

Possible Press

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A message from the CE

Welcome to the first edition of Possible Press, Cara's newsletter!

We have so much going on in our Cara Community and I'm pleased to be able to share it with you here.

We work alongside children and adults with disability all over South Australia – from Mount Gambier in the South East up into the Murraylands, the Adelaide Hills and across to the Yorke Peninsula, Port Pirie, Port Augusta and Port Lincoln. Check out what's been going on around the state on page 10.

At the time of writing, we have 986 staff – who we call our Possible People – who work alongside 753 incredible customers. And we are always growing and looking for more people, customers and staff to join our Cara Community.

If you'd like to explore how Cara can support you and your family, talk to the Cara Connect team – you can read all about them on the next page.

If you're a potential Possible Person – someone who is values-driven and who wants to make a real difference in the lives of people with disability, then go to www.cara.org.au/careers. It's where you can see all of Cara's job vacancies and apply online – new jobs are being added all the time.

It has been a busy period for Cara as we've farewelled our head office at Woodville, home

to Cara and the Spastic Centres of South Australia for more than 50 years.

We launched our new Home of Possible at Hindmarsh where you're welcome to come and visit us. It's easy to reach by public transport – exit the tram at the Adelaide Entertainment Centre, the train at Bowden or bus stop 6 on Manton Street.

Finally, I'd like to thank everyone who so generously donated to our Tax Time Appeal. Our generous donors, including staff from the Commonwealth Bank, donated almost \$30,000 which we have used to replace and maintain the books, games, toys, resources and sensory equipment which is so loved by our customers in children's Short Term Accommodation, Kids Club and Camps for Kids.

Enjoy the read!



Liz Cohen, Cara Chief Executive



Possible Press

If you have any feedback in relation to this issue, please email prteam@cara.org.au

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On the cover: AJ and McCartney at Kids Club in Mount Gambier

Connected for you

Meet the friendly members of the Cara Connect team, here to assist you with Cara and the NDIS.



Whether you're someone who has just received their first National Disability Insurance Scheme (NDIS) plan or you're looking to try some different experiences, if you're new to Cara then you'll be talking with Cara Connect.

The Cara Connect team, (from left, above) Sarangi, Michael, Hannah and Lexa, is here to help you and your family to get the most out of your plan. They're the friendly voices at the end of the phone line!

"We're really here to welcome people who are new to the Cara Community," Michael says.

"We will help you to discover everything about Cara and find ways for you to do what's important to you."

"We know that it can be overwhelming when you receive your NDIS plan and you're trying to work out how that can match up with your goals. But it doesn't have to be. We can show you what Cara has to offer and connect you with the Cara team who'll be working with you."

Like all Possible People, Cara Connect understands customer needs. Hannah has just joined the team after working as the Camps for Kids Team Leader, while Lexa and Sarangi both worked alongside adults with disability at Cara's Woodville West concierge accommodation service.

"I've worked with children, teenagers and their families for years as part of Cara's Camps for Kids and Kids Club programs," Hannah says.

"I'm passionate about helping everyone find the best fit for them within Cara. After all, there's so much fun to be had and goals to be smashed – come and join us!"

Talk to the Cara Connect Team Monday to Friday on **08 8347 4588**.

We care about your feedback

At Cara, we are always trying to improve the way we work alongside children and adults with disability. So we can get better and better, we need feedback from you. You have the right, and we encourage you, to give us suggestions for improvement, express your concerns or make a complaint.

To give feedback to Cara, phone 08 8347 4588, email contact@cara.org.au or fill out a web form at www.cara.org.au/contact/feedback

You can also raise a concern with external agencies like the NDIS Quality and Safeguards Commission on 1800 035 544 or www.ndiscommission.gov.au

Growing independence is child's play

If you're a kid or teenager who wants to have fun and be self-reliant, it's easy with Cara.

Whether you want to spend a few hours with Cara or even a few weeks at a time, there's something for everyone aged under 18.

Take your pick!

