

headlines

The Newsletter of Headway ADP

APRIL 2023 EDITION



EASTER
Happy, hoppy



headway
ADULT DEVELOPMENT PROGRAM INC.



Happy Birthday!

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

MAY – CHUN B 3 | CASSANDRA O 26

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

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bill sayers- business manager

When 2023 kicked off, it was the first time in nearly three years that Headway ADP was able to discard Covid restrictions and move to a more measured approach. Even though Covid is still in the community, Headway ADP are now dealing with the Omicron strain and touch wood, this strain so far, appears less severe than some of its predecessors.



SOCIAL DEVELOPMENT ACTIVITIES

OUR AUSTRALIA DAY function is always very well attended as it marks the beginning of our term, and it coincides with the kick off of the school year. Old favourites such as thong throwing (with Bill as the target) and a great Aussie BBQ take a back seat to the banter and jokes that reappear after a 6 week break.

OUR GUIDE DOGS AUSTRALIA WORKSHOP was a real hit. Did you know that the Guide Dogs Australia grew from the 1950's and has now become a leader in providing supports and assistance to many Australians living with total blindness and vision Impairment. With nearly 300 dogs in New South Wales and a devoted independent living team, Susan Bucinkas was able to share her expertise and insights with participants and staff. Guide dogs are a truly great organisation and like Headway ADP, their primary



drivers are connection of people and independent living. Check out their services on the link below.

<https://nsw.guidedogs.com.au/services/specialist-services/access-technology-consulting/>

HARMONY DAY was held on March 21st. I learned that Orange as a colour represents many things, including freedom of ideas, respect, and meaningful conversation. Hence, we encouraged our participants and staff to wear orange on the day. As well as having a good opportunity for a feed, this day doubled up as our Participant Get Together. Get Togethers are all about your opinion and feedback. It is the chance to comment on what you like, what you love, and it offers the chance for you to put forward ideas and activities/locations that you would like to participate in or visit. To me though, harmony is all about people together, singing the same tune, in a blended and colourful way. It is about us being more than the sum of our parts, and more than being an individual. We are at our best when we are together, and we are never alone. Harmony is what Headway ADP is all about.

FINALLY NEW LOGO

During the past few months, Headway ADP has consulted with participants, members and staff to create a brand that is modern and reflects our core business. Our name is synonymous with quality and a proud history. We all wanted the new brand to acknowledge the past but also look to a sustainable future.

The Brand - Headway ADP's new brand is gold and purple. History tells us that these colours reflect royalty, and gold was a precious metal.

Why now? - A modern world with social



media and information needs to capture attention. The new brand and logo shows that participants are precious, valued and most of all, individuals. Forty years after our foundations is a good time to modernise and keep with the times. Our service promotes neuroplasticity, the principle of the brain healing itself with the proper supports and relearning strategies in place.

The Logo - The brain is very precious. It is the driver of who we are and what we do. By the brain motif in an open hand, we are showing the viewer that the brain is something to be treasured, nurtured and cared for, for life.

Why this choice? - Voting for our final choice was tight. Ultimately, the decision came down to two key points. The first was the most accurate depiction of the brain itself. The second was symmetry and colour scheme. The result mixes options 1 and 2 and reflects your critical feedback.

What next? - You will be noticing that our new brand has already begun to roll out.

We will be having our Open Day to celebrate 40 years of service in our Community on Friday July 7th 2023. We look forward to seeing old faces and please keep an eye out for your Green envelope invitation.

A handwritten signature in black ink, appearing to read 'Dee Laper', is written at the bottom right of the page.

ROYAL EASTER SHOW 13.04.23

Article by James Vourvouhakis -
Community Support Staff

Headway ADP organised a day out for Participants to attend this years Royal Easter show in Homebush on Thursday 13th April 2023. The Participants had requested this as an activity at the last participant get together last year.

The social group outing at the Royal Easter Show was an enjoyable experience for both participants and support staff. The only aspect worth complaining about was the hot weather. Participants such as Michael Wright had the chance to see many award-winning competing animals at the show, ranging from Roosters, Sheep, Pigs and Cows. He got to experience seeing these animals with fellow participants such as Cassie, Lee and Doug they all shared many laughs and great experiences. Aside from the Animals, the Easter show offered many stalls that were selling a variety of foods and products. Michael had the opportunity to see and buy some sweet show bags, which included some chocolates and biscuits, and of course Mick copped an M&M show bag.

