



BigDog
SUPPORT SERVICES

November 2019 Newsletter

MOVEMBER



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BUSHFIRES





NEWSLETTER

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REGISTERED
PROVIDER

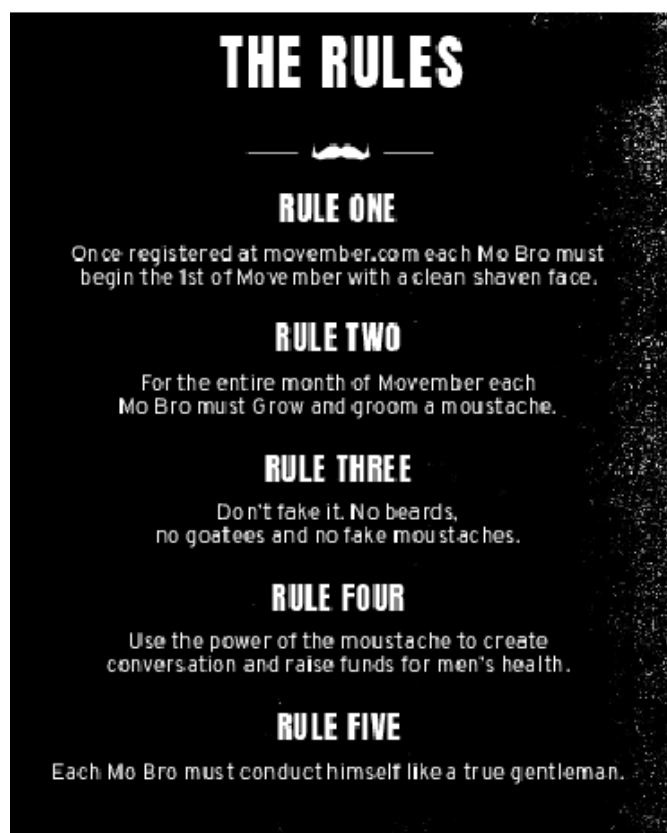
Steven's Editor Notes

Hi everyone,

The latest NDIS yearly report has just been released and shows a steady increase in participants in the scheme to 300,000 representing 270,000 more participants since 2016. 100,000 participants are receiving supports for the first time. There is an expected 500,000 by 2023.

However the report has also raised a number of issues including an underutilisation of plan budgets, scheme coverage scope creep, participant cost pressures and improving outcomes.

At the moment BigDog is challenging the responsibilities of the Office of the Public Guardian and a Support Coordinator in making decisions in regard to the provision of NDIS services and how the NDIA should work with these organisations for better collaborative outcomes. We have approached the NDIS Commission as well as our local members of Parliament to assist and hope that it will become an area where the standards are clear and fair to all. Stay tuned.



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News Hound COVER STORY



November

Across the world, men die an average six years younger than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives.

Here are the top 5 things to know, and do.

1. Spend time with people who make you feel good.
2. Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.
2. Talk, more.

You don't need to be an expert and you don't have to be the sole solution, but being there

for someone, listening and giving your time can be life-saving.

3. Know the numbers.

At 50, talk to your doctor about prostate cancer and what you need to do.

4. Know thy nuts. Simple.

Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

5. Move, more.

Add more activity to your day. Do more of what makes you feel good.

Go for a walk, take the stairs and not the lift, cycle to work or stand up regularly at work.



Getting the NDIS to work better

Breaking news from Canberra when NDIS Minister Stuart Robert gave a speech at the National Press Club where he talked about his plan to get the NDIS working better for everyone who needs it.

There was a lot in the speech but just a few key things:

From July 2020 participants will be able to use their funds more flexibly - including moving funds between core and capacity building.

The NDIS will begin to provide independent assessments so people can get evidence for access at no cost to them.

Joint planning meetings will roll out nationally next year. People will also be able to see a draft of their plan before it's approved.

Still no CEO

Last Friday marked 150 days since the NDIA had a permanent CEO, after De Luca quit to become the head of Zenitas Healthcare just weeks before the federal election.

