

# Community Living Association Inc.



## Annual Report 2013

## Table of Contents

Acknowledgement of Traditional Owners .....	3
History of the Turrbal People.....	3
CLA’s History .....	5
Our Purpose .....	5
Mission Statement .....	6
CLA’s Funding Partners .....	6
President’s Report.....	8
ARROS in 2013 .....	10
Community Connections.....	11
Youth Connections.....	13
Koping Adolescent Group .....	14
Nundah Homework Club.....	16
Youth Support Coordinator – Chloe Warrell.....	17
Youth Support Coordinator – Kelly Otto.....	18
Community Living Program.....	20
Adventure Holiday Group .....	20
Health Promotion in Schools Project .....	21
4 Us Savings.....	21
Literacy for Everyday .....	22
Exploring Futures Project.....	23
The Nundah All Stars Group.....	24
Community Projects Team.....	26
CLA Student Unit.....	27
Housing .....	28
Village Housing.....	28
Independent Youth Housing Group LTD .....	29
Research.....	30
CLA Brokerage Arm .....	31

## 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). CLA now manages CLP, and has sponsored a range of other projects. CLA also manages:

- Village Housing
- Community Connections (Reconnect, Youth Support Co-ordinator and Youth Connections).
- ARROS
- Community Projects (Volunteer Programme, The Shed Space)
- A small research programme
- CLA Student Unit

