



liberty

community connect

MAGAZINE

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This artwork features on our Magazine front cover. It is part of our 'Colour my life' exhibit for Disability Action Week. If you would like to visit this inspiring exhibit please go to page 13 for all the details.

Update from Management



From the General Manager

Recently our **annual client survey** was distributed asking you to review the services, support, activities and programs that are delivered by Liberty Community Connect, and seeking your ideas for further enhancements to our services. We are in the early days of receiving your feedback however there is an indication of a high level of satisfaction.

Your feedback is also giving us a very clear indication that you are interested in activities such as fitness, exercise and healthy menu planning/cooking - one would have to wonder if this is an outcome from such reality shows as My Kitchen Rules and MasterChef and perhaps we even have some Ninja wannabe's within our Liberty family.

We have also had a significant expression of interest from people wanting to learn various tasks on computers and Ipads. For a few years now we have offered a Connect 2 Tech course teaching anything from basic to advanced computer skills so please phone us on 5578 1668 if you would like to book in for this course. Another request is transport to appointments and, in particular, to and from the hospital with assistance to get you settled back into your home.

As promised via our survey, once all the results have been received and collated, your Supervisor will contact you to discuss your interests and goals. On that note, we have received some forms back that had requests but no contact details, so if you haven't heard from us please give us a call.

Receiving this information allows us to better understand what the real needs and goals of our clients are and, on behalf of the Liberty team, I thank you in advance for making the time to provide us with your thoughts. As your surveys are being returned we are collating the information with the aim of being able to address your suggestions right away.

If you haven't completed your survey I encourage you to take a few minutes and do so. If you choose not to complete it we would still appreciate receiving your form back so that we are able to track how many surveys we delivered and how many we received back.

Thank you for the many wonderful compliments that we have received via our client survey and equally thank you for your suggestions on what would better meet your needs to achieve your goals.

*On behalf of the team that is Liberty Community Connect I hope
that our Magazine finds you healthy and happy! Keep well - Jo*



GETTING TO KNOW OUR PRESIDENT - Vitay Kaitinis

Favourite movie: *Shawshank Redemption.*

Hobbies: *Cycling and gym. I like to try and keep fit.*

Nickname and why: *Viddy which my kids use but not really sure of its origin but my daughter Ellie would have been behind it.*

Pet hate in life: *I would have to say waste but if you ask my wife Lynn it would be spending money.*

Favourite saying that you live your life by: *Keep it simple.*

What is better - coffee, chocolate, beer, or beach: *As a cyclist it would be coffee but there is nothing better than a ice cold beer.*

If you could travel to any place in the world tomorrow, where would you like to go? *Hawaii due to the great promotion it received through Tom Selleck in Magnum PI!*

How did you become a liberty client? *Not a "client" yet but Damian Scantlebury roped me in on the Committee.*

Tell us what you feel most proud of in your life: *My three kids all have serious health issues and I am most proud how they have handled the ups and downs.*

Leisure & Lifestyle - *Elderly* - Centre Based



Our Centre Based activities over the past months have been fun-filled and interactive. During May we went out for picnics while the weather was still mild, played bingo, ten-pin bowling and enjoyed some relaxing pampering for **Mother's Day**. In June we celebrated **Queensland Day** and **Comedy Week**, plus there was plenty of interest in our two great floor games – Finska and Bocce-in-the-Round.

July saw us playing board games, new and old, a "Noughts & Crosses Quiz" (which created great team spirit and also some friendly rivalry), as well as enjoying a **collectable week** where everyone could bring in items they have collected over the years such as teaspoons, porcelain birds, frogs, rabbits and woodwork, just to name a few. This created a lot of discussion and amusing reminiscing. We also enjoyed day trips to **Emerald Lakes Golf Club** and the **Boathouse Tavern**.

During our July **Wellness Week** we enjoyed informative presentations on "How to Read your Electricity Bill and Save Money" and "Wills, Powers of Attorney and Executors".



