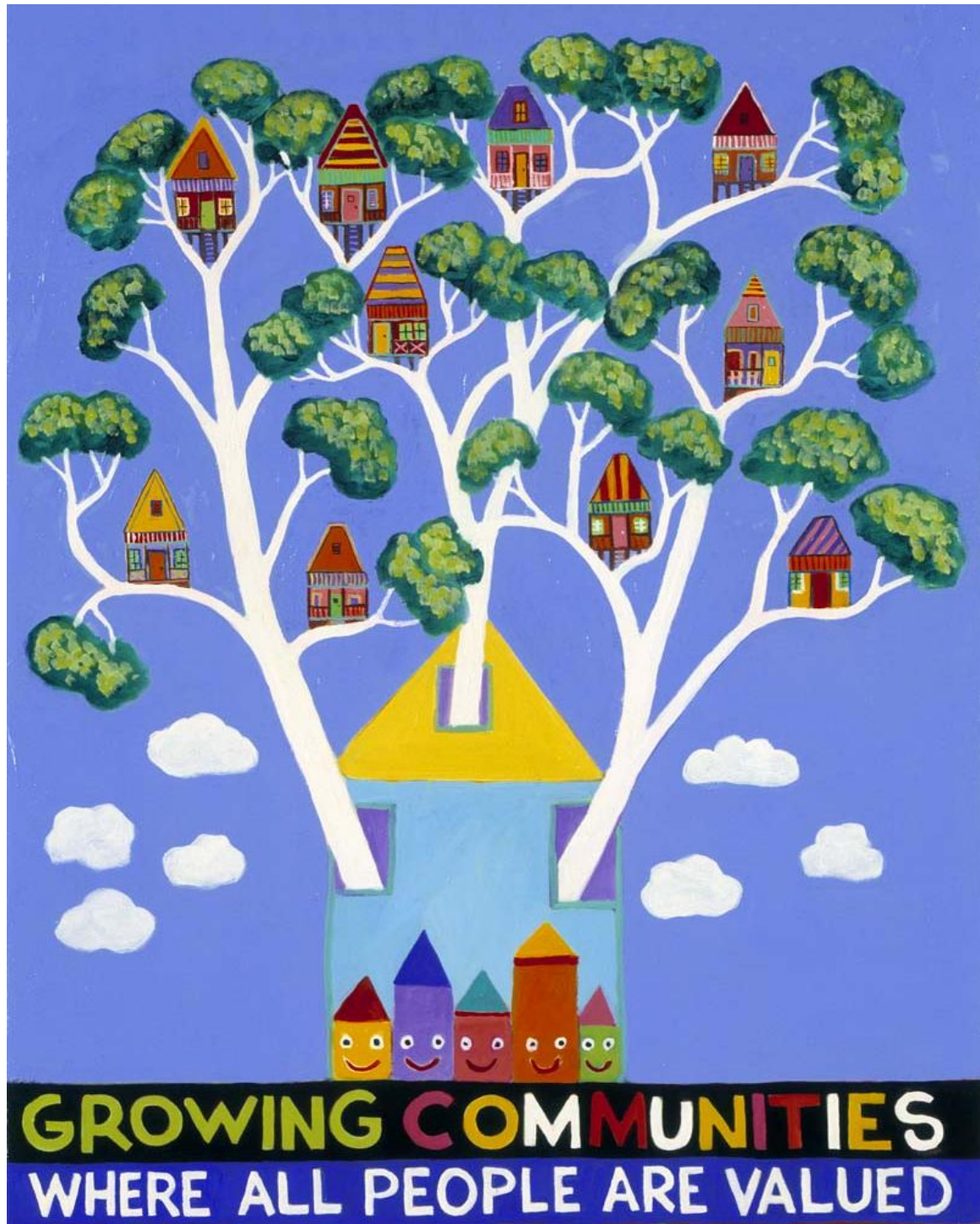


Community Living Association Inc.



Annual Report 2014

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Acknowledgement of Traditional Owners

Community Living Association Inc would like to acknowledge the Traditional Owners of the land on which we live and work. We acknowledge the Turrbal people of the north of Brisbane, the Juggerra of the south and other traditional groups in the surrounding areas.

We acknowledge all of our ancestors, Aboriginal, Torres Strait Islander, and non-indigenous, past and present, for shaping who we are and guiding us into the future. We welcome you to the community we share. We acknowledge this country as a 3 flag nation.



History of the Turrbal People

The Turrbal people are the self-identified traditional custodians of the North Brisbane area and linguistically relate to a poly-block of languages - the Yuggerra (European translated Yuggerra) and Gubbi-Gubbi dialect - which is spoken as far inland as Moggill, North to the Pine River and South to Logan (Steel, 1983, p. 121). An Indigenous people's language belongs to country and creates traditional lore, custom and the country from which it originates, i.e. flora and fauna species. The 'TURR' in Turrbal is translated as 'NO' whereas 'BAL' describes an Indigenous peoples place marker. Central to an Indigenous people's name and linguistic grouping is the root that is an indicator of one's immediate family and their familial reproduction under this name. Underlying this immediate connection is the kinship net-work that connects a people to country. This connection is directly descended from the mother's side, hence the Indigenous expression, "*skin of my country*". (Dr. Peter Whalley, Interview. March 19, 2010. Senior Lecturer QUT Oodgeroo Unit).

Nundah was originally pronounced in the language Yuggerra as both Nyanda and Nandah meaning 'chain of water holes' (Steel, 1983, p. 129). This definition stands in relation to a major Indigenous pathway that was effectively used as a coastal trade route, a site for Corroborres and a meeting spot for various Indigenous groups who travelled North and South along the Coast, as well as for those Indigenous peoples travelling inland (Steel, 1983, pp.123-131).

Post-colonial Nundah was initially named Zion Hill in relation to the presence of the German Moravian Missionaries (who later relocated to the Bunya Mountains) to which local Indigenous Tribes referred to as 'Umpie Daggur' (houses of white men); Zion Hill was later renamed The German Station but was officially re-named Nundah during the 1890's reflecting both local Indigenous historical interest and the connection to Turrbal country.