## 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.

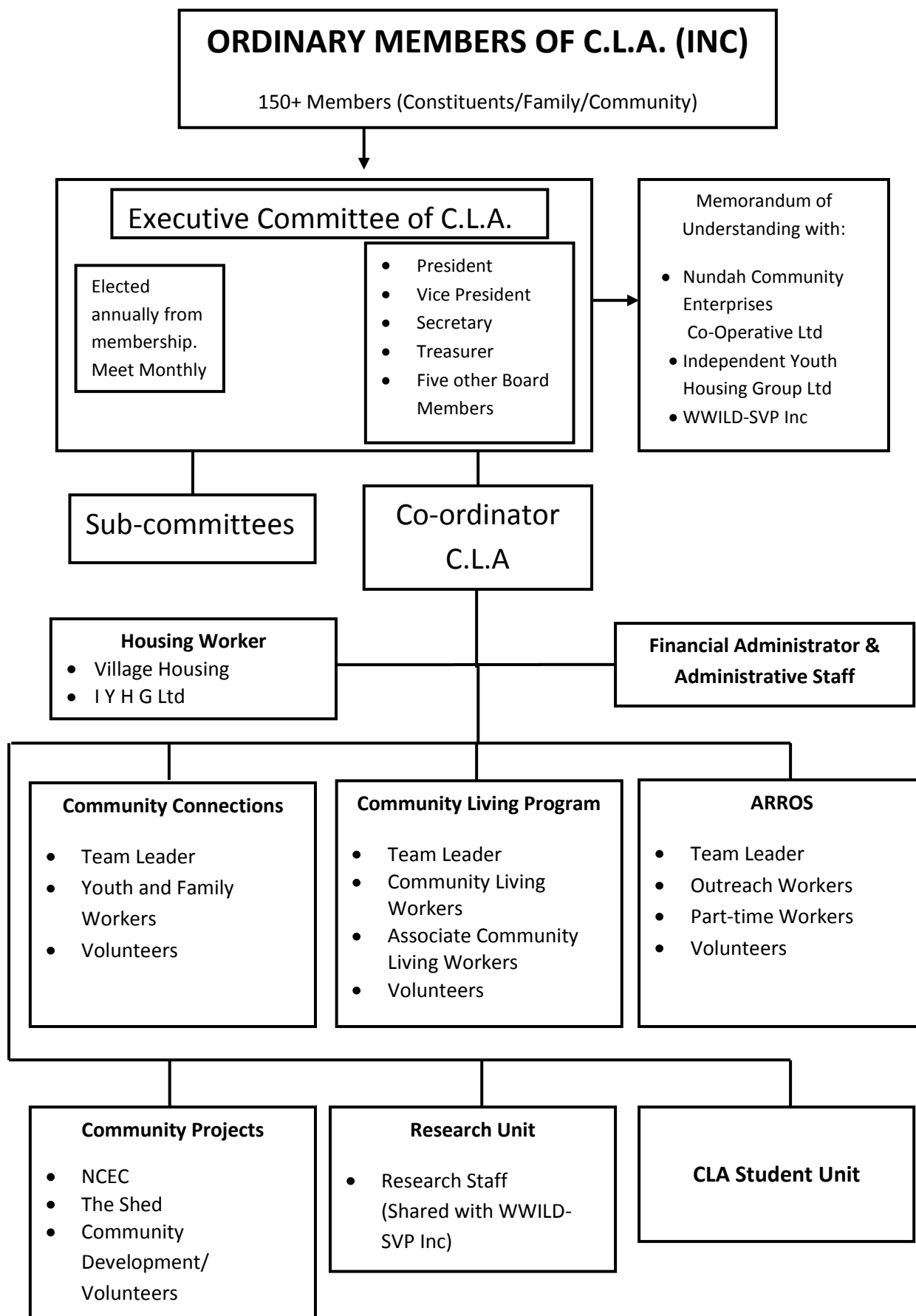
## Mission Statement

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 <ul style="list-style-type: none"> <li>• Youth Support Coordinator Program</li> <li>• Youth Development</li> <li>• Reconnect</li> </ul>	Dept of Communities (QLD) Dept of Communities (QLD) Dept Families & Community Services (Federal)
Non-Recurrent Grants	Lord Mayor's Community Trust Fund Gambling Community Benefit Fund
CLA Ins. Housing <ul style="list-style-type: none"> <li>• Village Housing (LTCHP)</li> <li>• Program Unit (CAP Headlease)</li> </ul>	Dept of Communities – Housing QLD
Transitions Funding	Council of Australian Governments National Partnership Agreement on Homelessness (COAG – NPAH)





## President's Report

This year has been both challenging and rewarding.

- Some of the external challenges we have faced are:
- Preparing for the National Housing Registration
- Preparing for the Australian Charities Commission inception
- Preparing for the introduction of National Disability Insurance Scheme
- Responding to changes in the Youth Support Co-ordinator Initiative program
- Preparing for QLD Community Services Youth Services Recommissioning
- Operationalising Community Living Association Brokerage Arm
- Waiting on funding of Reconnect and Transitions project

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 2013 Community Living Association:

- Recommitted to our mission of supporting 'community that includes and values all people'
- Supported Nundah All Stars to stage their musical 'Hey Hey We're the Nundah All Stars
- Supported the 'Savings Group' to continue their collective savings and supported a number of people to save for their goals e.g. Holidays, lounge and a washing machine.
- Facilitated the 'Adventure Holiday Group' on camps and adventures
- Literacy Group members and volunteers have continued to create a wonderful learning environment and have this year gained use of a number of iPads.
- Continued a volunteer and mentor programme that has been of immense value to constituents
- Established the Community Living Association Brokerage Arm
- Successfully supported a number of constituents to access individualised funding
- Held several NDIS information sessions with family and constituents
- Held Transitions Forum and Parents with Intellectual Disability Forums with invitees and guests from interstate
- Participated in Nundah Festival and held Putting the Bite on Homelessness fundraiser raising a total of \$18,000.
- 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
- Bought a new housing property for Village Housing
- Achieved another three years of Reconnect funding
- Achieved another two years of ARROS Transition from Care funding



- 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.
- Received Medicare Local funding for the Health Promotion in Schools project.
- Continued Youth Support Coordinator Initiative individual work with young people and families and groups at Kelvin Grove College, Albert Park Flexi School, Kedron State High, the Gap State High, Brisbane State High and Everton Park State High.

Our thanks and congratulations 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.

I particularly would like to acknowledge our YSCI workers whose roles as YSCI will end in December and thank them for their great commitment and great skills which are amply demonstrated in the Community Connections Case Study publication. Thank you Sam, Kelly and Chloe.

Anne Curson  
CLA Committee President



ARROS works with young people with an intellectual or cognitive disability who are homeless or at risk of homelessness. We are currently working with 20 constituents. Over 2013, we have worked with a total of 24 constituents.

ARROS receives funding from two streams – Disability Services (DS) which supports 9 constituents with an intellectual or cognitive disability who are homeless or at risk of homelessness, and Council of Australian Governments – National Partnership Agreement on Homelessness (COAG – NPAH) which supports young people with an intellectual or cognitive disability who are exiting the care of the state. Under this stream we are currently working with 4 young people still of school age/in care and 7 who have exited care.

### **Staff**

ARROS staff team consists of 4 full time Outreach Workers, 3 part time workers, 5 volunteers, 2 mentors, 1 team leader and 2 contracted staff. 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 9 people with an intellectual or cognitive disability who are homeless or at risk of homelessness. This work focuses on finding places to live and spaces to belong.
- *Transition and Post Care Support Initiative* – ARROS works with 11 young people who are transitioning from out of home care into adulthood. This work involves supporting young people to prepare for their transition through accessing needed resources, creating supportive relationships and trying to find roles in the community.
- *Transitions Mentoring Program* – We now have three volunteers who connect with two young people who have exited out of home care. We continue to look for new people willing to take on the mentoring roles.
- *Young Person's Homeshare Project* – One ARROS young person is now co-tenanted with an in-house mentor.
- 8 Greater community connection across our geographical area – we continue to look for options to connect us further to the wider geographical area in which we work and ways to connect staff across the region.
- Preparing for the NDIS – One of the key activities we are undertaking in preparation for the NDIS is to support people to access individualised funding wherever possible. This will make people's ongoing support after the introduction of the NDIS more secure. In 2013, we have supported 5 constituents to access individualised funding; meaning 8 ARROS constituents are now in receipt of funding including Community Living Initiative (CLI), Young Adults exiting the Care System (YACS) and Support for School Leavers (SSL).

