

YES! I want to support the important work of Rocky Bay, please accept my gift.

Please tear off and return this section in a sealed envelope to:

**Rocky Bay**  
PO Box 53  
Mosman Park WA 6912

Alternatively you can make a one off or regular gift to Rocky Bay by phoning (08) 9383 5138 or online at [www.rockybay.org.au/gift-a-wish/](http://www.rockybay.org.au/gift-a-wish/)

Remember your donation is tax deductible.

A receipt will be sent to you.

Please see opposite panel for mailing instructions - Thank you for your generous support

# across the bay

Optimising the quality of life for people living with disability



## Sensory delight

Thanks to a generous donation, Rocky Bay was able to refurbish our sensory room at Mosman Park this year. Older equipment was repaired or replaced with new contemporary equipment. Demand for the room has significantly increased, with more people using the facilities. People with very limited mobility or cognitive abilities have enjoyed being able to control their environment, something they are not often able to do. The sensory room is available to hire. For more information visit

[www.rockybay.org.au/news/sensory-room-hire](http://www.rockybay.org.au/news/sensory-room-hire)

## leisure and independence

### Skills for Life

Rocky Bay's Leisure, Lifestyle, Learning program delivers unique, flexible learning opportunities designed to support positive outcomes. Skills for Life takes a person centred, evidence based approach. It is ideal if you are experiencing a transition phase, such as leaving school, or moving into your own home. Workshops focus on your goals, skill sets and independence.

Rocky Bay will work with you, your family or carer to develop individualised learning plans to support your choices.

Programs we offer include:

- 101, Discovering Motivation
- 102, Moving Around the Community
- 103, Friendship and Community Support
- 104, Personal Care
- 105, Money Management
- 106, Time Management
- 107, Household Routines
- 108, Safety Awareness
- 109, Meal Planning and Nutrition

You may choose to do all the programs or just one, either one-on-one or in a small group with a Disability Support Worker from Rocky Bay or your own. You can work at your own pace, in your home, at our centres or in your community.

Contact T: 9383 5183 E: [sarahst@rockybay.org.au](mailto:sarahst@rockybay.org.au)  
[www.rockybay.org.au/service/getabout-and-reconnect](http://www.rockybay.org.au/service/getabout-and-reconnect)

## home and community

### The future is bright for Terri

When 52 year old Terri was found unconscious by her family, emergency services found it difficult to lift her. After 10 days in hospital recovering from a lung infection she came to stay at The Beach House – Rocky Bay's guest house in Rockingham.



With Rocky Bay's support, Terri embarked on a regular exercise and swimming program and healthy eating plan and was able to lose 46 kilograms. Aside from greatly improved blood sugar levels – vital to managing her diabetes – Terri is now more mobile, has improved self-esteem, is less lonely and has developed an interest in fashion.

T: 9527 3307 to enquire about our guest houses or visit [www.rockybay.org.au/service/guest-houses](http://www.rockybay.org.au/service/guest-houses)

## Take a break at our guest houses

Word is out. Rocky Bay's four guest houses are experiencing unprecedented demand. If you're looking for respite, rest and relaxation, book your place today before they fill up completely!

Videos online [www.rockybay.org.au/guest-houses](http://www.rockybay.org.au/guest-houses)  
T: 9527 3307

## Rocky Bay Supported Accommodation success

As well as running four Guest Houses for short term accommodation, Rocky Bay's Home and Community team offer 24/7 care for 24 individuals with high support needs in our residence, and support 32 people to live independently in the community and our recently built independent living units in Mosman Park.

We have also been successful taking on three new shared homes which were previously supported by the Disability Services Commission, supporting another 22 people, with three more houses to transition later this year. To read more about a successful transition visit [www.rockybay.org.au/news/safe-hands-rocky-bay](http://www.rockybay.org.au/news/safe-hands-rocky-bay)



## training and employment

### Melanie's mental health mission

Rocky Bay client Melanie is on a mission to break the silence around the mental health issues that one in five Australians experience each year.