As the day progressed, the participants enjoyed some lunch they bought from the show, which included BBQ lamb shanks, chicken burgers, corn dogs and other infamous Easter show foods. The participants enjoyed a stroll across the easter show, seeing what the show had to offer, ranging from silly toys, plush toys, fancy fast food, multiple crazy rides and of course a variety of show bags.

All in all, the Royal Easter show group get together was a hit, there was positive feedback from majority of the participants, some negative feedback was it was the show bags were either too expensive or sold out. Overall participants were certain they will enjoy a day out at the next year's Royal Easter show.





OMAR'S FAMILY HOLIDAY - NEWCASTLE



Over two days in March, Omar Issa was able to realise one of his NDIS goals for 2023. He decided some time ago that he would like to get away with his wife Saafa and daughter Serene, to a destination that would offer a range of activities and a comfortable overnight stay.

After some intensive research, Omar and his Coordinator Bill, decided that the regional destination of Newcastle would offer a great mix of activities, all within easy reach of the city. Omar and his family decided to

make their base at the Charlestown Executive apartments, which were fully accessible and a stone's throw away from Charlestown Square.

Support Worker Sharon Oliver was not only an amazing tour guide, but took on the travel responsibilities and ensured that the family were safe and comfortable throughout.

Over two days the family were able to enjoy the local sights including Merewether Baths, a fantastic beach and public swimming area that is very safe for families and children. They were also able to do some local shopping and spend some time to themselves. Undoubtedly though, the highlight was the trip to Blackbutt Reserve. For Omar's 5-year-old daughter, the Australian Animals, easy access walking track and picnic areas offered her the chance to participate fully in something that she truly loved. With plenty of great photos, Serene had stories to share at school on Monday.

Omar was amazed that he managed to walk around the enclosure with minimal assistance and is now looking forward to his next big adventure. Stay tuned!





Sami's Scooter

by Samantha Lia - Service Coordinator

One of Sami's biggest goals was always to receive a scooter through the NDIS.

Sami requested assistance from his Service Coordinators, Sam, and Maria, to navigate the NDIS, and undertake the assessments required to obtain funding for a scooter that was suitable for his needs. Sami identified that he would use the scooter to increase his independence in the community. He previously relied solely on walking and public transport to get to and from locations such as the local shopping centre to pick up grocery items for his family.

Sami's Service Coordinators arranged an Occupational Therapist through Prestige Health Services to complete a driving assessment. During the trial, he impressed the OT with how safely he was able to operate the scooter - it was second nature to Sami!

Sam and Maria assisted Sami throughout the entire process and after several assessments, reports, and reviews with the NDIS, Sami finally received adequate funding in his NDIS plan to purchase a brand-new scooter!

Since Sami received the scooter, his Coordinators have assisted him to purchase an all-weather canopy through his NDIS funding, as well as other additional features to ensure the scooter is perfect for Sami!

Sami can now access the local shopping centre and pick up groceries for his family in half the time it previously took to walk!

Sami is over the moon with the outcome and is so proud of his scooter.





Article by James V & Danilo T -
Community Support Staff

There is never a doubt in the world that both Ari and Mark love to Fish. Both participants have many things in common, such as the great outdoors, bike riding and their passion for fishing. The team at Headway ADP did some of their own fishing (*pardon the pun*) and were successful in sourcing an adaptive fishing program through Royal Ryde Rehab, where they run a Fishing Program at Ryde Wharf in Meadow Bank.

The program commenced in February of this year and the fishing group started off with a bang. Ari and Mark arrived at Ryde Wharf excited and ready to catch some fish. After greeting everyone they set up their fishing gears and rig some fresh prawns for bait and started casting away. Within 5 minutes, Mark's reel started screaming! FISH ON!!! and reeled in a beautiful Parramatta River Whiting! He was very happy. Whilst everyone was cheering for Mark, you can hear the voice of Ari in the background shouting well done Mark! He was the only one who caught a fish on the first week. Ari, although he did not catch anything, he was all smiles and laughs, socialising with other participants and the facilitators. Sadly the fishing session ended a tad early due to the rain. It did not affect Ari and Mark's joyful fishing experience today, and they both left with big smiles on their faces and the satisfaction from today's activity. Both Ari and Mark are to continue the fishing group.





participant get together & harmony day

by Aimee Chugg - Group Skills Development Leader

Participants were welcomed back to Headway ADP for the first Participant Get Together of 2023, and many participants and staff wore orange to celebrate Harmony Day. There were 10 participants in attendance, and the day was facilitated by myself and Peter Robinson.

At 11am, everyone gathered in the activity room and had a discussion about Harmony Day, or the International Day for the Elimination of Racial Discrimination, which aims to promote respect for cultural diversity and respect for people of different backgrounds. Further discussions on this topic were explored in the BEAT group later in the week.

