

livin' well

liberty

community connect



MAGAZINE
SUMMER EDITION
VOLUME 61-2017

Merry
Christmas
& **HAPPY NEW YEAR**

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Greetings from Management

A few words from the GM -



First and foremost I wish all of our Liberty family and friends a festive season that is merry and bright. It is well known that Christmas is not the joyous season for all as it may be for some. Not having people close by to share the season with can be lonely - there is so much to be said for being connected with others. If you are one of the folk who are isolated I encourage you to reach out and take advantage of the support available throughout the Gold Coast community. As you read our Magazine in the pages to follow please give us a ring if you think there is a gap in your life that we may hold the key to. We would love to welcome you into our Liberty family in 2018!

Wrapping up the year that 'twas ... 2017 saw Liberty face many challenges that we have embraced and turned in to valuable opportunities that will ensure an easy ride for '2018! Yeah right! Perhaps 'easier' would be more appropriate.

It is safe to say that the biggest change for Liberty in the past 12 months was the arrival of Home Care Packages (HCP) for eligible people aged 65+. The model of care in providing these services changed enormously meaning that a significant amount of our business practices on how we do what we do had to be reviewed and revamped. Being a festive and informative Magazine I won't bore you with the details (you can access our Annual General Report via our website for that kind of info). The good news though, for both our clients and Liberty, is that we're now sorted and ready to roll - if you are eligible for a HCP give us a call. Ensuring services and support that exceeds expectation we have prepared our future with processes that are easy to use, staff who are skilled and awesome and, if that wasn't enough, we have budgeted our costs to be better than the average competitor.

The National Disability Insurance Scheme (NDIS) for eligible people aged 65- will be knocking on our door in July 2018. The development and implementation of both HCP and NDIS has been designed to ensure a better future for all prospective consumers. Liberty will continue to ensure that we develop and deliver services and support that offer choice and opportunities that ensures our clients' goals are met.

Well they were hardly invigorating words that got you into the spirit of Chrissie (it's a scary realisation that the longer I sit here in the hot seat as the General Manager the more I sound like one!). I shall hold my breath in anticipation that the rest of this Mag will fill you with peace, joy & happiness. May your sun shine and your moon sparkle throughout the season - happy holidays and c ya in 2018!

With warm regards and on behalf of the team that is Liberty Community Connect *-Jo*

And the President



As the result of Liberty's recent AGM, we have had two changes to the management committee. Unfortunately, both Linda Walk and Rick Norris did not re-nominate for the committee due to ongoing personal commitments. Both Linda and Rick regretted their decision but both believed unless they could commit the necessary time and effort they would not be effective committee members especially with the changes the sector will be experiencing over the next few years. The committee would like to welcome two new members, Kim Kyle and Paul McCormack. Both Kym and Paul bring new skills and experience to the committee with Kim coming from a legal background and Paul from a very successful business enterprise. Their skills will compliment our existing committee, and they will also bring different views on future opportunities and options in a sector which will become more and more competitive in the future.

On behalf of the Committee I take this opportunity to thank Jo, the Liberty management team and staff for all their support during the past year. Thank you to Liberty's contractors and in particular all those volunteers who provide an extremely valuable contribution to the organisation. Finally, on behalf of the Committee I wish everyone involved with Liberty a happy and safe Christmas and we look forward to catching up in the coming new year.

Vitay - President Management Committee

Leisure & Lifestyle - *Elderly* - Centre Based



Twass the night before Christmas, when all through the house, not a creature was stirring, not even a mouse. The stockings were hung by the chimney with care, in hopes that St Nicholas soon would be there.



Melbourne Cup - the effect of the race that stops a nation was felt at Liberty in November and once again we took the opportunity to get into the spirit and bring out our best racing outfits and fascinators.

We also had lots of fun days at the Centre with concerts, games, Wellness Week and outings to Paradise Country, Tallai Golf Club and picnics in the park.

Thank you all for your kind donations in response to our request for glasses to be donated to the **Lions' Recycle for Sight program**. We sent off over 80 pairs and these will be refurbished and distributed throughout third world countries.

