

# Community Living Association Inc.

## Annual Report 2020/2021



**GROWING COMMUNITIES**  
**WHERE ALL PEOPLE ARE VALUED**

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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 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 network 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 Boos 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 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)

Community Living Association provides services across Turrbal, Jagera, Yugerabul, Kabi Kabi, Jinibara, Wakka Wakka, Yugambah and Quandamooka Country. We acknowledge the Traditional Custodians of all these tribal groups and recognise the important connection they continue to have to Land, Sea, Sky and Waterways across this region. We pay our respects to Elders past and present. We also recognise the emerging leaders who continue to share cultural knowledge, language and care for Country practices.

*\* 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 of 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).
- ARROS
- Beros
- Community Projects (Skill Queenslanders for Work)
- Support coordination
- Plan management
- Various research projects

## 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 wellbeing 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 wellbeing.

- 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 organisations 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:

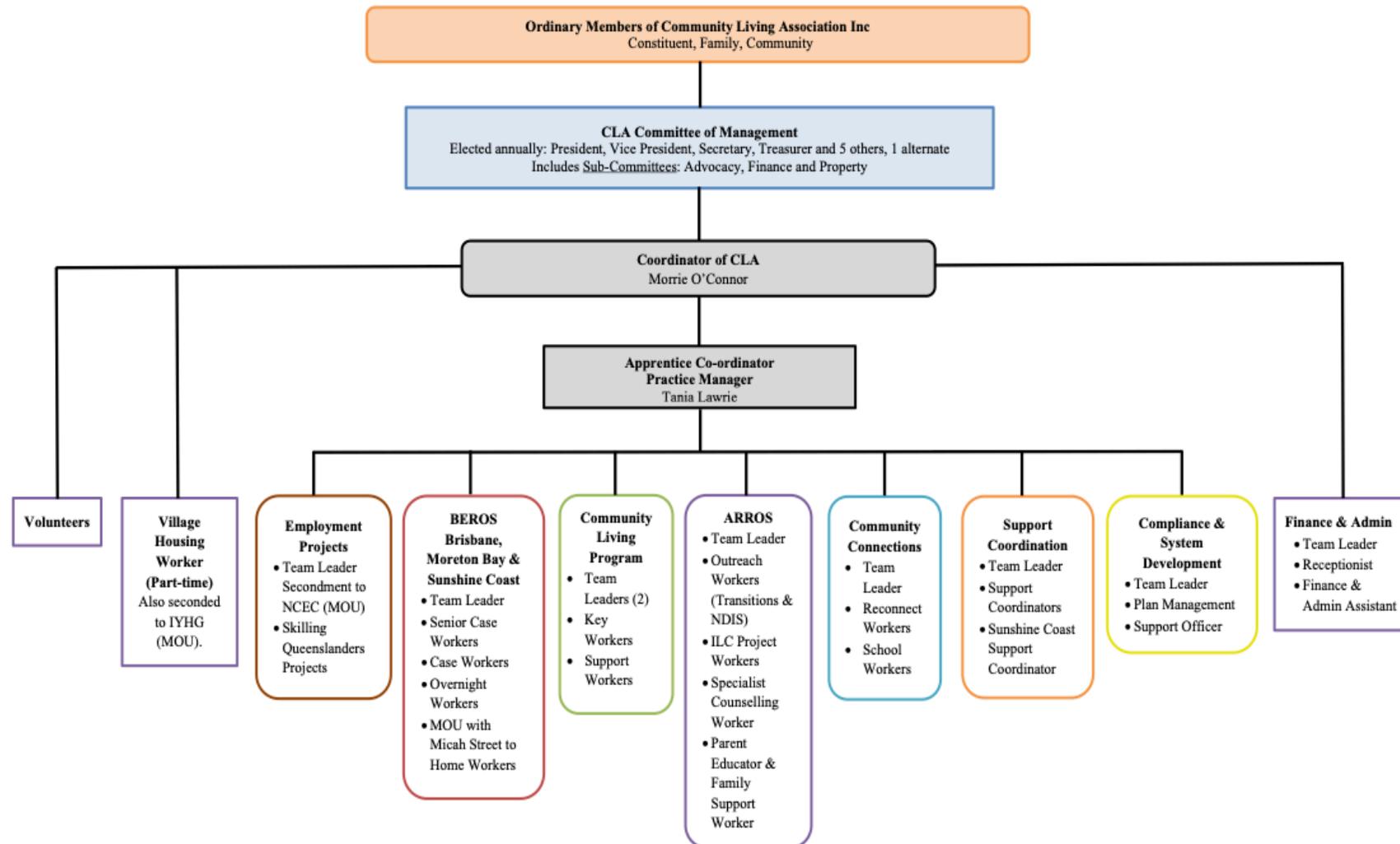
- Respectful, kind and encourage one’s own control;
- Flexible, innovative and responsive, leading and giving hope;
- Diverse, fun and address the whole self;
- Written down and shared with others;
- Well-resourced and heading toward self-sufficiency;
- Co-operative and collaborative and value all opinions;
- 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
BEROS work with group of young people in care	QLD Department of Children, Youth Justice and Multicultural Affairs
Reconnect	Federal Department of Social Services
ILC Project	Federal Department of Social Services
ARROS Transitions	QLD Department of Children, Youth Justice and Multicultural Affairs
Skilling Queenslanders for Work	QLD Department of Employment

# Organisational Structure

## Community Living Association Inc - Organisational Structure



## President's Report

2021 was another year overshadowed by COVID-19 which led to many disruptions in people's lives and the work they and CLA do together.

It meant the cancellation of 2020 Nundah All Stars Musical and the 2019-2020 AGM being held on Zoom. At various times, throughout the year, there were cancellation of group events and individual activities.

As well as the shadow of COVID-19, there has been a shadow cast by the untimely death of three constituents – Stephen Mowchanuk, Alexander Gocic and Sarah Healy.

For each of these sad events, the CLA community met in remembrance and in celebration of their lives.

Also, in commemoration of Stephen's contribution to Nundah All Stars, they are dedicating this year's musical to him.

With some good news, I can report that CLA had a very strong financial outcome for the year ended 30 June 2021 because of the federal government's COVID incentives. This means that the organisation is in a sound position to continue its valuable community work.

I can also report that the Management Committee met in February 2021 to determine the strategic direction for the organisation for the period 2021 to 2024. The goals under this operational plan are

Provide high quality and responsive service delivery particularly for people with complex needs.

Continue to be an organisation committed to social change and advocacy.

Ensure that a highly skilled and supported staff team is maintained.

Continue to be an organisation with strong governance, infrastructure, and financial management processes.

Our strong financial position means that the Committee could immediately allocate funds towards all these goals.

On behalf of the Committee, constituents and their families, I thank the team at CLA for their dedication to the delivery of awesome services during the year around the COVID uncertainty and our community sadness.

Some of the memorable moments for the year are noted here.

The Scammers Group came together and received funding from NDIS to educate people about scams. They have been busy delivering workshops online and in person. Well Done - Kelee, Paul, Craig, Alan, Taurean, Bernard, Michael, and Felice.

CLA's close relationship with NCEC continues with the Youth Co-op developed by NCEC being supported at CLA's Wavell Hall. This has been a success and the Youth Co-op is taking on more and more of the day-to-day management of the Hall. This is generating income that can be utilised for employment of its members as well as ensuring the functioning of the Hall. Well Done - Dan and the Youth Co-op members.

Another close relationship is with IYHG and this year CLP Team Leader Sarah MacDonald has supported IYHG in a number of actions including developing a presentation that is to be presented at Australasian Society for Intellectual Disability National Conference. Well done - Jennifer, Paul and Alan.

CLA's relationship with WWILD-SVP continues and this year CLA and WWILD have jointly facilitated a support group for parents with an intellectual disability. Well done - Mandy.

