



PECKYS NEWS – MARCH 2015

Chief Executive Officer Update

Hello everyone,

The year is again flying by. The Christmas holidays are a distant memory and the programs are now busy planning Easter show dates and chocolate making activities.

2015 has been a busy year for all of us at Peckys. The administration office welcomed Sarah to the new position of administration assistant. Sarah has helped reduce the heavy workload we were experiencing in the admin building supporting the programs as they grow.

Peckys had 20 new people join across our programs this year.

The organisation is about to embark on setting up another new site located in the Seven Hills area. We are very excited to be expanding again and look forward to inviting you all to an open day in the near future.

Thankyou for all your feedback late last year through the annual surveys. We received a great response from families and staff. Peckys really values your input into the services the organisation provides and the annual results and outcomes are utilised in program planning over the coming twelve months.

Preparation for the National Disability Insurance Scheme (NDIS) is high priority for the next twelve months. The organisation is currently developing a new future strategic plan that will direct how we provide programs for clients in the new environment of the NDIS. We are planning on having information sessions for families and carers as the time gets closer to gain your input into our plan. It is an exciting time for the disability industry and our organisation as the changes will revolutionise how we support people with disabilities.

I hope you all enjoy the beautiful autumn weather we are experiencing and have a nice break with family and friends over Easter time.

Heidi

Day Service Prospect

Welcome back everyone to Peckys Prospect for 2015. A special welcome is extended to our three new clients – Rudy, Amy and Clayton. All have settled in well and are making good friends at Peckys.

Our outdoor area is coming together well. At the beginning of this year, we had a new swing set installed (including a nest swing) and a picnic table has been purchased. The vegetable gardens are currently being revamped. Along with the trampoline, this space now provides an additional outdoor activity area for our clients.

Over the past few months, clients have enjoyed picnics, bowling, swimming and outings to YMCA and Flipout. Vegas Day at Riverstone Scholfields

Memorial Club and Morning Melodies at Merrylands RSL have also been a hit. Cultural cooking has continued on Fridays with Italian, Chinese and English cooking being enjoyed by all. Our professional craft instructor, Elaine, comes each Tuesday to assist with craft activities. We are currently making a pottery hanger. Line dancing is proving popular, and along with African drumming, are giving our clients the opportunity to mix with clients from other services.

Two Sports Days also have been organised where clients have participated in basketball, obstacle courses, cricket and soccer games. This has been followed by a traditional Aussie lunch. A special Valentines Day was also held with craft and lunch which included clients preparing chocolate-coated strawberries! Thanks to staff who may these days a success

Lisa Oxman

Day Service Coordinator



Day Service Blacktown

Welcome back to clients and staff for 2015, this is a year of big growth and moving forward for Peckys Blacktown. I hope that everyone has had a wonderful Christmas and a well-deserved break.

Welcome new clients

A huge welcome aboard to all our new clients this year to Peckys Blacktown Day Service: Priyaneka, Yasmin, Kyla, Daniel, Vanessa, Corey, Nicole, Nicky Sam, Jessica, Melanie and Wayne. We wish all our new clients a happy and fantastic experience at Peckys Blacktown.

Welcome new staff

A big welcome to our new staff recruits to Peckys Blacktown, Therese and Junior, I'm sure you are both fitting in just fine with our friendly atmosphere.

Activities - Soccer training

Our clients have been busy and training hard for the past 4 weeks refining their soccer skills. Amazing and consistent efforts have been shown from our very skilful staff Junior, Leachelle and Julie. We look forward to join and compete with other services – Go team Peckys!

Old time dancing

The clients and staff have had so much fun with this activity, we are delighted that some clients and staff from Prospect and other services have been able to partake in this activity. Clients have been learning dance moves such as Charleston, and wheelchair Barn dancing. Tune in next

time when Leachelle and Junior will be showing dance moves from East Africa and NYC freestyle.

Boot Scootin Line Dancing

Dust off your old cowboy boots and get into the spirit of line dancing – what a thrilling activity this is! The clients and staff feedback has been overwhelming and everyone is encouraged to show their Billy Ray Cyrus moves.

Italian Cooking

Every Friday there is a delightful aroma that fills the kitchen and the centre. We will be incorporating different themes every month, this month we have made a variety of dishes from Italy. Apart from learning new cooking skills, the clients are also learning how to be resourceful with ingredients and wastage.

Card Making

There is nothing more special and personal than a homemade card, this activity has been most enjoyable and as a result we have seen some beautiful and interesting cards that were made by clients – thank you for the positive feedback from some parents

Catholic Mass

This is a new activity we are trialling for this month for clients who are Catholic and would like to attend church. Clients will have the opportunity to receive communion, light a candle and speak to a Deacon or Priest – the location of the Church is – Our Lady of Rosary Church, St Marys.