Then social services minister Paul Fletcher said in April the search for a new government-appointed CEO would "commence immediately", with Vicki Rundle acting as CEO in the meantime.

Shorten, Labor's NDIS spokesperson, said the delay in appointing a new CEO showed that people with disability were being "treated with contempt" by the Morrison government.

"[The government] are presiding over an exodus of senior executives, endemic delays in

the provision of goods and services and a head-less organisation," Shorten said.

"Australians with disability deserve better than the neglect and abandonment this government is displaying towards them."

Shorten previously expressed concerns about instability in the NDIA in July, after it emerged four senior staff had resigned within a week.

Rundle is one of nine people listed on the NDIS website as holding an "acting" position.

Pro Bono News asked the NDIA when the agency expects to have a new CEO in place by, but a spokesperson would only say the process for appointing a new CEO was "ongoing".

The search for a new CEO comes amid recent revelations that the Morrison government spent \$4.6 billion less on the NDIS than expected because of delays getting people into the program.

The Australian also reported at this time that the NDIA has overseen a three-fold spending increase on external contractors, recruiters and lawyers.

Late NEWS

Martin Hoffman has been appointed CEO of the National Disability Insurance Agency from 4th November 2019.

He recently led the Services Australia Taskforce for Minister Stuart Robert. He was Secretary of the NSW Department of Finance, Services and Innovation for four years from August 2015.

Now you're 16 **TRANSITION GUIDE**

Teenagers and the Law

As you grow up and become more independent, you might be wondering how old you need to be before you can do things like open a bank account, join a political party, get a tattoo, see a doctor alone or consent to medical treatment, learn to drive, get a part-time job or be left at home alone.

Some of these issues are covered by law, and the laws vary from state to state.

Health, Love and Sex

In Queensland, the age of consent is 16 and "Consent" means giving your free and voluntary agreement to sex.

If you are aged 16 or over but under 18 you cannot consent to sexual contact with someone who is caring for you or supervising you (eg. a teacher or a foster carer).

There is no set age from which you can consent to medical treatment but generally if you are aged over 18, you are most likely able to consent.

Working

Anyone over 15 can get a job. If you are between 13 and 15, your employer will need a permit for you to work (unless you are working for your family's business).

If you are under 18 there are some jobs you are not allowed to do. Those jobs include: door-to-door sales, working on a fishing boat, working on a building or construction site before buildings are at lock-up stage.

UN Convention Rights of the Child

In 1990 the Australian Government entered an agreement to adopt the United Nations CROC. This is a formal protection of human rights for children, that is, everyone under 18 years of age.

Some examples of your rights include:

- The right to say what you think and to be listened to
- right to look for information, receive it and pass it on by writing, speaking, art, etc
- right to freedom of thought, conscience and religion
- Right to privacy
- Right not to be abused, neglected or exploited



Community NEWS



WhatsUp joins the Queens Park Market

We are so excited to announce that WhatsUp in Disability has joined forces with that famous Toowoomba institution, the Queens Park Market.

The Queens Park Market started as a fundraiser for St Vincent's Hospital. It was first hosted beneath the Laurel trees in the upper part of the park, but after its popularity grew, it moved down to Frogs Hollow to enjoy the flatter ground and to make more room for the growing number of market stalls that lined up to join the popular Sunday Markets.



A chance to design and make your own silk scarf was the first of many delights on offer that Sunday.

Recently, after a major restructure, St Vin-

cent's Hospital decided to hand the Markets over to a new charity, giving them the opportunity to benefit from the fundraising activities of the market as it had done for many years. Never one to miss a golden opportunity, our President Steve pounced on the opening and soon WhatsUp in Disability was working officially with the Queens Park Market.



It was hard not to drool over this delicious treat prepared by the team from Greatway Mentoring Services.

