



to achieve their life goals

















Christmas 2022 Page 2
Happy Birthday Page 3
Bill Sayers Message
Page 4-5





Freedom on the Water regardless of ability Page 6





Doug's Stories Page 7

> Ari's Story Page 8

AGM -Christmas Party 2022 Pages 9-10

> Comfort at Home Page 11



# HEADWAY ADULT DEVELOPMENT PROGRAM INC - 40 YEARS YOUNG

January

John L - 19th Minh Van L - 20th **February** 

Lee C - 1st

Vu L - 1st

Patrick S 27th

March -

Nil

HEADWAY ADP
WILL BE
CELEBRATING 40
YEARS OF SERVICE
THIS YEAR - WE
WILL KEEP YOU
POSTED ON OUR
UPCOMING
CELEBRATIONS

1983-2023



Every year at Headway ADP brings about change. Beyond the news cycle, which often focuses on negative things, we also have an opportunity to reflect on the achievements of individuals and their resilience. 2022 was such a year.

I have said repeatedly that one of the real joys of my role as Business Manager is occupying the front row seat in peoples' lives. It is a privilege to see the contribution that participants and support staff make every day, and the selfless acts our small community demonstrates in looking out for each other.

The year's crescendo was the presentation of individual awards at our Christmas function. Being our first full Christmas Party since Covid restrictions relaxed, it was fantastic to see approximately fifty people get together, share each other's company, affirming why Headway ADP is such an important part of their lives.

Beyond profitability and some measurable improvements to service delivery (via technology and a commitment to Continuous Improvement), the main feature is always our participants. What is stirring for me is the assessment of individuals and their worth as valued members of our society. Below is a summary of the behaviours and characteristics identified by our team. They speak for themselves.

#### Awards included:

- -Support of other participants at social activities (helping peers)
- -Advocacy for other participants (fighting for the rights of others)
- -Motivation in seeking employment (actively seeking work)
- -Enthusiasm in making and building friendships (building connection with others)
- -Achieving a key NDIS goal. Attending a "first" family holiday. (Ability to do things without relying on relatives).
- -Showing strength and determination to overcome barriers (resilience)

# Bill Sayers Message- The year 2022 at Headway ADP

- -Showing kindness and thoughtfulness to others (compassion)
- -Commitment to self-improvement and achieving therapy goals (physical and communication independence)
- -Reducing level of smoking and taking control of health (reducing health risk).
- -Effectively leading participants whilst showing personal bravery (determination and courage)
- -Living more independently whilst full time carer was in hospital (self-sufficiency)
- -A determination to try new things- (dignity of risk)
- -Improvement in Lumosity performance (Reconnecting neural pathways and improved cognition)
- -Greater self-sufficiency (supporting my family in a way that I want to).

You do not have to read too much between the lines to know that the awards above whilst broad, reflect the efforts of individuals, ably assisted by a dedicated friendship and support network. "Team Headway" if we wanted to use a slogan.

In summary, what did we learn in 2022?

Headway ADP is much more than a place to hang out or a place that provides 1:1 support. It is about community connection and the realization that you never need to feel alone. It is about sharing the joys and the frailties of being human, and realising that although disability changes lives, it does not define the individual. Every person we service is

precious and unique. Our participants know this better than anyone. Remaining a specialist ABI service is central to our character and our impact.

Headway ADP goes into its 40th year with a real commitment to build on what we have. Yes, we will continue to focus on quality, financial viability and advocacy. But more than this, we will continue to build on our legacy, a legacy that started in 1983, driven by a community of resolute health professionals and a small group of parents and carers that had a vision. There will be exciting news over the coming months regarding our celebrations for 40 years, our logo and plans. Stay tuned and thank you everyone, for helping us to be the best we can be.