Golf

Our clients have been going to the driving range, hitting long distance targets, practising their swings and chipping. It has been brought to our attention that we have a Tiger woods in the making - well done Brodie!

YMCA

Some clients are enjoying the weekly gym sessions at YMCA. It's such a feel good program that leaves you feeling great and boosts self-confidence.

Women's purse group

Every Monday at St Marys Community Centre, a small group of our female clients get together with other ladies in the community for a quiet craft group. Some of the activities included are: beading, sewing, quilting, hand bag making, and rolling wools. This is followed by a lovely Devonshire morning tea.

Choir

This year our choir group the Wind Chimes are learning new and exciting songs. We are also incorporating key word signage for our end of year performance. Once again our choir group is directed by our wonderful and talented music director Mrs Kerry Philiponi. Wind Chimes are available for performances on weekdays towards the end of the year – Bookings can be made with Ms Kerrie Marks on 9831-5552.

Upcoming major event –

PYJAMA THEME DISCO

Sara Adderley

Day Service Coordinator





Living Skills

At the start of the year we welcomed a new staff member Fran. Fran has fitted into the Living skills team very well and all the clients enjoy working with her.

On Wednesday's clients are enjoying doing craft with Elaine. They have been making a year book folder to keep all their artwork and photos in. Clients will use this folder throughout the year to keep all their treasured creations.

In February, clients enjoyed learning about Italy. Throughout the month they participated in different activities. The group cooked pasta and learnt about Italian culture. They also visited an Italian bakery in Haberfield where they enjoyed lots of different types of Italian cakes and pastries. On the last week we cooked a Margarita pizza on a cooking stone. The clients made the dough and pizza sauce and they all enjoyed seeing how the dough doubled in size.

Clients have enjoyed participating in the canteen program. It has given them the opportunity to practice their money skills and they also enjoy choosing from the canteen menu.



Fiona Burrows

Team Leader

Teen Zone

As the new co-ordinator of the Teen Zone program I'm having a great time meeting all the parents and members and would also like to welcome new comers to the group Flynn, Jayden and Abhishek. Members, families and staff are encouraged to be involved in the process of activity planning and any input regarding the program is appreciated. Activity planning days are set aside where we discuss and submit ideas on which activity they would like to see featured in future booklets. In the booklet this is called "IPP Planning" days where all are welcome to participate and enjoy a cuppa and cake. We have some new staff editions, Charles and Joe who we would like to welcome to the group. Also fun, energetic outings, geared towards exercise such as swimming, tennis, circuit training, and trampoline are now incorporated in our activities. Another major edition featuring in the May to October 2015 Teen Zone booklet is "Peckys Sleep over". This entails nonstop activities starting with setting up camp in the cabin at the Peckys site, catching a train to Central station, hopping on to a Double Decker Bus touring Sydney, lunch at Bondi eatery, fresh ice cream at Bondi, train back to Peckys, dinner out (member's choice) drive in movies, back to Peckys to sleep. Need I say more, fun, fun, fun!

The success of Teen Zone relies on dedicated staff & the continual feedback, participation & support from members & their families. For more information please contact Andreana Young on 0437 007 390 or email ayoung@peckys.org.au



Viva Vibes

Wow we've reached 2015, and the program is still going strong, and continues to thrive where memberships are at a consistent number. The success is due to the collaboration of staff, members and their families working as a team, providing feedback and strong communication. The Viva staff continues to create a safe and friendly atmosphere where members can feel comfortable in developing strong, positive friendships which move beyond the program. What we are seeing more of, is that long-time members are part of this facilitation and I'm proud to say that most members pride themselves in being friendly and welcoming to all newcomers. Many activity suggestions have been submitted, but one has stood out the most, being a plane trip to an island or place that has lots of sightseeing. This shows us that Viva members are all about fun, energy and wanting to discover new places.

To all involved Keep Living the Dream!

*For more information please contact
Andreana Young on 0437 007 390 or
email ayoung@peckys.org.au.*

Andreana Young

Recreational Program Coordinator



TTW Transition to Work

Welcome back to 2015!!!

Transition to work has had a great start to the year. I would like to welcome Kaitlan to the group and hope that over the next 2 years we can support you to uphold a long term employment position in the area you wish to work.

Transition to Work Program has relocated to our Third Avenue site at Blacktown this year.

We have a wonderful room set up for learning and training with computers for all the clients to access.

The program is becoming more involved with community based programs such as a pamphlet delivery in the local Blacktown area. Clients are taking the opportunity to become more familiar with the local area by walking and catching public transport to their venues or work experience.

Clients are also working on new areas of personal development through work readiness programs. On this path to becoming ready for work, they are learning about themselves and how to improve their personal skills.

