

Autumn Edition 2015

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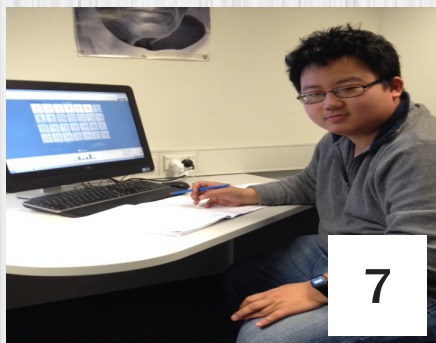
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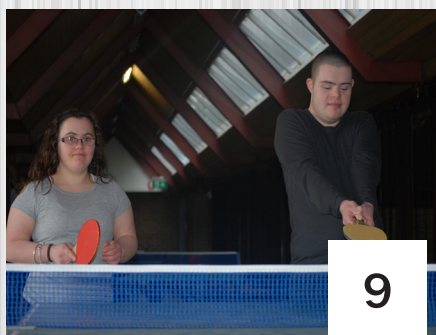


Newsletter

What's inside?



Front Cover: top - Hospitality training at AgriBio Cafe



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Welcome – Director's Corner

Left: Ros Leslie, Managing Director

In reading the reports and articles in this Autumn Edition of 2015, I am both proud and impressed by the opportunities and successes of the Participants and staff, as we are 'Achieving Together' – our continued theme for 2015.

Mention has been made of staff changes for a number of reasons, some beyond our control, others I have made as we reposition *Lifeskills* for the future.

I wish to thank Lauren, Anna and Lisa for their work in the Finance Division. With the introduction of XERO – an accounting package, their positions were made redundant. I wish them well for the future.

Daniel who was the RTO Coordinator, has moved into a more varied position utilising his skills and qualifications to implement the new system.

David who was responsible for the gardens, and the test & tag operator, will return full time with enlarged responsibilities of window washing, car washing, the men's shed

(a new development), the La Trobe University bike program and gardening at *Lifeskills*, and in due course other outlets – all in a week!

Along with Douglas, I acknowledge Michael's departure and wish him well. Michael has been a tower of strength, leading, implementing new ideas and most importantly, a fine staff mentor to new instructors. Well done!

While this may seem a long list of changes, it really reflects the changing nature of the disability sector. No doubt there will be more to come. Three years ago I was welcoming Mandy and Stuart to Bundoora, and Neale to the Bendigo campus, and they are still with us.

Following our Strategic Retreat last year, it was agreed that a midyear review of our progress would occur and to adjust any objectives as circumstances dictated. This will occur mid July. I will outline the significant issues in the next newsletter.

I was sorry to miss out on the two Parents/ Carers Briefing sessions, but events relating to the end of the financial year become a priority.

Director's Corner

-continued

I am excited about the forthcoming Art Exhibition (September 23rd) and its theme of portraiture which Clare is coordinating with her flair and panache – you must come and see it. Even the Vice Chancellor, Professor John Dewar is sitting.

I haven't mentioned football or our footy tipping competition, but as I write this, I know Mandy, Lloyd and Karen are at the top and I am a 'little way down'.

Please keep warm and safe as Winter remains with us for a while yet.

Ros Leslie
Managing Director



Above: Puppy dog coffee face created by our Cafe staff.

Payment of Admin Fees

Parents/carers please include the name of your student when making payment via the internet / EFT. We sometimes have problems connecting the payment to a person!

Editorial

Welcome to the Autumn Edition of the *Lifeskills* newsletter!

Although it's cold and the coughs and sniffles are in abundance, our Participants are working hard in all their classes. In this edition you can read about Michael's skills with science experiments in which he shows the Participants how everyday items in the kitchen react to different combinations - all done under supervision of course.

We have features on an Accredited class, sport, cooking and work experience.

I'm personally looking forward to trying this edition's recipe!

A reminder that every edition of *Lifeskills* newsletter has a Public Announcements and Classified page. If you have anything you would like to place on this page please email us: info@life-skills.net.au

Gayle Pohl - Editor

Important Dates

***Lifeskills* formal**

Thursday, 27th August 2015

Art Exhibition opening

Wednesday, 23rd September 2015

Transition Week - activities

21st - 25th September 2015

Grand Final Public Holiday - tbc

Friday, 2nd October 2015

Staff Prep Day - no Participants

Monday, 5th October 2015

***Lifeskills* Closed**

Monday, 2nd November 2015

Melbourne Cup Day Holiday

Tuesday, 3rd November 2015



LT&LD Report

The sun is shining, the birds are cheeping, it's warm inside and it's still winter – what else could we ask for? The Participants are away in the community on various activities and no doubt looking forward to a weeks holiday (so are the staff). The vegetable garden is looking magnificent and David who left us earlier this year, returns full time, so he can continue his good work.

