

LIBERTY COMMUNITY CONNECT



Living Well



VOLUME 64 - 2018

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Our Vision is

For all people to have the opportunity to have a meaningful, engaged and socially connected life

Our Mission is

To make a positive difference by providing exceptional care and flexible services that respects the individual and their choices

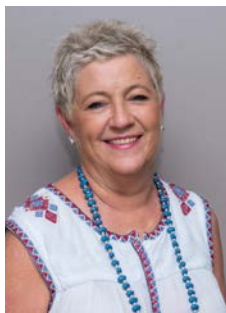
Our values are

We recognise the dignity of each individual, demonstrate integrity in all that we do, and are proudly client focused



Greetings from Management

A few words from the General Manager



Welcome to our Spring edition of the Liberty Magazine. As you turn the pages, you will find a heap of information on the vast selection of activities, support and services that we have on offer.

Are you eligible for more help? Having choice in services and opportunities is our priority in ensuring that people who are elderly, people who live with a disability, and their carers, continue to live independently in their home, are socially connected within the community and are receiving appropriate levels of support.

Understanding the changes in aged and disability care is critical and to help you understand and plan for opportunities available, such as services, activities, equipment and aids, we are holding an expo and information evening ~ please refer to page 4 for your invitation. We encourage you, your family and/or friends to attend.

In recent times Home Care Packages/HCP (for assessed people over the age of 65) and the National Disability Insurance Scheme/NDIS (for eligible people with a disability and under the age of 65) have been introduced. Ensuring that Liberty is able to continue to meet the needs of both our current clients, and those of the future, we have been successful in being approved to provide services under both of these models.

Moving along ~ our annual client survey has recently been completed, providing much valued input and telling us what we do well and what we could do better. The feedback received was inspiring, with many clients taking the opportunity to provide us with comments above and beyond our standard questions. I am aware of how annoying it is to be requested to complete a survey it seems like every time you so much as cross the road these days we are being asked to take the time and complete this short survey! So here we are ~ guilty as charged ~ in contributing to this potentially frustrating task. Having said that, if you completed the survey and had any comments or concerns that required a response (and you gave us your name) I hope you are satisfied with the result. We were pleased to hear from people who perhaps didn't know of our array of support, or people who wanted to top up their service.

We look forward to hearing from you, if you have any questions about the opportunities available to ensure you are *'livin' well'*.

- Jo

And the President



The not for profit sector recently received a timely reminder of reality which, in part, highlights the responsibilities of management committees and the need for solid governance, which can be defined as the arrangements for the overall control of the organisation.

To achieve this, the management committee at Liberty is currently working through a number of priorities. These include finalising the 2018/19 Strategic Plan, approving the budget for the coming year and the review of Liberty's existing governance policies.

Having solid practices and processes in place, will ensure there is sufficient accountability throughout the organisation to encourage managed growth, create a more robust organisation, stronger relationships, financial sustainability and enable the organisation to meet inevitable future change and challenges.

The committee is also reviewing roles and responsibilities to identify any gaps that need to be addressed to ensure all necessary obligations are being met, leading to a stronger and more focused committee.

To find out more about the direction of Liberty, I invite you to attend the Annual General Meeting, to be held on Tuesday, 23 October 2018 at 6:00pm at 31 Martin Street, Nerang.

Vitay - President, Management Committee

Greetings from Management (Con't)



From the Operations Manager

Every month Liberty is the beneficiary of hundreds of volunteer hours. Our dedicated team of 40 volunteers contribute their time and effort with enthusiasm and passion. Gardening, washing vehicles, serving and preparing meals, cleaning, packing eskies, driving, creating decorations, spending time with people having a much-needed chat and all the unseen little everyday acts of kindness and thoughtfulness that are shown to staff and clients. Without our volunteers we simply would not be who we are, and we are so very thankful for all that they do.

Later in this Magazine you will be introduced to Cassie, who is our new Diversional Therapist and Volunteer Coordinator. Cassie will be the point of contact for our volunteers and we are very excited to have her onboard. Her role is responsible for sourcing, inducting and supporting our volunteers across the Liberty family. If you want to know more about our volunteer roles, or you have some special talents that you think we would value, give us a call and ask for Cassie.

As an independent community funded organisation we are focused on the best outcomes for our clients and this means we are flexible and responsive. We certainly want people to know that they are part of the Liberty team. This is what sets us apart from other providers and is why we are strongly supported by wonderful volunteers and dedicated staff.

No matter your stage of life, we have support services that can assist you and can provide you with the opportunities for you to get out and about to connect and make friends.

We would love to have you come and visit, so have a great read about all that we do and give us a call on 5578 1688.