Upcoming Events - In September we are having a "**Fred Hollows Week**" in remembrance of this great man and how he changed the lives of so many people by restoring their sight. In conjunction with this week we are going to be collecting used spectacles, sunglasses, new frames, used lens and (unused) contact lens - these can be given to your home support worker to bring in or dropped off at the Centre. We will pass them onto the Lions Club who run a program that cleans, grades and labels 450,000 pairs annually. Under quality control rules, they are then packed in boxes and distributed throughout the third world via humanitarian organisations at no cost to the adult or child so they can receive the wonderful gift of sight.

In October we are celebrating "Ageing Gracefully", as the **Queen's Birthday weekend** coincides with our next **Wellness Week** and who else has aged as gracefully as the Queen? Monday, 24 October is '**Pink Ribbon Day**' and we will be going **PINK** to show our support for the many thousands of women in Australia who have been affected by breast and gynaecological cancers.



Our popular **Melbourne Cup Day** festivities are on in November and this year our theme will be "**Champagne and Pearls**". This will be an opportunity to dress up in all your finery, enjoy a wonderful luncheon, participate in the sweeps and have a great day.

We look forward to seeing you at these fabulous events over the coming months.

Katrina, Jenny, Nicole, Joanne, Yvonne, Peter and all of our wonderful volunteers who assist with this great program.

Our motto is "FUN and FRIENDSHIP" so if you would like to join us for an enjoyable, stimulating day, or like to know more about our daily program, please phone Nahum or Lyn on 5578 1668.

Leisure & Lifestyle - *disABILITY* - Centre Based



Hello everyone. We have been very busy and productive this winter in our Centre Based Leisure and Lifestyle program.

In the last three months we have been very creative working on our **melted crayon artworks [Colour My Life]** for **Disability Action Week** in September. These wonderful artworks will be displayed at the Tallai Country Golf Club from 11 to 17 September for all to see.

We have been entertained by Lachlan, singing many old favourites, used our whiteboard for quizzes and, as always, had lots of fun and laughter. Also, we had a guest speaker from the Public Trustee of Queensland who passed onto us information regarding Enduring Powers of Attorney and Wills.

During the cooler months there were **BBQ's and picnics** in the picturesque parks around the Gold Coast. McIntosh Island is a much loved destination where we enjoy the water views and birdlife, Paradise Point Parkland is always a favourite, Emerald Lakes Golf Club has beautiful lunches and calming water features, and the Ross Evans Garden Centre with its Cafe 63 is always a winner.

In the coming months we are looking forward to **Disability Action Week** in September. **Melbourne Cup**, as always, will be a celebratory day for everyone, then there's bingo, whiteboard puzzles and darts which are always great fun and can tend to bring out the competitive side in us.

Until next time - stay safe, Jenny, Joanne and our wonderful volunteers



GETTING TO KNOW OUR CLIENTS - *Allan Wood*

Favourite Movie: *Born To Be Wild.*

Hobbies: *Woodwork and painting.*

Nickname and why: *A5, because I'm Allan Wordsworth the 5th.*

Pet hate in life: *Being poor and being certified disabled.*

Favourite saying that you live your life: *Be happy, keep smiling.*

What's better-coffee, chocolate, beer or beach: *Chocolate.*

If you could travel to any place in the world tomorrow, where would you like to go? *The Lakes District in England.*

How did you become a Liberty client: *After I had my accident I attended Headway and they suggested it would suit me.*

Tell us what you feel most proud of in your life: *Designing wedding rings for both my wife and myself and our married life together.*



Leisure & Lifestyle - *disABILITY*- Out & About

Exploring the Coast

The Gold Coast and Northern New South Wales area is one of Australia's premier holiday destinations and we get to explore a different part of it each week. The region is famous for its attractive environment, climate and lifestyle. We have glorious beaches and coastlines, plus spectacular scenic hinterland locations. There are many amazing locations to visit, the drives are always enjoyable and with so much work taking place around the Gold Coast there is a lot to see and do.

It is no wonder that our Out & About program has become a very popular, fun way to socialize with friends and, as we know, the health benefits of a day out impacts both physically and mentally on our overall wellbeing. It is one of the keys to a long and healthy life.



One of the highlights of our winter program was the '**Cooly Rocks On**' festival at Coolangatta. What a great opportunity for everyone to soak up the nostalgic atmosphere of the 50's and 60's with great music, food, dancing, market stalls, and of course **the classic cars**. This event was a hot favourite and enjoyed by everyone.