All the CLA teams have achieved significant outcomes.

BEROS which works with young people in care who are homeless has expanded its operation and now has three sites Brisbane, Petrie and Sunshine Coast. BEROS has also been contracted by Social Work Association to deliver trauma training to their members. Well done - Chloe and her team.

ARROS has recruited 2 parent education and family workers to work with parents with an intellectual disability. ARROS also successfully completed a one-year ILC project with young people with an intellectual disability and youth justice background and then received two-year ILD funding for a follow-up project. Well done - Renee and team.

Community Connections has continued its work with young people at risk of early homelessness and has continued to base Social Workers at three North Brisbane High Schools, as well as continued Alcohol and Drug project with local schools. COCOS workers have also been significantly involved in supporting Noonga Reconciliation Group and the very successful Kalinga Park Sorry Day. Well done Tania and Eden, who acted as Team Leader, and their team.

Three CLA constituents Susan Harbottle, Craig McAllister and Alan Duffy have been contracted as Peer Researchers by an academic from QUT and are presenting their research at ASID National Conference.

Recyclers group of Tim, Susan and Alan have once again removed numerous bottles and cans from the waste stream, earned themselves income and donated some of their earnings to emergency relief for people in crisis.

John Conroy, a CLA long serving volunteer has worked with Alan Duffy on developing a small horticultural business. John was also the driving force behind establishing the world's smallest Op Shop that Aaron, Susan, Carolyn and Taurean have been getting up and running.

CLA has continued with Skilling Queenslanders program of helping people with intellectual disability and recent refugees and migrants gain employment. This programme partly operates at Hendra Pony Club and trainees have been assisted into employment including several people gaining work with the Good Food Project of NCEC which staffs soccer club canteens at New Farm, Newmarket. Well done - Chris, Jess and team.

CLA has been engaged in a process of looking at future office facilities and has signed a Memorandum of Understanding with BlueCHP, a social housing developer to look at the feasibility of a development at 5-9 Nundah St.

CLA has been participating in the CRU New Ways project where CRU has received ILC funding to document examples of good practice in the disability field.

CLA has recently been successful in tendering for a Participant Engagement Panel project to support young people with a disability and youth justice background to respond to NDIS policy plans.

Again, I would like to thank everyone at CLA for another amazing year. There is no doubt that together we achieve great outcomes.

Denise Gibbons

President

CLA Committee of Management

The past twelve months have seen ARROS enjoy both times of stability and settling into our new digs in the Shed, and the team has also welcomed more change!

Niamh, Darcy, and Jess A continued their challenging work as Outreach workers, hitting the road to connect with ARROS young people throughout the year. In February, we welcomed Shaun to ARROS, who has joined the Outreach Team, offering support primarily to Transition young people connected with BEROS. This work has certainly seen the collaboration between BEROS and ARROS grow to ensure young people have support into their early adulthood.

Project workers, Toni, and Gemma, continued to support ARROS Place young people to join twice weekly groups, utilizing both The Shed and Wavell Hall. Young people's participation in the groups has made The Shed feel like our ARROS home. It has helped both the team, and young people, feel more comfortable and settle into the space throughout the year, with young peoples' artwork starting to find its' way onto the walls. We are hoping young people will have many more ideas and inspiration to better The Shed space in the years to come.

Our counselling team has grown to include two specialist parenting workers, Mandy, and Jules, who provide education and support to parents with intellectual disability. We have seen this work grow over the year and hope to be able to continue this support into the future to ensure more parents can access the support they need to achieve their goals for parenting and family. Meg continues to provide counselling support – we rarely see her around the office as she is super busy meeting people out and about! We are hoping to recruit more fantastic counsellors to enable us to offer more support for people across CLA and the wider community.

Much to everyone's excitement (young people and workers alike), Jess B went on parental leave in April to welcome twins into the world. Renee is acting in her Team Leader position until her return from leave. We also farewelled Donna, Kelly, and Rita as they moved on to new ventures. We were fortunate to welcome three students into the mix over the past year. Thank you, Alison, Lana, and Lorraine for your help, knowledge, and enthusiasm. ARROS would like to thank all the staff and students, those existing and those who have moved on, for their commitment to their work.

Finally, a big shout out to all the ARROS young people and parents, who have allowed us to journey alongside them in both the challenges they have faced throughout the year, as well as their achievements as they work towards their hopes and dreams for the future! ARROS knows how important it is for you to share your stories and celebrate successes; some of these achievements, by no means all, will be shared here.

### **Transitions and NDIS**

Outreach support offers individual and holistic support for young people with disabilities. The aim of ARROS outreach support is to support people to find places to live, spaces to belong, roles for meaning and a community that welcomes and includes. The support is funded through our Transitions and Post Care Support program, or young people's NDIS plan. COVID-19 has continued to see young people and workers think creatively and flexibly together to adjust to life with COVID-19 and

ways to stay connected during lockdown periods. Fortunately, ARROS were able to continue to continue outreach-based service.

The ARROS Transitions and Post Care Support program is funded through the Department of Children, Youth Justice and Multicultural Affairs. We work with young people aged 15 to 21 who have a disability and are transitioning from out-of-home care. The program is funded until mid-2022 and we hope to be able to continue working alongside young people through their transition to adulthood.

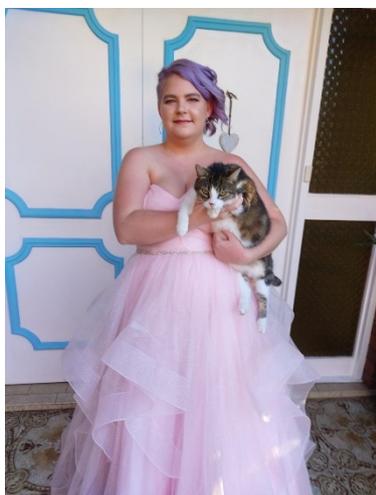
The outreach team have been successful in supporting several young people to access the NDIS through the Transitions and Post Care Support program. Many of those young people have continued working with ARROS, and now receive support funded through their NDIS plans. Through our NDIS funded outreach program, we work with young people aged 15 – 25, who have a disability, and are at risk of becoming, or are homeless.

There were many wins for ARROS outreach support. Here are some of the good things:

- Several ARROS young people accessed the NDIS, which created lots of opportunities to try new things.
- Getting green 'P' plates.
- Attending ARROS events. We held a few events this past year including a music event where young people jammed with two musicians, art nights including a group of young people coming together to develop a 'What inspires you?' artwork. Many young people came together, made connections, ate some yummy food, and made some artwork for the new space.
- Meeting new workers.
- Unveiled the artwork submission for the Disability Royal Commission.

## LS

Lynda has had a cracking year. She planned her school formal, saved up for her formal dress (which cost \$700!) and graduated from high school in 2020. She kicked off 2021 by enrolling in a course in horse husbandry and has been spending a lot of time around horses. She has learnt lots of new skills including trotting, getting on and off the horse and learning about different horse-riding styles. She has also been teaching the ARROS workers a lot and helping them to conquer their fear of horses! She was also successful in applying for the NDIS after lots of hard work to get there.



*Lynda and her cat Puss before her year 12 formal*

## **ARROS Place (Peer-Led Advocacy and Community Engagement)**

ARROS PLACE is a two-year project supporting young people aged 15 to 25, who have a disability and experiences with child safety and/or youth justice, to identify and start working towards their goals around employment, community participation, and advocacy.

We work with participants in small groups to support them to:

- Develop and maintain a peer led support/learning group — where young people lead activities focused on building skills for employment, micro-business and community contribution.
- Develop skills to speak up and advocate for change. Participants will be supported to talk about their experiences, understand their rights, and speak up about the systems and social issues that have impacted their lives and the lives of their peers.