Pre-colonisation (Steel, 1983, pp. 123-126) there were a large number of Bora Rings or Bools located within the Nundah area; this indicated that a dense Indigenous population were present on country. Bora Rings are traditional initiation sites where young Indigenous men are welcomed into manhood through customary ceremonious rituals such as circumcision, scarification, the learning of sacred song, stories, dance and traditional law. Indigenous people are not homogenous groups but consist of separate nations all

encompassing differing languages, traditions, lore and symbology. Therefore Bora Ring ceremonies are conducted in a variety of ways reflecting a particular Indigenous group (Family Representative Committee, 2006, pp. 4-6). Indigenous groups were distinguished from one another by the directions of the incisions (scarification) that were made upon the breasts and arms during initiation ceremonies i.e. the Turrbal people were differentiated by a fleshy protuberance made upon the wrist by continually casting fishing nets (Dr. Peter Whalley, Interview. April, 17, 2010. Senior Lecturer QUT Oodgeroo Unit) and also displayed chest scars which were arranged in vertical patterns with scarring added to the shoulders of males at the time of a Bora Ring ceremony (Steel, 1982, p. 126). The Turrbal people were known to have participated in Bora Ring ceremonies at Nudgee, Keperra, and Samford neighbouring the Garumngar people. The Bora Ring at Keperra lent itself to the suburbs name as 'Kipper' means young man in Turrbal. Bora Rings still presently exist in Brisbane and can be located at Toorbul Point, Samford, Samsonvale and Mount Esk Pocket (Petrie, 1902, p. 55).

The Turrbal people displayed a continuous connection to country in the Nundah area. The Duke of Yorks camp, that self-identified themselves as Turrbal people, was located in Yorks Hollow which at the time was a gully that passed through Victoria Park and the Royal National Association Showgrounds (RNA). This Indigenous campsite was traditionally known as Barrambin. Another two known Turrbal campsites were located at Toowong and was called 'Baneraba' and Newmarket known as 'Buyuba' meaning 'shin and "[referred] to the straight reach of Enoggera Creek in the vicinity of Bancroft Park" (Steel, 1982, pp. 124 – 125). The Turrbal people of Barrambin, Baneraba and Buyuba were Riverine people and consisted of between fifty to sixty men who utilized a wide array of local resources that were located upon country. Indigenous groups that subsisted along coastal inlets were recorded as having high population densities due to the availability of marine resources producing a picture of "a stable and well developed coastal settlement patterns" pre-colonisation (Whalley, 1987, pp. 19-24)

** CLA has compiled this history as part of its commitment to Reconciliation processes in Australia. We recognise that much of the material is sources from European records and may contain inaccuracies.*

**CLA continues its support of Reconciliation by supporting annual Sorry Day activities with Noonga Reconciliation Group.*

CLA's History

Community Living Program (CLP) was established in 1987 as part of the Commonwealth Rehabilitation Service (CRS). The program, which was attached to the Taringa Rehabilitation Centre, was to support young people with an intellectual/learning disability towards independence. In 1987 the program was moved to the Spring Hill regional unit, its first community-based setting.

People with an interest in the program (Friends of CLP) became concerned when the CRS decided to cut back CLP's resources, and decided to seek funding under the new Disability Services Act (1986). Funds were granted in 1989 for a research and development project. The Friends of CLP incorporated as the Community Living Program Inc. on the 23rd of June 1989. On the 20th January 1995, CLP changed its name to Community Living Association Inc (CLA) when it began to sponsor a range of other projects.

CLA now manages:

- Community Living Program
- ARROS
- Community Connections
- Community Projects Team
(Co-ordinating NCEC, The Shed, Volunteers and other Projects)
- Village Housing
- Research work
- CLA Student Unit and
- CLA Brokerage Arm

Our Purpose

Community Living Association (Inc.) aims to:

- To contribute to the relief of poverty, sickness and other misfortune and to the promotion of the well being of individuals, groups or communities who are disadvantaged and vulnerable either socially, physically, intellectually or emotionally (hereinafter called social welfare); in particular those people who experience a learning (intellectual) disability.
- To undertake, or carry out any other benevolent work or purpose.
- To promote, establish carry out and support and to assist in promoting, establishing, carrying out and supporting any social welfare program designed to contribute to the alleviation of poverty, sickness or other misfortune including those undertaken by Statutory Authorities, voluntary Welfare Organisations and other community groups.
- To assist people with 'learning difficulty' to determine and achieve what is important to them.
- To assist people with 'learning difficulty' to stand up for themselves, individually and collectively in the community and to have their say in representing their interests, issues and needs to all sectors of the community and government.
- To assist people with 'learning difficulty' to improve the social and economic conditions of their lives, for example: income, housing, health, transport, sporting, recreational, artistic etc.
- To assist people with 'learning difficulty' to develop a safe and secure life in the community.

- To assist people with 'learning difficulty' to develop their family, friend, partner and community relationships and connections.
- To assist people with 'learning difficulty' achieve a state of good psychological and physical well being.
- To assist people with 'learning difficulty' achieve a sense of personal potency and of personal meaning.
- To assist people with 'learning difficulty' achieve a sense of meaningful use of time for example; employment, community service etc.
- To collaborate with other organisation's in the achievement of C.L.A.'s objectives.
- To document and record C.L.A.'s work and endeavours.
- To identify and initiate creative responses to the needs and issues of people with 'learning difficulty'.
- To assist community members build better communities through the inclusion of people with learning difficulties.
- To assist families in their commitment to family members with a learning difficulty.

Mission Statement

CLA Inc. will seek to carry out its' objectives in ways that are:

