



**In a new activity for Bayley House, an intrepid band of five participants is setting off to Collingwood Children's Farm each Tuesday for some hands-on experience in the great outdoors.**

The community-based activity allows group members to roll up their sleeves and participate in a variety of voluntary farm maintenance work. So far, this has included removing weeds, ensuring water troughs are clean for the animals, cleaning a chook run and helping to construct wick garden beds.

The opportunity is a joint initiative of staff from both Bayley House and Collingwood Children's Farm who all recognised the possibility of an ongoing partnership following a Bayley House outing to the farm earlier in the year.

While our group's voluntary work at the farm contributes to its successful operation, our participants also value the interaction and inclusion within the broader community.

Engaging in purposeful tasks each week brings plenty of opportunity to get their hands dirty, but it's not all work. Group members also enjoy the opportunity to observe and pet some of the goats, chooks and other animals that make the farm such a popular inner-city attraction.

*Pictured: Bayley House participants enjoying their weekly visit to Collingwood Children's Farm.*





## CEO's message

**As we welcome spring and see green shoots unfurling, it's timely to reflect on the many developments occurring in and around our community.**

Last edition we noted that NDIS transitions were well underway. I am delighted to say that of our 199 participants, we now have 82 with NDIS funding. Families consistently comment on the great support we provide through this change — my thanks for excellent staff teamwork!

In other NDIS news, we learnt in June that centre-based service rates will be reduced. This brings financial challenges to services like ours. We are actively lobbying politicians, professional networks and peak bodies such as National Disability Services. If you want to get involved, we will provide information out soon to help you have your say.

In brighter news, our stylish new website is due to launch in October, backed by a new logo as we refresh our brand. It's about staking our claim as a leading provider of services to adults with an intellectual disability. Watch this space!

Finally, I would like to share a little anecdote from a colleague who was driving a participant home after what had been a taxing day. The staff member exclaimed about her busy day and that she was thankful it was over. She was taken aback when her passenger replied, "Yes, it's tough being a client sometimes." Isn't it helpful to be reminded of why we do what we do? Thank you for your ongoing support in your vital role in our community.

Fiona Lynch  
CEO

## Dates to remember

### September



R U OK Day  
Activity



Footy Day &  
End of Semester



AFL Grand Final Eve  
Public Holiday

### October



New Semester  
Starts

### November



Bayley House  
Fashion Parade



Client Awards



Antaeus Fund's  
Spring Carnival  
Charity Fundraiser  
Lunch



Melbourne  
Cup Day Holiday

## noticeboard

### Volunteer Call

Life is so much richer at Bayley House thanks to the contributions of our dedicated volunteers. There's always room for more volunteers. Our current vacancies include:

#### Program Assistant — Cooking

Wednesdays and Fridays from 9:30am–2:30pm to provide assistance and support to participants during their cooking program and assist in improving their skills and ability in the kitchen.

#### Program Assistant — Art

Wednesdays from 1:00–3:00pm to provide assistance and support to participants in all aspects of their off-site pottery class

#### Program Assistant — Farm Work

Tuesdays from 9:30am–3:00pm to provide assistance and support to participants during farm-work related activities at the Collingwood Children's Farm.

#### Program Assistant — High Support

Wednesdays from 9:30am–3:00pm to provide assistance and support to participants in the high support program area.

#### Working to Potential

Weekdays at various times to provide assistance and support to participants achieve work/life balance in workplaces such as Coles and Bambini Child Care.

**To join the buzz and be part of our community, call 03 9982 1512 or email [contactus@bayleyhouse.org.au](mailto:contactus@bayleyhouse.org.au)**





# In the eye of the beholder

*Photography on location at Williamstown Botanic Gardens made all the more stunning with digital wizardry.*

Bayley House has long been known for its strength in visual and creative arts. This proud tradition continues as we see new techniques come into play thanks to our media program.

Our annual exhibition at Bayside City Council is fast approaching and the art room is leading the drive as participants create up to 100 pieces for display. This year's theme is 'Celebration', with some entries celebrating the four elements of fire, water, earth and wind.

