



WARRAH

LIVING LEARNING GROWING

Autumn News 2020

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ABOUT WARRAH SOCIETY

Based in Sydney's North West, Warrah Society is an experienced NDIS 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

World Down Syndrome Day
Friday 20 March

Purple Day - Epilepsy Awareness
Thursday 26 March

World Autism Day
Thursday 2 April

Easter Festival
Wednesday 8 April

All Staff Day
Thursday 9 April

Outdoor Classroom Training for Teachers and Practitioners
Friday 17 April to Sunday 19 April

Mother's Day High Tea
Saturday 9 May at 2pm

Harvest Festival
Friday 22 May

Easter Holidays

School

Last day Thursday 9 April
Students return on Monday 27 April

Farm Shop

Closed Friday 10 and Monday 13 April
Reopens Tuesday 14 April

Office

Closed Friday 10 and Monday 13 April
Reopens Tuesday 14 April

Front Cover

'Autumn Landscape'

Painted by Adrian Lewis and Rebecca Molloy.

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www.warrah.org



From The Board

As is customary, Warrah held its Annual General Meeting (AGM) at the end of 2019. While it's an important event in our calendar from a regulatory perspective, the AGM also provides an opportunity for members to come together and share ideas about Warrah's future.

This year's AGM included a presentation of the financials for the 2018/2019 year along with short management presentations from each of our key service areas, summarising the year passed as well as setting out some of the areas for focus for the year ahead.

The formalities were followed by Q&A and a light lunch. After lunch, we welcomed William Johns, who is a financial advisor as well as a disability advocate. His work has given excellent insight into some of the challenges facing families looking to ensure ongoing financial security for any dependents who have a reduced capacity to make their own financial decisions.

Whenever I hear William talk on this critical topic, two things become very clear to me. Firstly, it's a complex area. It seems there are lots of legal considerations, alternative structures and every situation is different. Secondly, and perhaps more importantly, leaving the planning phase until the last minute is a bad idea. For those of us in this situation, seeking expert help and doing so the earlier, the better seemed to be the key takeaway messages from William's presentation.

At the end of last year, we were also delighted to attend the annual Urban Taskforce Property Person of the Year (PPOY) charity dinner where Darren Steinberg of Dexus received the prestigious award. Warrah has been a beneficiary of this event since it started over 14 years ago and we are incredibly grateful to the Urban Taskforce for their ongoing support.

The fundraising dinner also allowed us to once again publicly thank 2017 PPOY winner Sarkis Nassif and his company Holdmark whose incredible generosity has enabled us to kick-off the significant upgrades to Walaumeda, our 'Discovery Centre'. This is our major infrastructure project for the first half of this year, and once it's completed, we will be in a position to ramp up our overnight respite services. This is an exciting

prospect, given the high demand in the community for this critical service.



Steve Malin making a speech at the 2019 PPOY event

As always there is much to keep the Board busy and no doubt 2020 will throw up plenty of new challenges. Maintaining our ageing infrastructure is still front and centre in Board discussions and will no doubt continue to be. In addition, the ever-increasing compliance requirements mean that sometimes it feels like we need to keep running just to stand still. That said, we hope not just to stand still but, with your ongoing support, slowly and steadily move forwards with our agenda.

Finally, for those that are reading this edition of Warrah News but are not currently members of the organisation, please take a moment to ask yourself why not? We'd certainly love to have you and a solid member base that is committed to upholding the organisation's values, which is an essential pillar on which we can build Warrah's future together. For more information on becoming a member, please refer to the next page and contact us on 9651 2411.

Steve Malin

Chairperson, Warrah Board

Autumn

The leaves fall, fall as from far,
Like distant gardens withered in the heavens;
They fall with slow and lingering descent.

And in the nights the heavy Earth, too, falls
From out the stars into the Solitude.

Thus all doth fall. This hand of mine must fall
And lo! the other one:—it is the law.
But there is One who holds this falling
Infinitely softly in His hands.

Rainer Maria Rilke

Warrah Company Membership

Below is some information about Warrah's legal structure and the role of Company Membership. Warrah is a Company Limited by Guarantee. CLGs are set up under the Corporations Act. They are a type of public company and have to comply with the applicable rules under the Corporations Act and Corporations Regulations. Warrah is also a registered charity with the ACNC (Australian Charities and Not-for-Profit Commission). Warrah has a Constitution, most recently revised in 2018, which is available on Warrah's website – www.warrah.org. The Constitution lays out how Warrah is to be governed.

