

Bulletin



Libby showing Thomas how to pump some iron

#fitspiration

For anyone on a fitness journey, finding the right support is one of the most important elements. Lucky for us that 13 years ago we met, Libby Dewar and many of our groups have been training with her ever since.

Between training sessions, Libby was kind enough to answer a few questions about leading people from Bayley House on their fitness journeys.

What is your background in the fitness industry? I have worked in the fitness industry since 2002. I teach Bodypump, Cycle, Aerobics, Bootcamp, senior's classes and do Personal Training here at GESAC. I also now coordinate a program for Glen Eira Leisure called the 'Attendant Support Program'. This program provides support to clients who need assistance to use our facilities in the pool and the gym essentially. I help 'open the doors' for everyone to exercise.

How long have you been involved with Bayley House? I have been working with Bayley House clients for the last 13 years. During this time, I have got to know so many wonderful people at Bayley House and have enjoyed introducing them to boxing, weight circuits, aerobics, step classes and cycle classes.

How do you approach your training sessions with us? I find the clients at Bayley House have a diverse range of abilities and enjoy lots of different activities. Asking the clients for their input as to what they want to do or learn is really important. We give anything a go and love trying new

activities and are prepared that if they don't work out so well then that's okay.

How has being involved with Bayley House helped you? Working with Bayley House clients has helped me change my thinking in regards to training people with disabilities. I now think firstly about what people can do rather than what they can't. This has helped me with all my client training and group teaching. We all learn from each other every day.

Stay tuned to our instagram account for more on what we get up to at GESAC in the #weeklywrapup.

 Follow us at @bayleyhouse

CEO message

It was a privilege to attend my first Bayley House client recognition awards ceremony recently. A hall packed with clients, families, staff and friends acknowledged 26 clients for their long-standing involvement with Bayley House. From 10 years to 50 years, everyone was recognised and celebrated in their own way.

Having the honour of presenting certificates, flowers and trophy to each recipient it was a genuinely heart warming experience to be part of this inclusive, open community. The spirit of humanity was literally all around us.

We talk about health and wellbeing sometimes as if they are things that you can dispense at the chemist, but these are things which describe how each of us manages in this complex world, how each of us feels about ourselves and of course much of that is how we feel the world views and treats us! The awards ceremony was a vivid reminder that at Bayley House we treat each other respectfully and with dignity, that we relish the achievements of others and that we come together as a community to recognise those achievements. The Bayley House 'family' is not just a term we toss around; it is a reality and reflects the values that drive us. And those very real values go a long way to supporting everyone's health and wellbeing. Bayley House: Grow, Learn, Belong.

Warwick Cavanagh
CEO



CEO Warwick Cavanagh presenting Robbie with his 10 year award



Dance Movement involves a variety of sensory experiences

Just Dance!

Over the past three years, in partnership with Dance Movement Therapist, Tess Hens and Dance Movement Therapist and Personal Trainer, Laura Houley, Bayley House has facilitated group Dance Movement Therapy (DMT) sessions.

DMT has many of the fun elements of a dance class but in addition, Dance Movement Therapists are trained and supervised at university level to target dance experiences towards therapeutic outcomes and goals. Key wellbeing areas that DMT can support include the development of social skills and connection, emotional literacy and regulation, physical wellbeing and mobility goals.

Group DMT sessions have run on a weekly basis. Many participants have enjoyed using DMT to work towards their own personal and NDIS goals. Sessions typically include warmups, body awareness work, creative and improvisational dance elements, breath and relaxation sequences and the linking of sensory and visual arts experiences to dance in order to enrich learning and personal growth.

Many participants have thrived in DMT as it can provide a safe and accepting space for personal and creative expression that does not need to rely on verbal communication. It has also supported many participants to socially connect with others in creative and fun ways.

DM Therapist Tess has been supported by Bayley House in Creative Arts Research pursuits exploring DMT

specific assessment frameworks and the use of an assessment App developed by Dr Kim Dunphy of the Creative Therapy Research Unit at the University of Melbourne.