Over the past twelve months, ARROS PLACE has continued running two small groups a week. One of the groups has been focused on providing a paid opportunity for young people to cook meals for members of the ARROS community. Thursday groups put focus on developing young participants' life skills (goal setting and achieving, budgeting, household routines, communication, etc.) and physical health (healthy habits such as walking, sports and stress relief techniques) through peer knowledge sharing as well as linking back to their hopes and goals.

This project is funded through the Department of Social Services' Information, Linkages and Capacity Building (ILC) grant.

## **Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability**

### **ARROS Submission**

ARROS young people came together for several events across the months of October, November, and December in 2020 to work on artwork for the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability. Being led by Liam from Hands on Art, young people were supported to explore the relationship between emotions and art, and to create a piece that was a representation of themselves, and their experiences. Young people used different mediums including spray paint, pencils, pens, and paint to create individual pieces of artwork that was then brought together to create a large mural that is on display in the shed.

In 2021, ARROS young people, supporters, staff members and representatives from the Royal Commission came together to unveil the artwork, and to have the opportunity to reflect and celebrate. Alongside the artwork, some young people chose to share their stories and experiences with the representatives, or with their ARROS workers. These stories have now been captured, and we are hoping to submit this to the Royal Commission.

ARROS would like to acknowledge the courage of all the young people we work with. Thank you for sharing your stories with us, and our hope is that we can work towards some positive change together.



## Counselling Team

We have expertise in working with people with intellectual disabilities, working with people from multicultural background, and working with people with complex needs.

We are currently working with 20 people who have different funding sources including NDIS, Mental Health Care Plan through Medicare, Private Health Insurance, and Victims of Crime.

We provide our counselling support flexibly to cater people's needs (i.e., outreach, counselling rooms in CLA office, zoom, and phone calls)."

### What we offer

Our accredited and respectful worker has experience in assessing and supporting people who have mental health disorders, including:

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



(07) 3266 3788

0499 557 790

Provider Number  
481 6041 J



Mental Health  
Outreach

Specialising in Intellectual  
Disability and Japanese speakers



### Why choose Community Living Association

The CLA Mental Health Social Worker can come to you. We can hold appointments within our office space or any other space where you feel safe and comfortable.

Our worker is fluent in both English and Japanese, and has been providing counselling sessions in both languages.

An eligible patient receives up to 20 sessions every 12 months bulk billed.

Call us on (07) 3266 3788 for more information

### Who we offer to

The Mental Health Social Worker at CLA is experienced and trained in providing help to people with Intellectual Disabilities and/or people from culturally and linguistically diverse backgrounds who are experiencing mental health problems.

#### Eligibility Criteria

- > A person with an intellectual disability
- > Japanese speakers experiencing mental health issues
- > Living in Brisbane, Brisbane North or Moreton Bay Region
- > With a written referral from a GP (Mental Health Care Plan from GP)

## Parenting Support

In November 2020, ARROS employed a parenting worker to support parents with intellectual and cognitive disabilities along their parenting journey. The service grew and a second parenting worker was enjoyed in July 2021. Between the two workers there are 25 parents being supported with referrals continuing to roll in.

Currently this work is funded predominantly through constituents NDIS plans. There is work exploring and seek Grants to fund ongoing work. The work is offered to parents who identify as having an intellectual or cognitive disability, and where appropriate their families. The support is being provided in people's homes and in the community to support parents with intellectual disabilities to build their parenting skills, navigate systems and strengthen relationships and attachment with their children.

A joint project has just concluded between an ARROS parenting worker and WWILD. This was a parenting group offered to females who identified in a parenting role with an intellectual disability. The group ran over 10 sessions on a Friday morning at WWILD with a focus of self-care and peer support. Parents have been referred through ARROS, CLA, Child Safety and external support coordinators. This work is still in its infancy and evolving, it will be exciting to watch it grow over the next 12 months.

It's been another big year for the BEROS service and team- in the last 18 months we've seen BEROS expand from 1 site to 3 and servicing 13 child safety service centres in our allocated regions (Brisbane/Moreton & Lower Central QLD). In recent months we have extended our service delivery as far as Gympie!

During the last 6 months we have also welcomed a number of new faces to the team including Toni Sumner, Mandii Moore and Brigitte Lewis to our case management team.

Team Leader Chloe Warrell will also be taking maternity leave from 8<sup>th</sup> October until January 2023 meaning BEROS will welcome a new team leader on board in the coming months.

The addition of new workers has been a success and offered some fresh energy and perspectives to the everyday practice in BEROS and has been a smooth transition considering the long-term employment of our previous Senior Case Managers. This speaks volumes about the energy and effort the team put into building a connection as a team and ensuring although we all sit across 3 sites there is a team identity continuing to thrive.

BEROS secured ongoing service delivery (OSD) funding for all sites in July 2021- with all 3 contracts now secured until June 2024 and offering the service, team and young people the consistency and stability in funding required to operate a service such as BEROS.

The CLA committee has also recently approved the purchase of a BEROS house/office space in our Sunshine Coast district meaning CLA own all 3 BEROS houses which again offers a consistency/stability in service delivery which is much more difficult to maintain in the private rental market. We look forward to finding our forever home on the Sunshine Coast in the coming weeks.

CLA now employs 20 staff across the BEROS sites and within the consortium with Micah employs 13 meaning the BEROS team has 33 current employs across 3 sites. In the last 6 years BEROS has been through incredible growth and development as a service which we now hope with ongoing/secure funding and a consistent and stable group of staff allows the BEROS service to consider what is next in our journey of working alongside and supporting young people who self-place in the care of child safety.

### **BEROS Brisbane**

BEROS Brisbane has undergone a few changes this year. We farewelled Caitlin Callanan who worked with BEROS for three years. We wish her all the best in her future endeavours and thank her for her contributions to BEROS. We also welcomed Doreen Tubei who moved from overnight worker to the Case Manager role and Toni Sumner into the Senior Case Manager role.

We also welcomed two new overnight workers Lana and John who have contributed fabulous ideas and energy to support young people accessing the Brisbane house for overnight support.

In semester one, social work student Bryn joined our team to support young people and the team at the Brisbane and North Coast sites as well as contributing to the Sorry Day working group in collaboration with Noonga Reconciliation group.

BEROS organised Youth mental health first aid training, Trauma and Attachment informed training with Trent Saville, as well as delivering training alongside Darcy and Niamh from the ARROS team to CLA students and AASW members around Trauma informed practice.

The team have also been networking very hard this year attending meetings and gatherings with Forest Lake child safety, Inner Urban Youth Interagency, Brisbane South Youth Interagency and Brisbane North Youth interagency. The team also contributed to the CLA submission \*\* youth justice legislation.

After the launch of research by the University of Queensland into BEROS' practice, the team have adapted their procedure manual to include young people's voices. BEROS are now looking for more ways for young people to be involved in the service delivery, including how they can have a say in worker inductions to BEROS and be involved in our recruitment procedures.

BEROS's structure has also changed this year so that Senior case managers now line manage overnight workers, providing support and supervision.

BEROS secured Ongoing Service Delivery (OSD) funding until 2024, ensuring we will continue our work supporting young people consistently.

BEROS are continuing to develop the team's cultural competency with two cultural training sessions organised for the last quarter of this year. The BEROS team are heading to Cherbourg for a tour of the Ration shed and will meet with Elders. We are also attending a Cultural awareness workshop next month with a focus on supporting young First Nations people, who are still overrepresented in the child safety and youth justice systems.

Throughout COVID lockdowns, workers have balanced working from home with outreach, maintaining relationships with young people and within the team, working creatively and ensuring support is consistent. Despite the challenges COVID brought, young people have been highly motivated to improve their journey for transition through care to adulthood. Young people have been smashing goals, starting their own training, advocating for themselves to get their needs met. Some young people have got their drivers licences, bought their own car, engaged more in schooling. BEROS acknowledge the resilience self-placing young people have displayed throughout the pandemic.

