

HEADLINES

THE NEWSLETTER OF HEADWAY ADP- APRIL



TRIPS

DESKTOPS

RENOVATIONS

FRIENDS



INSIDE THIS EDITION



headwayadp

2

Message from Business Manager
The adventures of Omar and Family
My trip to fern Bay - Article Cassie
House Proud -Lee C
Participant Get Together
Happy Birthday
Friends @ Headway ADP
Our own desktops

Page 3
Page 4 & 5
Page 6
Page 7
Page 8
Page 9
Page 10
Page 11

2

Business Manager -

Headway ADP has had an amazing term. We had a Summer that was not really a Summer. More Covid. A beef up of our policies and floods and interruptions caused by extreme weather events.

But the amazing experience for the team has been our participants doing incredible things. Living out in the Hawkesbury the running joke was that I needed to practice swimming, get a boat or in my case, some floaties. We have managed to work remotely, keep 1:1 supports going and even reboot our groups on March 7, with a view that we commit to a full schedule next term.

Covid is a bit like a Ninja Warrior. It hides in the shadows and pops up when we least expect it. The fact that we have seen a relaxation of restrictions is a double-edged sword, as there

are still unvaccinated persons running around in our communities and those who have had Covid may feel (wrongly) that they are now immune. Our advice has been consistent. Maintain current status on vaccination and be conscious of the forecast that this may be a bad influenza season. This means that we will be maintaining our current vaccine register and insisting that all staff continue to adopt best practice protocol for Personal Protective Equipment.

Throughout April we will be reaching out to the local Stroke Support group, who are sponsored by and are based at the Revesby Workers Club. In addition to creating a great new network, we are hoping to build new knowledge, a link to a group that can offer additional opportunities to our participant base, and a potential pipeline for new referrals. What you may not be aware of is that about ten of our ABI participants have acquired their brain injury through an Ischaemic or Haemorrhagic stroke.

A highlight of the last month has been the recommencement of participant "Get Togethers" and the reboot of external social activities. From an amazing lunch at the Como Pub to a wonderful catered Seafood "Get Together" at Headway House, the smiles on the faces of Headway ADP participants and staff have been priceless.

We are currently seeking new committee members as part of our renewal and contingency planning. This forms part of our Strategic commitment from 2022 to 2024. Our committee will remain focused on having lived experience, expertise in disability and a real passion for grass roots community service.

Have a safe and rewarding Easter celebration and remember, Headway ADP is here for you, throughout 2022 and beyond.



The adventures of Omar and family

What makes a great plan and great service delivery? For participants, it is not only about services and supports to have "normal" lives. It is also about returning to activities or exploring new activities that are fun, engaging and have a spin off for family and friends. It has been a wonderful year for Omar, who made family holidays a feature of his NDIS plan.

Months ago, Omar Issa approached Headway ADP to plan a short holiday for his wife and four-year-old daughter. He was concerned that his daughter and wife feel comfortable with the support worker and that the holiday could be the start of his daughter seeing her Mum and Dad in a new light. Having fun together as a family, not relying on other family members, and working as a small family unit. After careful thought, Omar selected a cabin stay at the Big 4 Holiday Park at Umina Beach, on the NSW Central Coast. Bill, Omar, and the head office team started planning, hoping that the days he selected would be perfect beach weather. The venue was great, and Omar knew this from past visits.

After a great deal of thought, Marina suggested that Sharon (CSW) might be a great fit for the family for this short break. Sharon graciously offered to do a buddy shift with Omar, and then meet his lovely wife and daughter. At first visit, Sharon was a hit with Omar's family, and we learned quickly that his little girl is far from shy when she insisted on finding out who Sharon was talking to on the phone and started a conversation with Bill, who Dad sometimes mentions at home.

Omar helped organise the full itinerary for his trip, which would be action packed, give his daughter fun activities, and time for his wife to relax. Sharon kindly offered to drive and support them.

The day was perfect. Omar's daughter was terribly excited when she heard they were going to "the beach." Starting with a comfortable trip to The Entrance, the family enjoyed a brief rest stop, before heading off for lunch and time along the lovely foreshore. Next stop, Umina. This was the highlight. The Big 4 caravan park has amazing wading pools and areas for children, as well as deckchairs and rest areas for the adults. The family was able to have the time of their lives, in perfect weather, and Omar's daughter wanted to stay there all day, under Mum and Dad's supervision, mingling with other children.

Late in the day, the family was able to access the beach and walking trail, which is disability friendly, and do their own thing. Omar commented that his support worker Sharon was "amazing." After exercise, sun, and food it was time for a good night's sleep. He had exercise, sun, tasty food, and a happy family. Privacy and time together. Life does not get better than that.