"Alone we can do so little; together we can do so much."

Helen Keller

Cheers, Allan Reeve

Are You Eligible for More Help? - *Your Invitation*

Clients, family, friends and carers,

You are invited to attend our

EXPO/INFORMATION EVENING

to be held on

Thursday, 15 November 2018

from 5:00pm - 7:00pm

at



31 Martin Street, Nerang

The purpose of this evening is to provide you with information about both
HOME CARE PACKAGES AND THE NATIONAL DISABILITY INSURANCE SCHEME
 and how to navigate the service system with trusted providers.

This is a free event and includes
Exhibitors, Guest Speakers, wine, nibbles, tea and coffee

Please RSVP to Anne on 5578 1668 by 12 November 2018

Home Care Packages/NDIS

I have a question, or three, for you . . .

Have you been assessed for a home care package?

Do you know if you have been assessed?

Would you like to be assessed for a home care package?

The great thing is there was no wrong answer

- yes, no, or I don't know -

please just pick up the phone and call me on 5585 1312.

Alternatively, if you are a Liberty client and if you have received a letter and you are unsure of what it means, please discuss this with your Liberty support worker and they can forward your details, and any questions you may have, onto me. If you are not a Liberty client, phone me and I am happy to help you.



To assist with extended wait times in being allocated a home care package, I encourage you all to ascertain if you have been assessed, and what you have been assessed for.

Over the past three months it has been wonderful watching the introduction of such a variety of services and therapies to increase people's abilities and/or to assist with pain. Remedial **massage** and **acupuncture** are just two of the therapies from which people have benefited. Having the ability to choose what best suits individual needs would have to be one of the most successful factors that stand out for me under a home care package.

We have welcomed our first NDIS funded clients. The National Disability Insurance Scheme rolled out on the Gold Coast in July 2018 and we continue to receive daily enquiries on how Liberty can work alongside people in our community, who are funded under this Scheme, to reach their **goals**. Liberty has been approved for numerous categories - all we need to know is what you have been approved for in your plan to ensure we can deliver those services to you. If you want to know more, about how to start the NDIS journey or about how we can help with services approved in your plan, please do not hesitate to contact me on 5585 1312.

Liberty's **expo/information evening** will be an opportunity to find out more about the services available under both home care packages and the National Disability Insurance Scheme (see page 4 for more details) - come along to learn more.

People are empowered when they are provided with opportunities to create the things they need in life to live it to the fullest. We all view life through different lenses. Live the dream!

Rowena

GETTING TO KNOW OUR CLIENTS - John Mumford

Favourite Movie? *The Dish*.

Hobbies? *I once built a model railway with my son. Three people could operate it at once and it even had an operating cable car going up to a mountain. It won the best exhibit of the year at Sydney Town Hall.*

Nickname and why? *The Poms called me the "Colonial" when I was working in the UK.*

Pet hate in life? *Being taken advantage of.*

What is better . . . Coffee, chocolate, beer or beach? *None - I prefer McGuigan Black Label Red Wines.*

Favourite saying that you live your life by? *If it works don't fix it (in other words - leave it alone).*

If you could travel to any place in the world tomorrow, where would you go? *The Rocky Mountains in Canada, by train.*

How did you become a Liberty client? *My Aged Care told me how wonderful Liberty was.*

Tell us the thing you feel most proud of in your life? *The role I played in Australia broadcasting the moon landing to the world in 1969. Also, winning major contracts worth \$3 million to relocate gas turbines from Sydney to the Hunter Valley and Port Kembla to Broken Hill.*



Leisure & Lifestyle - **ELDERLY** - Centre Based



We are over halfway through the year and we have certainly been very busy. During the last couple of months we have had lots of outings, theme weeks and activities with plenty more to enjoy in the coming months.

In June, we celebrated **Queensland Week** with a convoy day to Southport Broadwater Parklands, with all three groups meeting up and having a barbecue/picnic. A few of the ladies hiked up the hill for a closer look at the "Maddie and Mike the Bear" statue, while others played board games or just enjoyed chatting in the sun.

To join in all the excitement surrounding the Logies on the Gold Coast, we had our own **Logies** week where our clients dressed up in their finest and walked the red carpet on arrival, while the 'paparazzi' snapped away. We celebrated in style with champagne scones, followed by a delicious lunch served with some sparkling cider.

To finish off the month we had an outing to the movies to see "**Mamma Mia 2**", with all of us wanting to dance and sing away in the aisles. A great day for everyone!