This research examined the ways in which DMT can be assessed effectively and link in with NDIS funding requirements. In 2018, Tess received a grant from the Melbourne Social Equity Institute and Melbourne Disability Institute of the University of Melbourne. The grant supported research to work in partnership with DMT clients, exploring ways in which they can voice their responses to their DMT experiences and self-assess against their goals using Total Communication and arts-based tools. This research will culminate in the presentation of filmed artworks, a published article and accessible professional development tools.

As the NDIS evolves, its expressed ethos and intention is to allow innovative and new services to support wellbeing and personal goals of its participants. Dance Movement Therapy and Creative Arts Therapies are in an exciting period of professional and academic growth, offering new and innovative pathways to personal development for many people.



Fishy business at Ocean Made

Wellbeing through belonging

Feeling connected and included within your community not only makes you feel part of something but also promotes positive relationships and a sense of well-being.

The past few months have seen a significant growth for Bayley House in the area of community inclusion. Even though we have been situated in bayside Brighton for nearly 70 years, there were still many people and businesses who didn't know of Bayley House. Our recent fundraising campaigns and the Community Engagement program have helped to garner new and increased support within the local community.

Each Monday we are now working with Elwood Sourdough at their pop-up stall on St Andrews Street in Brighton. The team from Elwood Sourdough decided that in order to help the 'dough' rise from their sales, there was a 'knead' for a few extra hands. We are learning how to talk to members of the public, how to promote the yummy bread and how

to make sales. From all accounts we are rising to the occasion. The support we have received from Tracey and Greg has been fantastic and is helping to build our confidence in a number of areas. If you are looking for some fresh bread on a Monday morning, come and say hello.

Ocean Made Seafood have also given us an amazing opportunity – although some of our work mates aren't fans of how we smell when we get back! Each Tuesday John and Mathew are heading off to Ocean Made Seafood in Collingwood where they are learning how to prepare seafood that then gets sent out to Melbourne restaurants. John and Mathew have been undertaking a variety of hands on jobs including washing the seafood and also deboning the fish!



Mitch and Kurt getting their stretch on

Let's get physio!

Bayley House has had a fantastic relationship with the Neurological Rehabilitation Group for many years.

The NRG team consists of a physiotherapist, exercise physiologist and two physiotherapy assistants. The aim of the program is to keep clients active, prevent secondary deterioration associated with lifelong conditions and have fun through exercise.

All clients who attend Bayley House have the option to access this valued service, which is discussed in their review meeting. If a need for this support is identified then physiotherapist Jill Kentish, will conduct an assessment and recommend supports that may be of value and outline a schedule of funded hours that can be submitted to the NDIS.

Another benefit provided by this service is the ease of access of being on site. The need for external appointments and travel time is eliminated. The physio staff have direct contact with Bayley House staff which ensures that support is followed through and maintained. Training for Bayley House staff is also provided, adding to the high quality of person-centred support.

The benefits of physiotherapy are incredible for people at Bayley House. Julia Stone has been with us for 10 years and uses a wheelchair however with recent physio support she is now utilising a walking sling and practices walking which is helping to increase her ability to weight bare.

While onsite physiotherapy has been a long-standing service offering, not all allied health services can be accommodated on site at Bayley House. For more information please call one of our program managers via the main office.



Bayley House specialises in supporting adults with an intellectual disability to live a full, engaged life.



LIVE

Daily living skills, promoting independence, positive relationships and connecting with the community.



CREATE

Visual and performing arts. It's as much about the process as the end product.



WELLBEING

Physical health and emotional wellbeing. We listen, create opportunities and offer choices.



LEARN

High quality, accredited courses and in-house activities catering to individual skill levels.



BELONG

Our homes are warm and welcoming. We foster social relationships and participation in all aspects of daily living through active support.