Many thanks and warmest regards,

*Deb, Jess G, Meg, Michael & Jessica*

## 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.



During 2012/13 the service continued to deliver 3 programs, Reconnect (Department of Families, Housing, Community Services and Indigenous Affairs), the Youth Support Co-ordinator (or YSC) initiative, (Department of Communities, Child Safety and Disability Services), and Youth Connections\* (Department of Education, Employment and Workplace Relations).

This year has been one of uncertainty in regards to funding with all 3 of the service agreements coming to an end in the 2013 calendar year. Fortunately, we were informed in May that the Reconnect program would be refunded until June 30 2016, and the Youth Connections program has been granted a 12 month extension until Dec 30 2014. The YSCI, was to end Dec 2013, then changed to June 2013, and then back to Dec 2013! While the YSCI continues in a changed form into 2014, only one school in our catchment has been granted a funding allocation. We have yet to see what opportunities this might hold for Community Connections. We have operated the YSCI program continuously since 1997, providing us with the opportunity to engage with young people at an early intervention point and it is extremely disappointing to see this program and the YSCI workers go. Consequently, Kelly, Chloe and Sam will no longer have their YSC positions post December.

As a result, it has been challenging to plan for future service delivery, with our focus firmly on attracting funds so that we can remain viable in order to continue service delivery to young people. It has also been very stressful on the Community Connections team, and I would like to thank Morrie, the management committee and the staff body for their continued encouragement and support to myself and the team. I would also like to acknowledge and thank the CoCo's team for their ongoing commitment to young people regardless of the lack of job security.

On the up side, we have a brand spanking new office, complete with built in storage and standing desks thanks to our insurance after we were flooded by a storm in December!

Community Connections workers for the 2012-13 financial year have been Kelly Otto, Cate Ryan, Eden McNamara, Minda Kaszai, Chloe Warrell, Samuel Kimanuka, Eloise Phelps and Tania Lawrie. We would like to say good bye and farewell to Sam who has taken up a new position at Goodna in September 2013.

*\*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.*

### **Additional Activities for 2012-13**

- We joined with Picabeen Neighbourhood Centre and Jabiru Youth and Community Services to put forward responses to the Department of Communities, Child Safety and Disability Services as the North Brisbane Youth Alliance.
- Engagement in school activities/events including assembly presentations, schools expos, open days, information days, workshops, student welfare/year level co-ordinator meetings, school camp.
- Several groups at local High Schools (some co-facilitated with school staff and other community agencies) including Young women's groups, Peer Skills, Brita Futures, Koping, 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.
- Supported young people / children and their families who access the Nundah library homework club.
- Participate on the Brisbane North Youth Justice Complex Case Panel.
- Provided support and participated in the Sorry Day event hosted by Noonga Reconciliation Group.
- Participated in White Ribbon Day awareness raising activities.
- Lobbying schools and Government for the continuation of the YSCI, including engaging Sarah McDonald to compile a booklet of Case Studies for distribution.
- Worked with volunteer Belinda Smith who designed a service brochure and 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.
- Sarah, Shirin and Amanda for their contributions while on student placement;
- Belinda Smith and Sarah McDonald for their work on our publications.
- CLA Inc, in particular Morrie O'Connor, the Management Committee, Carmel, Rosie, Sylvia and Mandy, and the workers at CLP and ARROS;
- Bea Rogan, external facilitator for our Strategic Planning days.
- Brisbane City Council.
- The School and Learning communities with which we 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.

## Youth Connections

Eden McNamara

2013 has been another eventful year for Youth Connections with continued collaboration across the Youth Connections consortium led by Brisbane Youth Service and including Jabiru Community Youth and Children's Services, Inala Youth Service and Salvation Army Youth Outreach Service. Funding for the program has been extended by DEEWR until December 2014.

The Youth Connections program aims to work with young people who have disengaged from education, family and community to minimise the impact of ongoing difficulties in young people's lives and look at aspirations and opportunities to re-engage. This is mostly achieved through intensive individual support along with support offered to significant others in the young person's life. Due to the long term disengagement of many of the Youth Connections participants, there is a significant focus on supporting young people to navigate the social systems and institutions that they have been disconnected from. Disrupted learning can mean that young people are lacking confidence with numeracy and literacy skills. A group program using BKSBS to support young people with their numeracy and literacy skills has continued in 2013 based at Zillmere Community Centre. The group has also been useful to support young people's socialisation with peers. The small setting has been particularly useful for young people experiencing social anxiety and school refusal because of the non-threatening environment and mutuality of participants. This group program is seen as a stepping stone into other educational opportunities, with most young people moving on into vocational, alternative or mainstream learning.