Wellness Weeks at the Centre are always a great learning experience. In June the Monday group were entertained by the William Duncan School Choir, who sang beautifully for us. On the other days we had some very informative sessions on fire safety, which encouraged us all to check our fire alarms at home and reminded us of the importance of checking them regularly. Our July speakers were from Aged and Disability Advocacy (ADA Australia) who spoke to us about the help that is available through their organisation if anyone is in doubt about anything relating to services they receive, regardless of whether they are provided in their homes or out in the community.

Check out the calendar of events on page 18 to see what's coming up – we have some exciting activities over the next few months, plus guest presenters from Queensland Crime Prevention Unit and Bayview Tower Respite Holidays.

We are excited to welcome Cassie and Karina to the Liberty team - you can read about these ladies on page 13.

Cassie, Jenny, Joanne, Karina, Nicole, Peter, Yvonne, Lyn, Nahum and all our volunteers.



A huge thank you as always for the continuing support from our volunteers for everything they do in helping with morning teas, lunches, decorating tables, cooking and transporting as well as caring for and supporting our clients. A true blessing!

Leisure & Lifestyle - *disABILITY* - Centre Based

Once again the year is flying by and we've survived another Gold Coast "winter"!

Let me tell you a story actually that has been one of our activities in the last few months where we made up tales based on a group of everyday objects. There may not be a major book deal any time soon but we had a lot of fun.

The weather has been kind to us this year and we were able to "putter" our way around the mini golf course at Emerald Lakes Golf Club for one of our outings. The golf was great, and we really enjoyed the company and the meal after the round.

This year the Logies came to the Gold Coast and while some of the television stars may have failed to make the trip, our "stars" dressed up and walked the red carpet. Some people were even awarded one of the famed statuettes, albeit a cardboard one.

Our brains have been kept active with quizzes and games and our bodies had a "workout" when we played Finska and *tenpin* bowling using the Wii. Some interesting designs were created filling jars with colourful sand. It was our time to show the world our creative side.

In the coming weeks and months, we'll be making smoothies and pizzas (in various weeks), doing some drawing, making origami, stretching our brains with quizzes and other activities and of course, we'll have an outing or two as well. We couldn't do it all without our wonderful volunteers who assist in making the day enjoyable for the clients and staff.

It's a great opportunity to get out of the house, make some new friends and have loads and loads of fun so why not think about joining us. We currently have a "try before you buy" special where your first visit is free so come and check us out. We know you won't regret it!



Jenny, Joanne, Karina, Kevin, Nicole, Nahum, Lyn and our volunteers

Leisure & Lifestyle - *disABILITY* - Out & About

Hi to everyone from the 'Out & Abouters' or, more formally, the Community Access group.

Winter has been very kind to us and we have managed to continue with our program without the need to return to the Centre due to the rain. On one wet occasion however, after some brainstorming for a place to be protected from the weather, a change of venue proved to be solid gold! We changed the Friday venue to **Elephant Rock** and shared a rotunda with a group of locals who had a guitar, a flute and other assorted instruments. Not only did we get a free concert, one of our mob, Sally, joined their group much to their delight and warbled away with them. It was truly a wonderful moment - we met with some engaging and lovely people so it was a win/win for all. The group was entertained for ages and Sally had such a great time that by the end of the session she was the lead singer and Boss Cocky!

We've roamed around the Coast and visited new venues such as **Emerald Lakes Golf Club**, where the seafood chowder is to die for, and **Eagle Heights Tavern**, another great venue, with an amazing view

of the Coast. A surprise place, which was revisited after a long sabbatical, was **Schusters Park**. What a revamp! New barbeques, new rotundas and new footpaths, and it has excellent spots to drop a line. Grant took a group there for a day's fishing and it was fantastic. Despite the tides being wrong, a great day was had by all - congratulations to Margie Starr who caught a bream, the only fish of the day. Boys, you better lift your game!

Another initiative was undertaken by our Thursday group, who decided months prior that they would like to have Christmas in July at the Sheraton Mirage. Grant started a layby system so the group could pay

off the cost of the buffet, which was \$49. The day was enjoyed by all who gourmandised their way through countless kilos of seafood and other grouse tucker.



Our client numbers are growing and the feedback we receive is wonderful. It is good for the heart to see the positive impact on, not only new clients, but people who have been with us for a long time. As I've always said, we are not an organisation, but more like one big happy family who promote independence, create new friendships and encourage health and wellness.

Until next time, keep warm, but most importantly keep well.

*David, Grant, Wendy, Lyn and Nahum
and all our wonderful volunteers.*

Home Services

We are ready for Spring - the days are longer, the nights are warmer and we can finally put our heavy coats and gloves in the back of the closet. I hope you've all kept well and warm enough - it won't be long before we are all whingeing about the heat.