Dates to remember

13 SEPTEMBER

R U OK Day

20 SEPTEMBER

Footy Day (End of Term 3)

27 SEPTEMBER

AFL Grand Final Eve & Public Holiday

30 SEPTEMBER

Start of Term 4

2 OCTOBER

Family & Friends Meeting

24 OCTOBER

Art Show Opening

25 OCTOBER

Family & Friends Lucky Prize Night

4 NOVEMBER

In Service Staff Day

5 NOVEMBER

Melbourne Cup Day Holiday

6 NOVEMBER

Family & Friends Meeting

14 NOVEMBER

Bayley House AGM

4 DECEMBER

Family & Friends Meeting

16 DECEMBER

Christmas Concert

20 DECEMBER

Last day of Semester

Noticeboard

NDIS Reminder:

A reminder to notify Bayley House if you have an upcoming NDIS planning meeting and also when you receive your new NDIS plan. Once received we will organise a new Schedule of Supports (which now replaces Service Agreements and Amendments) to continue with activities within Day Programs, Hype and Fresh and Accommodation.

Absences

Not feeling well? Have an appointment? Can't make it in today? Please be sure to let our office know if you are unable to attend Bayley House by calling **9982 1500** or emailing dayservice@bayleyhouse.org.au. In order for your attendance to reflect your NDIS plan we need be made aware of any changes with 2 business days'.

Conversation Hour

Talking can be a great way to relieve stress and strengthen relationships. Having the platform to discuss what is on your mind in a safe space is such an important part of looking after yourself.

We have recently introduced a 'Women's Business' lunchtime chat group. The first session was held earlier this month and the ladies were very enthusiastic, requesting for this new group to occur fortnightly. This is an open forum where the ladies are free to discuss anything to do with women's health or any other issues they choose to raise. This session is facilitated by our staff member, Krysia who is a trained counsellor. Krysia helps to guide the conversations and provides support and advice on a variety of issues.

Since mid-last year we have also had a Men's Group run by Paul, the vicar from St. Stephens Church. This group allows the guys to freely discuss any topic of their choice over lunch. Paul is very enthusiastic and has a psychology background which allows him to skilfully lead the group in their discussions.

What's 'Appening

These days there are apps for everything from paying your bills to building a city but there are a limited number of apps that support people with disabilities within their daily lives. So, when we read about Aumi we knew it was important to share. Aumi was developed by a teenager in England who lives with autism - 'Aumi is built to help people who need help managing their anxiety, monitoring their mood and avoiding burnout. Aumi is also for and by people on the autism spectrum'. Aumi is available on the app store for \$4.49. There are a number of similar free apps, including 'Brain in Hand' which has a similar function to Aumi however what sets Aumi apart is the fact that it was designed by someone who lives with autism.



Molly with her family and bestie James

Client Recognition Awards

A number of years ago, one of our long standing clients, Jim asked why there was no award for having been at Bayley House for a record number of years? And so from this, the Client Recognition Awards were born.

These awards highlight and celebrate those who have been attending Bayley House for 10, 15, 20, 25, 30, 40 and 50 years or more. This year we celebrated 26 people, including a 50-year milestone for Stephen Harte.

The morning was attended by a record number of friends and family members, cameras were out and cheers were loud as our amazing clients accepted their well-deserved awards.

This years Client Award winners

10 year Certificate

Alisha Barclay
Robbie Blumenstein
Nicholas Di Stasio
Olivia Hannon
Monty Hede
James Halvorsen
Molly Hemming
Tess Milgrom
Vickoriya Mindelis
Mark Polonsky

Julia Stone

Danny Tong
Kurt Zylan

15 year Certificate

Georgina Broadway
Nicola Caithness
Frank Georgoulas
Hayley James
Amy Martin
Bronwyn Phillips
Paula Tardif

20 year Certificate

Philip Fullinfaw

25 year Award

John Lasorella
Nicholas Yankos

40 year Award

Kouli Kapeleris
Susan Krausz

50 year Award

Stephen Harte