

## Rockhampton Respite

Staff at the Rockhampton Respite centre have been very busy over the last three months. The quality audit took place in November and Rockhampton passed with flying colours. In preparation, the staff worked tirelessly with families to update all necessary files. Multicap also purchased new lounges and dining room chairs which gave staff the opportunity to give the respite house a mini makeover.

Another new addition to the house has been a springless trampoline which has been much enjoyed by guests over the holidays.

Carole Savage, Joan Donovan and Karen Bailey all completed their Diploma of Disability Work through TAFE Queensland just in time for Christmas.

The final social club dinner/dance for 2009 was held at the Brothers Leagues Club on 4th December. It was a fantastic night attended by approx 110 people, including Collin D'Costa, Area Manager, who made a special trip from Brisbane to attend. Matthew Fox played the role of Santa on the night, handing out gifts to all who attended.



## News from Petrie & Nudgee Day Services

The start of the new year was celebrated by an inaugural 'thong throwing' contest between Petrie and Nudgee Day Services, and coincided with Australia Day festivals and a BBQ.



Programs for 2010 include cultural specific celebration days, family meal preparation and cooking, music and drama with a focus on a puppet show to be performed later in the year. The farm activities will continue again with a big emphasis on Workplace Health and Safety; and staff and clients welcomed a new addition, Mr Piggy, to the farm. Fruit and veggies will also be packed every Thursday as a combined program between Petrie and Nudgee. Music Therapy will be happening with

Cheryl, Victoria, Stephan and Maegan; and Gym will continue to be held on Tuesdays.



Nudgee will see work experience as a large focus and community integration will also be a large component of the programs.



Congratulations to all permanent staff at both Petrie and Nudgee for completing their Certificate III or IV at the end of last year.

## STEPS Program

Clients and staff in the STEPS program are looking forward to 2010 and moving forward in their lives. At present, ten clients are being supported in emergency/crisis situations. The staff of STEPS are very passionate about ensuring that their clients find a permanent residence which they can call home. They work closely with their clients' family members and other services to identify the best possible place. While the clients are in the program, staff support them to build on their life skills, whether it be in assisting with making meals or integrating socially into the community. STEPS is a very rewarding program which empowers clients to be as independent as possible.

## Monte Lupo Shop Ramp

Macgregor Lions will be partnering with Multicap Monte Lupo to assist with the replacement of the existing ramp structure on the Monte Lupo shop at Eight Mile Plains. The majority of the timber required to build the ramp has also been donated by Kosny Corporation at Brendale. The construction will take place over the next few months by the Multicap maintenance team.



## Suncorp Metway Calamvale Branch Supports Multicap

Multicap Monte Lupo would like to thank the Suncorp Metway Calamvale branch for selling Monte Lupo Christmas decorations in their branch over the Christmas period. All proceeds from the sale of the decorations directly benefited the supported employees at Multicap Monte Lupo.

## Donations

Your donation, large or small, will help Multicap support people with multiple disabilities, their families and their carers.

### Make a Donation

I would like to make a tax deductible donation

Single Donation \$.....  Regular Donation \$.....  
*(your regular donation will be debited to your bank account each Art Union)*

### Purchase Art Union Tickets

I would like to order the following ticket books

\$15 Book  \$21 Book  \$30 Book  \$60 Book

### Advance Order Tickets

I would like to enjoy the convenience of having my ticket order automatically sent each Art Union

Advance Order \$..... *(your order will be debited to your bank account each Art Union)*

### Payment Method

Please tick and complete details

Direct Debit  Visa Card  Cheque  
 Multicap Bank Account  Mastercard  Money Order  
 Multicap Website  Debit Card

### Direct Debit Details

*Direct debit deductions will continue until you instruct Multicap to cancel in writing*

Account Holder Name: .....

Bank Name: .....

BSB:   First Payment: ..... /..... /.....

Account:

Signature: .....

### Credit/Debit Card Details Minimum \$15 purchase

Card:

Cardholder's Name: .....

Expiry Date: ..... /..... Signature: .....

### Multicap Bank Account

*You can also pay into our Commonwealth Bank of Australia (CBA) account*

Account Holder Name: Multicap Art Union

Bank Name: CBA Reference: AU95

BSB: 064130 Account: 00 901 200

### Your Contact Details

Name: .....

Company: .....

Phone: ..... Email: .....

Address: .....

