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outcomes

April – June 2023

# Thanks for 20 years Annette



# Volunteer Appreciation

#### Thank you very much to our volunteers who we appreciate enormously!!!

Each of our volunteers bring a special set of skills, expertise and enthusiasm to Mulleraterong Centre and we are very grateful to each person for the time they dedicate to our organisation.

In order to be registered as an NDIS provider, Mulleraterong must have a Board of Management and being a Board Director carries a significant responsibility. Board positions are honorary and we greatly appreciate our BOM Directos who volunteer their time monthly and accept responsibility for governance and the strategic direction of the organisation.

Maureen volunteers in programs and brings joy to all who know and work with her and we are very lucky to have her.

The next time you see someone who volunteers their valuable time to Mulleraterong, please thank them for their contribution.

#### Rebecca Morton President



Becky moved to Hamilton from Melbourne in 1984 to work for the Department of Agriculture in the Veterinary Laboratory in animal health research and diagnostics. When the laboratory closed in 1996 Becky started working in the community sector, being appointed as Coordinator of the Frances Hewett Community Centre from 1996 to 1999.

From 1998 to 2003 Becky was Coordinator of the Hamilton Community House, and then she joined Western District Health Service as Coordinator of the South West Community Transport Program until her retirement in January 2017.

As a student in Melbourne in the 1970's Becky volunteered for a range of organisations that provided recreational programs for children with disabilities. She

also volunteered for Arts Access; a program that endeavoured to connect people with disabilities to arts programs. Throughout her working life she has maintained an interest in supporting people with disabilities. Becky is passionate about the importance of accessible transport that enables all people to participate in their community and access services they need.

#### Kara Winderlich Vice President

Kara was born and educated in the Hamilton region and has completed further education in Risk, Governance and Compliance.

Kara currently works with the National Disability Insurance Agency as an Assistant Director of Risk for the Service Delivery Group, supporting teams in managing their business risks. Her previous work roles include the Risk Management Coordinator at Southern Grampians Shire Council and Quality/ Projects Coordinator for Primary and Preventative Health at Western District Health Service.



In her spare time she enjoys volunteering in the community, reading, and spending time with family and friends.

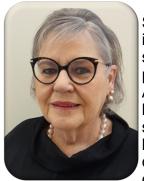


#### Michael Shanahan Treasurer

Michael Shanahan joined in 2019 and served as Board of Management Secretary in 2022 and is now the Board of Management Treasurer. Mike enjoys working with and supporting the Mulleraterong CEO and staff, investigating and developing strategies for long term sustainability and looking ahead at opportunities for the future.

Volunteer Appreciation

Sharon Muldoon Director



Sharon Muldoon joined the Mulleraterong BOM in March 2019 after having recently retired from working in community, disability services and health sectors of government for the past 36 years. She has held senior management positions including National Operations/Project Management roles for Vision Australia. During many years as Director of South West Healthcare, Sharon has held various roles including three years as Board Chair, and brings extensive experience in client services, strategic planning and governance. Sharon has excellent knowledge of local services and has worked closely with agencies and organisations across a wide spectrum of support services available to clients in a rural region.

Sharon was recently appointed as a Ministerial Advisor by the Minister of Health to provide support and assistance to a Hospital Board in the Region.

Mark Anthony Kearns

Secretary

Mark Anthony Kearns grew up and studied in Melbourne, and has had a career in the insurance industry of over 18 years. In early 2021, he moved to Hamilton with his family to work for the local Elders Insurance branch as a Senior Consultant. He is an experienced Team Leader with a demonstrated history in General Insurance, Risk Management and Customer Relations.

Mark is a firm believer in the importance of Emotional Intelligence (EI) with a Diploma in HR and Certificate IV of General Insurance & Assessment of Workplace Training.

With an extensive Insurance career in Melbourne, including manager and broker roles, he brings experience in risk management and mitigation to Mulleraterong. He

is a passionate people person, a team player, and a natural at looking after people's needs and keeping their best interests at heart. He enjoys time with his family and friends in his spare time and cooking.





