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Hello Everyone! I hope you all had a wonderful Summer holiday and a great start to 2018.

We started the year with volunteer and group planning meetings. This was great for focussing on the feedback members gave us about the activities they enjoyed from 2017 and new ideas like having a surprise birthday party!

At Fun & Games we recently celebrated the upcoming birthday of one of our members/volunteers, Bev . Bev has been assisting members at Living Skills this year and helped us make Nuts & Bolts and Choc Chip Biscuits for her Surprise Party.

We played Pass –the-Parcel and danced to some of Bev’s favourite Country Music singers!

One of the activities members enjoyed last year was the introduction of Footy Tips! We have started these up again this year, members and volunteers who are away are able to text, email or phone in their tips. Each round will be printed off and kept in the foyer.

We have had a TAFE student completing her placement with us, Linda is studying Certificate 3 in Individualised Support. Linda has been attending groups held at the Town Hall between Tuesday and Thursday and has facilitated her own Arts & Craft activity. We hope Linda has enjoyed her time with YP Leisure Options and has learnt a lot about meeting the needs of members and how much fun it is to work in Disabil-

We had ARAS (Aged Rights Advocacy Service) visit and provide an information session about the advocacy services they provide on the 15th of February. ARAS provided this statement about their service during the session;

“The process of standing alongside an individual who is disadvantaged & speaking out on their behalf in a way that represents the best interests of that person”.

There is more information enclosed within this newsletter. If anyone needs someone to talk to about issues they are facing we are always here to listen and assist with contacting an advocate.

We have some training planned for next month with the Better Practice Project, they are running workshops about strategies that promote the social inclusion of older people and people living with a disability and how to manage difficult conversations using positive intent and good processes. There is still room for any parents/carers/volunteers who want to attend. The workshops are on Monday 23rd of April, 11am—1pm and 2-5pm.

YP Leisure Options will be closed the week following Easter, with groups resuming on the 10th of April.

Happy Easter everyone!

Kind regards, Tanya



#### **In this Newsletter :**

- NDIS
- Living Skills
- Transport—Payments & Fees
- Social Support Groups— Arts & Craft, SA Rocks
- Volunteer Week - Morning Tea
- Fundraising—Owl Boxes (Woodshed), Mother’s Day Stall (Tree Propagation, Woodshed , Arts & Craft and Living Skills)
- Christmas Party & Parade photos
- Group Photos
- Advocacy
- Hot Weather Policy updates
- Birthdays

# NDIS

The National Disability Insurance Scheme commenced rolling out for adults aged 18 to 64 years in the Yorke Peninsula region from the 1st of January this year.

It is expected the roll out will be completed by the 30th of June.

If you are receiving disability supports through Disability SA hopefully you have been contacted already about discussing your NDIS pathway. If you need to contact the NDIS their phone number is 1800 800 110 and their contact centre is open 8am to 11pm Monday to Friday.

There is a lot of information and a lot of questions about the NDIS. I hope the following information is helpful.

## **How will the plan be sent to me?**

Some people have their plan mailed to them and some are emailed. At your planning meeting let your Planner know how you would like your plan sent to you. Ensure your details are recorded correctly, home/postal address or email address .

## **Does it matter if I don't have a computer or use email?**

If you do not have use a computer or have email, then please let your Planner know. They can then ensure your plan is posted to you. However if you are "email ready", then your plan information will likely be sent to you electronically. Your Planner will give you instructions on how to access the NDIS portal to find and manage your funding online. You will have to register for a [mygov account](#) first, through which you can also manage your Medicare, ATO and Centrelink accounts if you want to. The Telecentre in Yorketown offers basic computer courses free if you require some tuition. If you are funded for Support Co-ordination in your plan, then this person will be able to assist with access to the NDIS Portal. Ensure you have the Planner's name and an email address for any additional documents or information you want to send later in case you remember something AFTER the planning meeting or want to send some extra information.

## **Will I be able to review the plan before it is finalised?**

Not usually. When your plan is completed the Planner will phone you to advise this. They will also go over the funding package over the phone. The plan will then be sent.

## **How long after my planning meeting will I receive my final plan?**

This varies between 2 days and one month. It's best to check with your Planner about the current timeframes they are experiencing.

## **What if something is missing from my plan? Who do I call, what can I do, what is the process of appeal? Do I have to accept my plan if I am not happy with it?**

The NDIA have a process for requesting a review. It is important to check your plan fully and ensure that you understand it. If you feel the plan does not meet your needs, you can request a review.