As a team, BEROS would like to thank Chloe for her incredible leadership and guidance over the past 6 years. Chloe is going on maternity leave and will be greatly missed.

## **BEROS North Coast**

BEROS North Coast (NC) has had a lot of changes over the last 12 months. Workers farewelled long time worker Jori Etuale as well as Marley Butler who was newer to the team and role sharing with Jori. BEROS wish them all the best for whats ahead. BEROS NC also welcomed Mandii Moore who stepped into the Senior Case

Manager role. There have also been new workers in other districts as well as new overnight workers Lana and John.

Having new workers on the team has changed things up – workers across all districts are looking at starting group work with young people as well as planning on throwing the first Christmas party for young people in BEROS this year. This work will also be tied into the project work BEROS developed after the strategic planning meeting, which recognized the need for self-placing young people's voices to be heard.

Another one of the many changes BEROS has had happen this year is the structure of the service. With more and more workers joining the BEROS team the need for things to be spread out more evenly has resulted in Senior Case Managers line managing overnight workers.

BEROS workers organize training to attend each year. This year workers have attended Youth Mental Health First Aid training and Trauma and Attachment informed training with Trent Saville and still have Cultural Awareness Training to attend as well as a trip out to Cherbourg to learn more about the experiences of Indigenous Australians.

BEROS workers have also been delivering Trauma Informed Practice training alongside ARROS workers to students within CLA and AASW members. New BEROS workers are now getting trained on how to deliver this training.

BEROS recently secured on going funding for all 3 sites in July 2021 to June 2024 which provides more stability and consistency for workers and young people.

BEROS has always been very flexible when working with young people, but this was proved again by COVID and BEROS's response to supporting young people during this time. Workers had to be more creative in how they supported young people to make sure their needs were met, and support stayed consistent.

Despite all the challenges young people in the North Coast district have had thrown at them this year they were still able to smash out goals. Workers noticed young people who sought out education and training on their own, some young people bought their own car and figured out how to pay for the driving test by themselves when Child Safety failed to do so and some young people figured out how to work alongside Child Safety to ensure they were able to keep their baby.

BEROS Team Leader Chloe Warrell will be going on maternity leave next month until January 2023 and will be missed considerable. Workers would like to thank Chloe for all the hard work she has put into BEROS and developing the service as well as the guidance she has given workers over the last 6 years. BEROS workers are excited for the future of BEROS and where that may lead.

## Community Connections

Community Connections is a team within CLA Inc. that works with young people, their families, and significant others in their life to find ways to navigate tricky situations that may lead to early home leaving or disengaging from education. We are currently a small but skilled team with two school-based social workers and two Reconnect/Project workers. 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.

The 2020 – 2021 financial year has been one of change for Community Connections workers – Covid lockdowns continue to require us to be flexible in our support of young people and families, and to occasionally thwart our attempts to facilitate groups and projects!

In December 2020, we said goodbye to the Student Welfare Worker Program. We are still an Accredited Employing Authority but decided that the roles were not financially viable at this time. I am pleased to say that all the Student Welfare workers that we had employed successfully transitioned into employment with a new provider.

This year Community Connections said au revoir (or see you soon) to some long-time staff members. Cate went on maternity leave and now has a very cute baby, Scout. Karen conveniently finished her placement as Cate left and stepped into her role as a Reconnect worker. Renee has moved into the ARROS Acting Team Leader role with Monique joining Kath as one of our School Based Social Workers. Eden has been successful in applying for funding from the Alcohol and Drug Foundation to continue the Local Drug Action Team Project alongside her Reconnect work. Tania, who has been working in Community Connections for 17 years, and as Team Leader for 15 years has decided to commit to her Practice Manager role full-time. We are very grateful for the wisdom, experience, empathy, and perspective that Tania has brought to the Community Connections team and will miss her honest and supportive leadership. Thank you, Tania!!

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

- We continue to work alongside Picabeen Neighbourhood Centre, Jabiru Youth and Community Services, Youth Outreach Service and ZYPSS (Zillmere Young People's Support Service) as BNYA (Brisbane North Youth Alliance) 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, and Love Bites, and the Chair Project.
- Provided support to the National Sorry Day event hosted by Noonga Reconciliation Group Inc.
- QYHC, TQ and YAC for supporting our First Time Renters project and launch.

## **School Based Social Work** **Kelvin Grove State College:**

Community Connections has had a long involvement with Kelvin Grove State College and is proud to contribute to school wellbeing through its school-based social worker program. It is one of the biggest schools in Southeast Queensland with a strong commitment to wellbeing.

The school-based Social Worker works directly with young people and their families to support them through a wide range of issues, including mental health issues, family conflict, alcohol and other drugs, independence, peer issues, relationships and much more. This takes place through counselling, casework, group work and generally listening to the young person and trying to identify creative solutions to help them solve these issues.

Some of the successes have been to support young people experiencing family breakdown or unsafe home environments to gain independence through Centrelink and build capacity to create their own independence.

## **Bracken Ridge State High School:**

The work at Bracken Ridge State High School has more of an outreach focus. We work with families facing financial issues, health problems, mental health etc and work together in a holistic way with the family, young person, and the school.

One of the major focuses of the role is to identify young people struggling with attending school and to intervene earlier to achieve better engagement with learning. This often involves working with the young person to identify the underlying issue, which might be anxiety and to address this, as well as working with the family to strengthen their response to the issue. The school is an important partner and the SBSW will identify mechanisms and people within the school to try to facilitate a successful return to school.

This year, we listened to the school and young people and have started the Bracken Ridge Inclusivity Crew, which is a lunch time group for young people who identify as LGBTQIA+ and allies. We have a lot of fun in this group and provide a safe, inclusive place where young people can be themselves and work together to change school attitudes and culture. Some of the activities we are working on including developing a poster campaign to improve attitudes to LGBTQIA+ young people, having discussions about important topics like coming out to your family, and learning about all the LGBTQIA+ services.

## **Kedron State High School:**

It's been another big year at Kedron State High, with multiple lockdowns and restrictions having a huge impact on students, staff, and the community. As with the previous year, we are seeing a rise in mental health issues, particularly anxiety, contributing to chronic school refusal.

### Other common themes for young people at Kedron include:

- Issues around consent, sexual harassment, and assault, resulting in referrals to YAC and Zig Zag

- The Impact of COVID on tertiary education for school leavers students. many tertiary courses in 2022 will be running 100% online. This is causing some young people to re-evaluate when and what they will study. One young person commented that she is disappointed that the Business degree she was hoping to enrol in is now doing to be 100% online. She said that she was looking forward to the 'University experience'. 'Going to lectures, walking through the Great Court and having coffee with friends". Now she is reconsidering this degree, as face -to- face learning and social interaction are important factors in this YP's learning experience.
- We continue to see an increase in young people seeking independent student status. commonalities between independent YP include, parental mental health, parental drug use and domestic and family violence. Key interventions for SBSW include advocacy for financial support through Centrelink, advocacy for YP to be recognised as Independent within the school system, referral and linking to services such as Reconnect, youth housing, Emergency Relief and food parcels.

Further Interventions for SBSW also include:

- General counselling
- Advocacy for young people with complex trauma presentations to remain engaged in mainstream education. promoting Trauma-informed practise within the school environment.
- Groups: the whole team is now trained as Peer-Skills facilitators, and we are looking forward to running the program in schools 2022.
- We are currently liaising with Zig Zag who are providing 30 minutes presentations to large school groups (eg. whole of grade 11) on the topics of:
- What is sexual violence (definition, statistics, impacts for survivors)
- What is consent (what does healthy, authentic consent look like and involve)
- Supporting a survivor of sexual violence (where to get support, how/where to report to police)
- We are hoping that these presentations will lead to further discussions around sexual violence and family and domestic violence, and opportunities to facilitate programs such as Love bites in 2022.