I would like to extend a big THANK YOU to everyone who completed our recent survey. We truly value the information you have provided. Thank you also for promptly completing your "Client Annual Review and Wellness" paperwork, which should have been delivered by your support worker early in August, or completed here at the Centre if you are a member of our Leisure and Lifestyle program. If you have any queries please give either Vicki, Rowena or myself a call. This paperwork requires completion annually at a similar time to the survey however, unlike the survey, completion of the annual review documents are compulsory for everyone.



Liberty has introduced 'Growing Stronger', a rehabilitative focused [fitness class for seniors](#) that combines strength training, mobility and core work to assist with balance and help keep you active, strong and mobile. The program runs every Thursday from 10:00am to 11:00am and includes transport from the Nerang and Pacific Pines areas and return, entry and a support person (if required). Please call Melissa or Vicki for more information, costs, and to register - it's as easy as that.

Our movie mornings at [HOTA \(Home of the Arts\)](#) continue on a Tuesday. This program is flexible and if you would like to come along on a different day please give me a call and we will see what we can do. We have an awareness that people need opportunities for general community interactions and social connection and we will do our best to be responsive to any request to support your engagement in the community.

Maximising client independence is our key objective when delivering home services. Our funding guidelines expect Liberty to deliver your homecare under the "wellness approach." This is a term that you will become familiar with over time and I have given a short outline below about this.

Wellness Approach and Service Delivery

The wellness approach is based on the premise that even with frailty, chronic illness or disability most people have the desire and capacity to make gains in their physical, social and emotional wellbeing and to live autonomously and as independently as possible.

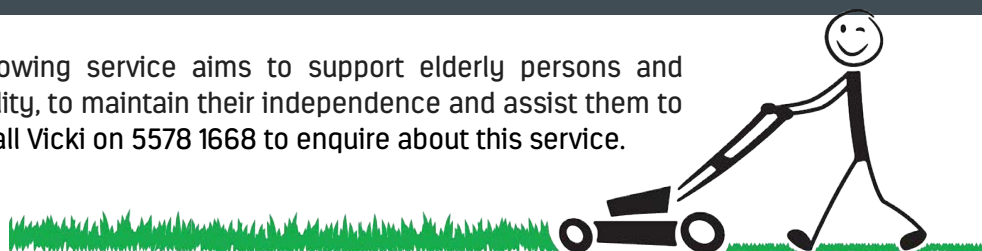
Traditional models of service delivery for many home support services and programs have substantially focused on clients difficulties and what they are unable to do, causing clients to become increasingly reliant on services and gradually doing less and less for themselves. Emerging research has demonstrated the efficacy of moving away from the traditional approach of doing things for people and replacing this with an approach that seeks to enable people to do as much as possible for themselves.

To successfully implement a wellness approach, our support staff will work with you to focus on building on your individual strengths, capacity and goals to help you remain independent and to live safely at home.

Take care and look after yourselves,
Chance, Melissa, Vicki and all the Home Services Support Staff.

Lawn Mowing

Liberty's subsidised lawn mowing service aims to support elderly persons and persons over 65 with a disability, to maintain their independence and assist them to stay in their homes. Please call Vicki on 5578 1668 to enquire about this service.



Community Connections - Man 2 Man

The aim of the day was to spend a few hours touring around the northern suburbs of the Gold Coast finding places of interest, including the Gold Coast Wake Park.

We made our way to Oxenford to the newly opened [Topgolf Gold Coast](#) to get a close up look at, and an appreciation of this new facility. It certainly is impressive and some of the guys mentioned that members of their families would be interested in giving it a go. In the same area are the many, many big buildings in which the sets are constructed for Movie World. We also found Paradise Country and discovered that they incorporate "farm stays" as part of their business.

We then hit the road again and checked out the [Gold Coast City Marina Precinct](#), developing an appreciation for how "the other half live" with their "big boy's toys". This was a busy area and must generate big \$\$\$'s for the Gold Coast economy.



[Jabiru Island](#) was our next stop, where we set up for lunch. The day was absolutely beautiful – sunshine, very still and amazing water views. After some terrific "man sandwiches" and dessert, most of the guys took a stroll on the boardwalk around the edge of the water.

We finally made our way to the Gold Coast Wake Park. None of the guys had been there before, or even knew it existed. There was plenty of action on the water for us to watch and admire. There were comments such as "If only I was younger" or "Back in the day I used to"

I'm looking forward to our next day out.

Peter

Our Man to Man trips are available to all current male clients of Liberty at a subsidised cost of \$17.00. If you are not a client, but are a man who is eager to join in these outings, you are most welcome to do so at a cost of \$40.00 for the day.

