

International Day for People with a Disability

I'm sure that most of you will be aware that December 3 is International Day for People with Disability (IDPwD). I wish you all a great day connecting with the community and celebrating in ways that are valuable and inclusive.... just what we wish for every day of the year... Yeah?

The annual observance of IDPwD was proclaimed in 1992, by the United Nations General. IDPwD aims to increase awareness, understanding and acceptance of people with disability. It's a day to celebrate the achievements and contributions of people with disability. The theme for IDPwD 2021 is leadership and participation of people with a disability toward an inclusive, accessible and sustainable post-COVID-19 world.

As emailed last week, FOCAS participant, John Havilah has been selected as a finalist in the **Uniting Local Area Coordination IDPwD Art Competition**. I know you will all share in my congratulations to John. Public voting has now closed and winners will be announced on Unitings Facebook page on 3rd December 2021 <https://www.facebook.com/UnitingLAC>



John's artwork "Waiting for the Vaccine"

FOCAS 2021 AGM

The FOCAS Annual General Meeting was held on 16 November 2021. Thank you to those who attended. The FOCAS Management Committee for 2022 is:

President	Lana Holman
Vice President	Kelly Wrightson
Secretary	Frances Morris-Clark
Treasurer	Darcy Hopkins (new to the Committee)
Committee Member	Kate Brookes

Congratulations to the above for being elected, thank you once again for your commitment and I am looking forward to working with you next year.

IMPORTANT REMINDERS...

1. Two weeks to go!! CPA Assist Clients with Medications on-line course.



In Sept we rolled out this on-line module 'Assist Clients with Medications' developed by the Cerebral Palsy Alliance in partnership with NDS. For those of you who are yet to get started or still 'in progress' please keep in mind that this module must be completed by 15 Dec, 2021. If you encounter any problems with the training itself please contact the NDS Learning management system help desk. If the problem isn't resolved from there please contact Anne on 0402307974 or at admin@focas.org.au

2. Signing and sending back Service Agreements.

Over the last months many FOCAS participants and/or their families or significant others have received Service Agreements from us to read, sign and return by email or post. Thank you to the many of you who have completed and returned these important documents. We are still waiting on a few more to be returned and would very much appreciate your prompt assistance with this matter. If you have any questions or are uncertain if this relates to you please call Anne on 0402307974 or email her at admin@focas.org.au

New support staff

Rob Healey and George Pavlis join us this month in the role of Community Facilitator. A warm welcome to both Rob and George, it's wonderful to have you on the FOCAS team. If you have contact with Rob or George be sure to give them a cheery welcome and share any helpful information they might need to settle into their role smoothly.

Christmas is here!

The festive period is here and I am looking forward to celebrating with many of you at the FOCAS Xmas party on Thurs 9th Dec.

The FOCAS office will be closed from Wed 22.12.21 and re-opening Mon 3.1.22. Support that has been arranged with participants between 22.12.21 and 3.1.22 will of course go ahead but there will be no access to the FOCAS



office and no replacement staff will be available in that period. Please note that FOCAS will be operating with a 'skeleton' support staff to provide essential support from 23/12/21 through to 9/1/22 and again no replacement staff will be available in that period. I hope everyone who is part of FOCAS finds some time in this period to relax, rejuvenate and be with the people who are special to you.

FOCAS staff - If you are planning to have some time off over the Xmas break I would appreciate as much notice as possible. As a first step please let participants/families know of your plans and confirm whether or not they require replacement supports, and then let me know the outcome. I will do my best to replace essential supports.

FOCAS participants and families - If you do require essential supports over the Xmas period noted above please discuss this with your FOCAS support staff and me. If you will not be requiring support or your usual support in this period please also discuss this with your FOCAS support staff and me.

Who are the people of FOCAS?

Introducing to you, FOCAS Community Facilitator **Sharon Timbs**....who will soon be sadly missed. But she has promised me she will return eventually!

What do I love about work?

The people. I love the individuals I work with, they make me come back for more. The diversity of my week keeps us all interested. I enjoy encouraging people to try new or different things and seeing where it takes them. Usually I get as much enjoyment out of the day as the people I support.

What do I do in my spare time?

I enjoy exercising up to 5 times a week. I do zuu, zone 7 and I love boxing. A participant of FOCAS got me into boxing and I've loved it since. I have to take my dogs out to exercise as much as possible, they love swimming and one is great on the paddle board. And most people know I enjoy making cheeses, Haloumi, Camembert and my favourite Blue Vein.

Dream holiday?

I'm about to set out on my dream holiday. My husband and I, with our 2 four legged kids are heading off in the caravan around Australia. We are thinking about 2 years but we will see where it takes us. I'm looking forward to Tasmania.