**Reconnect**

Reconnect is a federally funded program that supports young people aged 12 to 18 who are homeless or at risk of leaving home early. We work alongside young people and the people they identify as important in their lives, to be connected to their goals, relationships, and communities.

**Individual support:**

Within Reconnect we work with young people flexibly, according to their goals and circumstances, so that can mean very different work from person to person. Some of the work that we have supported young people with include,

- Planning and transitioning to independent living.
- Applying for ID documents.
- Advocating for young people to have their needs met and rights upheld within systems such as Child Safety, education, mental health services, medical agencies, and community services.

- Access to practical support such as food, driving tests, cooking skills and transport.
- Developing resumes and applying for jobs.
- Counselling to build skills around conflict resolution and expressing and negotiating needs with family members and friends.

## **Groups & Projects**

Reconnect is funded to provide programs that help young people build skills to prevent homelessness. In this environment of lockdowns and COVID related uncertainties, group work has continued although, like so much of life, it has required a lot of flexibility at times!

### ***Love Bites***

Love bites is a Respectful Relationships Program which consists of 2 workshops, one on relationship violence and one on sex and relationships. Eden and Karen collaborated with the Guidance Officer at Wavell State High School to deliver it to a group of year 10s. They all agreed it was a useful program which addressed current issues. One mum wrote to the school and said, "... she got a lot out of it and really enjoyed it. She told me a lot and about it all. I really hope she takes this onboard which I think she will. It's a great program."

### ***Resourceful Adolescent Program***

In term 3 2020 Eden co-facilitated the RAP program with the chaplain at Craigslea SHS. The participants were year 7 students selected by the Guidance Officer and Year Level Coordinator. This program attempts to integrate both cognitive-behavioural and interpersonal approaches to improve coping skills and build resilience to promote positive development.

### ***Peer Skills***

Eden guest presented at the Wavell SHS Peer Skills workshop in December 2020 to support young people to know how to access support from Community Organisations based in North Brisbane. These young people are now connected to the Local Drug Action Team Wavell Connections project as peer leaders.

### ***Mental health week***

Reconnect workers facilitated stalls at Kedron State High School and Wavell State High School which focused on strategies young people were using to cope with mental health challenges.

### ***School leavers expo***

Reconnect workers attended Wavell SHS school leavers expo with information from the First Time Renters resources. This was developed in collaboration with Queensland Youth Housing Coalition, Tenants Queensland, and Youth Advocacy Centre. It includes information about budgeting, terminology, legal requirements and rights, and testimonies directly from young people.

## **First Time Renter resource launch**

The First Time Renter video and resource launch was a culmination of many years of input from young people social work students, Coco's workers and the working group collaboration with QYHC, TQ and YAC. The resources were officially launched at the QYHC AGM on Tuesday 17 November 2020 and can be accessed via this link [www.qyhc.org.au/first-time-renter/](http://www.qyhc.org.au/first-time-renter/)

## **Sorry Day**

Our Reconnect team once again partnered with Noonga Reconciliation Group to plan the annual National Sorry Day ceremony at Kalinga Park. This event is attended by over 20 schools in the North Brisbane region who join with Elders and community members to commemorate the harm caused due to policies that saw the forcible removal of First Nations children from their mothers, families & community. This year the keynote address was by Auntie Ruth Hegarty who spoke about her experience as a "dormitory girl" at Cherbourg and the devastating impact this had on her relationship with her mother. Sammy Leone performed his poem "Speak Out" which highlighted the ongoing trauma for First Nations people and the need for continued efforts toward justice. Many young people from both primary and high schools performed and celebrated Culture, Country and ongoing commitment to truth telling. Over 400 people came together on the day. Feedback acknowledged both the importance of continuing to commemorate and celebrate culture as we as a Nation continue the healing journey.

## **Inter-agencies and networks**

Collaboration is one of the Reconnect principles and working with other agencies can lead to streamlined service provision, information sharing and improved outcomes for young people. The networks Reconnect workers are involved in are,

- BNYA - Brisbane North Youth Alliance continues to be convened by our Reconnect team with a focus on peer support to youth & family workers across North Brisbane. Some of the focus areas of the group in the last financial year were:
  - Adolescent Violence in the Home training September 2020
  - joint submission to Queensland Parliament regarding the Youth Justice law reforms
  - sharing knowledge around new Child Sexual Offences Reform legislation, accessing Victim Assist funding
  - developing a Youth Advisory group to scope issues of importance to young people in Brisbane North to feed back to policymakers.
- IUYI - Inner Urban Youth Interagency
  - Information sharing and collaboration. We have heard presentations from Brisbane Youth Service, Dovetail, Mind Blank and the North Brisbane Co-responder team.
- LLA - Local Level Alliance
- NAADV

- Orange the World stall at Westfield Shopping Centre.
- DV prevention month stall at Westfield Shopping Centre
- Coercive & Controlling behaviours panel event led by Northside
- Connect: Eden was the moderator for this panel.

### **North Brisbane Community-Schools partnership/Local Drug Action Team (LDAT)**

This project work is funded by the Alcohol & Drug Foundation with a focus on early intervention to reduce harmful use of drugs and alcohol by young people.

2020- 2021 has seen ongoing planning for the Local Drug Action Team with a focus on a Peer Support project at Wavell State High School called the “Wavell Connections Team” and Parenting support seminars at Kedron SHS. The Local Drug Action Team has also seen a new partnership with the Boss Boxing under the guidance of Sammy Leone. The focus of this group is to support socially isolated young people to connect with peers, engage in physical activity, learn from First Nations Elders, and find out more about accessing support from youth organisations in North Brisbane with an overall aim of improving wellbeing. Recruitment of participants has been a mix of students connected to the Indigenous unit at Wavell SHS and other young people connected to the Zillmere community. The roll out of this program will be in the second half of 2021. Community Connections thanks ADF for their support during this time and a big thank you to staff at both Wavell and Kedron SHS and the Boss Boxing who have committed time and energy to this project.



*Mental Health Week at Wavell SHS- the chain that students made with each link showing a strategy for coping.*



*Young people performing at the National Sorry Day Ceremony at Kalinga Park.*



*The Reconnect team at the Orange the World stall, raising awareness in the community about how to access support when experiencing domestic & family violence.*



*Green Day Challenge Day was unfortunately cancelled due to the Brisbane lockdown in January, but we celebrated our learning and relationship building anyway with a BBQ.*



*Tania has successfully led the Community Connections team for 15 years. The team has included Renee, Cate, and Eden for 11 years, so big changes this year when Cate and Renee both took on other roles.*

### ***Community Connections would like to say special thanks to:***

The Community Connections Team – Renee (Currently Acting Team Leader of ARROS), Eden (Reconnect / LDAT worker), Cate (currently on parental Leave), Karen (Reconnect worker), Kath (School Based Social Worker) and Monique (Schools Based Social Worker). Thank you to the Student Welfare workers Timi and Manaali who have moved on to roles elsewhere, and to Mandy who moved into new role in CLA.

- Karen, Joceline, Caitlyn and Lilli for their contributions while on student placement.
- CLA Inc, in particular Morrie O'Connor, the Management Committee, Carmel, Sylvia, Kat, Nupur and Mandy, and the workers at CLP, ARROS, BEROS and SQW.
- Jenny Gilmore, external facilitator for our Strategic Planning days.
- Alcohol & Drug Foundation
- Brisbane City Council
- The Department of Social Services
- The Department of Education and Training
- The Department of Child Safety, Youth and Women
- Street Smart
- The School and Learning communities with which we engage.
- The Social Workers and Staff of Services Australia (Centrelink, Medicare) who collaborate with us to find outcomes for young people and families
- Elders and community members from the various First Nations 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.