#### Leeanne Barber Director

Leeanne is a parent of a man with Schprinzen's Syndrome who has been attending the Centre since 2006. Leeanne is a music and German teacher in the Primary School sector. A former member of the Stay Residential Services Board of Management, Leeanne is the current President of the Hamilton Eisteddfod, which she has been involved with for a number of years. She sings with Hamilton Singers, plays in the Hamilton Symphony Orchestra and is a member of Hamilton Vintage Car Club. Leeanne brings a parent's perspective to the Board.

#### Jill Sears Director

Jill Sears joined the Board of Management in April 2023 and is the Manager -Diversity and Inclusion for Melbourne Water and brings a wealth of knowledge in many areas including strategic thinking, human resources and marketing and stakeholder engagement.





#### Maureen Lowry

Maureen Lowry, joined Mulleraterong Centre in 2021 after having recently retired from disability work. When she found she missed it, she offered to join Mulleraterong as a volunteer. Maureen is involved in Corner House, Craft Studio, HILAC (Gym), Gard Games in the Green room programs and attends some excursions. Maureen loves working with the clients and staff and enjoys the variety of activities (and not having to do paperwork).

# CEO Sign Off

It is with a mixture of sadness and excitement that I announce that I tendered my resignation to the Board of Management in February, effective around the middle of the year (dependent upon the appointment of the new CEO).

It has been an honour and a privilege to guide this wonderful organisation through incredible changes over the past 20 years.

I have worked with amazing and dedicated people through the journey and each of the photos Mel carefully put together for the Special Edition Announcement sent out on 23rd March brings back recollections and reminds me of just how many people have, and continue to contribute to the Mulleraterong story.

My first office was in what is now a locker room and I didn't need to go outside to check the weather because my skylight leaked! On to Maryknoll during the building refurbishment where if my 'office' was like a locker, Peters was like a broom closet! Then into our wonderful new building which provides well equipped, bright and light space for our programs and activities. We are so very lucky to have our hydrotherapy pool which has been the source of many a headache over the years but which is a huge asset and enjoyed by almost everyone at the Centre.

I have many people to thank, staff, those who have volunteered their time on the Board of Management, parents and carers and community supporters. Former Client Services Manager Peter Gilbert with whom I worked for 18 years, Board of Management Presidents and members Graeme Linke, Tony Gurry, Doug Ward, Roger Lewis, Graeme Scott, Sam Dohle and Becky Morton. There are far too many people, to whom the Centre owes a debt of gratitude, to list here.

Until the new CEO is appointed, the Centre is in the capable, client focused and dedicated hands of Operations Manager Alison Dunn and Administration personnel Melissa Gould and Julie Donovan, along with senior staff, Jacqui Bain and Pa-lin Henry.

Mulleraterong Centre is a special organisation made so by the people involved on every level and while I am excited to embark on the next 20 years, I am immensely proud of my past 20 years and what this organisation has accomplished.

I will miss the clients and staff and the organisation as a whole and will continue to support the Centre however I can into the future.

Thank you all for this amazing experience and very best wishes to you all.

Annette Read Chief Executive Officer Mulleraterong Centre 2003 - 2023





# Work Placement

Jarrod does a fantastic job of watering the plants and other garden maintenance at Bunnings.

Thank you Jarrod, keep up the good work.

# **OPERATION MANAGER'S REPORT**

On behalf of the many people who have passed through Mulleraterong doors over the past 20 years, I want to express appreciation to Annette for the guidance and support she has shown to the many who have worked with her over those 20 years. Her mentorship has been wonderful to help many to develop their skills both professionally and personally.

Becoming a CEO takes hard work and dedication. It isn't for the faint of heart.

Annette's dedication and hard work has often gone unnoticed. She has ensured that Mulleraterong maintains a defined structure which meets the financial, legislative, regulatory and contractual responsibilities that are required to provide the high standard of supports we provide to our clients.

Annette has made certain that both staff and clients have been celebrated and recognized both internally and externally. This includes the wonderful results in the Southern Grampians Shire Council Business Awards with seven category winners, one high commendation, six finalists and the prestigious Judges Award for Leadership in 2017.