As you think about your new year's resolutions, like "have more fun in 2018!", don't forget to tell your friends about the wonderful time we have here at Liberty. We hope that you will have a truly Merry Christmas and a safe and Happy New Year and we look forward to seeing you at the Centre in 2018.

Please feel free phone Nahum or Lyn on 5578 1668 if you, or someone you know, may be interested in joining this fun and cheery program.

Lyn, Nahum, Katrina, Jenny, Nicole, Joanne, Yvonne, Peter and all our wonderful volunteers.



Winners are Grinners



Leisure & Lifestyle - *disABILITY* - Centre Based

Welcome everyone to the summer edition of our magazine. The warm weather is certainly back with us.



A number of our folks created melted crayon 'Colour my life' artworks for **Disability Action Week**. These were an amazing achievement and the artists are quite justifiably proud of their marvellous creations. Management of the **Tallai Country Golf Club** generously allowed our art to be displayed on their dining room walls for a month.

Our Leisure & Lifestyle centre based activities have also included lots of chatting, reminiscing about the Gold Coast shows that our clients had visited and playing darts. We also enjoyed a good laugh with Family Feud, some whiteboard games and, of course, **Melbourne Cup** is always a good excuse to dress up and celebrate with our friends.



During Spring we celebrated **Pink Week** to highlight the impact of cancer in its various forms and we also visited **Club Helensvale**, **Emerald Lakes Golf Club**, **Central Park** at Pacific Pines and the **Pacific Pines Tavern**.

As we move towards the end of 2017, the Christmas decorations have been dusted off and we are planning to have a lot of celebratory Christmas activities.

If our centre based program sounds like something you or someone you know would enjoy then please phone Nahum at the centre on 5578 1668 to find out more.

Until next time, keep smiling from Nahum, Lyn, Jenny, Joanne, Nicole, Kevin and our marvellous Volunteers.



GETTING TO KNOW OUR CLIENTS - *Kellie Ross*

Favourite Movie: Dirty Dancing.

Hobbies: Fishing and caring for my many pets.

Nickname and why: Kellbell, because of my name.

Pet hate in life: When people discriminate against people with disabilities.

Favourite saying you live your life by: Enjoy your life to the fullest.

What's better - coffee, chocolate, beer or beach: Chocolate, of course!

If you could travel to any place in the world tomorrow where would you go: Hawaii.

Tell us the thing you are most proud of in your life: Despite my illness I have been able to achieve many special things, a good level in karate and to come into Liberty and make friends of my own.



Leisure & Lifestyle - *disABILITY*- Out & About



We have certainly been busy these past three months with our Leisure & Lifestyle Out & About groups. Several of our groups travelled to **Tamborine Mountain** for a picnic lunch at the **Botanical Gardens** followed by a scenic drive around the scarecrow trail. The **Tamborine Mountain Scarecrow Festival** is a huge public sculpture show where all the exhibits are scarecrow related. This is an annual event that celebrates the great lifestyle the residents enjoy on the mountain.

Another cultural opportunity was the **Swell Exhibition** at **Currumbin Beach** where we viewed more than 50 sculptural artworks displayed along the foreshore. This event attracts entries from across Australia and overseas with the winners sharing \$30,000 in prize money.

We were proud to support our Centre Based friends who created melted crayon artworks for **Disability Action Week**. Their amazing artworks were exhibited at **Tallai Country Golf Club** and we all took the opportunity to view the exhibition together and enjoy a wonderful meal in a quiet, relaxing country atmosphere.

It is great to travel around the Gold Coast and witness all the preparation taking place for the Commonwealth Games. It is certainly pleasing to see the improvements that are being carried out all over the coast. These include new trees being planted, upgraded footpaths, better accessibility within the parks, improved toilet amenities, and a proposed upgrade to Doug Jennings Park on the Spit which would be a great park to add to our current list.

Wishing you all a Merry Christmas and happy New Year festivities.

