



Stephanie, moments before receiving her Certificate in Transition Education

We love volunteering at St Kilda Mums

While we enjoy the support of many volunteers at Bayley House, we understand that support is something that goes both ways. This is why we love volunteering at St Kilda Mums, an organisation that does amazing work to support families in need.

St Kilda Mums is an organisation that relies on donations of goods and the many hands of volunteers in order to get much needed goods to mums, bubs and families. Our relationship with St Kilda Mums was formed in 2019, when Program Manager, Tess, who was a previous volunteer, introduced our Community Engagement program.

The first group from Bayley House began volunteering on a fortnightly basis. Harry, Emma, Will and Sarah would head to the original St Kilda base located, in St Kilda. Once there they would pop on their aprons, roll up their sleeves and get on with tasks such as washing baby baths, quality control of clothing donations, sorting donations into appropriate tubs, packaging

products like soaps and personal care packs, labelling packaging, unpacking deliveries and restocking shelves and general recycling duties.

We are proud to say that we are still volunteering with St Kilda Mums, however now a new group of volunteers put up their hands to get involved and instead of fortnightly, we now go out once a week.

Each Monday morning, Charles, Natalie, Sarah, John, Teresa, James, Katie and Nicole head out to Clayton and sign in at the front desk, grab their aprons and name badges before starting their jobs for that day. Each week is different. Some days it could be washing baths or sterilisers or sorting clothing, toys and books.

But each time they head through the doors at St Kilda Mums, they know exactly how much they are doing to help others.

The group are always eager to take part in new and exciting jobs that are given to them. Charles loves working hard and is so proud of volunteering, 'We work really hard at St Kilda Mums and it's lots of fun'.

We look forward to getting back to volunteering with our friends at St Kilda Mums as soon as we can.

"It makes us proud as an organisation to offer participants with varied skill levels, some meaningful volunteering opportunities." Dina, St Kilda Mums.

From our CEO



Michelle Sobel, Bayley House parent, blogged recently about an excursion to the park with her husband and son Daniel. Daniel is 28 years old and has a number of disabilities including autism. Daniel is non-verbal. As a child Daniel was hit with a football and has been fearful of them ever since; not surprising then that as a couple of young boys played kick to kick nearby, Daniel's picnic in the park had the potential to go downhill. Daniel's father approached the boys to explain and asked them if they wouldn't mind continuing their game a little further away. Without demur the boys agreed and moved on. The kindness of strangers.

Community is a curious thing. For those two boys their community was sharing a bit of footy together in the park. For Daniel it was sharing a picnic with his parents on a sunny Autumn day. They happened to end up in the same physical space and there was a risk that their very different needs from their community would clash as they overlapped. But community is more than a physical space or geography; it is about connectedness, about respect. It is an understanding and acceptance that it is the differences between us as much as the similarities which make us strong.

Those two young boys had no idea of Daniel's love of art, of his creativity. They would probably struggle to understand that an adult could be frightened by a football. They simply accepted the situation without any need to understand it. They accepted that Daniel's needs were different to theirs and in accommodating those that they could contribute to his enjoyment of his time in the park. I am not naïve enough to believe that this would always be the outcome but I do believe our society is increasingly aware of the need for tolerance and for the contribution of diversity in all its forms. Times are a' changing and we are fortunate to be a part of that. As Michelle says in closing her blog, "If you can be anything, be kind."

Warwick Cavanagh
CEO



John making sure the courts are ready for the games.

Clearing the way

The Sandringham and District Netball Association have been supporting Bayley House for quite some time now after in invitation in 2018 to try their All Abilities Program.

We discovered that we in fact loved netball and had so much fun heading down to the courts in Hampton. During lockdown last year, we were lucky enough to stay in contact with the SDNA team via zoom where we would work through netball drills and enjoy staying fit while safe at home.

Our ongoing partnership has seen a new arm of the friendship develop, with Charles, James, John and Nicole taking part in Disability Work Schemes that have been established. The SDNA are a highly inclusive organisation and run similar work experience schemes for teenagers with disabilities as well.

