

Real Living Options Association Inc.

Members Newsletter



ISSUE 35 – MAY 2018



MISSION STATEMENT

Real Living Options Association Inc. is a family governed organisation which values and respects the rights, responsibilities and aspirations of people with a disability, while promoting maximum participation and inclusion in the community with a focus on living a life with choice

Management Committee News

From the Secretary

I would like to introduce myself to you all. At the AGM held in October last year Margaret Watson retired from the position of Honorary Secretary and I took over the position. I have big shoes to fill as Margaret was in the position for many years and her knowledge and experience is extensive and I have been so fortunate that Margaret has mentored me and I have learnt so much and am so appreciative of her continued support.

I retired after 41 years in the Queensland Public Service in July 2017. I worked for Queensland Fire and Emergency Services (QFES) for the whole 41 years in Cairns, and worked 20 years with SES and 21 with the Fire Service. I thoroughly enjoyed my career, meet lots of different people, was involved in working in major events – Cyclones, major flooding events and went on deployment into affected disaster areas. My last position before retiring was that of Executive Assistant to the Assistant Commissioner of Far Northern Region. A very full on position, dealing direct with Parliament, and heads of other departments, the role was very diverse, challenging and rewarding. I gained a lot of knowledge of the workings of Government and the protocol's involved.

After I retired I wanted to do volunteer work and saw on the FNQ Volunteer website an organisation looking for an Honorary Secretary and I applied, hoping that my skills in administration could be used as I was used to doing minutes and organising meetings. This is how I became involved and have not looked back since. All the members of the Management Committee have been supportive and welcoming. I am on all the Sub-Committees of the Management Committee and have learnt so much. Our Committee looks after the Governance of the Organisation and with my past knowledge and experience I have thoroughly enjoyed being on the Sub-Committees as we deal with Policy and Procedures.

On 4 May 2018 the External Audit of the Organisation was conducted and the auditor acknowledged that we had done a lot of work and planning during the past 18 months since the last Audit. There were no non-conformities. Our Organisation is in a very good place with all the Governance in place.

I hope to catch up with you over time.

Kind Regards
Ros Kraft
Hon. Secretary

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Real Living Options Association Inc.

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Service Manager's News

The NDIS is almost here!!!

Planning meetings have commenced and Service Users will transition between 1 July and 30 December 2018. Not everyone's plans will commence at the same time as it will be a staggered roll out over 6 months. I have already attended a planning meeting and we have another one scheduled for this week. Unfortunately, Service Users do not come away from the planning meeting with any idea about what their plan will look like and what supports they can receive. They are being told that they will get a copy of their plan sometime after 1 July and the plan will have a start date that is not necessarily going to be 1 July.

The Support Facilitators and I are happy to sit in on any planning meetings if Service Users and/or their families would like.

We had our External Audit Maintenance check last week and came through with a great report. Thank you to the Service Users and staff who came in and met with the auditor.

Next week we are hosting a fundraising event for the Cancer Council by holding a morning tea as part of Australia's Biggest Morning Tea. We hope to raise over \$250.00 to help the Cancer Councils Mission for a cancer free future. This event is being held at the Stratford Library from 10am to 11.30am on Thursday 24th May. For a \$5 donation you can come and enjoy a delicious morning tea of freshly baked goodies, sandwiches and tea and coffee.

Keep your eye out when you are out and about for the RLO bus. As part of our marketing plan to help us grow and survive the NDIS we have advertised on the back of a Sunbus. If you see it on the road please let us know.

Mandy Nielsen
Service Manager



**The On-Call phone
is currently
available for
emergencies on
Monday to Friday
evenings and
24 hours on
weekends.
Ph: 0408 827 261**

Real Living Options only has one incoming phone line, so if you call us and it goes to our message bank, it means we are probably already on the phone. Please leave a message and we will call you back. If you have an **urgent call during office hours** and you cannot get through on the main line you can call 0459 223 014. Please be mindful that answering your call, regardless of which number you ring will depend on who is available. We are only a small team who are always busy doing something for someone!



PUBLIC HOLIDAYS – RLO OFFICE CLOSED

Friday 20th JULY

Sunday, 3rd June ECOfiesta
10am to 7pm
Cairns Wharf Cruiseline Terminal

Cairns ECOfiesta returns in 2018 to celebrate sustainable living in North Queensland and the thirty year anniversary of Wet Tropics World Heritage.

Immerse yourself in a day of live music, interactive workshops, free kids activities and a massive expo of green-tech and sustainable living solutions.



From May to July
the following
Service Users will have a
Birthday

Stephen
Lynette
Imogen
Nikki



Join local birding legend John Seale

Free guided birdwatching tour
Tuesday 15th May
8.30 to 10.30

At Friend's House in Flecker Botanic Gardens

What to bring:
Binoculars
Sensible walking shoes



Festival of the Knob

Saturday 16th June

10am to 5pm



Yorkeys Knob Community Centre

Old School Park

Highlights include the crowning of *King and Queen of the Knob* and the arrival of *Yorkey*.