You must be able to safely and independently mobilise and be able to cope with the day's outing.

Unfortunately, we cannot take anyone in a wheelchair.

If you would like some more information about these trips please contact Peter on 5578 1668.

Community Connections - Deja Vu

Hi all,

Well, here we are with over half the year gone already - how time flies. Our little shop is continuously being re-invented due to the generosity of those donating pre-loved items for sale. **THANK YOU ALL!**

I have recently introduced a rack of household linen, which is proving popular, including quilt covers, sheets, towels, shower curtains, pillow cases, and both café and long curtains.

The book nook is being re-stocked continuously, so come in and find your favourite author - novels, CDs and DVDs sell for \$1 each, unless marked otherwise.

I'm looking forward to helping you find that special bargain.



- Sharon

Community Connections - *Choose a Day*

On 29 July a group of '15 guys and gals' headed off to the **Outback Spectacular**. The food was delicious, the service was great and the entertainment was 'spectacular'. A truly great time was had by all – it was a wonderful way to spend a Sunday afternoon, so good in fact, we went for another showing on 26 August.



Wellness Week

We welcome you to join us at the Centre for a cuppa and to take part in our 'Wellness Week' where we encourage your overall health, wellbeing and education to keep you living safe and independently in your home.



There are two Wellness Weeks remaining in 2018:

15 - 19 October 2018
26 - 30 November 2018

Podiatry services are also available during these weeks. The subsidised cost is only \$20.00 so please phone Nahum or Anne here at the Centre on 5578 1668 to make your appointment.

If you receive home services (ie. domestic assistance, shopping, respite or personal care) and are interested in attending please phone Chance on 5578 1668. We will also provide you with a morning tea and transport (if required).

GETTING TO KNOW OUR VOLUNTEERS- *Denise Cracknell*

Favourite movie? *I don't have any particular favourite movie. I like a "feel good" movie that makes you happy and still be smiling afterwards.*

What are your hobbies? *Reading, craft and needlework, walking, gym, music, catching up with friends and family.*

Nickname and why? *Niecy. Obviously because of my name, but I hate it!*

Pet hate in life? *Rude, ignorant people.*

What is better Coffee, chocolate, beer or beach? *Definitely chocolate!*

Favourite saying that you live your life by? *Treat everyone as you would like to be treated yourself.*

If you could travel to any place in the world tomorrow, where would you like to go? *Canada and Alaska, although anywhere would be great.*

How did you become a Liberty volunteer? *I was volunteering at Commonwealth Respite & Centrelink Centre, when they didn't have the need for me anymore and they suggested I volunteer at Liberty. It's the best!*

Tell us the thing you feel most proud of in your life? *My children and grandchildren. They make my day, every day.*



Community Connections - *Connect 2 Tech*



Liberty hosts a basic beginner's computer course to support you in this digital age. The course runs for six weeks and is held every Friday from 9:30am to 11:30am. You will learn skills such as using email, Google, browsing the internet, downloading music, games, puzzles, setting up your own Facebook page and much much more.

With only one more Connect 2 Tech course available in 2018 get in quick and phone Nahum on 5578 1668 to book your place now.

News from the Salon



Hi everyone,

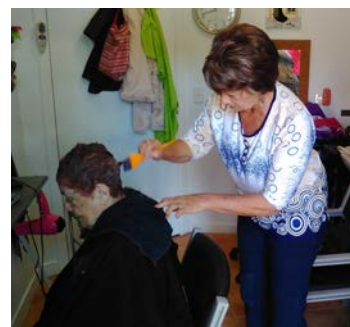
As you may know we are in the process of naming our hairdressing salon. Thank you for your suggestions, which we have shortlisted and are now awaiting the final decision. Watch this space!

Winter is over so if you are considering a new style or colour for the warmer months, don't hesitate to ask.

We have a selection of beauty products in stock for the ladies, so if you are in need of a new lipstick, make up or something for the hair, come and see what's on the shelves. The gents have not been forgotten either as we have a range of shaving cream, deodorants and hair products.

Looking forward to seeing you.

Hoo Roo -
Lorraine



Liberty Update - *Annual General Meeting*

Members, clients, friends of Liberty and all members of the community are invited to attend the

2018 Annual General Meeting of



to be held on
Tuesday, 23 October 2018
at 31 Martin Street, Nerang
commencing at 5:30pm for a meet and greet
and 6:00pm for the AGM

Nominations for positions on the management committee for 2018/2019 will be accepted until 4:00pm on Tuesday, 8 October 2018. Nomination forms, Membership Applications and additional information can be obtained from our office at 31 Martin Street, Nerang or by phoning Ruth on 5578 1668.

