's message

The appointment of Ms Fiona Lynch as CEO was announced last month. Fiona will commence in October and is joining Bayley House at an exciting time with the roll out of NDIS to commence for some clients in November, and the majority in April 2018. We look forward to welcoming her.

Unfortunately, activities based from Herald Street have not operated during much of Term 3 due to fire service and leaking roof issues. This is a critical OH&S issue and while the health and safety of clients and staff are compromised, we will not conduct activities from the site. Works are currently being undertaken to rectify the issues.

Bayley House has been extremely busy with 12 working groups currently overseeing key projects; some are NDIS based whilst others are geared towards developing ongoing opportunities.

To ensure NDIS compliance, the delivery of day activities and our transport service has been investigated. The resultant changes will ensure a more efficient mode of service delivery for day activities and transport operations. Two 3-hour activity sessions will be conducted each day: 9am–12noon and 12noon–3pm. To facilitate this, clients will arrive between 8.45–9.00am and leave for home just after 3.00pm. This eliminates the need of before and after activity supervision. Staff shift times will also change slightly to better align with the activity times and provide necessary time to complete the daily reporting required under the NDIS. These changes will provide a range of benefits for clients and staff.

Other groups have been working on a strategic marketing plan, implementing operational efficiencies, developing accommodation options and much more. We will keep you posted on the outcomes.

Janet Batey

Janet Batey
Interim CEO

Dates to remember

October

02	04	13	16	21
Term 4 commences	Family and Friends meeting	Lucky Prize Night	NDIS Information session	NDIS Information session

November

01	03	06	07	14
Family and Friends meeting	Day Service In-Service Day	Melbourne Cup Day Eve Holiday	Melbourne Cup Holiday	Bayley House AGM

December

21	25	05	06	14
NDIS Information session	Information session	Family and Friends meeting	Art Exhibition Opening	Supporters Function
15	18	20	22	
Client Recognition Awards	Christmas Concert	Client Christmas Lunch	Last day of Term 4	

noticeboard

New CEO Announced

On August 1, the Board announced the appointment of Ms Fiona Lynch as CEO of Bayley House. Fiona is the currently the Executive General Manager at Australian Home Care (AHC) and has previously held positions with the Office of Children and Families in the Northern Territory, Medibank Private and various Community Health entities across Melbourne and regional Victoria.

She brings with her a lot of energy, commitment and a passion for social causes. Fiona is a strong leader and has an accomplished track record in building cohesive teams, managing change and ensuring organisations are well-positioned, perform strongly and achieve high standards.





A Fabulous Lunch



Guests enjoy the luncheon

Over \$65,000 was raised at a luncheon held at the RACV Club in Melbourne on Friday 28 July. This is the fourth consecutive year that Bayley House has been the beneficiary of the Charity Lunch, which collectively has raised more than \$200,000 to support our services and programs.

A record 260 people attended the 2017 Charity Lunch. Many had attended previously and most were from finance, legal and accounting firms based in the CBD. Jo Stanley, breakfast radio host on GOLD 104.3 was the MC and guest speaker Alex Malley gave an entertaining presentation.

The live auction had 12 fabulous prizes and was a treat to behold. Conducted at a cracking pace by a bevy of professional auctioneers, hands flew left, right and centre as people vied the unique items on offer. You had to be quick to get your bid in or else you missed out. Auction items included a virtual golf experience package, use of a new Jaguar for a weekend and two tickets to Richmond FC's Best and Fairest. The auction raised over \$33,000 alone!

The Smooth Stars Shine

One of the highlights of the lunch was a performance by the Bayley Smooth Stars. Bri, Bronwyn, Cassice, Jacqui, Jessie, Katie, Luke and Theresa did a fabulous job and soon had the audience singing along to Waltzing

Matilda and Lean on me. From the applause they received, the Smooth Stars are likely to perform again next year!

Supporting our Accommodation

Funds raised will be used to undertake much needed maintenance and improvements to our residences. Bayley House receives minimal resources for the upkeep of the residences and the income from the luncheon will help us ensure our residents have a quality home environment and living conditions of the highest standards.

