



## Retirement community set to go

**Karingal plans for a state-of-the-art retirement community in Marshall are expected to be approved by the City of Greater Geelong shortly.**

Covering six hectares, Barwarre Gardens will feature expansive landscaped gardens, parkland areas and wide roads.

Stage one of the development will see construction of 35 two and three bedroom units and a community centre with a shop and other services.

Seven first-floor apartments will be built above the community centre.

Twenty-one of the self-contained units will be constructed in the initial building stage and the remaining 14 at a later date.

Building work on stage one is set to start later this year.

Other stages of the development will see more independent living units constructed.

Bounded by Barwarre, Grove and Station roads, the development is close to the Marshall train station; providing easy transport to central Geelong and Melbourne.

A residential aged care facility is also planned for the site.



## Karingal managers do hard yards for good cause

**Karingal managers Mark Davison and Jill Reid are among a dedicated group of agency workers preparing to walk from Warrnambool to Geelong in November this year.**

The 190km Walking Home trek, co-ordinated by the Salvation Army, aims to draw attention to the many causes of homelessness and expose some of the myths surrounding people who are homeless.

Twenty-one agency workers and two secondary school students will participate in the five-day trek; sleeping in tents as they travel. The walk will end with a party in Geelong's Johnstone Park on Friday, November 20.

Team leader of Karingal Mental Health Support, Jill Reid, and MatchWorks Regional Manager, Mark Davison, said they had started training for the trek and were looking forward to hitting the road.

MatchWorks is a major sponsor of the event.

## Karingal says thank you

**It was all smiles at Skilled Stadium on Thursday May 14, as Karingal officially thanked its volunteers.**

Karingal Chair, Rod Payne, said volunteers were the lifeblood of many charities and community organisations and Karingal was no exception.

Without volunteers, many Karingal services and events could not function effectively, he said.

Karingal volunteers were to be thanked for their commitment to enriching the lives of people with a disability and for their support of the organisation, Mr Payne said.



Karingal volunteers (from left): Greg McHenry, Edwina Muschol, Bruce George and Marilyn George.

# Helping beyond our borders

**By Karingal CEO, Daryl Starkey.**

As Chief Executive Officer of one of the State's leading disability service providers, I have reason to be proud.

I am, rightfully, proud of the role Karingal plays in improving the life quality of thousands of people with disability and mental illness every day.

I am proud of the way Karingal has grown and adapted to meet changing needs, through changing times.

I am proud of our innovative and responsive services, great facilities and rapid expansion.

What I am, however, most proud of, is the commitment and compassion of Karingal's 1200-plus employees.

Remarkably, many Karingal staff members spend not only their working hours making a difference to people's lives but also their spare time.

They are, variously, volunteers, members of committees,

councils, clubs and other community organisations.

In this voluntary capacity – both within Karingal's walls and outside them - they raise funds for a plethora of causes and provide their skill and labour with no other aim than to help others.

Most recently, Karingal employees, through a number of fundraising efforts, have made a very real difference to the lives of people on the other side of the world, through money raised for the purchase of something as fundamental as septic tanks.

Forty septic tanks have been constructed and installed in the Sri Lankan village of Vilankulam. The small, Tamil village has become the new home of many families whose houses and lives were devastated in the 2004 Boxing Day tsunami.

With staff efforts raising about \$7000, and Head Office matching this amount dollar-for-



The new septic tanks being unloaded in Sri Lanka.

dollar, more than \$14,400 was contributed by Karingal to this life-changing project.

The Rotary Club of Geelong, of which I have been a member since 1993, and Geelong InterAct, have managed and funded the ambitious aid project.

Female English novelist George Eliot famously said: "Our deeds determine us, as much as we determine our deeds."

The deeds of Karingal staff determine a dynamic organisation of which we should all feel proud.

# MatchWorks helps Scouts get prepared

**The Norlane Scout Hall has been given a new lease of life thanks to the hard work of local MatchWorks Work for the Dole participants.**



Before

Member for Corio Richard Marles joined representatives from Scouts Australia and program participants to help launch the refurbished hall on May 7.



After

MatchWorks General Manager Michael Wasley said 35 participants spent six months on the refurbishment project, which has enabled the Scouts Association to return to the Norlane area and hold regular meetings once again.

"It is wonderful to see these participants help one of the oldest and largest youth organisations in the country," Mr Wasley said.

Program participant Kristi Weil said she enjoyed learning different skills such as plastering, and even attained her Construction Induction certificate.

"It felt really good helping an organisation like the Scouts," said Kristi. "The skills I learnt were really valuable."

# Girls try on trades

**More than 100 girls from Geelong region secondary schools traded their school uniforms for overalls on April 28, as part of BacLinks Girl's Big Day Out.**

The annual trades day, co-ordinated through Karingal BacLinks, sees schoolgirls roll-up their sleeves and try their hand at a range of trades.

Employee volunteers from Alcoa, G-Force Recruitment, the Geelong Manufacturing Council and Waurin Ponds Bunnings store teamed with BacLinks, the Geelong Regional Vocational Education Council, the Gordon TAFE and the Smart Geelong Local Learning and Employment Network to expose the girls to as many trades as possible.

