



WARRAH

LIVING LEARNING GROWING

50 YEARS 1969-2019

SUMMER NEWS

INSIDE

° From the Executive	3
° Quality Assurance	4
° Warrah Council	5
° Warrah Specialist School	6-8
° Disability Services	10-12
° Community Support Services	13-14
° Community Courses & Workshops	15
° Staff and Volunteers	18
° Positions Vacant	19
° Community Development	22-23
° Warrah in the Early Years	24
° Warrah Farm	25
° Warrah Farm Enterprises	26

ABOUT WARRAH SOCIETY

Based in Sydney's North West, Warrah Society is an experienced provider of supports for adults and children with disability in a diverse range of settings and services. Guided by the philosophy of Rudolf Steiner, we strive to know each unique individual, and to support them in the choices they have made for their life's journey.

Warrah:

- Is registered by the NSW Department of Education as a Special School from K-12
- Is a registered provider of a broad range of supports under the National Disability Insurance Scheme (NDIS)
- Delivers Supported Independent Living, a range of Community Support Services, Community Courses & Workshops, Short Stay Accommodation, and In-Home Support
- Is approved to provide Support Coordination
- Is an approved Housing Provider for Specialist Disability Accommodation
- Holds Certification since 1994 for Warrah's Biodynamic Farm
- Is a registered charity.

Upcoming Events

Carols at Warrah

Friday 6 December @ 6.00pm

School End of Year Concert

Thursday 12 December @ 11.00am

Warrah Staff and Board Christmas Party

Friday 13 December @ 7.00pm



Front Cover - 'Summer Haze'

By Lyndal Atkinson, Sarah Tierney and Douglas Outhred

Summer Holidays

School - Last day 12 December
Students return on 4 February

Community Support Services -
Last day 20 December
Clients return 8 January

Farm Shop - Last day 24 December
Reopens Monday 6 January

Office - Closes 24 December
Reopens Monday 6 January

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From The Executive

Summer arrived early and in full force this year as you have all no doubt witnessed and experienced. We have all been aware of the fires and unpredictability of the weather in recent weeks, and Warrah experienced the impact very directly by closing the school, cancelling the day programs and evacuating residents. We were able to reopen services the following day and return residents the night of evacuation; however, it was a timely reminder of the danger of fire and importance of our training in managing such occasions. It is a great credit to the staff on the day who showed exceptional respect, response and professionalism in ensuring all involved were supported and cared for safely.



Trudy Peek presents a bouquet of flowers to Joint Inala CEO, Rebecca Van Bilsen and Accommodation Manager Kerry Ballard, for their support and assistance with Warrah's bushfire evacuation

We have worked tirelessly this year to improve services and facilities, and the opening of the Banksia Leisure and Learning Facility is a great example of what can be achieved. We look forward to our clients and staff enjoying the space. It is with gratitude we have had the help lately of corporate groups volunteering on-site so weeds can be cleared and planting carried out – the change is impressive and contributes significantly to the tone and look of the grounds.

The Executive met with Board members in September to review the current status of activities and needs at Warrah and look ahead into the next six months. It was an open and honest process with a wide range of achievable outcomes agreed on.

This year the traditional Spring Fair was replaced with a genuinely joyful community picnic and performance by the Light Eurythmy group from Switzerland. It has been a long time since our community has experienced Eurythmy in this form, and it was evident from the response of many clients that they appreciated the experience very much. The picnic was well attended and filled with conversation, music and connections, leaving everyone feeling they had celebrated Spring and the Warrah community in fullness.



Joan and Joanne Stephens at the Spring Picnic

Following the Eurythmy performance and the desire to offer our people and community similar opportunities for quality theatre and music, we have chosen to raise funds for our Christmas Tax Appeal for the purchase of a new sound system and lighting board for the hall. In recent times we have hired sound system equipment, performers have brought their own, or we have done without. To ensure we maintain a good standard and attract musicians and performers, our goal for the appeal is to be able to provide a high-quality and portable system for all to use.

Christmas Carols will be open to the community once again on Friday 6 December at 6.00pm. This is one of the most special festivals we have, and we look forward once again to sharing it with Warrah families.

Finally, it is essential to highlight the work of the Warrah staff in every corner of Warrah. We are grateful for their dedication and commitment.

To everyone, we wish a safe, happy and peace-filled Christmas and look forward to sharing the growth and development of Warrah with you in the New Year.

David Forfar, Jan Fowler, Craig Gouws
Warrah Executive

New Board Director: Annet van Kesteren



Annet van Kesteren joined Warrah's Board in September this year. Annet brings with her in excess of 20 years professional experience in a variety of disciplines including management, internal audit, financial accounting, accounts payable and logistics in the building materials, aluminium, and photographic industries. She holds a Bachelor of Finance and Accounting to support this experience.

Annet volunteers at the Anthroposophical Society and her role there encompasses a diverse range of tasks with the aim to support the events calendar of the Sydney branch of the Anthroposophical Society in Australia. This includes the organising of local and international guest speakers, managing the fortnightly calendar and a quarterly newsletter, and supporting the bookstore operations. The Sydney Branch is a non-for-profit organisation of which she is one of its Directors.

Her responsibilities currently include the roles of Company Secretary and Treasurer, attending of the monthly and general meetings, and serving as the one of the contact persons for external parties.



Quality Assurance

I would like to take the opportunity to introduce myself to all of the Warrah Community. My name is Kerrie-Maree Boorer and I was recently appointed Quality Manager at Warrah. My role involves many different aspects, including preparing for Warrah's upcoming external audits for both Disability Services and Warrah Specialist School.

The renewal of registration process involves ensuring that Warrah has maintained its compliance requirements with their conditions of registration. My role is to ensure that Warrah has appropriate policies, procedures and frameworks in place that set out clear expectations for the quality and safety of the services and supports that are delivered.

As Quality Manager, I will work closely with our participants, staff and families/carer's, as well as other key stakeholders to ensure a high level of customer service satisfaction is maintained. In the new year, Warrah will be engaging an external provider to undertake a family/carer survey. I would encourage you all to take part in the survey. By providing feedback, you will assist Warrah to evaluate alternative opportunities for continuous growth and development of the services and supports we deliver.

Stay tuned to the next edition of the newsletter, in which I will be specifically providing families and carer's information on "Human Rights" and what that means to People with a Disability.

Kerrie-Maree Boorer
Quality Manager

Summer

We welcome summer
and the glorious blessing of light.

We are rich with light; we are loved by the sun.
Let us empty our hearts into the brilliance.

Let us pour our darkness
into the glorious forgiving light.

For this loving abundance
let us give thanks and offer our joy.

Michael Leunig



Christmas Message

Dear Friends,

Traditionally, with the four weeks of the Festival of Advent begins the heralding of the coming of the Holy Christmas Night, when the Christ Child was born in Bethlehem and the journey of the 12 days of Christmas begins.

This year, Advent falls on December 1, and we have planned to celebrate together here at Warrah our early evening of Christmas Carols Service in the western cultural tradition on Friday 6 December at 6.00pm.