A Great Committee

Sincere thanks and congratulations must go to Ian Hyman, Kate Hulsman (nee Savage) and their dedicated committee; the success of the event reflects all their hard work and effort.

Special thanks to the national sponsors of the event for their generous support: Resicom & Oak Capital, Hall Chadwick, Macquarie Bank, RedZed and Factor One.



Rhonda Whitfield with MC Jo Stanley and organiser Kate Hulsman



The Smooth Stars perform



Delivering sessional activities

Bayley House is working towards delivering a suite of short term or sessional activities that can be delivered on-site or from a community based setting. These activities will be offered 'out-of-hours' on week day evenings or over the weekend.

An analysis of the activities we currently offer, the skill base of staff, availability of specialist instructors and client preferences identified a demand for, and our capacity to deliver, 'out-of-hours' sessions in art, dance and computers/iPads. Trials have been conducted for each type of activity which were developed to be social, educational and recreational or focus on skills development. Activities were delivered by staff from Bayley House who have specialist training, or through partnerships with external facilitators.

Dance Therapy

In 2016 Bayley House engaged a qualified and experienced dance instructor who successfully developed and trialled a seven-week dance therapy program. Sessions were held on a Monday afternoon and were evaluated by measuring participant outcomes and appraising feedback.

The success of the sessional activity led to its continuance in 2017 and a steady increase in the number of people involved.

The dance group offers an accepting and safe space in which all participants are encouraged to express themselves creatively and to support each other in this endeavour. It is also a space that encourages self-awareness and ownership of one's own contributions and development. Most importantly it is a space that encourages true enjoyment of all bodies' abilities to move and express through dance. Everyone who has participated has thoroughly enjoyed the activity.

Over the past six months Bayley House has been working in partnership with facilitator, Tessa Hens and Melbourne University Creative Arts Therapy researcher, Dr Kim Dunphy to use a therapeutic dance specific assessment framework, and accompanying

iPad App, to assess, evidence and report on the therapeutic outcomes of the program in alignment with the NDIS.

Interactive iPads Activities

The use of iPads at Bayley House has increased significantly over the past few years. Many clients are keen to learn how to use the range of applications that are available. With this in mind, a sessional iPad program was trialled in Term 2 using an App called Touchnote which enabled the nine participants to produce and print their very own postcards or A5 keepsake cards.

Three 1-hour workshops in June were followed by a longer 4-hour workshop in July. Each workshop was very interactive and provided a creative group environment. Everyone worked together to brainstorm and research ideas, sketch the layouts and source images. The new 42inch TV in the hall was used to view demonstrations and review each design



Natalie starts painting her stone



Tessa explains one of the dance therapy warm up exercises



Our artists at work



The finished stepping stones

so feedback could be provided. By the end of the sessional activity, each person had produced two cards.

The content was very diverse. Some cards showed memories of birthday celebrations, holiday destinations or visits to favourite places. Others had a football theme, expressed a thank you or featured a recipe. Hayley created an interesting card based a visual recognition game. She chose a number of items to fashion a collage on the front of her postcard; a list of the objects to be found was on the reverse side.

Art Therapy

Our Day Service has been offering art therapy sessions for several years. Combining art and psychology, the emphasis is on the art and creative process, rather than the product.

Art making offers a means of symbolic communication to better understand an individual's inner world and facilitates healing, self-expression and reflection. Each session begins with a meditation exercise and relaxing music is often played. Art therapy offers a safe space and can help with personal growth, problem solving, the release of

emotions and the development of coping mechanisms for stress. For these reasons, many of our clients have found art therapy very beneficial.