Annette has guided the Mulleraterong team through many changes including the Centre refurbishment and implementation of the NDIS.



Alison Dunn

I'm sure she has lost track of the number of

applications she has completed to make sure that Mulleraterong was successful in meeting the criteria applying for grants and project funding.

Annette, We want to wish you the best of luck and thank you so much for all you have done for us.

You are truly an embodiment of optimism and hard work. We thank you for inspiring us each day.



## **Baimbridge College Visits**

Over the past couple of weeks we have had Drew and Tara from Baimbridge college come and help out with the gardening program on Tuesday mornings. Robert, Casey, Brett, Jesse, Matt, Katrina, Tyler and Marie have all enjoyed having the extra sets of hands helping them out doing the weeding and filling our garden bed while the weather is good but also playing games and just chatting when it's raining.



#### Sarah and Michael



Ash

# Walking Group

Evan has recently decided to join the Walking Group on Wednesday mornings with Marie, Tyler and Nick W. The objective is to enjoy the outdoors while getting valuable exercise and we walk from the Centre around many blocks and around the town.





# **Congratulations Sarah & Casey**



Congratulations to Sarah Tarrant and Casey Barker on completing their Certificate III in Individual Support (Disability).

# Well done Sarah and Casey.



Nic V does lots of interesting programs at Mulleraterong Centre.

Spotlight on Nic

Nic enjoys going with Jacqui on Wednesdays to buy his lunch. While the sun is out he likes to help water the garden in the courtyard and is extremely helpful making sure every plant gets a drink.

Nic rides the three wheeler bike for some exercise around the Centre and can ride it without assistance. Nic is getting exercise and having fun all at the same time.

Nic sometimes likes to be bounced on the trampoline and laughs and enjoys the 1:1 support which gives Nic reassurance, general exercise, balance and over all posture stability.

These activities add to the variety of Nic's days.





Sallie Glare

#### Walking

Shane, Nicky, Emma, Philippa, Bev and Sarah all enjoy soaking up the sun while it's out, going on walks and taking in the sites around the Centre while also getting valuable exercise.

Bev



## **Community Connections - Fishing**

One of the great things about getting out and about is going fishing. Jesse had a great time catching and reeling in two fish at Lake Hamilton on Tuesday 4/4/2023. Emma H also went and enjoyed the fresh air and wetting a line.





# **Membership Invoice**

Mulleraterong Centre PO Box 358 Hamilton VIC 3300 ABN: 84 250 151 244

**INVOICE TO** 

Date	INVOICE NO.
30/6/2023	M0

		Due Date
		30/8/2023
D	Membership Amount	
Mulleraterong Centre Inc. membersh		
If you would like to become a memb Mulleraterong Centre Inc. please ind		
□ Clients or relatives of Mullerate		
Membership \$5 per year per p		
(GST portion of Family Membersh		
Non Family Member		
Membership \$15 per person pe		
(GST portion of Non Family Memb		
Please insert the applicable amount the remittance slip below with your re		
Mulleraterong Centre Inc.,	Bank Details : NAB Account	
PO Box 358,	BSB : 083 663	
Hamilton, VIC 3300.	Acc No: 730138669	
Please quote invoice nu		
Thank you for suppo	orting Mulleraterong Centre	

Remittance for Mulleraterong Centre Inc. Membership to June 30 <sup>th</sup> 2024			
Name:	\$		
Additional members:			
	\$		
	\$		
Total	\$		

#### Personal iPads

Due to an IT upgrade effective Monday July 10th 2023, Mulleraterong will no longer provide tablets or iPads for client use. Clients who wish to use these devices during program time will be required to bring their own.

## Work Placement

Katrina used to have a work placement at Gray Street Primary School and when COVID arrived, it was discontinued. Now that COVID has settled, we were on the lookout for another placement for her.

I worked at James Dean Pharmacy for over 20 years as a dispensary assistant and decided to approach the Manager about the possibility of creating a position for Katrina. I was excited at the prospect of being able to pass on some of my knowledge and skills and both the Pharmacy Manager and Alison were very enthusiastic.