These four Advent Sundays have long been understood as weeks of an Apocalyptic nature, meaning “prophesying deep challenges for humanity, both spiritually and ecologically, momentous or catastrophic”. All religions and spiritual traditions of diverse cultural practices also bring Apocalyptic knowledge to celebratory festival life.

As our Warrah News goes to press, we are faced locally and across our vast continent and nation with the harsh reality of drought and fire of untold proportions. These are now described as “catastrophic” events, and many in our community have already had to evacuate to “safer” places in recent days as Greater Sydney has been on high fire alert. We also send our thoughts to our suffering farmers, who have always sustained us with their great variety of wholesome produce.

As an organisation, we are also called to be conscious and alert. How grateful we can be that we are a nation of ready and willing volunteers, striving to help our earth, our plants, our animals and our fellow human beings to survive, grow and to mature. This is the meaning of Advent - when we lovingly remember the Four Kingdoms of Earth every year before Christmas. Do we always have to be woken up to this through disasters often brought upon us by ourselves?

Even at the time of the birth of the Christ child, humans were in turmoil and deep conflict. There was a loss of spiritual and heart direction of so many across the world. And yet, as we are experiencing the challenges that presently face us - as we strive to conserve our communal Sydney drinking water diligently - a great and healing stillness can come upon us as we human beings are forced through both inner and outer circumstances to assess our own destiny, the

journey of our own life.

Warrah, as in every organisation, continually assesses its growth and its declines, both financially and spiritually. Its ethos and its changing pictures, as well as its deeds for the future. Warrah, as a Rudolf Steiner inspired Impulse and place of growth, is ever in need of willing volunteers to help maintain its high quality of life as we have come to experience it through dedicated leadership and evolving growth throughout these past 50 years.

Christmas is the time in the year when we can make space to reaffirm the path of our individual destiny in the service of the good. We need to understand the destiny story and the fruitful growth of the future of Warrah. This is dedicated to nurture and support the needs of all of us as we work together for the good of our fellow human beings. The Foundation of Warrah is based on the highest gift that we humans can give in service one to another.

The gift of Christmas is Love.

“no matter our nation, race or creed” - Rudolf Steiner

“Greater love has no one than this, than to lay down one’s life for his friend” - John 15:14.

We wish you a Blessed Christmas and look forward to singing heartily with you all at our Warrah Christmas Carols on campus, followed by refreshments together, Friday 6 December at 6.00pm.

Rosalind Pecover
for the Warrah Council

Christmas Day

The North wind is tossing the leaves,
The red dust is over the town
The sparrows are under the eaves
And the grass in the paddock is brown
As we lift up our voices and sing
To the Christ Child the heavenly King.

The tree ferns in green gullies sway,
The cool stream flows silently by
Joy bells are greeting the day
And the chimes are adrift in the sky
As we lift up our voices and sing
To the Christ Child the heavenly King.

Words by John Wheeler



Warrah Specialist School

Everywhere we turn we hear people talk of how fast the year goes and so it is again here in Term 4 of Warrah School. I suspect, however, that it has gone so quickly because we have been busy and active in so many ways. Our programs and activities keep the students actively engaged with learning new skills and building on their strengths, plus we took on some new opportunities this year which challenged and enthused us.

A regular activity in our programs now includes a day each term at Vision Valley. Students learn to trust themselves, their peers and the staff by looking a challenge 'in the eye' and finding the courage to, more often than not, take a bold step towards success. For some, that is managing to put the climbing harness on and approaching the rock face. For others, it is taking to oars and rowing and maybe even getting wet! Some complete the task after many earlier attempts and others make essential steps in building skills and confidence. Every day is a new learning opportunity for all and a thrill to see how every student gains a little more self-esteem, skill and confidence.



Xavier canoeing at Vision Valley

As mentioned in the Spring Newsletter, we have a

weaving program now supported by Marianne Haylan from the Master Weaver's Guild. What we have seen the students achieve in just over one term has been truly inspiring! We look forward to progressing this program and ensuring the students learn all elements of weaving while also developing further skills to make a wide range of garments and items.



Chloe developing her weaving skills

The Agricultural Society NSW offered us a Farm Day, which was thoroughly enjoyable and provided many learning opportunities. The students were completely focused, loved every moment and were reluctant to head home.



Danny milking a cow at the Farm Day

The Light Eurythmy group from Switzerland provided us with a wonderful performance of 'Peter and the Wolf'. To see the students so entranced was such a thrill that we took them to watch the performance of the Bremen Town Musicians at Lorien.

Throughout this year, we have fostered stronger connections with Year 9 students from Glenaeon Rudolf Steiner School and have enjoyed their work and commitment to working with our students. They worked hard with our maintenance team on the garden project at Banksia and have had many wonderful games sessions with our students. They will return on December 3 (International Day of People with Disability) and paint a mural for our new playgroup and celebrate this special day with our students.

Endeavour Supported Work experience has been positive for some of our students as has our relationship with the Dural Men's Shed. Zac has left a very positive impression on the men there, and we are thrilled he has paved the way for more students to participate.

We recently purchased a hand lawnmower and have taken responsibility for the school lawns. This provides students with the opportunity to learn the skill as well as build muscle and strength.

Four very fine volunteers from Germany joined us in September and are working full time in the school. They bring song and music, commitment and enthusiasm with them and we are delighted to have them on the team.

Across Warrah, we have been working on upgrading our digital footprint and are creating a school-specific website. With the generous support and expertise of Buddy Films, we have created a short film clip which will be on the website, showing our unique approach and lush bush environment. Making Warrah Specialist School and its practical skills-based program visible is an essential goal for us as we move into 2020. We believe that the way we work with students promotes effective and meaningful learning and builds self-worth.

For the first time, we offered Cape Byron Steiner School the opportunity to camp and work with us. It was a fantastic experience to have 25 students and three staff members here for a week in November, and to see the bonds made with our students, the understanding and joy emerge and the work completed. We set out to complete five projects:

- Build a stable for the Christmas Play
- Create a garden
- Paint a mural
- Make mud bricks for our shed
- Make a mosaic

Not all were finished, but significant progress was made and the week was a rich and valuable learning experience for all.



Cape Byron students working on the garden project

We will host another group of 19 Year 9 students from Central Coast at the end of November and take the opportunity to finish projects, make music together and work together on the Christmas concert.

Having students from other Steiner Schools stay and work with us has been an exciting new step and one which we will learn from and build on as it is clear that it bears fruit for everyone involved.

Once again we have decided to run a Steiner Playgroup for children with Special Needs so please let others know and support this initiative. Nathalie Caminada has created a lovely calm room and outdoor space for the families and will bring her experience to each day.

We bring this year to a close with a traditional concert and play during which we will also celebrate the graduation of Gabby and Zac. We welcome all to join us on 12 December at 11.00 am in the school hall.

It has been a busy year, but one in which new beginnings have been made. Outdoor classroom learning; work experience opportunities; strawberry picking on the farm every day; establishing a thriving weaving program and making positive steps towards building an active woodwork program; and working every day with life skills, literacy, numeracy, story and song have all been beautiful and memorable parts of our schooling this year.

