

# SWARA Connecting....

Sunshine Welfare & Remedial Association  
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*Our Values: Love, Truth, Right Action, Peace, Non-violence*

## March 2015

### ONENESS at the HEART OF SWARA



**Come on Aussie, come on! SWARA is about LOVE in ACTION everyday in every way.**

United by the values we share and celebrating our differences, SWARA is a place of **LOVE in ACTION** where together we all make such a difference. Our philosophy of Unity in Diversity strengthens, enriches and motivates each of us to achieve our very best for ourselves, each other and for our community. The values we share **connect us**, bring out **human dignity** in every person and situation. **Innate Leadership** unfolds as we strive to build our communities, together. Gratitude drives us in this stunning country, with amazingly gifted and skilled people, caring and sharing for each other and for other countries which may not be so fortunate. Productivity is a natural by-product of smart Love in Action.

**Mindfulness:** our choice to run Mindfulness training each Thursday afternoon with short bursts at many morning welcomes (9-9.15am) is based on research, experience and best practice. Thank you volunteer Susan Gunn for your inspiration, guidance and wisdom! SWARA is a place where Learning and Life Skills are thriving.



**Josh** loves his reading literacy program to achieve some of his goals run by volunteers each morning 9.30am-12.30pm.



Mindfulness in the Music Room Thursday afternoons.



**Lucy** too adores her reading and particularly since ABC Reading Eggs has introduced computer learning skills, here on Sue Gunn's iPad.



This blank wall started in March to recreate an image the first 10 years of SWARA's proud 40 years service to Brisbane, Queensland and the Australian community lead by our **valued volunteer Ted Lucas**. Ted will leave us for a while at the end of April hopefully returning after time in Victoria. Thank you Ted for your wonderful gift of time, skill and inclusiveness. You are well loved and appreciated as part of our SWARA family.



SWARA has recently invested in a battery of computers set up for supporting Reading and Computer Literacy

**Volunteers are needed so ring Buddhi today** on 07-3391 4119 to offer a half day 9.30-12.30 one weekday to assist our client literacy. Volunteers love this time where the clients guide and volunteers are facilitators.



### Daily Times 2015:

- 8am-9am Horticulture Garden Club  
9- 9.15 Communication welcome (all to attend promptly)
- 9.15- 10.30 Session 1**
- 10.30-11 Morning tea and clean-up
- 11-12.30 Session 2**
- 12.30- 1.15 Lunch and clean-up
- 1.15- 2.30 Session 3**
- 2.30- 3.00pm Buses, taxis, staff consults

## WHAT IS COMING UP?

**Reading Volunteers needed 9.30-12.30 daily**, choose your day and ring Bronwyn or Buddhi on 3391 4119

**Easter break:** April 3-12 clients returning Monday April 13, staff training Thurs/Friday 9 &10

**Anzac Day Celebrations:** Thursday 23 April 9.30-12.30 SWARA Songbirds, Power point story, Anzac biscuits, Poetry, RSL Guest Speaker; all welcome

**Kind regards,  
SWARA Board and Staff**

Bronwyn Gowing (exec manager), Deb Kilvington, Adam Brooks, Baz Glasson, Lois Vider, Buddhi Kudaligama, Sarah Aitken

Our Management Board are meeting fortnightly to ensure that they guide SWARA through the important changes needed to guide you, our clients, families, carers and friends through the changes brought about by the NDIS Act.

Your funding from government is the primary goal.

With your plan that staff are assisting clients to put together by December 2015, the NDIA will fund your needs that are 'necessary and reasonable'.

Once we have that plan, SWARA will invite an NDIA Planner in to guide it to fruition during the first 6 months of 2016.

Thank you Management Board

Chair Ranji Goundar, Secretary Susie Carlton, Treasurer Kiel Harvey, members Faye Carver, Andrew Karydas, Sonu Kumar.

Pictured here are some of the Board with Manager Bronwyn Gowing and client Brendon Donohue. Board members pictured include Susie Carlton, Sonu Kumar and Andrew Karydas at a recent Saturday meeting at SWARA.