- Lyn, Nahum, Wendy, Grant, David and all our exceptional volunteers.



Our **Out&About program** is about helping people, who have a range of disabilities, to connect with others while enjoying picnics, local parks, beach trips, scenic drives, shopping, clubs and restaurants, health and wellness and art.

If you would like to know more about this awesome program please phone Nahum on 5578 1668.

Community Connections - *Connect 2 Tech*

Would you like to learn more about using your computer or Ipad?

Liberty runs a basic beginner 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 skills such as using Google and browsing the internet, setting up your own Facebook page, using email, downloading music, games, puzzles, and much more.

The cost is only \$10 per week for 6 weeks and includes a delicious morning tea.

Please phone Nahum on 5578 1668 to book your place at the next 'Meet and Greet' session with our experienced tutor Carole on **Friday, 2 February**, prior to the 6 week course.



Community Connections - *Déjà Vu ~ Gifts 2 Please*



Hi to all. I have been spring cleaning and packed away all the winter stock to make room for the new season's range which is now out on the racks.

Thank you for the many donations received over the past couple of months. Your wonderful generosity has allowed us to fully stock our shelves and offer our clients a lot of items to peruse.

So what's new in Déjà Vu? Our **book corner** has been refreshed with a good selection of novels for your reading pleasure.



In the **accessories section** you will find a bigger range of jewellery including clip-on earrings and a variety of necklaces and chains. On the round rack I have introduced a selection of **larger sized clothing** from size 20 to 26. There are lots of new clothes, great colours and styles suitable for any occasion.

I look forward to helping you find that special bargain - cheers, Sharyn

GETTING TO KNOW OUR CLIENTS - *Dorothy Lindsay*

Favourite movie: *Casablanca*.

Hobbies: *Knitting and gardening*.

Pet hate in life: *Washing up*.

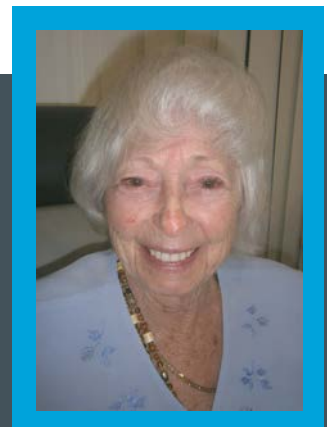
What is better... coffee, chocolate, beer or beach: *Chocolate*.

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

Favourite saying that you live your life by: *If you can't say anything nice, don't say anything at all*.

How did you become a Liberty client? *My daughter-in-law put me onto Liberty after the death of my husband*.

Tell us the thing you feel most proud of in your life: *I'm proud of my working life because everyone asked me to come back*.



Community Connections - Man 2 Man



We have enjoyed a couple of Man 2 Man trips heading south in the past three months.

September saw us travelling to the **Numinbah Valley** for a jam packed day of seeing the sights as well as lunch in the park along the Tweed River.

In November we explored the pristine **northern NSW beaches** - sounds great, doesn't it... and it was! Our first stop was at the southern end of Kingscliff beside Cudgen Creek. We took a stroll absorbing the salty seaside atmosphere. We loved the stunning colours of the water and the fresh sea breeze. We drove through the beautiful Salt Resort area to Cabarita Beach, walked around the headland, and watched the surfers catching some good looking waves.

Our group then drove through Hastings Point and spied some unoccupied seats with an amazing view across the sand, the creek, and out to the ocean – the perfect spot for some lunch, relaxation and to enjoy the spectacular vista for a short time. We relished lunch prepared by Yvonne followed by a short walk. Some of the guys would like to bring family back to this area for either a day trip or a holiday. We drove through Pottsville on our return trip and really appreciated the few hours away in a totally different environment with the most stunning, peaceful beachside scenery.

Peter

Our Man 2 Man trips are available to all males who are current clients of Liberty, as well as males who are not clients of Liberty for a cost of \$40 for the day. 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.

Community Connections - Here 2 There

Our Here 2 There trips are always an interesting and entertaining day out, travelling to a variety of destinations on the Gold Coast and surrounding areas.

