



Kith and Kin Connects

June 2010

"Building opportunities for individual growth" in Townsville since 1981

KITH AND KIN ASSOCIATION LIMITED

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EVENTS

CALENDAR HIGHLIGHTS

JUNE

- **4, 11, 18, 25: Art-Works! art workshops, Wulguru Community Centre**
- **5-6: EcoFiesta & Smart Lifestyle Expo, Queens Gardens**

Kith and Kin Wins Local Environment Award

Kith and Kin Association Limited has been recognised for its dedication to environmental sustainability by Townsville City Council, as first place winners of the Environmental Excellence and Sustainability Community Group Award.

The award winners were announced at the Eco Fiesta and Smart Lifestyle Expo at Queens Gardens on 5 June.



Councillor Vern Veitch was one of the judges for the competition, and said choosing winners for all of the categories was a difficult decision for the judges.

Kith and Kin's award was presented to CEO Peter Yoxall by Townsville Mayor Les Tyrell and a representative of Queensland Country Credit Union, who sponsored the award.



Kith and Kin were chosen as the winners for the award based on our commitment to environmental sustainability, including the installation of the solar panels on the office roof, the fleet of environmentally friendly and economical cars, aluminium can recycling, paper shredding, cardboard recycling, paperless office environment (where possible), reduction of electricity usage, use of environmentally friendly and chemical-free cleaning products in the office and client houses, and use of recycled products where possible.



This month's featured photos are from Sam's bowling competition weekend in Mackay. See the office to borrow the camera and put your photos here.



Visit us online : www.kithandkin.com.au



Inquiry into Disability Care and Support

The Australian Government has asked the Productivity Commission to undertake a public inquiry into a long-term disability care and support scheme.

There is a widespread view that the current system to support people with disability and their families is deeply flawed and will increasingly be unable to meet people's needs. This has been a consistent finding of recent reports, such as the Way Forward report (Disability Investment Group 2009) and the 'SHUT OUT' report (National People with Disabilities and Carer Council 2009).

Many people think that disability services are often in crisis mode, with very inadequate provision of services. They argue that whether people get good services can be a 'lottery', based on where they live and how they acquire their disability. People often have little power over, or choice about, the services they receive. Carers often find it hard to cope if they have to provide most of the support and are uncertain about future care arrangements. There are many fragmented programs, and weak evidence about what achieves good outcomes. The mounting concerns about these system-

atic and enduring inadequacies have led to this inquiry. In announcing the inquiry, the Government said:

This inquiry is an opportunity to rethink how we support people with disabilities so that they can engage with their community, get a job where possible, and live a happy and meaningful life (Sherry, Rudd, Macklin and Shorten 2009). The Commission has been asked to examine the feasibility, costs and benefits of replacing the current system of disability services with a new national disability care and support scheme that:

- provides long-term essential care and support
- manages the costs of long-term care
- replaces the existing funding for those people covered by the scheme
- takes account of the desired and potential outcomes for each person over a lifetime, with a focus on early intervention
- provides for a range of coordinated support options
- accommodation, aids and appliances, respite, transport, day programs and community participation
- assists the person with the disability to make decisions about their support
- provides for people to participate in education, training and employment where possible.

The Australian Government has

asked the Commission to consider how a national disability scheme could be designed, administered, financed and implemented. This includes consideration of a variety of options, including a no-fault social insurance model and approaches used in other countries. The Commission is to assess how these models would interact with Australia's health, aged care, informal care, income support and injury insurance systems. The issues paper, released on 17 May, is intended to assist people in preparing a submission to the Productivity Commission. It covers a range of issues that the Commission is seeking information and feedback on. To ensure your submission is considered prior to the release of the inquiry's draft report, your submission should be sent before 30 June. The issues paper is available in various formats:

- a full issues paper that covers the issues in great detail
 - a short set of questions that address the main issues for people wanting to give a personal response
 - a short Auslan presentation of the key questions and a text version of the Auslan presentation
 - an Easy English version of the key issues
- available from: www.pc.gov.au/projects/inquiry/disability-support/issues

ArtWorks! Update

ArtWorks! is held every Friday 9am-12pm at the Wulguru Community Centre, Edison Street, Wulguru. ArtWorks! Upcoming Events - Mark these in your diary!

June/July: Townsville Show

September: ArtWorks! Annual Art Awards, Disability Action Week

November: Melbourne Cup Day Hat Parade, ArtWorks! Official Christmas Breakup

November/December: International Day of People With a Disability

Annual Art Awards

Entries for the 2010 ArtWorks! Annual Art Awards are now open. The awards are open to any adult aged 18-64 years living with a disability in Queensland. Categories include Photography (any subject), Unassisted (any subject, any medium) and Assisted (any subject, any medium). Entry forms available from the office or online at www.kithandkin.com.au.

Kith and Kin have commenced reviewing of policies and procedures in accordance with DSSQ's Disability Service Standards.

Standard five was reviewed in May. This standard deals with support and encouragement to participate and be included in the life of the community.