Company Membership: The term 'Member' is used in the not-for-profit sector to describe many different sets of people; however, it has a specific legal meaning. A Company Member of a not for profit organisation is someone who has satisfied the requirements of formal membership of the organisation. Company Members play a unique role, having a legal responsibility for the company. Company Members complete the accountability cycle of Warrah, with the Board of Directors answerable to the Members. The Board reports to the members annually at the Annual General Meeting – usually in November.

Members are required to reapply for membership every three years, and all applications require approval by the Board of Directors. Some of Warrah's conditions of membership include:

- Being nominated by an existing member
- Agreeing to be bound by the Constitution of Warrah
- Agreeing to uphold Warrah's Statement of Values and Principles
- Paying a small annual membership fee

There are many different ways of engaging with Warrah. Company membership is not for everyone. It is an option for those who are interested in and willing to support the long term development and sustainability of the organisation. If you would like more information, please contact Company Secretary, Craig Gouws on 9651 2411.

Autumn

Lord, it is time. The fruitful summer yields;
The shadows that fall across the figured dial,
The winds are loosed upon the harvest fields

R.M. Rilke

New Board Director: John Williams



New Director, John Williams joined Warrah's Board in December last year.

John was first involved with Warrah many years ago when the company he worked for (Heyday Electrical) was involved with a project to renovate bathrooms in Warrah homes, in conjunction with the builder Multiplex.

John has been employed at Heyday Electrical for over 20 years and was appointed the Managing Director in 2012. This oversees the overall business strategy, tendering and business development, design and engineering, quality of project delivery and financial reporting.

In addition to John's work life, his family has been blessed with 4 children including Nathan, 31 years old and diagnosed with Down Syndrome and Asperger's.

He brings to Warrah a strong management background and the lived experience of a family member with a disability. John has commenced stepping back from his work commitments and looks forward to supporting the Warrah community.

We warmly welcome him to the Board.



From The Executive

We have reached the end of a dramatic summer, with catastrophic bushfires, severe air pollution, blazing heat and wild storms. We are all looking forward to a change of season!

Our last celebration was Warrah's Carols evening. We still had a good turnout despite the dreadful heavy smoke in the air from the bushfires that were raging around Sydney. We were delighted to have the St Pauls Ensemble group join us for the first time to lead the singing, introducing some new carols to the Warrah community. We are thankful for the local support and goodwill shown to Warrah by those who volunteer their time and energy for us. Thank you to all who contributed to the planning and preparation of this event.

Management Workshop

In mid-February Warrah's Executive Group, Chairperson, and other management staff participated in a Management Workshop led by Herbert Wolpert from Mira Companions for Development. The workshop focused on our culture of collaboration and how we can strengthen our core values and envision the next steps in Warrah's journey. The experience highlighted for our team the value and importance of communication and collaboration. An exciting outcome was a values exercise which indicated we are all strongly aligned in our work ethos.



Staff who attended the Management Workshop

Therapeutic Gardening Coordinator

The move from Farmer to Therapeutic Gardening Coordinator for Rob Greatholder is already having a positive impact on outcomes for participants. Rob has been heavily involved in the work being undertaken in the development of the new curriculum at Warrah

Specialist School and the use of traditional handcrafts. We are aiming to create a consistent program for school leavers into adult services by incorporating much of the traditional handcraft work into our Disability Services programs. Rob will also have a focus on developing therapeutic gardening activities in Supported Independent Living, including the development of some home grown herbs and vegetables.

Walumeda Update

The significant amount of documentation required to obtain a Construction Certificate to undertake the Walumeda upgrade and extension has been compiled and submitted to a Private Certifier for consideration. The required documentation was compiled with the assistance of Baxter & Jacobson Architects and Australian Consulting Engineers. The Construction Certificate is expected to be issued in due course, following which, Holdmark who will be undertaking the works, will mobilise their construction teams.



Cleared area behind Walumeda

The construction commencement date is yet to be determined. In the interim the trees which Hornsby Council earmarked for removal around the building have been removed in preparation for the construction. The necessary amends to the sewer system to accommodate the new building has also been undertaken. During the construction period some inconvenience is likely to be experienced due to increased traffic on site due to works, but please be patient, the new building is sure to be fantastic!

David Forfar, Jan Fowler, Craig Gouws

Warrah Executive

CONNECT WITH WARRAH ON FACEBOOK

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

www.facebook.com/warrahsocietydisabilityservices



Quality Assurance

Over the past few months Warrah has been preparing for the upcoming NDIS Quality and Safeguards renewal of registration audit that will take place later on in the year.