**Return to Multicap** - Post or Fax to the details below



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Website [www.multicap.asn.au](http://www.multicap.asn.au) • Email [info@multicap.asn.au](mailto:info@multicap.asn.au) • ABN 40 120 240 686 • ARBN 084 424 493

## Ways you can help....

### Art Union

Congratulations to Fred Summerhayes from Robina, winner of Art Union 96, drawn 16th December 2009. Fred chose the Holden package as his prize – a Captiva and a Barina and is pictured with Cate Farrar, Donor Relations Manager, at the presentation of his vehicles on 7th January 2010.



Support our clients & have a chance to WIN a \$60,000 car for just \$3!

**TICKET HOTLINE: (07) 3340 9015**

### Wishing Well Donation Money Boxes

Join almost 8,500 wonderful hosts throughout Queensland with a Multicap Wishing Well donation money box. Why not use one in your office for your staff to use as a 'swear jar' with a gold coin donation every time!

For further information on how you can have your own Wishing Well, please contact Chris on **0407 737 263**.

### Bequests

Imagine leaving a gift that will ensure Multicap continues to support local people with multiple disabilities for now, for the future, for life. Your bequest will support Multicap and ensure that our clients with disabilities, possibilities, and capabilities continue to shine.

For further information on how you can help, visit [www.multicap.asn.au](http://www.multicap.asn.au) or phone Sandra Williams on **07 3340 9008**.

*If you do not wish to receive future Insight Newsletters, please phone 07 3340 9008.*



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INSIGHT  
Patron: Her Excellency Ms Penelope Wensley AO, Governor of Qld

Multicap®  
disabilities, capabilities... possibilities



### CEO's Corner

With Joanne Jessop

Welcome to 2010, and a special welcome to the new people and their families who have joined our Multicap services across the state. We look forward to building lasting relationships with you over the coming months and years, and value the skills and experiences you bring to our organisation.

During February we have held our three monthly Family Consultation Sessions. These provide an opportunity for people to get together and discuss with our coordinators and senior staff what is working well at their local service, as well as areas where things could be improved. The next sessions will be held in the third week of April, so please participate by attending. Invitations will be sent out at least two weeks before the sessions.

We spent time with families during these sessions discussing their experiences and what they saw as Multicap's role and function; it is always very humbling to hear comments such as "Multicap gives families time to regain their strength", Multicap makes something available that others take for granted" and "I don't know where I would be without Multicap". These comments inspire us to keep developing quality services that meet the needs of people with multiple disabilities and their families across the state.

During February we have held two inaugural events as a result of suggestions made by families during these Consultation Sessions; Mackay held the Multicap Twilight Ball and Brisbane held the Multicap Dinner Dance. Both are tangible examples of making something available that others take for granted – fun-filled evening events that were enjoyed by people with disabilities, their families and friends. Thank you to all the sponsors and staff who made these functions possible, and we look forward to them becoming a regular occurrence each year.

*"Some give up their designs when they have almost reached the goal; while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than ever before"*

- Herodotus

### Thank you

Multicap would like to say "thank you" to all the people who support our organisation in many different ways. Our special thanks go to: Jill Arkadieff of BlueScope Lysaght, Glynn Brown, Mr K Window, Ashley Lin, Dawn Angus of the Chermide/Kedron Uniting Church, Mr R Gregory, the Whitehouse Foundation, Mr B Williams, and Alan & Julie Harris. Thanks also to: Benson Partners for their donation of a colour photocopier, Ellie Skinner of Dracaena Farm Nursery for the donation of plants, Susan, Mel, Lisa and Tiffany of Susan Hunt Agencies for their donation of a large quantity of linen and Christmas decorations, Gaille Newton and Dawn Gross for their donations of regency chairs, and John & Janet Goh for their donation of lounge chairs and a table. All these items are greatly appreciated by our day and residential services.

### Historic Flagpole Unveiled at Nudgee Site

A restored flagpole, constructed by the United States Army for a Banyo camp in World War II, was recently unveiled by Banyo RSL Sub Branch at Earnshaw Road Nudgee. The flagpole played an important part in the Army by flying over Banyo for more than 60 years. The pole was refurbished and used for the first time on 3rd February by Army Cadets at the Banyo RSL Sub-Branch, which shares the Multicap Nudgee site.

Pictured below is Nudgee's Federal member, The Hon Wayne Swan MP, (centre front), together with Multicap's Chairman, John McAuliffe, and the clients from Nudgee Day Service at the presentation of a new Australian flag for this historic site.



## New Year Excitement at Aspley

The new year began well for all of the clients at Aspley Day Service. They were particularly happy to meet and pat a baby wallaby, whose name was Violet.

The Ladies' Group has begun some new and exciting programs, focussing on China. They discovered that this year is the Year of the Tiger and that some of them are Rats, Monkeys and Horses in Chinese astrology. The ladies' group attended Chinese New Year and ate Yum Cha!!

