

**BRAVO DISABILITY  
SUPPORT NETWORK INC.**

Bravo works with individuals and families to plan and implement flexible, individualised options for natural and funded supports.

# BRAVO Brief



**Bravo  
Facebook**

Like us for  
up to date information

**Compliments,  
Suggestions and  
Complaints**

We welcome your suggestions for improvement in any of our programs.

This ensures that you can receive the highest possible standard of service from our organisation.

All complaints, compliments & suggestions are treated confidentially.

Bravo has brochures and forms available to assist you with your complaints / compliment system or you can also give us a call on 5482 5336.

**PHOTOS**



We would love photos from you with Gympie region scenes for our new website.

If you have pictures that you would like to share please email them to [info@bravo.org.au](mailto:info@bravo.org.au)

## 2016—Update from the Manager

Welcome to our quarterly newsletter. Summer is here and the countdown to the festive season is in full swing. After an eventful year many of us no doubt will be looking forward to some time out and relaxing. For some people the festive season is not as good a time as they may have no friends or they are isolated because of their disability.

Recently all the Bravo Team got together for another successful training session and the theme for this event was **Setting your Boundaries**. For all of us this can mean different things but for the Bravo Team it was about being aware of and following the professional boundaries of your position.

In following this theme, have you ever thought about how we create personal boundaries?



[https://en.wikipedia.org/wiki/Personal\\_boundaries](https://en.wikipedia.org/wiki/Personal_boundaries)

Personal **boundaries** are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.

As the year draws to a close we reflect on the year that was and some of our achievements:

- ◆ Welcoming new Individuals and Families to Bravo through the different Bravo funding streams
- ◆ Celebrating Bravo 10 years of operations, producing a book for this event
- ◆ Commencing work on a new website which will be online later this month
- ◆ Having a presence on social media with a Bravo Facebook
- ◆ Completing a new 3 year Strategic Plan and producing a working document
- ◆ Being informed, informing Individuals & Families and working towards establishing Bravo for the NDIS
- ◆ Being a recipient of one off funds for Mental Health services
- ◆ Being a Charitable organisation that provides one off funds
- ◆ Achieving growth for Bravo through brokerage and requests for services
- ◆ Farewelling some Team Members and welcomed many new Team Members

The Bravo Office will be closed for the Public Holidays days.

Take care, stay safe and enjoy any time you have for yourself. Patricia

*"Never set limits, go after your dreams, don't be afraid to push the boundaries.  
And laugh a lot - it's good for you!"  
Paula Radcliffe*



**Office Hours** are: Monday to Friday **8.30 am - 4.30 pm.**

PO Box 935, Gympie QLD 4570, Ph: (07) 5482 5336, Email: [info@bravo.org.au](mailto:info@bravo.org.au)

## Pay Periods

**Employee Timeonline due  
BY 10AM - MONDAY of pay  
week including  
\*Public Holidays\***

*If your roster is incorrect  
please contact the office  
BEFORE you submit.*

28 Nov - 11 Dec	<b>Due 12 Dec</b>
12 - 25 Dec	<b>Due 26 Dec</b>
26 Dec - 8 Jan	<b>Due 9 Jan 17</b>
9 - 22 Jan	<b>Due 23 Jan</b>
23 Jan - 5 Feb	<b>Due 6 Feb</b>
6 - 19 Feb	<b>Due 20 Feb</b>
20 Feb - 5 Mar	<b>Due 6 March</b>
6 - 19 March	<b>Due 20 March</b>
20 Mar - 2 April	<b>Due 3 April</b>



## Fundraising events

### Bunnings Sausage Sizzle

A **big thank you** to all our amazing Volunteers who have supported us with our Bunnings Sausage Sizzle fundraisers.

### Bravo's next 2017 BBQ's are:

- ♦ **Saturday 7 Jan**
- ♦ **Thursday 9 Feb**
- ♦ **Thursday 9 March**
- ♦ **Saturday 1 April**

If you wish to be part of the volunteer team please contact the office.

We look forward to hearing from you!

## Bravo Team

Thank you to the Bravo Team for attending the last Team Meeting held on the 8 November 2016. After the meeting Bravo held a end of year celebration.

