

## NEWLETTER FOR OUR COMMUNITY

August September October 2019

### A letter from our CEO

How wonderful it is to see people working together for the benefit of others and their community. The value of community support should never be underestimated. In a world of fast and constant change, support from those around us helps us get through, helps us know we are valued, helps us then give back to others.

There is **great value** in community connections and relationships, and we are blessed to see examples of this everywhere.

Everywhere that there are volunteers – I just need to look out the window to see those helping in our garden or those walking across the street to our neighbouring Community Centre or Church.

Everywhere that families come together, especially where families come together through similar life challenges and can say “we are accepted by others despite, or because of, our “differences”.

In the quiet of a support group where relationships are kindled and people learn they are “not the only one”, or in the rowdiness of a social skills group where children are learning new skills, connecting with others and building relationships.

The value of community support and connections should never be underestimated by those designing new service delivery models or those looking at cost cutting across our State or our Nation. The true value is immeasurable and we need to see those with power and influence looking down to the community level and finding ways to ensure this priceless commodity remains and grows not only because in the end ‘it does save money’, but because it also strengthens our population, it develops generosity of spirit, and it leads to greater acceptance for all.

You cannot build community from afar through new service models, it happens right where we are and it happens through listening, caring and valuing those around us.

Thank you to those in our community who clearly see the benefit of working together, of supporting each other, and do so with the desire to make a difference for all members of our community and society.

Take Care.



**Vicki Williamson**  
**CEO Carers and Disability Link**

Carers & Disability Link has successfully achieved accreditation at Certificate Level of the Service Excellence Program

#### Barossa & Districts

15 Second St, Nuriootpa SA 5355

Phone: 08 8562 4000

Barossa@cadl.support

#### Yorke Peninsula

Shop 3, 21 Frances St, Kadina SA 5554

Phone: 08 8821 2444

Yorke@cadl.support

#### Adelaide Hills

39 Onkaparinga Valley Rd, Woodside SA 5244

Phone: 08 8389 7383

Woodside@cadl.support

#### Fleurieu

(Tues, Weds, Thurs)

7 Catherine St, Strathalbyn SA 5255

Phone: 08 8549 1299

Strath@cadl.support

**WE'RE READY & ACCREDITED  
FOR THE NDIS**





Louise  
Support Coordination



Kate  
Executive Officer



Vicky  
Volunteer Coordinator



Debby  
DCS Coordinator



Lynda  
DCS Coordinator



Nicki  
Carer Support



Jacqui  
Carer Support Coordinator



Marie  
Carer Support



Melissa  
Carer Support



Belinda  
Carer Support



Fiona  
Carer Support



Wendy  
Administration Officer



Robyn  
Administration Officer



Dear NDIS Participant / Participant Representatives and /or Guardian

As you may be aware, Carers and Disability Link (CADL), and all NDIS providers are required to undertake an audit of their processes, systems, policies and the manner in which they deliver services to participants.

As an experienced provider delivering disability services since 2004, CADL are looking forward to the opportunity the audit brings to benchmark our services against the NDIS practice standards. It also further strengthens our commitment to continuous improvement and client-centred support.

As a Participant of CADL, you are invited to participate in the audit process and you may be contacted by a member of our independent assessment team. This will involve a random selection process and only a handful of our more than 500 NDIS clients will be contacted on the day.

If you prefer not to be contacted, you are able to opt-out of the interview process by notifying your local office, in writing by return email or post, (please see details below), no later than COB Friday the 9<sup>th</sup> of August 2019.

Please be assured that your identity and any information you provide on the day will be kept strictly confidential.

Thank you for your ongoing support, we look forward to the continuation and improvement in delivering services to you.

Sincerely,  
NDIS Team at Carers and Disability Link

Email: [woodside@cadl.support](mailto:woodside@cadl.support)  
Post: 39 Onkaparinga Valley Road, Woodside SA 5244

Together, we link people with disabilities,  
carers and the aged, with care and support services  
through flexible and inclusive choices within  
our local community.



**CARERS &  
disABILITY LINK**

Would like to invite you  
to attend their

## **Special Meeting & Annual General Meeting**

**On: Thursday 24th October 2019**

**At: 11am - Special Meeting & AGM**

**12.30pm Lunch @ cost of \$15pp**

**Where: Vine Inn Hotel**

**Murray Street Nuriootpa SA 5355**

**RSVP: by 10th October 2019**

**Phone: 8562 4000 or [barossa@cadl.support](mailto:barossa@cadl.support)**

**Barossa    Adelaide Hills & Fleurieu    Yorke Peninsula**

Together, we link people with disabilities, carers and the aged,  
with care and support services through flexible and inclusive  
choices within our local community

# *Pamper Day*

THURSDAY

17th October 2019

*Celebrating National Carer's Week*

*By*

*Pampering Carers for a Day*

Auchendarroch House

17 Adelaide Road, Mount Barker

Mark your calendars!