BacLinks Manager Sheree Holdsworth said as well as providing girls with 'hands-on' trade experience, the Girl's Big Day Out also gave girls the opportunity to gain valuable information from industry representatives and hear from women successfully employed in trade positions.

"The event also encourages girls to make informed decisions about their future education and employment path and helps address the skills



A year 9 school girl gives engineering a try.

shortage in the Geelong region by promoting careers in trades to women," Sheree said.

A significant trade skills shortage had been identified in the Geelong region and there was an urgent need to market careers in the trades to school kids, particularly girls, she said.

# The bank battle

**The face of Australian banking has changed dramatically over the last decade; plastic cards have replaced withdrawal slips and the internet and ATMs have replaced tellers. So complete is the banking revolution, writes disability educator and Karingal client Chris Van Ingen, that people are now charged extra to conduct teller transactions. Having those fees waived means declaring yourself an old-age pensioner - even when you're 26.**



To live my life as independently as possible I have to plan every activity in advance. The mission that requires the most planning is the banking battle.

Having my own money is an empowering experience but when it comes to using the automatic teller machine (ATM) the money doesn't automatically jump into my lap, as the name suggests.

No matter what dare devil stunt I pull with my wheelchair I can't reach the keypad to punch in my PIN.

So what options do I have?

My first option is to ask a family member to get the money out of the bank for me. I don't call that being independent.

My second option is to go into the branch and withdraw money through a teller but over-the-counter transactions now come at an extra cost.

I am effectively being punished because my cerebral palsy makes it impossible to use an ATM.

My wife and I asked the bank if we could work something out and were informed we could open an aged pension account, which allowed more over-the-counter transactions. If we hadn't asked, I am not sure that we would have learned this, which makes me wonder how many disability pensioners are currently being charged extra by the banks for the privilege of using tellers?

As a last resort, I can also use internet banking services or ask for "cash out" at point-of-sale but using a computer can be difficult for me and not all businesses offer the 'extra cash out' service.

Some people rely on others to get money out for them but this requires a lot of trust and is, unfortunately, open to abuse of power.

I now have a great relationship with the staff at my local bank branch. Staff members are well aware of my needs and I know I can ask for help any time.

I never ask for charity and there are no easy answers but I would ask banks to treat each person as an individual so we can focus on the banking and less on the battle.

## Alliance open to all

Offering monthly get-togethers, guest speakers and a variety of social events and functions, the Barwon Ability Alliance (BAA) is a group of people of all abilities, aged 25 years and over, which gets together regularly to contribute ideas to the community and have fun.

Founded on the principles of respect, friendship, dignity, belonging, being listened to and frivolity, the BAA welcomes new members and there is no charge to join. Attendant care is provided and meetings and social functions are held at accessible venues.

For more information call Dianne Thomson on 5272 4120 or email [dthomson@geelongcity.vic.gov.au](mailto:dthomson@geelongcity.vic.gov.au).

## Federal funds for respite

Karingal's Mental Health Support will receive \$100,000 in Federal Government funding in 2008/09 and 2009/10 for the provision of respite, while more than \$60,000 in Commonwealth funds has been pledged for new respite packages for older carers of people with a disability.

The funding for older carers will support eight new respite packages.

## ARCsupports DADS

**Karingal's ARCsupport is helping establish a regional support network for male carers and fathers of people with acquired brain injury, called DADS.**

ARCsupport manager, Jacqui Pierce said DADS started in Queensland as a support group for dads of people with disabilities but had since broadened its membership to provide peer support by men, for men, to all male carers, including husbands, grandfathers, brothers and uncles of people with disabilities and health issues.

For more information visit [www.dadsaustralia.org.au](http://www.dadsaustralia.org.au) or contact Steve Scott on 0409 969710 or via email [steve\\_dads@bigpond.com.au](mailto:steve_dads@bigpond.com.au)

## Donation funds upgrade

The family of Karingal House resident, Arthur Cunningham, has generously offered to donate \$24,000 for improvements to the residence.

The money will be used to build a covered pick-up and drop-off area at Karingal House.

## Karingal calendar

### 17 June

Geelong Parent Network meeting at Disability Services Commission. Further information contact Dot Leigh on 5244 4622.

### 1 July

MatchWorks commences operating from new sites awarded under the Job Services Australia contract. New sites are located in Bendigo, Warrnambool, Colac, Bannockburn, Epping, Preston, Flemington and Melton.

### 14 July

Karingal Staff Service Awards – Geelong Conference Centre at 10am.

### 15 July

Geelong Parent Network meeting at Villamanta Legal Service. Further information contact Dot Leigh on 5244 4622.

### 20 July

Karingal Parents and Friends meeting. 10am at the Rachinger Centre. Call Robyn Flewell-Smith on 5278 9830.

### 24 July

Karingal Staff Service Awards – Quest Warrnambool at 10.30am.

### 10 August

Karingal Parents and Friends meeting. 10am at the Rachinger Centre. Call Robyn Flewell-Smith on 5278 9830.

### 12 November

Karingal Annual General Meeting – Geelong Conference Centre.



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