Charles, James and John began a community engagement placement earlier this year and were then joined shortly after by Nicole. Every Thursday, they prepare the courts for the Thursday afternoon tournaments by setting up equipment, putting pads on the netball ring poles, vacuuming the courts - the group take turns with

the machine as it requires a keen eye to follow lines and muscle to move it. The team are also responsible for cleaning and sweeping the clubroom entrance area and putting up signage and sanitiser stations. With their pay, Charles, James, John and Nicole are saving up for something special to do at the end of term.

The SDNA and Bayley House are exploring how to expand our partnership even more with a possible out of hours training session with access to All Ability tournaments with other district teams if we are able to attract further funding.

Thanks to the SDNA for their continual support, in helping us stay active while having fun. We look forward to getting back down to the courts and taking part in a few games when we can.



Bronwyn enjoying the new sensory garden

Garden Sensation

We are thrilled to have secured grant support from Gandel Philanthropy for the creation of a sensory garden for our clients.

Our direct environment can have a profound impact on our health and wellbeing, which is why having a sensory garden for our clients is so important.

The new garden space has been established in collaboration with clients and is accessible for all. The new garden area provides an open and welcoming space for group and creative activities such as storytelling, gardening and outdoor art and craft.

Features such as wind chimes, bird houses, a water feature, colourful plants and herbs mean that the garden appeals to all five senses.

The garden is also beneficial for our clients' emotional and physical wellbeing, by offering a space for meditation and quiet relaxation that encourages a sense of calmness. We look forward to creating many happy memories in this lovely new space.

FWRD Thinking

We are so grateful that our wonderful community supporters are always thinking of new and innovative ways to support Bayley House. Natalie Ryan, whose sister Catriona attends Bayley House, organised a music festival fundraiser in April.

FWRD FEST was a live event held at The Stingo in Collingwood with bands and DJ's performing throughout the day. We were very fortunate that Natalie chose Bayley House as the beneficiary of the event, which raised an incredible \$20,000!



THANK YOU

The past year has certainly had its ongoing challenges as we continue to adapt to COVID-19. So, we are extremely grateful that our community continues to support us through the pandemic by donating and fundraising.

The generosity we have received is a beautiful reminder that our community will help us during hard times, as well supporting our plans for the future. We have received generous fundraising support for the vast extra cost we have experienced in maintaining a COVID-safe service. As we write this, we are also receiving a wonderful response to our Art for All Appeal to help launch our Arts Hub – we look forward to reporting back on this soon! Thank you!



Kon casting a line

Just keep fishing

Wednesday is fishing day. For Kon, Luke, Tony, Sam, Gerald, John, Louis, Ed and Angus – Wednesday means fishing and has done for the past few years.

Staff member, Jacques discovered a fishing group 'That's the Thing About Fishing' running from Franskton Pier and thought it might be a good activity to get involved in. He was right.

The thing about fishing is that it is an activity that most people can participate in and Guru Glenn, who runs the program has created a space that is supportive of people with disability to come and learn how to cast a line.

It has become a weekly highlight to head down to the pier and have a go at catching a fish but more importantly the clients in the group also get to catch an ear and have a chat with other people who are there learning how to fish. Friendships have been formed over the BBQ that Glenn puts on as familiar faces return each week.

You see, the thing about fishing, is that it's not just about fishing. It's the process of working in the group and preparing all the gear, packing the bus, making sure everyone is comfortable and safe when putting bait on hooks, being mindful of others and your surroundings. The thing about fishing is, well much more than fishing.

This was evident recently on ABC news when Glenn was interviewed and so was our very own Jacques. Guru Glenn has created a space that helps to build confidence, friendships and inclusion. Oh, and we've caught a few fish along the way as well.



For all people with intellectual disability to lead a full and enriched life.



ACHIEVEMENT

We actively pursue opportunities that enable people to achieve their individual goals and aspirations, as shaped by their choice and control.



CONNECTION

We encourage and nurture inclusive and meaningful connections with peers, with supports and with the community.