More details to follow soon



## JUSTICE OF THE PEACE

We are pleased to have the services of a Justice of the Peace available to our Carers  
at our Woodside office from 10am to 12pm

Available on the following dates:

Monday 19th August, 16th September and 14th October

Please call 8389 7383 to make an appointment.



## Shoppers Delight Monthly

Travel stress free with other Carers to a variety of Shopping Precincts



21st August—Westfield Marion  
No Trip September - Big Day Out  
No Trip October - Pamper Day

Meet the bus at CADL Woodside, Keith Stephenson car park Mount Barker and  
CADL Strathalbyn

or please call us on 8389 7383 to discuss other pick up options

# *Big Day Out*

*Wednesday 18th September*

*COME AND JOIN US*

*FOR A 3 HOUR CRUISE AND 2 COURSE LUNCH ON THE RIVER MURRAY*

*ABOARD*

**'THE CAPTAIN PROUD'**



Departing Woodside 9am picking up in Mount Barker & Strathalbyn.

Returning approximately 4.30pm

## **Carer Contribution \$20**

**Expressions of Interest by 4th September 2019**

*Priority will be for Carers who have not recently attended a  
Big Day Out*

## What's Happening for Young Carers

For our Mini Young Carers:



Shannon Barton will be running a specialised **Mindfulness Martial Arts** program during August and September.

Shannon is a fitness guru and well known for his experience and skill in teaching children Martial Arts.

The **Mindfulness Martial Arts** sessions are:

- ⇒ Monday 5th and 19th August at CADL Woodside 4pm to 6pm
- ⇒ Monday 2nd and 16th September at Woodside Primary School Gym 4pm to 6pm



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## Chill Ed - Commencing August 2019

In August a study group, Chill Ed, will be offered to Mini Young Carers and Young Carers on a monthly basis.

It will be run by Belinda (Young Carer Support Worker) and one of our wonderful volunteers, Shelagh Gibbs.

Shelagh is a highly experienced educator and has taught from Year 1 to Year 12 and University level. The group is designed to help enrich Young Carers who need some extra tuition with reading, creative writing and homework. Shelagh is very talented in doing this in a fun way.

The group will be held at Mount Barker Library, which also provides an environment for Young Carers to relax and read a book quietly or use the computers. No pressure will be placed on Young Carers, it is an opportunity to get together and get some support.

Session information:

Location: Mount Barker Library  
Dumas Street Mount Barker

Time: 4:30pm to 6pm

Dates: Monday 26th August  
Monday 23rd September  
Monday 28th October

Please phone Belinda on 8389 7383 or 0456 620 836 to express your interest.





## **New Carers Facilitated Social Support Group**

Hello fellow carers my name is Judi, we may have met during one of the outings or Support Groups this year.

I consider myself very fortunate to have been included and accepted by so many of you and I have appreciated the support of the wonderful staff at CADL.

I would also like to give a huge thank you to the volunteers who play a large part in the success of these groups and activities.

These trips have meant so much to me and played a major part in my reconnecting with people in my community.

As a result of enjoying spending time together I would like to share our group's idea of having ongoing catch ups.

- \* We meet on the third Thursday of the month which so far has worked well.
- \* Each month a different member of the group selects the venue, date and time.
- \* That person relays the information to all the others in the group.
- \* (Who have agreed to provide their contact phone number).
- \* Everyone is responsible for their own transport to the venue although
- \* members can make shared arrangements.
- \* As it is an informal group there is no pressure to come every month, come and go as you wish.

Through the development of our group we have created friendships, shared empathy and much laughter which is so incredibly warming for the soul.

Does this sound like something you'd like to try?

If so, then talking to Carers in your support group may be a good place to start; exchange phone numbers and set the first date to meet up.

Talk about what you'd like from the group – trips out, attend events having lunch or morning/afternoon tea catch ups – it's up to you!



# OP SHOP

 **CARERS & ABILITY LINK**

*Best Kept Secret in the Hills*

## VOLUNTEER HERE

10am - 4pm Monday to Friday

9am - 2pm 3rd Saturday each month

37 Onkaparinga Valley Road WOODSIDE

CALL VICKY FOR INFO

**8389 7383**

Winter Wonderland delighted customers and staff alike on Friday 19 July. Our fabulous Op Shop volunteers once again donned their smiles, made soup, cakes, mulled wine and coffee to warm the belly and dished out heaps prizes with fun and laughter!

With thanks to the Onkaparinga Lions Club for the Sizzle, Sandy and her magical face painting, Mel who serenaded us on the bag pipes... the day was a huge success in supporting our social support programs.



Like us!



CADL Op Shops



# RED HALF PRICE SALE

## 26-30 AUGUST