The placement has been organized for Thursday mornings and will involve duties such as cleaning, restocking, serving and doing displays. Katrina began at the end of April and is absolutely loving her new role job. She has learned so much James Dean Pharmacy in the short period of time and we are very proud of her.

#### Ellen



#### ANNIE'S DAY TIP TO PORTLAND

On Sunday 30<sup>th</sup> April I was the fortunate staff member to take Annie out for the day.

The weather was a little cool, but we dodged the rain! On the lead up, we talked together about where to Annie's excited go and with approval it was to be Portland! We listened to the radio, sang and checked out the songs.



scenery on the way down, parked at the Botanic Gardens and had a walk around, spotting some colourful birds before having lunch together.

Annie and I then went to the jetty, where she was so happy to be amongst the big boats and ships.

As we were walking along the esplanade we spotted the new all-abilities playground. Annie was almost jumping out of her chair

at

Annie

with excitement and anticipation! Annie liked the merri-go-round, being able to be spun around. There was a musical bar to play the metal drums, but Annie preferred using her hands (as she does in music on Friday mornings Mulleraterong too). Annie loved making her music. You could have playing from those ships on the water!

Annie had the choice of the museum or window shopping and window shopping it was. We came across several real estate agents.

heard

where we joked about picking a house we could share together! Annie and I both had an absolute blast on our Sunday, putting massive smiles on each of our faces - most importantly on Annie's.





Belinda

# Pick Ups

Pick ups is a community inclusion program where participants collect recycling from participating businesses. The recycling is sorted back at Mulleraterong Centre. Stamps are saved, envelopes are checked for content, then shredded.

Cameron is pictured, displaying some of the collected recycling.

Clients have their regular businesses that they visit each week; Judy collects from the Glenelg Surgical Clinic, Scoresby Street Milk Bar and Struck Accounting, Nicky from LMB Linke, Council Chambers, Melville Orton &

Lewis and Gray Street Primary School, Nick W from Ivory Print, Hamilton Spectator, Bellcourt Books, Fringe Benefits and Glenn Howell Optometrist, Evan from Southern STAY, Taylor Motors, Wannon Water and Grampians Investments, Kara from Brewster Walsh and Leigh collects from Dimms Auto, Pitstop Café, Dan Tehan's Office, 3HA, Cogger Gurry, Grange Hostel, Brewster Walsh & Waters, Finchett's, George Street Primary School and Repco.

Many thanks to the participating businesses.

# Pauline



## 1:1 Appointment Support

Nicky has recently been supported 1:1 to attend appointments at GenHealth.

This is out of his usual routine but he seems to enjoy the busy atmosphere at the clinic. Nicky has been working on things like climbing up and down stairs and getting in and out of vehicles—aiming to improve access for Nicky.

#### Kate

If you would like supports to attend appointments or other special occasions, please get in touch with the Centre.



## Green Room Activities

The benefits of the Green Room activities should not be under estimated.

Clients in this program are involved in activities which are developed to meet individual needs. Activities can be as lively or relaxed as each person requires.



Stephen and Annie have a great friendship and spend much time laughing and talking. Stephen also helps Annie with her stretching exercises.

Activities can be as lively of relaxed as Activities within this program aim to engage and encourage participation. Clients are given the opportunity of having one on one time as well as building social development and interaction with others.

Activities can include such things as iPad time, sensory, art and craft, literacy, music and movement, games and puzzles.

laughing and talking. Stephen also Clients enjoy time together and have fun helps Annie with her stretching in this program.

Frank Fletcher



Nic loves a chat about his day, and to have a laugh with those in the group.



#### ART AND CRAFTS - TUESDAYS AND THURSDAYS

In the arts and crafts programs, clients have the opportunity to express their creativity and make anything they can imagine including their favorite animals, gifts and objects they can have fun with. Their creations are many and varied.







Judy used a plastic bottle to make a pot and by combining her favorite animal with her favorite color, she created her dream pet.

Janet made a new friend with only half a plastic bottle, paint, paper, glue and a pair of googly eyes. This pink rabbit can be used as a pot to hold a plant.

