

# PALS POST

PROVIDING ALL LIVING SUPPORTS

ISSUE  
#3

MONTH/S  
July, Aug &  
Sept

## A message from our CEO

Hi Everyone

Well Spring is here – what a relief to have Winter behind us. Some of you will be looking forward to a break at the end of the month while others will be planning holiday activities or just continuing to receive services as usual.

The NDIS is almost fully rolled out with 107 of our existing clients with approved plans. There are only 5 clients waiting on an NDIS plan that are yet to transition. Of the 107 NDIS customers, 78 have signed NDIS service agreements. Mostly the transition to NDIS has been a positive experience for PALS, with overwhelmingly good outcomes for most of our customers.

PALS is delighted to announce the appointment of Kate Wright to our team. Kate is the Support Coordinator for PALS and brings a wealth of knowledge to the role having previously worked in a similar role, supporting people with complex needs. Kate provides support coordination to NDIS participants – some of whom use PALS services and some who do not. We wish to take this opportunity to welcome Kate to PALS and to wish her every success in her new role.

PALS has developed a new Strategic Plan 2019 – 2024 to reflect the changing world we are now operating within. It will be presented at the AGM but we wish to thank everyone who contributed to the document – the customers by way of focus groups and interviews, the families for their participation in the survey, the staff for their contribution via ‘6 thinking hats’, and the Board and the senior staff for their attendance at several workshops. We are proud of the document and hope we can achieve all that we have set for ourselves for the future.

The AGM is to be held at the Shamrock Hotel in Numurkah on the 30<sup>th</sup> October. I hope you have all received your invitations by now and we look forward to welcoming you on the night. Please RSVP your attendance to Taylor. The reports will be sent out prior to the AGM – we are just waiting on the Accountants to return the audited financials for printing.

Earlier this year PALS in conjunction with VALID (an advocacy group for people who live with a disability) delivered a 3-day workshop at the Cobram Barooga Golf Club for around 20 of our customers which was then followed up with another one-day workshop at the Numurkah Golf Club. Some of the topics covered were ‘Staying Safe’, ‘Keys to Success’ and ‘Empowerment and Self Advocacy’ training. From this work we have developed a PALS Advisory Committee made up of existing customers of PALS comprising around 12 people. This group met for the first-time last week with Bronwyn Stanley our Chair and I where we developed up the Terms of Reference. This group which will now meet monthly will report directly to the Board on their experiences as service users of PALS. We hope that this direct line of communication enables us to be more responsive to the services that you want to receive from PALS.

We are very sorry to report that two of our clients who have received services from PALS for many years are leaving PALS this week. Helen Milton who was one of the first clients to attend Cobram Gateway Services over 30 years ago and who has lived her entire life in Cobram is moving to live in Melbourne to be nearer her sister Leanne. Danielle Greaves who was a former client of Northern Disability Services is leaving the Numurkah O’Connor St service to attend other services nearer her home in Mooroopna. We wish both of the delightful young women all the very best with the changes to their lives. We shall miss them both.

Enjoy your break those of you who are having them.

Julie

### UPCOMING IMPORTANT DATES

27th September - AFL Grand Final Eve

26th September - End of Term 3

7th October - Term 4 Commences

4th November - Annual Leave Day

5th November - Melbourne Cup Day

19th November—End of Term 4

25th December—Christmas Day

### COMMITTEE OF MANAGEMENT

**Chair Person:** Bronwyn Stanley

**Vice President:** John Bouchier

**Treasurer:** John Bouchier

**Committee:** Don Batty

**Committee:** Phillip West

### COMMITTEE OF MANAGEMENT—MEETING DATES

29th August 2019

26th September 2019

30th October 2019 - AGM

28th November 2019

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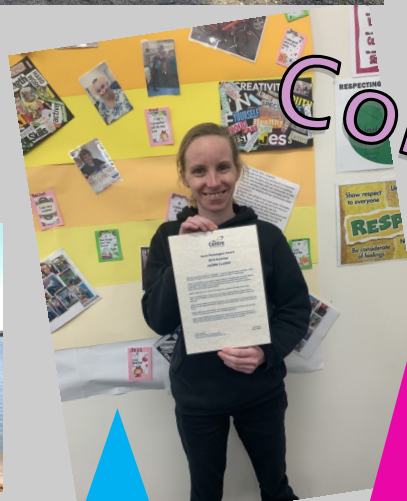
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**Maria and Kristy checking out the sights in Yarrawonga planning their activities while staying at Gorman House**



While the center based activities were closed over the holiday break Cobram and Numurkah participants got together and planned a trip to Echuca to have look around! They went to Twisted Science as well as the old Echuca wharf.