In our **upcoming spring program** we will be celebrating **Disability Action Week** and visiting a number of wonderful locations and venues - **Elephant Rock** at Currumbin, **Jack Evans Boat Harbour** at Tweed Heads, **Burleigh Sports Club** and the **Boathouse Tavern** at Coomera - to name just a few.

If you think that you, or someone you know, would enjoy being part of our program getting out and about in the community, meeting new people and making new friends then please give us a call as we would love to hear from you.

Until next time, Wendy, Grant and our wonderful volunteers



Our **Out & About program** is about helping you to connect with others while enjoying picnics, local parks, beach trips, scenic drives, shopping, events, clubs and restaurants. If you would like more information about this awesome program please phone Nahum or Lyn on 5578 1668.

Community Connections - *Connect 2 Tech*

Computers and the internet have become commonplace in every day life for people of all ages.

To help you understand this new world of technology, Liberty runs a **computer course called Connect 2 Tech**. The course is a six week basic computer course (2 hours per week on a Friday from 9.30am to 11.30am) teaching you computer skills ranging from online shopping, using google and browsing the internet, setting up your own Facebook page, using email, downloading music, games, puzzles, and much more.

It's **never too late to learn some new skills** so come along and gain an understanding of technology. The next 'Meet and Greet' session with your wonderful instructor, Carole, is on Friday, 22 September so please phone 5578 1668 to book your place.



Community Connections - *Deja Vu ~ Gifts 2 Please*

Hi to you all,

Spring is here and we still have warmer clothes that you could layer to keep you warm in the early mornings and evenings such as **jackets, jumpers, knitwear and scarves**.

An assortment of **sweets, chocolates and crisps** are stocked and are getting very popular, so if you have any favourites, please let me know so I can stock the items you love.



We also have lots of other items for you to enjoy, such as a great assortment of **fiction and non-fiction books, jewellery, CD's** and a selection of **blank cards** for any occasion with a limited selection of specialist **Birthday cards**, so next time you visit the Liberty Centre here at Nerang please drop in and have a browse.

THANK YOU to everyone for the steady supply of donations we receive. This enables the success of Déjà Vu and provides a variety of items for you all to enjoy.

*Till next time – take care and be warm,
Sharyn from the shop*

Community Connections -Man 2 Man

Our last Man 2 Man trip was held in July and **what a great day it was!** We had a delicious morning tea at the Centre and there were lots of compliments on the asparagus and ricotta scrolls. Then we climbed onto the bus and headed for **Lower Beechmont** which is situated in the hills to the west of Nerang.

Stopping on a flat turn-around area half way up a long, steepish driveway we transferred from the bus to a car. This had some of the guys wondering what they had signed up for. One of the fitter, younger members of the crew expressed a desire to walk the remainder of the driveway – he made it!

Our volunteer David and some of the guys were assigned the task of getting the fire going - and what a fantastic fire it was! Thanks for the great job of keeping it going for the few hours we were there as it really did compliment the outdoor, bush atmosphere. There's nothing more relaxing than chilling out and chatting around a hot fire with smoke wafting about.

Also, a big thank you to the guys who did the barbeque. The sausages and onions were cooked to perfection. Hopefully those who mismanaged the sauce (which ended up on their shirts and jackets) didn't get into too much trouble upon returning home :).

We all enjoyed our few hours in the bush with great food, company and atmosphere, Peter



Our next Man 2 Man outing is scheduled for Thursday, 21 September.

Our Man 2 Man trips are available to all males who are current clients of Liberty. You must be able to safely and independently mobilise and be able to cope with the days outing.

Unfortunately we cannot take anyone in a wheelchair.

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

Raffle Donations

We enjoy organising small raffles for our Centre based programs.

We would love to receive any donations of unwanted small gifts (not used and in original packaging), and the money raised goes towards assisting Liberty programs. Please give your donations to Katrina at the Centre. Thank you.

Craft Donations

We would be really pleased if you could pass on any donations of craft supplies such as wool, material, ribbons, lace, used Birthday and Christmas cards, etc, to Katrina at the Centre as we hope to start a Craft Co Op.