Short Term Accommodation

Cara has Short Term Accommodation available across South Australia. We have separate houses for children aged 17 and under, with other homes available for adults aged 18 and older.

You can stay for a few hours during the day, for a couple of nights or even a couple of weeks.
Whatever works for you.

There are always lots of activities to get involved in or you can just chill for a bit. After all, it's about you and what you choose to do.

In Short Term Accommodation, you have your own private bedroom and you share the living room, bathrooms and secure outdoor areas.

You'll go on lots of adventures – to the park, to the beach, out for meals and to the movies.

Cara Children's Practice Leader Tracey says Short Term Accommodation is a fantastic way to meet new friends, including other children and get to know Cara's staff of Possible People.

"You'll experience new things which, when you're growing up, helps you to learn and challenge yourself. Best of all, it's heaps of fun!"





Kids Club

Kids Club is about learning through play in a structured yet flexible environment. There are many activities to choose from, including themed arts and crafts projects, messy and imaginative play, cooking and getting outside (while being SunSmart, of course). Our staff closely supervise children and make sure they stay safe!

You might lie under the parachute, jump on the bouncy castle, create a pizza or dive into the dress-up box!



Kids Club Adelaide Team Leader Amelia says the program is designed to be fun and engaging.

"We listen really carefully to what the Kids Club kids and teens would like to do and we support them to do it. Nothing is compulsory, it's all designed to be fun and the kids can be involved for as much or as little as they would like," Amelia says.

"We learn through play and we have an absolute blast doing it!"



Camps for Kids

Cara holds 18 camps across South Australia throughout the year. Children and teens sleep in bunk beds, travel to regional areas and around Adelaide and, best of all, everything is an adventure!

Camps for Kids Acting Team Leader Simon says Camps are designed to encourage independence with as much support from Cara staff as needed.

"Camps are classified as Short Term Accommodation under the NDIS and they are such a fun way to learn skills which support independence," Simon says.

"We know it's been a successful camp when the kids come home tired and happy with heaps of memories and photos of themselves with their friends."



Sunday Funday

In March 2018, we celebrated our eighth-annual Cara Sunday Picnic, and the final one at our historic Woodville site.

There were a number of fun activities for everyone to participate in on the day, including a cartoonist, the ever popular Liberty Swing (pictured right), a DJ, a magician, photo booth and craft tables.

The Metropolitan Fire Service and South Australian Police also set up interactive displays, and the Rainbow Animal Farm visited with rabbits, guinea pigs, ducks, chickens, a piglet – even an alpaca made an appearance!

Thank you to the Friends of Cara, Gawler Auxiliary for setting up their popular trading table.

We were treated to a BBQ lunch — thanks to the local Adelaide West and West Lakes Rotary Clubs for offering up their time on the day, and to our Cara services who brought along homemade salads for everyone to enjoy.

Later in the afternoon, the Easter Bunny made an appearance handing out eggs to as many as he could, before the day was wrapped up.

We appreciate those who support Cara and in particular the Sunday Picnic, including our wonderful Cara staff and volunteers. It is certainly not possible without you!





Save the Date!

This year's picnic will be on Sunday, April 14.

Customer and family invitations are on the back of your address cover sheet!

Cara Celebrates



Thank you to our sponsors

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Direct Care Australia
Edmen Community Staffing Solutions
Pro Paint n' Panel & Rightway Automotive
Redman Media
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Last year, on Saturday, July 14, 400 of Cara's Possible People gathered at the Adelaide Convention Centre for the third Annual Cara Celebrates where we announced the winners of our Recognition of Excellence Awards and celebrated our achievements for the year.

We received record entries for the Awards, with 242 nominations across nine Award categories. This shows just how much amazing work has been done across the organisation in the past year, and how our community has worked together to find possible.

At the event, we recognise Cara staff, and also organisations in the wider community who have provided outstanding service to our customers, staff and volunteers. Congratulations to our joint winners for our Corporate Recognition Award — Latitude Adelaide and BOUNCE Inc Adelaide.