There will be Market and food stalls, live entertainment, rides, a dance floor and displays - the makings of a fun-filled family day out.

Presented by Yorkeys Knob Residents Association Inc.

World Sea Turtle Day 2018

Saturday 16th June

10am to 3pm

Muddy's Lawn - Cairns Esplanade



Hosted by the Sea Turtle Foundation, this all-ages event promotes awareness and conservation of sea turtles and the marine environment in celebration of World Sea Turtle Day.

This fun packed family event offers informative talks, live entertainment, food, stalls, family activities, a raffle, school art competition and special guests promoting a love for, and protection of, Australia's Great Barrier Reef and all its inhabitants - including our beloved sea turtles.

If you would like to contribute to any of our Newsletters, please submit your ideas, stories or pictures to admin@reallivingoptions.com.au for our consideration.

Sunday 1st July - Barlow Park

The Rabbitohs will play the Cowboys in round 16 of the NRL Premiership on Sunday 1 July 2018 at 4pm at Barlow Park in Cairns.

South Sydney Rabbitohs return to Cairns in July 2018 for sixth straight season. Tickets for the Rabbitohs vs Cowboys game in 2018 will go sale later this year. Keep an eye on www.rabbitohs.com.au for more details.



Relay for Life 28-29 July 2018 Barlow Park



A chance for the Cairns community to recognise and celebrate local cancer survivors, patients, and their carers, to honour and remember loved ones lost to cancer and to raise money to help save more lives.

18-20th July 2018 – Cairns Show at the Showgrounds

All profits from the Show are applied to improvements and maintenance of the showground facility for the community of Cairns. Over the past 8 years more than \$2 million has been spent improving the Showgrounds infrastructure and facilities. This valuable community asset, last valued at over \$33 million, has been developed and is maintained at no cost to the Cairns community. This has been achieved through the voluntary committee and associated organisations giving of their time to complete most of the works. The present Show Committee and committees over the past 110 years have given tens of thousands of hours of their time for the benefit of the local community.

Presold tickets will be available from around 7th July from Stockland Cairns

- Discount Family Passes for 2 Adults and 2 Children: \$47
 - Single Adult: \$21
 - Single Concession: \$16
 - Child (5yrs – Under 14yrs): \$11
 - Children Under 5 years: FREE
- or for Three Day Passes:

- Adult Three Day Passes: \$58
- Concession Three Day Passes: \$43
- Child Three Day Passes: \$28

These specials are only available by purchasing tickets before the closing date at Stockland Cairns (Monday – Sunday) and The Cairns Show Office (Monday – Friday).



Cairns Esplanade Markets

Saturday, 2nd /7th July

8am – 4pm

Every Saturday, between 8am and 4pm, The Esplanade Markets showcase local, quality made products from jewellery, leather work and homewares to pottery, clothes and skincare. If you need a gift or souvenir you are sure to find it here.

Held against the scenic backdrop of the Cairns waterfront, you can follow your market shopping with a swim in the Lagoon or take advantage of the free barbecues, exercise equipment and children's playgrounds.



Cairns Airport Adventure Festival Sunday 10th June 2018

Be part of the atmosphere by being involved in an official capacity. You might be a local wanting to support your community, an avid triathlete, a veteran volunteer, a student wanting to gain experience at a world class event, or simply a lover of sport. No matter your motivation, being part of the Cairns Airport Adventure Festival promises to be a stimulating and rewarding experience.

As a volunteer you may be asked to assist in the following areas:

- Event registration
- Guiding athletes as a course marshal
- Directing athletes at the finish line
- Manning water stations or turnaround points
- Guiding spectators at cross-over zones

This will be a spectacular event, and the enthusiasm of our volunteer army will be crucial to its success. Registrations are now open!!!

Fun Page

Q V S H G S B Y N E Y G L Z S
 T F I G E A C V X X N V Y O N
 M G A D A P M H W I Y V R Y O
 D H I I R B I E P K E W C O O
 Y R X D R B W P S E L D M L L
 T K Z E I Y O O Y L L X L D L
 H Y C T I H F U H I A O E A A
 O I I U C C H L U S W U F G B
 T O D D U G X G O V O H I W I
 N T O B A N D S G S H Q H O K
 W O S L A N M I N A S K H O Z
 W S F H A U Z J Y U E O S D Q
 Q P J R U N U D K X D B L D L
 B F A C E P A I N T I N G O Y
 T Y X Q D S A I O I S V H G R

- ANIMNALS
- BALLOONS
- BANDS
- DAGWOODDOG
- EXHIBITION
- FACEPAINTING
- FAIRYFLOSS
- GAMES
- RIDES
- SHOWBAGS
- SIDESHOWALLEY
- WOODCHOPPING

Riddle of the day

Question: Where do cows go for entertainment?



Answer: To the moo-vies