Humour, celebration and looking for 'new ways' to approach problems helps to sustain the work, which often involves a lot of complexity. The Youth Connections worker is grateful for the support offered by the Community Connections team and CLA at large and is looking forward to the continuing challenges and positive outcomes for young people in 2014.



*"Group work" 2013*



*"Art from a 'culture sharing' workshop run by a YC participant in a local primary school to commemorate the national apology to the stolen generations." February 2013*



*Youth Connections Consortium Team*

## Koping Adolescent Group

**Minda Kaszai**

This year I have been continuing my work with the COPMI Program (Children of Parents with a Mental Illness) in collaboration with CYMHS (Child and Youth Mental Health Service) Nundah and other services in the Brisbane North Health Service District. My involvement has continued in co-facilitating a support group for young people with a parent with a mental illness or dual diagnosis. The group gives young people the opportunity to access peer support and information, and to develop helpful coping strategies.

The group aims to support young people to:

- Improve self-esteem
- Improve communication skills
- Increase understanding of mental illness, its causes and treatment
- Improve supportive relationships with peers
- Increase repertoire of coping behaviours and skills, and
- Increase understanding and acceptance of emotions.

I facilitated a group in November 2012 along with a psychologist and a social worker from CYMHS. The group included 3 young women and 2 young men from across Brisbane who all attended various schools and did not know each other prior to coming to group. The group ran over three days, one day fortnightly for six weeks. The first two sessions are held on a school day and the last during school holidays. Group runs from 10-5pm and content is delivered through a combination of interactive activities and group therapeutic approaches.

The messages for the first day were 'You are not alone' and 'Knowledge is power'. The focus for the initial group was around psycho education and this included a visit from a psychiatrist to answer the young woman's questions about mental illness and substance use in a less clinical way. The aim of the initial group was also around connecting with others to encourage more open communication for the following two days.

The second focuses on the experiences of stress in families and recognising resilience. The key messages are that growing up in any family can be challenging at times; no man is an island and we all have strengths. With this as a guide the activities encouraged young people to reflect on their life experiences and recognise resilience and coping strategies they have used in the past and can use in the future.

The final day is used to reflect on strengths of young people and how they can identify and use their coping strategies to take care of themselves. The day involves activities that encourage relaxation and self-care. It also focuses on looking forward to the future and staying connected with supports. The 5 young people attended all 3 sessions.

The feedback from the young people was very positive and stated that the group:

- Improved their understanding of mental illness and substance abuse.
- Created awareness that they are not the only young person who is experiencing living with families members with a mental illness.

- Improved their connections to other young people
- Improved their knowledge of support services and where to access help.
- Improved their ability to identify coping strategies.
- Was very fun.

The COPMI program has undergone some structural, programmatic, and service delivery changes this year in line with changes that have been happening within Queensland Health and I have not had the opportunity to run a group this year. Collaboration with CYMHS remains to be a focus in my work and I look forward to continuing to provide Koping groups for young people in 2014.



### Background

Homework Club is a community project that was developed through a multicultural and intercultural forum in 2010. The forums identified a need to provide homework support to primary and secondary students within the North side area. The project was established as a Brisbane City Council pilot project at the Zillmere library, due to its success it has now expanded to Nundah, Banyo and Bracken Ridge libraries. Homework Club is available to primary and secondary students from all backgrounds and includes students from refugee, asylum seekers backgrounds. Community Connections has been involved in this project for the last two years and has established Homework Club Nundah as a student project. Community Connections students work alongside, The QUT Student Unit, Brisbane City Council, Nundah Library, St Rita's College.

### Purpose

The purpose of homework club is twofold;

Firstly, to provide a free tutoring service to students in the local community. The project aims to assist students to develop their literacy and numeracy skills in order to improve school outcomes. This is achieved through assisting students with their homework and providing students with fun and education activities and resources with a literacy and numeracy focus.

Secondly, to engage and build relationships with the young people's families/care givers. Communication Connection's primary focus is one of early intervention, which is achieved through developing strong organisational relationships with families/care givers and students, with a specific focus on refugee and asylum seeking families. This may be through supporting parents to develop their own literature and numeracy skills or providing them with resources and referral information, if required. This could also be through providing information and resources to build strong interpersonal skills, develop resiliency and improve self-esteem for issues that young people identify.

Homework Club is a rich and rewarding community development project that provides Community Connection students with experience in working with people from CALD, refugee and asylum seeker backgrounds, as well as an opportunity to engage with the local community in a supportive and nurturing environment.