## Community Living Program

CLP Team have worked hard over the past twelve months to deliver individual constituent support, group work & ongoing team & practice development. CLP Key Workers, Community & Homespace (CAHS) Workers, Casual Workers & Students have delivered many hours of individual support to over 70 constituents of CLP. CLP Team have come together weekly to reflect on our practice – once a fortnight as a whole CLP Team and once a fortnight in our small “Salt” & “Pepper” Teams. Thank you to all staff and students for your commitment and efforts in your work with constituents and in CLP Team!

CLP Team has grown in size and changed in configuration over the past twelve months. We now have 12 Key Workers, 3 CAHS; 2 part-time Disability Support Workers; 5 Casual Workers & 2 Project Workers working on CLP Team. We have also been assisted by many placement students across three university semesters. Increasing the number of Key Workers on CLP Team has enabled reduced caseloads for each Key Worker and increased capacity to provide more of the direct casework support hours to constituents. In doing so, CLP Key Workers are able to hold stronger relationships and increased understanding and collaboration in their work supporting constituents to achieve their goals. CAHS & Disability Support Workers (permanent and casual) work alongside Key Workers to provide a range of additional individual support to constituents and groups. CLP Team have also seen three babies join the wider CLA community. Congratulations to Mitali Ghosh Pradhan, Madeline Kadel & Jade Siala who all welcomed babies during the past 12 months!

CLP team have engaged in a range of service and practice development opportunities over the past year, including CLP Team Review, Trauma Informed Practice training by Trent Saville at Complex Care; and Starting to Talk about Belonging training by Community Resource Unit. The goals of this work are to consolidate and strengthen CLP developmental, trauma-informed, and relationship-based practice as the foundational pillars of the work we do with individual constituents and groups at CLP.

The COVID pandemic has been a consistent backdrop to our efforts over the past twelve months. CLP workers and constituents have become adept at responding to sudden lockdowns and tightening/easing restrictions with skill and resilience. Unfortunately, the pandemic has continued to interrupt some of our plans for groups and events, due to impact of restricted gathering numbers and cancellations, but we are hopeful that things will free up over the next twelve months with increased vaccination across the community. We are looking forward to CLP delivering our full range of groups and supporting constituents to participate in much loved activities such as Micah Ball.

CLP Team have been supported throughout the past 12 months by the wider CLA staff group and community. We say a very big thank you to Morrie O'Connor as CLA Co-ordinator and Tania Lawrie as CLA Practice Manager for your continued guidance and support of the work and development of CLP Team. Your ideas, insights and encouragement are invaluable. CLP Team are also very grateful for the support and collaboration of the CLA Support Coordination Team, lead by Heidi Cheng. CLP and Support Coordination staff work together closely to respond to constituents goals and needs. CLP appreciate the specialist skills and knowledge of Support Coordination team in assisting CLP to deliver effective support to constituents in the NDIS context, and the practical and collegial support Support Coordination offer to us.

Most importantly, CLP Team would like to thank all constituents of CLP and their significant others for allowing us to work alongside you over the past year. Congratulations on the work you are doing to achieve your goals.

## Constituent's achievement

### Taurean's Memory Game

This year, I have done over 500 memory games during 2021 and the next year I will celebrate 5 years of my memory game with old cards and new cards. There will be new themes and colours for the back of my cards. Special thanks to all the workers, constituents, family, and friends for all their support.



## Cooking Group

The cooking group is starting to make a comeback after not running at all during 2021. We have gotten a huge amount of interest from constituents and now have a confirmed 9 constituents in the group. We are still in the planning process but have gotten lots of amazing ideas from both constituents and workers about what recipes we can make, how we can make sure we are being covid safe, and how constituents can be involved in all aspects of the group including planning, shopping, cooking and clean up! Everyone is super excited to be able to get together, work together and make some super yummy food.

## Recycling group

The Recycling group has had a great year they have enjoyed spending time recycling they have received with a lot of community support. Through a lot of hard work, they have raised over \$1100 for the group members and CLA emergency housing funding this year which means we will surpass last year's annual total which is great news for the group. The group members described the group as Lots of fun, its great at helping them keep busy it is also helpful to earn some extra money and good that they get to help the environment. The group is looking at more ways they can collect more containers can everyone please keep the donations coming in, the recycling group would like to thank everyone who has supported the group over the past year.

## Adventure Holiday Group

Due to COVID 19 outbreak, the Adventure Group has been unable to organise large camping trips. However, a large number of people have enjoyed trips to places like Sydney, Gold Coast, Sunshine Coast, etc. The group has aslo enjoyed a day drip to Bellingham Maze in Sunshine Coast. Yes, several of us got mazed! -Morrie

## Literacy for Everyday

Literacy Group have been having another good year we just welcomed a new worker Sally and have been working with some students across the year. We had sad beginning of the year when one of the longest running members passed away Alek Gocic. Alek was a great member of the group who really enjoyed attending literacy every week. He had a great sense of humor and a lot of joy. He is greatly missed. The last 12 months have been interesting trying to include covid restrictions as part of the group, but the group has done well to adjust to any changes. The group has a had a good year with lots of fun activities and great learning experiences. The group have organized an outing with Youth Week Group to the Queensland Museum and to eat street market. We recently completed our 3<sup>rd</sup> outing for the year which was a great success the group attended the big wheel at Southbank the photos of the day are below which shows the group having a fantastic time. All the activities are open to the whole CLA constituents not only the literacy group participants. By planning an outing and make decision together, the participants have been doing literacy work in real life practice.







## Shared Meal

Shared Meal is a fun and welcoming group which continues to be enjoyed by CLP constituents and community members. We were very grateful to receive free meals from Espresso Train which has allowed more time to prepare interesting activities, do celebrations and have discussions around future planning. The group has suggested to have more special nights, fundraising event, and Christmas party in the future. We also look forward to the time in the future where group members will be able to bring along their own special plate of food to share again.

We did not let the COVID-19 pandemic to stop us having a valuable time with each other. We have shown incredible resilience and commitment to Shared Meal during challenging times. We were able to enjoy our meals and had fun group games online. The group has also welcomed new members, placement students to support the group in facilitating new games, practicing COVID safety and stayed connected over ZOOM when we were not able to have face-to-face interaction due to lockdowns. The group has identified Shared Meal as an important place where they can socialise, have fun, and laugh with each other.



## Nundah All Stars

After not being able to perform last year due to Covid, The Nundah All Stars Group is back this year bigger and brighter than ever. The group has been working hard since the beginning of the year to put on another show-stopper musical to be enjoyed by friends, family, and all within the community.

Although the pandemic has created obstacles, the Nundah All Stars Group has only grown in enthusiasm and size. We have welcomed new members to the group, supported each other through the difficult times and stayed connected over zoom when lockdowns have prevented us from rehearsing in person. The Nundah All Stars Groups has used these zoom opportunities to further plan and prepare for the upcoming musical.

Earlier in the year, the Nundah All Stars Group created a raffle to fundraise money for t-shirts with logos designed by the group themselves! The group is excited to wear these t-shirts as a promotion of Nundah All Stars and open up conversations within the community around the exciting and meaningful role that the Nundah All Stars Group holds within Community Living Association.



## Fitness Group

Fitness Group is always a lot of fun and enjoyed by everyone who attends. It's been a great year because we have been able to conduct most FG sessions face to face. We do swimming during the warmer months and then during the cooler months we alternate each week between walking and low impact exercises/stretching and at the end of each session we exercise our mind with breathing techniques.