Our latest trip was to **Tamborine Mountain** to visit the **Gallery Walk**, a well known tourist strip where there are many interesting craft shops, fashion boutiques, gift stores and cafes along one street. We enjoyed the variety of the stores, the sampling of different foods on offer and we loved the cuckoo clock shop.



We then headed to lunch at the 'Spice of Life' cafe enjoying the wonderful scenery of Tamborine Mountain, followed by a quick trip to the bakery next door where we all bought delicious breads to take home to our families.

This program is proudly funded by: [Commonwealth Respite and Carelink Centres](#)

Home Services



We wish you a Merry Christmas, we wish you a Merry Christmas...

*Oops sorry, I got carried away - there's still a couple of weeks to go! Is anyone in the Christmas spirit yet? With that in mind don't forget your **Christmas Shopping**. Time is running out and our amazing team of elves are here to help if you need them - maybe go to Robina Town Centre, Westfield Helensvale or Pacific Fair.*

I would also like to mention we do have availability for anyone who needs to attend a medical appointment, so give us a call with as much notice as you can and we will do our best to help you. Maybe you have to go to a specialist, have an X-ray, or go to the dentist or doctor, etc.

Are you going away for Christmas? Please let us know well in advance if you are going away for Christmas, have family staying or do not require a service as this will assist us greatly when organising the Christmas roster. I should also mention your support worker may also be taking leave over the festive season, however rest assured that we will do our best to have another of our fantastic support staff visit you instead.

We would like to welcome our **new home services support staff** - Masami, Sarah, Reiko and Ebony. You may meet these lovely ladies over the coming months. You may also receive a phone call about your Liberty services from Karen, the newest member of our administration team and Karen is looking forward to assisting you with the scheduling of your services.



Queensland Summer - Please consider your support worker when they are working in your home in the stifling Queensland heat by ensuring your air conditioners are on (before the staff member arrives). If you don't have an air conditioner, please turn on your fans so the area is well ventilated. Thank you for your help over the hot summer months.

I'd like to extend a big 'thank you' to all our wonderful support staff for all their efforts over the past year, providing an amazing service in our community and representing Liberty with pride. What an amazing team we have!

Christmas is the perfect season to reach out to others when laughter and good tidings are in the air. Here's hoping that your Christmas will find you among family and friends, sharing the spirit of the season.

Take care everyone and keep safe on the roads if you are travelling.

Liberty Home Services will continue to operate over the Christmas period excluding the Public Holidays as follows:

Christmas Day, Monday, 25 December 2017 – Closed
Boxing Day, Tuesday, 26 December 2017 – Closed
New Years Day, Monday, 1 January 2017 – Closed

Merry Christmas and Happy New Year from Mel, Vicki and the Home Support Staff.

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.

To organise a booking or find out more about this service please phone Melissa on 5578 1668. The cost of our lawn mowing service is a minimum of \$20.00 for a small yard (approximately 13 mows annually).



Wellness Week



We welcome you to visit the Liberty Martin Street Centre to take part in our 'Wellness Week' where we have guest speakers presenting on topics that you may find interesting and useful.

**The next Wellness Week daily presentation is by
a Continence Advisor from OzCare.
Dates: Monday, 5 February to Friday, 9 February 2018.**

If you receive home services (ie. domestic assistance, shopping, respite or personal care) and are interested in attending any of our Wellness Week presentations at the Centre, 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 during Wellness Week and the subsidised cost is only \$20.00 so please phone Nahum or Anne here at the Centre on 5578 1668 to make your appointment.



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.

Liberty Christmas Raffle - will be drawn on 14 December 2017. We will contact and announce the lucky winners at that time. We also thank you for your donations and welcome donations for future raffles to raise funds for Liberty initiatives.

*Merry
Christmas*

News from the Salon



A big hello to everyone. Wow - we are nearing the end of another year so wishing you a Merry Christmas and a Happy New Year!