One of the clients began work experience at the Chinese Taoist Temple at Deagon and enjoys working in the office and looking around the Temple.



Tim meets Jacinta and Violet the baby wallaby

## Birthday Celebrations at Toowoomba



As the morning heat shimmered across Highfields, the throb of a Harley Davidson motorcycle engine filled the air. Marty Morris had arrived at the Multicap residence to take Russell Jenkins on a joy ride to celebrate his 43rd birthday on 30th November. Martin is one of the team which offers Live to Ride Motorcycle Tours in south-east Queensland.



With infinite patience, Marty and Colin Moon, Multicap support worker, helped Russell into a leather jacket, gloves and motorbike helmet to ensure his safety. Russell looked a 'cool dude' in all his leathers – even though the day was so hot! He took the pillion position and with smiles on their faces, Marty and Russell headed out to the highway and towards Hampton and Perseverance Creek for a generous half hour ride.



On their return, support workers Chris White and Colin, Russell's parents, and his housemate Troy, were waiting to welcome them back; and then to enjoy birthday cake and morning tea. Russell is keen on motorbikes and wishes he could be a postman. The ride was an opportunity to feel the freedom and power of a Harley Davidson, and was a great experience for Russell – many thanks, Marty!

## New Flooring for Marsden Respite House



Thanks to the Logan City Mayoress Community Service Committee Inc for selecting Multicap to receive a grant for the purpose of laying new flooring in the Marsden Respite house. Janice Bell, Team Leader at Marsden, and Sheree Pfeiffer, Area Coordinator, attended a presentation ceremony at the Logan City Council in December to receive the cheque.

The funds have been used to lay new flooring in the lounge and staff rooms of the house. The new flooring enhances accessibility for people with mobility aids and enables more families to access respite.

It's part of Multicap's strategic plan to be continually improving services and Marsden Respite has certainly done that over the past year. With additional funding they now have people from around 70 families using the service and the new flooring will add to the enjoyment people feel when they stay at Marsden.

## International Women's Day Table Centres

Monte Lupo was awarded the exciting opportunity of creating the table centres for the International Women's Day celebration in March. Over 125 pieces were created, representing professional women. The lunch is held every year to celebrate the diversity, success and advancement of women everywhere, and is attended by approximately 1000 people. The table centres were sold at the end of the day.



## Mackay Dances the Night Away



The inaugural Multicap Twilight Ball was held on 4th February in Mackay. Providing an opportunity for people with disabilities to enjoy a formal function, the night was an outstanding success with over 70 people kicking up their heels. Ms Jan Jarratt, our local MP, attended, and was very supportive of similar events being held in the future.

The evening would not have been possible without the support of local Mackay businesses and we would like to thank Andergrove Convenience Store, Bucasia Holiday Villa, Oxy Equipment Repairs, Andergrove Tavern, Shamrock Hotel, Bridal Magic, The Holden Car Club, DIY Balloons, Snap Printing, Auto Corner, Mackay City Pet Barn, Brett Taylor, Holly's Party Hire and Mackay Sugar City Rock & Roll for their generous support for people with disabilities.

Sue Watson, Debra McNeilly, Julie Willes, Veronica Skipper and Shiralynn Turpin, the amazing Multicap staff who were the driving forces behind this event, tell us that the next Twilight Ball will be bigger and even better.

## Multicap Dinner Dance

Our inaugural Multicap Dinner Dance was held on Saturday 13th February 2010 at Rydges Hotel Southbank, with Julie Attwood, Parliamentary Secretary for Disability Services & Multicultural Affairs, attending.

120 guests enjoyed a colourful, fun filled evening with great company, fantastic food and music, lucky prizes, and other surprises.

Thanks must go to our Founding Partner, Intouch, for making this inaugural event possible. Thank you also to all who donated, attended, and helped make the night possible including DJ Vince and Marija Ban Photography.



## Multicap Gala Ball

It's on again, the fun event that changes lives! Multicap's second annual Gala Ball – A Majestic Affair - will be held 6.30pm on Saturday 22nd May 2010 at Gianni's Events @ Portside.

So come along, 'strut your stuff', and join us to experience an unforgettable evening of majestic dimensions and help support the lives of fellow Queenslanders living with multiple disabilities.

Sponsor a table of 10 for just \$1,700 (receive table naming rights), or \$180/ticket (early bird discount available), at [www.multicap.asn.au](http://www.multicap.asn.au)

## Westpac Golf Day



Thank you again to Westpac Garden City for nominating Multicap as their Charity of Choice for their rescheduled Golf Day.

