



Interchange Newsletter

FEBURARY 2017

Volunteers supporting young
people with a disability

Creating opportunities for young
people with a disability

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Pathway Opportunity

Interchange is very committed to supporting volunteers and providing opportunities for self development and learning.

We are particularly proud of our gap-year traineeship program that we initiated 2 years ago.

It is an exciting opportunity to provide a pathway for volunteers to work within our team and continue their learning as they complete a CERT 1V in Disability Studies.

Congratulations Claire and Tess and welcome to our team.

office locations

Wodonga Services

76 Nordsvan Drive,
PO Box 725,
Wodonga Vic 3689
Ph 02 6055 8000
Fax 02 6022 8099

Wangaratta Services

36-38 Mackay Street,
PO Box 389,
Wangaratta Vic 3676
Ph 03 5720 0000
Fax 03 5720 0099

Email admin@umfc.com.au
www.interchange.org.au
www.umfc.com.au

Managers Message

Welcome to our first newsletter for 2017. What a year we have ahead of us. A year that we know is going to bring very significant change with the introduction of the NDIS into our region. A year that will see the introduction of new initiatives and opportunities. A year that we hope commences an exciting journey of possibilities for people with disability and their families and carers.

The introduction of the NDIS has been done through a stepped process with gradual roll out occurring across the state and nationally. Part of the reason for this is the recognition of the significant impact and change requirements organisations need to implement to be NDIS ready.

Many organisations have undertaken reviews to determine what the impact of an NDIS model has to their business operations and what requirements would need to be implemented to enable them to provide a sustainable service model.

UMFC has undertaken these same processes and is in the process of finalising its position as an NDIS provider.

With the roll out date for the NDIS fast approaching, individuals, their families and supports are commencing their planning preparations. Some individuals have received invitations for an early NDIS package and have already completed their plan and eligible to purchase services through their NDIS package allocation.

UMFC would like to inform participants who have already and are preparing an early transition to an NDIS package that we are currently not in a position to provide support under NDIS. An announcement will be made at the end of March regarding our decision to supply services under NDIS and for what activities. Participants should contact their support coordinators or planners to identify service providers available for them.

For Victorian NDIS participants who are self-managing their funds UMFC can provide a fee for service to you outside of NDIS (and the NDIS price guide) at a mutually acceptable rate. Contact us to see how we can assist.

For Victorians without NDIS packages UMFC continues to provide supports to people with disability and their carers and families.

You can call us on 02 6055 8000, or download our brochures from our website (umfc.com.au) to find out more.

Jan Bence



From NDIS website: <https://www.ndis.gov.au>

Q. I've just found out that I can become an NDIS participant, what's my next step?

A. Your next steps are:

1. The first step is to find out when the NDIS is available in your area and apply. There is a video and factsheet that tells you how you can do this at [this webpage](#).

2. Get ready for your planning conversation.

You can read information on how to do this via [this factsheet](#).

And, you can watch a video about a participant having a planning conversation [here](#).

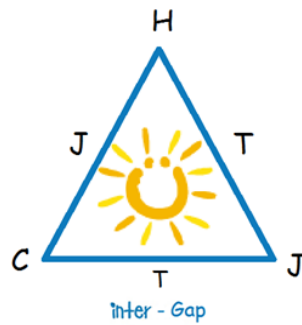
3. Develop your first plan.

There is a video and factsheet that tells you how you can do this at [this webpage](#).

4. Start your plan. Once you have had your planning conversation and developed your plan, it is time to start your plan. You can start your plan by yourself if you choose to self-manage your plan, or with the support of a Local Area Coordinator, Support Coordinator or an Early Childhood Partner.

There is a video and factsheet that tells you how you can do this at [this webpage](#).