In mentioning the garden, some University students pop in from time to time to examine our plants and soil for microbes and other exotic creatures – so it has a number of uses. We are also thrilled that Dr Simon Law from the AgriBio Centre has volunteered his services to provide advice, ideas and enthusiasm to further develop our worm farm, and other plants and vegetables and enhance the learning experiences of the Participants.

I also acknowledge the work of Michael over three years as he prepares to leave *Lifeskills* at the end of this term. Michael has decided on a seachange and change in direction as he settles in Bali. I thank him sincerely for his dedication, loyalty, enthusiasm, encouragement to the Participants and particularly his Friday afternoon science classes, especially the hot jar trick! Michael goes with our best wishes and continued good luck.

Tammy and I have been interviewing for a replacement for Michael and, with the Managing Director, hope to make an announcement soon.

Also applications have been called for the RTO Coordinator position which we hope to fill soon. I mention these to illustrate the ongoing changes, refinements and initiatives *Lifeskills* is making to ensure the organisation is prepared for the demands made by certifying bodies, government departments and the introduction of the NDIS.

I again commend the staff's articles to you which reflect on the variety of activities undertaken in the past few months.

On a final happy note Rebecca bought her young son, Logan, into his first visit to *Lifeskills* recently, a beaming and delightful young baby!

Douglas J. Ball

CEO - *Lifeskills* Training & Learning Division

Accredited Subjects - OH&S

Contribute to Health and Safety of Self and Others

One of the subjects on offer at *Lifeskills* during our first semester has been 'Contribute to Health and Safety of Self and Others'. Students in this class have gained such skills as identifying hazards, how to work safely, risk assessment and understanding safety signs. Part of this subject also includes a tour around campus to investigate the emergency procedures of various buildings. For example, in the event of an emergency, where is the evacuation assembly point if you are in the Union Building or Glen College? On our Campus tour we locate and count the emergency telephones, the break glass alarms, exit signs and fire extinguishers. We also complete a comprehensive Health Safety Checklist at the *Lifeskills* Toolhire workshop, taking note of any potential

hazards. We then conduct a classroom OHS meeting with our findings. This process highlights the importance of safety to self and others.

Another component of this subject is an allocated amount of time spent in a computer lab where students will learn how use the computer in a safe, healthy and appropriate way, and follow all workplace safety procedures. We also spend some class time going through the contents of a large first aid kit and identify exactly what it holds. We look at a case study of a student accident on campus and learn about the correct procedures to be put in place.

Mandy Hayley
Trainer & Assessor





Bendigo

During Autumn we had three birthdays, Daniel, Emma and Joe who was celebrating his 21st birthday, so while learning BBQ cooking skills on the BBQ at one of Bendigo's beautiful lakes, we had a birthday cake to celebrate with Joe.

At our BBQ cooking day we made our own creation of kabanos, using meat, vegetables and fruit, which was very yummy.

Neale Irving - Instructor



Sport

“Captaincy is 90% luck and 10% skill. But don’t try it without that 10%,” said the late, great Richie Benaud. The only problem with the idea to introduce captains for team sports was that every Participant wanted to prove they had the magic 10% every single game. Emotions ran high, but this didn’t detract from *Lifeskills*’ general sporting prowess. Each Participant has their individual talents: Vasi, who occasionally blew into this class, makes an assured umpire, Max’s batting skills have improved hugely on the cricket field, and Robin is not called Robin the Wrecker for nothing, which is why he has been instructed to bowl underarm at all times. Nicholas enjoys fielding at deep square leg and is excellent at gee-ing up his teammates, Lauren and Laura are always full of beans and are brilliant allrounders, and Eki loves his basketball. George brings the comic relief when things get heated on the field, and Ben is starting to display good leadership skills on and off the pitch.

Meanwhile Peter G and Stuart combine to create a dynamic, high-scoring duo who left this writer gasping for her Ventolin in one particularly spirited game of soccer. Aside from indoor cricket and football, table tennis and racquet ball have also been popular choices. But perhaps the most fun we had all term involved an impromptu game of tennis, when a dismal Autumn day suddenly turned warm and sunshiny, making the idea of staying inside seem like a crime against well-being and general happiness. We laughed, we cried, we got fit, but most of all - we had fun. I look forward to running around like a mad thing with the Participants next term too. And yes, we will work on those captaincy skills...

Alison Grinter - Instructor



Cafes and Food Services

Can you believe it is Autumn already with the year flying past? As always, here at Food Services, we are busy cooking and testing new dishes to put on sale at our cafes, and our range is growing and improving all the time. We have had absolutely awesome Participant involvement already this year, and the numbers are great. However, there is always room for more if anyone out there is willing.