Thank you for a great year, and we look forward to celebrating Christmas with you at our Carols evening.

Jan Fowler
Principal

Cape Byron Rudolf Steiner School Visit

Students from Warrah Specialist School had a fabulous time in November with a group of Year 9 students from Cape Byron Rudolf Steiner School. So much was achieved over the week they stayed.





Warrah Steiner Playgroup For Children with Special Needs

Introductory morning: Thursday 5 December

Time: 9.30am-12.00pm

Where: Warrah Specialist School

20 Harris Road, Dural

Activities: Advent craft and bread baking

**Bookings essential: please contact
Nathalie at ncaminada@warrah.org**



Disability Services

Bushfires

The recent warm weather and heightened fire danger have had us on alert and ready to action our bushfire plans. All of the Warrah houses have prepacked emergency kits and are well practised in our evacuation drills. For the first time ever, we saw conditions trigger a catastrophic fire danger rating on Tuesday 12 November, for which we implemented some changes to our service delivery, including the shutdown of all Community Support Services as well as Warrah Specialist School. We met with the Rural Fire Service (RFS) and determined that it was safest to undertake a planned precautionary evacuation during the afternoon, which was to be the peak danger period. It was hot, it was inconvenient and not ideal, but it was the safest option.

The RFS tells us that we can expect more days like that this summer and our approach will always be precautionary, taking the safest option wherever possible. I want to thank all of the clients, residents, families and staff for their cooperation. I am pleased to report that despite the inconvenience, the evacuation was undertaken smoothly and all staff involved are to be congratulated on their efforts.

Staff

Farewell to Eileen Pruys who has retired from her role. Eileen has spent an incredible amount of time working for Warrah and is to be congratulated on her effort. We wish Eileen a very happy retirement. We also farewell Siva, who has been the House Coordinator at Waratah. Siva started as a care worker with Warrah and has achieved ten years with us. He leaves us to pursue his career in disability services, and we wish him every success. Nicci Gilmour is acting in the role and doing an exceptional job!

After a significant and lengthy recruitment process, I am also delighted to welcome Loretta Roberts, who joins our team as a SIL Coordinator overseeing both Red Gum and Orana Houses. Loretta has excellent experience in the residential accommodation area and joins us from the end of November. Please give her a big Warrah welcome and introduce yourself to her.

New Resident

For some time we have had a vacancy at our Torrs Street house. I am pleased to warmly welcome Ben,

who is going to commence transitioning from his family home and move into the house. Ben has been a CSS participant for several years, and we are very excited to have him join the house as well.

Christmas Celebrations

Each of our houses is planning their Christmas celebrations and families will no doubt hear about the details soon. It is a wonderful time of year for us at Warrah, with everyone looking forward to celebrating together. Please don't forget to come along to our Carols which are being held on Friday 6 December at 6.00 pm.

I would like to wish everyone a safe and happy festive season. See you at Carols.

David Forfar

Executive Manager, Disability Services



Supported Independent Living

The Spring Picnic and Eurythmy Performance was held in September. It was appreciated by all who came along and shared a lovely picnic lunch, great weather and catching up with familiar faces. Thanks to all who helped make this day such an enjoyable one - having all hands on deck made for smooth sailing.

Thanks to all the Group Homes for cooking lovely cakes to share for the afternoon tea during the intermission of the eurythmy performance. The residents all enjoyed the performance which became a talking point of conversation in the following days.



Nick and Helen Holt enjoying the Spring Picnic



A lovely afternoon sharing good conversation and delicious spring picnic baskets

The Sparks Festival was attended by eight of our residents again this year. This festival, held at Stanwell Tops is always a great time away. Participants enjoy doing arts and craft, discos with lots of dancing, singing and meeting new friends. Thank you to Leonie, Merlyn, Alfred and Delmon for all your hard work and for supporting us.

Tallowood and Jacaranda have just celebrated their first year in their new homes, and can't believe a year has passed already!



Tallowood is full of activity at dinner time

NDIS meetings have been ongoing with all residents learning and gaining new experiences/skills, and enjoying community access to places of their choice.

We say goodbye to some long-standing staff including Eileen Pruys, Christine Kruger and Siva Yaddanapudi. Eileen and Christine, two long standing employees, are retiring, and we thank them for all their hard work and commitment to Warrah residents. Siva is moving to a new role in the Disability Services sector and we wish him all the best in his new position.

Christmas is fast approaching and some houses have set dates for their Christmas gatherings and are looking forward to a festive meal together.

I want to thank all staff for their dedication and enthusiasm, making the lives of our residents fulfilling and joyful. Stay safe over the Christmas break.

Sandra Quisumbing
Senior Coordinator



After School, Short Stay Accommodation, Saturday Program and In-home Support

Saturday Community Access Program (SCAP)

Warrah Community Support Services staff foster an engaging and supportive environment where participants feel a sense of belonging. As with the After Hours School Program (AHSP), the Saturday Community Access Program (SCAP) partners with participants and families to plan activities, menus and inclusive experiences that support participants interests and needs. Every Saturday, a collaborative learning environment is encouraged by promoting opportunities for participants to explore, discover and create. Fun-filled Saturday outings are planned and delivered, with participants frequently visiting Sydney festivals like Surry Hills Festival, Pyrmont and Blacktown festivals, live shows, beaches and national parks and themed days like 'Sculptures by the Sea' at Bondi. Other outings enjoyed are sporting events, attending local markets, community events and outdoor activities like fishing and swimming.

After Hours School Program (AHSP)

At Warrah, we recognise the benefits of high-quality after-hours programs and the difference it can make in a client and family's life. Our young people-focused AHSP promotes healthy eating through cooking activities and nutritious afternoon teas. Additionally, AHSP participants enjoy learning life skill activities, and this can include any of the following: arts, crafts, music and singing, dancing and visual arts. During the hotter months, participants enjoy swimming and in the cooler months bushwalking around Warrah's beautiful picturesque property in Dural.

Short Stay Program (SSP)

Warrah also provides quality short term accommodation for people with disabilities to take an enjoyable break from their usual home environment. Short stays can be during weekdays but more typically over weekends.

Short Stays always consists of a planned, flexible and balanced program prepared in line with participants

interests, needs and stages of development. Planning is undertaken for both individuals and the whole group. Experiences provided are developed to suit the age and developmental ranges of all participants attending the program. Games and activities are altered, where appropriate, to ensure all participants can participate fully.



Our After Hours School Program group getting ready for afternoon activities



Fawwaz enjoying cooling off in the Warrah Pool after a hot day

Our activities at Warrah are now based at the Banksia Community Centre until the renovations at Walumeda are completed. We provide a wide range of indoor and outdoor activities such as supermarket shopping to organise, prepare and cook meals. We also partake in cleaning up, sensory play, water play and indoor and outdoor recreation like basketball, playing board games and walking around the bushland campus.

Our team are friendly, supportive, knowledgeable, skilled, experienced and approachable, and are always willing to grow and learn alongside participants. We can provide one-on-one support, depending on the needs of family members and support requirements.