### **HEADWAY ADP IN 2022**









































### Freedom on the Water, regardless of ability

Our last social outing for 2022 was Sailability Manly. Participants and staff met at Headway ADP in the morning before jumping on a hired bus from Activus to make the hour and a half trip Feedback from the day: all participants to Manly. Nervously excited, the Participants thoroughly enjoyed the experience and all were fitted with a life jacket and put on some said they would love to attend this outing sunscreen, especially Doug, who put enough again. Peter would also love to become a sunscreen on himself that made all present sun volunteer with them in the future. Ron, who safe. As we were the last group for the day, we did not end up sailing on the day, really were able to spend more time Sailing from Manly enjoyed the day out, spending time with his Yacht Club, around Manly Cove and North fellow participants and enjoying the scenery. Harbour. Participants were anxious about the There were plenty of smiles and thumbs up boat and the waves but the volunteers eased from participants. Mark has never done their concerns. They assisted everyone in and out something like this and said the experience of the boats, some using a manual sling hoist was "absolutely awesome". Article by Jessie that transported participants from chair to boat Grippaudo - Operations Support Officer

easily. The sailabilty people were consumate professionals.

After participants had their turn sailing, we all enjoyed a walk around Manly beach to find a nice place to sit down and have lunch while a couple of staff and participants went for a walk to the local café for a coffee. Lee and Sharon were the bravest ones to dip their feet in the cold water.















# Doug's Stories



Everyone knows that smoking is one of the habits that is so hard to break. Many of us have tried to kick the habit but with no success. I know because I am one of them. I'm here to share my experience of quitting smoking or at least cut back as much as I can and prove that it is a possible mission.

I've been a lifelong smoker and have developed some health problems. As time goes by, these issues have advanced to serious stages. My doctor has warned me, cut back or have to face dire consequences. In the past, I've tried patches and gums but none seem to work for me. It's just down to me wanting to quit now. With the help

from the neuropsychologist and staff at Headway ADP working collaboratively, and my pure willpower, I've managed to cut back in 2 months from 20 to 7 smokes and still going strong. My secret? Only take as much puff as I needed and save the rest for later. This way one cigarette can last me for hours. I've even started my morning routines earlier before support staff arrive, as one of the strategies was to keep myself occupied. This helps me to get ready on time and not think about the first smoke in the morning which is the most crucial. Other benefits are monetary. I've saved so much money from cutting back each week. Not to mention my health has improved as I can exercise more now, more walking and participate in home gym programs

to improve my fitness. These are just some benefits to quitting smoking and so far my quality of life has improved so much, I know I've done the best thing I can do for myself.

On Thursday 24/11/2022, I was lucky enough to attend the opening night for the "this is me" exhibition at the Chrissy Cotter gallery at Camperdown. The gallery has displayed 3 of my artworks and even had them for sale. All the works were done by Studio Artes participants and range from paintings, self portraits, sculptures and video presentations. Some of the work was excellent and mesmerising.

Also, having a bit of time in between my art class and the exhibition, we headed to "the Grounds at Alexandria" for dinner. I really enjoyed the colours and the festive feel there. There was so much to look at and the history of the old mill was very interesting. Thanks Headway ADP for giving me the chance to attend my opening night festivities.



Above Doug - Showcasing his art work



## ARI'S STORY- Article By Ari

I would like to share to our Headlines readers about my trip to Bulli and Thirroul, with the help of my support worker Danilo. I was very keen on going to a coastal drive. With the support of Danilo and the benefits of our support staff having their own iPad, both of us researched about this particular area. Growing up in Greece, I was always close to the sea. I love feeling that connection. It was an amazing day as we went to both Bulli and Thirroul, and the drive was very nice, especially when we reached Bulli Tops. You could see the valley below and it was breathtaking.

My support worker and I had lunch in one of the local Thai restaurants, Sukhothai in Thirroul. We also researched the restaurant using the iPad. The food was really good! We shared Pineapple Fried Rice and Pad Thai, which according to the chef, was their best seller! Then Danilo and I checked out the beach and the rock pool around the area. It was amazing. I really had a wonderful time, enjoyed the nature and being away from the busy city life, even if it was for just a day. It made me feel alive and that I belonged to the community because I can make my own decisions on what I wanted to do with my life. Above is a photo of me at Collins Rock in Bulli that Danilo took on the day, I really recommend this for you to do with your own supports. Thank you to the NDIS, Danilo and Headway ADP for this great opportunity.