Key service standard indicators for this standard include:
* the service provider develops, implements and reviews support services that progressively build opportunities for inclusion into the local community.
* the service provider promotes the use of social networks and informal supports for service users.
* the service provider promotes service users' use of local or alternative community services.

As per the QA review schedule, policies and procedures have been reviewed and updated, manuals have been reviewed and updated and internal audits have been completed. Data collected from CAMS continues to reflect high levels of community participation and a wide variety of activities ranging from shopping to sport. As always, Kith and Kin management welcomes feedback from all staff and clients regarding service provision and quality assurance standards. This year's QA external audit will be conducted at the end of July. If you have any questions about the audit process, please feel free to ask at the office.

KITH AND KIN CLASSIES...

WANTED: kitchen chairs (wooden pref), towels, household goods (see Janne)

WANTED: Video camera, working condition, donation (see Sally)

WANTED: Bird bath (see Janne)

WANTED: DVD player, working condition (see Janne)

FOR SALE: Books, CDs, DVDs, women's clothes (see Jade)

Please take your submission into the office, or email to pr@kithandkin.com.au

Cooking Corner

Fast Winter Soup

As the temperature drops, whip up this tasty winter soup to warm you up!



Ingredients

- 1 tbs olive oil
- 1 onion, chopped
- 1 long red chilli, seeds removed, finely chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup red lentils, rinsed and drained
- 1 L (four cups) chicken or vegetable stock
- Low-fat natural yoghurt, to serve

Method

Heat the olive oil in a large saucepan over medium heat, add the onion, chilli, celery and carrot and cook for 2-3 minutes. Add cumin and coriander and cook, stirring, for a further minute. Add the red lentils and stock, bring to the boil and simmer for 8-10 minutes or until lentils are tender. Season with salt and pepper. Serve in bowls with a dollop of yoghurt.

HAPPY BIRTHDAY TO YOU...

cakes come in such crazy shapes these days, eh?



Happy Birthday!!

June

Kay Ajayi
Catherine Dart
Debra Burrowes
Jacki Davey
Jim Burgess
Vicki Bolton



IF you would like to write a story for Kith and Kin Connects and wish to include photos, please see Jade in the office to borrow the digital camera... REMEMBER we accept fictional and non-fictional stories from both clients and staff, with or without photos.

Justin Carman My Life Story

Justin here. I was born in 1985 in Townsville General Hospital.

My earliest memory was about when I was about 3 or 5 years old when I met Father Christmas. I found a stocking filled with lollies and then I went into my Mum's room and I saw Santa Claus for the first time. Ho! Ho!

When I was about 8 years old I was at a pub drive through and went to find the toilet on my own and I was attacked by a guard dog. It bit me in the lower body. I had to get a needle to stop the infection.

Second Phase of Environmental Sustainability Project Begins

Kith and Kin has begun the second phase of the environmental sustainability project at the office. After winning the Community Group award for Environmental Excellence and Sustainability at the Townsville City Council EcoFiesta and Smart Lifestyle Expo this month, the prize money of \$1,000 is a welcome bonus as the second phase continues. The second phase of the project is due to be completed by 30 June.

This phase includes the installation of almost 50 18W LED lights, the installation of four fans in the training room and back office area, air-conditioning discharge vents and roof thermal painting protection.

It has been over 200 years since the invention of the lightbulb. The humble creation has evolved throughout the years, from the standard filament bulbs to fluorescent tubes to compact "eco-friendly" fluoro globes. Kith and Kin will be skipping the "eco-friendly" globes in favour of state-of-the-art LED lighting systems, which emit the same amount of light as a standard incandescent bulb, with five times the lifespan and one-tenth of the kilowatt usage per year.

The installation of fans in the training room and back office will allow the air-conditioners to work more effectively as well has help reduce energy usage in winter when the use of air-conditioners is not a

A Little Light Relief...



"The man who smiles when things go wrong has thought of someone to blame it on"

- Robert Bloch

Words to consider:

"Truth is, everybody is going to hurt you; you just gotta find the ones worth suffering for"

- Bob Marley

necessity.

Due to their large surface area and angle of exposure, roof surfaces capture enormous amounts of the sun's energy, thus cool roofs offer significant gains in the energy efficiency of a structure.

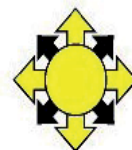
By painting the roof with an insulating membrane, we can effectively reduce the surface temperature by around 20 degrees. The special paint type reflects both visible and invisible light from the sun, reducing internal temperatures by up to 10 degrees. The flow-on effect will be the office being cooler and remaining so for longer.

DO you have any suggestions for regular newsletter sections, any topics you would like to see articles about or any other ideas to make Kith and Kin Connects a more valuable tool for you?

If so, please see Jade in the office or phone 4722 0101 or email your ideas through to pr@kithandkin.com.au

Contributions for the July issue are due by C.O.B Monday July 5.

Kith and Kin Connects



Kith and Kin Connects would love your feedback!
Call Jade on 4722 0108 or email pr@kithandkin.com.au