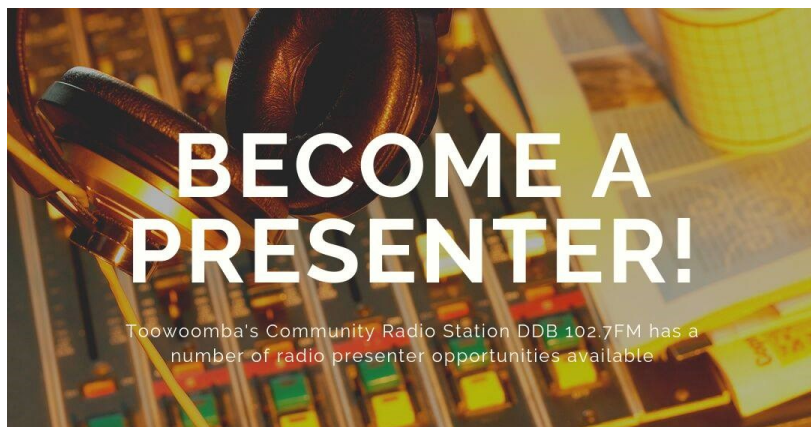
This, of course, meant that someone had to go along to the markets to find out what they're all about first hand—a duty I was happy to take on. I had a fantastic time and the best part about it is that next month I can do it all over again!

To find out more about the Queens Park Markets, visit them on Facebook: @queensparkcraftmarket

Or contact Lisa, the market coordinator Email: queensparkmarkets@gmail.com Or Call: 0427 265 046

Community PARTNERSHIPS

Radio 102.7 FM



Did you know you can become a presenter at 102.7FM?

We will train you in the process and support you to become a community broadcaster and go on air with your very own show.

As well as becoming a presenter at 102.7FM you can help out in other areas such as production & tech support.

There are lots of ways to get involved at Community Radio 102.7FM so reach out!

To volunteer at the station, please get in touch with us via the Facebook page or call (07) 4638 4171 between 9am and 12pm Monday to Friday.

Stream online at www.102point7fm.com.au

To obtain a copy of WhatsUp in Disability magazine or to be an advertiser, please contact WhatsUp via:

Office 4/33 Bell Street, Toowoomba

Email admin@whatsupindisability.org

Phone 4632 6678

Online www.whatsupindisability.org

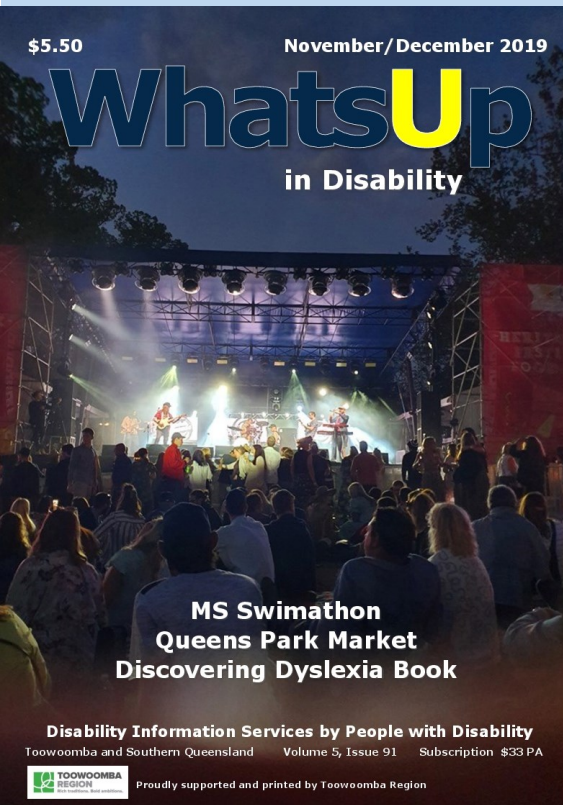
Nov/Dec Magazine

WhatsUp in Disability

Stories in this issue include:

- Carnival of Flowers
- MS Swimathon
- Discovering Dyslexia
- Disability Action Week
- Croquet for everyone
- Queens Park Market
- Mental Health Week
- Scott and Matt at home

Steven Paull President



2019 AFL Inclusion ALL-AUSTRALIAN

The AFL is pleased to announce the 2019 Inclusion All-Australian squad following the National Inclusion Carnival in Blacktown, NSW.

