

Real Living Options Association Inc.

Members Newsletter

ISSUE 37 NOV - 2018

MISSION STATEMENT

Real Living Options Association INC is a family governed organization 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 President:

A very big welcome to new people who have come to Real Living Options through their funding from the NDIS. Our end of year function is coming up in early December and we are hoping you can attend and we will have the opportunity to meet the new people.

For the end of year Service User and Family gathering, we are planning to trial having a lunch instead of a dinner. More information will be available as soon as this has been finalized.

For those people who have transitioned to the NDIS funding, I hope it is all settling down to satisfactory support for everyone. The office staff have been extremely busy with getting everything done with the transition so if you have visited the office recently and everyone seems very busy that is just how it is. Within a few months we expect that all of the all will have transitioned and things will be back to normal.

The Annual General Meeting was a great success and I would like to thank the people who attended I know that everyone enjoyed the nibbles and refreshments after the meeting. It is good to be able to share some time together at AGM time.

The Management Committee members elected at the AGM are as follows

President: Elsie Butler

Vice President: Jo-ann Hoare

Secretary: Ros Kraft

Treasurer: Martin Bryars

Committee: Ruth Pye, Margaret Watson, Rob Shennan, Suzi Shennan

We are grateful to these people who give their time, energy and talents for the benefit of this organisation.

This will be the last Newsletter for the year, so I want to wish all our members, service users, staff and Management Committee the very best for the festive season and may 2019 be a good year for us all.

Elsie Butler

Hon President



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Real Living Options Association Inc.

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Service Manager's News

My apologies for not getting this newsletter out earlier. Krsztina has been on my back to write something in this space so she can send it out but things have been so busy.

We have almost transitioned all of our Service Users to NDIS funded support and we have welcomed 6 new people to Real Living Options with two more people about to join us.

It has been a busy time with a huge increase to our administrative systems to manage how we claim our payments from the NDIA. Craig and Krisztina have been working diligently to ensure the cash flow continues and Justine has been meeting potential new Service Users and their families as well as providing Support Coordination to help some people find all of the appropriate services to meet their needs. As well as this both Justine and Craig have continued to work with our existing Service Users and families to ensure their support and Lifestyle Assistants are meeting their needs.

Rachael has been in the office as much as we can afford to have her to ensure the rostering for any support and staff changes is managed. All of the team are doing what needs to be done with the hope that things will settle down soon.

I am trying to keep up with the continuing budget changes to make sure the Service remains viable while working alongside the office team to assist with the new processes.

I am looking forward to our Service User, Family and staff Christmas lunch on Thursday 13th December. I hope to see you all there? Please note that the office will be closed from 12pm to 2pm so that all of the office staff can attend.

I wish everyone a happy and safe Christmas filled with love and laughter.

Mandy Nielsen
Service Manager



**The On-Call phone
is currently
available for
emergencies
outside of office
hours 7 days a
week.
Ph: 0408 827 261**

Real Living Options Association's Grievance Committee Members for 2018-19

Elsie Butler
Jo-Ann Hoare
Ruth Pye



Christmas Chocolate Crackle Slice

Ingredients

- 125g copha, chopped
- 200g dark chocolate, finely chopped
- 175g (5 cups) Rice Bubbles
- 150g (1 cup) pure icing sugar
- 85g (1 cup) desiccated coconut

Method

Line a 21cm (base measurement) cake pan with baking paper. Place copha and chocolate in a small saucepan over medium heat. Stir for 5 minutes or until melted.

Combine Rice Bubbles, icing sugar and coconut in a bowl. Add copha mixture and stir well to combine.

Press Rice Bubbles mixture into the pan. Cover with baking paper. Place another 21cm cake pan on top and place a can on top to weight. Place in the fridge for 1 hour to firm. Ice with chocolate icing when set.

From the following Service Users will have a Birthday

**Shani, Greg,
Lindsay, Jenna,
Sandy, Amber**



Carols by Candlelight

The **2018** Carols by Candlelight concert will be held at Fogarty Park on **Sunday 9 December**, with entertainment from 5:30pm to 8:30pm

The entertainment is set to be extra special this year, with over 350 performers involved!

There will be a spectacular fireworks display at 8:30pm



NYE Resolution Fun Run – Monday 31 December 2018, 7:30pm, Fogarty Park, The Esplanade, Cairns

The Cairns Regional Council NYE Resolution Fun Run is a 4km night time fun run and it's **FREE** to register.

Register with your family and friends and do something that is fun and challenging. It's an excellent way to motivate your friends, club mates, colleagues and family members to achieve a personal challenge together.

There will be entertainment and surprises lining the course, inviting you to party your way to the finish line! Dress up in neon or paint yourself with glow pens and join the fun run party.

This is more than just a "fun run" it is a celebration and a healthy way to ring in 2019. All ages welcome.



Date Claimer - Service User and Family Christmas Lunch

Thursday 13th December 2018

Bungalow Hotel (200 Aumuller Street)
\$20.00 per person for a roast dinner and plum pudding

RSVP including payment must be received by Friday 7th December



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.



'Twas the Night Before Christmas by Ken Ludwig

'Twas the night before Christmas is a tropical take on a Christmas Pantomime, this is great fun for the family. Staged in the outdoor amphitheatre of Munro Martin Parklands on Saturday, 16 December, A Cairns Christmas Carol is a collaboration of local creative professionals and features the angelic voices of the Cairns Young voices choir. You'll need to sort out your own chairs, picnic blankets, food and drink.



Office Closure Dates/Times



The office will be closed on:

Friday 7th December from 1.45pm

Thursday 13th December between 12pm and 2pm

Tuesday 25th December - All day

Wednesday 26th December – All Day

Tuesday 1st January – All Day

The on-call phone will be available for any urgent situations that arise during these times.

**Sunday, 9th December 2018 – 9am to 2pm
Fred Moule Pavillion, Cairns Show Grounds**

The Cairns Local Christmas Market is a great family event with lots to come and see while supporting your local community.

With over 150 Stalls to choose from you are sure to find some special and unique gifts for this Christmas.

There will also be a cent sale to help raise funds for our Aussie Farmers to help them through this hard time.

There will also be food and beverage stalls on site and a table and seating around for you to relax and take in a great atmosphere.

ATM Machines on site, however, mainly Cash Sales Only at most stallholders. For information about becoming a stallholder please email cairnslocalmarket@gmail.com, spaces are limited.



If you aren't much of a caroller, the Christmas Lights Ride in Cairns may be the perfect little excursion for you. This slow-paced bike ride is suitable for all ages and will be held on Thursday, 14 December.

Arrive at 4.40pm to bling up your helmet and bike and attach your rider rego plate (which you'll collect from the organisers), before heading off at 5pm to ride past the local light displays.

You'll start and finish at the Cairns Esplanade Lagoon. Proceeds will go to the Ronald McDonald House Charities.