Please let Katrina know if you would like to join the group when you are next at the Centre.

Liberty Support Worker Feedback:

"I love the industry and it is nice working for an organisation that clearly identifies the needs of the clients and their carers. The organisation is personable and I love that we all get along well and the culture flows through where people feel very much at home, comfortable. We all look out and care for each other. Volunteers are appreciated and clearly everyone enjoys their role! I love our volunteers and feel strongly that they gain a lot from their day" – Wendy.

Community Connections - Here 2 There

Our Here 2 There trips are always a fun and entertaining day out.

Our most recent trip started with a leisurely scenic drive through the foothills heading west to Canungra, then on to the **Albert River Winery**. After an informative guided tour of the historic buildings, the chapel and wedding reception areas of the winery, our guide treated us to a delightful commentary as she used her dogs to round up the sheep. We enjoyed a wonderful lunch on the verandah with a lovely backdrop of water fountains and distant mountain views. There was much fun and laughter on the bus trip home and many commented on what a really great day they had spent in the country.



We have visited many fantastic venues throughout South East Queensland over the past few years. We have travelled south to **Kingscliff, Tropical Fruit World, Coolangatta Tweed Heads Golf Club, Tweed River Gallery** as well as up to **Springbrook**. Other great trips have been to **Honey World, Bamboo Down Under, Sanctuary Cove, Surfers Paradise, Victoria Point, Mt Cootha, Brisbane Botanic Gardens**, and a relaxing day on the water.



Anyone can attend our Here 2 There day trips for \$40, however if you are a 'Registered Carer' with the Commonwealth Respite and Carelink Centre you can join us for free (two free day trips per year per carer). Our **next Here 2 There adventures** are currently scheduled for Thursday, 12 October and 23 November so if you would like to book or get some more information please phone Katrina on 5578 1668.

[Commonwealth Respite and Carelink Centres](#)

GETTING TO KNOW OUR CLIENTS -Edna Machon

Favourite Movie: *Gone with the Wind.*

Hobbies: *Knitting, crochet, ceramics.*

Nickname and why: *Bub, because I was the youngest.*

Pet hate in life: *Having no faith.*

Favourite saying that you live your life by: *Faith & Hope.*

What is better - coffee, chocolate, beer or beach: *Chocolate milkshake.*

If you could travel to any place in the world tomorrow, where would you like to go? *Home.*

How did you become a Liberty client? *Through my daughter.*

Tell us what you feel most proud of in your life: *Family.*



Home Services

Spring is here and not a moment too soon! As the weather warms up it's the signal to pack away your winter woollies, get back into the garden or start a new fitness program. *Did somebody mention a 'fitness program'...* YES I DID. More and more older adults are engaging in a broad range of activities, from athletics to aerobics, proving that you don't have to be young to have fun with exercise.



Liberty have introduced 'Growing Stronger' a rehabilitative-focused fitness class 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.

A huge thank you to everyone who took the time to complete and return our **annual survey**. Your feedback is critical to our best practice and your ideas are our next success.

Staff Changes - We have bid a fond farewell to one of our home services staff, Bernie, who has relocated to Western Australia. Bernie was with us for just over a year and I know she will be greatly missed by all those who had the pleasure of meeting her. Coming through the door we have a new staff member, Maryanne, who joined us in June. We wish Maryanne a warm welcome and I am sure that her time here at Liberty will be enjoyable.

Please don't forget to tell friends and family about Liberty and the services we provide for eligible adults under 65 and also over 65 years of age:

- Domestic Assistance – General house cleaning
- Social Support – Shopping assistance/home visits/transport to medical appointments
- Flexible Respite – Caring for your loved one at home
- Personal Care – Personal hygiene

We can assist with decision making and/or navigating My Aged Care. We understand that organising home services can be challenging, and not knowing what to ask can be frustrating. These questions could include:

- What support do I need?
- Where do I find those services?
- How much will I have to pay?

You don't need to struggle with this on your own. Draw on our expert advice so you can make better, more informed decisions on support that meets your individual needs.

