

**WARRAH**

LIVING LEARNING GROWING

# Winter News 2021

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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 ACNC charity.

## Upcoming Events

### Mid-Winter Festival

Monday 21 June

### Lantern Festival

Friday 20 August



*'By the Seaside'*

Watercolour painting

by John Paul Hargreaves and Richard Martin

## Winter Holidays

### School -

Closed Monday 14 June  
(Queen's Birthday Public Holiday)  
Last day of Term 2 - Friday 25 June  
Students return on Monday July 20

### Farm Shop and Office

Closed Monday 14 June  
(Queen's Birthday Public Holiday)

## CONTACT US

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[www.warrahfarmshop.org.au](http://www.warrahfarmshop.org.au)



## From the Board

So... it's June already! How did that happen? The first half of the year has been a bit of a blur but looking back it's been a productive one for Warrah in many respects.

One activity that has been keeping us busy is recruitment and in particular we are delighted to welcome Jason Lim to the organisation as our new Business Manager, Executive Member and Company Secretary. Jason arrives with a wealth of finance experience in the not-for-profit space and his proactive can-do attitude is already having an impact. Jason indicated during the interview process that he was attracted to the variety offered by the role at Warrah and on that front I'm sure he hasn't been disappointed. Certainly, the board is excited to have Jason on the executive and we are looking forward to his strategic input as we look to navigate the inevitable challenges that will face us in the months and years ahead.

Naturally a major part of Jason's remit is to manage the organisation's finances and there is no question that he has inherited a strong set of financials. It's hard to believe we are only a few weeks away from the end of the financial year and it's clear that the organisation remains in great financial shape and is currently tracking well ahead of budget.

Unfortunately, the other side of the equation is that we have not managed to spend on as many of the things that we would have liked to this year but there are good reasons for that and whilst being ahead of budget is not necessarily a good thing, it is certainly a better outcome than the other way around as far as stability is concerned. Our current position also provides us with additional flexibility as we embark on the planning process for next year and we look forward to seeing some of the projects we had hoped to tackle this year being completed in the next.

One project that has made huge progress over the last few months is the Walumeda development which will shortly be completed. The John Paul Foundation Discovery Centre, as it will soon officially be known is looking fantastic and as the final pieces of the project fall into place, we have started to plan a day when we can all get together to celebrate its completion and of course thank our incredible donors, the Sarkis Family.

Back on the topic of new recruits, we are also delighted to welcome a new member onto the board

with Peter Gurrier-Jones being formally appointed at our last meeting in May. During our board workshop back in January we spent some time being reflective and looking at the board's combined skill-set. Whilst we do believe we have many of the relevant 'skills boxes' ticked, there were a couple of gaps that stood out. For example, we were lacking in the area of 'educational skills' and for an organisation that has a growing and successful school and also prides itself on its commitment to life-long learning that's obviously a gap worth filling! Secondly, whilst a number of us have lived experience of disability, we were also lacking a disability professional in the board's ranks.

Peter has been a friend of Warrah for some time now and I think he will be a fantastic addition to the team. The fact that he has significant experience in both of these areas makes his addition all the more exciting. Peter has been breaking new ground with his leadership in special education for a number of years most recently as Principal of the Hills School.

As always there is lots going on at Warrah and much to talk about but I will leave it there for the moment, except to say that I look forward to seeing the grand opening of the new Discovery Centre!

### Steve Malin

Chairman, Warrah Board

### New Board Director

Peter Gurrier-Jones has been working with, supporting and learning from vulnerable people for most of his life. He is intuitive and passionate about life, connection and learning. Peter is an educational leader and believes that learning can change everything.



Among other pursuits Peter has been a School Principal, an Australian Teaching Fellow and achieved Top 50 in the Global Teaching Prize. Peter views his position on the Warrah Board as a privilege and is keen to support the growth of individuals, groups and the Warrah Community.

## From the Executive

We are grateful to be returning to our pre-COVID-19 daily life at Warrah and are quick to respond and take precautions when local transmissions arise. A highlight this quarter was celebrating the Easter Festival across the organisation and experiencing the sense of community and joy - a reminder of the importance festivals play in building our social community and connecting with one another.



*School student, Jasmin in the Warrah Easter procession*

### Vaccination Roll Out

As many of you will be aware, there have been a number of delays and changes to the vaccination roll out. However, the first stage of the vaccinations for residents commenced at the end of May. A number of staff have also commenced receiving the first injection of the vaccine and so far little to no side effects have been reported.