The respective squad of 26 players has been chosen based on each player's demonstration of the AFL's values, that being Play to Win, Play Fair, Play with Passion and Play as One Team.

Victoria Country coach Steven Reeves and Northern Territory coach Nick Eades will lead the squad after being selected as the All-Australian coaches.

For the first time, the All-Australian squad will travel to Brisbane to take part in an exhibition match at the 2019 INAS Global Games in October. Held every four years, the INAS Global Games is the largest sporting event for elite athletes with intellectual disability, with more than 1000 athletes from across the world set to

take part in the event this year.

The All-Australian squad will be divided into two teams of 13 and play against each other in a feature match which will provide them with an opportunity to showcase their talent on a global stage.

"Each player selected in the All-Australian squad performed consistently across the entire Carnival and fully deserves their position in the team," AFL General Manager Game Development, Andrew Dillon said.

"I also want to take this opportunity to congratulate each of the participants, coaches, umpires and volunteers who did an outstanding job throughout Carnival, which was no doubt a memorable occasion for all involved."

<http://community.afl/all-abilities/programs/national-inclusion-carnival>



Carnival of FLOWERS

The Carnival of Flowers is Toowoomba's time to shine, or in our case, bloom and the disability community always stands tall and proud at the parade.



1. Yellow Bridge Collectables stunning float

2. Josh from Inclusion Access and RADAC

3. Mayor Antonio with Premier Palaszczuk



Alyssa's Grand ADVENTURE



We took lots of pictures of different places on our trip.

My favourite part of the trip was going to the War Memorial in Canberra because of the different information about the wars. It was uplifting.

The funniest part of the trip was when my dad left the milk in the car and it leaked and left a bad odour. Mum didn't think it was very funny, when we got the clean-up bill, though.

By Alyssa Storm

My trip away lasted for five weeks and we went around Australia. My mum and dad went on the trip with me.

First we went to Yamba to visit Nana Rose for the night and we went to Bulahdelah for the next night. And then we travelled to Uladulla where my family members live. And then we travelled to Adelaide.



18th Annual BREAKING FREE

Thanks to everyone for coming along to the 18th Annual Award Winning Breaking Free Concert, what a great night of fun, entertainment and collaboration for families, friends, and organisations. A huge thank-you to the inspirational guest speaker and friend Ben Felten the World's Fastest Blind Speed Motor Bike rider.



Photo of Michael with daughters Cassandra Burge & Emma Burge

Entertainment on the night included Bronwyn Herbertson, Rob McGrigor, the Rainbow Choir, Drum Dance Belly Dance, Denise Kimber Band, Flash Dance Surprise, Rigg'd Dance Crew, FAD Cheer & Dance and SALT 7 piece R&R Band.

Guest Speaker - Ben Felton

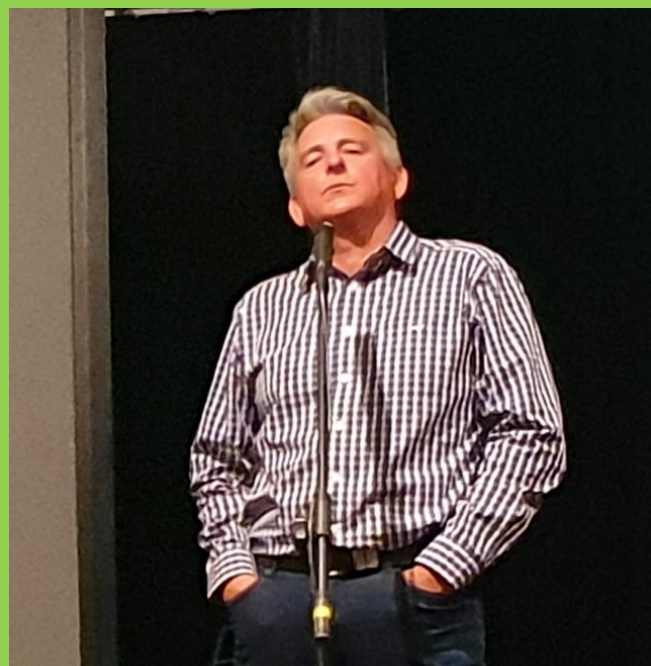
Record holder Ben Felton puts his rivals on notice for the 2020 World Speed Trials

The world's fastest blind motorcyclist, Ben Felton, is predicting speeds of up to 300km/h at the 2020 FIM World Speed Trials in Lake Gairdner, South Australia.