Topics presented and discussed at this event included:

- ♦ Host Contractor session
- ♦ Introduction & ice breaker
- ♦ Standard 2 – Service Access
- ♦ Restrictive Practices
- ♦ Professional Boundaries
- ♦ Support Worker & Host Contractor Profile
- ♦ Volunteer session



The topic that the Team enjoyed the most was Support Worker & Host Contractor Profile. Some feedback included:

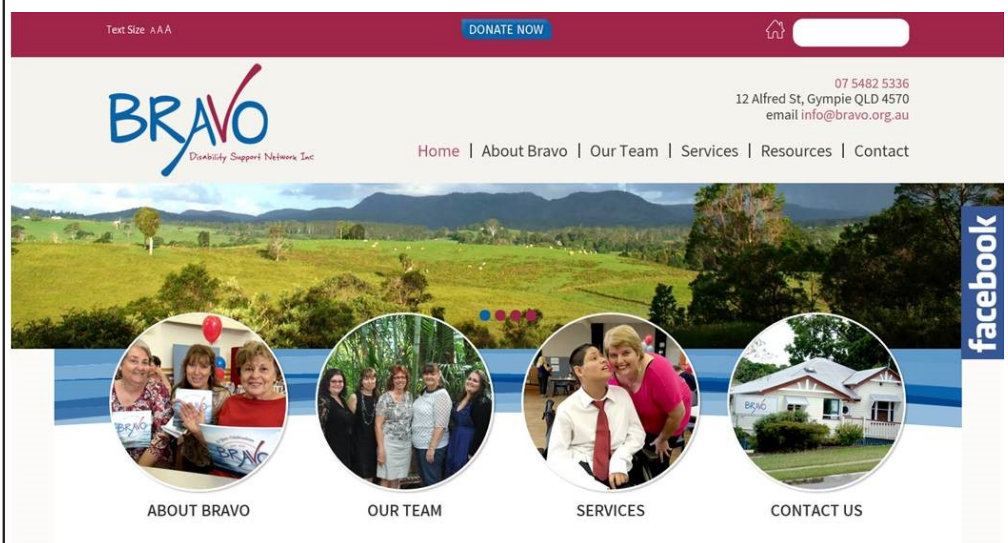
- ♦ Awesome Idea
- ♦ I am not as good looking as Chris (Chris Hemsworth was the model)
- ♦ Good idea to keep Bravo staff working effectively and provide a general background of individual
- ♦ Informative – positive

For the Team Members who missed this compulsory training event a letter will be sent advising when you can complete the past training. Or don't wait, come to the office and we will book a time that suits you.

## Bravo Website

We are in the final stages of launching our new website.

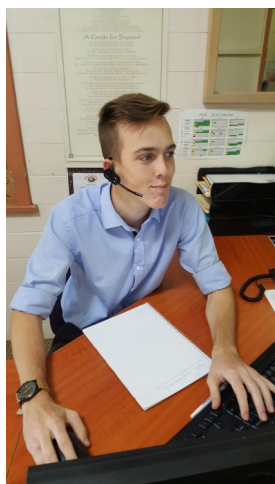
We encourage you to check out the website at <http://www.bravo.org.au> in the next few weeks.



*"Look. Art knows no prejudice, art knows no boundaries,  
art doesn't really have judgement in it's purest form. So just go, just go." K. D. Lang*



## Introducing our new Receptionist



Hi my name is Levi Bannink. I am the new Receptionist at Bravo. I grew up in Gympie and have been living here mostly all my life. I love getting out and doing photography and going out fishing. I love meeting new people, come into the Bravo office and I would love to get to know you all.



### Bravo Phone lines

Bravo recently changed our phone system. We have IP phones and we are moving to the NBN. We apologise for any inconvenience this may cause anyone. Previously we had 3 different numbers.

We now have

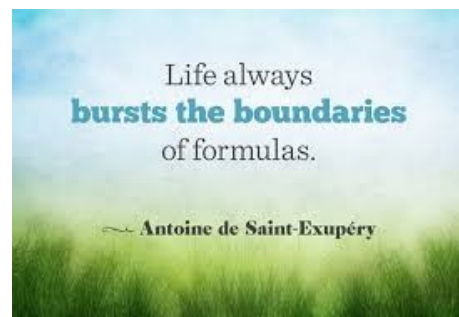
- ◆ Only one number
- ◆ 3 lines in and
- ◆ 3 lines out.

## Bravo Quality Assurance Audit

1 & 2 February 2017

Bravo will be sending out letters about 'Having your say', for the assessment of how well Bravo meets the standards for services called the Human Services Quality Standards.

The assessment will be happening on 1 & 2 of February 2017 and you can be involved if you want by completing the consent details in the letter and returning to Bravo.



### AUSTRALIAN HUMAN RIGHTS COMMISSION - "SHAPING OUR FUTURE: DISCUSSIONS ON DISABILITY RIGHTS"

The Disability Discrimination Commissioner, Alastair McEwin, is conducting a national consultation to help progress and guide development of his priorities and seek input from the disability community on how he can most effectively work to advance the rights of people with disability.