We made a DIY cardboard skeet ball game for all the clients to use and enjoy. Tim enjoyed giving his best shot.

Philippa made a glittery silver squid with blue tentacles. As she is creating her creature she decides on the animal's name with excitement.



Kara is amazing at arts and crafts as she can perfectly cut shapes out, create beautiful patterns when painting and is an extremely diligent worker. She always finishes her artwork in a blink of an eye and loves to sing while crafting.



Phonse often likes to work on his own personal projects, which is drawing cities, bridges and trucks in a very unique art style. Phonse is happy to show is artwork to everyone and even shares how we wants to visit those places.



Francis is up for anything and often shares his ideas on what to make next. Francis works hard and he's willing to try anything and even helps others. He has made a toilet roll squid and Easter basket. Cam B is proud of the artworks he has made and even surprised himself with all the wonderful things he created. He enjoys his success and exclaims "I DID IT!" to all his friends.



Suzanne likes to push her creativity to the very limit, coming up with ideas and creating ambitious projects. Suzanne likes to work with glitter, and enjoys how it mixes together and sparkles on her artwork.

#### ANTHONY

#### Independent living at the Corner House



When we shop at Coles, Jarrod takes the groceries out at the checkout. He tells the checkout lady what we are having for lunch and he likes to bring his own bag to put the shopping in.



Sharni sets the tables every week and knows who sits where. We look at what we are cooking and she gets the utensils out of the drawer and sets the table.



Jarrod and Meg enjoying their ham and corn fritters and pasta salad. They like to chat while having their lunch. Meg prepared the salad while Jarrod cut the bacon and other ingredients and fried up the fritters.



Neil chopping up the spring onions for the fritters. Neil likes to be busy, he also will make the dessert and sweep the floors and mop just before we leave.



Kara singing away while she is cutting up the ham for the ham and corn fritters. She likes to put the pasta salad on the plates.

Jacqui

#### Finding Happiness in the Small Things

It's the little things throughout the day that bring smiles.



Coral is our Centre wildlife relocation officer. Coral found a praying mantis who she kindly relocated to a nicer home in the Centre garden.



It's not unusual to find Simone and Shane enjoying each others company in the courtyard.



Michael Daffey loves falcons and enjoys being in a sunny part of the courtyard keeping a close eye out for falcons as they drive by.



#### Armchair Rockin<sup>′</sup>

Janette

Tuesday mornings in the green room have turned into our own little mini country music festival. The group gathers in the mosh pit, all eager and ready to rock out! DJ Maddy M, DJ Tall Jesse and DJ Sarah T are the usual line up, setting up our extremely high tech musical equipment (a lap top with youtube playing and hdmi cord connected to the tv), we utilise our world renowned, and many years of well crafted skills to put on one heck of a show.

Favorites include the classics from Slim Dusty, Lee Kernigan, Johnny Cash, John Farnham and DJ Sarah's fave 'bootscootin baby'.

It's all shoulder dancing, questionable singing and whistling until Sarah and Maddy step things up with Annie & Tim boogying in their wheelchairs, Tara actually performing the boot scooting dance, Nic V does the shuffle, Stephen gets his shoulders going and Jenna rocks around and if you ask nicely, I think

they would be happy to demonstrate, anywhere, anytime. **Jesse** 

# RDA - RIDING FOR THE DISABLED AUSTRALIA - RIDING DEVELOPS ABILTIES

This term a group of horse enthusiasts returned to the RDA program held every Wednesday morning. Duncan, Jessica, Katrina and Leigh were excited to be back riding, and have all formed bonds with the horses that they ride. Activities include a series of stretching exercises on the ground, before mounting and continuing with a series of stretches as the horses walk around the arena. They each take turns choosing what exercise they are going to do next, ranging from hands on the heads, to leaning right down and touching their toes. They then have a bit of fun and head out to the 'obstacle paddock' where instructor Gizzy and her team of wonderful volunteers, have a series of fun activities set out for the riders. The riders love to have a zoom around at the trot, making the volunteers run alongside much to their amusement....there is a lot of huffing and puffing from the volunteers after a trot session!!! RDA runs every Wednesday morning in terms 1 and 4.