Melanie was diagnosed with severe anxiety and depression in 2008 and bi-polar disorder in 2014, leading to unemployment, loss of income and impaired self-esteem. "When I am not working I feel like a drain on society, working gets me out of the house and meeting people" says Melanie.

Rocky Bay's Employment Services program has helped Melanie to find her 'perfect job' as a team leader at Woolworths. The program currently supports hundreds of people with a disability, around 40% of whom live with a mental health illness.

Visit [www.rockybay.org.au/story/breaking-the-silence](http://www.rockybay.org.au/story/breaking-the-silence)  
Read about Alex's appeal for Mental Health Week, visit [www.rockybay.org.au/story/open-your-mind](http://www.rockybay.org.au/story/open-your-mind)

Contact Rocky Bay to find out how our no-cost recruitment service can assist your business to help someone live a more fulfilling life through employment

South T: 6399 4171 | North T: 9349 6617

## Research into falls or trips amongst people with intellectual disability

Portia Ho, Rocky Bay physiotherapist and student researcher from the University of Notre Dame in Western Australia is conducting a study on falls amongst people with intellectual disability. If you are aged 35 years or over and living in the community, then Portia would like you to participate.

Do you know:

- what caused you to fall?
- how to prevent further falls?

Your information may lead to improved injury prevention strategies and follow-up care. If you are interested in participating in this study contact Portia at [www.rockybay.org.au/news/understanding-falls-in-people-with-intellectual-disability](http://www.rockybay.org.au/news/understanding-falls-in-people-with-intellectual-disability)



## therapy and assistive technology

### Cecilia's rehabilitation journey

Cecilia is one of 21 people discovering abilities and achieving goals they never dreamed possible thanks to Rocky Bay's Skills Acquisition and Rehabilitation Program, run by an inter-disciplinary team of professionals, including physiotherapists, occupational therapists, speech therapists and fitness trainers.

In 2014 Cecilia had a stroke. She lost voluntary movement of her limbs and could not speak, make eye contact or track effectively. She could not sit on the edge of a bed without full physical assistance.

With the assistance of Rocky Bay therapists, Cecilia has made enormous strides in regaining abilities including speech, eating independently, hand-eye coordination, gross and fine motor manipulation. The amazing progress Cecilia has made is no small part due to the way both she and husband Carlos have embraced "brain training" and applied themselves with dogged determination and a cheeky sense of humour.

By effectively training the brain and body together, Rocky Bay therapists have been able to give people hope and a chance of long-term independence that they had assumed would not be possible.

For more on this and other success stories visit [www.rockybay.org.au/news/rehabilitation-success-story](http://www.rockybay.org.au/news/rehabilitation-success-story)

## My Way equipment

Rocky Bay recently became the NDIS My Way budget holder for Assistive Technology equipment for Cockburn Kwinana. To be eligible for assistance, you must be living in a My Way area and have equipment included within your My Way plan.

If you have a My Way plan, please discuss your equipment needs with your therapist. Visit [www.rockybay.org.au/news/my-way-equipment-tender-success](http://www.rockybay.org.au/news/my-way-equipment-tender-success)

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| FIRST NAME   | PAYMENT FREQUENCY – PLEASE TICK YOUR PREFERRED OPTION |                                     | One Off Donation                  |
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| THIS IS A GIFT PLEASE MAIL THE GIFT CERTIFICATE TO   |   |                                     |                                   |
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| EMAIL ADDRESS – AN AUTOMATED RECEIPT WILL BE SENT TO THIS ADDRESS FOR CREDIT CARD PAYMENTS |   |                                     |                                   |
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| POST CODE  |   |                                     |                                   |

PLEASE NOTE: If you choose monthly, quarterly or annual payments your details are held in the bank's secure server, NOT by Rocky Bay. If at any time you want to cancel a regular payment, you can do so by providing notice to Rocky Bay either via email to [donations@rockybay.org.au](mailto:donations@rockybay.org.au) or phone call to (08) 9383 5138. Reference NEWS-DEC2015

Rocky Bay 60 McCabe Street Mosman Park WA 6012  
T: 9383 5111 F: 9383 1230 E: [info@rockybay.org.au](mailto:info@rockybay.org.au)

# across the bay

Optimising the quality of life for people living with disability



Ambassador Lucy will team up with Rocky Bay at Walk With Me Perth 2015



**dick smith**  
Walk With Me Perth  
Championing the inclusion of people living with disability

**Government House Gardens**  
Thursday 3rd December, 11:45am to 1:00pm

Join Rocky Bay Ambassadors to celebrate International Day of People with Disability. We are championing the inclusion of people with disability at Dick Smith Walk With Me Perth.