If you or someone you know is interested in any of these services, please contact us on 9651 2411.

Michelle McKenna
Senior Coordinator

Housing Vacancy



Warrah is a Supported Independent Living provider offering a range of different housing options. This means at times vacancies become available within our Supported Independent Living homes.

Our Supported Independent Living homes can help you to increase your independency, make meaningful connections within your community, learn and develop everyday life skills, assist you in creating new friendships, and maintain a healthy and happy lifestyle. Warrah will provide you with new opportunities and ensure that you have choice and control in all aspects of your life.

Warrah currently has a vacancy within one of our houses located in Castle Hill. The property was built three years ago, and is a single story dwelling. This property is purpose built to suit the individual needs of the residents.

The home features ducted air conditioning, spacious living and dining areas, secured backyard, deck and covered outdoor entertainment area. There are currently five other residents residing in the property, and this home would ideally suit someone aged 35 and over.

Many of our houses require Specialist Disability Accommodation (SDA) funding in addition to Supported Independent Living (SIL) funding.

If you have someone you know that might be interested in this vacancy, please contact Sandra Quisumbing (Senior Coordinator) on 9651 2411.



Community Support Services

As I am writing, it is the tail end of Spring, but we sure have had a glimpse of what Summer has the potential to bring with this year's early start to the bush fire season.

We always plan for the worst and hope for the best, and we were able to see our plans in action recently when we faced catastrophic fire conditions. This resulted in CSS Services being closed for the day staff being redeployed to Warrah's group homes, highlighting the strength and flexibility in our team.

A well-deserved thanks must be again be mentioned to the Frontline Staff and Coordinators. They showed flexibility and excellent communication on the day to ensure the emergency plans all ran smoothly and for working collaboratively with the residential team when the Rural Fire Service (RFS) advised that we must evacuate the main campus. We were all relieved that this was only a precautionary measure on this occasion and services were able to resume normal operations the following day.

Banksia Learning and Leisure Facility Opening

We are delighted to have finally cut the red ribbon on the Banksia Leisure and Learning Facility. This beautiful new accessible space will be well used by the Warrah community and of course, by the participants of CSS.

We are looking forward to the different opportunities this space will allow such as outdoor art sessions, group music programs, exercising under the trees, social events and more. We wholeheartedly thank everyone who contributed to making this project come to life.



Kevin with Steve Malin and Councillor Reena Jethi from Hills Shire Council opening the new accessible Banksia Leisure and Learning Facility

Work Experience through Discovery 'Ben's Story'

One of the tailored services we provide to our young adults in the Discovery program is work experience. We pride ourselves on sourcing and maintaining community connections that allow these opportunities to develop for our participants in a broad range of employment settings with the vision that these opportunities can transition into supported or open employment in the future.

In 2017 Ben Participated in Young and Skilled Up (YSUP) Barista Training delivered by Hills Daily Grind (through Hills Community Aid) at Discovery. This year CSS formed a network with TAFE NSW to deliver Certificate 1 in workplace readiness which Ben graduated from in June having learned the art of how to interview for a job. Through the Local Collective café at Galston, Ben did work experience each Monday for 8 weeks.

Recently Ben had an interview for a role working at Pacifica Missions cafe at Pacific Hills Christian School. In his interview, he spoke with confidence and secured the job as work experience. He now works two hours each Monday from 9.45-11.45 am, and provided all goes well, employment will continue in 2020. This is a great achievement and we wish Ben a successful future working in the Café!



Ben working at Pacifica Missions Cafe

Community Courses

Term 4 courses have been very popular, with the highlights being the Christmas Fare course where week by week the quality of Christmas decorations and treats has blown us all away. We have also had so many enrolments in our Social Music course this term that we have had to split the course into two sessions. 'Music to Soothe' is the morning session and Garage band/Karaoke is the afternoon session.

The boost in popularity is attributed to our new Music Facilitator, Mark Hellmrich. Mark brings a wealth of experience as both a support worker and a musician who has also completed the Nordoff Robins Music Therapy workshop. We are thrilled to have Mark on the CSS team to carry the music programs moving forward.

In 2020 we will continue to offer our most popular courses in the areas of music, fine arts/traditional handcrafts and health and wellbeing. We will have the very popular Zumba with Nina returning in Term 2, and a new offering of Yoga in Term 3 based on its popularity during CSS Holiday Programs.

Arcadian Artists Trail

Exhibiting our artist's works at the Arcadian Artists Trail has become an annual event for Warrah Community Support Services. Our Exhibition this year was hosted by Diana Booth at 'The Stable' Studio in Dural. We had a considerable amount of interest in our work and our services across the two days, and as always we are grateful for the opportunity to participate in the local event.



Emily and Megan from Torrs assisting at the Arcadian Artists Trail

A warm-hearted thanks to Jan, Tas, Laurenz, Nele, Freya, Marijke, Lisa B, Emily and Megan who together manned the Exhibition across the weekend. And of course, Julie Scott, our Art Facilitator who has developed techniques that assist participants in creating the masterpieces on display.

Alida Pruys

Operations Manager

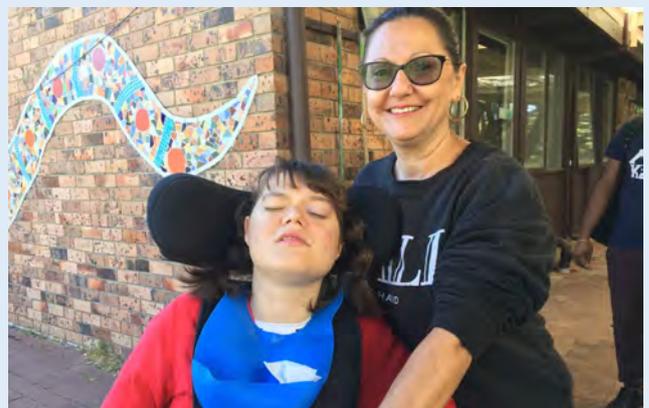
Roundel

Now welcome Summer with thy sunné soft,
That hast this winter's weathers overshake,
And driven away the longé nights black.

Geoffrey Chaucer

National Carers Week

Warrah recognised National Carers Week in October. This week celebrates the outstanding contribution and value of carers in our community.



Community Education Courses & Workshops Term 1 Guide 2020

Community Courses and Workshops provide high quality learning opportunities for people with disabilities. Courses change each term, and include offerings from the Arts, Health & Wellbeing and Food & Horticulture.

The course fee is billed directly to you for the term and includes all course materials.

Support costs can be billed by Warrah through your NDIS plan. This will be agreed with you before you commence the course.

Social Music

Facilitators: Mark Hellmrich
Date: 8 weeks - Tuesdays
11/02/2020 - 30/03/2020
Time: 1.30pm - 2.30pm



Social music is about coming together in a creative space to make music with old friends and new. A variety of musicians, as well as the musically minded will lead and support the group to develop, enjoy and appreciate a variety of musical instruments, genres and techniques. If you have an instrument please bring it along. This course is open to all, regardless of ability.