### New Executive Member

It is with great pleasure that we have welcomed Jason Lim, newly appointed Business Manager, to the Executive team. Jason brings to Warrah a career that is extensive across the not for profit community services sector, including health, accommodation, education,

employment, vocational learning, community initiatives and lifestyle support. Jason has already shown his leadership and decisiveness and is a strong and valued member of our team.



*Warrah welcomes new Business Manager Jason Lim*

### Staff Forums

Our gatherings for staff have resumed after an enforced break due to COVID-19. Prior to COVID-19 regular 'All Staff Days' were organised. After a year where all attention was in ensuring residents, participants and students were kept safe and healthy we welcomed the opportunity of reconnecting across the organisation. In May we did it a little differently by hosting two staff forums on the same day – one early morning and one in the afternoon.

The forums provided an opportunity to thank the staff for the superb effort made during the long COVID-19 restrictions and to gain input from staff on Warrah values, training, development opportunities as well as staff social events.



*David Forfar presenting at the morning Staff Forum*

### Winter Verse

Deep in the ground of the human soul,  
Of victory assured,  
The Spirit-Sun is living.

All through the winter of the inner-life  
The faithful heart divines it.

*Rudolf Steiner*

### Strategic Planning Workshops

With the appointment of a new executive member to help Warrah focus on cross organisational growth

initiatives, two strategic planning days were held, involving participants, the management team and the Board.

The first workshop in March was focused on Warrah's present and future. The April workshop focused on Adult Services through the World Café process, focusing on the question: What Pathways to a Good Life Well Lived can Warrah offer to both older and younger people? David Forfar started off the day with a presentation about Warrah's ageing participants and in the afternoon, Alida Pruys led us through the domains that make up Quality of Life experiences for younger participants. Each table held animated discussions on the various themes, and the table hosts gave some great presentations at the end of each session.

The aim is to develop a Quality of Life framework for Warrah across participants' stages of life, which will clarify Warrah's unique offerings and establish Warrah as 'ahead of the curve' through this emphasis on quality of life pathways. These thoughtful contributions now need to be brought together into a Strategic Plan.

### **Social and Micro Enterprise Development**

A series of smaller workshops are underway to look at the role of social and micro enterprise development at Warrah, preparing Warrah for climate risk and mitigation, and ways to further strengthen and integrate Anthroposophical approaches throughout Warrah in the years to come. The Strategic Plan will also draw on parallel processes underway which are looking at workforce issues, the property portfolio and its fitness for purpose and, of course, future financial growth.

### **Campus Improvements**

Car park resurfacing works and line markings in front of Redgum and behind Banksia have been completed. We now have more car park spaces than previously but care must be taken while parking so as not to roll down into the bush. The Maintenance team have placed high-visibility bollards as a make shift barrier but these will be replaced with stone blocks in the carparks over coming weeks to stop cars from rolling into the bush.

Approval has been given to repair Redgum's roof. The repair cost is significant and will commence in the next few weeks.

### **Discovery Centre Update**

The renovations and extension to the Discovery Centre are close to finishing. The Maintenance team is working tirelessly alongside the Holdmark contractors to finish off final works. Internal and external painting, floor coverings, the construction of a new footpath and landscaping is taking place. We expect all works on site to be completed by mid-June barring adverse weather.

Once completed and after obtaining all relevant certificates, we will be in a position to apply for the Occupancy Certificate from Hornsby Shire Council and officially open the building.



*Landscaping behind Discovery Centre building*



*New flooring being laid in Discovery*

### **New Solar Panels**

Installation of solar panels on the Torrs roof has been completed following Greenway and Emily. There are 34 solar panels on Torrs. Solar generated electricity will first be used by the home and any excess electricity is fed into the national grid at the prevailing feed-in-tariff rate. Having solar panels on house roofs is one of the ways Warrah is reducing its carbon footprint.

Finally, we also look for your support as we launch our 2021 Tax Appeal. As the Warrah community grows in numbers, and with the increase in individual support received by participants, we find the need for more vehicles grows too. By making a tax deductible donation you will be helping to provide Warrah with much needed transport to ensure we can best support and meet the aspirations of our participants.