If anyone is having problems getting their shopping done, other than grocery shopping, such as shoes, clothes, gifts or household items, please let us know. We can organise for you to go shopping as a 'one off' - this would be a separate service and would not affect your current domestic or shopping service.

If you are passing by please don't hesitate to call in as we would love to meet you and give you a tour of our premises.

Take care,

Melissa, Vicki and the Home Services Team



Home Maintenance

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. Liberty remains committed to a fresh approach to this service ensuring more consistency throughout the year.

To organise a booking or find out more please phone Melissa or Vicki here at Liberty Community Connect. The cost of the lawn mowing service is a minimum of \$20.00 for a small yard (approximately 13 mows annually).



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 and wellbeing.

**The next Wellness Week is from
Tuesday, 2 October to Monday, 9 October.**

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

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



News from the Salon



Well, a big hello everybody.

Its time to think about a new spring hairdo. Maybe some foils, a colour change, or a style cut with a new shape. Also, new to our salon is eyebrow shaping and tinting.

In the retail basket we have hair and beauty products for ladies and men as well as face creams, hair gel, lipsticks and brushes. I look forward to seeing you all for a laugh, a chat and maybe even a haircut :).

Lorraine

Hairdressing Price List

Cut (female)	\$18.00
Cut (male)	\$10.00
Shampoo & set or B/W	\$18.00
Cut, shampoo & set or B/D ..	\$28.00
Perm only	\$36.00
Perm & cut	\$46.00
Perm, cut, shampoo & set or B/W	\$55.00
Colours - short	\$36.00
Colours - long	\$46.00
Own colours from	\$18.00
Own colour + trim	\$32.00
Own colour + blow dry	\$32.00
Foils (per foil)	\$2.00
Shampoo & towel dry	\$6.00
Beard trim/Personal groom ..	\$8.00

Liberty Update - *Annual General Meeting*

Liberty Community Connect Inc Annual General Meeting

Members, clients, friends of Liberty and all members of the community are invited to attend the 2017 Annual General Meeting as follows:

Tuesday, 24 October 2017
31 Martin Street, Nerang
5:30 pm for Meet and Greet
6:00 pm for the AGM

Liberty's vision is

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

Our Annual General Meeting will recognise and celebrate the achievements of the past year.

Nominations for positions on the Management Committee for 2017/2018 will be accepted until 4:00 pm on Tuesday, 10 October 2017.

Nomination forms, membership applications and additional information can be obtained from our office at 31 Martin Street, Nerang or by phoning 5578 1668.

For catering purposes, please confirm your attendance by phoning reception on 5578 1668.

Please RSVP no later than Tuesday, 17 October 2017.



Liberty Update - *Direct Debit*

Thank you to all our clients and carers who have worked with us to transition our contribution payment process to direct debit. We are very pleased that the majority of contributions are now being paid by direct debit.

To assist you, please refer to the table to the right for the dates of our future direct debit runs.

You may like to cut this section out of the Magazine and put it on your fridge so you have a handy reference when you are wondering when your next direct debit payment is.

Dates you Receive Services	Date Direct Debit is processed to your Account
24.08.2017 – 06.09.2017	15.09.2017
07.09.2017 – 20.09.2017	29.09.2017
21.09.2017 – 04.10.2017	13.10.2017
05.10.2017 – 18.10.2017	27.10.2017
19.10.2017 – 01.11.2017	10.11.2017
02.11.2017 – 15.11.2017	24.11.2017
16.11.2017 – 29.11.2017	08.12.2017
30.11.2017 – 13.12.2017	22.12.2017

Liberty Update - *Staff*

Liberty Welcomes:



David Melville commenced in July 2015 as a volunteer in our Community Access program. Having recently completed his Certificate 3 in Individual Care, David now works for Liberty as a relief driver and still volunteers one day per week with our Community Access program.

Maryanne Galo is the newest member of the Liberty family, starting on 22 June as a Home Support Worker. Mary Anne has completed her Certificate 3 in Community Services and we are proud to have her represent Liberty. Maryanne is doing a fabulous job.



Liberty Farewells:



Bernie Maisey - In June clients and staff bid a sad farewell to one of our amazing home support staff members, Bernie, who relocated to Western Australia to be closer to her family. Those of you who had the pleasure of knowing Bernie will agree that she will be dearly missed.