Our artists continue to develop their confidence and experiment with new and fun techniques including abstract art. It's exciting to see several developing a style that's all their own. Meanwhile, others have specific goals in mind as they work to develop particular techniques.

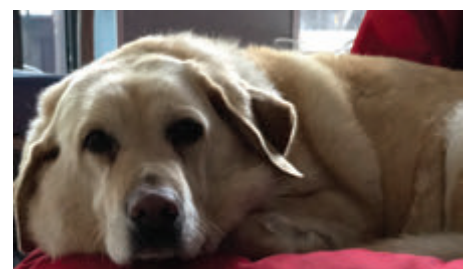
While efforts continue towards the exhibition, a creative push is also shaping the backdrops to our 2018 Christmas concert, another highlight of our annual creative and artistic calendar.

Excitingly, our artistic pursuits are now taking us even further afield. A photography group makes the most of our picturesque bayside location most Mondays. The group of around 10 participants then adjourns to the Highett Community Centre's computer room where they enhance their images by applying filters and other editing techniques using Photoshop.

**Enjoy our 'Celebrations' exhibition from 13 November – 10 December at Bayside City Council's Corporate Centre, 76 Royal Avenue, Sandringham.**



*Rosie with her portrait of Stef the dog.*



*Stef the dog: inspiration for Rosie's portrait.*



# Seizing *the day*

There's something for everyone at Bayley House. Whether we're celebrating, exploring, moving and grooving or showing the world what we've been up to, we make the most of every day.

## All aboard: getting out and about

We're a sociable bunch at Bayley House and each week sees various groups heading off on adventures of all kinds both nearby and further afield in our city and beyond.

While our outings create great opportunities for community engagement, they also open up new horizons as participants enjoy, explore and experience new places, landmarks and cultural institutions.

Our excursions allow participants to socialise, enjoy their surroundings and be stimulated by new sights, sounds, people to meet and things to do. Wherever our outings take us, participants also benefit from the opportunity to use and improve their social skills and engage in practical matters such as handling money.

Importantly, it's the participants who set the agenda for our outings through their engagement in the planning process, including identifying wet-weather contingency options.

And whatever the destination, hot food and a cafe stop are often welcome highlights of our day out and about.

In recent months, we have visited:

- The Melbourne Zoo
- The Melbourne Museum
- Sidetracked Entertainment Centre
- 'The Block' of reality-TV fame in St Kilda
- Docklands
- Williamstown Botanic Gardens

## Oh baby, celebrating our many birthday milestones

The Bayley House community knows how to celebrate a birthday, but celebrations overflowed in July as we marked no fewer than five birthday milestones in as many days.

In a line-up of significant anniversaries, participants Gio and Tony both turned 60, Angus hit a fabulous 50 and Margaret sparkled with an awesome 80 not out. Not to be outdone, our very own Janet Batey, Chief Operations Officer, celebrated turning 70.

Congratulations Gio, Tony, Angus, Margaret and Janet!





*Teresa, James, Katherine, Tess, Lachlan, Kurt and Cassice in Melbourne's Docklands precinct.*

### Our day at the movies

In an exciting day for Bayley House last month, the movies came to us! Film production company, Arc Film, worked on site shooting a promotional video for our new website.

The crew spent the day shooting footage and getting a feel of everything we offer. With lots of great footage in the 'can' (we think that's what they say in Hollywood!), the film-makers are now working to edit and produce a short, professional video that captures everything great about Bayley House.

Using a relaxed and conversational interview style, Director Abi Richardson of Arc Films worked with us on the day of filming to capture the warm and inclusive vibe we are known for at Bayley House. The finished video will run for around four or five minutes, a length our producers recommend as one most likely to capture and hold viewers' interest.

The finished product will communicate our welcoming and fun atmosphere and showcase our wide selection of programs and professional, personalised support.

The video will also demonstrate our community as one where participants are valued and their unique capabilities are celebrated and supported. And with many vibrant partnerships in and around our local community and beyond, the video is a great way to showcase our partnerships and that people's lives are better because they receive the right supports from us.

Look out for our new website launching next month, which will showcase how we live, learn, create and belong, and featuring our 'day at the movies'.