### Kelvin Grove State College

It has been a busy year at Kelvin Grove, with an ever growing case load, young women's group, independent student lunch and the upcoming Mental Health week celebrations. This work has also been marked by the unfortunate end of the YSC role at the end of the year. As a YSC I have loved working at KG and have found the school very supportive of the role and encouraging of all ideas proposed to support young people. It will be sad to see the end of my work at this school especially in regards to young women's group (YWG). YWG has been an ongoing project for me over the past 2 and-a-half years and has been a large part of my role at KG. I have built lovely working relationships with the young women's group participants and have seen them flourish and grow as young women. This group will come to an end early in term 4 and the recent final evaluation completed with the young women made me realise just how important this piece of work has been. Feedback from the young women included the following:

- "made me more confident with myself and has made me be able to make friends easily and become closer with people I usually wouldn't"
- "activities were good because we were learning more about ourselves then the chatting was good because we were learning about everyone else"
- "it's really helpful and is a great way to learn new things, make new friends and have more self-confidence"
- "I like how we all open up to each other and everyone just have a laugh, nothing is being judged and it's all confidential"

How lucky I am to have worked with such amazing young people and a school that gave me creative license.

### Albert Park Flexible Learning Centre

Albert Park has been a flurry of activity this year. I have continued regular home visits on Monday mornings alongside the Chaplain Fran Harding to young people finding it difficult to get to school, Fran and I also started engaging with the "difficult" group of young men who would often find themselves in trouble at school and Community Connections were requested to run their first ever peer skills at Albert Park. My work at Albert Park has been very rewarding; it has been supported by the school and made easier with the support of Fran and our work together. We have made huge steps with the young men, who regularly lunch date with Fran and I and come to us to celebrate all their new achievements such as obtaining employment and their latest rap sing/beat. Home visits have continued to be successful in terms of supporting young people remain connected with Albert Park and eventually return to school. The Peer Skills Workshop was a great achievement for Community Connections as an organisation. We had over 30 young people attend the group, we delivered peer skills to our first toddler and dog participants and most importantly young people engaged in the content and were able to use their voices to give feedback about how their community could function better. I will be following the peer skills group up with a young person led round table discussion next term about how to address change in the community. Again, it will be sad to say good bye to Albert Park and its many wonderful young people, the work I have done with Fran and the feeling of being part of a community.

### Kedron State High School & the Gap State High School:

2013 has brought many surprises, ups and downs with the unknowingness of the longevity of the Youth Support Coordinator Initiative, but for me it has been both rewarding and challenging. At both school's I provide: Individual support, group work, project work in school and in community.

At both schools a majority of my work is supporting young men and women individually to cope with every day stress from school life, family and friends. It has been a wonderful year working alongside the student welfare teams at both schools, consisting of year level coordinators, deputy principals, guidance officers, chaplains, and the school based health nurses.

### Kedron SHS:

Community Connections has been in partnership with Kedron State High School since 1997 through the Youth Support Coordinator Initiative. It has been a privilege for me to continue the YSC work here over the last eighteen months.

Work that I have been involved in over 2013 –

- *Building Resilience in Transcultural Australia* & *Peer Skills* are two day group based programs that focuses on building resilience in young people from culturally and linguistically diverse young people, and empowering young people to have confidence and strategies to help peers in difficult times. I co-facilitate both programs that consist of approx 20 students.



*"The most important thing that I learnt from the past two days is to respect others and forgive them."* – Yr 9 Kedron ESL student, BRITA 2013.

- *Aboriginal & Torres Strait Islander Student Group* supports young people to increase their understanding and connection with Aboriginal and Torres Strait Islander culture and community. I partnered with ESL teacher Petrina Mercer to support the students to do dance lessons through Aboriginal Centre for Performing Arts. We gained financial support through Brisbane City Council's Black Diamonds program support young Indigenous Australian men and women. The group performed at Kedron Week at Kedron State High School and were well received by the school community. We are now in preparation for holding a NAIDOC morning tea for parents, family and friends do celebrate NAIDOC and the student's achievements this year.

### The Gap SHS:

- *Young Women's Groups* I have co-facilitated with Guy Hawkins the Chaplain at The Gap SHS where the focus has been to increase peer support for young women, build self esteem & self confidence, build on conflict resolution, and strategies of self care and the value of healthy relationships. Two young women's groups have been run this year for Year 8 and Year 9. Young women have given positive feedback about the groups that they have increased their friendship circles and have built positive relationships with peers.

### Community working group: Northern Intercultural Youth Working Group project 'Racism, it stops with me'

Supporting young people to address experiences of racism amongst peers and their communities through establishing strategies that empower young people to build resilience, help peers and create awareness in the wider community.

### **Joint Community Connection YSC project: Mental Health Week 2013**

The Community Connection Youth Support Coordinators are in our final term in schools and ending the year in a joint project with the QUT Student Unit to promote 2013's Mental Health Week in early October. We will be touring to four schools to promote Mental Health Week and Community Connections. MHW focuses on the mental health and wellbeing of young people, celebrating their existing and building upon their strengths that young people use to cope in times of difficulty.



I would like to thank Community Living Association and Community Connections for their support, understanding and hard work to sustain the Youth Support Coordinators at CoCos. 😊

# Community Living Program

## Adventure Holiday Group

The Adventure-Holiday Group has had another great year of fun and adventures! We have had lots of new experiences and group members have been keen to give different things a go.