Just back from competing in the 2019 Speed Week, Felton consistently raced within 5km/hour of his 272.596km/h blindfold world record despite enduring extreme temperatures, gusting winds and a shower that wet the track for the second half of the event.

Guiding Felton during his runs is former MotoGP racer, Kevin Magee. They use radio-mounted helmets to communicate with basic left/right, stop/go commands.

"The Ninja went like an arrow," Ben says.
"There is so much left in it. 300 (km/h) plus is firmly in our sights."



Day Service with SHARON

November is full of things to do!

Check out the November Calendar on our website for daily activities:

Monday	Art Therapy
Tuesday	Gym
	Drum Therapy
Wednesday	Swimming
	Cook and share
Thursday	10 pin bowling
	BBQ in the park
Friday	Craft morning

Reminder that there is no additional cost for these activities for anyone attending the Paul Myatt Community Centre on those days.

Special Events

5th	Melbourne Cup
11th	Remembrance Day
13th	Lunch at Sizzler
16th	MS Swimathon
17th	Queens Park Market
20th	Movember morning tea
	Toowoomba West Special School
25th	White Ribbon Day
29th	Costco Christmas Shopping Day

BigDog Day Service Toowoomba

Paul Myatt Community Centre
11-15 Alexander Street
North Toowoomba 4350

Coordinator

Sharon Price
Phone: 4512 6020
dayservice@bigdogsupport.com.au

Join us for Christmas Shopping at

COSTCO
WHOLESALE



Friday 29th November 2019



Making a list!

Join us for Tea!



MOVEMBER

Men's Health Awareness
Month

10:00 am Wednesday 20th November 2019



wearing a Mo!

Rockhampton with

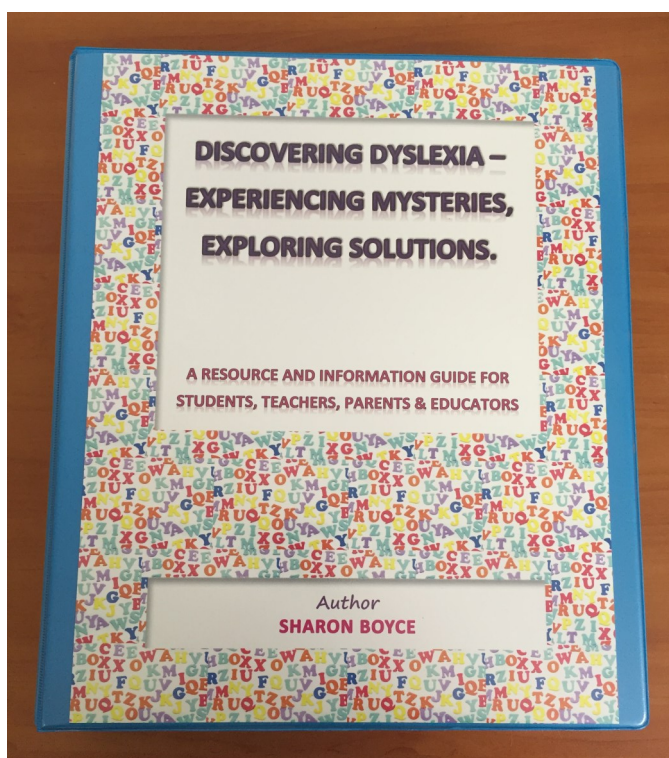
SUZANNE

Discovering Dyslexia—Experiencing Mysteries, Exploring Solutions

A new book by Sharon Boyce is bound to make a big difference to those experiencing dyslexia.

Dyslexia is a classic example of a hidden disability. Often it is so well hidden that even the people who have it may not know they do.