### We like to move it, move it

It's new, it's on Saturdays and it's happening at Bayley House! It's exercise and dance movement, to be precise. Although still in a trial phase, it's already attracting some great feedback.

The dance therapy sessions offer something for everyone. Upbeat 'move and groove' routines are set to dynamic and upbeat music for younger adults while a 'work it' routine focuses on strength, balance, stamina and co-ordination for a more measured approach. For older adults, an 'engage and flow' activity aims to gently increase range of motion, improve balance and promote healthy bones.

Bayley House has engaged MoveDanceBe in the fun activity designed to boost fitness, inclusivity, safety and achievement recognition. Saturdays bring mutual support and enthusiastic participation among the group.

MoveDanceBe's Laura Houley is a qualified Dance Movement Therapist, Allied Health Assistant and Personal Trainer.

The program responds to an identified need within our community: pre-planning surveys for the NDIS found additional exercise-based activities were valued throughout the week. The sessions offer both cardiovascular and strength-based exercise.

All members share their preferences for both dance moves and music selection. It's exciting to see that movement is proving a great way for participants without verbal communication to have input into the dance routine and share their ideas.

**For more information, call 03 9982 1500 or Laura on 0498 579 929.**



*Cameraman Tim captures some of the buzz of Bayley House during our recent 'day at the movies'.*



*Inga, Catriona, Laura (Dance Movement Therapist), Karen and Sally limber up for a morning of movement.*



*Gio, Tony, Angus and Margaret celebrated their birthday milestones in style.*



*Janet celebrated her 70th birthday.*

## Looking back, looking forward

It's been one year since our new Chief Executive Officer, Fiona Lynch, took the helm at Bayley House. As we mark this anniversary, we take a look at some of the developments shaping our community.

### Services

We're offering new activities in new places, as well as new services. These include new art and dance programs on weekends, as well as Certificate 1 courses in Literacy and Numeracy offsite. Our Positive Behaviour Support Service is our first allied health offering, with speech and occupational therapy to follow.

### Staff

Our confidential, free and 24/7 Employee Assistance Program means our staff now receive better support in the work they do. The scheme provides access to counselling, financial management coaching, nutrition advice, coaching for leaders, and more.

### Community Support

We recognise that the NDIS is a once-in-a-generation social change. Our staff continue to provide intensive support for our participants and their families during their transition to NDIS funding. Our back-up support to participants in their planning meetings has drawn great feedback from our families.

### Corporate Governance

We posted a surplus this year after a couple of years of deficit. Our Board has adopted a strategic plan of our goals and priorities for the period 2018–2021. Underscoring our expertise in intellectual disability, it's fitting we have struck a research partnership with The University of Melbourne, making for exciting times ahead.



*Dr Anneke Jurgens heads up the Positive Behaviour Support Service.*

## Allied health innovation sets Bayley House apart

**Our new Positive Behaviour Support Service is up and running, with a full schedule of participants registered and commencing on a journey to overcome barriers and secure a higher quality of life.**

Our Positive Support Practitioner, Dr Anneke Jurgens, notes that the initiative is responding to a clear need in the face of limited availability of services designed to address behaviours of concern among people with intellectual disabilities.

The program commenced in June and provides the Bayley House community with a 'one-stop' support option as a provider that understands and specialises in intellectual disability. It is designed to address behaviours such as absconding, aggression and self-harm, which Anneke explains are behaviours which represent forms of communication.

Understanding what the person is communicating allows Anneke to work with participants and their families to create solutions and new supports based on the needs and strengths of each individual.

Strategies might include a change in the environment, support to develop new behaviours that achieve the participant's desired outcomes and improved communication.

As a registered psychologist specialising in autism and communication, Anneke is excited about the future of the people and families she is working alongside. "There are significant benefits for the person and their family in terms of their quality of life," she says.

**For more information or to enquire about an appointment, please contact Bayley House on 03 9982 1500.**





The Bayley Birds raised the profile of Bayley House in 1974: Carolyn Vaughn, Gwenda Hance, Lynne Bishop and Faye Barrow.

