

WHA NEWS

"WHA news is good news"



Volume 1, Issue 1

May 2011

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A word from the GM

"Coming together is a beginning. Keeping together is progress. Working together is success." ~ Henry Ford (1863 – 1947)

Welcome to staff, friends of Westhaven, supporters, customers, residents and family to our new look newsletter.

We intend to publish a variety of information including news, updates, photos, advertisements, recipes... the list is endless.

I encourage all staff to contribute to the content and look forward to us all creating a publication that becomes a 'must read' for anyone with an interest in The Westhaven Association.

The Disability sector as a whole is faced with many challenges at present as we continually adapt to the ever changing environment. We will continue down the path of 'change' constantly looking for better ways to promote sustainable independent living, choice and community participation for our clients / residents.

A real focus of mine at present is the establishment of teamwork throughout the entire Organisation.

I just can't stress enough to everyone the importance of pulling together and working as 'one' to achieve our goals.

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." ~ Babe Ruth (1895-1948)



THE NAB MACQUARIE MATRONS 2011 GALA BALL

The Westhaven Association are pleased to announce that The Macquarie Matrons "have **adopted Westhaven as the major recipient of their fund raising activities for 2010/11** and the funds raised for Westhaven will all be allocated to a special housing project for residents". Westhaven aims to raise around one million dollars to build a high support house and related facilities within its "Village" complex in Wheelers Lane, Dubbo. "The Macquarie Matrons was formed in 1999 by a group of dynamic young women with a vision. Since then, there have been over 50 Macquarie Matrons who have dedicated their time and energy into making a difference to their communities". "The Macquarie Matrons Ball is a shining star on the social calendar with around **600 guests attending each ball** from all over Australia. The Macquarie Matrons reputation for hosting some of the most memorable and successful fundraising evenings in the last decade is renowned." The 2011 NAB Macquarie Matrons Gala ball will be held on the **17th of September**

at the Namoi Cotton Gin, Trangie, with proceeds going to the Westhaven High Support House Fund. The

Westhaven Association would like to thank The Macquarie Matrons for their support.

<http://www.macquariematrons.com.au/>

<http://www.macquariematrons.com.au/our-charities.html>



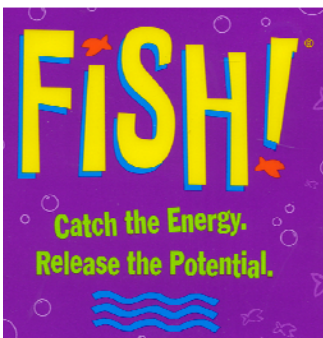
Positions Vacant

Business Services

- Supervisor
- Part Time Retail Assistant

For information please contact Lynda on 0408 202 386 , email her at lynda.h@westhavendubbo.com.au or ring Head Office on 6882 4111

Standard 11





HR & TRAINING







Staff I.D cards



We are currently in the process of implementing staff I.D cards into the Westhaven Association. Most of the current staff have had their photos taken and I am currently in the process of issuing them to staff.



Standard 8



 What is the Fish Philosophy? 



 The FISH! Philosophy is a set of simple, practical tools to help 



 you create the work culture you've been looking for. It's a way 


 to build stronger relationships that equip you to face your 

 challenges more effectively. The FISH! Philosophy fulfills the 

 most basic needs of human beings who, in turn, fulfill the 

 needs of the organization—more connected teams, better 

 communication, extraordinary service and higher retention. 



TRAINING

All supported employees have recently completed Field trips to many different workplaces as a component of their Workskills for Life training at WBS. These field trips included trips to the Airport, Peter Milling Travel Centre, Dubbo Buslines and the Railway Station. The trips were very informative and everyone commented on how much they enjoyed them.

A big thank you to Sharon, who did a lot of organizing to get these field trips up and running.

DISCRIMINATION
AND
HARASSMENT
TRAINING

All staff should now have had the Discrimination and Harassment Training. This was carried out by either the HR / Training Department or your Team Leaders.

Standard 11



POLICY AND PROCEDURES

The **Critical Incident Response Procedure** has recently been updated. This flow chart can be found in either the house O.H.S folder or up on the Bulletin boards in the houses

Standard 8

ZUMBA

Zumba continues in the Day Centre and is enjoyed by a wide variety of residents, we have lots of fun and both staff and residents benefit greatly from the exercise.

Standard 5

O.H.S

O.H.S Committee

The Westhaven Association Occupational Health and Safety Committee is currently undergoing some significant changes in the way that it is being run in comparison to previous years.

There has been a decrease in the amount of personnel on the committee and also in the way that it is run. There will now be 1 Management representative, 3 WASS representatives and 1 WBS representative.

We will notify everyone of your O.H.S representatives when this is finalised.

Standard 8

Chemical Awareness Training

Recently some staff from both WASS and WBS underwent Chemical Awareness Training. Some main points to arise from this training were:

- Safe handling and storage of chemicals
- Proper labelling of chemicals
- Making sure that chemicals are stored in proper containers e.g. not in soft drink or cordial bottles.
- Using safety equipment when using chemicals if required.