#### Pa-lin



**Relaxation & Pamper** 

In the relaxation and pamper session on Tuesday afternoons Annie and Philippa enjoy a relaxing massage from Nisara and a good chat with the others in the group. Cam is a new addition and he supplies the entertainment for the ladies during the afternoon. Judy loves a warm foot spa, having her nails done and a massage while Sharni has a foot and hand massage in between laughing with and at Cam. I am unsure how much relaxation actually happens in this session but all involved, staff and clients, leave in the best of moods.

Casey





# Friday Courtyard Games with Mike

Each Friday afternoon, weather permitting, we set up fun and active games either out in the courtvard or in the Blue Room.

Playing a variety of games allows clients to develop self-confidence, independence and self-esteem. It also helps everyone to become aware of limits, boundaries and challenge in their play. It provides the opportunity to have fun, take turns and try new activities.

Some of the favorites are boccia, both indoor and outdoor, totem tennis, and cricket in the courtvard.

A kick of the football is also a favorite when the weather is fine.

Evan particularly loves kicking the football.

Sharni and Matt really enjoy rolling the boccia balls and giggling and laughing at each other as they compete to get closest to the white kitty.

Playing together with their peers allows clients to learn important social skills like empathy, cooperation and friendship.



What a great way to finish the week.

# Easter Lunch



Thank you to our barbequers Jarrod, Meg, Sallie, Casey and Neil Robinson for cooking the sausages.



Philippa draws one of the winning raffle tickets out of the box.





Matt was pleased to be one of the raffle prize winners. Mini golfers, Emma H, Jessica, Judy, Jesse and Jarrod were presented with their participation medals and Casey with her winner's trophy. Well done to Kate for organising this



Certificates of attendance were handed out to Jesse for five years, Sharni for fifteen years and Meg for twenty years.

successful event.

#### Praise, Problem or Suggestion

Please take the opportunity below to tell us what is on your mind. Complete this form and bring it to the Centre, send it to PO Box 358, Hamilton, 3300 or email to admin@mulleraterong.com.au

Your thoughts are important to us and they will be kept confidential.

Your Name:		. <u></u>						
(optional but required if a response is desired)								
Contact: (ph	ione/email)							
Preferred time to call: Date:								
This is:	🗌 a praise	🗌 a problem	□ a suggestion	a general comment				
About								
Details:								

# Inaugural South West Bowls Competition

Mulleraterong is continually looking for opportunities to promote inclusive communities and provide social inclusion. In a February staff meeting, we decided that Mulleraterong would take the lead in planning an Interagency 10 pin bowling competition between Kyeema, Cooinda, Warrnambool Southern Stay and ourselves.

Local Hamilton builders Ultrabuild sponsored the competition, and trophies were awarded to the champion and runner up, as well as participation medals for all.

This competition was held over three weeks and facilitated old friends catching up and new friendships being formed and 45 clients competed for the Ultrabuild trophy.

Many thanks to the Warrnambool 10 Pin Bowling Centre for being so accommodating as we took over all the lanes.

There were some skilled players and some very high scores were recorded and tallied each week.

The overall winners (who bowled on lucky lane 7) were from Kyeema and Cooinda and a special mention must go to Jessica Musson who came first over the 3 weeks in the Mulleraterong group.

Everyone worked together to make the days run smoothly for all participants and we extend a huge thank you to all staff who were involved, from all organizations. Everyone thought another competition later in the year was a great idea.

We look forward to being able to join together again to create an occasion for all involved to have fun, make new friendships and rekindle established ones.

A Christmas Dance to include these agencies is also in the planning stage.



association) tour at the Port Fairy Big 4 in April.

#### Highlights from each round:

Round 1 blue skies and lunch at the wharf

**Round 2** Judy's hole in one, mappie friends and (not such a highlight) nasty weather Round 3 "hole in ones" all around and lunch at East Beach Casey was the clear winner with a total score of 284 after the three rounds.

Well done Casey and thanks to the contestants who participated.