Early in August Bayley House trialled a four-hour weekend art therapy session which was attended by nine people; many of whom had not participated in art therapy previously. Individual 'stepping stones' were created to help participants overcome challenges and improve problem solving capabilities. The stones were a symbol chosen to help each person better understand how to break down challenges into smaller steps. To do this, everyone was asked to reflect on a challenge that they may be facing. With the philosophy of 'taking one step at a time' they thought about the small things they needed to do to overcome the challenge. Positive affirmations were written on the back of each stone which were then decorated to express each step taken.

The conduct of sessional activities is a potential growth area for Bayley House and we look forward to delivering more as we progress towards the NDIS.



Hayley shows off her hidden items postcard



Fin gets ready to cut his cake

HAPPY 21ST FINN

At the end of June family and friends joined Finn to celebrate his 21st birthday with a special morning tea at Bayley House. He is loving having 'the key to the door' and everything else that comes with being 21.



Margaret trims the stamps

USED STAMPS WANTED

Please send all your used stamps to Bayley House. The excess envelope is cut away and the stamps are forwarded to a collector who exchanges them for ones our Family and Friends group can use for their mailouts.



Family and Friends show off the Fathers' Day gifts

FATHERS' DAY STALL

Thank you to our wonderful Family and Friends group for holding a fabulous Fathers' Day stall in September. These lovely ladies made sure that everyone who wanted a gift for the favourite male in their life could buy one easily and at a great bargain price.



Harry loves going to the movies whilst staying at our respite house

Enjoying Respite

Our Respite Service is all about giving people a break from their normal routine. Family members can take some time out from their caring role and those staying at our respite house can meet new friends, enjoy some great activities and experience a different environment.

Providing short term respite for around 60 people a year, the focus is on active engagement, participation in recreational and leisure activities, socialising and in general, just having fun. There are always lots of activities on offer and there is never a dull moment. Residents can select to do something in-house or take part in activities in the local area.

When heading out and about, ten-pin bowling, picnics, seeing a film or having a bite to eat somewhere, are amongst the most popular activities. Trips to Phillip Island, Luna Park and Science Works are also high on the agenda and there is always time to go for a walk, enjoy a visit to the beach or even see a live show.

Relaxing at the house usually means time to watch a movie, listen to music, play a few board games or even undertake some craft work. Some of the ladies love to spend time painting their nails and the gents often enjoy watching the footy together.

Many of the people who use our respite service do so when their family are away on holidays. Keeping in touch is important so time is often spent sending emails, chatting on Skype or using Facebook to follow what everyone has been up to.

The staff team at the Respite house play an important role in ensuring everyone has a great time. They actively support residents to get involved in the day-to-day household tasks and select the activities they would like to do. They also assist individuals to access activities that they would usually access if they were at home, such as attending discos, cooking classes and birthday parties.

Bayley Respite is a valuable service appreciated by families and clients alike.

Respite Facts:

- Bayley Respite operates about 340 days per year
- 75% of respite users also attend Bayley House
- 59% of respite users are male
- The average age of respite users is 32
- 80% of respite users are in 20s or 30s



Kevin and Joy display some of the quilts made by Bay Quilters

Quality Quilts

Thanks to the ladies in the Bay Quilters group some of the residents in our houses will soon have a beautiful handmade quilt to adorn their bed.

The Bay Quilters have over 160 members, all skilled in the art of patchwork and quilting. They work together to make quilts which are then donated to local charities as part of the 'Quilts from the Heart' project. In total, they have donated around 3,300 quilts in the past 10 years.

This year, Bayley House was nominated as one of their chosen charities. As such, the Bay Quilters have donated two beautiful quilts to Family and Friends for their Christmas raffle and have offered to make quilts for each of the residents in our houses.

So far, six residents have taken up the offer and the Bay Quilters have received orders for a Power Range quilt, several football themed quilts and even one with cats. Thank you Bay Quilters.



Alisha tests her cooking skills



Hugh helps prepare a meal

Culinary Delights

Learning how to cook is not only fun, but is a great way to acquire a range of skills that help develop greater independence and maintain a high quality of life. Even better, you can eat the end product!