Standard 11

SAFETY IS

NO. 1

Workers

Compensation

There have only been 3 lost time injuries occur during the last 3 months
Keep up the good work!!

GUMBOOTS

The inaugural WASS Gumboot Challenge has been run and won with lots of great entries received. The winner as announced by David Martin was

Jasmine House staff and clients. Congrats to all those involved.



MEALS ON WHEELS

WASS has had a busy roster for Meals on Wheels this month. Both residents and staff enjoy this community participation and the fact that we are giving back to our Community

Standards 5&6



If anyone has any information events or suggestions for our bi-monthly newsletter, contact your Team Leader or Lynda at lynda.h@westhavendubbo.com.au or Greg on greg.g@westhavendubbo.com.au

Any feedback or input is more than welcome.

A big thank you to those that contributed to this edition of the newsletter.



AUSTRALIA'S BIGGEST MORNING TEA

The Supported Employees Workers Committee are hosting a social fundraising event under the banner of "Australia's Biggest Morning Tea". This is to be held at WBS on Thursday May 26th at 10:00am and is designed to promote Cancer awareness and to raise funds for the Cancer Council.



Hosting this fun and social event is not only a terrific way of raising funds for this worthy cause, but also an opportunity to educate employees, staff and other guests on the importance of maintaining a healthy lifestyle in the prevention of this disease.

A \$2 donation toward the morning tea would be most appreciated and will assist us in our efforts to support the fight against Cancer. If you are able to attend and share a cuppa with us, please RSVP by phoning Kim Hocking on 6882 4111 or email on admin@westhavendubbo.com.au by Thursday May 19th 2011.



Standards 5&6

THE REAL ROYAL WEDDING

Duchesses dressed in white and the Dukes were dressed in black for the occasion. Flowers were made to be pinned on lapels & a front pew was guaranteed to all. Residents and staff created a wedding wall consisting of William and Kate figures that were made at Camp Licola this year. A mock wedding was enjoyed by all, with a bride, groom & even paparazzi included. Doris made a regal Queen on the day.

Sharon



Standards 5&6



10 CORMORANT GARDENING 28.03.2011

Samantha and Daphne were photographed enjoying the new garden at 10 Cormorant Crescent Dubbo. Sam was spotted enjoying the new area and Daphne was captured helping out, by watering the plants.



(left) SAMANTHA PROUD OF OUR NEW GARDEN



DAPHNE WATERING OUR NEW PLANTS

Standards 3,5 &6

WBS Easter BBQ

Westhaven Business Services hosted an Easter Barbeque as a thank you from the Association for all the supported employees hard work for the past couple of months. The Workers Committee were on hand to help serve and they also decided that they would supply 1 free soft drink for each person from the soft drink money they have raised. A big well done to all those concerned.



Standards 3,5 &6



Saturday 9th – Friday 15th April 2011

4pm Saturday afternoon and the village was abuzz with 28 residents and 5 staff eager to get started on their trip to Camp Licola. Those staff and residents not attending the camp were also gathered to bid farewell. Last minute preparations were continuing in the office and luggage was being taken outside for the coach driver to load when he arrived. This proved to be a massive task for Ben and Damien, who were also endeavouring to ensure those residents assisting lined the luggage up in the most appropriate place.

We finally got underway at 6pm (*some 30 minutes later than expected – but not our fault!*). A DVD was put on for all to enjoy, and everyone settled in well for the long haul.

First stop was West Wyalong for dinner. As usual we cause somewhat of a stir at the truck stop – 2 coach loads of people at one time are enough to send any catering mob into a spin! We managed to arrive at Wagga Wagga railway almost on time – thanks to Libby who expertly directed our lost coach driver to the railway! We continued onto Albury for a toilet stop and more loading of passengers on the other coach (*our coach was full to the brim – literally!*). Albury was rather cool with some sprinkling of rain – *just a hint of what was to come*. A BBQ breakfast was served to all at Vermont Lions Club hall in Melbourne. The Lions members do such a great job, it was only proper that all the campers thanked them before heading off to Yarragon, our morning tea and a toilet stop about 2 hours away. Camp was getting closer and there was an air of excitement amongst the crowd. We watched another movie as we wound our way up and down the mountains and arrived at camp just before 1pm on Sunday. The weather was very cool and some rain had fallen earlier in the day.

Monday morning was cold and cloudy. Some overnight showers left the ground wet and soggy in areas. Never the less, we commenced the daily rotation of activities ½ hour after breakfast. As Westhaven are the largest single group at camp, we have to split up into 2 groups (14 residents and 2 staff in each). I bounced between the two groups assisting where it was needed the most (*a lot of walking too let me tell you!*). Archery, canoeing, trailer rides, mini golf, trampolines, ball games, flying fox, art and ‘make a friend’ (Helen Mill, Brian Ferguson and David Haynes – *dressed as a woman!*, were the volunteers for the body shapes). These were just a few of the activities we participated in during the day.