Just for Fun

The day after visiting a Country Fair, my wife was in agony. "You know you're past your prime," she said, "when you hurt all over and all you rode was the massage chair."

Liberty Update - *Disability Action Week Exhibition*



We proudly invite you to view our '**Colour my life**' exhibition celebrating Disability Action Week 2017.

When: 11 - 17 September 2017

Where: Tallai Country Golf Club, Cnr Worongary Road and the Panorama, Tallai

Daily a group of people, who live with a range of disabilities, join a leisure and lifestyle program at Liberty Community Connect. This is an opportunity for them to socialise and engage in friendships. The program offers choice and opportunities to be involved in outings, computers, cooking, social activities, health and wellness and art.

This exhibit is a result of the creative pursuits of this group, featuring melted crayon artworks, and showcasing the artist's unique personal perspectives and personality.

Liberty Update - *Community Development News*

Welcome to the "Ryan Report". A big congratulations to all **QLD** State of Origin **SUPPORTERS** with Queensland's latest win - it's quite incredible that Queensland have now won 11 out of last 12 Origin series.



Community support has continued to provide me with many opportunities to get 'out and about', spreading the word of Liberty at expos, shopping centres, local libraries, doctors clinics and even hairdressing salons. Thank you for the warm welcome Liberty continues to receive from various establishments on the Gold Coast.

Liberty Facebook Page - If you haven't already 'liked' us on our Facebook page please search for us - Liberty Community Connect. The page is regularly updated with information about the community sector, photos, testimonials, reviews, advice and much, much more. You can spread the love by giving the page a big thumbs up and LIKE and SHARE us within your contacts.



Liberty Raffle - there was another great response to our raffle, with **\$1,017.50** raised to support our programs. Congratulations to our winners – **1st prize** to Colin Paterson, **2nd prize** to Rita Stanfield, and **3rd prize** to Norman Edgar. Please keep your eye out for the next raffle, which will include food hampers and a whole lot more. Your support workers will soon give you an opportunity to purchase a ticket or two.

I would like to thank the volunteers who have generously given their time to assist me in making up promotional packs, lolly bags and attending expo's.

We have our fingers crossed for one of our volunteers who has been nominated for the Hesta Unsung Hero Award for 'work or activity of an individual that is worthy of recognition and with over 5 years of community sector experience'. Liberty is also in the running for the National Disability 2017 Community Excellence Award and winners will be announced at a ceremony in December. Both of these awards aim to honour outstanding achievements of individuals, teams and organisations that have improved the lives of Australians with a disability and contribute to increased recognition of equality and human rights for all Australians.

Too often we underestimate the power of touch - take care from Anita.

Liberty Update - *Home Care Packages*

Hello one and all - what a wonderful couple of months it has been. Busy times have been had and some really great outcomes for families transitioning over to home care packages. It has been exciting to have the opportunity to share who Liberty is with prospective clients and how we may assist them through management of their home care package.

Equally, it has been enlightening to see the level of commitment people contribute in development of their personalised Livin' Well Support Plan. Pairing that with the allocated budget to achieve those goals is what it's all about. It is so rewarding keeping people in their homes for as long as possible living the life that empowers them.

If I can assist you at all please phone me on 5585 1312 or email me at rowena@libertycommunity.org.au.

In just a few weeks the rivers will flow and the blossoms on trees will be starting to show.



Keep smiling, Rowena.

New National Aged Care Advocacy Program

The Department of Health held an open funding round earlier this year seeking a single provider to deliver the new National Aged Care Advocacy Program (NACAP).



The
Department
of Health

The Older Persons Advocacy Network (OPAN) has now been engaged to provide free, confidential and independent advocacy support to older people (including their families and representatives) who are receiving, or seeking to receive, Australian Government funded aged care services.

OPAN will deliver the National Aged Care Advocacy Program through its network of nine service delivery organisations across Australia. Each provides a nationally consistent model of independent advocacy, information and education focused on the rights of older Australians in need of care.