I have had the pleasure of meeting with some of our participants from our CSS programs and have conducted some workshops on “Human Rights” and what that means to our participants. The workshops have focused on educating and supporting our participants to know and understand their human rights and empower them to exercise choice and control in the services and supports they are receiving from Warrah.

From the workshop discussions, I have created a Human Rights fact sheet for our Families and Carers which gives an overview of the meaning of Human Rights and Warrah’s obligations to the people we support. Please stay tuned for the next edition of the newsletter, in which I will be providing families and carers information on Feedback and Complaints Management.

If there are additional resources or information you require on Warrah’s Policies or procedures, the NDIS Commission or Warrah’s NDIS registration renewal process, please do not hesitate to contact me on 9651 2411.

Kerrie-Maree Boorer
Quality Manager



Vale - Jim Webster

We were all saddened to hear recently that Jim Webster had passed away, after a lengthy illness followed by pancreatic cancer. Jim and his wife Diana have been associated with Warrah through their son Peter, who became a school student and resident in 1976. Peter is still a resident and is a participant in Warrah’s Community Support Service activities.

Prior to coming to Warrah, Peter had spent ten years at Karonga School, where Jim was actively involved in administration and fundraising activities. At Warrah, Jim was deeply involved in working bees, Fete Committees and for many years, he and Diana ran the book stall at the Fete.

Jim studied Electrical Engineering at Sydney University, reaching first grade in Rugby Union in his final year. Jim spent his career working for electrical consulting and contracting companies, in Australia, UK and in various Pacific Islands. Jim and Diana met at St Augustine’s Church, Neutral Bay, in the mid 1950’s and married soon after. They shared nearly 65 years of married life and brought up four children (Kim, Andrew, Peter and Jenny).

Jim’s Christian faith deepened when he was 28 and he was invited by a workmate to attend a lunch time Bible Study. The group studied a passage in Romans which described “justification by faith” in Jesus Christ. For Jim, this was God’s free gift of life forever, because Jesus had died for him. This passage caused a change in attitude for Jim. He became grateful for Christ’s forgiveness and prayed that God would show him how best to put his faith into action.

Jim put his faith into action by becoming a hospital chaplain, being part of the Kairos prison ministry, caring for African refugees and inviting them home for meals, donating blood more than 200 times, showing humility and putting others first. Jim lived his life with confidence that this faith would take him to be with his Maker and that’s where Andrew (son) believes Jim is now.

Prepared by Ross King

We all have Human Rights



Warrah aims to uphold the rights of people with a disability, including the right to dignity, respect and to live free from violence, abuse, neglect, exploitation and discrimination.

Warrah will achieve this through:

- Empowering people with a Disability to exercise choice and control in the support services they receive, while ensuring appropriate protections are in place
- Respond and manage concerns and complaints
- Respect, protect and fulfil human rights of our participants
- Maximising the choice and independence of people with a disability so they can achieve their individual goals.
- By providing supports and services in a manner, that respects and protects our participant's dignity, right to the privacy and confidentiality.

What does Human Rights mean?

- We are all equal Value
- We have the right to make our own decisions
- We have access to supports that respect our culture, diversity, values and beliefs.
- Should be treated with fairness and freedom
- Be empowered to have choice and control in all aspects of our lives.
- Uphold and respect individual rights to freedom of expression, self- determination and decision making
- Freedom from violence, abuse, neglect, exploitation and discrimination
- Our participants will be supported to participate in society and be valued members of their community
- Have accessible physical environments
- Have the right to be safe and healthy

Have you ever had your Human Rights disrespected?

Complaints about discrimination and breaches of human rights can be made to the Australian Human Rights Commission - <http://www.humanrights.gov.au/disability-rights-homepage> Contact number – 1300 369 711 or 9284 9600 or TTY 1800 620 241.

NDIS Quality and Safeguard Commission - <https://www.ndiscommission.gov.au/about/complaints> Contact number – 1800 035 544 or TTY 133 677. Interpreters can be arranged.



Warrah Specialist School

Last year we finished the year with a wonderful end of year concert, which was a true celebration of the strengths and efforts of our students. Warrah families and friends were all impressed with the skill, speech work and drama. The concert also included the graduation of Zac Brenton and Gabby Cunanan who received certificates for their achievements. Staff and fellow students will miss them. Zac Brenton has started participating in the Discovery program for young adults at Warrah. Gabby has moved to a range of activities with his family.



Students performing in End of Year Concert

We started the term with some torrential rain and winds but this did not dampen the enthusiasm of students returning to start a new year. We welcome Cooper O'Connell to the school. Cooper has joined Mike's class and is particularly enjoying our gardening activities. We currently have 19 enrolments at the school.