The Westpac Golf Day will be held on Tuesday, 13th April 2010 at Brookwater Golf Club from 11.00am. Find out more about sponsorship opportunities available and register your team of four online now at [www.multicap.asn.au](http://www.multicap.asn.au)

### 2010 Closure Dates

All Day Services & Centre of Creative Arts

- Friday 2nd April to Monday 5th April (Easter)
- Monday 26th April (Anzac Day Holiday)
- Monday 3rd May (Labour Day)
- Monday 14th June (Queen's Birthday)
- Monday 28th June to Friday 2nd July
- Wednesday 11th August (EKKA)
- Monday 27th September to Friday 1st October
- Friday 17th December to Friday 7th January 2011

### Administration & Monte Lupo

- Friday 2nd April to Monday 5th April (Easter)
- Monday 26th April (Anzac Day Holiday)
- Monday 3rd May (Labour Day)
- Monday 14th June (Queen's Birthday)
- Wednesday 11th August (EKKA)
- Monday 27th December to Monday 3rd January 2011

## Introduction to Multicap's New Music Therapist



Hi, my name is Jaye Thompson and I'm the new full-time Music Therapist at Multicap's Southside Day Service. I completed my music therapy studies at the University of Queensland in 2008 and prior to this appointment I worked in the area of Acquired Brain Injury

Rehabilitation with Adults.

Music Therapy is a registered allied health profession that aims to achieve non-musical goals through the therapeutic use of music. The music therapy service at Multicap consists of individual and small group sessions that provide clients with opportunities to address cognitive, emotional, physical, social, and communicative aspects of their functioning.

The Music Therapy department is equipped with a broad range of instruments, including guitars, various tuned and untuned percussion instruments (different styled drums, shakers, tambourines, and xylophones to name a few), and very soon a new digital piano that was purchased with money obtained from a successful funding application. In the next year we are hoping to expand our resources to include audio recording equipment, a broader CD collection, and educational literature.

If you have any questions about music therapy and the service provided at Multicap please feel free to contact me directly via email: [jayet@multicap.asn.au](mailto:jayet@multicap.asn.au) or phone: 07 3340 9019.

## Social Support Events

Multicap is pleased to announce the commencement of a new social support program for children with disabilities called "El Coro". This is a community choir for children aged 10 to 18 years which runs each week from 3.45pm - 5.30pm at Multicap Eight Mile Plains, for a cost of \$5. This is an exciting new program directed by Anne Flood and Alyssa Maughan (Southside Singers' Music Therapist and community artist). Jacinta Costello, a Speech Therapist who previously worked at Multicap, will also be contributing. Such a range of talents and experience is sure to create an attractive activity for children living with disabilities.

In November 2009, Alyssa Maughan was privileged to visit the Tutti Ensemble based in Adelaide. The visit was made possible by an Arts Queensland grant. The Tutti Ensemble provides programs across visual, performing and digital arts that are

specifically for people with disabilities. Alyssa's main interest was the choral program, and she hopes to share some of the ideas with Multicap's Southside Singers choir.

Northside Holidays has another subsidized holiday planned for March. The group will be heading to a Farm Stay at the Lost World for 3 nights and will enjoy a whole range of fun and interesting activities. These holidays are for people with disabilities who live on the north side of Brisbane and the next holiday will be in July. Please enquire if you know of anyone who might like to come along.

The 8 Mile Club and the Northside Social Group are going strong with many varied and exciting activities planned. These social groups offer people with disabilities the chance to get out and meet new people and do new things. The Northside Multicap Dance is held on the last Friday of each month from 5pm - 8pm. Jill Binding and Grainne Taia organise a theme for each dance.

It looks like it will be a busy year for social support!

## A message from Multicap's Dinner Dance Founding Partner, Intouch

From 1 July 2010 the Continence Aids Assistance Scheme (CAAS) will become the Continence Aids Payment Scheme (CAPS).

The new CAPS will be managed by Medicare Australia. If you are eligible for the CAPS, the funds will be paid directly to you to use when searching for and purchasing your continence products.

The new CAPS scheme can be managed through Intouch and the upcoming changes will provide choice for customers. These changes will also provide Intouch with greater flexibility to meet your needs.

"We realise people in the community have different needs; Intouch Direct is popular because it is discreet, convenient and reliable; whether you are eligible for government funding or not you can access a wide range of quality products at very competitive prices." Carmen Riley – Intouch CEO.

For those who want to continue accessing specialist products and direct to door delivery you can trust, Intouch Direct will provide that service.

**Intouch CAAS Helpline 1300 366 455**  
**Intouch Direct 1300 134 260**  
Visit [www.intouchdirect.com.au](http://www.intouchdirect.com.au)