**David Forfar, Jan Fowler, Jason Lim and Maggie White**  
Warrah Executive



## Disability Services

We have had a wonderful start to the year albeit passing very quickly and the cooler mornings are a timely reminder for us to slow down and take a breath. As I write this I reflect on how much the COVID-19 pandemic has changed our lives and the way in which we work together. While we see many stories of ill treatment towards our fellow mankind, I am humbled by the kindness and cooperation that we have seen amongst the Warrah community over the last 18 months.

### Community Celebrations

At Easter we celebrated our first festival together since COVID-19 as a whole community. It was a wonderfully warm and sunny day. In fact, it was so sunny that we had to quickly rearrange furniture and seek shade. Our celebration commenced with a procession and then a service which was followed by the story of 'The King with Horse's Ears' and some music. Thank you to Pixie Willo for the fabulous story and to Mark Helmrich for the music. This past quarter, has also involved recognising important awareness days including 'Go Purple' for epilepsy awareness and World Autism Day.



*Warrah goes Blue for World Autism Day*

### Information Session for Families and Carers

We have been fortunate enough to engage Jonathan Harris from Harris Freidman Lawyers to come and speak with families and those interested on topics such as guardianship concerns, powers of attorney, testamentary trusts, special disability trusts, Centrelink issues, managing discretionary trusts, advanced care directives, using a 'memorandum of wishes', what happens with poor planning. I would encourage you to attend. For further details please see the insert.

### Farewells

We say goodbye to our Quality Manager, Kerrie Boorer, who has been with us for the last couple of years and has successfully supported the organisation to achieve accreditation for both the school and Warrah Disability Services. Kerrie leaves us to take up a new opportunity with a growing organisation. Alina Cassin, Support Coordinator has also taken up a new Support Coordination role. We wish them both well with the new roles. Recruitment processes are underway to fill both positions. In the interim Alida Pruys and I will carry responsibility for quality management and Manjit Kaur will assume responsibility for Support Coordination.

### David Forfar

Executive Manager, Disability Services

## Supported Independent Living



All our residents have enjoyed being able to get out and about again and visiting their favourite places. I would like to inform you of our new 'Socialites Group' involving Lisa Bendixen, Lisa Rutkin and Nicci Gilmour who are organising monthly gatherings for our community to come together. They have already organised a delicious High Tea for Mother's Day and an Abba dancing and dress up night in the school hall which was a great success. Upcoming activities this winter include a bingo afternoon, Christmas in July and a pot luck dinner and movie night.

It is my pleasure to bring in Cubit to Warrah on Mondays, as a therapy dog. She is walked individually by Melita, Pam and Trudy and enjoys cuddles from



*Simon enjoys Cubit's weekly cuddles*

Simon. It is wonderful to see the joy she brings to the faces of participants.

I would like to thank all our staff for the dedication they give to all the residents, ensuring they have the best experiences and a fabulous quality of life.

### **Sandra Quisumbing**

Accommodation Services Manager

### **Wattle Tree and Glenny**

Winter is on its way and we are layering up with our warm woollies. We are making the most of what is left of the sunshine, exploring beautiful parks with all their autumn leaves. Caroline loves collecting earthy coloured leaves. Karen loves to exert all her energy with a good skip and jump around in the open space and fresh air. Rebecca loves the relaxing ambience of a lovely picnic style table cloth, not to mention the homemade picnic food! Jenni could lay on a picnic rug all day long and Natasha together with Lyndal will seek out every doggie in the park. Parks have been on our agenda most weekends of late, especially while we are still dealing with the tail end (we hope) of the COVID-19 outbreaks. We are not complaining and we are happy to report that all the girls are doing well and staying healthy.



*Rebecca checking out exhibits at the Power House Museum*

Chris and Fiona are venturing far and wide every Sunday with outings in the fresh air, including walks from Bondi to Bronte, in the Blue Mountains and Botanical Gardens, as well as coastal walks down south. Chris and Fiona were very excited to visit Warragamba Dam recently to see it at its peak, as the last time they were there the dam was dry as a bone!

Belinda has settled back into Glenny after a lovely Easter break with Mum and Dad on the mid north coast. Belinda has been very COVID-19 cautious with long walks in the fresh air. We hope it won't be long before she can feel safe again and resume her old

pastime of going to the movies and catching up with her friends.