3 FREE Foils in December and January - let's get into the merry mood at Liberty and have some fun with colour. When you have your hair done in December or January I would like to offer you 3 coloured foils for free with any other service. Don't worry... it will wash out and there are all the colours of the rainbow to choose from, so let's look festive and funky!

Please note that I am away on holidays from Friday 22 December and back on Monday 8 January.

Cheers, 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

Home Care Packages

Greetings one and all. Wow I can hear the jingle of Christmas bells upon us again.

Our **Home Care Package** services are running full steam ahead. We continue to provide unique people focused services that assist to help you remain independent and living in your own home. We have received wonderful feedback from clients and external agencies confirming that Liberty delivers excellent service, value for money and genuine flexibility. Our team and staff are recognised as being outstanding.

We have been working hard to raise community awareness of the wonderful services and programs we offer. If you see Anita or myself popping up in your local community make sure you introduce yourself as we would love to hear from you.



Liberty is an approved provider of home care services under the Home Care Package funding model. We would love the opportunity to provide you with some details of how we can assist you in managing your home care package. (We continue to support people via Commonwealth Home Support Program funding and this is ongoing for the near future - we have simply expanded our service offering).

If you have had an **ACAT assessment** completed and have been allocated a Home Care Package, we can offer you our one of a kind Liberty service experience.

We are committed to developing a personalised service that captures your goals and desires. Together we can achieve a Livin' Well Support Plan that is flexible to your changing needs over time and utilises your funding to its full capacity.

As your Care Planner I will work with you, and your family if you prefer, to manage any specific services that have been outlined in your assessment and source your choice of provider to assist with home services, home maintenance, allied health, medical supplies etc. I will monitor your budget and optimise the capacity of that package in order to achieve your goals and maintain financial sustainability.

Upon request, I can provide you with an Information Pack containing a brochure about Liberty Home Care Package Management, a Home Care Agreement and the Livin' Well Support Plan. This allows you the chance to thoroughly read through and understand what we can do for you.

If you have not heard about home care packages or feel that you need support to maintain your independence in your own home, **please give me a call on 5578 1668** and we can have a chat about the process. I am also happy to visit you in the comfort of your own home.

Stay safe and well. Wishing you all a prosperous New Year.

Rowena



Liberty Update - *New Staff*



Masami

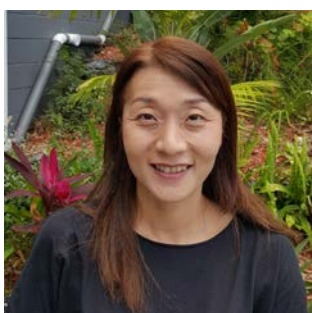
We have had a boom in Home Services in recent months and to meet the demand, four new Home Support Workers have joined the Liberty family.

Masami Sato started working at Liberty in August and shows great professionalism. Masami's contributions thus far have been outstanding.

Sarah Kim joined our team of Home Support Workers in October following the completion of her Certificate III in Individual Support. Sarah is a vibrant individual who continues to strive to achieve great outcomes.



Sarah



Reiko

Reiko Bond began working at Liberty in November and brings to us great qualities of care and compassion. Those attributes matched with an infectious smile has ensured that Reiko has been received very warmly.

Ebony Kokaev is the newest kid on the block, only starting to work for Liberty in December. Ebony is such an eager, vibrant young lady and driven with such determination to influence the home services sector with positivity.



Ebony



Karen

We would also like to welcome **Karen Pickering** who is embracing a new role here at Liberty as our Coordinated Care Assistant. One component of Karen's role is working closely with Home Services with scheduling as well as assisting Rowena with Home Care Packages. Karen has a wealth of knowledge in many aspects of the business and we anticipate a prosperous journey with her.