We look forward to you joining us for the AGM.

For catering purposes, please RSVP by phoning Anne on 5578 1668 by 15 October 2018.

Unique Vibrant Caring Supportive Reliable Innovative

Liberty Update - Staff

Due to an increased suite of services and activities, we have had quite a few new faces here at Liberty over the last few months, and we welcome each of them with open arms.

Expanding our Home Services team, we would like to introduce five wonderful new staff. The lovely **Chance** Alford is our new Coordinated Care Assistant and is joining the team with a great deal of knowledge, passion and warmth. **Trish** Heffernan has been volunteering with Liberty since 2017, and is now also helping out the Home Services team as well as in the role of relief Cook in the Centre. **Lenny** Perdis, brings with her a big welcoming smile, and is fitting right in and maintaining continuity for our clients whilst another staff member is on extended leave. Coming with a wealth of knowledge and a big heart is **Tina** Lui, who has had such a wonderful impact on our clients, and since starting with Liberty **Annalese** Moffatt has been providing dedicated guidance and care and loving the role she is in.



Chance



Trish



Lenny



Tina

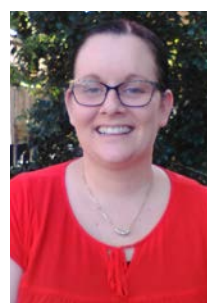


Annalese

Since our last Magazine there has also been some changes to our Community Services team. We have farewelled our Diversional Therapist, Katrina Vuori, and we wish her all the best in her future endeavors. In July we welcomed **Karina** Turner on board as a support worker, and she comes to us with many years of experience working in the disability sector. **Cassie** Reira was welcomed to the team in August as our new Diversional Therapist. Cassie has extensive experience and knowledge in the field of diversional therapy



Karina



Cassie

We also said goodbye to Sharon Hegarty, who has done a magnificent job in the role of Administration Assistant. Filling Sharon's shoes, we welcome the bright and bubbly **Kimberley** Wheeler as the new member of the Administration Team.



Kimberley



GUESS WHO HAS CELEBRATED 20 YEARS WITH LIBERTY

Peter enjoyed a quiet celebration held at the Centre in recognition of twenty years of service. There was lots of reminiscing, tall tales and laughter shared while everyone enjoyed some delicious fine foods and a drink or two.



I've learned that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes. - Andy Rooney

Community Development News

Armed with our OWN personal style Liberty aims to inspire individuals to live independently and to be *livin' well*. Liberty will be there for you and support you over your journey SO here we go, woo hoo!

In appreciation of Liberty's volunteer workforce, Liberty presented our 40+ volunteers with Certificates of Appreciation during National Volunteer Week in May. Liberty would not be able to offer the services and programs currently available without the generosity of these wonderful people. If you think one of our volunteers deserves special recognition please contact me with their name and why and I will submit a nomination when the opportunity arises, such as the upcoming Steve Ciobo, MP, "Backyard Heroes" volunteering awards. There were many special events and award presentations held across the Gold Coast during National Volunteer Week to acknowledge and celebrate volunteers. I was excited to attend the Volunteering Services Australia event "*Give a little. Change a lot*" with our very own Jenny Scott, who was a nominee for Volunteer of the Year.

Friday, 1 June 2018 marked our very first Liberty Trivia Fundraiser event. This was sponsored by the German Club, who welcomed us to their little piece of Germany right in the heart of Merrimac and provided each guest with a glass of wine and nibbles. Thank you everyone who supported us and generously donated their time and efforts for this event.

Expos, pop up displays and guest speaking, all continue to give Liberty the opportunity to meet with the community on a personal level, to discuss their needs while also escalating the Liberty profile. We know this when people ring up and say, "Oh I found out from the lady I saw at the shopping Centre."

The "*Colour my life*" client artwork will be on display at Runaway Bay Library during the month of September – the display will overlap with several pop up exhibits at the library as well. If you see me there, please come over and say hi and grab some promo items to share with friends or neighbours.

The next bus *convoy day* will be on 19 September. This is another exciting day so bring your cameras as we will show off the buses and *YOU* 'out and about' in the community. Photos will be taken so 'spruce' it up if you wish.

Liberty has been nominated for an award in the *Health and Wellbeing* section of the Gold Coast Business Excellence Awards. I am really hoping that Liberty will be a finalist for the award and maybe even the overall annual winner – watch this space!

"Live life to the fullest, and focus on the positive."