Your support will help Rocky Bay to increase independence, improve quality of life and make dreams come true for people living with disability, through our Wishing Tree and Assistive Technology programs.

With live entertainment and lunch available it's going to be a lot of fun - register today!

**FREE entry, pre-registration essential**  
[www.rockybay.org.au/walk2015](http://www.rockybay.org.au/walk2015)



## Midland site puts services in reach

The official opening of our Midland facility in July this year was a great success.

Four months on and the site now supports delivery of Rocky Bay's full range of Employment, Therapy, Assistive Technology and Leisure, Lifestyle, Learning services. Proximity to services is a big bonus – as Rocky Bay client Jason said "Its brilliant, I used to travel an hour each way to Mosman Park, now it's only 10 minutes!"



## In the news

There are so many inspirational people discovering abilities across Rocky Bay.

We want to share with you their amazing stories and the many exciting new projects supporting them. With limited space this newsletter gives a snapshot of the latest news across the bay. For the full stories visit [www.rockybay.org.au/news](http://www.rockybay.org.au/news)

**Sign up for e-news**  
Receive full stories and latest service information by email by registering at [www.rockybay.org.au](http://www.rockybay.org.au) – hit the sign up button at the bottom right of your screen.

## Rocky Bay sharp shooter Anton wins World Cup Bronze

Rocky Bay employee, Anton achieved remarkable success in the IPC Shooting World Cup.



Image courtesy of Matko Mace

He won a bronze medal for Australia in the Air Rifle Prone Mixed competition and secured Australia's 6th quota place for the Rio Olympics. Anton is understandably thrilled to win his first World Cup medal.

National Coach Miro Sipek said, "This is an excellent achievement and shows the quality of our para athletes, who will be very strong competitors at the Rio Games next year."

## Crafty clients market success

Leisure Lifestyle Learning clients and staff were thrilled to be part of the Mosman Craft Markets on Sunday 1st November.

The craft items for sale raised \$1,680 for Rocky Bay. Items included chopping boards, Christmas ornaments, planters and an assortment of bowls, all made by clients living with disability.

"We had a fantastic time," said team leader Brigitte. "The clients loved being involved in the local community and we even got a few orders for some custom pieces. Look out for us at the next Mosman Craft Markets!"

If you would like to see items for sale or submit an order, visit Rocky Bay in Mosman Park or contact Brigitte T: 9383 5176.

[www.rockybay.org.au/shop-studio](http://www.rockybay.org.au/shop-studio)



## Do you love to dance?

Dance Inclusion is a program held in the Rocky Bay Gymnasium every Monday where participants with varying abilities can express themselves through their own unique style of dance in a safe, supportive and happy environment

The aim of the program is to empower people to participate to the best of their ability while improving their fine and gross motor skills, coordination, rhythm, balance, flexibility and social interaction skills, confidence and self-esteem.

Visit: [www.rockybay.org.au/event/dance-inclusion](http://www.rockybay.org.au/event/dance-inclusion)  
To enquire or book a session T: 9383 5183



## Teacher Talk™ workshop

A one day workshop designed to provide core strategies to help foster early childhood language development through play and daily routines. Learn how to:

- Identify the children's conversational styles and the roles teachers play
- Let the child lead in individual and group interactions
- Help children become better conversational partners

For further details T: 6399 4124 or visit: [www.rockybay.org.au/event/teacher-talk](http://www.rockybay.org.au/event/teacher-talk)



## Sensory World Around You workshop

Our senses help us to understand our bodies, actions and the environment we live in. It is important to understand how we process sensory information and how this can affect our responses.

