

## Welcome to your latest edition of The Ripple

Hello again,

Finally, Spring has arrived and the warmer weather is upon us and we can say goodbye to another Winter.

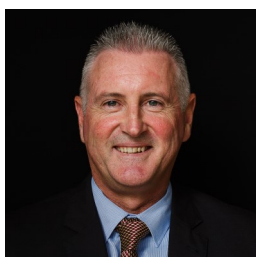
In the coming months, Aspire will be sending out a survey asking our customers to provide us with feedback about the quality of the services we provide and your overall satisfaction with Aspire. We are seeking feedback not only on areas for improvement but also feedback on the things we do well. Your feedback is extremely important to us, as we want to ensure that we are providing the services that people want and need but also to ensure that they are at the level of quality that you expect. This survey will be sent to every Aspire customer and we hope that you will take the time to complete it for us. Listening to our customers is so important and we want to receive as many responses as possible.

Now that we are entering the second full year under the NDIS we are starting to see many customers commencing their first NDIS Plan review process. Please be aware that Aspire is willing to support you in any way we can to assist with making the planning process easier for you. Please contact our Customer Service Team for assistance if required.

In this edition of The Ripple, we cover:

- Board Update
- NDIS Newsletter
- Changes to appointments with Specialist Services
- Aspire Community Grants Scheme
- Self-Managing NDIS
- Community Events
- Aspire Events

If you have any questions about any of the information provided in The Ripple, please feel free to contact us. We are here to support you.



Nigel Stone  
CEO

# Board Update

## Hello from the Aspire Board

We welcome these opportunities to keep you up to date with what we are doing. Much has been achieved since our last article.

The Board is fine-tuning many procedures and practices, roles and reporting, reviewing policies and Terms of Reference. The ongoing compilation of our annual calendar is ensuring that all aspects of governance are regularly covered across the year; currently planning is underway for our annual Strategic Plan review. We are looking to make the best use of time with suitable convenors to guide our discussion on strategies for future planning and growth. This should take place before the end of the year.

Board Members each nominate to be part of a variety of subcommittees which address areas such as finance, risk, strategy, clinical governance and community engagement. They meet regularly throughout the year, presenting their findings and progress through reports to general Board Meetings. It is of great value to have the CEO, various Managers, and Staff as part of these subcommittees to have input on a regular basis. Working as a team ensures good communication and ongoing best practice.

It is particularly pleasing to have gauged some initial interest in our Community Engagement subcommittee. One of our newer Directors, John Duck has taken on the role of Chair, and together, we've begun a solid campaign, enlisting several community members who are keen to help guide our future direction. We will seek various ways to communicate with the many groups within the organisation, along with our staff whom we recognise as having first-hand knowledge of our customers, their needs and desires. We will also look to question what the wider community would wish for and examine ways to glean this information.

Aspire's Oaks Day Ladies Luncheon is Aspire's sole fundraiser, where the funds raised (in addition to an annual donation from the Albury Commercial Club) are then distributed through the Community Grants Scheme.

This year marks its 10th year!! A real milestone. Planning is well and truly underway! Please see the below Invitation for more details and booking.



Albury Race Club-12 Midday, Nov 8th

10th Aspire Oaks Day  
Ladies Luncheon-Decor  
theme- 'Tin and Tiaras'!

\$120

Hume Bank BSB 640-000  
Aspire Support Services Ltd  
590274-59 (\$9 if in a Hume Branch)

0407263361  
lizziepogson1@bigpond.com

Can you BELIEVE it's our **10th** Aspire Oaks Day  
Ladies Luncheon?!!!

**Auctioneer-William Bonnici**  
**MC- John Walker**

We look forward to our 10th wonderful event, raising funds for **Aspire's Community Grants Scheme**. **Tin and sparkly jewels signifies 10 years-thus our decor theme. Wear YOUR frocks of choice... you'll see US in sparkles.** Included- **Race Club** entry, champagne on arrival, canapes and sumptuous meal by **Rafferty's Catering**, fun AND games, entertainment, prizes, live and silent auctions, TIME to chat...even bet on a horse if you wish!

# NDIS Update — Self-Managing NDIS



## Self-Managing NDIS

Family Advocacy recently shared a great article on Self-Managing NDIS. Below is an excerpt of the information provided.

### **Self-managing NDIS or want to know more?**

People choose to self-manage their NDIS package to get the most flexibility in designing the support they need. In many instances this approach can lead to the person with disability living their lives pursuing their interests and aspirations and building stronger community connections than the traditional approach to supports provided.