Tuesday morning dawned and it was obvious that we would not be walking to the windmill today - the rain had set in (at least for the morning). A movie was available for all to watch in the dining hall, followed by indoor games at the sports stadium to keep everyone dry and occupied for the day. We all showered and headed off for dinner and the fancy dress disco. Some of the residents wore colourful wigs, funny framed eye glasses, bunny ears, tiaras, masks and fancy hats.

Wednesday morning was really cold and again some rain had fallen overnight and was drizzling just as the sun came up. Stadium games, flying fox, giant swing and trailer rides were available for all to participate in during the day. Ben and Damien *reluctantly* took to the giant swing to show the residents how it is done! What role models these two guys turned out to be. They have forgiven me I believe! A concert was held after dinner on Wednesday night. What talent there was on display too! We enjoyed some singing, dancing, poetry, juggling and a short play. Then to top off the evening the coach drivers conned all of us leaders (staff) into getting on stage with them and doing the chicken dance. Not a time to suffer from stage fright! However it was a fitting ending for the night – well, at least we thought so!!

Thursday was Mini Olympics day. Kylie, Ben, Stacey and Damien headed off with all the residents after breakfast to participate while I stayed behind to wash, dry and fold 4 loads of laundry. I also had the unenviable task of packing 28 suitcases! Needless to say I was plumb tuckered out at the end of it all. The high wire was operating and Ben and Damien were conned into doing this by a Lions volunteer – can’t blame me for this one guys! Kylie was not going to be upstaged by their efforts on the giant swing the day before, so up she went showing everyone just how it should be done.

Friday we were all up and getting ready to leave by 6am. Goodbyes were said with promises to return next year. Our gratitude goes to every one of the Lions Club volunteers who give up their time to make this camp such a success year after year. We left a little earlier than planned, getting away at 7.30am. We stopped for almost an hour at Yea for lunch, which had been prepacked by the Licola kitchen staff. Off again on our next leg of the long journey home. Albury was the stop for the evening meal which was provided by the Albury branch of the Lions club (sausages, rissoles, chips, salad, bread, fruit and drinks). A very big thank you was given to these volunteers from everyone before we left. We continued onto Wagga Wagga where the Tumut crowd disembarked. Dubbo was getting closer and everyone was really tired by this stage. Some snoring could be heard as we headed out on the last leg home. We pulled into the village car park around 12.45am Saturday morning. Numerous staff were waiting (thank you all) to assist the residents home with their luggage, sleeping bags, pillows and personal items. Thanks to the many hands that helped we managed to clear the car park of all luggage and people by 1.30am. I would like to thank the staff attending – Kylie Lee, Stacey Woodhouse, Ben Williams and Damien Benson for their efforts this past week. Job well done guys.

I would also like to thank the Team Leaders and their RSW’s who assisted their residents / clients to prepare and pack for the camp. I know it is a big task and yet it was all done to perfection making the week successful on many levels. And last but not least, a very big thank you to all the ‘campers’ who made themselves and Westhaven proud. You are the reason we go and the reason we keep going back. I know most of you enjoyed yourselves and are looking forward to next year as much as I am!

Thank you.

Marg Nixon



Libby, Chrissy, Sam, Helen and Kerry ready to go Canoeing



Helen gives the Flying Fox the thumbs up



Stacey, Chrissy, Jan, Helen, Kerry, Jenny, John and Ben getting ready for Indoor Games



Jenny, Nathan, Stacey, Sam, Brian, Helen, Jan and Kylie at the Craft Hut



Damien & Jan at the Disco



Sam & Daphne in the 3 legged races



David Matty Mark Keith John in the sack races



Peter Paul John Daniel Ready for the fancy dress disco

Nathan

Brian



Fancy dress disco



John Brian Sam Jan, Chrissy Libby

Kerrie

Nathan

Peter

Paul Daphne

Jenny



Mini Olympics Tug of War

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*providing supported employment
and accommodation for adults
with intellectual disabilities*

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The Disability Service Standards



Business Services (Commonwealth)

- 1 - Service Access
- 2 - Individual Needs - IVP
- 3 - Decision Making & Choice
- 4 - Privacy, Dignity & Confidentiality
- 5 - Participation & Integration
- 6 - Valued Status
- 7 - Complaints & Disputes
- 8 - Service Management
- 9 - Employment Conditions
- 10 - Service Recipient Training & Support
- 11 - Staff Recruitment, Employment & Training
- 12 - Protection of Human Rights & Freedom from Abuse



Human Services
Ageing, Disability & Home Care

Accommodation Support Service

(State)

- 1 - Service Access
- 2 - Individual Needs - ISP
- 3 - Decision Making & Choice
- 4 - Privacy, Dignity & Confidentiality
- 5 - Participation & Integration
- 6 - Valued Status
- 7 - Complaints & Disputes
- 8 - Service Management
- 9 - Family Relationships
- 10 - Protection of Human Rights & Freedom from Abuse