



NEXUS INK

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Season's Greetings

CEO End of Year Report

Well, as another year comes to a close it's time to reflect again on where we are as an organisation, and where the disability sector is in general. A little later I'll report on the NDS conference I attended in December. The big story for the sector has been the issues with the roll out of the NDIS, many of which are now behind us in Tasmania; but are still problems in other States where the roll out is by regional area. For Tassie, we are gradually exposed to the NDIS, but in other areas whole services have come into the NDIS literally overnight, and the States have also cut their funding overnight - this would be difficult! I understand that a number of services on the mainland are financially close to the edge because of this.

Is Tassie any more ready? I think many organisations are because we have all had a little exposure to the new system. We are also supported by a great NDIS team in the State - something that we all need to fight to retain.

What can families do to get ready? Sign up to the NDIS newsletter from their website and be aware of when your family member "ages" into the scheme. As you get close to that time talk to key workers, house managers and the Nexus office about what you need to know. We are working on IT systems that will help provide the evidence you need to ensure your family member's reasonable and necessary needs are supported. Most of all, go into the planning process with an open mind - in most cases we have found that the plans do meet the needs of clients (in the main). Nexus is also willing to support you to work with the planners to highlight anything that is missed out.



#ndisready
Tasmania



Client Profile—Alisha Hunter



Alisha is the newest person to move into Oldham house and shares with three other busy people - Alanna, Janine, and Chris.

Alisha had a lack of confidence and self-esteem for many years for a range of reasons - including not being able to land a job. Alisha decided to set out on a positive note and began a training course, achieving Certificates I and II in retail. Better still this led to a job at Hog's Breath Café. She loves her new job, and is very proud to be a part of the team there, working 5 days a week - she wears her new uniform with a lot of pride (see photo left).

Alisha gave a moving speech at her graduation -

"Before I started training at MEGT I was sitting at home doing nothing, and thought that I'd never get a job. I used to say to everyone I can't do it, because I didn't believe in myself.

Thanks to MEGT's partnership with EPIC Assist, I'm now working at Hogs Breath Café five days a week, and I'm loving it! I'm much happier, less stressed, and definitely more confident.

I've discovered that I love to learn, and that applies to all aspects of my life, as well as developing skills at work.

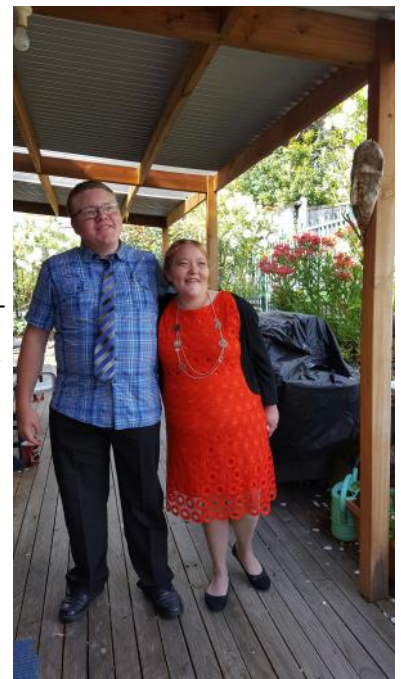
I would like to thank Andrea, MEGT, and Skills Tasmania for giving me the opportunity to do my Certificates I and II in

retail. I would also like to say a big thank you to Cathy, Rachel and Sheril for all their support.

I've enjoyed doing my courses and I am proud of my achievements.

Once again, thank you to everyone who has supported my on this journey."

Alisha also loves joining in with the rest of her housemates going on outings and to parties. At Halloween she enjoyed getting dressed up (left) and celebrating with others at the party hosted by Sunshine house.



NDS CEO Conference

Each December the National Disability Services (NDS) runs a 2 day workshop for senior managers. This is a great chance to catch up with what is happening in the rest of the disability sector. Jane Prentice MP, the Assistant Minister for Disability opened the conference with a reassuring note that she wanted streamlined processes with reduced red tape for the NDIS! We did hear a number of speakers talk about the looming risk of a lack of "supply" as demand for services increases, poor pricing models meaning organisations are not picking up certain types of clients (e.g. complex ones) and doubts that the NDIA has the systems to meet the complexity of a fully rolled out NDIS (i.e. over 400,000 clients).



....They really are!

Over the past year we have received some great support from the team at The Good Guys Moonah. Not only have they supported us in making sure the appliances meet our needs but they have been very competitive in their pricing. The Good Guys Moonah has kindly offered to help staff, clients and families with competitive pricing and high service. The team has promised to look after members of the Nexus Community, so feel free to mention that you are associated with Nexus when you shop for electrical appliances!

Sunshine house held a Halloween party for all Nexus clients this year. As you can see by the pictures, clients and staff thoroughly enjoyed the party, wearing imaginative costumes, and enjoying the festivities.