For more information, please phone them on 1800 700 600 or visit the Health Department's website at:
<https://agedcare.health.gov.au/support-services/the-national-aged-care-advocacy-program>

NDIS Update

The **National Disability Insurance Agency** works closely with relevant Commonwealth and Queensland government departments to ensure a smooth transition to the NDIS for eligible people with disability, their families, carers and providers.

NDIS has already commenced rolling out their services in far North Queensland and **from 1 July 2018 to 30 June 2019** services will commence rolling out on the Gold Coast.

NDIS Get Ready Forum sessions are held regularly across the Gold Coast region. For more information and to book please phone 1800 772 383.

NDIS Contact Details:

The NDIS contact centre is open from 8.00am to 11.00pm Monday to Friday where you can access information and check available NDIS resources as follows:

- If you require a free-of-charge translator, interpreter or other assistance, phone 1800 800 110.
- If you are a Text telephone (TTY) user, phone 1800 555 677 then ask for 1800 800 110.
- If you are a Speak and Listen (speech-to-speech relay) user, phone 1800 555 727 then ask for 1800 800 110.
- If you are an internet relay user, visit the National Relay Service website (external) and ask for 1800 800 110.

Visit their website: www.ndis.gov.au

Online: If you would like them to contact you, send a request via their online Contact Form.

National
disabilityinsurance
Scheme



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!

Just for Fun - Football Talk

My husband, a big-time sports fan, was watching a football game with our grandchildren. He had just turned 75 and was feeling a little wistful. "You know," he said to our grandson, Jack, "it's not easy getting old. I guess I'm in the fourth quarter now." "Don't worry, Grandpa," Jack said cheerily. "Maybe you'll go into overtime."

Just for Fun

About Australia Word Search...



BILLABONG
BRISBANE
DINGO
EUCALYPTUS
GOLD COAST

GREAT BARRIER REEF
KAKADU
KANGAROOS
KOALA
MELBOURNE

OUTBACK
PERTH
PLATYPUS
QUEENSLAND
SYDNEY

TASMANIA
ULURU
VICTORIA
WALLABY
WOMBAT



Important Contacts

Able Australia Transport: 5600 0700

Aged Care Complaints Commissioner: 1800 550 552

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.7.5

POLICY TITLE: PRIVACY, DIGNITY, CONFIDENTIALITY and ACCESS to PERSONAL INFORMATION

POLICY STATEMENT: At all times LIBERTY shall recognise and respect each client's right to privacy, dignity and confidentiality in all aspects of his or her life.

PROCEDURES:

7.5.1 Within our capacity, LIBERTY ensures that all individuals experience:

- freedom from intrusion and public attention;
- being treated with dignity, honour, respect and worthiness, thereby reflecting their culture and community, and providing a positive influence for their self esteem;
- an assurance that written and spoken information is protected from access and use by unauthorised persons; and
- access to their personal information that is held by LIBERTY.

7.5.2 LIBERTY will only collect information that is directly relevant to effective service delivery. All written, spoken and observed information and information stored electronically is treated as private and confidential.

7.5.3 No information is sought about an individual without their written consent (or the written consent of their legal representative).

7.5.4 No information is disclosed about an individual without their written consent (or the written consent of their legal representative) except:

- non-identifying data required by funding bodies and by government departments for planning purposes;
- where disclosure is required or authorised by law (such as court subpoena or staff testifying under oath);
- where it is reasonable that the disclosure is necessary to prevent or lessen serious threat to the life or health of the consumer or another person; and
- where it is reasonable that the disclosure is necessary for the enforcement of the criminal law or for a law imposing a fine or for the protection of public revenue, where information disclosed may only be used for the purpose for which it was disclosed.

Acknowledgements



**Thank
You!!!**

We would like to thank and acknowledge The Hon Steven Ciobo MP, Federal Member for Moncrieff, who generously prints our quarterly Magazine to help our organisation with these costs. We are also grateful for the added bonus of printing the Magazine in colour, which we are sure brings a more enjoyable experience to our clients and friends when reading this publication.



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We acknowledge the support of the City of Gold Coast Council who have supported us with discounts for rates, Divisional funding and Mayoral grants.

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District 9640



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 that 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. 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 that 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 that 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.