We took the opportunity to recognise and thank Carolyn Astley, who retired from Cara's Board of Directors in 2018, after more than six years of service. We also inducted three new Cara Life Members – David Rawnsley, Paulene Evans and Sandy Kay. We thank them for their significant contribution to the Cara Community over many years.

Thank you to our sponsors who make the night possible, including our event partner Adelaide Convention Centre. Congratulations to the finalists and award winners, and to the whole Cara Community for coming together to recognise their peers for the outstanding work they do each day to help Cara find possible.

Cara All Around

Cara supports children and adults around South Australia. Here is a taste of what some of our customers have been up to across the state.

Beautiful creations in Port Lincoln



Everywhere they go, Cara's Personalised Day Options customers leave something beautiful in their wake.

From creating mosaic fish which form a larger school on the wall of the supermarket as "Something Fishy", to macramé wall hangings, art and sewing work sold at regular market stalls, and their regular beach clean ups, Port Lincoln is more beautiful because of Cara's Personalised Day Options crew!

Personalised Day Options is especially for adults who are looking to build their independence and confidence. Along the way, they're having fun and showing everyone just how talented they are.

Gardening in Port Augusta

We think this photo of Patrick watering his garden in Port Augusta looks a bit like a Turner painting. The way the light catches the water from the hose!

Our Possible Person David captured this while Patrick was going about his everyday life. Taking an active involvement in daily activities is important for all of us.

Your garden looks absolutely beautiful, Patrick!



Sharing the sweetness in Murray Bridge

We love this photo of Karyn from Murray Bridge. Look at that smile!

Living independently, Karyn has the opportunity to prepare the food that she enjoys. In this photo, she is making raspberry jelly to share with her house mates and support staff. There's a real knack to getting the ratio of jelly to hot water right, but we are told that Karyn has this down pat.

Well done Karyn!



Our staff and volunteers model what to do, and provide just enough assistance to enable our customers to achieve success. Cara is proud to do things with our customers to grow independence; not for them.

Fun times in the Mount

Recent months have been action-packed for Cara's Mount Gambier team, which has been working alongside children and adults with disability in the region since 2017.

In July 2018, Teen Club was launched in Mount Gambier, providing teenagers (aged 13 – 17) in the area with the opportunity to grow and develop their independence, while fostering friendships with their peers. The launch of Teen Club follows the introduction of the Kids Club program in Mount Gambier in October 2017.

Cara's Mount Gambier Service Manager Kylie says that Teen Club grew out of a need to provide age-appropriate activities for teenage customers, while encouraging them to become more independent.

"Teen Club offers centre-based activities, as well as age-appropriate outings such as bowling, nature walks, or enjoying a meal at a local café or restaurant."

The team in Mount Gambier also hosted Cara's first South-East Camps for Kids in Robe in April, a second Camp in Nelson in October, and their third camp in Portland in January 2019.

"Many of our customers met and bonded at our first South East Camps for Kids and it's been so lovely to see those friendships grow and develop."



"So many of the kids had never done anything like this before. They went kayaking, did tie-dying, went on bush walks during the day and at night and enjoyed campfires – especially roasting marshmallows!"

Personalised, enthusiastic support is also available for adults with disability in the area, Kylie emphasises. "We can offer 24/7 support which is very flexible, and we can work alongside people at home and in the community. We work with people's interests, needs and support requirements, helping our customers to meet their NDIS goals."

One of Cara's Developmental Educators is now based in Mount Gambier to offer positive behaviour support and skills programs, and Cara's specialist autism practitioner also works regularly in the region.

Nicole Senter Scholarship

In December, Cara named Mount Gambier Service Manager Kylie (right) as the recipient of the 2018 Nicole Senter Scholarship.

Cara awards the scholarship every two years in honor of the late Nicole Senter, a Cara customer and Board Director who was renowned for her grit, determination and love of learning.