Community consultations will be held in each capital city and some regional centres between **October 2016 and March 2017**. In addition to these consultations, **written submissions** are also being sought on the three consultation questions in relation to the Commissioner's five proposed priority areas: Employment, Education, Housing, The criminal justice system

**PUSH YOUR BOUNDARIES**

Implementation of the National Disability Insurance Scheme (NDIS)  
Any individual or organisation can make a submission.  
Information collected through submissions will be used for the purposes of progressing and guiding development of the priorities of the Disability Discrimination Commissioner and may be drawn upon, quoted or referred to in report(s) prepared by the Australian Human Rights Commission.

<http://www.humanrights.gov.au/shaping-our-future-discussions-disability-rights>

Bravo is preparing a submission.

### 18th International Mental Health Conference – 2017 Mental Health and the Journey of Life

The 2017 Conference will be held at:

- ◆ Conference Centre, Sea World Resort, Gold Coast, Queensland
- ◆ From Monday 21 – Wednesday 23 August 2017
- ◆ The optional half day of workshops will be held on the Wednesday, with the 2 full conference days being held on the Monday and Tuesday. Join us for keynote presentations, concurrent sessions, panel discussions, poster presentation the networking dinner and so much more.
- ◆ <http://anzmh.asn.au/conference/>





## Getting ready for your planning conversation

ndis.gov.au

ndis

**There are lots of things you can write down by yourself or with a family member, carer or provider to help you get ready for your first NDIS planning conversation.**

We will ask questions about how you are going in different areas of your life. This will help us to develop a plan that provides the right support for you.

Information from these questions will also be important for tracking the progress of the NDIS, and will help to improve the Scheme for everyone.

We will ask these questions again at plan reviews, so you can tell us how you are progressing, and if any adjustments need to be made.

If possible, we will also interview a family member, to see how they are going as well.

**Here are some examples of things you will be asked about in your first NDIS planning conversation.**



### 1 Your personal details

You will be asked your name, age, where you live and about your primary disability. Make sure you have all your personal details and any reports or assessments in one place to help with this.

*Write down your personal details.*

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### 2 Your community and mainstream supports

You will be asked about what support you currently receive from people in your life and in your local community. This can include things like health services or help at school and sports groups, as well as friends and family who help you.

*Write down your current supports.*

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### 3 How you manage everyday activities

We'll ask you questions about how you manage your everyday activities. This helps us to understand what your abilities are as well as what you might need, including equipment, accommodation or help to take care of yourself or your home.

*Write down what you would like to discuss.*

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### 4 Your safety

We'll ask you some questions so you can let us know if there are any areas in your life where you may feel unsafe or where you might need extra help.

We want to support people to learn how to do things safely.

*Write down what you would like to discuss.*

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### 5 Setting your goals

We'll talk about your goals for the next 12 months and what you are hoping to achieve through your first plan, particularly about your immediate and essential needs.

Goals could include: how you will increase choice and control in your life; learning and education; work; social and community activities; investigating housing options; or improving your health and wellbeing.

We will also talk about how you are going to explore and develop your longer term goals over the next 12 months.

*Write down what you would like to discuss.*

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### 6 Starting your plan

We'll ask you how you want to manage your plan. Your NDIS plan will include a statement about how NDIS funded supports will be managed. The plan must specify that funding is to be managed by:

- you or your nominee (such as Mum or Dad)
- a registered plan management provider
- or the NDIA.

The NDIA will work with you to start your plan.

*Write down what you would like to discuss.*

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### 7 Next steps

At the end of our conversation we'll talk about the next steps, including your plan approval and starting to use the funding in your plan.

**For participants who will have an LAC to support them to implement their plan:**

A Local Area Coordinator (LAC) from an NDIS partner organisation will be in contact with you to discuss your plan, help you access supports and discuss your longer term goals under the NDIS.

**For participants who receive help from a Support Coordinator to implement their plan:**

Your plan will include funding for a Support Coordinator to help you implement your plan. Once your plan is approved, this person will contact you to discuss your plan, help you access supports and discuss your longer term goals under the NDIS.

**For participants who are self-managing:**

You will be contacted by the NDIA once your plan is approved and we will talk to you or your nominee about the opportunities and responsibilities of self-managing your plan.