GETTING TO KNOW OUR VOLUNTEERS - Trish Heffernan

Hobbies: *Reading, Gardening, Tennis, Horse Riding.*

Favourite movie: *The Quiet Man, starring John Wayne and Maureen O'Hara.*

Nickname and why: *Trish the dish. My brother gave it to me as I always washed up.*

What is better - coffee, chocolate, beer or beach: *All of them are a great pleasure in life.*

Pet hate in life: *Judgement of others.*

What is a favourite saying that you live your life by? *Take one day at a time.*

How did you become a Liberty volunteer: *I wanted to help in the community and meet new friends.*

Tell us what you feel most proud of in your life: *My family and friends.*



Liberty Update - *About Depression*



A change in the Weather



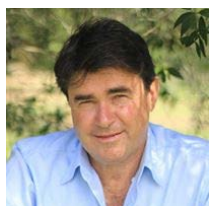
In the same way that activity in the atmosphere affects our weather, events in our lives affect the way you think and feel. Feeling sad is both a normal and healthy experience of life. However, if you are sad and feel flat most days of the week it's time for you to tell someone and get help because it can develop into depression.

Depression is a mood condition that causes behavioural change. For example, depression can cause you to lose physical energy and mental concentration. Depression can cause you to sleep poorly and become fatigued. Depression can cause you to lose interest in activities or people that once captivated your attention. Depression can cause you to lose motivation where you can't be bothered to do much anymore.

If any of these examples describe you, remember that depression is not bad luck. Depression only occurs when there is a lack of the necessary components required for good emotional health.

So, if you would like to start your own weather change, **step one**, tomorrow morning get up and take yourself for an enjoyable 20 – 30 minute walk. On the walk I want you to notice **what you can hear**, **what you can see**, **what you can smell** and **sensations you can feel on your skin**. I encourage you to walk every second day turning each walk into a rich sensory experience and notice what happens to your mood.

If you would like to know more about these human performance activation strategies please contact the friendly staff at Simply Psychology on the Gold Coast. Thank You.



Greg and Vicki Gardner have over 30 years experience as counsellors. As qualified Psychologists they offer professional services to our staff via our Employee Assistance Program. They would welcome the opportunity to assist you also.

Psychologists, Greg and Vicki Gardiner 0431 393 414

Visit <http://getyourheadright.com.au> for further information.

Liberty Update - *Community Development News*



Welcome to the 2017 Summer Edition Ryan Report. What a year it has been in community development.

Connecting with our Community - During the past three months I have continued to receive invitations for Liberty to have a presence in shopping centres and libraries so that we can connect with our community, and in particular with people who have a disability, older people, their carers and their families. I was even interviewed by Channel 9 News recently and had my photo taken with Steve Ciobo MP at the Gold Coast Community Expo & Seniors Forum.

We are proud to have an ongoing commitment with Runaway Bay, Mudgeeraba and Nerang Shopping Centres and with Nerang and Southport Libraries to provide pop up Liberty Information Booths and to display artwork from the 2017 Disability Action Week "Colour My Life" initiative in 2018.

Volunteering Awards - MP Steve Ciobo's Moncrieff Community Awards and Hesta Community Sector Awards are an opportunity to recognise volunteers for what they do for the community. Two amazing Liberty volunteers were recently acknowledged for their "Stellar" efforts within the community through volunteering and if you wish to volunteer please do not hesitate to contact Katrina here at Liberty.

Liberty has currently been successful in Round 93 for the Gambling Community Benefit Funding receiving a grant of \$12,000 to replace our Martin Street Office boundary fences.

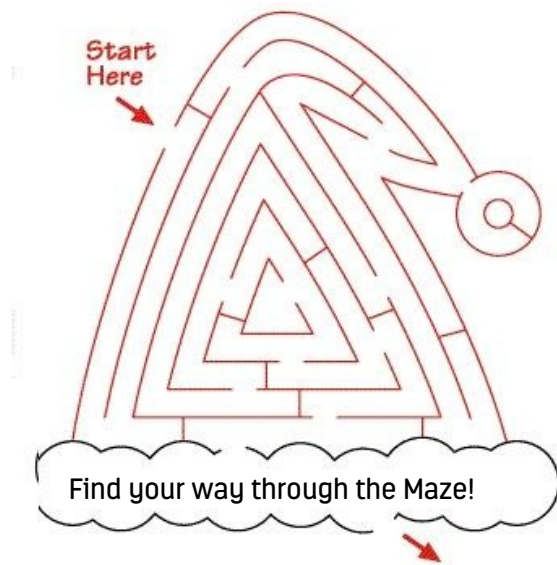
As steady as a rock + as safe as houses + as warm as toast = Liberty Community Connect.
Thanks so much for reading the Ryan report - Anita Ryan.