New student Cooper

This term we have begun our Outdoor Classroom program, starting with our Main Lesson on Human and Animal. While we have beautiful school grounds we are also using the farm, the gardens, the Weaving Studio and the Dural Nature Reserve as our learning areas.

We will be having a school picnic later in the term and are looking forward to returning to Vision Valley.

Staff Training

In January, school staff took part in some inspiring professional development, participating in training led by Outdoor Classroom specialist, John Lawry. John is a highly experienced Steiner teacher and crafts specialist with considerable experience in establishing outdoor classroom programs in New Zealand and Australia. Staff learned a great deal and more importantly, the wisdom that stands behind this approach. It also highlighted the opportunities that the immediate Warrah environment provides us with. The learning will further develop and deepen our curriculum in the outdoor and practical crafts.



Staff working on the school mud brick hut as part of the training

New Staff

This year we welcome two new teachers to the team – Shahareen and Yong Kwang. Yong Kwang will join us in Term 2. She joined the staff training and then stayed for a week at the beginning of the term to familiarise herself with the students and our programme.

Outdoor Classroom Courses

Warrah is hosting Outdoor Classroom Experiential Learning Courses for teachers and practitioners this year, over three weekends. John Lawry from Artisans Pathways will deliver the course. Participants will gain the skills to develop practical hands on activities, which are site specific, age appropriate, low cost and sustainable. Onsite accommodation and camping will be available for course participants.

School Registration

Our School Registration process has begun again with a visit from a National Education Standards Authority (NESA) Assessor scheduled for the end of April. The review considers the school's compliance with the relevant requirements of the *Education Act 1990* and *Disability Discrimination Act 1992*. Prior to this visit we are required to submit all documentation at the end of March and are excited to present our new curriculum as part of this. Full registration approval is for a 5 year period.



Adrian preparing the wool for weaving

Parent Information Evening

An information evening was organised for parents on 24 February. It was a wonderful turnout which indicated a show of respect for the school. Several school parents became members of Warrah Society. Parents were encouraged to engage with the school through social media and the new website which will be launched in March. It was also a great opportunity for parents to meet other parents also.

School Leavers Transition

We have commenced a transition plan for our Senior students which will include attending work experience at Endeavour Workplace, Dural Men's Shed and joining Discovery participants taking part in the TAFE course.

Jan Fowler
Principal



Outdoor Classroom — Experiential Learning Teacher & Practitioner Training At Warrah

Participants will gain the skills to develop practical, hands-on activities which are site specific, age appropriate, low cost and sustainable. The course this learning journey takes is through six fields of meaning-seeking and meaning-making.

2020 Training Dates:

17 - 19 April | 4 - 6 July | 8 - 9 October

Cost:

\$700 pp

Location:

Warrah, 20 Harris Road Dural

Accommodation:

Onsite accommodation and camping available on Warrah's Campus.

To Enrol:

Contact John Lawry on lawry.john@gmail.com or phone +64 21125 7817

To organise Accommodation:

Contact Jan Fowler on jfowler@warrah.org or phone 9651 2411

We have a brand new website:
warrahspecialistschool.nsw.edu.au
Coming Soon!

WARRAH
SPECIALIST SCHOOL



Disability Services

New Client Management System

We are very excited to bring you news that our new Client Management System (CTARS) has now been rolled out. This system enables our teams to quickly and effectively attend to the administrative component of our work. I would like to thank all of the staff who have so enthusiastically jumped on board with the new system.

Residential Vacancies

I am pleased to welcome our two new residents to Waratah Cottage. Jacqueline and Amanda have commenced transition and will be shortly moving in. This means that we will have no vacancies in our accommodation services. They are warmly welcomed by the residents at Waratah who are looking forward to the two ladies bringing a new dynamic to the house.

Wattle Tree

Wattle Tree has received a lick of paint and some new flooring, including carpet. The works have created a fresh new feel in the downstairs area. Wattle Tree staff have been amazing in working with the changing needs of residents and I thank them all for their efforts. Red Gum is next on the list and we can't wait to see what it will look like after a fresh coat of paint and some TLC.

Orana Cottage works

Assett Group Services, an organisation that provides services for a broad range of not-for-profit organisations and government agencies throughout NSW has assisted Warrah in the undertaking of significant structural works at Orana.

All the old timber decking has been removed and replaced with decks which are of a slightly different design but perfect for our needs. A set of stairs from the second level apartment have been added to provide an additional exit route from upstairs if needed. A big thank you to Ross King for all his time and the application of his expertise in designing the decks and stairs.