*Write down what you would like to discuss.*

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**For more information about the NDIS please contact:**

[www.ndis.gov.au](http://www.ndis.gov.au)

**National Disability Insurance Agency**

Telephone 1800 800 110

Find us on Facebook/NDISAus

Follow us on Twitter @NDIS

**For people who need help with English**

TIS: 131 450

**For people with hearing or speech loss**

TTY: 1800 555 677

Speak and Listen: 1800 555 727

ndis.gov.au

ndis





Some events from the Gympie Regional Council website:  
<https://www.gympie.qld.gov.au/events>



During this wonderful year-long salute celebrating our 150th birthday, the Gympie region will be hosting community-led festivals, events and concerts, and exciting exhibitions and activities that explore our community's rich heritage and celebrate the evolution of our great town.



This summer, come along to one of Gympie Regional Councils FREE 'Movies in the Park' events.

## Staying healthy in the HEAT

Prolonged hot weather can affect anybody. It may make existing medical conditions worse and can cause heat-related illness. In some cases heat effects may be fatal. It may also affect community infrastructure such as power supply and other support services. So it is important to know how to stay healthy in hot weather.

### Who is at risk?

All Queenslanders are at risk during periods of hot or prolonged high temperatures, however some people are at a higher risk of harm.

This includes:

- the elderly-especially those who live alone
- babies and very young children
- pregnant women and breastfeeding mothers
- people who suffer from a pre-existing medical conditions or mental illness
- people who take certain medications.
- people with an alcohol or drug problem
- people with mobility problems or disability



### Preparing for a heat wave

- Check air-conditioning at your home is working effectively.
- Ensure you have an enough food, water, medicines to avoid going out in the heat.
- Store foods and medicines at a safe temperature.
- Consider your options if the heat wave causes a loss of electricity.
- Ensure you have a torch, fully charged mobile phone or a telephone that will work without electricity, a battery operated radio and sufficient batteries.
- Find ways to make your home cooler-such as installing awnings, shade cloths or external blinds.

### Coping during prolonged heat

- Keep hydrated by drinking water regularly during the day.
- Avoid drinking drinks with high levels of sugar, caffeine, alcohol or very cold drinks.
- Eat smaller cool meals, such as salads.
- Keep yourself cool.
- Stay indoors in cool or air-conditioned facilities.
- Avoid strenuous outdoor activities.
- Close curtains and blinds, and open windows to reduce heat entering your home.
- Do not leave children, adults or animals in parked vehicles, even for a short period of time.
- Keep in touch with sick or frail friends, neighbours and relatives to ensure that they are coping.
- Watch or listen to news reports for information about the heat event or heat wave.



### Further information

For more information: <https://getready.qld.gov.au/natural-disasters/heatwave/>

For support during heat event or a heatwave

- call 13 HEALTH (13 43 25 84) at any time

## **Governance Board**

Meets every third Friday of the month.

### **Members**

President:

Dianne Melnyk

Vice President:

Roxanne MacGregor

Treasurer:

David Cohen

Secretary:

Jackie Harding

Board Members:

Lesley Nissen



### **Contact the Governance Board by:**

Email:

[governance@bravo.org.au](mailto:governance@bravo.org.au)

Mail to:

Governance Board  
c/o Bravo Disability  
Support Network Inc  
PO Box 935  
GYMPIE QLD 4570



*'If people work together  
In an open way with  
porous boundaries - that is, if  
they listen to each other and  
really talk to each  
other - then they are bound  
to trade ideas that are mutual  
to each other and be  
influenced by each other.  
That mutual influence and  
open system of working  
creates collaboration.'*

Richard Thomas

## **An update from the Governance Board**

Hello everyone,

Christmas is almost here. The Board would like to take this opportunity to wish you and your family all the best over the festive season.

At the office the Board have really missed Shayla but the gap is being filled more than adequately by Levi who we welcome as part of the office team.

This year has been an eventful year and for all of you who attended the 10 Year Celebration - didn't we have a great day!

Bravo is moving on in the transition process towards readiness for the NDIS and is researching all avenues of information including talking with carers and individuals with a disability. The aim of the Board is to be inclusive of all those involved and to cover all aspects of the transition for the best possible results. Bravo has your interests at the top of the list when doing this.

Let us all look forward with enthusiasm to 2017 bringing opportunities for a positive year and opening the doors to a well-planned future. This is something that can be achieved by working with Facilitators and preparing for the future together. Rest assured Bravo Staff and Support Workers will be supporting you all the way.

The survey will be coming around to you soon - much shorter but just as relevant to the future of Bravo. Please complete and return as we value your input for planning and will take all the information provided to the Strategic Planning Days at the beginning of March 2017.

Once again have a safe and happy Christmas and New Year and see you next year!

Jackie H.  
Roxanne M,  
Dave C,  
Lesley N,  
Dianne M.



### **DISCLAIMER**

The inclusion of information contained in this newsletter or attached about services provided by any organisation does not imply a recommendation by Bravo Disability Support Network Inc.