Liberty Update - Commonwealth Games

So the hype begins ... Commonwealth Games will be upon us before we know it.

Such an exciting time but also a time for us to put on our thinking caps and how we as service providers can best perform during this time. We are working in conjunction with our local council to assure current knowledge of events that will take place, and how this may impact on certain areas.

As things progress and we continue to learn more, we will share and inform. Watch this space.



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 - 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
Liberty Services

Date of Direct Debit
to your Account

30.11.2017 – 13.12.2017	22.12.2017
14.12.2017 – 27.12.2017	05.01.2018
28.12.2017 – 10.01.2018	19.01.2018
11.01.2018 – 24.01.2018	02.02.2018
25.01.2018 – 07.02.2018	16.02.2018
08.02.2018 – 21.02.2018	02.03.2018
22.02.2018 – 07.03.2018	16.03.2018
08.03.2018 – 21.03.2018	30.03.2018
22.03.2018 – 04.04.2018	13.04.2018
05.04.2018 – 18.04.2018	27.04.2018

NDIS Update

NDIS (National Disability Insurance Scheme) will commence rolling out on the Gold Coast starting **from 1 July 2018**. Liberty is in the process of becoming an approved NDIS provider and is working hard to prepare for what will be a significant change for all involved. If you are a person who may be eligible for NDIS funding or you are a carer of a person who may be eligible we strongly recommend that you contact us so that we can assist you. We will be progressively contacting all our affected clients and carers in the new year to conduct a preplanning session with you. The better prepared you are the more likely it is that you will receive the support you need. Please call us on 5578 1668 and ask for Lyn, Rowena or Mel.

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

Merry Christmas



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.: 7.13
ALCOHOL and DRUG USE by CLIENT

POLICY STATEMENT:

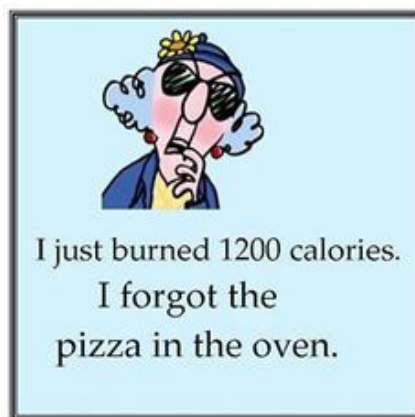
LIBERTY has both a legal and a moral duty of care to provide a safe workplace and to provide a safe and healthy environment, within the limits of our control, for all activities conducted by the organisation.

PROCEDURES:

- 7.13.1 In all situations the issues to be considered are:
- the identified hazard/s associated with the relevant drug and/or alcohol consumption;
 - the level of risk (real or potential);
 - control measures already in place; and
 - additional measures that may be put in place to manage the risk.
- 7.13.2 Where the worker is adversely affected by a client's behaviour and the level of risk cannot be controlled to acceptable limits, then the worker will be withdrawn and/or services may cease.

Just for Fun

CLASSIC MOVIES WORD SEARCH PUZZLE



CASABLANCA
SOUTH PACIFIC
ALL ABOUT EVE
ROMAN HOLIDAY
REBECCA

STAGECOACH
KING KONG
BEN-HUR
CITIZEN KANE
THE AFRICAN QUEEN

THE BIG SLEEP
HIGH NOON
NOTORIOUS
A STAR IS BORN
RED RIVER

REAR WINDOW
PSYCHO
MRS MINIVER
THE QUIET MAN
MY FAIR LADY



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 wont 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.

Acknowledgements



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.

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.