Participants provided feedback for the groups that had been running this term in 2023 - the feedback was mostly positive, and people gave suggestions for different recipes that could be used in the cooking group for next term. They also said they were really enjoying being back at Headway ADP after the Summer break and loved the company of others in each group.

Participants also gave feedback on the social development outings: some participants said they were disappointed that there were no puppies or animals at the Guide Dogs Australia Workshop this term, and this feedback was noted. They made suggestions for outings to be explored in Term 3, including different clubs, venues and outdoor markets to visit.

As part of Headway ADP's commitment to transparency and respect for participant contributions, the Easy Read Dashboard sheets were distributed to participants during the Participant Get Together. The handy dashboard gives participants an idea of what data has been collected from their Term 4 Evaluations, and some of what other participants in the groups are feeling.

For example, some participants indicated last year that they would prefer a smaller bowling group, as the lanes would often get crowded with people. This term has seen the bowling group split into two sessions, making it much less crowded and improving the experience for the ten pin bowling participants. Some other feedback from Term 4 included participants writing "We feel we are so lucky to have people who care about us" and "More gatherings and social events".



After the Participant Get Together participants enjoyed some sandwiches provided by Headway ADP and made use of the new Nespresso coffee machine. Participants and staff can provide a gold coin donation to have rich, delicious coffee made using the professional machine.

After lunch, participants and staff created a beautiful Harmony Day artwork: each person cut out a hand silhouette and coloured it in with images related to them, their cultural backgrounds, and things they love (e.g. their favourite NRL team).

The hands were then used to decorate an image of a tree on a canvas, representing how people from all different walks of life can come together to make something unique.

Alexander Djo Back at Work

As children we are taught to go to school, complete our homework, assignments, and study all to prepare us for our future. That future being growing up to become adults who go out and make a living. A living that allows us to build our futures and develop a sense of purpose in our lives.

Before Alex's ABI he was working in a warehouse as a Stock controller looking after incoming and outgoing orders. Unfortunately, due to Alex's ABI he was unable to continue working and had to take a step back to address and focus on his health.

As of recent times Alex had expressed his desire to return to the workforce. Alex's support coordinators sourced Catholic, They arranged a meeting where Alex got to experience a full tour onsite to explore his options for supported employment. For the past few months Alex has been working on Tuesdays and Fridays in the role of a Gardener and has been adapting to work life, creating a routine, as well as learning new skills. Alex has enjoyed having the opportunity to gain a sense of purpose again in his life and has further



ambitions to eventually return to working in a warehouse. We are all proud of the perseverance and determination Alex has shown to pursue his goals. Well done Alex

by Samantha Lia Service Coordinator



COMMUNITY EDUCATION AT BELMORE BOYS HIGH SCHOOL

by Aimee Chugg - Group Skills Development Leader

The Headway ADP Community Education program is back up and running for 2023. This year, the focus will be on delivering our important message of driver safety and brain injury awareness to young people in schools – we know that young people aged 15-24 years are at significant risk of acquiring a Traumatic Brain Injury, and are also beginning a period of their lives where they will need to make choices about risk-taking, driving, and drugs and alcohol.

Through outreach efforts made over 2022, Milad Sidiqi the Student Support Officer from Belmore Boys High School invited Headway ADP to come and speak to his Year 11 and 12 students in March of this year. Michael Wright answered the call to come and present his powerful story alongside Aimee Chugg, and Adriano Lind, who supported Michael to the venue.

Although it was raining outside,

Headway ADP received a warm welcome from Milad and the Principal. Set up in the school hall, Michael and Aimee delivered two presentations to a total of 59 students. The students were very attentive and provided feedback to Michael such as:

“You have done a wonderful job Mick”

“Loved it, very educational”

“You have done very well in trying to tell us your story...thanks for the advice”

Morning tea was provided by the school, and Michael was the star of some artful snaps that the school posted on their social media pages.

Headway ADP hopes to continue a fruitful partnership with Belmore Boys High School and educate the community about the serious impact of Acquired Brain Injuries.

HEADWAY ADULT DEVELOPMENT PROGRAM

NEXT EDITION JULY 2023

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INVITATION WILL BE SENT TO YOU SOON

Please join us to celebrate

40 Years of Headway ADP

OPEN DAY WILL BE HELD ON

FRIDAY 7TH JULY 2023

FROM 10.00am - 3.00pm

WE WILL LAUNCH OUR COOK BOOK
AND BRAND NEW LOGO



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PP226018/00007