The old kitchen was also stripped bare and replaced with a new kitchen, including appliances which have been replaced. In addition new floor coverings in the kitchen and entrance hall were laid as part of the upgrade process. This long awaited upgrade has been welcomed by residents and staff alike.

The upgrades not only improve the homely environment of Orana and participation of residents in preparing their meals, but provides increased safety with the additional verandas and stairs.



New modern kitchen at Orana



New stairs and decking at Orana

New Administration Assistant

Last year we saw Alina Cassin take up role as Support Coordinator and we welcome Saara Fernando to the role of Administration Assistant for Disability Services. Saara comes to us with a background in local government and is already an integral part of our team. Saara works across both Community Support Services and Supported Independent Living Services.

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

Our After School, Short Stay Accommodation, Saturday and In-home Support programs continue to help participants with the transition from school to adult life. This is an important period for young people living with disabilities, where young people and their families require an opportunity to access information and make choices about their child's future after leaving school.

David Forfar

Executive Manager, Disability Services



Social Therapeutic Horticulture

We continue to work with our community members on strengthening their connection to place. The Warrah campus and farm are perfect avenues to develop active, meaningful engagement with a special focus on our 'home surroundings'. This involves becoming more active in the landscape and community, building a rhythm based on the seasons and contributing to ongoing tasks relating to farming, gardening and building.

Warrah participants and students are learning about seasons through:

- sowing, planting and harvesting times
- undertaking seasonal tasks around the management of Warrah's perennial crops and biodynamic rhythms
- contributing to and participating in seasonal festivals
- discovering lifecycles of the animal, vegetable and mineral worlds through stories and personal interactions.

Work throughout autumn will consist of developing the school kitchen gardens, installing raised beds around our Community Support Service units, beautifying our campus to include much needed picnic areas and the continued collaboration with TAFE for our young adults continue working towards their Certificate in Vocational and Community Engagement.



Lynda watering plants in raised garden beds

Ongoing activities in the nursery continue to provide opportunities for engagement in the propagation of seedlings for the farm and surrounding gardens and for sale at the farm shop. This autumn will see us welcoming our new flock of chickens onto the campus amongst the citrus trees, with thanks to our fantastic chicken coop and run, built by the TAFE group.



Johnny has joined the TAFE program

Wishing you all a great autumn.

Rob Greatholder

Senior Manager - Therapeutic Gardening

Kevin's Photography Exhibition

An array of beautifully framed photos adorned the walls of the Waaia Café for Kevin Kendall's first photographic exhibition on 6 December last year. The exhibition marked International Day of People with Disability.

Through NDIS Kevin has been able to pursue his passion for photography, completing a community photography course organised by Hills Shire Council. You will often see Kevin armed with an ipad taking photos of nature around the campus.





Community Support Services

New Participants

A very warm welcome to William, Zach, Ryan and Johnny who have all joined 'Discovery' in 2020. Discovery is Warrah's young adult service that provides a supported and individually designed transition into adulthood for school leavers and young adults. If you see these young men around Warrah please extend a warm welcome and introduce yourself.

Warrah Community Support services now supports 84 participants. We still have a few people trialling to see if we provide the services they are looking for so I am sure it won't be long before some more introductions!

We would also like to extend a warm welcome back to Hiep who has had an extended break from Diramu.

Team Development & CTARS

In January, fresh from the summer break, CSS Staff together with SIL Staff returned to 2 days of intensive training. This year we were delighted to train the staff on our new client management system CTARS that will roll out across all services in early March.

The training provided an introduction to the software as well as a practical session to allow all staff to get a hands on feel for the software. I am very happy to be reporting that a large number of staff gave great feedback about the new system and can't wait to move on from the tired paper based reporting that we are using to date.

During these training days we also squeezed in the essential Fire Awareness & Use of Portable Fire Fighting Equipment as well as coaching staff on how to handle feedback and complaints.

Activity update

Social Therapeutic Horticulture

It is with an air of excitement that CSS launches into 2020 with Rob Greatholder focusing on farm and gardening activities, and bringing social therapeutic horticulture into the offerings for our clients.

Rob will work across all Warrah's services and will be assisting CSS directly with the Workskills TAFE program and ensuring that the new programs that commence align an offering of CSS Activities with the School's new outdoor curriculum.

TAFE NSW Program

TAFE NSW will again be working closely with some of the young adults at CSS this year. Now that the chicken coop is complete we can't wait to see what the group accomplishes as they move into the spiral garden!