Program Spotlight—Inter-Gap

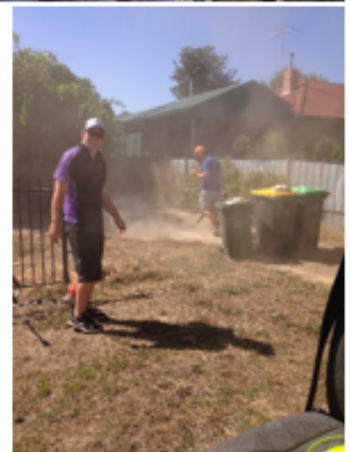


'InterGap', a new Interchange program, has been running every Tuesday in Wangaratta since the commencement of the school term. At InterGap, participants are taught practical life skills, equipping them with the necessary tools to gain further independence and work towards getting a job within the community. They also pick fun activities within the community they would like to participate in. Our four participants, Jacob Salafia, Chris Richards, Travis Andrews and Josh Jose have recently been learning all about the possible dangers of using the blower and whipper snipper, and how to safely navigate around these dangers. They have been taught how to use the whipper snipper and blower, which allows for practical learning and possible employment in garden maintenance. Fun activities

such as swimming at the YMCA and fishing were collectively chosen by the boys. Over the year the boys will further upon their knowledge regarding travelling via bus or train, and will be taught the skills necessary to do this. Work

experience will also be organised to introduce the boys to different work environments, and teach them the occupational health and safety that surrounds each workplace and the personal requirements of them within the workplace, such as the importance of signing in and signing

out. The boys also collectively developed a logo for InterGap that will be printed on the Hi Visibility shirts.



Volunteer Recognition Evening

Interchange greatly appreciates the time, effort and commitment each volunteer contributes to our various programs and activities. The Volunteer Recognition Evening is an opportunity to thank and recognise the involvement of those who have volunteered and supported Interchange over the past 12 months. It provides an opportunity for us to celebrate together and share some highlights of our year.

The evening will showcase volunteer achievements including an awards ceremony to recognise individuals who are making a difference.

2 award categories will be presented on the evening.

The People's Choice Award ~ Your opportunity to nominate someone who you think makes a difference!

The Radiant Sun Awards ~ The opportunity for staff to recognise our newest volunteers. Volunteers, who in their first year with the Interchange Program demonstrate capacity in one or more of the following categories -

- Emerging leadership capacity
- A strong commitment to enriching the lives of people with a disability
- Positive application to promoting the reputation and awareness of Interchange within the community
- Commitment to personal learning and development to strengthen capacity for working within the Interchange Program
- Outstanding hours of voluntary service involvement

2016 Award Recipients

Radiant Sun Award - Host:

Fran Wellington

Radiant Sun Award - Recreation:

William Bell

People's Choice Award:

Annie Jarratt

People's Choice Award

Is there an Interchange Volunteer that you think makes a difference?

A difference to your life, to your family's life or to someone else's life.

Interchange participants, their families and fellow volunteers are able to nominate an Interchange Volunteer who they feel goes above and beyond to make a difference.

Let them know you value their involvement and nominate them now.

Nomination form is included in this newsletter or available from the Interchange Office.

Return to Manager by Friday 21 of April.

An event not be missed

Mark it on your calendar

Friday 12th May 2017

Murdoch House Wangaratta

Volunteers Free

Family and friends \$50pp

Drinks at bar prices

RSVP: 21 April 2017

Please contact the Interchange Office if you would like to sponsor this event

Volunteer Information

VOLUNTEERS - Sign-Up Afternoon

Do you have a friend, sibling or know someone else who would enjoy being an Interchange Volunteer just as much as you do?

Yes? Well, you can tell them about our Volunteer Sign Up Afternoons

Anyone interested in registering or finding out more about being a volunteer can drop in on one of the following dates:

WODONGA: Tuesday 28th March, between 2:00pm – 4:00pm

WANGARATTA: Thursday 30th March, between 2:00pm – 4:00pm

VOLUNTEERS - Induction Session

For volunteers who joined Interchange in 2016/17 and have not yet attended induction

WODONGA: Monday 28th March, 5:45pm – 7:30pm

WANGARATTA: Thursday 30th March, 5:45pm – 7:30pm

Light refreshments will be provided

Please RSVP for the Induction Session to Brooke on 0418 166 501 / bboede@umfc.com.au

VOLUNTEERS - School Holiday Information Session

For all volunteers joining us for activity days or camp in April SHP

WODONGA: Monday 28th March, 4:00pm - 5:30pm

WANGARATTA: Thursday 30th March, 4:00pm – 5:30pm

VOLUNTEERS - Training and Social Days

Interchange is now including a volunteer day in the School Holiday Program. This is a chance for volunteers to gather, relax, learn about key training areas and enjoy a meal (PIZZA this time!) and a social outing.