Aqua Aerobics

Facilitator: Active Ability
Date: 8 weeks - Fridays
07/2/2020 - 7/03/2020
Time: 1.00pm - 2.00pm



Aqua Aerobics is a great way to socialise and stay fit. This popular course is run at Warrah's fully accessible and heated pool. The pool also features a ramp with rails and a hoist for those who need it. Join this fun and popular course this term.

Active Ability are accredited exercise physiologists and bring a wealth of experience working with people who have a disability. This course will be delivered by Bianca.

Music Appreciation

Facilitator: Mark Hellmrich
Date: 8 weeks - Tuesdays
11/02/2020 - 30/03/2020
Time: 9.30 am—10.30 am



Enrich your musical appreciation through a journey of music, both old and new. These sessions are a multi-sensory experience guaranteed to bring joy through melodies and harmony! This course is open to all, regardless of ability.

Weaving

Facilitator: Marianne Haylan
Date: 8 weeks - Thursdays
13/2/2020 - 2/04/2020
Time: 10.00am - 12.00pm



Weaving is acknowledged as one of the oldest surviving crafts in the world. The tradition of weaving traces back to Neolithic times – approximately 12,000 years ago. Our weaving course will teach a variety of techniques to enable participants to weave their own pieces as well as work on a group project together.

This will be a fun and social group with the aim of making some take home pieces that could have a variety of uses or simply enjoyed for their beauty. The course will be run by Marianne, who is an Australian Weavers Guild Award Winning volunteer.

Summer

What do we see when we think of summer?

Red, orange and yellow
Staying home, playing games
Being happy and mellow

Trips to the ocean and river
Camping, swimming, fun
Going away to summer camp
And naps under the sun

Jennifer Tan

Spring Picnic and Eurythmy Performances

On Sunday 27 September Warrah hosted a wonderful Spring Picnic for Warrah families, followed by a performance from the Light Eurythmy Group, from Dornach in Switzerland. It was a beautiful and relaxing day and another opportunity to celebrate 50 years of Warrah.

The group also performed 'Peter and the Wolf' for Warrah School students and visitors from Lorien Novalis Preschool the following day.







Staff and Volunteers

Warrah Volunteers

We had a rapid changeover of German volunteers at the end of August and welcomed four new volunteers who started in early September. We have been very impressed with the willingness and positive attitude shown by Laurenz, Maren, Nele and Freya so far, and are sure that this will make for a successful year. The volunteers will be based predominantly at the school this year, but will help out in other areas during school holiday periods.



Laurenz, Maren, Nele and Freya

Corporate Volunteering

During November we had two corporate volunteering days, with groups from the Australian Catholic University (ACU) and Deloitte. A total of 17 volunteers were part of the ACU group and 11 from Deloitte. They were involved in a number of hands on activities, including bush regeneration work, planting native plants donated by Hornsby Council Community Nursery, cleaning up Waaia, and also doing some planting at the farm.

Lisa Rutkin from Community Support Services (CSS) arranged a morning tea for the volunteers. Clients assisted with baking scones as a thank you. CSS participants also worked on an artwork to give to each volunteer group, to show Warrah's appreciation.

These volunteer days provide a great hands on opportunity for employees from corporate organisations to give back to the community and work with a Not For Profit organisation while team building at the same time.



Corporate volunteers from the ACU doing gardening outside Waaia



Group shot of the ACU volunteers



Bush regeneration by Deloitte volunteers

New Staff

Below is the list of new starters who joined Warrah:

Keum Sook Seo	Casual Support Worker
Dorothy Chelulei	Casual Support Worker
Feng Cheng	Casual Support Worker
Mark Hellmrich	Casual Support Worker
Uzma Khurram	Casual Support Worker
Maxwell Onaga	Casual Support Worker
Kerrie-Maree Boorer	Quality Manager

Evelyn Bush

HR and Payroll Officer

Positions Vacant

Supported Independent Living Coordinator Full-Time Permanent Position

Are you looking for something rewarding and challenging? We have a vacancy for a dynamic and flexible Coordinator in our long-established Supported Independent Living services.

Working with people who have complex needs, this role will challenge you to think outside the box to ensure the needs of residents are being met. With well-developed skills for responding to individual needs, you will be rewarded by developing a team of support staff who can manage intense situations when they occur. You will be committed to supporting each resident to develop their own life journey. Ideally, you will have experience working with people who have complex needs, including challenging behaviour, and will understand how to manage risks.

The role is well supported by a skilled team that includes health care coordination, person-centred planning and rostering. Warrah has a great sense of community with low staff turnover, full range of salary packaging, as well as discounted organic and biodynamic fruit, veggies and other groceries.

For more information, please contact David Forfar on 96512411. To apply, please send your CV and a cover letter addressing the selection criteria to Evelyn Bush at ebush@warrah.org

Special Needs Teacher Full-Time Warrah Specialist School

Warrah is seeking a qualified teacher with the commitment to work with children with Special Needs. Our preference is for a teacher trained in Steiner Education with a therapeutic/curative approach based on the work of Rudolph Steiner and Karl Konig and ideally someone who has worked with special needs.

Warrah Specialist School is a small school set in a rural property amidst other adult services for people with a disability. We teach students from K – 12 complying with all NSW Board of Studies requirements and offering a program rich in creative arts, farming and life skills supplemented with appropriate therapies.

If you are interested in making a positive difference in the lives of the students at Warrah, please forward your application with your resume addressing the selection criteria to Evelyn Bush at: ebush@warrah.org.

Casual Support Worker

We are currently seeking motivated, empathetic and committed individuals to provide the highest quality person-centred active support on a casual basis across multiple locations in the North-West of Sydney. You will have a genuine interest to assist individuals in their home and in the community, supporting their personal growth in several areas including lifelong learning, leisure, self-care and health and wellbeing, meal preparation and domestic assistance, while supporting positive interpersonal, social and community relationships supporting individuals to achieve personal fulfilment.

We are accepting applications from flexible, reliable and resilient candidates, who are passionate, willing and able to mentor, inspire and support individuals to exercise contribution, self-determination and choice over their own lives.

Candidates will need to be available to work on a shift-work basis; this may include a combination of weekends, public holidays, overnight, morning and afternoon shifts.

If you are interested in working in a dynamic and supportive workplace that makes a positive difference in the lives of the residents we support, please send your CV and a cover letter addressing the selection criteria to Evelyn Bush at ebush@warrah.org For more information, please call 96512411

General Maintenance Officer Full-Time Permanent Position

Warrah is looking for an active individual to join our maintenance team to help with gardening, building repairs and generally look after Warrah's 30-acre site in Dural and group homes in the local neighbourhoods. Responsibilities and duties of the role include landscaping, working with garden machinery such as blowers and mowers, and performing a broad range of maintenance tasks, e.g. painting, plumbing, electrical works, using power tools.

If you have a flair for DIY, enjoy variety in your work and the great outdoors, then send your CV and a cover letter addressing the above criteria to Evelyn at ebush@warrah.org or call 9651 2411 for more information.