Each week Bayley House conducts a range of cooking activities that offer participants the chance to test their culinary skills. Nearly every day there are fantastic smells wafting through the corridors as groups prepare their lunch, bake cakes or biscuits or cook other culinary delights. It makes your mouth water just walking around.

A range of tasks are undertaken in each of the cooking activities. Our budding chefs determine what is needed, go shopping to obtain the ingredients and then follow directions to put it together. Learning skills such as budgeting, reading, teamwork, measuring and working to time is all part of the process.

Our very enterprising baking group are well loved at Bayley House. They make a range of sweet and savoury products which they sell to staff and other clients. Products sell out very quickly no matter how large the batch! The sensory cooking activities in the high support area are also great. Everyone gets the chance to create foods with different colours, textures, smells and tastes. Smoothies and dips are always a favourite with this program.

Not to be outdone, any activity where lunch is prepared is always popular. The 4-Ingredients program offers an introduction into cooking quick, easy meals whilst those in the meal preparation programs tackle more complex recipes. Both result in a sit-down meal.

Transitioning to the NDIS

As part of our preparations to transition to the NDIS, Bayley House recently reviewed and streamlined our transport service and other operations to increase their efficiency, and better align them with the new service delivery structure that will commence on 2 October.

Two activity sessions will be conducted each day with activities commencing at 9am and finishing at 3pm. All clients will therefore need to arrive between 8.45am–9.00am and depart between 3pm–3.15pm. The two session structure, combined with changes to staff shift times and our transport service, will enable Bayley House to provide more efficiently designed blocks of activity times and maximise learning opportunities for clients in the NDIS.



Sarah is all set to go on the transport run



An instructor shows Eddie, how to use the iPad applications

SUCCESSFUL GRANTS

Bayley House successfully secured over \$150,000 in grants from philanthropic trusts and foundations in the last financial year. This result reflects a grant applications success rate of 44%; double the national average.

The funds received have been put towards specific projects including ceiling tracking in the sensory room, an outdoor awning over the courtyard in Glassborow, specialised equipment and continued funding of the NDIS Family Liaison Officer role.

The Jack Brockhoff Foundation provided a grant of more than \$14,000 to engage a speech therapist to assess and support residents in our houses, and to purchase six iPads and a special communication app Proloquo2go.

People with an intellectual disability often experience difficulty in adequately communicating their wants and needs. As a result, they may experience anxiety or depression or exhibit challenging behaviours due their frustrations in making themselves understood. The Proloquo2go app has provided opportunities for residents to learn new ways to communicate and interact with others. This project has also been the catalyst for a suite of other tools to be introduced to increase opportunities for individuals to engage with the environment in which they live. For example, personalised Chat Books with easy to read symbols and pictures have been created for some residents with no verbal skills to build on ways in which they communicate with their friends, family and support staff.

Grants like this are invaluable in helping clients to work towards their individual learning goals and personal aspirations.

Great effort Coles

A big THANK YOU to the staff from Coles, Bay Street Brighton, who recently presented Bayley House with a cheque for \$10,607. The donation was the culmination of a wonderful fundraising effort by staff over the past financial year. Funds were raised through a variety of activities including in-store raffles, cake and biscuit bakes, a cycle-a-thon and a 10km walk-a-thon.

It was a fantastic team effort, only possible due to the commitment of the staff, led by Customer Service Manager, Rita Heaton, and the generosity of local shoppers.

Coles also supports our Working to Potential program. If you are shopping at the store on a Wednesday say hi to Alisha, Mark, Finn or Gavin if they are packing your shopping bags. The guys look forward to their work each week and the staff and customers have made them feel very welcome.

If you're interested in raising funds for Bayley House, please contact our Fundraising Manager, Ruth Lew on (03) 9982 1537 or email rlaw@bayleyhouse.org.au

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

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

OR please debit my credit card: ☐ VISA ☐ Mastercard

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☐ Yes, please contact me about making monthly donations

Please return to: PO Box 113, Brighton VIC 3186

OR donate online at bayleyhouse.org.au or by phone **03 9982 1500**

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