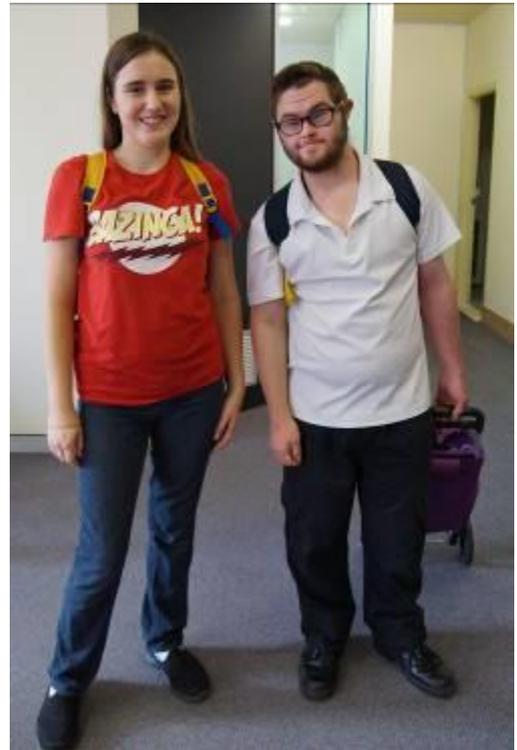
Transition to Work Program is also developing their own Bingo for other services to come and join in and meet new people. They are currently developing the program and working out the prizes. The program is due to start in April 2015.

Currently we have three clients attending work experience at Sunnyfields supported employment service at Mt Druitt. The clients are

currently learning new skills for their development into their working career.

Melissa Terheegde

General Manager Community Access Programs



Community Housing

A fantastic start to the year we have had. I would love to begin with some of the residents accomplishments:

Tristan is delighted to share his news of his new job. Tristan commenced working 2 days per week in late February.

Rob has joined Peckys Policy Committee and is looking forward to get to know more Peckys people and to being part of the continual improvement of Peckys.

Nick loves playing the guitar and hopes to be playing his instruments very soon. He has been approved to have Hand Therapy and this will assist Nick's hand movement and control.

Barry has commenced his new exercise routine compiled from his O/T. Barry has upgraded his personal aids to assist with his mobility.

Well done guys.

We currently have 4 people residing in our Blacktown houses, so it's nice to be able to share some of their personal achievements with you.

The transition for the takeover of Community Housing has been very smooth and successful. Both residents and staff have thoroughly enjoyed this experience and the challenge.

Till next time,

Jodie Caruana

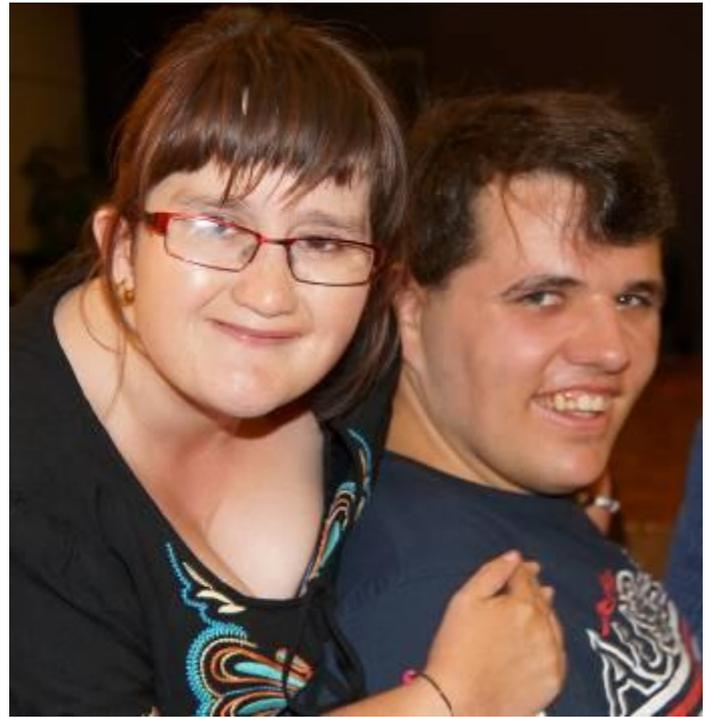
General Manager Community Housing
& Continuous Improvement



Staff Profile – Angela Hanson

I am a support worker in the Day Service Program. I have been working at Pecky's now for 6 months and I am really enjoying the work that I do. Previously I worked as a Hair Dresser and I had wanted to change careers for some time. Finally in October last year I made that change and I haven't looked back.

When I am not at work I am spending time with my husband and my 3 gorgeous children aged 15, 6 and 3 who keep me very busy. I am really looking forward to working and expanding my knowledge and skills in Disability Services.



**Peckys will be closed
for Clients**

Training Week

8th June – 12th

June 2015