If you are interested in working at Warrah, please forward your application, addressing the criteria with your resume to Evelyn Bush at ebush@warrah.org

Celebrating 50 Years:

Warrah's 50th Celebration has been a wonderful opportunity to celebrate where we have been as a community, and where we are going in the future.

Throughout the year we have been able to share some of our favourite memories in a 'Throwback Thursday' series on Warrah's Facebook page. Here are some of the photos we have shared.



Left: Rebecca Molloy, climbing the mast of the Young Endeavour in Sydney Harbour - 1988

Below: Paul Winson and Bernadette Gaskin painting in the 1980's

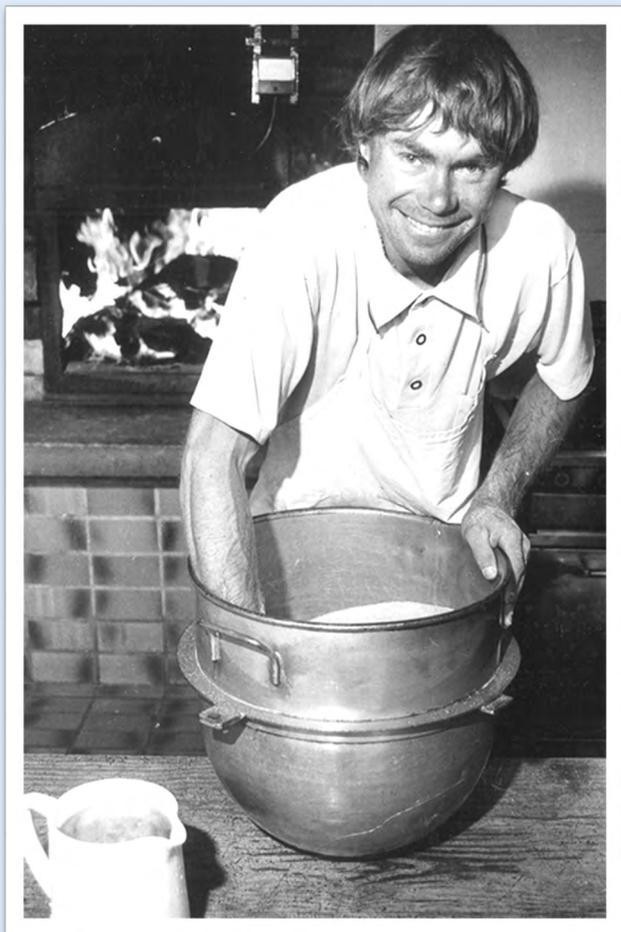


Below: Angus Ross and Charles Quince working at Warrah Enterprises in the 1980's



Right: School Athletics Carnival - 1982

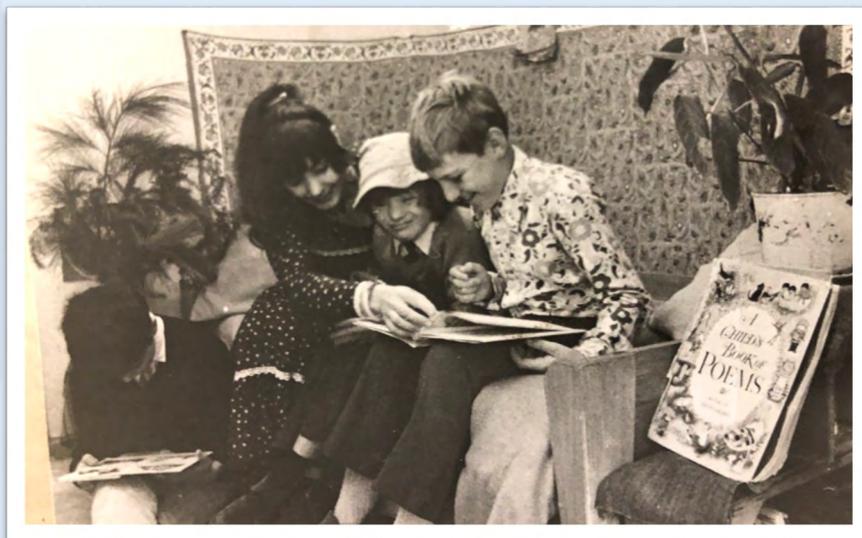
Throwback Thursday Facebook Series



Above: Chris Rolnik baking bread - 1980's



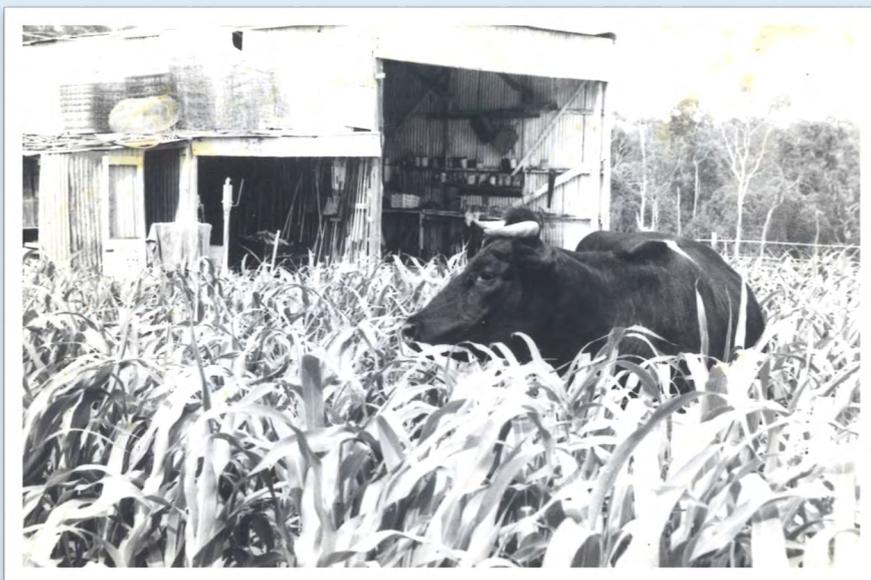
Above: Michael Bauer on the farm lawn mower in the 1990's



Above: John Paul Hargreaves, Rosie Glasby, Robert Semler and Michael Bauer at Waratah Cottage in the 1970's



Above: Richard Martin celebrating the Sydney Olympics - 2000



Above: An old bull at the farm - 1979



Community Development

Warrah Christmas Appeal

The generosity shown to Warrah through appeals has enabled many initiatives to proceed. Without your financial assistance many improvements to facilities and services could simply not happen. This Christmas we are seeking your generous support to purchase a portable sound system for Warrah festivals, events, concerts and school performances.

Festivals and events at Warrah provide opportunities for social and community connections. They also bring much joy to the many people that Warrah supports. Many of us have fond memories of events and other occasions which have taken place over the years at Warrah. Warrah currently does not have a sound system and has had to rely on hiring or borrowing systems to deliver community events.

A new portable sound system will provide optimal sound quality for Warrah events such as Christmas Carols and the monthly social dancing evenings being organised by Community Support Services for adults next year. The system would be versatile, and used for both indoor and outdoor events around the campus. In addition, the old stage lighting board for the School Hall needs to be replaced with a modern board as it is very outdated.