During the lockdowns that have occurred this year we haven't let that stop us and we have still been able to continue with fitness group by holding the sessions online. The constituents enjoy the physical aspect, but it also provides a great opportunity to socialise with each other in a fun environment and it's been great to watch these connections and friendships blossom over time. The constituents always say they enjoy it and look forward to participating each week. We are always looking for new people to join the group to have fun, get fit and make new friends.

With the constituents' consent here are some great and fun photos taken from a few sessions.



## Youth Week Group (YWG)

YWG continues to be enjoyed by young participants! Since COVID restrictions were lifted, the group has come back to meet face to face weekly at Wavell Heights Hall, playing board games, feeding ducks, and playing basketball. After a review with group members early this year, having more outings was highly recommended by the group, it is also voted and agreed by the group to plan about where to go and how to take public transport prior to each outing. We had a few tours by taking trains to Shorncliffe

Pier, South Bank, City Hall & Clock Tower, and of bush walking at Nudgee Beach and Kalinga Park. As a way to celebrate Youth Week in April, the group had a tour to Visible Ink in joining the event there. As everyone had an awesome time at Visible especially badgemaking, we revisited it twice and are expecting to come back again someday.

Joining together with Literacy Group is one of the most wonderful and successful experiences, including the trip to the South Bank Museum and Big Wheel, particularly the time to get together with more CLP constituents at Eat Street Market, which we sadly missed it last year due to the COVID. How exciting that we made it this year!

Different from last year, it is so grateful to have students joining us in 2021, with their effort and flexibility, we have had a lot of fun in outings and started exploring cooking ideas with the group.

Trying something new has always been the theme for the group, we are welcoming more new members to join us for something fun!



## Skilling Queenslanders for Work

Skilling Queenslanders for Work continues to achieve an average of 66% outcomes from The Re-Gen Project and The Good Food Project, working with refugees and asylum seekers from culturally diverse backgrounds and people with intellectual disabilities.

Although the training in these projects is in hospitality and horticulture, employment outcomes continue to be spread across diverse industries. Participants of SQW projects graduate with qualifications, but more importantly they are “work ready” with increased confidence, new networks, and improved routines.

Our new affiliation with Whitebox Enterprises resulted in employment outcomes for five participants this year working in hotel housekeeping and commercial cleaning. NCEC also provided paid employment to five participants this year from the SQW projects through Parks, Espresso Train, and the Soccer Clubs. Other cool employment outcomes for people included: FIFO work, Forklift Driving, and positions in Aged Care facilities including Individual support and cleaning.



Applications for funding to continue these projects were submitted in August, and the SQW team look forward to having these projects to offer CLA constituents, which enhance their prospects of a better quality of life through employment.

## Espresso Train Café & Catering

This year Espresso Train Café & Catering has been one of 13 social enterprise food businesses around Australia to receive monthly Smart Meals Grants from Street Smart (a Charity in fighting homelessness). With the money, we make 100 meals per week to feed folks who are disadvantaged or homeless. The café team has established a great system to get the meals prepared each week. It's meant we have significantly increased the amount of food preparation in our kitchen i.e. we're busier than ever!

Because of this, Smart Meals donations have enabled us to better utilise Moya Jones, a longstanding and quite capable worker into a food preparation role and away from her usual dishwashing duties. This has given her a great boost in confidence and improved self-esteem. She has excelled in the role and is an extremely valuable member of the team.

It also means we've been able to create a job for another disadvantaged person. Dalton Pedley, who we have known for a while is thriving in his new role here at Espresso Train. Dalton is doing kitchen hand shifts involving food prep, taking meals to customers, clearing tables, cleaning and sandwich making. It's a real success story and we're so happy to see our work go to feed people in need, whilst giving jobs to people who deserve them.



*Dalton cooking Pulled Pork*

## NDIS Support Coordination Team

The NDIS Support Coordination Team has had another busy but successful year in supporting participants and their supporters to navigate the NDIS system as well as achieve their NDIS goals.

Our team was established in July 2018 with only one full time and one part time Support Coordinator. Three years on, the team consists of four full time Support Coordinators and one part time Support Coordinator, offering both Coordination of Supports and Specialist Support Coordination to participants living anywhere between South of the Brisbane River and Sunshine Coast area with complex support needs.

The main functions of Support Coordination include, but not limited to:

- Develop participant's and their supporter's capacity in understanding their NDIS plan;
- Provide assistance and information to participant in identifying, connecting and linking with informal, mainstream and funded supports in a complex service delivery environment. For example, Department of Child Safety, Department of Housing, Department of Justice and Attorney-General, Office of the Public Guardian, Department of Health;
- Assist participant to search for, contact and engage with selected providers based on their needs and plan goals;
- Build participant's capacity in managing and directing their NDIS funds;
- Provide support and information at points of crisis;
- Make referrals for assessments as per their NDIS plan;
- Prepare participant for review by collecting reports from other service providers, evaluating current support and developing new goals.

We have also been working actively with NDIS planners and Local Area Coordinators regarding supporting participants with their plan reviews, overcoming barriers with plan implementation, as well as informing the NDIS about the complexity of the people we work with, and the challenges they face on a daily basis.

In January 2021, the Support Coordination Team developed our first team practise framework, which is to be used in conjunction with the organisation's relationship based and capacity building practise framework. It helps to guide and shape our practise. We also use it as a tool to communicate and inform NDIA and other stakeholders about our speciality in offering support coordination to people with a cognitive disability and/or mental health issues.

Some of the highlights include:

- A number of constituents have explored and moved into alternate housing options through mainstream housing / NDIA which are more appropriate to their support needs and circumstances.
- Resolve point of crisis - build constituents' capacity to address and make informed decisions around unhealthy and/or exploitative relationships.
- Strengthen informal support- support constituents and their informal support to reconnect and repair their relationship through working collaboratively with other stakeholders.

Some of the challenges include:

- Keeping up with all the changes that NDIS announces on a regular basis. This requires the team to be able to digest and communicate new information with participants and their supporters in a timely manner.
- Learning what entails Support Coordination and articulating that to participant and stakeholders.
- Not compromising the quality of service when people have very limited support coordination hours. The team endeavours to look for ways to continue offering holistic, relationship-based and pro-active support through collaborating with the CLP team and other service providers.

In December 2020, we invited our external Support Coordination participants to join our inaugural Christmas Party. We had a relaxing and causal BBQ lunch at the Redcliffe Pier where constituents from both Sunshine Coast and Brisbane could meet one another, as well as other team members of the Support Coordination Team.

It is with sadness that we acknowledge the passing of Stephen Mowchanuk and Sarah Healy in January and August 2021 respectively. The Support Coordination team and the wider CLA community will miss and remember both constituents as valuable members of CLA community who had been with us for over twenty years. Looking ahead, there will be more changes and challenges waiting for us. Nevertheless, we are committed to continue to learn, reflect and refine our practise as we walk alongside participants and their supporters on their NDIS journey.

***The NDIS Support Coordination Team would like to acknowledge and say thank you to:***

- Current NDIS Support Coordinators – Agnes So, Afra Yang, Luis Sanchez, Mischelle Surawski (based on Sunshine Coast) and Heidi Cheng.
- Previous Support Coordinator – Karen Ho and Rajiv Solomon.
- Kris Ma for her contributions while on student placement.
- CLA Inc, in particular Morrie, Tania, the Management Committee, Kat, Carmel, Mucy, Sylvia and Mandy, and the workers at CLP, ARROS and CoCos.
- All the constituents and families who have shared their journey and stories with us.

## Support Coordination Good News Story

**Title: MY SDA (Specialist Disability Accommodation) journey: A Continuing Story.**

I grew up with horses and always love and enjoy spending time with animals since I was young. The idea of animal therapy stayed in my mind after the psychologist suggested it. I've a diagnosis of progressive spinocerebellar ataxia, which impacts my walking and speaking. However, it doesn't impact my passion for life!