This three hour workshop is designed to:

- Provide guidelines for supporting students with sensory processing challenges in a classroom
- Emphasise the importance of working as a team with each child to achieve successful sensory processing outcomes in everyday scenarios

To book this workshop or discuss any other available workshops please T: 6399 4124 or visit [www.rockybay.org.au/event/sway](http://www.rockybay.org.au/event/sway)



## Woodside volunteers win new friends at AFL Grand Final lunch

A big thank you to Woodside for their fantastic support of this year's AFL Grand Final lunch.

The event has become an annual highlight of Rocky Bay's calendar and the team of friendly Woodside volunteers were invaluable in organising and running activities, preparing and serving food, decorating and generally ensuring the success of the day.

Bring on 2016 (and a derby grand final)!

Visit: [www.rockybay.org.au/news/afl2015](http://www.rockybay.org.au/news/afl2015)



## Deloitte deliver maximum impact

20th November is Impact Day for Deloitte staff across the world – a day set aside for volunteering. We are very grateful for all the support Deloitte have given Rocky Bay over the past year, including pro bono consultancy, client party decorations, co-hosting our Employer Breakfast and participation in Walk With Me Perth. Thanks to Michael McNulty and his team for making such an impact.

Visit [www.rockybay.org.au/news/deloitte-impact](http://www.rockybay.org.au/news/deloitte-impact)



## Train, refresh or upskill

Are you looking for personal development opportunities? Rocky Bay is a registered training organisation offering a range of practical courses: Accredited courses:

- Provide First Aid
- Certificate III Individual Support

Other courses:

- Mental Health First Aid
- Medication Training
- PEG Use | Catheter Care | Suppository Insertion
- Hoist Use
- Manual Handling
- Positive Behaviour Support
- Eating Drinking Swallowing
- Epilepsy
- Assertiveness

Visit [www.rockybay.org.au/service/training-courses](http://www.rockybay.org.au/service/training-courses) or T: 9383 6145 for further information.



## Making family time possible

After the devastation of Cyclone Olwyn in April, Rocky Bay resident Mal wanted to visit his family and friends in Camarvon. Logistically this was daunting. He needed a van with hoist, and 24 hour support. Christmas came a little early for Mal. Thanks to the Wishing Tree program his wish became a reality when he headed north to spend a well deserved break with his loved ones.



## Give a generous gift this Christmas

If you dread Christmas shopping for the person who has everything, perhaps you should consider the gift of a donation to Rocky Bay in their name - this is a tangible, meaningful way to show family and friends that you are thinking of them while embracing the true meaning of Christmas.

A Rocky Bay Christmas gift certificate can be sent to you or directly to the recipient. Visit [www.rockybay.org.au/gift-a-wish](http://www.rockybay.org.au/gift-a-wish) or tear off, complete and return the payment slip on the reverse side. To ensure gift certificate delivery in time for Christmas please complete transaction by

for gift certificate by post - close of business Wed 16/12  
for gift certificate by email - close of business Wed 23/12

All donations will support the Wishing Tree program. Thank you for your support, Season's Greetings to you and your loved ones.

The Wishing Tree program is available for wishes where no other funding is available.

## Sweet dreams for Nick and Tyler

After twins Nick and Tyler moved into their own apartment, Rocky Bay support worker Karen noticed that they were desperately short of furniture. She submitted a request to The Wishing Tree.

Wishing Tree chair Liana presented the thrilled twins with an IKEA voucher before they headed off with support worker Michael on a shopping adventure to buy new beds and home appliances.

Upon hearing that Nick and Tyler were coming to spend the day shopping, IKEA team members Anna and Flavia welcomed them with meal vouchers for the café and spent the day assisting them to select their goods. Even the store manager came down to say hello.

By donating towards Rocky Bay's Wishing Tree, you can help people like Nick and Tyler gain greater independence, live in a better environment, fulfil a long-term ambition or simply receive a one-off, well deserved treat. View Nick and Tyler's video and read more wishing stories at [www.rockybay.org.au/story/wishes-come-true](http://www.rockybay.org.au/story/wishes-come-true)