## **Who will help me to understand my plan? (e.g. what does my plan mean, how can I use the funds allocated in each section)**

Your plan may appear confusing at first. In some areas Local Area Coordinators help people to understand and implement their plans. Alternatively this can be the role of your Support Coordinator, if you have one. Often your Service Provider will be able to assist you and can also provide you with accurate quotes for the services you currently receive. Knowing the costs of services will help you to make more informed decisions.

## **What is a Support Coordinator and will I be funded for this?**

Support Coordinators can help people to understand and implement their plan. They can provide information about the services in the area and assist you to connect to them. Funding for Support Coordination may be possible with your NDIA plan however this is individually allocated and you need to discuss your requirements with your Planner. The funding for support co-ordination is on top of the other funding.

## **What is Plan Management?**

A Plan Manager is a person with financial experience and qualifications who can manage the financial aspects of your plan. The funding for Plan Management is on top of the other funding in the plan. If you think you need Plan Management, you need to discuss your requirements with your Planner.

# Capacity Building Program - Living Skills

Our Living Skills program is currently funded by Disability SA who provide referrals for members to access the program. Over the coming months as members and their families transition to NDIS funding the funding from Disability SA together with any State Government funding ceases on the same day your plan starts.

Because of this, your current Service Providers, including YP Leisure Options, will appreciate being informed that your plan has been completed. It will be necessary to discuss your current support arrangements. If you wish to continue your current supports (or purchase additional supports). At this time we will ask you to complete a new Service Agreement. Alternatively if you wish to alter or cancel services, we will help you to do this. It will become a choice which programs members want to attend.

Over the next few weeks members and their carers/family will receive a 'Statement of Services'. The statement will reflect the services currently received and list them as NDIS funded supports and the hours used in a fortnight. This will include transport, groups and individual planning time for the Living Skills program.

The following support categories are NDIS funded supports, I have provided some information about each category and how we plan to deliver support within our Living Skills program.

## **Increased Social and Community Participation (Support Category 3.09)**

- **Innovative Community Participation**

Assisting and supporting members to be a part of their own community through excursions to community libraries and other local organisations, participating in fundraising through holding stalls, tree sales and Minlaton show day.

- **Community Participation Activities**

Promoting participation in community activities and events. Our Annual Trip provides members with an opportunity to explore other communities within our State. Members are able to contribute to planning the trip through collaboration and using the internet to provide visual information.

- **Community Participation Activity Costs**

Excursions and our Annual Trip will have fees associated with entry costs, meals, accommodation and transport.

- **Improved Daily Living Skills - Skills development in a group**

Skills based learning in a group environment to develop personal skills to assist with daily living and personal activities.

## **Our learning framework consists of 9 focus areas**

Food & Nutrition

Relationships & Communication

Literacy & Numeracy

Health & Wellbeing

Know Your Rights

Domestic Living

Community Engagement

Personal Safety

# Transport

There has been a great deal of discussion about Transport and how this will be funded for people with NDIS plans. In the past Transport has been funded through Government funding and YP Leisure Options has been able to write letters of support for members to receive the Mobility Allowance through Centrelink. As members transfer across to the NDIS scheme the Mobility Allowance will be transitioned to Transport Assistance funded by the NDIS There are 3 different levels of Transport Assistance with 3 different levels\* of payment depending on the transport needs. \*Participants can receive higher funding if the participant has supports in their plan that enables their participation in employment.

Centrelink Mobility Allowance will cease on 1st of July 2020.

YP Leisure Options will be introducing a Transport Contribution Fee as of the 1st of July.

Transport distance for groups is calculated for the distance the member travels to attend not for the distance the vehicle travels to pick up members.

For transport under: 0 10km there is no charge

10-50kms there will be a \$5 fee

Over 50kms there will be a \$10 fee

If any member/family member/carer feels the fee would cause undue hardship please contact YP Leisure Options to discuss fee relief options. It is not our intention to cause financial distress but to continue offering the service and hopefully upgrade our vehicles.

Contact details are on the front of this newsletter.