# Feathering the nest for Bayley House

The year is 1974: a call for help appears in a local Brighton newspaper. What results is a grassroots response that changes lives, sees over \$600,000 raised for Bayley House and creates lifelong friendships.

Faye Barrow OAM, one of the founding members of the Bayley Birds, recounts that the ad had been placed by a mother of a participant at Bayley House who recognised a fundraising need. The call prompted a small group of capable young women to roll up their sleeves and form the Bayley Birds auxiliary in support of our community.

The group's annual society balls at Melbourne's premiere hotels attracted over 500 people some years, while the energetic auxiliary members also staged wine auction nights, jazz nights and other social occasions where they catered for up to 650 people, all to raise vital funds for Bayley House.

A love of good food and cooking underpins many of the group's efforts. Early in its history, the group saw the opportunity to assist with our Christmas concert and debutante ball. The group continues its support for our Christmas festivities today.

Faye believes the Bayley Birds is currently the longest-serving auxiliary in Brighton as the group continues its exceptional community service well into a fifth decade. Activities across the past 12 months, including a recent cards and game day, raised \$20,000 which the group donated to Bayley House in support of our physiotherapy program.

While the group's fundraising prowess is clear, the story of the Bayley Birds is overwhelmingly one of friendship. Many of the original members have maintained close friendships while a bond also formed between members' husbands, who came to be known as the Dicky Birds.

As to the future, Faye says the participants and families of Bayley House continue to inspire the work of the existing fourteen members of the Bayley Birds each year.



Back row from left: Gwenda Hance, Di Betts and Faye Barrow are pictured with Bronwyn at a recent morning tea cheque presentation.



Celebrating the 40th anniversary of the Bayley Birds in 2014. Back row from left: Denise McNamee, Kryisia Hodgson, Di Betts, Lyn Ward, Gwenda Hance and Anne Watkins. Front row from left: Janet Walter, Faye Barrow, Danielle Wood and Janet Corke.



*Ian Hyman's Bayley House Charity Lunch has raised over \$300,000 in the past five years.*

## PARTNERING UP, GIVING BACK

Joining Bayley House as a corporate or community partner is a great way to build a brand, demonstrate social responsibility and give back to the community. Businesses of all shapes and sizes, community groups, sports clubs and schools continue to partner with us for some exciting outcomes.

By partnering with Bayley House, your organisation can join our array of valued partners by aligning with a reputable and well-established charity to support our mission: helping people with an intellectual disability maximise their opportunities and to live the life they choose in an inclusive community.

For our commercial partners, corporate functions attract sponsors and appeal to the corporate sector as both valuable networking and fundraising opportunities. In-kind donations of goods or pro bono professional services give us access to commercial resources for strategic projects.

Meanwhile, our Working to Potential program is backed by a variety of businesses in Bayside. Currently several participants benefit from training and work experience on the job each week in roles including child care at Bambini, library duties at Brighton Grammar ELC, administrative help at Lakeside Financial and retail support at Peter's Mitre 10 in Brighton.

Sports clubs, schools and service groups contribute in numerous ways, including through fundraising, to show they care and support essential services.

**For more information, please contact the Fundraising Manager on 03 9982 1537 or email [fundraising@bayleyhouse.org.au](mailto:fundraising@bayleyhouse.org.au)**

## Community connection in the bag

Coles Bay Street Brighton has supported Bayley House since 2014 when the store manager identified Bayley House as Coles' primary local charity, saying, "We've been very well supported since opening in North Brighton and now have an opportunity to give back to the local community."

And it's a partnership that continues to thrive. Not only is Coles continuing its fundraising efforts for Bayley House, our partnership also includes client workplace training through the Working to Potential initiative.

In July, Coles hosted a celebratory morning tea to present a cheque for \$5,000 to Bayley House. The donation was the culmination of a wonderful fundraising effort by staff who held in-store raffles, cake and biscuit bakes and a cycle-a-thon.

If you are shopping on a Wednesday, you may be lucky enough to have Alisha, Mark, Finn or Gavin help pack your shopping bags. The guys look forward to their work each week and the staff and customers have made them feel very welcome.

**Thank you to all the staff and customers at Coles!**

## 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: 

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 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