### **Leanne Burton**

Wattle Tree and Glenny Coordinator

### **Tallowood**

Everyone is noticing the growing independence of the Tallow residents. Well done Lisa and Manjit for all the great programs you are doing in Community Support Services. The cooking skills, general house tasks and living skills are improving all the time.

The Tallowoods have had a few great outings. A ferry ride to Darling Harbour on a wonderful sunny day was a hit! Picnic at Rushcutters Bay by the yacht club was another lovely one that the residents do after picking up Sam and Stephen from a home visit on a Sunday. The HADPAC disco was really enjoyed by all as well as the Abba night. These social evenings are very much looked forward to by the residents. A big thank you to the organisers.

### **Helen Macaskill**

Tallowood Coordinator

### **Jacaranda**

Jacaranda residents have enjoyed some family catch ups, cafe outings, farm visits, picnics in local parks and attending activities and music events. Robert enjoyed a holiday in Canberra with his sister Hannah at the beginning of April. Charles also had a catch up with his sister Annabelle, for fish and chips in a pub. Peter, Lynda and Joanne are having regular visits with their family. Lynda and Joanne are now regulars in Kellyville Village, visiting the cafe for an outing during the weekend. All the residents are keeping up with their physical exercise routines.

### **Claude Ouahia**

Jacaranda Coordinator

### **Waratah**

Everyone at Waratah is thriving and enjoying the glorious spring weather. Everyone has a weekly turn at cooking the evening meal with staff support, from the menus they choose.

Simon loves his encounters with Cubit, the Jack Russell and continues to attend his weekly HADPAC adventures. Rohan is loving his hydrotherapy sessions at Lakeview Private, and is often to be seen demonstrating his swimming techniques to staff (out of the water)! Kevin has begun wearing glasses and absolutely loves his own choice of frames. Adrian is keeping staff and participants on their toes, making sure everything at the house is ship shape.

Amanda and Jacqueline are our new netball stars! They have joined the KNA All Stars League and play a weekly game with growing skill and enthusiasm. Amanda is loving her bowling at day service, and Jacqueline is looking forward to getting back to the gym, after a summer of swimming.



*Amanda one of our Netball All Stars*

Waratah is looking forward with great anticipation to the new monthly social activities that are planned by the Socialites Group going forward. The Abba night was a lot of fun and residents can't wait for the Bingo afternoon.

#### **Nicci Gilmour**

Waratah Coordinator

#### **Orana**

Orana residents have been enjoying weekend outings. John Paul celebrated his 51st birthday in April with his family and friends and also enjoyed a motor bike ride. Residents have been participating in various activities with their day programs.

#### **Red Gum**

Red Gum residents have been actively engaging in various activities in the community on the weekends. Greg enjoys going to the shops and getting groceries with staff. In April Nicholas celebrated turning 40 years old. He had a party with his mum and dad and his friends at Red Gum. Residents have been participating in different activities at their day programs.

#### **Lotti Roberts**

Orana and Red Gum Coordinator

#### **Emily**

Emily residents have enjoyed their time out and about. Everyone is happy to be back in a routine, enjoying community support services, and going to work. Emily now has a new raised garden vegepod in our garden so we can grow and enjoy our own vegetables.



*Emily Assistant Coordinator Maria sharing a cuppa with Emily residents Kate and Trudy*

Now that Jazz in the Pines has started again we have gone along and enjoyed the music. We went to Dangar Island by ferry and to Brooklyn. We went to Bowral for a drive and enjoyed walking in the gardens.

#### **Brewer Fayne**

Emily Coordinator

#### **Greenway**

As the days get shorter and the nights colder, winter finds all the Greenway men well. The men are happy to have things back to normal and taking part in their CSS programs. They have been enjoying a variety of outings over the weekends to new and exciting places, as well as doing some old favourites.

David continues to have 1-1 on a Monday with Alex. They visit all types of places including the beach, which is Dave's favourite. It was Andrew's birthday in April, so Greenway had a party to celebrate and Andrew went out for a special dinner.

Stewart recently went into the city to enjoy a day out and have some lunch. Darren continues to go out for a milkshake on Saturdays and picks up afternoon tea for everyone else. Damien has been enjoying the program at HADPAC and enjoys going for a walk in the afternoons.

We are all looking forward to the installation of the raised garden vegepod at Greenway so we can grow our own vegetables and herbs to use in the kitchen.