Our adventures this year started with the Mudjimba Beach Camp. Some of the highlights from this camp included a bushwalk at Mary Cairncross Reserve, visiting the twilight markets at Caloundra, swimming at the beach and kayaking in the Noosa River. We had lots of fun in the sun!

Our first outing for the year was a bushwalk at Boondall Wetlands where we bird-watched and had a nice BBQ at Nudgee Beach. In July we attended the Abbey Medieval Festival in Caboolture and there was a lot to see and do including archery, falconing, parades, sword fighting and fantastic food (especially the lamb shanks!). We all got a big fright from the cannon which went off unexpectedly throughout the day.

One of the major highlights for this year was our camping trip to Hosanna Farm Stay in northern NSW. We fed animals, went on a farm tour on the back of a truck, ate damper and marshmallows around the fire, kayaked, visited the Kingscliff markets, and laughed at the farmer stepping in the milk bucket! As usual we got to see Morrie chasing bush turkeys which always makes us laugh.

Culinary delights for the year included baked potatoes, Moya's devilled sausages with sweet potato, damper on a stick and baked apples.

From now until the end of the year we are planning on going on a Koala Bushlands walk and for a trip to Moreton Island for our break up.

Group members are keen to welcome new members and continue trying new things. We are looking forward to many new experiences, adventures and fun times in 2014!



## Health Promotion in Schools Project

Earlier this year CLA sought funding through Metro North Medicare Local for a Health Promotion in Schools project. The project aimed to promote health resources, links and factsheets to students, families and key school personnel on the north side of Brisbane. Project workers, Tanya McConnel and Hollie Bailey visited over 15 schools where factsheets and resources were distributed and disseminated to students, family members and key school personnel. The resources were sourced through QCIDD (Queensland Centre for Developmental Disabilities) and NSWCIDDD (NSW Council of Developmental Disabilities).

The material was well-received and participants were interested in finding out more about CLA's experience supporting people to visit health professionals, access information and obtain healthier lifestyles.

One of the significant outcomes of the project was participants identifying the importance of getting this information out there to students and delivering it in an ongoing fashion. The schools identified that to have this material taught as a curriculum may lead to better outcomes across the lifespan for these young people. As a result, we are currently looking for ways to work with school personnel to develop a curriculum that includes important health information as well as resources and links to services. We will be looking for funding and partners in local schools to support the curriculum development.

## 4 Us Savings

Currently we have 13 members in the 4Us Savings Group. We meet at 2pm every pension Friday in a nice cool place at CLP and we love to save money towards our goals and celebrate birthdays. One member used her savings this year to go on a trip to Canberra in May and New Zealand at Christmas. Another member bought a washing machine and a TV.

We would love some new members, so come along and save some money!

We have the best interest rate in town!





*Another year of great work by the tutors and students 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. Alison says, "At school I was never given the chance to try different subjects like science and this year I learnt about volcanos and we all built one. I look forward to coming to Literacy each week and I am achieving my goals".

Group members agree that there is community and belonging within the group. This year the group has been very welcoming to new members and new ideas. Brett says, "I like seeing my friends, meeting new people and learning new things".

At the end of the third term, the group went on an outing to Brisbane Town Hall. Group members who came enjoyed a trip up the clock tower, a look through the museum and a tour through Anzac Square given by Pam. Thanks to Kelee who helped us find the right public transport so we made it there and back on time and safely. Allan said "The excursion was great, I learnt about Brisbane and enjoyed going up the clock tower".

This year the afternoon group have tried their hands at Trivia, prepared by afternoon group tutor Colin. We have all been very impressed with how many facts we know and what we have learnt.

An exciting arrival this year has been three iPads. 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 each Friday morning set up the tables and chairs for the group. Finally we would also like to thank Jacki for her time with the group and all she has contributed.

We look forward to another year of Literacy.





## Exploring Futures Project

The Exploring Futures Project has entered its second year, taking on more families. CLP workers are currently working with 3 families and have recently completed 12 months with another. The project uses CLA's Capacity Building Framework to work alongside families for up to 1 year with a general focus on future planning across a number of areas, such as health, employment, recreation, future accommodation, preparing for the introduction of the National Disability Insurance Scheme, funding options, etc. Two workers work with each family by meeting monthly, usually in the family home.

Some of the parents involved have expressed a desire to connect with other parents in similar situations to share information and support. As a result, 2 parents from different families will soon be meeting up with an Exploring Futures worker to discuss ideas for how this could occur.

## The Nundah All Stars Group

The Nundah All Stars were proud to stage their musical on the 19<sup>th</sup> of September. We worked well together, and we are proud of how we work together. We stick to our plans and the acts we practice, but we always make other people welcome when they want to get on stage. Did anyone notice we had a shark in every act? We are happy that the Musical ran smoothly and everyone had a good time. We met after the musical this year to talk about our performance. We are really proud of ourselves. We believe that we are becoming more and more confident about making more decisions, and sticking up for ourselves. We are even getting better working as a team.

