



*Our Values: Love, Truth, Right Action, Peace, Non-violence*

## April 2015

### SWARA ANZAC Celebrations



Clients planned and led a memorable day of visuals, song and tradition on 23<sup>rd</sup> April with special **guest Mr Bill Whitestyles OAM** representing the Yeronga Dutton Park Branch of the RSL. Bill spoke of learning to take responsibility for yourself by finding your own inner strength and making your own decisions. Courage, friendship and supporting each other were the themes he learnt from his 16 years in the Army Reserve and his years in the RSL movement.



**Councillor Helen Abrahams** reflected upon the first 40 years of SWARA and how she sees the SWARA Songbirds Choir going from strength to strength each time she experiences us in action. She is keen to support organisation for our **40<sup>th</sup> celebrations November 23-27, 2015.**

**Founder Moyia O'Brien** was delighted to be with her SWARA family and to host a memorable day filled with PEACE. Her gift to SWARA has been that the values of love, truth and right action bring peace.

Awards were presented by our guest speakers to clients who are extending themselves to achieve their goals at SWARA through stronger attendance and personal character by living the SWARA values that unite them. Graeme, Mark, Judy and Lucy received these awards with David Perkins also.



# SWARA PROGRAMS

## Learning and knowledge skills



Literacy is at the heart of SWARA's developing Curriculum and is being developed by our staff and volunteers. Together they have created a measured program facilitated by a professional team of volunteers led by Sree Lingutla. Clients who have chosen literacy as part of their goals can attend regular sessions on computers and with text each morning 9.30am-12.30pm.

## Healthy domestic life skills

Our happy team in SWARA's 'Sunshine Café' serve morning refreshments and healthy lunches daily with clients learning health and safety, hygiene, food preparation, hospitality, making phone calls, menu planning and an increasing range of skills directly from the kitchen. They are also developing leadership capabilities, customer service, communication skills and a great ability to work productively and happily in teams. The café is a reflection of the great opportunities to develop independence that SWARA is focused on.

These photos show the team in action so come along and experience **LOVE in Action** at SWARA.



## Horticulture

Brisbane Council donated two truck loads of mulch that will provide the winter cover for the gardens we plan to develop by November 23-27 celebrations of 40 years of SWARA. We have been held up and slow to start and our Horticulture club is keen to get started out the back, growing vegetables for SWARA's Sunshine Café'. Watch this space as your clients come home ready to start their own gardens! Coming soon so be prepared.



The Peace garden down the back started with a peace pole and Jeff Blunt is preparing a beautiful dove for the walls behind it with values signs already waiting.

## Creative and performing arts



The 40<sup>th</sup> anniversary Mural is emerging from lots of creative hands under volunteer Ted Lucas direction. Josh is one of our most enthusiastic artists in design mode here.

Our Songbirds Choir is developing a new round of songs for the celebrations to add to their favourites and charm us all.

The Play for November is warming up having been developed under Adam's direction in late 2014 when it was overtaken by the emerging choir.

## Bakery skills



We have had an exciting start to the new term with a range of exciting learning skills that have been lovingly shared by our experienced clients who have **over 100 years of experience** working in SWARA bakery whilst having a lots of fun demonstrating new skills to Deb D, Lisa, and Emma. Our produce goes to our famous city stall, the team seen here with volunteer Maureen.

We are filling current orders on time and also supply the SWARA street stall in Brisbane CBD. The stalls are run by clients on Tuesday, Wednesday and Thursday. Sales will soar with all the new enthusiasm!!!

## Recycling



In the recycle centre, we are pleased to say 32 clients participate in recycling old unwanted meter boxes. We recycle brass, copper, alloy, cast alloy aluminium & steel. Our clients are all very inspired & encourage

one another to achieve their goals and success criteria.

## Volunteers the heart of SWARA



Our number one volunteer Ms Moyia O'Brien hosted a farewell to long term volunteer Betty Jean Harland very loved mother of Baz Glasson and her sister Jen. The choir sang, we all remembered her joy and love and refreshed our connection with each other in tough times.



### Client profile forms – 2015

Each year we ask clients to submit their client profile form with or without changes to their current contacts, emergency contacts & doctors contact details. This is a mandatory requirement by Queensland law. We still have 15 clients who haven't handed over their 2015 form and urge them to send their form to SWARA office at their earliest convenience.

## WHAT IS COMING UP?

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

### 40 year Celebrations Nov 23-27

**NDIS Conversation**: we are preparing to invite you all to learn about the NDIS with and from us as we develop with you your Client Plan for presentation to the NDIA in 14 months time. Invitations will be distributed soon.

**Kind regards,**

**SWARA Board and Staff**

Ranji Goundar (Chair), Susan Carlton (Secretary), Kiel Harvey (Treasurer), Andrew Karydas, Faye Carver, Sonu Kumar Board members.

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

Our Management Board are meeting weekly currently 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 client funding from government is important as are your own goals and pathways to achieve those goals.

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'.