Warrah participants awarded a Certificate 1 in Work Education from TAFE NSW

Engaging in Local Community

With a welcome increase in 1:1 support funded for a number of our participants in recent months, we have been able to offer a broader and more personalised range of activities. There is a strong focus encouraging participants to engage in their local communities and a number of people have signed up to become a member of their local clubs as a result.

We have also had a high level of participation this year in the local activities that were organised as part of the Seniors Week Festival in both the Hills District and Hornsby Shire Council areas, with people attending concerts, workshops and social events.

Community Courses

Our Community Courses have again proven to be very popular this term with offerings of 2 different streams of social music, aqua aerobics and weaving. The weaving course is facilitated by Marianne Haylan, an award winning weaver who brings her wealth of knowledge to the participants of this course.

In term 2 we will be offering; Music appreciation, Social Music, Zumba and Pottery for Gardens. We are already receiving early enrolments, so be sure to contact Saara Fernando on 9651 2411 to secure your place in one of these popular courses!

Alida Pruys

Operations Manager

Community Education Courses & Workshops Term 2 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 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
05/05/2020 - 23/06/2020
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.

Zumba

Facilitator: Nina de la Cruz
Date: 8 weeks - Thursdays
07/05/2020 - 25/06/2020
Time: 1.00pm - 2.00pm



Zumba fitness is a Latin-dance inspired workout that involves a fun fusion of dance moves from styles like Salsa, Merengue, Reggaeton and Flamenco.

It is one of the most popular group exercise classes on the planet with over 12 million participants. Join Nina to groove your way into a healthier body and mind!

Music Appreciation

Facilitator: Mark Hellmrich
Date: 8 weeks - Tuesdays
05/05/2020 - 23/06/2020
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.

Pottery for Gardens

Facilitator: Julie Scott
Date: 8 weeks - Thursdays
07/05/2020 - 25/06/2020
Time: 10.00am - 12.00pm



This course will be interactive and creative! Participants will be learning to craft clay into garden sculptures, practical pots and other fun pieces to use in their garden or to give as beautiful gifts to loved ones.

Come, Little Leaves

Come, little leaves
said the wind one day
come over the meadow
with me, and play!
Put on your dresses
of red and gold!
The Summer has gone
And the days grow cold.
Grow cold! Grow cold!

George Cooper



Staff and Volunteers

Warrah Volunteers

Our German volunteers, Laurenz, Maren, Nele and Freya have been helping out at the school since September, interacting with the students and getting involved with various programs such as riding for the disabled, cooking and weaving. They also worked at CSS and SIL over the school holidays, and their enthusiasm and energy was an added bonus.

The volunteers had some time out over Christmas to visit Adelaide and New Zealand, which was a welcome reprieve from the smoke of the bushfires that we were experiencing in Sydney at that time. Before term started back they participated in the outdoor classroom training with John Lawry, who will be back to do more courses during the year.



Nele working alongside William

Farm Volunteers

We have had several volunteers working on the farm, assisting the Farm Manager over the summer period. Cameron Borg did a work experience placement on the farm and Elisa Wright is currently helping out as she has a wealth of knowledge in horticulture.

Yohai Tadmor recently arrived in Australia from Israel and is also volunteering on the farm. Yohai has experience working on a kibbutz as well as a background in training people with disabilities in the practice of farming. Yohai is also working with the Maintenance Team a couple of days a week.

We are also delighted to have Eileen Pruys volunteering at Waaia.



Yohai Tadmor clearing bamboo

Warrah Christmas Party

Over 110 staff, volunteers and Board members attended Warrah's Christmas party at The Madison Function Centre. It was a nice evening for all parts of the organisation to get together and enjoy a lovely three course meal with dancing afterwards.

Maxxia and Care Super donated bags to staff which were distributed on the night and the Executive provided sweet treats for staff as a thank you. Eileen Pruys was recognised for her service to Warrah, retiring in October 2019. Frances Prior was also recognised for achieving 40 years service in June 2019.



Staff enjoying the Christmas Party celebration

New Staff

Below is the list of new starters who joined Warrah:

Loretta Roberts	SIL Coordinator
Marianne Rhodes	Assistant SIL Coordinator
Saara Fernando	Administration Officer
Jennifer Owen	Personal Care Support Worker
Winnie Ndaba	Casual Support Worker
Akinbiyi Akinlabi	Casual Support Worker
Shahereen Bhargava	Part time teacher

Evelyn Bush

HR and Payroll Officer

Positions Vacant

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 9651 2411.