However, there has been a lot of miscommunication and misunderstanding about who can self-manage and what it involves. Over 2000 people joined The National Disability Insurance Agency webinar on self-management in early August to find out more. If you missed this opportunity the webinar is now available to view below.

### **To watch the NDIS Self-Management Webinar go to:**

<http://livestream.education.gov.au/ndis/2august2018/>.

### **Or to access the NDIS guide to Self-Management go to:**

<https://www.ndis.gov.au/medias/documents/sm-guide/Self-Management-Guide.pdf>.

# Aspire Community Grants Scheme

## Applications for the Aspire Community Grants Scheme 2018 are currently open

The Aspire Community Grants Scheme 2018 aims to support the needs of the local community by making grants available to eligible people for undertakings that seek to improve the quality of their life or that of a family member or Community group.

Aspire sees the Community Grants Scheme as a way to further support people with a disability, families and community groups:

- in such times of additional need
- in areas as education, community access, sport, technology and mobility

Applications are invited from community members within the cities of Albury and Wodonga, as well as Corowa and Greater Hume Shires.

Aspire strives to provide a confidential, effective and timely means of dealing with applications. Aspire can only provide this service as a result of our sole fundraiser, Aspire's annual Oaks Day Ladies Luncheon, working in partnership with Community Groups, and with an annual donation from the Albury Commercial Club.

## Apply today

Apply today if you are seeking funding for:

- An activity that has ongoing benefit to individuals and the community
- Innovative undertakings that may not meet the requirements of other funding sources
- Projects undertaken by or through small groups
- Projects that are in keeping with the Mission and Values of Aspire

For further information about the Aspire Community Grants Scheme, go to the Aspire website.

## Aspire Oaks Day Luncheon 2018 – Ten Years On!

Thursday, 8 November 2018 marks ten years of Oaks Day Luncheons at the Albury Race Club!

To celebrate this special event the décor will signify ten successful years with a theme of "Tin and Tiara's".

Over the last ten years, we have assisted hundreds of people in our regional area. In conjunction with an annual contribution from the Albury Commercial Club, we have raised over \$123,000 in the last four years alone.

All money raised goes into Aspire's unique Community Grants Scheme, which invites two rounds of application submissions each year.

# Aspire Community Grants Scheme



## You can make a difference

You can be a part of this very special occasion by making a donation. Your donation will be gratefully accepted and appreciated by so many. The goodwill and generosity of our community is what makes the Aspire Oaks Day Luncheon a success.

Your donation can be financial or for the Aspire Oaks Day fundraising auction items.

## Financial donations

Financial donations can be made by direct deposit.

Hume Bank

BSB 640-000.

Account name: Aspire Support Services Ltd.

Account number: 590274-59 (S9 if within Hume or in a branch).

Reference: Your business/name and donation.

Any donation above \$2 is tax deductible and if you require a receipt, please email: [reception@aspiress.com.au](mailto:reception@aspiress.com.au).

## Auction donations

Auction donations can be made by contacting Lizzie Pogson, Aspire Oaks Day Event Manager, T 0407 263361, E [lizziepogson1@bigpond.com](mailto:lizziepogson1@bigpond.com).

If you have further questions, please contact Lizzie Pogson, Aspire Board Director.

# Aspire Update

## Changes to appointments with Specialist Service

To improve the response times of booking appointments, we are introducing a new process for cancellations and changing appointments for all Specialist Services. Specialist Services include:

- early childhood intervention
- key workers
- therapists
- education groups
- behaviour support
- psychology

This new process will apply when you need to change or cancel your appointments with:

- key workers
- therapists
- education groups
- behaviour support specialists
- psychologists

## What has changed?

Instead of speaking to the team member directly, you now call and speak to our admin team, Katherine or Leanne, T 02 6058 4000. They will be able to make a new time and day for you straight away.

Alternatively, you can email the team on [ssadmin@aspiress.com.au](mailto:ssadmin@aspiress.com.au)

If you need to speak to your key worker, therapist, behaviour support specialist or psychologist directly about something else, your call or email will be put straight through to them as normal.

Please contact us if you have any concerns or questions about this new process.



# Community Activities



## Understanding and Supporting Children with Autism Workshop

Presented by EACH Family Relationship Support for Carers Program  
in partnership with Aspire Support Services

A special workshop that will help in supporting those you care for.

### Workshop details

Presenters from Creating Connections will share their practical real life experiences.