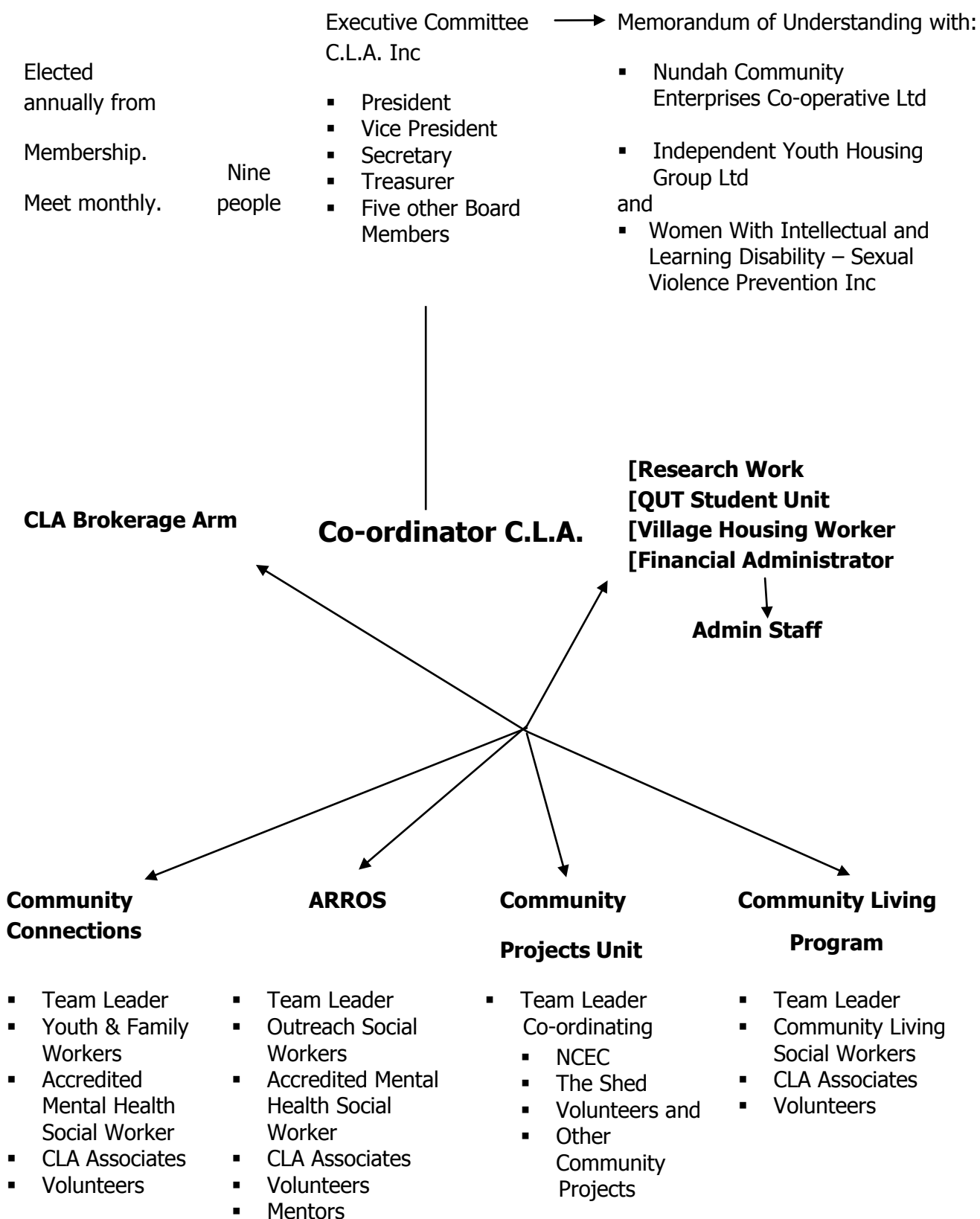
- Respectful, kind and encourage one's own control;
- Flexible, innovative and responsive, leading and giving hope;
- Diverse, fun and address the whole self;
- Written down and shared with others;
- Well-resourced and heading toward self-sufficiency;
- Co-operative and collaborative and value all opinions;
- Seek feedback and question deficiencies; and
- Challenge society and change it, acting politically.
- Stable, keeping core values and vitality

CLA's Funding Partners

Grants	Funded By
Community Living Program	Dept of Communities (QLD)
Developing the Sector Capacity SNGO Initiative	Dept of Communities (QLD)
ARROS: At Risk Research Outreach Service	Dept of Communities (QLD)
Individual Funding Packages	Dept of Communities (QLD)
Transitions and Post Care	Dept of Communities (QLD)
Health Promotion in Schools	Brisbane North Medicare Local
Community Connections	
• Youth Development	Dept of Communities (QLD)
• Reconnect	Dept Families & Community Services (Federal)
Non-Recurrent Grants	James N. Kirby Foundation
	Lord Mayor Suburban Initiative
CLA Inc. Housing	
• Village Housing (LTCHP)	Dept of Communities – Housing QLD
• Program Unit (CAP Headlease)	Council of Australian Governments National
Transitions Funding	Partnership Agreement on Homelessness
	(COAG – NPAH)

ORGANISATIONAL CHART

ORDINARY MEMBERS OF C.L.A. (INC)



President's Report

Dear members and friends of CLA,

It is with great pleasure that I present my first President's Report. I had the privilege of stepping into this role following the departure of the wonderful Anne Curson from the Committee at the end of 2013. On behalf of CLA I would like to thank Anne for her leadership as President and the commitment, energy and ideas she has contributed to CLA over many years.

As I've settled into this new role, I have been fortunate to have the support and experience of long term committee members Danny Thomas, Paul O'Dea, Ian Williamson, and Trina Jose. Thank you all for your commitment, hard work and advice. We have also welcomed a number of new members to our committee over the past year, including David Lukac, Jean Tiller, Simon Robinson, and Blanche O'Connor. It has been a pleasure to get to know you all and I value the skills and perspectives you each bring to the committee. I would also like to say a big thank to Espresso Train for the delicious dinners at our monthly meetings. They are a real highlight for me!

To Morrie O'Connor and all the amazing staff at CLA, it is a privilege to be able to support you in the awesome work you do. You should each be proud of the dedication, innovation and fun that you deliver in your work. Together in your efforts at CLA, you truly make the world a better place.

To turn to our work over the past year, some of the external challenges we have faced are:

- Engaging in National Housing Registration;
- Preparing for the introduction of National Disability Insurance Scheme; and
- Responding to defunding in Youth Connections National Program.

As well as these external challenges, we have also challenged ourselves with a number of new activities and projects to continue delivering high quality responses to those we work with and for.