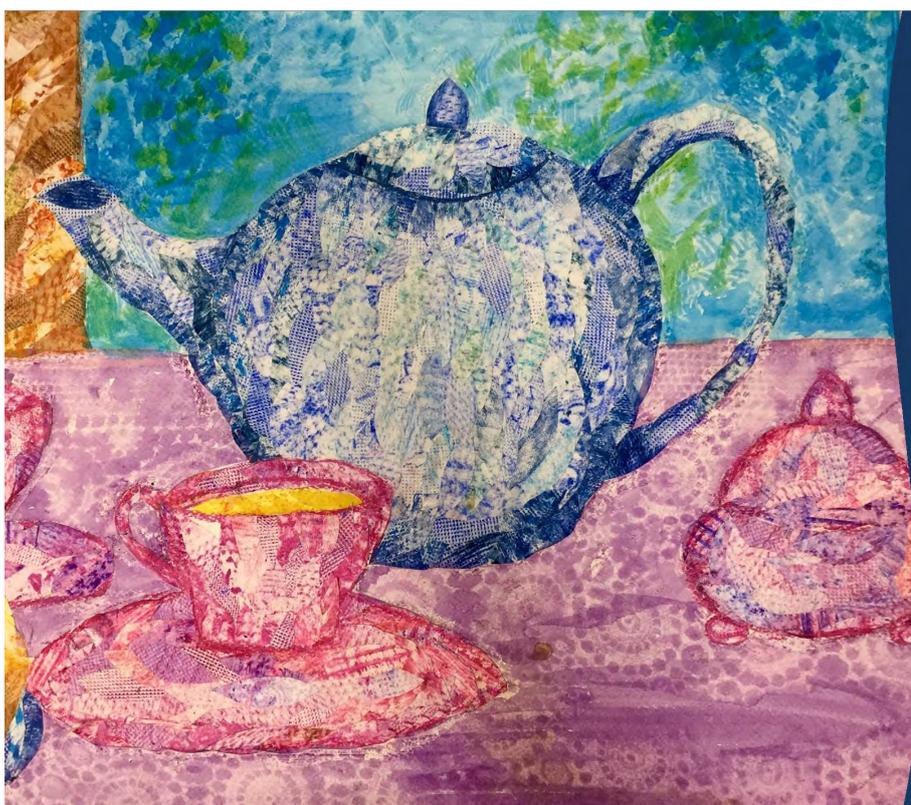
General Maintenance Officer Full-Time Permanent Position

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, this is a role that would be highly satisfying.

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 9651 2411.

Position criteria for available roles are on our website. Please head to: www.warrah.org for more information and resources.



Waaia Café

Fridays
10.00am-12.30pm

20 Harris Road, Dural
(turn first right once
on property)

Contact: Lisa Rutkin on
0447 616 260



Community Development

Annual Christmas Appeal

Warrah's annual Christmas Appeal to purchase a new portable sound system for Warrah festivals, events, concerts and school performances raised \$6,380. The new portable sound system will provide optimal sound quality and will be used for both indoor and outdoor events around campus.

Urban Taskforce Property Person Event

The 2019 Property Person of the Year (PPOY) charity dinner was held last November at the Hilton Sydney. This event runs annually and is dedicated to raising funds for Warrah as well as St Vincent's Prostate Cancer Centre.

Darren Steinberg of Dexis received the award for his extensive contribution to the sector through many years of astute property and funds management. Almost \$15,000 was raised for Warrah which will be put towards improvements to facilities at Warrah.

Christmas Carols

Our third Christmas Carols night was held early December, in a marquee set up for the event. Unfortunately the evening did not attract as many guests as previous years due to the smoky weather conditions from local bushfires. Nevertheless, it was a wonderful evening where residents, staff and families came together to sing and enjoy the Christmas story.

This year Warrah was fortunate to have the St Pauls Ensemble Group, from Castle Hill lead the carols singing. Two of Warrah's German volunteers also participated in the singing and music. Once again the Glenhaven Rotary Club generously provided a beautiful supper, prepared and served on the night.

Local Schools Community Fund

Last December Warrah was notified that the School had received a grant through the Local Schools Community Fund. This fund supports the Australian Government's commitment to education by providing a contribution for small scale projects. The grant of \$14,000 will be used to purchase new climbing equipment for the playground.

New Equipment

New personal care equipment funded by the Glenhaven Rotary Club has arrived at Banksia Community Centre. It will enable some of our participants

who require this equipment to engage in activities at this building.