Thank you for thinking of Warrah this Christmas!

How to Donate

Make a donation online via the Warrah website:
<http://www.warrah.org/donate>

Call Frances Prior on 02 9651 2411 to donate with your Master or Visa Card. You can also send a cheque to the Warrah Society - PO Box 357 Round Corner 2158.

Carols at Warrah

Christmas is a time to give thanks and celebrate! Warrah is hosting a Christmas Carols evening on **Friday 6 December from 6.00pm**, in the grounds of Warrah Specialist School. We would love to have you and your family join us in singing carols together in the beautiful setting of Warrah. This year we will have the St Pauls Ensemble Group from Castle Hill, performing some carols as part of the event.

Light refreshments, organised by the Glenhaven Rotary Club will complete the evening. We look forward to seeing you! Please extend this invitation to your family and friends and RSVP to Frances Prior on 02 9651 2411 or fprior@warrah.org for catering purposes.



Kate enjoying the Christmas Carols last year

Spring Raffle Winners

Congratulations to the winners of this year's Spring Raffle!

A BIG thank you to our wonderful supporters for their generous donations. The Spring Raffle raised almost \$6,000 which is fantastic.

- 1st Prize** Billabong Retreat Package **Valued at \$1,200** – D Rosen
- 2nd Prize** Fairmont Resort Stay and Play Golf Package **Valued at \$729** – J Kerr
- 3rd Prize** High Pressure Cleaner and Bunnings Voucher **Valued at \$399** – O Song
- 4th Prize** Health and Wellness Massage and Beauty Voucher **Valued at \$240** – E Rosbottom
- 5th Prize** Dinner for Two at Nobles Restaurant and a Bottle of Wine **Valued at \$170** – N Holt



Warrah participants selling Spring Raffle tickets outside Woolworths at Dural Mall

Urban Taskforce Property Person of the Year

The Urban Taskforce will host the 2019 Property Person of the Year (PPOY) charity dinner at the Hilton Sydney on 28 November. Along with St Vincent Prostate Cancer Centre, Warrah is a major beneficiary of this event, which has played a vital role in providing funds and in-kind assistance to improve Warrah's facilities.

This year the PPOY is being awarded to Darren Steinberg of Dexs for his extensive contribution to the sector through many years of astute property and funds management. In the lead up to this event, Mr Steinberg visited the Warrah campus with staff from the Urban Taskforce. It was an excellent opportunity to show Mr Steinberg around the property and give him an understanding of Warrah and what we do to make a real difference in the lives of people with disability who depend on our support.



*Darren Steinberg, 2019 Property Person of the Year
with Steve Malin*

Glenhaven Rotary Club Grant

Warrah has been awarded a grant from the Rotary Club of Glenhaven through the Rotary Foundation, for new personal care equipment at the Banksia Community Centre (a portable hoist and accessible adult change table).

New personal care equipment at Banksia Community Centre will enable support workers to efficiently respond to the needs of our existing participants who require specialised support with personal care.

It will enable such participants to engage in activities and Community Courses in the Banksia Community Centre and not be bound to Warrah's other buildings on campus which have personal care equipment.

Warrah is grateful for the ongoing local support provided by the Glenhaven Rotary Club.

Opening of the Banksia Leisure and Learning Facility

At the end of September a group of Year 9 students from Glenaeon Rudolf Steiner School contributed to the final stage of the new leisure space behind the Banksia Community Centre, by planting out the new garden with a range of sensory plants.



*Year 9 Glenaeon students planting out the garden at
the Banksia Leisure and Learning Facility*

The new facility was officially opened on 7 November, with Warrah parents, friends, local Councillors and Warrah participants attending. It has been a large project, successfully managed by Warrah's Maintenance Team. Special thanks to Moits Civil who kicked off the project by doing some earthworks preparation and also Austral Bricks who kindly gave Warrah a generous discount on the bricks for the garden boxes and retaining walls.

The Banksia Leisure and Learning Facility will be used by people with disability across Warrah's services for a range of social, cultural and learning purposes.



*A new leisure space to be enjoyed in the summer
months by Warrah participants*

CONNECT WITH WARRAH ON FACEBOOK

Everyone can follow the latest Warrah news and events via Warrah's Facebook Page:

www.facebook.com/warrahsocietydisabilityservices

Celebrating 50 Years: Warrah in the Early Years

- The Semler Family -

Robert Semler has been a loved and valued participant of Warrah for many years. The Semler family have been a part of our community since Warrah's first days. Robert's sister, Hannah, reflects on her family's experience as a founding Warrah family.

Robert was a very cute crawling and just sitting four-year-old when we, the Semlers first met Hannelor, his first 'kindergarten' carer and Karl Kaltenbach at Inala. By 1969 at eight years, a mobile little person joined with other children and young adults as boarding school kids in the newly built Waratah and Banksia building.

Stephen and Erika Semler joined with other foundation parents to work tirelessly to raise funds over many years in every way possible including selling theatre party tickets and collecting masses of clothes and household stuff to sell at the Warrah Thrift Shop in Redfern.

Beauty, colour, the bush supported Warrah's daily life – baking bread and preparing healthy meals, decorating the dining room, arranging the dormitories, the hallways, Karl playing flute every morning as a wake-up call, the singing, the festival celebrations, the fairs - all filled with warmth, learning, reverence and community.

When Peter Glasby joined the teaching staff – he saw no barrier to taking high school students on a hiking/camping adventure to the Barrington Tops National Park and everyone including Robert had to carry and help wash, set-up tents, climb mountains, get lost and found. Later a group of us joined John and Stephen Ellis for a winter holiday at their Perisher Valley lodge – where were the risk assessments and barriers then?

Following the school years, new opportunities grew – getting involved in enterprises - candle-making, newspaper deliveries, card making, farm packing and distribution runs. Robert was part of the potato packing team – if only he would leave those spuds in the bag! Every fortnight a truck load of Warrah farm and other fruit and vegies would turn up at Glenaeon school with Michael Bauer ensuring no-one left without buying something.



Robert playing piano with Carol Robbins circa 1985

We love the league of nations staff coming to work and live at Warrah originally because it was a Steiner based service. We have made many friends over the years. In the 80's Clive and Carol Robbins made Warrah their Australian home base when not in New York or elsewhere in the world. The Music Therapy building was built, they trained music therapists, providing one on one music therapy, and music was played at every festival including the amazing handbell Choir led by our first music therapist Enid Rowe who established Nordoff Robbins Music Therapy in Australia in the late 70's and early 80's.

Through the late 1980's and 1990's, when Government funding increased it was a great help, freeing families like ours from fees and enabling the transition to 360day a year support. The fundraising and struggles of those early years paid off and there was no going back, Warrah was well established.

In the last 20 years, many new challenges emerge for those who require increasing health and wellbeing supports. After living 33 years in Semler Cottage at Thornleigh, Robert, Peter, Joanne, Lynda and Charles love their new architect designed purpose-built *Jacaranda* in Baulkham Hills when they moved in 7 November 2018. We are all grateful to Georgina Michaelis and the Warrah Board for taking the risk and making sure this house would suit the needs of the future.