Sharon Boyce, a tireless disability advocate, believes that disability awareness training in the area of dyslexia is vital for our community.



Discovering Dyslexia is presented in a ring-binder format for easy access to its reusable resources

To this end Sharon has created more than a book, but a fully fledged resource kit to aid in the battle against this invisible but pervasive disability. Her book is based on more than 15 years research and running school workshops.

The book explains what Dyslexia is (and isn't)

and offers solutions and strategies to support children with dyslexia, as well as practical examples and helpful resources.

One area where the book really stands out is that it offers a 'hands on' experience of how it feels to have Dyslexia. It gives numerous printed examples of texts as they might be perceived by someone with Dyslexia and explains the effect on the reader of some of the more commonly recognised types of dyslexia.

It also has removable coloured overlays included in kit that can be easily removed and experimented with.

This is not a casual weekend or rainy day read but it is not designed to be. There is a lot of information to take in, and multiple readings will be needed.

But to a teacher, parent of a student coping with dyslexia, this could be the greatest book they have ever read.

Discovering Dyslexia—Experiencing Mysteries, Exploring Solutions by Sharon Boyce is available from her website <https://discoveringdisability.com.au/wp/online-shop/>

BigDog Day Service Rockhampton

206 Murray Street,
Allentown, Rockhampton 4701

Coordinator

Kylie Shields

Phone: 4573 4611

ssmith@bigdogsupport.com.au

sheit@bigdogsupport.com.au

Safety matters with STEVE

Glossary of terms that you may hear used...

Administrative Appeals Tribunal (AAT): an independent body that conducts reviews of administrative decisions made under Commonwealth laws.

Carer: someone who provides personal care, support and assistance to a person with disability and is not contracted as a paid or voluntary worker.

Disability: total or partial loss of the person's bodily or mental functions (Disability Discrimination Act 1992). Describes a person's impairment of body or function, a limitation in activities or a restriction in participation when interacting with their environment.

Information, Linkages and Capacity Building (ILC): the activities that will be supported by the NDIS to promote the social and economic inclusion of people with disability, including people not receiving individualised funded support from the NDIS.

Insurance principles: placing emphasis on making up-front investments that reduce participants' calls on the Scheme into the future, including investments in measuring lifetime costs, research and innovation, and community capability development.

Local Area Coordinator (LAC): local organisations working in partnership with the NDIA to help participants, their families and carers access the NDIS. LACs will help participants write and manage their plans and also connect participants to mainstream services and local and community-based supports.

National Disability Insurance Agency (NDIA): the Commonwealth Government organisation administering the NDIS.

National Disability Insurance Scheme (NDIS): a new way of providing support for Australians with disability, their families and carers. In this report, the NDIS is also referred to as 'the Scheme'.

Participant: a person who meets the NDIS access requirements.

Participant outcomes: a way of measuring whether participants' goals are achieved combined with whether the NDIA is meeting its objectives.

Pricing: guidance on the price to be paid for each support item. For some items, such as personal care and community access, the amount indicates the maximum price that the NDIA will pay for that support.

Quality and safeguards: quality is about ensuring people receive good supports and safeguarding is about keeping people safe from harm.

Registered provider: an approved person or provider of supports that has met the NDIS requirements for registration.

Self-management: where funding and supports are managed by the participant and/or their family.

Support package: the term used by the NDIA to describe the funding for the supports available to an individual participant.

Staff information with ANN

Staff Christmas Party



**BIGDOG STAFF
CHRISTMAS
PARTY**

5:00pm
Saturday 21 December 2019
Paul Myatt Community Centre
11-15 Alexander Street
North Toowoomba



Staff and families
are all welcome
Bring a plate
BYO Alcohol
RSVP to Ann by 18 December

Birthdays



November

6th	Luke McD
10th	Tahlia G
14th	Monique P
27th	Joan A
29th	Tasha G

Have a great day!