The scholarship will see Kylie receive \$5000 towards further study.

The mother-of-two initially started studying teaching, before taking on a job as a support worker with Disability SA. Now a Service Manager for Cara, she is undertaking a Special Education and Disability double degree through the University of New England.

"As soon as I started my degree in Special Education and Disability, I knew it was exactly what I wanted to do," Kylie said.

"I knew I had found my passion in working with people with disabilities and I wanted to learn more about how I could help people to live their best life".



Welcome to the



Cara has moved! Our offices at Woodville and Glenunga have come together so that all of our office-based staff now work at one location in Hindmarsh – the new Home of Possible.

Cara's Chief Patron, His Excellency the Honourable Hieu Van Le AC, Governor of South Australia, officially opened the new building on November 12, at an event also attended by members of Cara's Board of Directors, Consumer Reference Council (CRC) as well as family members, customers, volunteers, industry stakeholders and some of Cara's staff of Possible People.

"Cara's staff has nearly doubled in the past five years. As the National Disability Insurance Scheme (NDIS) rolls out to offer more choice and control for people with disability, Cara has increased our number of staff to better support our customers." Cara Chief Executive Liz Cohen said.

"This staff growth has taken place across the entire organisation, which meant we rapidly outgrew our space at Woodville," Liz says.

"As joint owners with scosa, we made the decision to sell the site on Woodville Road."



New Home of Possible



Our new office is more accessible for people of all abilities, it's easier to get to by bus, train or tram (or even walk, cycle or wheel along the Linear Park) and it fosters an even stronger culture of collaboration by bringing all of our teams together.

The smart features of the office, including technology to better connect with our regional staff and energy-saving features to reduce our environmental impact, help us to live the Cara values: we are careful, we discover and create, we make it personal and we are persistent.

Liz says the feedback from Cara's Possible People has been increased information sharing between teams and, as a result, greater knowledge among staff.

"It's great to see people coming together, sharing information and, of course, it means everyone is free to focus on Cara's most important business of all – working alongside children and adults with disability."

Now Cara is even easier to visit. If you'd like to drop past and say hello, find us at Unit 1, 2-4 Adam St, Hindmarsh (enter via Manton St).

Disabled parking is available, along with visitors' spaces.



Thank you for your support

Along with the support of our generous donors, children and teens in Cara's Short Term Accommodation services, Camps for Kids and Kids Club have been enjoying new resources and toys thanks to the employees at the Commonwealth Bank!

Employees from the branches in Findon and Fulham Gardens chose to donate \$20,000 to Cara from their employee giving fund the CommBank Foundation.

In 2018, the Commonwealth Bank celebrated 100 years with employees donating to local groups, charities and disadvantaged schools.

To celebrate their "Centenary of Giving", the CommBank Foundation provided 1000 grants of \$10,000 each, to community organisations across Australia and Cara is so grateful to have received two of them.

CommBank staff member Alex says it was easy to convince his colleagues to choose Cara for their donations.

"There were so many different reasons why choosing Cara to receive two Centenary Grants was an easy decision for our teams. My uncle works for Cara providing care, my girlfriend works in the care industry, and I've also got family members who have cerebral palsy and they've received a lot of care in their life. One of our colleagues also has a son with cerebral palsy who received care from Cara years ago, and so we have a long history with this incredible organisation and know they do such important and great work in our community," Alex says.

When visiting Cara to hand over the two cheques, Alex, along with Commonwealth Bank employees Lisa and Ruth, had the opportunity to play with a selection of the sensory toys and resources we continually update in our Short Term Accommodation.

Thanks to all of the CommBank staff who donated to support the wellbeing of children and teens with disability.

If your organisation would like to support Cara with payroll giving, please contact Fundraising Manager Natalie by emailing finance@cara.org.au



A place to rest

Did you know that Cara has joined Nest? Nest is a new website specifically for people with disability looking for Specialist Disability Accommodation (SDA).