The vegetable garden has been in great shape of late and the produce that has been supplied to us has been of the highest standard, and, of course, it tastes delicious. With the easy access to the garden's goodies it means we can always be serving dishes that are both fresh and seasonal.

I am also most proud to mention that we have a new employee at Food Services. Brittney Paras, who has been a long standing Participant at *Lifeskills* has recently taken up a casual employment position with us working primarily at our Banyule Coffee Lounge. So I would like to say congratulations. Thank you to Brittney and keep up the good work.

Thanks again to everyone for their help and support and we hope to see you all soon.

Regards

Paul Bostock

Lifeskills Food Services Division



Slow cooked Lamb Shanks



Ingredients

2 tbsp olive oil
4 french-trimmed lamb shanks
1/2 cup plain flour
2 medium brown onions, chopped
2 medium carrots, chopped
2 rashers bacon, diced
4 cloves garlic, crushed
2 tablespoons tomato paste
1 cup red wine
2 cups beef stock
2 400g cans chopped tomatoes
2 tbsp sugar

Method

1. Heat half the oil in a large frying pan. Toss lamb in flour that has been seasoned with salt and pepper; shake away excess. Cook lamb over high heat until browned all over; transfer to the bowl of a slow cooker.
2. Add remaining oil to the same pan with bacon, onions, carrots and garlic; cook, stirring, over medium heat for about 2 minutes or until the onion is starting to soften. Add the tomato paste; cook, stirring, for a further minute.
3. Add the wine to the pan; bring to the boil. Stir in stock, undrained tomatoes and sugar. Bring to the boil; pour over the lamb in the slow cooker, making sure the lamb is covered by the liquid. Cover; cook for 6-8 hours on the low setting or until lamb is soft and falling off the bone.
4. Remove the lamb from the slow cooker; cover to keep warm. Turn the cooker to the high setting; cook, uncovered, for about 30 minutes or until sauce thickens slightly. Remove any fat from the surface. Serve the lamb with the sauce, mashed potato and steamed greens, if required.

Science is back!

By popular demand, Term 2 has seen the reintroduction of our science program. Mostly involving experiments relating to chemical reactions between various substances, this program has provided students with a few surprises producing looks of bewilderment and sometimes excitement.

Apart from some standard old favourites such as the coke-mentos geyser, film canister pop rockets and the making of slimy, gooey stuff, we have explored a few new areas. A couple of the more popular experiments involved smoke and fire! Don't panic; it is all safe(ish). The kaleidoscope in milk and elephant toothpaste were also intriguing and fun. The

creation of sherbet was another big hit.

Of course, by definition, experiments don't always turn out the way you would anticipate (although they always seem to on youtube. The students accepted our occasional abject failure with bemusement and good humour.

It has been most satisfying to see a high level of engagement and interest displayed by our Participants in this subject throughout the term.

Michael Robson - Instructor



Parents & Carers Briefing

A parents and carers briefing was held on the 24th of June 2015. Two session times were made available at 2.00pm and 6.00pm. The afternoon session was attended by approximately 25 parents/carers and the night session was attended by a small group of parents. We provided an overview of *Lifeskills* particularly the Learning and Training Division, future developments and possibilities.

Discussion with parents and carers focused on the following issues to be addressed:

- Parents and carers suggested communication occur via email rather than mail as sometimes there is a delay in the mail with notices not reaching home addresses until a day or so before an event. This would also allow *Lifeskills* to communicate quickly and more often. a letter will be sent out soon requesting your preferred email.
- It was suggested that VALID be contacted to hold a presentation for parents and carers on NDIS.
- People expressed difficulty with finding the location for the venue. In future a more appropriate Venue will be selected closer to the *Lifeskills* Office. We will also endeavour to provide a clearer map of the campus.
- A suggestion was made in relation to being able to identify staff, especially new staff members. It was suggested that perhaps when the calendar is sent out staff photos could be on the back of the calendar with corresponding names and roles.

- Parents also suggested having a BBQ towards the end of the year with staff at *Lifeskills* so that parents and carers to have the opportunity to meet staff members face to face.
- There will not be a camp this year however information about recreational services for people with disabilities will be published in the Newsletter as information is received.
- Discussion was also centred on the key “5 no’s” in relation to behaviour at *Lifeskills* - no sex, no drugs, no alcohol, no violence and no inappropriate language.

Thankyou to all who attended and we will endeavour to follow up with suggested outcomes in the near future.

Please refer to the following links for information on NDIS.