In 2014 Community Living Association:

- Recommitted to our mission of supporting 'community that includes and values all people';
- Supported Nundah All Stars to stage their musical 'Jukebox Time Machine – Attack of the Zygons';
- Supported the 'Savings Group' to continue their collective savings and supported a number of people to save for their goals;
- Facilitated the 'Adventure Holiday Group' on camps and adventures;
- Literacy Group members and volunteers have continued to create a wonderful learning environment;
- Continued a volunteer and mentor programme that has been of immense value to constituents;
- Continued the Community Living Association Brokerage Arm;
- Successfully supported a number of constituents to access individualised funding
- Utilised donations through 'Pet Photo Competition' to fund small innovative projects.
- Held several NDIS information sessions with family and constituents
- Supported succession planning research and information sharing with elderly parents;
- Continued exploring Futures' project;
- Participated in Nundah Festival and held 'Taking the Sting Out of Homelessness' fundraiser;
- Continued the development of Homeshare and Young People's Homeshare;
- Continued our partnerships with IYHG and Nundah Community Enterprises Co-op;
- Continued our partnership with WWILD that delivered the first full year of our property partnership, our joint research position, and the paper bag lunch series;
- Hosted a QLD Roundtable on Intellectual Disability in partnership with WWILD and Endeavour;
- Recorded the work of Community Connections in Community Connections Case Studies;
- Several of our own workers have achieved mental Health Social Workers accreditation;

- Began a 'Joint Transitions from School' project with Everton Park State School funded by James Kirby Foundation;
- Invited to join Nundah Headspace Committee;
- Was contracted by Sandbag to deliver 'Shine the Light' consultancy funded by Medicare Local;
- Continued collaboration in Youth Connections Consortium with Brisbane Youth Service, Jabiru Youth Service, Inala Youth Service and the Salvation Army Youth Outreach Service;
- Continued collaboration with Child and Youth Mental Health Service in Nundah in delivering the COPMI program;
- Continued support to Homework Club for students from refugee and asylum seeker backgrounds;
- Provided support and assisted in the Sorry Day Event hosted by Noonga Reconciliation Group;
- Contracted by Kelvin Grove High School to supply social work services; and
- Facilitated 'Cross Cultural' awareness groups with Kedron Park High School;
- Sponsored the 'Thank You' project through the generosity of one of CLA's volunteer support people to say 'thank you' to someone who has provided support to people with a disability; and
- Continued to host the Shared Meal Group (Fifteenth Anniversary this year).

Our thanks and congratulations go to all of the constituents, volunteers and staff members of CLP/ARROS/Community Connections/NCEC and IYHG who have contributed so much over the last year.

To close this report, I would particularly like to acknowledge the commitment of Eden McNamara whose Youth Connections position will be discontinued due to ending of National Youth Connections program. Thank you for sharing your gifts with CLA and we wish you all the very best for the future.

Sarah MacDonald

CLA Committee President

ARROS in 2014

ARROS works with 25 amazing people. I would like to thank each and every one of them for allowing us to be part of their journey through this year, and for their openness and honesty in sharing with us the highs, lows, triumphs, fears, excitements, disappointments and celebrations. We feel honoured to have shared it with you.



ARROS would like to acknowledge we are funded by Disability Services to work with young people with an intellectual or cognitive disability who are homeless or at risk of homelessness, including young people who are exiting out of home state care. We are currently working with 25 constituents. We have worked with a total of 28 people since our last AGM.

Staff

ARROS staff team consists of 4 full time Outreach Workers, 5 part time workers, 7 volunteers, 2 mentors and a team leader. We have also had a number of social work students supporting our work over the year.

Key Projects

ARROS workers have worked on the following key projects over the past 12 months.

- ***ARROS Outreach and Connection Work*** – ARROS workers support 13 people with an intellectual or cognitive disability who are homeless or at risk of homelessness. This work focuses on finding places to live, spaces to belong and roles for meaning.
- ***Transition and Post Care Support*** – ARROS works with 12 young people who are transitioning from out of home care into adulthood (or independence). This work involves supporting young people to prepare for their transition through accessing needed resources, creating supportive relationships and trying to find meaningful roles in the community. We recently began holding Transitions Get

- Together, to promote peer learning and peer relationships. See our separate article for all the details.
- ***Transitions Mentoring Program*** – We now have five volunteers who connect with young people who have exited out of home care. These relationships are incredibly powerful and add significantly to a young person's sense of belonging in the community. We continue to look for new people willing to take on the mentoring roles.
- ***Young Person's Homeshare Project*** – ARROS continues to support a very successful homeshare situation between a young person who has exited the care of child safety and an in house mentor. The first in house mentor successfully completed her year's tenancy and developed such a strong bond with the constituent that she has committed to an ongoing role in the young woman's life. A new in house mentor was recruited and is now settling in to her new home. ARROS would like to thank both the in-house mentors for their commitment to providing safe home spaces for young people.
- ***Preparing for the NDIS*** – We are supporting people to prepare for the NDIS. These are some of the things we've done this year to prepare:
 - We supported a number of ARROS constituents to attend 'Plan Ahead' - NDIS information workshops run by QDN.
 - We held an NDIS information session for ARROS constituents and their supporters. We had lots of people attend, and we were really impressed with everyone's participation. People started talking about their hopes and dreams for the future.
 - We are supporting people's access to individualised funding. Eleven of the ARROS constituents now have individualised funding to help meet their needs.

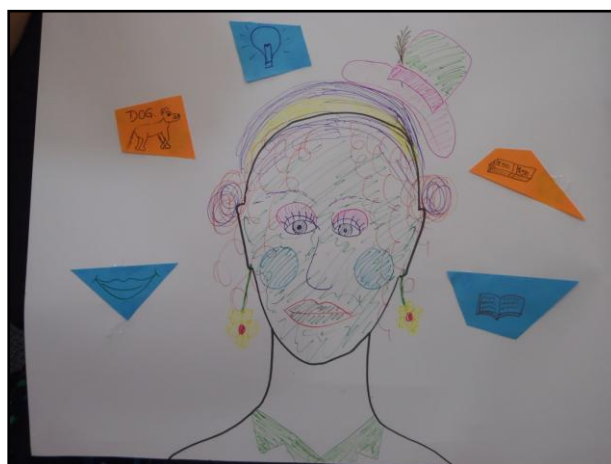
Some of the ARROS constituents have kindly agreed to share some of their stories as part of this report. We hope you enjoy them!