Here are some quotes;

‘People did well in their parts and we had an awesome audience, we all have good memories of our acts.’

‘Really good, I want to be on stage next year’.

‘Yellow Submarine was the best’.

‘[I wanted to do my job again this year because last year] a kid came up to me and said he wants to do the signs like me when he grows up.’

‘My cheeks are sore from laughing.’

Yellow Submarine!

‘I’ll sing the beautiful song.’







## Community Projects Team

Richard Warner

Community projects incorporates the CLA volunteer and community relationships program, the 23 Nundah St 'Shed' Project, support of NCEC Ltd and other occasional community projects.

### CLA Volunteers and Community Relationships:

The volunteer program involves over 40 volunteers who assist CLA and CLA constituents through a wide range of individual, group and organisational roles. The volunteer program is a key way of including community members within the life of the association. It is a privilege to work with such an amazing group of people who contribute untold hours and energies to CLA. Groups such as Literacy for the Everyday, the Nundah All-stars, Shared Meal, NCEC, 4U\$ savings as well as work with individual constituents, would be much diminished without the support of volunteers, so thank you!

We would also like to acknowledge, the role of community members, who whilst not formally engaged as volunteers, contribute significantly to the work of CLA. Support of CLA by local community members, which can occur in a variety of ways, is also something which enriches CLA and for which we are thankful.

### 23 Nundah St Shed Project:

The 'Shed' Project aims to utilise the property at 23 Nundah St to achieve a sustainable mix of community and commercial usages. Currently the shed houses the NCEC parks crew, Literacy for the Everyday, QUT student unit, Renegade Gym, Australian Wrestling Association and the Nundah Farmers Markets. There is also a 20 KW solar array on the roof of the building which significantly reduces CLA carbon emissions and electricity costs, limiting the environmental impact of CLA and increasing its capacity to work with constituents.

### Nundah Community Enterprises Cooperative (NCEC Ltd)

NCEC is a workers cooperative creating employment for members who are also constituents of CLA!

Highlights for NCEC this year include:

- Welcoming the new team of Kirsty Balmer and Steve Goodale to head up the Espresso Train crew.
- Michael Cherry and Morrie O'Connor flying down to Melbourne to represent NCEC, who were shortlisted for an Australian Social Enterprise Award.
- Publishing of the NCEC story 'Participation and Production' as an iBook, thanks to Brisbane City Council's "Access and Inclusion Partnerships".
- 5 NCEC members reached 10 years of continuous service with the coop and were eligible for paid long service leave.
- NCEC members have engaged in an education and action project about 'what it means to be a cooperative'.

## CLA Student Unit

Renee Mills

The Student Unit has had another busy year, providing social work field placements for 10 students.

During the year the Student Unit continued to work with a number of young people and their families, where the young person is a risk of homelessness. Throughout the year we increased the number of Community Connections referrals, through both the Reconnect and Youth Connections programs. We have also undertaken work across the organisation including;

- Working with individual young people and constituents in each of the CLA teams
- Involvement in projects such as Homework Club, the Musical, the music group, Sorry Day (with Noonga Reconciliation Group), Men's Health Week, Sleep Rough and the planning for "Putting the Bite on homelessness".
- Organising the AGM

The Student Unit has also been responsible for Outreach Literacy and a Supervision project.

### **Outreach Literacy**

Since mid-2011 the student unit has supported 4 young women from refugee backgrounds to achieve their literacy goals, including obtaining a Certificate 3 in Aged Care and a Learners' permit, as well as support to participate in, and enhance their children's literacy. I would like to thank Sabrina Stokes, Kate Bjur and Elizabeth Hirst, who have shown amazing commitment to developing the Outreach Literacy model and to supporting these young women and their children each week with their literacy needs and goals. Sabrina, Kate and Elizabeth have now finished up their roles as volunteers to move on to new adventures as mothers, grandmothers, and to travel. With the volunteers moving on we have been working with the young women to better establish and/or consolidate their personal and community networks for literacy support, with a view to finishing the literacy support in the near future.

### **Supervision**

As part of my role as Student Unit Supervisor, I have undertaken professional development in the area of supervision, throughout the year. Building on this learning we are now able to offer supervision workshops to new students across the organisation early in their placements each semester.

Finally, I would like to acknowledge the work of each of the students who carried out their placement during the past year. QUT students undertaking placement in the Student Unit have the opportunity to participate in a diverse range of work across the organisation. While this experience has many rewards and benefits for their learning it also has its challenges! Students often work in very complex and challenging situations. I would like to thank each of the students for their commitment and hard work during their placement. So a big thank you to Connie, Jade, Ruvimbo, Jocelyn, Pam, Rachel, Liz, Nicole, Mandii and Lori.

I would also like to thank each of the young people, their families and their friends who have welcomed us into their lives, to work alongside them in achieving their hopes and dreams.