In this workshop you will learn:

- How and why behaviour directly links to communication
- The types of behaviour that people might see as challenging
- What triggers are and how we can use them to anticipate behaviour
- How to interpret the underlying meaning of behaviour
- Some of the most common reasons for behaviour
- How to differentiate between a tantrum and a meltdown
- How to identify triggers and analyse behaviours
- How to use an analysis document to better interpret and analyse behaviour
- Why behaviour support is more effective than behaviour management
- Tips for responding to behaviour 'in the moment'
- How to plan for behaviour support
- The importance of setting up systems of support across four (4) key areas
- Our key practical tools and strategies for supporting behaviour and personal wellbeing
- How to implement engaging environments, accommodations, skill development and practical supports
- How to integrate support strategies that are effective and individualised
- How to create a Behaviour Communication Analysis and Support Plan
- The value of profiling communication

**When:** 9:00am to 2:45pm, Thursday 25 October 2018

**Price:** Free. Morning tea and lunch provided.

**Location:** Commercial Club, Waratah Room  
Dean Street, Albury

### Bookings essential

Contact Sue Pringle to reserve your spot.

T 02 6058 4000

E [customerservice@aspiress.com.au](mailto:customerservice@aspiress.com.au)

[www.aspiress.com.au](http://www.aspiress.com.au)

Version date 9.9.2018



# ASPIRE EVENTS AND ACTIVITIES (CONT')

## Aspire Events

Bookings for all Aspire events are essential. Please RSVP to the Aspire Customer Service Team.  
T 02 6058 4000, E [customerservice@aspiress.com.au](mailto:customerservice@aspiress.com.au)



### Attention Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder and Related Conditions Support Group

**Where:** Blazing Stump Hotel,  
4327 Anzac Parade, Wodonga

**When:** Tuesday 12 September, 12:00pm  
to 2:00pm

**What:** Join us for an opportunity to relax  
and catch up over lunch with other  
families in the group. Children are  
welcome.



### Autism/Aspergers Family Network Group

**Where:** Bistro, SS&A Club  
570 Olive Street, Albury

**When:** Thursday 20 September, 12:00pm  
to 12:00pm

**What:** Join us at the Bistro, SS&A Club, for  
an end of term luncheon to commence the  
holidays.

# ASPIRE EVENTS AND ACTIVITIES (CONT')

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### Carers Victoria NDIS Support Group

Due to the upcoming school holidays, we will be taking a break in September and meeting again on Wednesday 24 October, 12:30pm to 2:30pm for lunch.



### Caring Grandparents Group

- Where:** Albury Manor House,  
593 Young Street, Albury
- When:** Friday 14 September, 9:15am to 11:15am
- What:** Join us for breakfast at the albury Manor House and a relaxing start to the day.



### Dads Group

- Where:** St Ives Hotel,  
64 Lincoln Causeway, Wodonga
- When:** Thursday 13 September, 6:30pm to 8:30pm.
- What:** Join us for a relaxing chance to catch up with other dads for dinner and trivia at St. Ives.

# ASPIRE EVENTS AND ACTIVITIES (CONT')

## Aspire Events

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### Down Syndrome Family Network

**Where:** Bunnings, Anzac Parade, Wodonga  
**When:** Sunday 30 September, 10:00am to 12:00pm  
**What:** Pot-plant painting and play.



### Family Network Group

**Where:** Beer Deluxe, 491 Kiewa Street, Albury  
**When:** Thursday 13 September, 12:30pm to 2:00pm  
**What:** Join us for a relaxing luncheon and the opportunity to catch up with other Carers in the group.



### Healthy Mothers Healthy Families Support Group

**Where:** Beechworth  
**When:** Wednesday 19 September, 9:00am to 2:30pm  
**What:** Bushwalking and having lunch in Beechworth and enjoying the springtime. Wear comfortable shoes for walking.

# ASPIRE EVENTS AND ACTIVITIES (CONT')

## Aspire Events

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### Home Schooling Family Network Group

**Where:** Murray Conservatorium, 502 Dean Street, Albury

**When:** Thursday 13 September, 10:30am to 12:30pm

**What:** **Building on last month's musical experience with Crystal Jones.**  
Experience a variety of drumming and percussion techniques, building teamwork, having fun and exploring rhythm. If necessary noise-canceling headphones can be used while still benefitting from the drumming effect.



### Solo Parent All-ability Support Group

**Where:** Regent Cinemas, Dean Street, Albury

**When:** Tuesday 25 September

**What:** Movie session. Time and movie to be decided.

For detailed information on upcoming Aspire events and activities, go to the online calendar on the Aspire website, [www.aspiress.com.au](http://www.aspiress.com.au), or contact your friendly customer service team.

T 02 6058 4000, E [customerservice@aspiress.com.au](mailto:customerservice@aspiress.com.au), W [www.aspiress.com.au](http://www.aspiress.com.au)

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