Anita



Volunteering is an extraordinary gift of service that deserves to be celebrated and must be valued and nurtured

(Volunteering Services Australia)

Acknowledgments



VILLAGE ROADSHOW



Hinterland
Pharmacy



Funded by



We would like to thank and acknowledge The Hon Steven Ciobo MP, Federal Member for Moncrieff, who has very generously printed our quarterly Magazine in colour for our clients, and congratulate him on his recent appointment to Minister for Defence Industry.



The
Department
of Health

Just for Fun

AUSTRALIA WORD SEARCH PUZZLE



BILLABONG	GREAT BARRIER REEF	OUTBACK	TASMANIA
BRISBANE	KAKADU	PERTH	ULURU
DINGO	KANGAROOS	PLATAPUS	VICTORIA
EUCALYPTUS	KOALA	QUEENSLAND	WALLABY
GOLD COAST	MELBOURNE	SYDNEY	WOMBAT

**The doctor told
me I have to
laugh more....**



Important Contacts



Able Australia Transport: 5600 0700
 Aged Care Complaints Commissioner: 1800 550 552
 Aged and Disability Advocacy: 1800 818 338
 Beyond Blue - *depression, anxiety and related disorders*: 1300 224 636
 Carers Queensland: 1800 242 636
 Deaf Services Queensland: 3892 8500
 Disability Information Service: 1800 177 120
 Energex-*power supply/outages* : 13 62 62
 Gold Coast City Council Seniors and Disability Directory: 1300 465 326
 Lifeline-*counselling and support*: 13 11 14
 Life threatening emergencies *critical or serious situations only* : 000 or from mobile
 112 Meals on Wheels -*Nerang* : 5596 1026
 My Aged Care: 1800 200 422
 NDIS Get Ready: 1800 772 383
 Seniors One Stop Information Line *no question too big or small*: 1300 135 500
 SES-*flood & storm assistance (fallen trees, roof damage, floods)* : 13 25 00 Transcend
 Community Transport Services : 5539 3733
 Volunteering Gold Coast Transport: 5526 5288



Liberty Policy Highlight



SERVICE DELIVERY POLICY NO: 7.17

POLICY TITLE: CLIENT DOES NOT RESPOND to a SCHEDULED VISIT

POLICY STATEMENT

LIBERTY has a duty of care to investigate the safety and well being of a client who does not respond to a staff member on a scheduled service

PROCEDURES

- * Each client is required to have an individualised planned response for when they do not respond to a scheduled service, which will be documented in their Care Plan, and a copy made available to the client.
- * At the assessment interview, the applicable Supervisor will:
 - o advise the client that they have a responsibility to advise the Centre if they will not be home for a scheduled service;
 - o discuss the 'unexplained absence' procedure, and the need for an individualised planned response in the event that the client does not respond to a scheduled visit, which may include:
 - details of emergency contacts for the client, which could include family members, friends, neighbours or advocates;
 - availability of access to their home – e.g a key safe, or family, friend or neighbour with a key, in the event of suspected injury or illness; and
- * If the staff member, on conducting checks at the home, finds the client in such condition that warrants concern for their well-being, they will immediately:
 - o notify their Supervisor who will notify emergency services; and
 - o commence any appropriate first aid protocol and wait for assistance.

Liberty Feedback

As we all know "little things matter" and its often the small details that make a big difference. So big or small we want to hear from you. What do you love about Liberty? What do you think could be improved? It certainly matters to us if it matters to you, but we won't know unless you tell us.

We encourage you to:

- * send us an email (allan@libertycommunity.org.au)
- * Give us a call on 5578 1668
- * Fill in the form and return to us at the Centre or post to PO Box 446, Nerang Qld 4211.

LIBERTY FEEDBACK FORM

Complete and return PO Box 446, Nerang Qld 4211

Name : _____

Suggestion/Compliment : _____

Suggestions and feedback are welcome at any time and can also be submitted on our Continuous Improvement Form, which is available by either contacting us on 5578 1668 or visting our website at www.libertycommunity.org.au.

We look forward to hearing from you.

Your Support - *Volunteering, Donations, Sponsorships & Bequests*

Would you like to support US in making a difference in
"Enhancing the Quality of Life"

for people who have a disability, older people, their carers and their families?

Liberty Community Connect offers a diverse range of support services, providing assistance to over 670 clients and carers living on the Gold Coast. Opportunities include activities that are fun, interactive and offer choice and are available in either our 'home away from home' Centre or within the community ~ out and about exploring and participating in all that the Gold Coast has to offer, shopping, attending appointments and much more. Additionally we assist with support within the home - house cleaning tasks, personal care/hygiene, laundry and respite care (to name but a few). Allied health services, such as podiatry and a broad range of support on various health and wellness issues, lawn mowing and yard tidies are available. We tailor support ranging from basic needs to managing a diverse range of home care packages. All up... we're the true meaning of a one stop shop in supporting people to live in their home and to be a part of their community ensuring a better life for all.