After three years of uncertainty, stress and isolation, it was a joyous sight to see so many participants together to celebrate the end of 2022 at Headway ADP. The day was packed with activities: the 30th Anniversary Annual General Meeting, the Participant Get Together, and of course the much-anticipated Christmas Party!

The Annual General Meeting (AGM) was up first at 10am; participants sat with key staff members to discuss where Headway ADP has been and where it is heading in the future, upcoming administrative changes, and the recent audit. Our Management Committee Members were also nominated at the AGM and we are pleased to announce that we have full representation of 7 Committee members on our board. Participants were also able to celebrate Headway's 30th anniversary at Headway Adp.

Participants and staff then filtered into the main activity room for the 4th Participant Get Together of the year, with a whopping 22 participants in attendance! Robinson and I began the session at 11am, and started by collecting feedback about the groups and outings from Term 4, 2022.

The participants reflected that they were enjoying the cooking group immensely, and generally liked the recipes chosen. Some participants said they would love more q

meat-heavy recipes, however others said they liked to learn how to make vegetarian ones. They also wanted to use the Headway ADP barbecue again next year.

feedback about the BEAT ceramics groups was also positive, and the bowling group at Villawood - now Headway' ADP's largest group- continues to bring people together. A special shout-out to Lee Chau, who is always ready to cheerfully assist others during the fast-paced bowling sessions, and John Laycock, who is expanding his social circle by giving ten pin bowling a go.

Of all the social development outings that ran in Term 4, the Sailability Manly outing was a standout. All participants who attended said the day was exciting and enjoyable, and no one could keep the smiles off their faces as they recalled zipping around the waters of Manly Cove and North Harbour in their own personal boats.

After collecting feedback, Peter explained some of the upcoming outings for Term 1 2023 and I noted down suggestions from participants. We also showed the group the new Survey Monkey evaluations and improved data-collection tools that will be immediately rolled out.

It was then time to feast.

Participants were served delicious, freshly made pizza from **Pizzeria on the Go** with Connie's expertly prepared salad, and were able to mingle and chat throughout Headway ADP house. The photobooth was set up in the driveway and everyone had great fun taking festive pictures (as seen on page 2) with friends, and the karaoke machine was a big hit.

While dessert was served, Sam and I

presented participants with certificates to acknowledge their hard work and achievements during 2022. Everyone received a round of applause from their fellow participants.

A welcome and happy end to the year, with bright hopes for the next.

#### Article by Aimee Chugg - Groups Skills Development Leader





My Service Coordinators have been at battle with the NDIS since 2020 to get an air-conditioning unit installed in my home, and the hard work finally paid off!

It was recommended that I receive an air-conditioning unit in my house because I am unable to regulate my body temperature. This is especially difficult for me during the warmer months. My Coordinators, Maria, and Sam assisted me throughout the entire process, which took a lot less stress off my wife and I. They assisted us with gaining all the evidence required, including reports from my medical team, and sourcing an Occupational Therapist to provide recommendations. We went in with a fight at my NDIS review, however, the NDIS did not find the purchase and installation of an air-conditioning unit "reasonable and necessary". Thankfully, my Service Coordinators did not give up and we went fighting even harder at my next review 5 months later, after they lodged a Change of Circumstance. This time, the NDIS allocated some funding for an

air-conditional unit to be installed in my home. I was so happy! Unfortunately, as Covid was still heightened around this time, the company that was recommended to supply the air-con unit had closed. This threw another 'spanner in the works'. coordinators arranged for an air-conditioning specialist to come to my home- he was great and helped me a lot! He mentioned that the air-con unit that was initially recommended by my first OT would not be powerful enough to heat/ cool my house. He gave my Coordinators a quote and a support letter and they submitted another Change of Circumstance with the NDIS, as the funding in my plan was insufficient. We all fought hard again in my review.

Finally, after 2 long years, and several phone calls with the NDIS, the agency approved sufficient funding in my NDIS plan to get a powerful air-con installed in my living room. It was installed in November 2022, which was perfectly timed just before the hot weather came! I am so thankful for the hard work and commitment my Coordinators provided me. Thanks to them, I now come home to a cool house.

Article by - Samantha Lia Service Coordinator

### **HEADWAY ADULT DEVELOPMENT** PROGRAM



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