## Social & Recreational Support Group Catch Up

**Arts and Crafts** - Have been decorating wooden clocks, lots of colouring in and making use of our beautiful pastels. PAC students visited and brought with them rocks which were painted in bright colours and added some googly eyes. Photos were taken of the rocks and put on the SA Rocks Facebook Page and were hidden down the main street of Minlaton and Yorketown Playground. We are hoping that our rocks are found and using the Facebook page we can see where our rocks travel around SA. Easter is just around the corner, we have been making and decorating Easter Cards, making weaving Easter Egg baskets and decorating biscuits to take home. Linda ran a morning session bringing in items from the farm for members to trace, draw and rub over different textures.

**Woodshed**—Have been busy making their own projects as well as a few members working on the Owl Nesting Box Project to raise funds for more purchases. Sheryn has sourced some donations of wood which has come in very handy in keeping project costs down.

**Cooking**—The Group has been busy continuing to make healthy meals that can be made at home. PAC students attended and made Chicken Enchilada's and Mini Cheesecakes. Yum!! We are thinking of doing a Cook Book Fundraiser for our group and would love to add recipes from members, volunteers, family and council members.

**Fun & Games**—At our planning meeting group leader Marie suggested the group plan an activity to celebrate member & volunteer Bev's 80th birthday. On Thursday 22nd of March we SURPRISED Bev with a party. Leading up to the party Bev assisted groups to make Nuts & Bolts and Choc Chip Biscuits for her party. We played Pass the Parcel and danced to Bev's Country Music playlist. Photos over the next pages.

**Tree Propagation:** Members have been busy weeding and splitting tree stock. We have a high level of tree stock and need to expand the area to accommodate more trees. We have put a wish list in to Bunnings at Woodville for extra irrigation and metal tubing and mesh to create more bench space for plants.



# Volunteer Week - Morning Tea

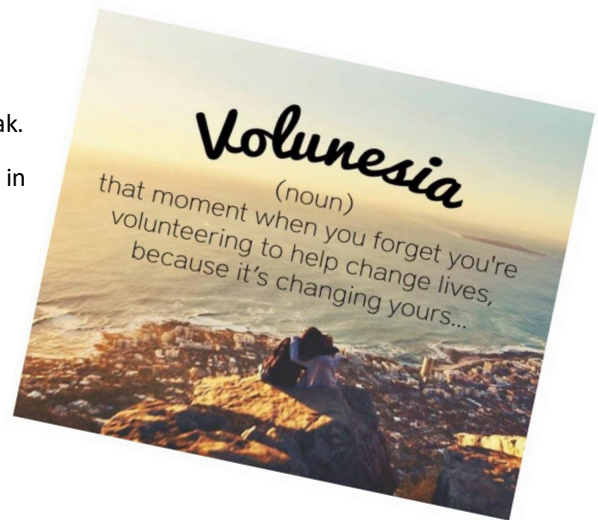
**National Volunteer Week this year is May 21st to 27th!**

On Friday the 25th of May we will be involved with the Mayors Morning Tea for Volunteers to celebrate the amazing work our volunteers do and have done since the first meeting was held in 1998!

If you have any stories to share or any volunteer, past and present you would like acknowledged for the incredible work they do please let us know.

More details of the Morning Tea will be provided after the Easter break.

Contact details are on the front of this newsletter or if you able to call in and speak with Vicki or Tanya we would love to hear from you!



## Fundraising

We have some very busy members and volunteers working on a few Fundraising Projects!

Our **Woodshed** and **MAGS** groups have combined and formed a Barn Owl Nesting Box Project.

Nesting Boxes are available for \$80 each and all money raised will be used for the Woodshed/MAGS groups to purchase materials to make more projects.

The benefit of having a pair of Barn Owls breeding on your property is that they eat mice. Please contact us if you would like to place an order.

**YP Leisure Options Mother's Day Stall** has been booked for Friday 4th of May at the Minlaton Rest Centre, just outside the Senior Citizens' Club.

We have been busy collecting donations from businesses in Yorketown, Pt Vincent and Minlaton for our Raffle . Tickets will be on sale on Friday April 27th in Minlaton and Yorketown.

### Tree Propagation

This year we have signed up with Planet Ark as a resource provider for National Tree Day, Friday 28th of July.

We will also hold our Annual Tree Sale between May and July,

# Our Photos



## Our YP Leisure Options Christmas Party

Held at the Minlaton Town Hall on the 14th of December.

It was wonderful to have the Edithburgh Connect group, the Mayor and Bobbi and her daughters celebrating with us on the day!



This year we took part in the Minlaton Christmas Parade on Friday 22nd of December. It was wonderful to be a part of the community celebrating Christmas. Seeing members of the community jump in front of the van to wave and take photos of our members was an awesome way to finish the working year off! I am looking forward to being apart of the Parade again!