New hoist and accessible adult change table

Building Stronger Communities

In January Warrah was awarded a Stronger Communities Grant for further weed removal works on campus. Federal MP Julian Leaser visited Warrah in February to look at the location of where the work will take place. He indicated that the project was one he was pleased to support. Andrew, Matt and Michael were happy to meet Julian and talk to him about Warrah.



Julian Leaser MP (left) viewing location of planned weed removal works at rear of Banksia Community Centre

New Warrah Websites

We have been busy working towards the development of a new website dedicated to the Warrah Farm Shop. The new website was launched in January. Have a look: www.warrahfarmshop.org.au

We are expecting the new school website to be finalised in late March, this will be followed by the Warrah Disability Services website.

Cindy Cunningham

Community Development Manager

Carols at Warrah 2019





Warrah Farm

This new decade has certainly gotten off to a rather dramatic and contrasting start! We have gone from drought and water restrictions, to unfathomable fires and now upwards of 120mm of rainfall on a single day in February. As a result, this season has proved extremely interesting and educational for Warrah's farm team.

The harvest continued all through the holiday heat with eggplant, tomatoes, cucumbers, capsicum, zucchinis, parsley, kale, salad mix, strawberries and silver beet being picked. Even now with all the rain, we continue to maintain the usual supply of vegetables to our Farm Shop, seasonal produce boxes and residential houses without too many issues from pests and diseases. This is because the dry conditions were unfavourable for the usual troublesome insects.

We have had such an abundance of eggplant that we have been able to sell it on to one of the distributors we usually buy from for the Farm Shop. In early February we began harvesting fennel, beetroot and heirloom tomatoes. Pumpkins and watermelon were planted in September, and once the vines die back they will be ready to harvest. We will be planting the last of the summer crops soon and the first of the cold season varieties.

We were pleased to have no serious damage from the severe storm on 10 February. The Farm Shop was briefly 'flushed out' with rain water and we lost power along with the rest of the street.

We managed to bounce back quickly, and, with the help of a generator, our regular routine of shop sales, packing house boxes and deliveries to collection hubs around Sydney and to Billabong Retreat continued uninterrupted.

Cameron Quilty
Farm Manager

WARRAH
FARM SHOP
ORGANIC AND BIODYNAMIC

We have a brand new website!

warahfarmshop.org.au

Visit Now



Warrah Farm Enterprises

“You’re in pretty good shape, for the shape that you are in.” Dr Seuss

In the last edition of Summer News we wrote about the importance of respecting farming challenges and continuing to support the farmers who apply sustainable practices and produce the food we most want to eat. And since then things have gotten even more intense! While we have to admire how ecosystems can flourish again after devastation, we must not become complacent about our responsibilities. With so much water filling our dams again, it might be easy to forget the threat of drought and fire we have just been exposed to. It is imperative that we all forge ahead with our commitment to sustainability and climate action. With this in mind, the Farm Shop team is renewing our focus on reducing our footprint and sourcing more grocery items from like-minded local producers. If you are aware of products you would like to see on the shelves, please do let us know about them.



School students assisting with packing co-op boxes

In between the usual tasks of all the Farm and Shop enterprises, the precautionary fire evacuations, the holidays and some unexpected health challenges in the team, we were extremely excited to launch our new website – www.warrahfarmshop.org.au. We especially love the aerial views of the farm and the images showing all the exciting opportunities for participants in Warrah Society programs. If you have not already done so, please browse the site and share it with your networks.

The new website includes a blog which will feature topics relevant to the products and produce that we

sell, stories about the various Farm and Shop enterprises, recipes and more. We would love you to subscribe to the newsletter on the website to stay up to date with these posts.



Friendly Farm Shop staff

Remember that our goals are to optimise the potential of the Farm, the Shop and related enterprises to offer meaningful programs of work for the broader Warrah community of participants and to raise public awareness of Warrah’s beautiful story. Furthermore, we work to channel profits back into the organisation in support of Warrah’s mission of providing engaging, responsive disability services which maximise each person’s capacity for self-determination, creativity and contribution.

The Farm Shop Team

Autumn Produce in Store

Greens:

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

Vegetables:

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

Fruits:

Fuji Apples, Grapes, Granny Smith Apple, Royal, Gala Apples, Hass Avocados, Cavendish Bananas, Lady Finger Bananas, Lemons, Limes, Nectarines, Valencia Oranges, Papaya, Passionfruit, Peaches, Pineapples, Plums, Quince, Strawberries, Watermelon.

WARRAH

LIVING LEARNING GROWING



Mother's Day

High Tea



2pm Saturday May 9

Warrah School Hall

RSVP to Frances:

9651 2411 or warrah@warrah.org