**Congratulations Jaz!**



**JULY**  
Brett  
Mary-Rose  
Wayne  
Patricia  
Zachary  
David

**AUGUST**  
Peter  
Andrew  
Brendan  
Jodie  
James  
Selman

**SEPTEMBER**  
Rosanna  
Stephan  
Justin  
Russell  
Jamie  
Daniel

**Happy Birthday**





Orr Street celebrated the Bean for Brain Cancer week in a bid to help raise funds for the Mark Hughes Foundation— As well As Mexican day where participants made Nachos, wore ponchos and learned about the Mexican history and culture.



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envision.org.au

**SUPPORT US ON GO FUND ME**  
www.gofundme.com/envision-hands

EVERY ONE MILLION CAPS = 100 HANDS

## Collection Points

96 Broadway St. COBRAM - PALS Op Shop  
35 Melville St. NUMURKAH - PALS Op Shop  
20a Orr St. YARRAWONGA - PALS Day Services

**Lids 4 Kids**  
proudly supported by

**PALS** INC  
PROVIDING ALL LIVING SUPPORTS

**You Can Help!**  
Wash & Dry, Sort by Colour,  
Then drop them into one of  
our locations listed



**Back from injury, getting his hand working by painting. Looking good in your overalls Stephen.**





Robyn has done an amazing job brightening up the high needs room in Numurkah adding some beautiful color to the walls with some very talented art work!



I am writing on behalf of the Cobram Anglican Grammar School Year 10 Community Services students.

We would like to take the opportunity to thank you for hosting us for our community placements in Term Three. This program gave our students the opportunity to experience PALS, working with staff, volunteers and clients.

The students commented that they enjoyed working with the clients, sorting the books and helping with the woodwork.

Yours sincerely,

Patricia Seccull  
On behalf of the Year 10 Students  
Cobram Anglican Grammar School



James will be attending radio station in Wangaratta every Thursday fortnightly. He will be on air presenting songs with the host. His goal at end of the year is a 6 week 1/2 hour to 1 hour program of his own to organize and present. So exciting!!!  
Congratulations James



## 52 PARTICIPANT'S FROM NUMURKAH AND COBRAM ATTENDED THE CIRCUS QUIRKUS SHOW IN SHEPPARTON



## PALS get to know you!

Interviewee: Kelly Waites

Interviewer: Chloe MacKerral

Q. Have you ever had a nickname? What is it?

A. Kellbell

Q. What are your hobbies?

A. Sports

Q. If you were a super-hero, what powers would you have?

A. To be able to fly

Q. What are 3 words to describe PALS?

A. Great, Fun, Laughing to much

Q. What is your most unusual Talent?

A. Making everyone laugh

Q. What's the funniest name you can think of for a pet?

A. Puss

Q. What's coming up at PALS that you're excited for?

A. Circus Quirkus

Q. What's your most prized possession and why?

A. A phone- Cant live without it

Q. Give me three words that describe you.

A. Helpful, Bubbly, Trusting

Q. What's your Favourite thing that happened today?

A. Having Fun



**LOOKING TO  
MAKE A COMPLAINT,  
COMPLIMENT OR  
BRIGHT IDEA?**

**HERE'S WHAT YOU  
CAN DO....**

Talk to someone  
– staff or  
support workers

Call us-  
(03) 5862 2641

Our website-  
Please see below

Email us-  
info@palsinc.org.au

In writing– please  
see  
address on the  
front page

Collect a  
feedback form–  
from any PALS  
service  
area

## OUR VALUES

Participation

Accountability

Choice

Innovative

Dignity &  
Respect

Responsive

**OUR WEBSITE**

[www.palsinc.org.au](http://www.palsinc.org.au)

**PALS** INC  
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**OUR FACEBOOK**

<https://www.facebook.com/Providing-All-Living-Supports-PALS-Inc-162435531702/>

**facebook**

**OUR  
VISION**

A fully  
inclusive  
community  
where all  
people achieve  
their potential.

Co-Ordinate,  
strengthen and  
Improve services  
which  
connect  
people to their

**OUR  
MISSION**