One of my strengths is speaking up for myself and knowing what I'd like to achieve in life, so I shared the idea of trying animal therapy with my CLA Support Coordinator, as I found that it's a good social and community opportunity that I'm interested in. The CLA Support Coordination team helped me explore and liaise with service providers who provide animal therapy, which is a good chance to build my social skills.

However, it's impossible to find a perfect place without trying a few times. I've tried several organisations that offer animal therapies, which didn't work out for me in the beginning, because I'd like to do more hands-on practices and to interact with animals directly in the session. Luckily, the Support Coordination team found Trevena Glen Farm for me!

Trevena Glen Farm is the right one that I love as I felt be respected by the staff and I'm able to have hands on interactions with all types of farm animal, and I'm fully engaged in the two hours animal-therapy session. I really like to pet, cuddle and groom horses, rabbits, guinea pigs, goats, and alpacas. I have several good pictures need to show you :) (It was so hard to choose pictures!).



*1.1 I was holding a guinea pig*



*1.2 Grooming Samson*

The animal therapy session is just one of the achievements in my NDIS journey. Another achievement I have to mention is that I live in a Specialised Disability Accommodation with my sister with full-time professional supports since October 2020, which is a big deal for me to live more independently with the quality support at home, and this has been a big transition for my family as well. The Support Coordination Team supports me to contact with services who provide in-home support, which help me maintain my relationships at home and day to day needs. Now I am supported to build my independence in completing some daily living activities and playing games at my own home.

I lived with my parents and sister for the past 10 years and mum was the primary carer for both me and my sister. However, the family home's layout didn't meet my support needs anymore due to the progressive needs of disability. With support and assistance from the CLA Support Coordination Team, they found me a suitable SDA home close to the family home and is able to meet me and my sister's needs and supported us to build the capacity of independence.

It takes time to adapt to a new environment and changes, I found it was difficult to handle in the new house in the beginning as things were all new to me. However, the Support Coordination team supported me to go through the transition phase and now I'm happy and comfortable to live in the new home and spending more and more quality fun time with mum. One of the examples is that I had a good time with mum in the Winter Wonderland, and we experienced the snow from a snow machine and took pictures with the igloos (See pictures below).



*1.3 Let it snow!*



*1.4 Snow on my head not dandruff!*



*1.5 Mum and I in front of the igloo*

I have passion for exploring new things and now I start to research animal interactions at Australia zoo, so this means maybe I can go in and pat the Tigers and hopefully play with the little tigers' cubs. Also, I want to explore the Sea Life which used to be called Underwater World and kiss a seal lion in the future!

### **My NDIS Journey with CLA NOW CONTINUES!**

Life is full of uncertainties and adventures. One of them being my sister has decided to move out from the current SDA home. I am very worried about sharing with someone who isn't family; what the outcome of this will mean to me as my life here that I have finally gotten used to. However, I am hopeful with support from my mum and support team, I will be able to continue to speak up for myself and make decisions that are important to me. I know the transition is going to be tricky and hard, but I know people around me will respect my choices, support me to explore different options and opportunities so that I can be in control over decisions that affect my life.

So, the journey continues with the whole unknown involved again, which is very hard. As a title for this part, I think I will call it: My NDIS Journey with CLA NOW CONTINUES!

## Community Projects Team

### Nundah Community Enterprises Youth Co-Op.

The Youth Co-Op started at the beginning of 2021. We wanted to start a new group focused on providing younger people the chance to create work, just like the original Co-Op did all those years ago. We started with 4 members performing Volunteer maintenance work at the Wavell Heights Community Hall, painting, small building improvements and the renovation of the tennis hut.. The Group Held a Community Day with members of the Local Shopping centre management volunteering their time to help spruce up the Hall. We worked alongside 12 Volunteers Painting, building and we also put on a carwash. We also held a Movie in the Park to raise money to buy equipment for the new Co-Op Business, with over 100 people attending we had a great night singing along to the Lion King, eating popcorn and our sausage sizzle. The founding members of the Youth Co-Op have been working to establish a new business, making all the decisions needed to start a new business. In June the group had their first paid work in partnership with Brisbane City Council, placing out Colored decals throughout Nundah to brighten it up. We are excited to see what will come next.





*Nundah Community Enterprises Youth Co-Op.*

## 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 9 dwellings, comprising 6 units (1) CAP and 2 houses.

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

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 co-operative has been operating for 31 years and is not for profit and completely run and maintained by its 14 members.

The main goal of IYHG is to provide quality, stable housing for low-income earners. IYHG presently has 12 properties in Clayfield, Nundah, Northgate, Wooloowin and Zillmere areas and houses 13 people.

IYHG has continued throughout the year to improve and maintain its' properties. The year saw 1 property with a full renovation, including new bathroom, kitchen, internal painting, flooring, and window coverings. The courtyard had synthetic grass laid and landscaping of the gardens completed.

IYHG were successful in obtaining funds through the Gambling Community Benefit Fund which will be spent on a kitchen upgrade, new flooring, and window coverings.

## Research

Currently The University of Queensland is engaging in an evaluation of Individual Linkages and Capacity Building (ILC) ARROS Place Project and BEROS is negotiating a research project with The University of Queensland and Queensland Department of Child Safety.

## In Memory

**Stephen Mowchanuk** was a long-time constituent of CLA and a central person in many groups. Stephen was a possessor of many skills from cooking, to camping, to construction, to machinery. He actively participated in Shared Meal and was one of the founders with Dave Stratton. Stephen was the prop maker for Nundah All Stars musicals and created great and memorable props, the Dalek, the Time Machine, the Yellow Sub-marine, the Train. He set up his own business as a gardener and generated a large range of faithful clients. Stephen was incredibly generous, curious, and full of ongoing energy. His death was tragic when he became the victim of an unprovoked attack.

**Sarah Healy** was also a constituent of CLA for many years. She was a member of Village Housing and a number of other groups. Sarah was a poet and one of her proud moments was when CLA supported her to publish a book of her poetry. The following quote and poem speak for Sarah much more eloquently than I can.

Here is the Foreword (from the author)

After leaving school I was often upset when my intellectual disability prevented me from getting a job. My mother would say, 'Don't worry about it, you have a job, you are a poet'.

Now that my poems have been published, I can accept that what she told me is true. From now on, if anyone asks what I do, I will say with confidence, "I am a poet".

I hope you enjoy reading my poems as much as I enjoyed writing them.

S.A.Healy

Here is one of Sarah's Poems:

*BROTHERS HATE OTHERS!*

*Brothers hate others,  
I know it's a fact.  
I've a young brother,  
He's a pain in my back,*

*He annoys me each day,  
Boy he's a pain!  
"Don't touch my things!" I shout  
Again and again.*

*Brothers hate others,  
He told me so,  
But 'cause he's my brother,  
I'll always love Joe.*



From her poetry people can see something of the essence of Sarah. Sarah passed in hospital following a short illness.

**Aleksander Gocic** passed away following a short illness. Aleksander was a long-time constituent of CLA and a long-time member of the Literacy for Everyday group. Aleksander was a big personality in every way. He was of Serbian origin and was very close to his dad who he lived with as his major support after his mum died. One of the things I most remember about Aleksander and his dad was their insistence on being

very well dressed whenever they were in public. Aleksander always wore a suit when he came to CLA and both he and his dad were both proud and particular about their appearance. Aleksander lost his dad two years before he himself passed. This caused a lot of upheaval in Aleksander's life. It necessitated him selling his childhood home and moving into an apartment. It was a shame that Aleksander had just happily settled into his new home when he became ill and subsequently died in hospital.

## Websites 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:</p> <p><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.communitycrewclub.com">www.communitycrewclub.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>

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