Without community spirit and support Liberty Community Connect could not provide the quality care that we are renowned for nor could we maintain the outstanding reputation that we have achieved.

**So, how can YOU make a difference
 and empower people to actively participate and live a life of their choice ?**

People choose to volunteer for a variety of reasons - for some it offers the chance to give something back to the community or make a difference to the people around them and for others it provides an opportunity to develop new skills or build on existing experience and knowledge. Liberty proudly boasts a large **VOLUNTEER** base who share in our vision, mission and values and donate an average of 800 hours of support each month. There is a range of volunteering opportunities available if you are interested in becoming part of our team.

It is through the generosity of our financial supporters and the power of community, that Liberty can continue the great work it does. We assure you, that with Liberty being a local and independent charity, all **DONATIONS** - big or small - make a difference and go directly towards the enhancement of services and meeting the needs of our community. We invite **CORPORATE** donations and acknowledge **PARTNERSHIPS** and **SPONSORSHIPS** in a variety of ways including in our Magazine, on our website and via social media.

The simple fact is that without the generosity of normal, everyday Australians, many of the charities wouldn't even exist. **BEQUESTS** form the financial basis of most major Australian charities and are absolutely essential for ensuring the good work continues into the future. It's a common misconception that only wealthy people leave money to charity when they die. The reality is that most bequests are made by ordinary, hard-working people who want to make a positive difference to their community after they're gone.

We welcome your enquiry to find out more about Us. For more information please give us a call on 5578 1668 or go to our website at www.libertycommunity.org.au



A Donation For Liberty Community Connect

I am happy to support the work of Liberty Community Connect in "Enhancing the Quality of Life" for people with a disability, people who are older, their carers and their families.

Name: _____

Email: _____

Mobile/Phone Number: _____

Address: _____

Postcode: _____

Donated Amount: \$ _____

I have included Liberty Community Connect in my Will: Y/N

Payment Type:

☐ Cash ☐ Cheque ☐ Electronic Transfer



BSB: 633-000

Account No: 133382044

Reference : *Your Name*

Liberty Community Connect
 is a registered Charity
 (DGR 900 490 770)

Please forward to: PO Box 446, Nerang, Qld 4211

All donations \$2 and over are tax deductible.



2018 Dates for Your Diary

Please phone us on 5578 1668 for further information on any of the following events

DATE	EVENT
Weekly Group	Movie Day Tuesday at Home of the Arts (Gold Coast Arts Centre)
Weekly Group	Growing Stronger - Thursday weekly fitness group from 9:30am-11:30am
3-7 September	Wellness/Podiatry Week
12 September	Gold Coast Inclusive Communities Expo
13 September	Man 2 Man
14 September	Direct Debit for services received between 23 August – 5 September
14 September	Connect 2 Tech commences
17 – 21 September	'Spring Week' – Wear Yellow
19 September	Liberty Convoy Day
20 September	Broadbeach Seniors Expo
28 September	Direct Debit for services received between 6 September – 19 September
3 October	Steve Ciobo MP 2018 Gold Coast Expo and Seniors Forum
1 October	Public Holiday - Queen's Birthday
12 October	Direct Debit for services received between 06 September – 19 September
15-19 October	Wellness/Podiatry Week
23 October	Liberty Annual General Meeting
25 October	Man 2 Man
26 October	Direct Debit for services received between 04 October – 17 October
09 November	Direct Debit for services received between 18 October – 31 October
15 November	Are you Eligible for More Help? - Liberty's Expo/Information Evening
22 November	Southport Seniors Expo
23 November	Direct Debit for services received between 01 November – 14 November
26 – 30 November	Wellness/Podiatry Week
07 December	Direct Debit for services received between 15 November – 28 November
21 December	Client Free Day
21 December	Direct Debit for services received between 29 November – 12 December
24 December	Centre closed for Leisure and Lifestyle
25 December	Public Holiday - Christmas Day
26 December	Public Holiday - Boxing Day
27 December	Centre closed for Leisure and Lifestyle Program Home services will be provided
28 December	Centre Closed for Leisure and Lifestyle Program Home services will be provided
31 December	Centre closed for Leisure and Lifestyle Program Home services will be provided
01 January	Public Holiday - New Year's Day
02 January	Leisure and Lifestyle re-commences
04 January	Direct Debit for services received between 13 December – 26 December