# Our Photos

Port Power visit at St Columbus School



Happy Birthday Bev



Wood Shed,  
with just a little  
bit of help they  
can make any-  
thing!



Arts & Craft—SA Rocks—  
Hidden around SYP



Student Placement –Linda  
Running an Arts & Craft activity



Tree Propagation,  
where you can get  
your hands dirty!





# Advocacy

Advocacy enables people with disabilities and/or are frail aged to achieve their rights.

Advocacy ensures the human and legal right of people with disabilities are promoted and protected so that people with disabilities can fully participate in the community.

An advocate in the disability sector works to ensure the rights of people with disabilities are upheld and supports people with disabilities to make decisions affecting their lives.

A Self Advocate is someone who is able to speak up and represent them selves.

Individual Advocacy is when a person is assisted by an advocate who takes action on their behalf and in their best interest. An individual advocate will provide information and advice to enable the person to advocate for themselves. This type of advocacy can be under taken by a relative, friend or professional service.

Systemic Advocacy is about social change and it addresses discrimination affecting a number of people with disabilities and/or are frail aged by advocating for change to legislation, policies and practices.

Group Advocacy is similar to individual advocacy but involves representing a group of people.

We recently had ARAS (Aged Rights Advocacy Service) present information about their service. We have a number of different information brochures available in the foyer from their presentation. We also have brochures from HCSCC (Health & Community Services Complaints Commissioner) and DACSSA (Disability Advocacy and Complaints Service of SA)

DACSSA are based in Adelaide, they offer phone and email support for clients to connect with them. DACSSA can provide useful information and can refer clients to other helpful services or allocate one of their advocates to work with you.

Their phone number is (08) 7122 6030 and Email is [admin@dacssa.org.au](mailto:admin@dacssa.org.au)

DACSSA are able to provide assistance to support people through their NDIS journey.

## Policy Updates

As part of our application to provide NDIS services and an upcoming CHSP (Community Home Support Program) Audit I have been reviewing and updating policies. The first policy to be reviewed was the Hot Weather Policy, reviewing this policy I took into account feedback from the Member Surveys. Missing out on attending groups was the worst/least favourite part of YP Leisure Options. As well as feedback from Carers that when it was 34c in Maitland it did not affect members travelling from the Southern parts of Yorke Peninsula. We have air conditioned rooms for most groups and can offer a climate controlled environment and plenty of water to drink. The update to the policy includes;

- The coordinator will check the weather on the Bureau of Meteorology's website/mobile app at 4.35pm (the last update for the day).
- If the forecast in Maitland is 34°C or above transport between Maitland and Minlaton will be cancelled. This preventative measure will also be used during extreme weather warnings.
- If the forecast is 34°C or over outside activities (Woodshed) will be stopped when the temperature reaches 30°C or earlier based on the members needs and air conditioned rooms sought. Tree Propagation group will not be held in Yorketown due to not providing transport. We are working on creating a Community Herb garden alongside the Town Hall as an alternate activity for Tree Propagation members who are able to transport themselves to Minlaton.
- If the forecast in Minlaton is 36°C or over ALL groups will be cancelled.
- The Coordinator/Support Worker will inform volunteers and members via text, email or phone call the day before, before COB where possible.



# Birthdays

**To all our members, volunteers and friends who have had a Birthday during our break, Happy Birthday!**

**We hope your day was filled with happiness.**

**Happy Birthday to our members at Minlaton and Yorketown Leisure Options and Edithburgh Connect with Birthday's over the coming months.**

## March

9th Emily (LO Member)  
13th Marie (Group Leader)  
15th Paul (MAGS Member)  
20th Bronny (Group Leader)  
28th Mel (LO Member)

## April

5th Bev (Leisure Options)  
13th Phil (Group Leader)  
23rd Anthony (LO Member)



## May

9th Leza (LO Member)  
10th Allen (LO Member)  
19th Mandy (LO Member)  
28th Kaye (Connect Member)  
19th Tom (LO Member)  
20th Daniel (LO Member)  
20th Mary (LO Member)

## June

21st Richelle (LO Member)  
14th Donna (Connect Member)



**Our next YP Leisure Options Newsletter July 2018**  
If you have any suggestions for articles, photos to share or information you want included please let me know. My contact details are on the front of this newsletter.