# Housing

## Village Housing

Mandy Sinnamon

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 7 units and 2 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 has also decided to hold them down at Sandgate Beach and Toombul Shopping Centre.

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

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



*IYHG is a constituted body which receives ongoing support from CLP*

This year marks IYHG 24<sup>th</sup> year as a housing co-operative and has seen many positive changes in growth and development. We have been persistent to offer good quality, well maintained and affordable housing to people on low incomes and pensions.

IYHG has continued throughout the year to improve and maintain its' properties. Over the past year we have undergone some minor alterations and upgrades, including internal painting and new flooring.

We have maintained our record of having no rental arrears in the past year and also continue to sustain an ongoing healthy financial situation. Thank you to CLA who have continued to support our growth in property ownership.

Once again this year we have increased our memberships and welcome our new members and tenants. These new members along with the already committed members mean that IYHG continues to move forward, whilst working together productively to create a successful housing co-operative.

I would like to thank all members for their work and support throughout the year, especially those who give a lot of their time and energy.

I would also like to take this opportunity to thank CLP for its' continuing support including Mandy, Carmel and Morrie for their ongoing assistance. Thank you.

Danny Thomas

*PRESIDENT*

IYHG Ltd



# Research

Victoria Tucker

## Research Unit

Victoria Tucker works in the shared Community Education and Research position for Community Living Association Inc and WWILD-SVP Association Inc.

## Projects/Events include

- Young Person's Transitions from Care – ARROS Transitions Forum held in April 2013. Very successful. Held on 10<sup>th</sup> April 2013
- Young People Transition from Care – Research project into the Housing experiences of young people transitioning out of Out-of-Home-Care. Ongoing.
- 2013 Queensland Roundtable on Issues for People with Intellectual Disabilities: Finding Voice – held on 17<sup>th</sup> June 2013. Very successful. Will be held again next year.
- BOLD (Better Outcomes for Parents with Learning Difficulties) network - including submissions for the Child Safety Inquiry, BOLD Forum planning for early 2014, regular network meetings, education and advocacy role.
- Paperbag Lunches Forums – Intellectual Disability and the Law (March 2013); Understanding the Role of Gender and Masculinity for Men with Intellectual Disability (August 2013); Counselling People with Intellectual Disability: What is the therapeutic value? (November 2013)
- Education and Training - Conducting a number of community education/training sessions within CLA, or with other organisations for WWILD or CLA.
- Joint WWILD/CLA Research Project – Examining the practice of working with people with intellectual/cognitive disabilities within mainstream services, in the context of sexual assault services, parenting programs, mental health and young people transitions programs.
- Supporting the development of policy submissions and funding grant applications
- Speakers Group – development of opportunity for some CLA constituents to engage in some form of education, presentations, presentations and self-advocacy. Early stages of development.

## CLA Brokerage Arm

Early in 2013 CLA established a new service called CLA Your Life Your Choice Brokerage Arm. It will offer people a range of approaches to individualised and self-directed funding which include

### Level One:

- CLA holds funds.
- Individual and family employ workers or contractors.
- CLA pays workers or contractors on invoice.

### Level Two:

- CLA holds funds.
- Individual and family employ some workers or contractors and invoice CLA.
- CLA employs some workers directly to work with individual and family.

### Level Three:

- CLA holds funds.
- Individual, family and CLA plan supports and recruit supports as agreed.
- CLA employs and pays supports as CLA employees.

The individual and family can move between these levels as negotiated.

This service will operate from October 2013.

Here are some websites that are connected with Community Living Association

 <p>Community Living Association Inc.</p>	<p><b>CLA Inc website:</b>  <a href="http://www.communityliving.org.au">www.communityliving.org.au</a></p>
	<p><b>Facebook page:</b>  <a href="http://www.facebook.com/CommunityLivingAssociation">www.facebook.com/CommunityLivingAssociation</a></p>
	<p><b>GiveNow:</b>  <a href="http://www.givenow.com.au/sleeprough">http://www.givenow.com.au/sleeprough</a>          On this site you can make a donation to support two projects:  <b>Young People's Homeshare Project</b> - Each \$2600 raised will provide 12 months supported accommodation for a young person at risk of homelessness.  <b>Strong Families Project</b> - Early intervention support for disadvantaged children.</p>
	<p><b>Strong Families Solar Project:</b>  <a href="http://www.strongfamiliesolar.org">www.strongfamiliesolar.org</a>          This project supports children and families from disadvantaged backgrounds.</p>
	<p><b>Community Crew Resource Hub:</b>  <a href="http://www.communitycrewhub.com">www.communitycrewhub.com</a>          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.</p>
	<p><b>Nundah Community Enterprises Co-operative:</b>  <a href="http://www.ncec.com.au">www.ncec.com.au</a>          The Nundah Co-op provides meaningful employment for people with intellectual disabilities and mental health issues.</p>
	<p><b>Home Share Project:</b>  <a href="http://www.homesharebrisbane.com">www.homesharebrisbane.com</a>          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.</p>

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