Many thanks and warm regards,

Deb, Meg, Jess G, Michael & Jess B

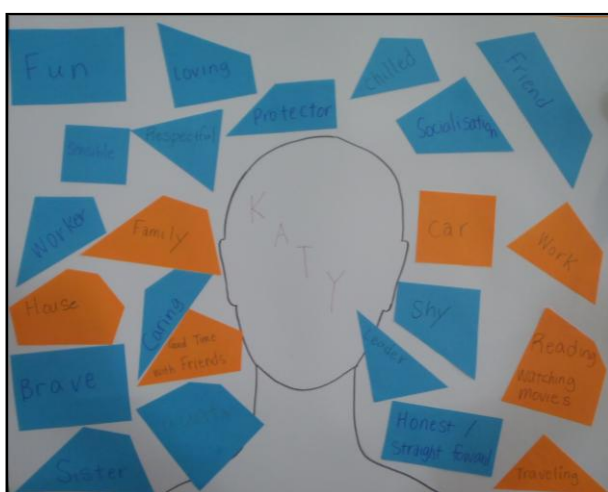
Transitions Get Together

Young people exiting care with a disability are at significant risk of experiencing several negative life experiences, including homelessness, exploitation and abuse, victims of crime, entry into the criminal justice system, unemployment, social isolation, disconnection from essential support services.

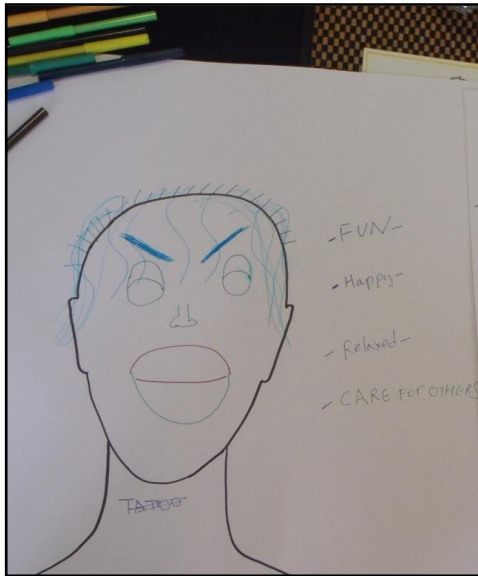


This year, with some funding from the Moreton Bay Regional council, ARROS piloted an event called Transitions Get Together to support at-risk young people with intellectual disability who have exited or are exiting Child Safety to connect in a semi-structured group setting. The aim was to utilise peer learning and support to assist the young people to find solutions to existing problems and also plan towards positive changes in their future in a safe and supported environment.

8 ARROS workers (including 2 social work students) supported the 7 constituents who turned up for the event. This was a very positive turnout given that it was the first group session for a few constituents. Some beautiful group interactions were also observed during the event.



One of the activities conducted involved an art session of getting the constituents to explore and share with the group a little more of who they are. Constituents were given cut-outs of coloured paper to write on and stick onto A3 sheets of paper. They were also given the freedom to express their creativity with all the other art and craft materials provided.



We are looking to conduct our second Transitions Get Together event later this year and 2 others next year.

Shayne's Forklift and Order Picker Licence

Shayne has been working hard for the last three months as he's undertaken a warehousing certificate course with Careers Australia. This course is to help people develop skills needed for a job in warehousing, such as learning how to use a forklift and an order picker.



Shayne was a dedicated student and his hard work has paid off – here he is with his forklift and order picker licences.

Well done Shayne! Shayne now hopes to get a job utilizing these new skills.

Matthew's Super Car Washing Business

Matthew first started car washing with ARROS about a year ago. He started by washing one CLA car a week with the assistance of his worker. In just a short time, Matthew has developed some regular customers, an efficient car washing process and even extended the business out into the Nundah community.

Customers are always happy and Matthew benefits too. *"The money I get from car washing has helped me buy stuff for my new place", "It gets me out of the house and I'm not bored"* said Matthew.

Working with constituents to come up with a micro-business that suits their talents and strengths is just one way that ARROS provides support to the young people it works with. It supports constituents to develop business skills, make and sustain connections with the community and grow a sense of personal pride in their achievements.

You can see Matthew every Tuesday outside the Nundah Community Enterprises Cooperative shed carefully washing cars. A car wash includes vacuuming and wash for \$15 for regular cars and \$20 for big cars.



Come and get a 'super car wash' from Matthew!

Tony selling Big Issue!

Tony is a musician at heart and started selling the Big Issue in early October this year so he can earn more money to fund his music.

"I enjoy selling the Big Issue because it is good for my music, people get to know me and I can gain more fans!" says Tony.

You can find Tony selling the Big Issue in the city on the corner of Edward and Ann Street outside the Central train station.

Do pick up a magazine or drop by for a chat with Tony if you are in the vicinity!



Farm Stay at Kobble Creek

James has been having an awesome time at a farm in Kobble Creek thanks to Debbie's willingness to give this opportunity.

At Debbie's beautiful acreage, James enjoys interacting with various animals, helping Debbie out at the farm, connecting with neighbours, and riding his bike in the natural environment on a weekly basis.

James says he feels relaxed, serene, and more reflective when he is in this environment while getting a break from busy city life. James says having this break influences him positively for when he is back at him home.

According to James, his life is full of motivation and new projects!



Teresa got her learner licence!

It was her first attempt at taking the test, and she “nearly fell over” when she was told the good news that she had passed.

Congratulations and well done for all your hard work Teresa!!!!



Community Connections



Community Connections works alongside young people and families where there are issues that could lead to early home leaving and/or early disengaging from school. Using an early intervention and community development framework, our work also encompasses group and project work and creating links with the school and wider community.

It has been a very big year of change for Community Connections. The Youth Support Coordinator Initiative was substantially reduced across the state and we lost funding for all 3 of our YSC positions in December 2013. So it was a sad farewell to Sam Kimanuka and Kelly Otto from the Coco's team, and we wish them all the best. Chloe has stayed on as part of the team as our new Development Worker, taking on a variety of fee for service projects. Eden's role as the Youth Connections* worker will finish in December 2014 as the federal Department of Education is not renewing the program into 2015. We have been working with a view to winding up and identifying other options for support for the young people accessing this program. The Reconnect program continues to be funded with our current contract until June 2016.

We have however expanded our age group, and are now working with young people aged 12 – 25 years who receive funding from Disability Services and with young people on Mental Health Care Plans through Medicare.

We have continued to invest energy in strengthening our existing, and building new partnerships to support our work with vulnerable and at risk young people. We would like to acknowledge and thank all of our stakeholders for their support over the past 12 months.