After getting up in the morning it was time for a brief breakfast, and then head off to Erina Fair, the largest shopping complex on the Central Coast. This was great, because it allowed the girls to do shopping whilst Omar still had the supports to relax and know that everyone was safe. The toughest part of the trip was coming home. Omar's daughter was so excited she wanted to

Omar has new plans for his next trip

stay and was a little upset about leaving. I am sure his wife also loved the sand between her toes, walking along a beautiful uncrowded beach on a perfect day.

Omar has big plans and is achieving his life goals. Not only is he talking to Maria about his next trip, but Support worker Charles has also stepped in to set up a great desktop computer and Internet access at home. This resource allows him to communicate easier via email and if he

decides to in the future, will enable him to use webcam and a large screen for ZOOM or other visual connection with friends, family, and health professionals.

Omar has much to be proud of. Headway ADP is grateful for the trust he has given us. And we are all looking forward to his next adventure. Well done !

Omar's next NDIS goal is to head off to Canberra with his beautiful wife, daughter and headway ADP supports.



My trip to Fern Bay- Article - by Cassie

Hello to everyone at Headway ADP,

I would like to share with you all my trip away to Fern Bay to stay with my dad for a weekend.

Samantha and Maria, my Support Coordinators assisted me to understand how I could utilise the funding in my NDIS plan. They also spoke to me about what to pack, this meant clothing, toiletries, and shoes. I was so excited to see my dad, as I had not seen him in such a long time!

After Driving through torrential rain with my CSW, Vicki, the sun came out when we arrived at my dad's place in Fern Bay. I'm sure you would love to hear what adventures I got up to while I was there. Thursday night was perfect, as I got to catch up with dad and we enjoyed a very tasty pizza. On Friday, dad

and I decided to go to Aldi for some shopping, as the weather wasn't all that good. Today was a bit of a relaxing day for us, as we mainly stayed indoors. This gave us the opportunity to spend quality time together. Saturday was a beautiful day, so dad and I did some sightseeing. I even met an Emu named Eric! This was something out of the ordinary! Saturday night we went out for dinner to Nelson Bay Western Leagues Club. My Shout. The food was delicious, and it was nice for me to do something special for dad. Sunday we were again blessed with a Beautiful Day. Dad and I went for another drive to Forster which is further up the coast to visit my Aunty Kim. It was so lovely to see her, as I haven't seen her in such a long time. We went out for lunch then headed back to my Aunties house for a cuppa, and some cuddles. We then drove back to Dads as it would be dark sooner as day light savings had finished. On Monday at 12.00pm my CSW had arrived to take me back to Sydney. Luckily the weather was sunny so I could enjoy the scenery on the long drive home. Before we left dad's place, CSW and I took a walk around the Resort for some photo time. I hope you enjoy these photos as much as I enjoyed my time with my dad.

Thank you, Headway ADP, and NDIS, for making this trip possible. I just want to let you know that just because you have an ABI, this should not stop you from enjoying short trips and visiting friends and family that live far away. Just talk to your Support Coordinator and they will be more than happy to help you.

From Cassandra O'Driscoll.



House Proud - Lee C

Over the past 3 years Lee has shown enormous patience as he has waited for his DOH house to be renovated and updated to a standard that he can be truly proud of. Everyone knows that Lee is immensely proud of his house, is a generous man and is an exceptionally good host. He rarely complains about his house

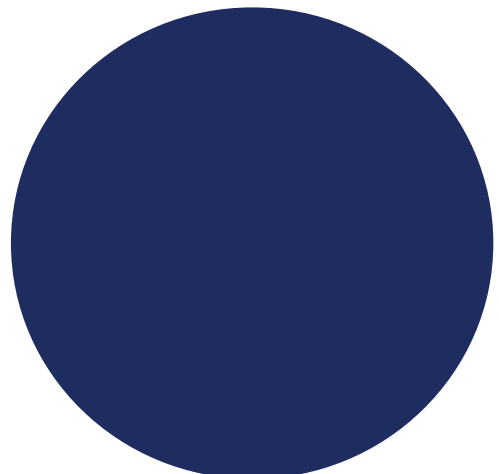
Anyone who knows Headway ADP knows that Maria is a fierce advocate and will fight hard to see that every Headway participant has a good standard of living and that people in housing are safe.

Lee has had to deal with trees collapsing his gutters, mould in his bedroom and worst of all, water leaks and unsafe power outlets that were next to his sinks and appliances in the kitchen. His kitchen cupboards falling apart from water damage was the last straw. Still, he did not

complain, even when Headway ADP could see the risks to his safety. The temptation while he was waiting is that Lee would try to fix problems himself.