In April we will learn about Safety and Identifying Risk

Be sure to register your attendance when you join us for School Holiday Program!

Contact Brooke Boede: Office: 02 60558000 Mobile: 0418 166 501 Email: bboede@umfc.com.au

The experiences we have had ...

Muscles we never thought we had

Testing out the new aqua zone in Yarrawonga was not only a great activity to keep us cool and have fun but also a great challenge to show us what we can do. What an achievement for those who thought it an impossible task to be able to pull themselves back up onto the inflatable, when they realised with a little bit of grunt and determination they could do it.

Courageous first timers!

Sometimes staying away from home can be difficult (*for mum and dad as well*). Our overnight camp experiences in January provided a great opportunity for some of our first time campers to show how brave and courageous they are in staying away from home for the night— they had such fun, we know they will be back again.

Playing with our friends

Inflatable fun house in Wodonga was a fun place to visit but it also showed us how to take turns, to be patient and enjoy watching our friends having fun as we waited for our next turn.

Staying out of the heat

It was important to make sure we kept cool each day as we explored and participated in our daily experiences. We kept out of the sun as much as possible, drank lots and remembered our hats and sunscreen. Swimming is always fun but we especially appreciated being able to get into the water and cool off during those very hot days.

Going to the movies was also a treat, as we relaxed in the comfy air-conditioned seats and enjoyed the newly released Sing and Trolls movies.

A bit of history

There is always opportunities to learn new things when we are out exploring new places.

We enjoyed learning about the story of Ned Kelly and the times in which he lived when we explored the array of attractions, museums and historic walks located around the towns of Glenrowan and Beechworth.

How many of us were there?

Would you have guessed that 153 participants engaged and participated in an Interchange activity in 2016

What would we do without our Volunteers?

In 2016 UMFC Interchange Program had 110 Volunteers engage with the service providing a total of 13,434 hours of direct care support to clients.

This equates to 258 hours per week.

What fun it has been ...



Bookings are now being taken

School Holiday Activity Sessions

Bookings for these activities are always in demand so book early to avoid disappointment. See attached registration form for more information .

REGISTRATION FORM ATTACHED

**Phone Interchange
or return registration
form by Wednesday
22nd March**

Harley Dalglish:

0439 006 911
hdalglish@umfc.com.au

Brooke Boede:

0418 166 501
bboede@umfc.com.au

Meaghan Lewin:

0419 447 993
mlewin@umfc.com.au

**Fee: \$35.00 per
activity session**

Please contact
Interchange Staff to
discuss funding options
prior to the program if
required

Wodonga Out & About Days 9.30am—3.30pm	
Monday 3rd April	Inflatable Funhouse
Tuesday 4th April	Wangaratta Supa Bowl Swimming
Wednesday 5th April	Cinema Inflatable Funhouse
Thursday 6th April	Laser tag Flip out
Monday 10th April	Cinema Bowling
Tuesday 11th April	Apex Traffic School
Wednesday 12th April	Laser Tag
Thursday 13th April	Indoor Rock Climbing
Wangaratta Out & About Days 9.30am—3.30pm	
Monday 3rd April	Inflatable World Shepparton
Tuesday 4th April	Bowling Swimming
Wednesday 5th April	Intencity Mini golf
Thursday 6th April	SPC KIDS TOWN Shepparton
Monday 10th April	Flip out Albury
Tuesday 11th April	Apex Traffic School Swimming
Wednesday 12th April	Cinema Swimming
Thursday 13th April	Inflatable fun house Wodonga

Bookings are now being taken

Centre Based Activity Days

9.30am—3.00pm

Children attending the Centre Based days will enjoy a range of activities including arts and crafts, music, sensory play and games. There will be opportunities for both inside and outside play. Activities will be planned around the interests of children attending each session.