Newsletter link for NDIS is:

<http://www.ndis.gov.au/sign-updates>

Every Australian Counts is:

www.everyaustraliancounts.com.au

Disability Advocacy Resource Unit (DARU)
[admin at daru.org.au](http://admin.daru.org.au)

Australian Federation of Disability Organisations (AFDO):
jean@afdo.org.au

Douglas Ball - CEO

Tammy Matthews-Prosser
***Lifeskills* Training and Learning Division**
Co-Ordinator

Cooking

Term 2 at *Lifeskills* has brought forth some excellent work in Cooking.

Participants have been busy practising Independent Living Skills by shopping for ingredients and creating healthy and easy delicious lunches.

It is great to see such enthusiasm in the kitchen - excellent work!

Melissa Scott - Instructor



Work Experience



Work Experience classes have commenced in Term 2 and 3 for Participants who are interested in participating in work experience. Class time on a Friday involves exploring ideas and discussing what is required to participate in Work Experience, especially in relation to responsibilities in the work place. Work Experience is a great opportunity for students to develop links in their local community and to explore their vocational interests. I encourage students to use their own networks of family, friends and contacts in the local community. Work Experience can be in a private business or with a voluntary organisation. Participants can complete Work Experience one day a week for 10 weeks or for a 2 week block to experience a broader idea of what happens in a work place throughout the week. Travelling to Work Experience on public transport is also encouraged so Participants can learn to be more independent.

Opportunities are only limited by people's imagination. Recently students have worked in Coles, Woolworths, Target, the Hog's Breath Café, the Bundoora Farm, a vet clinic, a nursing home, a newsagent and local libraries. If you know of any businesses or local community organisations who would like to have a student complete work experience with them, contact us at *Lifeskills* and we will try to match someone with an interest.

Tammy Matthews-Prosser
***Lifeskills* Training & Learning Division Coordinator**

Participant Birthdays July - September

July Birthdays

2 - Ben M
3 - George V
4 - Alex L
7 - Mary I
11 - Lauren E
12 - Mimari H
18 - Miranda G

August Birthdays

1 - Matt Bo
8 - Kassie D
17 - Fiona H
19 - Deno K
20 - Nathan C
23 - Sam D
25 - Dennis T



September Birthdays

1 - Wilson H
1 - Nermeen S
14 - Sanjesh N
15 - Gavin P
22 - Ann N
23 - Robbie P
30 - Roger P



Student Profile: Kate



Kate went to Concord School, Bundoora from primary level through to secondary before arriving at *Latrobe Lifeskills* to further her education. Some of her Concord friends are also attending *Lifeskills*, so Kate had a number of familiar faces to greet her when she started.

At *Lifeskills*, Kate enjoys Zumba, Travel Training and Computer classes the best. She enjoys being on campus and has learnt to find her way around the various buildings.

Kate goes to Ballet and Tap Dancing classes in her spare time and she loves to go shopping with her Mum. She also enjoys having sleep-overs at her friend's house.

Kate's favourite food is Aussie pizza.



Getting to know our staff: Tim Threadgold

Hello, my name is Tim Threadgold. I started with Lifeskills this time last year. I am based at the Vegetarian Café and am employed as the chef, also helping Paul with the catering business.

I have been a chef for almost 20 years, working in all sorts of places. I love the concept of Lifeskills and really enjoy working alongside all of the Participants. I find this job really rewarding, interesting and also

challenging. The staff at Lifeskills are great to work with and are very supportive.

I recently bought a new house with my wife Skye and two young children, Jack, who's four and Isla, who is almost two. I enjoy landscaping the backyard and watching the Mighty Hawks.

Looking forward to meeting you along the journey

Public Announcements and Classifieds

If you have anything you would like to announce or advertise
on this page please contact Gayle on 9479 1474

Information Links:

Carer Links North <http://mchs.org.au/services/services-for-people-with-disabilities>

Programs for People with a Disability Diamond Valley Sports and Fitness Centre.

Contact Nicole Smith Co-Ordinator. Phone: 0413066575

Interchange Northern <http://www.interchangenorthern.org.au>

Newsletter link for NDIS is: <http://www.ndis.gov.au/sign-updates>

Every Australian Counts is: www.everyaustraliancounts.com.au

Disability Advocacy Resource Unit (DARU): [admin at daru.org.au](mailto:admin@daru.org.au)

Australian Federation of Disability Organisations (AFDO): jean@afdo.org.au



Above: cutting some moves on the dancefloor at the Arts Centre during
Transition Week

Express Create Grow



La Trobe Lifeskills Pty Ltd
Lifeskills Centre
La Trobe University
Bundoora VIC 3086 (PO Box 113)
T: 03 9479 1474 F: 03 9479 1192
E: info@life-skills.net.au
www.life-skills.net.au



La Trobe Lifeskills acknowledges the support of the Victorian Government.

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