Although Housing had eventually cleared the trees (that were in danger of falling on his house completely) and mould from his living areas, the biggest job was in his kitchen. A few months ago, after an assessment, the decision was made to provide Lee with a brand-new kitchen with brand new fittings and cupboards. Finally, Lee has had his kitchen totally renovated and he is so proud of his house. He feels as though he has a new one.

Lee is a proud and independent man, but he always says, "I love Headway." Why? Because Lee has had to rebuild his life since an accident which caused his brain injury. He has made new friends and now has a house that he will look after and be proud of. Most important though, he trusts our staff, Maria, and Sam, to fight hard to get him the support and living conditions he deserves. Good on you Lee. We are proud of you!





PARTICIPANT GET TOGETHER

Our first proper “Get Together” for 2022 31.03 brought in fifteen participants for an interactive session which forms part of our compliance responsibility, but also introduces new or change policy.

What is critical with these presentations is that participants understand the content, they can ask questions and raise issues, and that we have easy read material developed and distributed to inform all interested parties. This material is handed out before the session and reinforced through the speaker’s presentation.

Our session focused on two elements that were important to all of us. The first was about Headway ADP’s disaster recovery plan. This plan was developed to inform Headway ADP participants how we keep the place running through a pandemic or a disaster. Participants were fascinated to know that the show can keep rolling remotely, through Laptops and great IT support. WE also have ability to recover all files and information stored in “The Cloud” and backup systems, managed by our Internet Service Provider ASV Computing.

The second presentation was about safety and hazards, as keeping people safe is a core responsibility of Service Providers. AS well as discussing house drills at Headway House, we were able to free up discussion about security and the upgrades we have had to the building to check danger or criminal behaviour.

This “Get Together” was well attended with around fifteen participants present. It was all the better over a fantastic catered seafood lunch (Ari’s favourite) , arranged and provided by Head Office staff.



APRIL MAY JUNE

BRETT L	1
PETER R	6
ARI T	8
JUDITH C	17
ALEX T	24

CASSANDRA O	26
GHAZE S	29

MARK W	1
HARLEY D	14
PHONG N	17
ANIL K	29

FRIENDS



WE ARE HEADWAY ADP

FRINDSHIPS ARE MADE WHEN PARTICIPATING IN

SKILL DEVELOPMENT GROUPS

ABOVE | CASSIE AND MARK HAVE BECOME GOOD MATES AND BOTH ENJOY EACHOTHERS COMPANY DURING MONDAYS COOKING GROUP

our own desktops

When Headway ADP was given a grant to upgrade its computers through the generosity of a State Government grant, the question was asked about what would happen to our limited number of perfectly good HP computers, that were part of our upgrade a few years ago?

Marina our Business Operations Coordinator said it would be great if some of our participants could benefit from a computer, as it could open a new world to them. So, what next.

On the back of ZOOM and remote servicing brought by Covid, we were able to give a number away and have

them set up due to the expertise of Support Worker Charles Chan. Charles has gone above and beyond to give participants our own version of “Geeks to You”.

Just some of the successes:

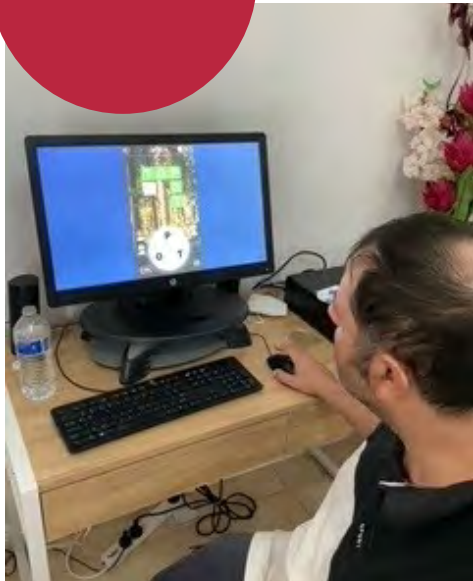
Thi-Can withdraw to her own space and watch Vietnamese or other movies alone or with friends.

Omar- Learning on You Tube and setting up for better communication using email and eventually, webcam. A great resource for his family.

Michael Wright- Getting amongst sports and other topics of interest

Patrick- A bit of an IT geek himself, Patrick loves playing with different technology and software.

This is an example of how Headway ADP seeks to give back to its greatest asset, our participants!



HEADWAY ADULT DEVELOPMENT PROGRAM

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Term 2 commences Tuesday 26th April | 11.05.2022 - Bundeena RSL | NSW vs QLD 08.06.2022 | Movie Day 15.06.2022 | Participant Get Together & Trivia Day 30.06.2022 | Term Break Term 3 break 01.07.2022

HEADLINES APRIL EDITION | PLEASE TELL US WHAT YOU THINK OF
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HEADWAY ADP

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