New marketing opportunities
for seeing eye dogs



What's happening in NOVEMBER

SMALL BUSINESS
EXPOS

Toowoomba

Friday, 29th November 2019

*Show
Tell
Sell*

Collectables
BOUTIQUE OP SHOP

A SOCIAL ENTERPRISE
WITH A HEART OF GOLD

CHRISTMAS GARAGE SALE
SAT 2 NOV / 8AM-1PM
2 Station Street, Toowoomba

Tuesday 12th NOV
LEGAL OPTIONS FOR
ADULTS LIVING WITH A
DISABILITY

10 AM TO 11 AM

Toowoomba Hospital Foundation,
Pechey St **Free**

RSVP to Stacey on 4616 6166 or email
stacey@toowoombahospitalfoundation.org.au

Monday 18th NOV
MY CHILD AND AU-
TISM - EARLY DAYS
WORKSHOP

9:30 AM TO 2:30 PM

Kath Dickson Family Cen-
tre, 2 Lawrence St, Too-
woomba

Free Workshops

<https://www.eventbrite.com.au/e/toowoomba-my-child-autism-registration-74042614453>

BRISBRICKS

2019

TOOWOOMBA EXPO

A LEGO® Fan Event

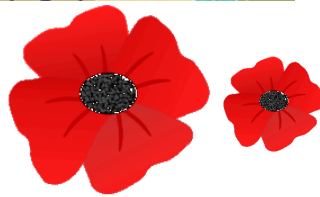
9-10th Nov

Tickets: [BrisBricks.org/BBTX](https://www.brisbricks.org/BBTX)
Online tickets only.

RECOGNIZED
LEGO® USER GROUP



Remembrance Day



11th Hour, 11th Month

World War I, sometimes called the 'Great War', lasted four years, from 4th August 1914 until 11th November 1918. Initially it was a war between two sets of alliances: the Central Powers (Germany, Austria-Hungary and their allies) and the Triple Entente (Britain, France and Russia) and their allies, including the member countries of the British Empire, and the USA, which entered the war in 1917.

The war began soon after the assassination of the heir to the Austrian throne by a Serbian nationalist. Austria threatened to punish Serbia, an ally of Russia. Russia threatened Austria. Austria, in turn, appealed to Germany. Germany struck first by declaring war on Russia and its ally, France.

When Germany invaded Belgium, Britain entered the war on the side of Russia and France. The war was fought on a number of fronts. In Europe, the Western Front was in France and Belgium. The Eastern Front involved Russia and Austria-Hungary. Africa was another front because of colonial possessions on that continent, and after Turkey entered the war on 1st November 1914, the Middle East became another theatre of war.

Australian involvement in World War I is synonymous with the legend of the ANZAC (Australian and New Zealand Army Corps). The name became famous with the landing of the Corps on the Gallipoli Peninsula, Turkey on 25 April 1915. It was the first military engagement in which significant numbers of Australians fought and died as Australian nationals.

JPs in the Community

Justice of the Peace

This service is available at the Paul Myatt Community Centre 11-15 Alexander Street Too-woomba (please make an appointment)

The JPs in the Community Program is also available through major shopping centres, libraries, court houses and hospitals.

BigDog

Contact Us

BigDog Support Services

232 Ruthven Street
Too-woomba QLD 4350

PO Box 234
Harlaxton QLD 4350

(07) 4632 9559

1800 22 44 32

0427 408 698 (On Call)

www.bigdogsupport.com

What's happening at **BigDog**



**Lawn mowing
Whipper snipping
Garden Care**

From
\$46.20
per team member

A well maintained yard provides a great look and feel to any home and increases the appeal of your property

**Bookings
4632 9559**





**Quality Work
Friendly Service
Reliability**



Dusting
Vacuuming
Mop floors
Kitchens
Bathrooms
Toilets

From
\$41.43
Per person

**Bookings
4632 9559**

Cleaning is for an average residential unit or home on a regular basis on an NDIS service contract, using BigDog cleaning equipment.
Cleaning teams consist of 2 members and charged per person per hour



At home or in the community
BigDog works with **you** to achieve **your** goals

registered NDIS provider

www.bigdogsupport.com
Toowoomba | Rockhampton



BigDog 1800 22 44 36