WODONGA

Tuesday 4th April

Thursday 6th April

Tuesday 11th April

Thursday 13th April

WANGARATTA

Monday 3rd April

Wednesday 5th April

Monday 10th April

Wednesday 12th April

Camp: Fawltly Farm, Taylor Bay, Lake Eildon

Tuesday 4th April – Thursday 6th April

For camp we will be travelling to Lake Eildon and staying in a bush environment at Fawltly Farm. There will be lots to do, including a boat ride, hunting for gold, trampolining, bush cooking, catching a fish (*we hope*), enjoying a sunset walk and a day trip in and around town on a special adventure.

We look forward to sharing this adventure with you

Care Outside Activity Session Hours

Interchange is offering care before and after each school holiday activity session. Limited spaces are available and priority will be given to families requiring care for work and study commitments. Contact the Interchange office for pricing details and booking requirements.

Haven't been allocated a day or needing support on an alternative day? Contact Interchange to organize flexible care support. Interchange now has casual staff employed through the Wodonga and Wangaratta offices who are available to provide out of home experiences for individuals or support within the participants own home .

Call now to find out more.

Please note: Activities are subject to change.

Whilst Interchange aims to provide activities as scheduled, changes are sometimes inevitable.

Cancellations may be required where extreme heat and fire activity are deemed to be a high safety risk.

Where changes or cancellations are required Interchange will endeavour to inform families and participants as early as possible

Bookings are now being taken

Youth Group 2017

Youth group provides opportunities for our teenager participants to get out and about and spend time together checking out what's happening in the community. Participants can register each month for activities that interest them, but get in quick so you don't miss out.

What's our next activity?

24th March—Laser Tag in Albury , a flyer will be posted to young people on the Youth group mailing list. Please call the office for further information

After School Activity Sessions Term 2 2017

Bookings are for a term and payments are required to be paid at commencement of term unless alternative arrangements have been authorised.

Casual bookings @ \$35 per session when available.

Wangaratta

Day	Activity	Term fee	Comments 3.15pm—5.30pm	No. Weeks
Monday	Super Bowl Wangaratta	\$315	Participants enjoy afternoon tea then challenge themselves to 2 games of bowling.	9 weeks
Tuesday			TBC	
Wednesday	Cooking at Open Doors Wangaratta	\$350	Based out of the WDSS, Participants get to socialise with their peers in an environment that is welcoming learning new cooking skills.	10 weeks
Thursday			TBC	

Wodonga

Day	Activity	Term fee	Comments 3.15pm—5.30pm	No. Weeks
Monday	Sports & Games	\$315	Participants engage in a variety of Arts and Craft	9 weeks
Tuesday	Out & About in our community	\$350	Participants access the community for varied	10 weeks
Wednesday	Cooking	\$385	Participants learn how to prepare and cook	11 weeks
Thursday	Wet & Wild Activities	\$385	Participants can choose from a wide range of	11 weeks
Friday	Participants' Choice	\$385	Participants can choose from a wide range of	11 weeks

Interchange - Peoples Choice Award Nomination Form

Recognising Interchange Volunteers who have made a difference

Nominators Details	
First Name	
Surname	
Address	
City Town	
Postcode	
Telephone/Mobile	
Email	
Relationship to nominee	Friend Family IC Client/Family Service Provider Other

Nominee (Interchange Volunteer) details	
First name	
Surname	
Contact details (if known)	<div>Address:</div> <div>Phone:</div>
Please provide a summary of what the nominated volunteer has done to make a difference	
How has it improved outcomes for a person/s with disability and their family	
Other Relevant Information	

Nominations close: 5.00pm Friday 20th April 2017

Please forward completed application to:

Jan Bence

Manager Interchange

P.O. Box 725 Wodonga Vic 3689

Email: jbence@umfc.com.au



Check out our Facebook page!

<https://www.facebook.com/UpperMurrayFamilyCare>



If you no longer wish to receive this newsletter, please inform Interchange



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AUSTRALIA**

Postal Address: Upper Murray Family Care. P.O. Box 725 WODONGA Vic 3689

Reg No: A5367 ABN: 99 081 624 768