- We continue to work alongside Picabeen Neighbourhood Centre and Jabiru Youth and Community Services as the North Brisbane Community Partners to seek opportunities to expand support options to young people in Brisbane

North.

- Several groups at local High Schools (some co-facilitated with school staff and other community agencies) including Peer Skills, Brita Futures, Independent Students groups, COPMI, and Indigenous Students groups.
- Centrelink Cluster Meetings - Continue to be held on a quarterly basis and provides an opportunity for Social Workers from local Centrelink offices and workers from Community Connections to build relationships, share information and experiences about working with young people.
- Facilitating the Northside Intercultural Youth Working Group.
- Supporting young people in our homeshare arrangement.
- Supported young people / children and their families who access the Nundah library homework club.
- Participate on the Brisbane North Youth Justice Complex Case Panel.
- Work with Jabiru and Picabeen to update and reprint the Youth Info Card,
- Work with BCC, ZCC and Jabiru on the Walls and Colours project in Kids Space, Chermside.
- Provided support and participated in the Sorry Day event hosted by Noonga Reconciliation Group.
- We have continued our relationship with volunteer Belinda Smith who designed a series of fact sheet for distribution to schools to maintain our profile and create new work opportunities.

Community Connections would like to say special thanks to:

- The current Community Connections Team – Minda, Cate, Renee, Chloe, Eden, Flick, Andrea, Mandii and Amelia.
- Mikayla, Katie, Andrea and Amanda for their contributions while on student placement.
- Belinda Smith for her work on our beautiful fact sheets.
- Sharon – for her mentoring role in Homeshare.
- Headspace – for their support of our Accredited Mental Health Social Work service.
- CLA Inc, in particular Morrie O'Connor, the Management Committee, Carmel, Sylvia and Mandy, and the workers at CLP and ARROS.

- Bea Rogan, external facilitator for our Strategic Planning days.
- Brisbane City Council
- Brisbane Youth Service, Jabiru, Youth Outreach Service, and Inala Youth Service for the successful delivery of the Youth Connections Program for the past 4 ½ years.
- The School and Learning communities with which we (still!) engage.
- Elders and community members from the various Indigenous communities in the Brisbane North area.
- Elders and community representatives from the various communities that have supported the ongoing work with young people and families from diverse cultural backgrounds.
- To all the young people and families who have shared their stories with us.

**We have one Youth Connections worker as part of a consortium led by Brisbane Youth Service. The other consortium partners who host workers are Inala Youth Service, Salvation Army Youth Outreach Service, and Jabiru.*

Reconnect



The Reconnect team had lots of fun this year, working with young people, family members and the diverse groups of people in the community that lend a hand or a couch or a dinner time spot to young people in our neighbourhood. Our year also included making plans for the future to have

relationships with school staff members, community & government agencies who we would be working with after we said goodbye to our wonderful Youth Support Coordinator team mates.

We would like to thank all of the YSC's across the Brisbane North region - from our team (Kelly, Sam and Chloe), Picabeen (Tracey, Sam and Larissa) and Jabiru (Jae and Jodie) - for the opportunities they co-created to work with young people in our local schools and create useful relationships with key School Staff – we will miss you all!



Some of the activities that Minda, Cate and Renee got up to in the year include:

- Running Independent Students, BRiTA, Peer Skills and KOPING groups
- Cooking up sooooo many sausages at the 2013 Mental Health Week Celebrations
- Having a blast on our summer road trip to Bribie Island with young people and families
- Using Action Research to reflect on our work and learn new ways to find creative responses for issues such as affordable housing in inner-north Brisbane, collaboration with other services and linking young people to new Centrelink claim processes
- Launching the new Brisbane North Youth Info Card in Youth Week. Thanks to the BNYA crew for all the collaboration on this new resource – it's great!

Thanks to all the young people and family members that have come and worked with us in the year – without you it just wouldn't be the same!



Minda, Cate and Renee – Reconnect



Kedron SHS 2013



Accredited Mental Health Social Work **(AMHSW)**

Community Connections introduced a new program to the team in April 2014- Accredited Mental Health Social Work which has started off with a bang and is receiving a number of referrals through numerous sources. Currently CLA has 2 qualified mental health social workers with more workers in the application process. Accredited mental health social workers are registered providers with Medicare Australia. They have been assessed on behalf of the Commonwealth Government by the Australian Association of Social Workers (AASW) as having specialist mental health expertise. An AMHSW is eligible to provide services through the Commonwealth funded Better Access to Mental Health Care Programs and the Access to Allied Psychological Services program.

AMHSW have experience in assessing and treating people who have mental disorders, for example:

- Depression and other mood disorders
- Anxiety disorders
- Suicidal thoughts
- Relationship problems
- Life crises
- Adjustment issues
- Trauma
- Family conflicts

Young people are able to access AMHSW through a referral from their GP in the form of a Mental Health Care Plan- under Better Access this provides the young person with 6-10 sessions bulk billed. Community Connections are offering this program both office based appointments and outreach to young people to a range of spaces they may feel comfortable- it offers mental health support for young people who have difficulty accessing services especially those which are clinically based. The program is off to a great start and Community Connections look forward to continuing to offer this program in the new financial year.

Disability Services Queensland (DSQ)

As part of our strategic plan and adjusting, moving forward and surviving in the sector Community Connections begun work with young people on Disability Services Queensland funding packages. This has seen a number of under 25 years old young people move across from the CLP team into the Community Connections team due to an extension in our eligibility around age- we are now working with young people aged 12-15 years old (within DSQ and AMHSW roles). This work has seen Community Connections gain new skills, broaden the scope of our services and develop new and creative ways of working.

BRITA- Building Resilience in Transcultural Australians at Kedron State High School

Community Connections and Kedron State High School joined in partnership again this year to present BRITA workshops to grade 8 ESL (English second language) students. There were some changes to the way workshops were presented this year including- shifting the layout from 2 day workshops external to school to a 10 week program delivered during the schools Ked-care pastoral program. The program was also delivered to a younger group of students this year after a number of years delivering the program to grade 9 students. BRITA workshops are aimed at building resiliency in transcultural Australians, topics for the workshops include:

- Self-esteem/self-care
- Communication
- Managing conflict
- Culture sharing
- Help seeking
- Challenging stereotypes

Community Connections are excited and committed to continuing the relationship with Kedron State High School into 2014/2015 financial year.