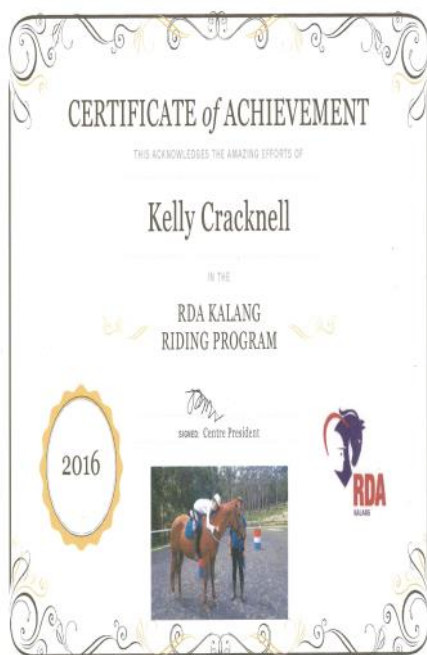
'Tis the season to be planting News, Events and Activities



Burton House staff have been supporting Kelly to plant a vegie garden. They identified a patch in the garden that was suitable, and went about digging and preparing the ground for planting. They have now planted the vegies, and have covered the area with weed net to keep the birds off and Kelly is proudly tending the tomatoes, broccoli, lettuce and pumpkin every day. We look forward to sampling the fruits of her labour.



Bligh house has moved their vegetable garden beds closer to the house, and easily accessible by wheelchair so that their clients can enjoy the garden in a more interactive way. With seeds planted, Fred (above) is already out in the garden helping with the watering. As you can see, when the vegies are ready to be harvested, he will be able to pick them from his chair.



Kelly is still enjoying her rediscovered love of horse riding, and received her certificate of proficiency from her course at Riding for the Disabled. Well done Kelly!



Client Christmas Parties

Nexus Day Service had a lovely barbeque at Tolosa park on Friday the 16th December. There were presents, great food, and plenty of good times to share.



Residential clients had a great time at the Claremont RSL. They were joined by family, friends, support workers, and a bearded man in a red suit with a sack of presents! The DJ played some great dance tracks. Merry Christmas all!

Nexus Staff Events and Training

The Nexus Staff Christmas party was held at the Hope and Anchor Hotel in the city. Thanks to Kirsty and Lynne for their work to encourage our staff to attend this year. It was great to see so many new faces as many of our new staff came along, a particular hello to those who have been working with our Nexus Community Services team.

The venue did a great job with the food—everyone received their plentiful and delicious meals very promptly.

We had a raffle with more than a dozen prizes; Brett won the major prize of the beautiful Jackman and McRoss Bakery ginger bread house, and a bottle of bubbly to start his Christmas celebrations in fine style.

Office staff had a small (but it's growing!) celebration at the Prince of Wales Hotel in Battery Point. The food was great, and secret santa was a bit of fun!



Autism Training

In December, 15 Nexus staff from across our residential, and community access programs completed an eight session "Supporting People with Autism" course run by Autism Tasmania.

Staff feedback was overwhelmingly positive:

"I really appreciated Jamie's mindset and explanation, hearing about his experience being autistic gave me a different point of view to think about" Jye.

"I learned quite a lot. I work in the community side of Nexus and learned that routine is important for some people with autism. Jamie was amazing, and opened my eyes to a different perspective" Brooke.

"It was excellent, the best thing was meeting Jamie. Hearing about his challenges really opened my eyes to the reality of living with autism" Conor.

"It was enlightening, and practical. I have a greater understanding of people with autism and the challenges they face. The practical side of the course gave me tools to use at work, as well as validating the processes we already have in place" Jackie.

"The Autism training was excellent. The one part I really got out of it was from the guest speaker who has Autism. He really opened my eyes giving me a brief look into life on a daily basis whilst living with Autism. Insightful, eye-opening course, that everyone should experience" Daren.

Nexus CEO, Mark Jessop said of the training: "It was definitely more than a quick



'introduction to autism' program; it was designed to give staff real skills to effect real change in the lives of the people we support".

The course gave staff an understanding of sensory processing, theories of autism, Positive Behaviour Support, setting up routines and managing transitions and supporting social interactions and friendships. As part

of the training staff also had to do homework with the clients they currently support which really helped them consolidate what they were learning.

Under the full roll out of the NDIS it is estimated that over 1,100 people in Southern Tasmania will have some level of autism diagnosis.

Nexus will be re-running the training early in 2017 for another 15 staff. Staff who want to be considered for the training should contact Craig Vernon.



Here are a couple of tasty salads you might like to try over summer

Lou John's Potato Salad - Meal Management Modified

Serves 6

Ingredients

1/2 kg waxy potatoes (e.g. pinkeyes)

1/2 cup sour cream

1/2 cup egg mayonnaise

1 dstspn cider vinegar

1/2 tsp seeded mustard

1/2 tsp salt

1/2 tsp sugar

Small bunch chives

Method

Peel potatoes and remove eyes. Cut into large chunks and cook until soft

but still retain shape. Drain and cool.

Mix all other ingredients in a bowl.

When potato is cool, cut chunks into half centimetre cubes and mix gently through dressing.

This recipe is best made on the day you wish to eat it.

It is important that this is quite a saucy salad for people with difficulty chewing or swallowing.

If you wish to modify it for general consumption, use a little less sour cream and mayonnaise, and leave the potatoes in larger chunks.

Alona's Three Bean Salad

Ingredients

2 cans 3 or 4 bean mix

1/2 cup cooked corn kernels

1/2 red capsicum finely diced

1/2 red onion finely diced

1 small red chilli chopped (optional)

Fresh herbs (basil/oregano/mint/parsley)

Dressing ingredients

1/4 cup olive oil

2 tblsp red wine vinegar

1 tblsp mayonnaise

Salt and pepper

Method

Combine all ingredients in a bowl.

Mix the dressing ingredients in a small bowl or jar and stir well through salad. I sometimes add some chopped rocket leaves to this salad, and I also like to add some sumac (a lemony flavoured middle eastern spice) to the dressing for added flavour.

This salad is great with BBQ meats, and keeps well for a few days in the fridge.