Hannah Semler



Warrah Farm

It's the time of year when we are all full of excitement for fresh summer farm produce. With the warmer weather, we have seen a significant growth of all plants. We have watched the cucumbers, tomatoes, eggplants and zucchini all become big and healthy plants. The strawberries have also been ripening and growing bigger, with a lot of help picking them coming from Warrah Specialist School students. Harvesting is the most rewarding and satisfying activity for growers, and this season we hope to provide an abundance of delicious produce.

The weather has been favourable so far this season, with moderate rainfall at the beginning of Spring, and dryer conditions nearing Summer. The first of the tomatoes that have been planted are starting to fruit, and the capsicums have shown a response to the hotter temperatures we have been having. The warm days have also caused the flowers to bloom: paper daisies, lavender, Queen Anne's lace, dianthus, cosmos and calendula have burst with pinks, purples, red and blue for the pollinators and the eye.

The oranges, grapefruit, lemons and limes along with figs and asparagus have all gone through their seasonal transformation. From the initial eruption of flowers, with their incredible aroma filling the air, to now beginning to see fruit! This Summer we are growing our usual array of salad mix, lettuce, rocket, rainbow chard, silverbeet, kale, pak choi, beetroot, rainbow carrots, along with fruiting crops of beans, zucchini, cucumber, tomato, capsicum, eggplant, strawberries, and herbs (basil and parsley).



The oranges and lemons are looking delicious at the Farm Shop

The nursery is one of the more active areas for Warrah participants helping around the farm. One of our biggest supporters is Chris Chater and his carer Edward, who are very interested in growing healthy produce. They volunteer four hours every Monday, cleaning seedling trays, making seed raising mix and filling trays, to thinning seedlings. They even plant the crops they help raise around the farm. We are incredibly grateful to have their help and enjoy all the food and plant-related conversations we have with them around the lunch table.



Farmer Cameron preparing the soil for planting

The chicken run project, in association with TAFE, is nearing finalisation. The final pieces of wire are being erected and the final painting is done. Soon we will be graced with the sound of scratching and pecking of lovely hens of all shapes and sizes. The adult participants from Discovery have enjoyed building what will become a central hub for the farm and Warrah community alike.

Following the completion of the chicken run, Rob Greatholder will continue to lead the group in establishing the horticulture therapy garden, as part of the existing spiral garden. The garden will be fully accessible and will feature different plants and structures that everyone will enjoy.

As a new group farming together, we are always problem-solving and learning, and together we are striving to harvest the freshest and tastiest vegetables possible.

Cameron Quilty
Farm Manager

'We can find Nature outside of us only if we have first learned to know her within us.'
- Rudolf Steiner



Warrah Farm Enterprises

Writing this, we are experiencing catastrophic bush fire conditions, makes it difficult to concentrate on anything other than our safety, our humanity and our responsibilities towards each other and the planet. We hear so much in the news every day about drought, tropical cyclones, floods and now bush fires affecting our beautiful country. While these events make for distressing news and some have touched our lives directly here on the outskirts of the city, we should pause to consider the consequences for our food system. I share with you this extract from a recent letter from EcoFarms – one of two major suppliers that we rely on for certified organic and biodynamic produce to supplement what we grow on the Farm.

“As we moil through our cities, the farmers toil their land. As it stands today, at least one of our farmers has lost their farm, and many more face current fire fronts. Approximately 20% of our growers are in a drought and facing water shortages that will most likely force less or no plantings for the next season. Similarly to the rain event earlier in the year, which brought on road closures, supply decreases and price increases, we should expect more of the same over the coming weeks and months.”

Before bemoaning the price of local produce, remember what it takes for us to be able to have a relatively consistent supply of food on our plates. We are more determined than ever to keep up our work here in the Farm Shop for all the benefits it affords our clients, but also for our part in supporting the organic food system in our country.

In the last edition of Spring News, we mentioned our push to grow the part of the enterprise that allows us to feed families who are not within easy reach of the shop. We now have new collection hubs for members of co-ops in Ryde and at a gym in Castle Hill. With Glenaeon Steiner School and Glenaeon Preschool in Castlecrag, private homes in Lane Cove and Bronte, a medical practice in Edgecliff and the Blue Mountains Steiner School, that brings the number of collection hubs up to eight! The packing and delivery of these produce boxes; along with the twice-weekly delivery to Billabong Retreat in Maraylya allow great opportunities for our young Warrah participants to experience the satisfaction and routine of being productive.

We are in the final phases of the development of our

new Farm and Farm Shop website. After all the work we have put into expanding the shop’s capacity and range, we are primed for the effects of increased online visibility.

The increased presence around the shop of young adults from the various Warrah programs busy with a coffee run for staff, packing produce boxes, tidying the shed, building the chicken run and picking flowers has been a total joy for staff, clients and shop customers alike over recent months. What a blessing it is to be part of Warrah Society every day.

The Farm Shop Team

Summer Produce in Store

Greens:

Cos Lettuce, Coriander, Basil, Black Kale, Curly Kale, Parsley, Rainbow Chard, Rocket, Baby Spinach, Salad Mix, Silverbeet.

Vegetables:

Asparagus, Green Beans, Beetroot, Green Cabbage, Red Cabbage, Green Capsicum, Red Capsicum, Carrots, Cauliflower, Celery, Red Chilli, Lebanese Cucumber, Corn, Daikon, Eggplant, Fennel, Garlic, Ginger, Leek, Mushrooms, Brown Onions, Red Onions, Spring Onions, White Onions, Snow Peas, Dutch Cream Potato, Sebago Potato, Sweet Potato, Butternut Pumpkin, Jap Pumpkin, Radish, Rhubarb, Sprouts, Cherry Tomatoes, Gourmet Tomatoes, Roma Tomatoes, Turmeric, Mushrooms.

Fruits:

Granny Smith Apples, Pink Lady Apples, Royal Gala Apples, Golden Delicious Apples, Apricots, Hass Avocados, Cavendish Bananas, Lady Finger Bananas, Cherries, Ruby Grapefruit, Yellow Grapefruit, Lemons, Limes, Mandarins, Nectarines, Valencia Oranges, Papaya, Peaches, Pineapples, Strawberries, Watermelon, Blueberries.

CONNECT WITH WARRAH FARM SHOP

If you would like to subscribe to our Farm Shop Newsletter please email farmshop@warrah.org

Did you know you can also connect with us on Instagram? Search for Warrah Farm Shop.
We currently have 586 followers!



WARRAH

BIODYNAMIC FARM

WARRAH FARM SHOP

Fresh Produce, Groceries,
Dairy, Meat and Poultry.

All certified Organic
and/or Biodynamic.

Monday to Friday: 9am - 5pm

Saturday 9am - 3pm

20 Harris Road, Dural 2158

Call 9651 3869

All profits go towards Warrah's
services for people with disability.

www.warrah.org



Carols at Warrah

Friday 6 December | 6pm - 8pm
Featuring the St Pauls Ensemble
20 Harris Road, Dural, 2158
All Welcome