Community Living Program

The Nundah All Stars

We are a group of people who meet to write, plan and stage musical performances. We do this in a way that is very accessible for us, and others. Some of our members come along to weekly meetings, some join in from the dress rehearsals, and some people just turn up on the night and get on the stage. We enjoy sharing our talents and celebrating our hard work with our friends, families and community members. It gives us an avenue for our talent to ooze out

- We enjoy inviting family and friends for fun and laughs
- We like to perform in front of people.



Adventure Holiday Group

We are a group that gets together to do adventurous activities like abseiling, bushwalking, kayaking, fishing, and camping. We have a lot of fun and during our adventures we experience a lot of different things like wandering through dark abandoned tunnels, chasing bush turkeys and braving storms.

At our Hosanna Farm Stay camp in May we fed animals like guinea pigs, rabbits, chickens, cows, and pigs. Some other highlights included eating yummy damper on a stick, sitting around the campfire roasting marshmallows, enjoying delicious food, playing celebrity heads, going to the Pottsville markets, and making Morrie draw 12 in Uno.

We are just about to head off to Ewen Maddock Dam for our second camp this year.

In August, we headed to the Kangaroo Point cliffs where some members abseiled down the high cliffs and others enjoyed watching.

Quotes from group members:

"Adventure-Holiday Group is a cool group because we get to hang out with each other" – Carley



Hastings Point walk - Hosanna Farm Stay Camp

"It's an awesome group that's full of different things to do, it gets you mixing with your friends and getting out of the house" - Alistair

"I was very proud of myself for abseiling" - Jean



Abseiling at Kangaroo Point

Exploring Futures

This year, the Exploring Futures Project has focussed on supporting families to understand and plan for the NDIS, as well as more immediate future planning issues. Most of the current families who are accessing this project are of a younger demographic than in previous years. The project still offers families the opportunity to meet with two workers monthly, for up to 12 months. Many of the issues that are explored relate to meaningful use of time, developing goals and aspirations, having a role, exploring untapped resources and building relationships with others. Currently there are 5 families accessing this project, and 6 staff involved.

4 Us Savings

At 4 Us Savings we will help and encourage you to save for your goal!

A good way that our group encourages us to save is that we get a bonus after three deposits with no withdrawals.

This year a member bought a new fridge with his savings.

Over the next year, members are saving for holidays and cruises, a new laptop, and for their children's futures.

A new thing for us this year was setting up internet banking which has been going successfully with several members making deposits via bank transfer.

We love to celebrate and we would like to have more members to support us with saving.



Nutrition Students

2014 is the first year that CLP has taken on the supervision of Bachelor of Nutrition (QUT) final year students, who engaged in a community based placement from July to October. These two students were placed at CLP one day a week during this time, including 2 intensive weeks of full time contact. They have engaged in a number of projects, including:

- one-on-one constituent sessions around the provision of nutrition guidance;
- engagement with Espresso Train Cafe staff to develop a healthy message board & menu guidance (including a symbol system for identifying healthier meal options)
- consultation with key workers around constituent support involving nutrition issues
- the development of a number of visual food guides to provide education around portion size, sugar content, etc
- the development of easy, single serve recipes based upon feedback from constituents around the need for these

Parent Group

Continuing on from last year, a small group of 5 – 6 parents have been meeting monthly to support one another in their roles as parents of adult children with an intellectual disability. These meetings provide parents with the opportunity to debrief and exchange information in a supportive setting. Many of this year's discussions have centred around NDIS preparation, and the future housing needs of adult children with an intellectual disability.

Rebels with a Cause

"Helping people with disabilities to stand up for themselves"

We have had a very busy year attending conferences and sharing our personal stories at a number of workshops. Here are some of the highlights:

- Felice, Ian and Michael shared their stories at the Crucial Conversation on "Coops and disability" in February 2014.
- Danny went to the Business Council of Co-operatives and Mutual's at West End in March 2014.
- Paul and Morrie went to New Zealand in April 2014 to present "Housing Cooperative and People's Organization."
- Felice, Danny, Michael, Ian and Paul attended the Queensland Roundtable 2014 on "What can Queensland learn from the Trial sites to make sure people with an intellectual disability benefit from the NDIS?"
- Ian, Paul and Felice were invited as guest speakers at Queensland University of Technology to share their stories on "Change" in June 2014.

We get together once a month to talk about common issues that are important to us. Every time when we are invited to make a presentation, the group decides who gets to attend. It is an important process because everyone should have a fair go in sharing their stories with people in the community. We have had lots of positive feedback from the audience and we are all very encouraged and uplifted by that. Through all these experiences, we are getting more confident in public speaking and are always open to new speaking opportunities.

Looking ahead, we would like to put together our own training package and deliver to the wider community. We are particularly interested in topics like employment, relationships, bullying and housing. We are going to put together some research findings, personal stories and ideas on how to tackle the situations and create changes. We want to do this because everyone including people with a disability deserves a fair go and we should all be treated fairly. We want to raise awareness in the community because we can all make a difference!

Written by Paul, Michael, Ian, Danny and Felice.

Literacy for Everyday

Another year of great work by the students and tutors at Literacy for Everyday.

Literacy for Everyday is a group of people that meet on Fridays to work together and learn new things, tutors work one-on-one with students on their many and varied goals. Group members agree that there is community and belonging within the group. This year the group has been very welcoming to several new students and tutors. Brett



says, *"I like seeing my friends, meeting new people and learning new things"*. Alison told the group that Literacy provides a place for her to achieve her numeracy and spelling goals. Coming together over morning and afternoon tea provide a wonderful opportunity for group members to share stories about the exciting activities that are happening in everyone's lives. The games sessions always ensure everyone can share a laugh, especially when it comes to playing card games! Thanks to Allan for keeping the group up to date on local current affairs.



The mid-year excursion was to the Mount Coot-tha botanical gardens and planetarium. Kelee told the group that she liked looking at the space display and all the pretty flowers. Brett really liked the duck pond. Everyone wandered throughout the gardens and enjoyed a catered lunch from the Espresso Train cafe.

At the end of term 3, the afternoon group enjoyed another session of Trivia, prepared by afternoon group tutor Colin. Everyone worked as a team to answer the questions. This year the group chose to learn about different countries and found answers to questions in newspaper articles.