EXCELLENCE

We are passionate about providing exceptional services that support people to learn, laugh, belong and grow.



RESPECT

We value every individual by encouraging their unique abilities.

Dates to remember



MONDAY 28 JUNE – FRIDAY 9 JULY

Day Programs Clients
and Staff break

MONDAY 12 JULY

Day Programs Clients
and Staff resume

MONDAY 20 SEPTEMBER – THURSDAY 23 SEPTEMBER

Day Programs Clients
and Staff break

FRIDAY 24 SEPTEMBER

Grand Final Eve
Public Holiday TBC

MONDAY 27 SEPTEMBER

Day Programs Clients
and Staff resume

Noticeboard

Zoom with us!

Join us online Tuesdays and Fridays as Bayley House Online gets active with yoga, step aerobics, dance fitness and gentle exercise. We look forward to seeing you log on!

NDIS reminder

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

Absentee

To all clients and families or carers, please let us know if you intend to be absent from Bayley House Services by calling **(03) 9982 1500** or emailing dayservice@bayleyhouse.org.au - Bayley House follows the short notice cancellation policy as per the NDIS price guide.



Bayley's Backyard

Gardening is a recommended activity for keeping your motor skills sharp, support to improve hand eye coordination and all-round fitness depending on what type of gardening you undertake.

The garden in the 'Whitehouse' has undertaken a makeover thanks to

the clients in our older groups. Upon returning in person last year, the staff Shannan and Ketki asked Susan, Kathy, Jane, Malcolm, Stephen, Peter, Mark, Soknaan and Bernie if they would like to do a gardening program, and the response was a unanimous 'yes'.

Selecting plants was the first task and so the groups used iPads to research their choices which were mainly colourful plants. Some people already had their favourite plants, and the suggestion of sunflowers came up quite a bit.

A second group became involved in February as the garden project became bigger than anticipated with multiple garden beds available to cultivate.

The gardening journey has been driven by client choice the entire way with sunflowers, carnations, poppies, daffodils and tulips being planted. A lemon and lime tree have also made their way into the garden thanks to Stephen insisting they absolutely had to be included.

Mark and Bernie have been phenomenal with helping staff member, Richard with preparing flower beds. Malcolm and Peter have been doing a great job with Ketki and the flower patch while Kathy and Jane have brought the garden indoors with a sensory seedling planter.

Joy and Susan will help with various tasks including watering. It is a hands-on activity that everyone is involved in as they enjoy getting outdoors and seeing the results of their hard work when the plants begin to bloom.

A stunning crop of sunflowers have already come to life.

The garden has been supported by other staff members who have donated established plants to help fill out the gardens beds while the seedlings grow.

Moving forward, the group would like to develop a fern bed, rose bed and a gerbera/sunflower flower bed. There are also plans to do some artwork on the white brick fence that the main garden bed sits along.

News *roundup*



Vale Diana

It is with much sadness that we inform you of the passing of our dear friend, Diana Kritikides.

Beautiful Diana passed away surrounded by family. Diana and her mother, Irene, have been an instrumental part of Bayley House for over 35 years. Diana adored music and would enjoy singing parts of her favourite songs, particularly Michael Jackson's 'Beat It'. Diana loved relaxing outside in the sun and particularly enjoyed water relaxation.

A family funeral was held and a memorial to celebrate Diana's life will follow in the coming months.

Staff Updates

Long term staff member, Krysia has recently changed roles from Program Manager and is now our Client Welfare Coordinator and Counsellor. This new role provides direct health and wellbeing as well as emotional support to clients who need support to work through complex situations.

Krysia is ACA registered and uses a number of techniques during the sessions to help support clients. As with any new service, please check your plan to make sure you have enough funding. We wish Krysia the best of luck in her new role!

Thank you

Thank you to everyone who adapted so quickly during the recent 'circuit breaker' lockdown. Bayley House Online has proven to be a popular form of service delivery when seeing each other in person is not an option. Our staff team have become so good at pivoting that we really should have a mixed netball team!

And a big thank you to you – our clients, family and carers who so readily got on board and stay connected with us.