The site (www.gonest.com.au) matches people with disability to housing properties and room vacancies that meet their support and personal requirements based on information provided in a personal profile. Users register, complete their profile, start searching, find matches and choose vacancies to apply for. Providers, like Cara, list their properties and use Nest to help fill vacancies.

We have already started to list Cara properties on Nest and we love that it's so easy to use for people with disability, carers and support workers.

To set up a profile on Nest, visit www.gonest.com.au/register. To contact Nest, please email info@gonest.com.au or phone 1300 547 905.

If you'd like us to help you with Nest, call the Cara Connect team on 08 8347 4588.



Gimme 10!

\$10 a month. 10 months.

Help make a real difference in the lives of adults with disability.



Here at Cara, we're asking you to kick off your year knowing that you're making a difference in the lives of adults with disability.

We are asking for your commitment.

When you give us \$10 a month, for 10 months (or perhaps a one-off donation of \$100) you'll be funding projects that bring real joy to adults with disability and support them to THRIVE.

You'll be giving the gift of independence, joy and fun to adults who use our Short Term Accommodation, Getaways and Farm Stay supports.

At Cara, we are proud to work alongside people with disability of all ages and at every life stage.

We know that once children with disability turn 18, sometimes their supports end. Not at Cara. We assist adults with disability to work out what matters to them, set real goals and achieve those goals.

Along the way, it's about having fun, making friends, relaxing and living. What we want to provide are the activities that make life truly enjoyable.

Your donation will fund things like:

- **LET'S BE ACTIVE:** Large outdoor games which everyone can be supported to play. Think oversized Connect 4, Jenga, Bocce, skittles, table tennis and snooker.
- **BACKYARD TO BOWL:** Gardening equipment, including raised garden beds (which are great for accessibility), plants, seeds, watering cans and hoses, tools for pruning, clipping and weeding to encourage harvesting and cooking food from the garden.
- **A FEAST FOR THE SENSES:** Tailored sensory boxes with things like water beads, rice, shaving cream, material, buttons, things which make noise or smell nice – the list is endless – to surprise and delight.
- **READY TO PLAY:** Indoor board games like Monopoly, Uno, Scrabble, Snakes and Ladders, chess, checkers, Pictionary, which are always fun to play with friends.
- **PAMPER ME:** Hair styling equipment, nail polish, make up, lotions and potions, everything needed for a "spoil me" session.

What does this mean? Social engagement, learning new skills, fostering independence and encouraging an active lifestyle. But, like everyone else, at Cara we call that having fun, laughing with friends and having a great time.

Gimme 10!



So help us. Give us \$10, commit for 10 months and make a real and lasting difference in the lives of adults with disability.

Select the regular giving option and your account will be debited \$10 every month for 10 months. Of course, we hope you'll stay on as a regular Cara giver. But if you can't, we understand – and, no matter how small, every single donation helps us deliver on our promise to children and adults with disability: we find possible.

Cancel anytime, we understand that circumstances can change.

Here's my email

Stay in touch with me

- ☐ Electronic only
- ☐ Paper only
- ☐ Both - talk to me all the time, or;
- ☐ I no longer wish to receive promotional mail

My Details

Name _____

Postal Address _____

Postcode _____

Contact number _____
(during business hours)

I'm interested in:

- ☐ Children's Services
- ☐ Adults' Services
- ☐ Recreational Services
- ☐ Supported Independent Living
- ☐ All things Cara!

To Donate:

Go to www.cara.org.au/support_us/gimme-10 call 08 8347 4588 or send your donation with this form in the envelope provided. A receipt will be sent to you.

Payment:

- ☐ Gimme 10! Appeal – \$10 for 10 months.

Or a one-off donation of:

- ☐ \$30 ☐ \$60 ☐ \$100 ☐ \$250 ☐ Other _____

- ☐ Visa ☐ Mastercard ☐ Cheque

Cardholder's Name _____

Card Number _____

Expiry Date ____/____ CCV _____

Signature _____

Thank you for your support.

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