The 3 iPads that were received last year are in continual use and students and tutors are learning together how to best use them. They have been very useful for looking things up, checking emails and exploring educational apps.

We would like to thank everyone for their contributions to the group – tutors, students and family members. Whether it is providing food, setting up or packing up or just helping out with the dishes, group members are great at contributing. We would also like to thank the volunteers for their ongoing commitment to the students and the group.



Special thanks go to Iain Scott and the Parks crew who set up the tables and chairs for the group every Friday morning.

We look forward to another year of Literacy.



Community Projects Team

Community Projects

Community projects team supports the work of Nundah Community Enterprises Cooperative, CLA's Volunteer Program, the 23 Nundah St Community Space and a range of other community projects.

NCEC

NCEC continues to make waves, providing valuable employment opportunities for its members, desirable goods and services to the general public and recognition nationally as a leading social enterprise.

We also had Channel 7 come and visit us (twice!) this year so we have had more than our fifteen minutes of fame. The co-operative is looking ahead to plan for the NDIS.



Volunteers

CLA volunteers have continued to make a wonderful contribution this year with many hours contributed and opportunities gained. Volunteers work across the depth and breadth of the organisation, from one to one relationships with constituents to supporting people's organisations like the Nundah All-stars, 4Us Savings and the Nundah Coop. For more information on volunteering please speak to Richard.

23 Nundah St

23 Nundah St or 'the Shed' continues to provide a space for The Nundah Coop as well as CLA groups such as 'Literacy for the Everyday' and the Nundah All-stars. We also rent the space to groups and local businesses (usually in evening and on weekends) to contribute toward the cost of running the building.

CLA Student Unit

The Student Unit again provided field placements for ten QUT students across the three semesters this year. Students' engaged in a diverse range of work across the teams as well as maintaining responsibility for key projects. This work included:

- Working alongside CLP, Community Connections and ARROS workers to support their work with young people and constituents.
- Projects across the organisation including the Musical, music group, swimming, Christmas celebrations, supporting ASID, and Homework Club.
- Organising CLA's Annual General Meeting and celebrations.
- Collaborating with Noonga Reconciliation Group (NRG) to hold a Sorry Day Event in Kalinga Park.

The student Unit has experienced a number of changes in the way it works over the past year. The end of 2013 saw the closure of the Outreach literacy project, with the young women having achieved their literacy goals and/or built sustainable relationships in the community to enable ongoing support where required. Since the summer semester, students are now attached to individual teams however still undertake secondary projects across the organisation and continue to be responsible for the relationship with NRG and the AGM. The future year will continue to explore the sustainability of the Student Unit and the potential to engage in new areas of work.

A very big thank you to all the young people and constituents who have welcomed support from students, and have helped them in their journey's to becoming social workers. Thank you also to all the students (Allison, Monique, Jo, Amy, Caitlin, Laura, Mel, Jing, Tamikah and Andrea) who have put in lots of hard work over the past year, to make the most of their field placement opportunities.

Housing

Village Housing

Village Housing is an initiative of CLA that provides long-term housing to Community Living Program (CLP) constituents and other eligible community members.



Village Housing purposely includes people with and without intellectual disability in its aim to create the best life possibilities for people with an intellectual disability. Village Housing hopes to demonstrate that communities can be a place where all people are equally valued and where their gifts and contributions to others can be recognized.

Goals of Village Housing are to:

- Increase housing options for constituents of CLA and other eligible persons in North-East Brisbane;
- Provide safe, affordable and secure accommodation close to public transport and other services;
- Provide supportive accommodation through:
 - A balance of people with and without an intellectual disability;
 - Positive and purposeful interactions with other tenants and neighbours;
 - Engagement of those who are important to constituents in their housing situation; and
 - Engagement of tenants in sharing the management of Village Housing

Village Housing has nine dwellings, comprising 6 units and 3 houses. Currently the members of Village Housing meet once every 2 months. This is an opportunity to discuss tenancy and maintenance issues. It is also a good chance for socializing and supporting each other. Most meetings are held at the Espresso Train café however for a bit of fun the group at times chose a different venue.

Over the past year we have undergone some minor alterations and upgrades, including internal painting and new flooring and blinds.

Village Housing continues to offer good quality, well maintained and affordable housing to people on low incomes and pensions.

Village Housing Crisis Accommodation Program

Village Housing utilises one property with Queensland Housing Department funding for crisis accommodation for eligible persons. Village Housing also subsidises a number of people with crisis housing needs in private rental. Funds for this purpose are through donations.

In Home Mentor Scheme

Village Housing also provides support for the In Home Mentor Scheme which provides in house support to people transitioning to independent living.

Independent Youth Housing Group Ltd



IYHG is a constituted body which receives ongoing support from Community Living Association.

The main goal of IYHG is to provide quality, stable housing for low income earners. IYHG presently has 11 properties in Clayfield, Nundah and Northgate areas and houses 12 people.

The company is not for profit and completely run and maintained by its 15 members.

CLA Brokerage Arm

The CLA Brokerage Arm is a recognised host provider under the Your Life Your Choice project with Department of Communities. It acts as a budget holder for funds that an individual with a disability receives from DSQ for support.

Here are some websites that are connected with Community Living Association

 COMMUNITY LIVING ASSOCIATION	CLA Inc website: www.communityliving.org.au
	Facebook page: www.facebook.com/CommunityLivingAssociation
	GiveNow: http://www.givenow.com.au/takingthesting On this site you can make a donation to support innovative housing and personal development options for young people with a disability existing Child Safety and other young people experiencing social disadvantage.
	Strong Families Solar Project: www.strongfamiliesolar.org This project supports children and families from disadvantaged backgrounds.
	Community Crew Resource Hub: www.communitycrewclub.com This site provides information on supporting people with a disability and their families to explore the options of niche volunteer roles or creating a micro business as an alternative way of meaningfully engaging in community.
	Nundah Community Enterprises Co-operative: www.ncec.com.au The Nundah Co-op provides meaningful employment for people with intellectual disabilities and mental health issues.
	Home Share Project: www.homesharebrisbane.com The idea of homeshare is to create an opportunity for the householder to offer affordable accommodation to a homesharer in exchange for some agreed support or company.

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