#### **Brewer Fayne**

Emily Coordinator

#### **Torrs**

Autumn is about lots of beautiful time in nature. We visited the Blue Mountains for apple picking and enjoyed some magical autumn hikes.

Emily is enjoying being back in her weekly routine and seems to have found the right balance between two days at work, one pampering day, a private singing lesson, lots of music, dancing and drumming at Warrah and some volunteering for the school kids. She recently sang on stage in front of hundreds of people, 'Just a Spoon Full of Sugar' from Mary Poppins. She sang with her confident, strong voice and received a huge applause.

Megan had a great time at camp with all her friends, staying right next to the beach in a beautiful house with lots of familiar places to visit. Megan is eager to find a job working with animals and is doing a great job looking after her rabbit, Oscar and she also minded two little chicks, Pepper and Tweedy for a week. They made such wonderful progress in the time they stayed with us. Jacob has been enjoying his personal training sessions with Lena, one hour a week and is getting fitter!

We took advantage of a recent Council clean-up. Terry rolled up his sleeves and made the garage look like new including an impressive paint job!

### **Lisa Bendixen**

Torrs Coordinator

### **Macs**

Richard Martin celebrated his 75<sup>th</sup> Birthday on 13 April and wanted all his friends at Warrah to come and sing happy birthday with him and have a piece of chocolate birthday cake. Richard is Warrah's oldest resident Richard and has been a part of the Warrah community since the late 1960s.



*Richard celebrated his 75th Birthday with his fellow housemates, David, Stephen and Ann*

Richard was very moved by his birthday celebrations. With a passion for all things Scottish and bagpipe music, his birthday highlight was attending the Epping & District Scottish Society gathering, where he was formally welcomed and introduced by John, their Chief. There are no words to describe how happy Richard was. He was in

his element. Richard also enjoyed a visit to Warrah from Jodie, a Scottish bag piper from the Castle Hill RSL Pipe Band. Since meeting Richard he has always said "I might march in the street at Warrah one day with the bag pipes, I just might!" That day finally came. A big thank you to Jodie who kindly volunteered her time and made a long treasured dream come true for Richard!



*Richard with Castle Hill Bag Pipe Band member Jodie*

Ann has enjoyed a long waited visit from her mum Valerie. They have been out to lunch and visits with friends and family.



*Ann out and about with her mum, Valerie and friends*

### **Melissa Templeton**

Macs Coordinator





## Community Support Services

I would like to start by extending a warm welcome to all of our new frontline staff working across Community Support Services (CSS) and Supported Independent Living (SIL) at Warrah. Increasing our staffing team has been imperative to continue to deliver the increase in individual supports to our participants.

As we lead into the new financial year we are busily preparing for the new NDIS price guide that will commence on 1 July, and the impact these changes will have on the way we charge group supports across CSS. I would like to point out that these changes will not impact the services we are able to offer, or the current activities that our participants engage in. They are changes to the back end processes of quoting and invoicing only. We will bring you more information about these changes as we draw closer to July.

In line with our pandemic roadmap and the response to very low community cases in NSW, we were happy to be able to further lift restrictions to activities and open our term 2 community courses to the wider community, as well as reopen the Waaia Café on Fridays!

A big thank you to our wonderful maintenance team who once again have made an incredible improvement to Warrah's campus, this time giving some much needed TLC to the backyard at Yandina. Not only is there a new in ground trampoline made possible with donations received for the 2020 Warrah Christmas Appeal but Yandina has also received a fresh coat of paint and a garden makeover. It looks fantastic!

### Alida Pruys

Community Services Manager

### Discovery

Lots of excitement continues at Discovery in Term 2. We are pleased to have commenced a new Certificate 1 course in 'Information, Digital Media and Technology' where participants will increase their skills to undertake various tasks using computers and other digital devices.

It is great to see all the construction being completed by the TAFE participants through the Certificate 1 'Skills for Vocational Pathways' course. Participants have been focusing on the central structure and new garden beds, and have been doing a variety of tasks including bricklaying, cementing and rendering. The Discovery

team join the new garden crew program each week with the support of Farmer Rob in working their way around the Warrah property maintaining garden areas.

We continue to assist the Warrah Farm Shop with fruit and veggie boxes for the collection hubs. Oscar and Zac are also undertaking some additional duties in the shop using the cash register and assisting with weighing and filling baskets around the shop.



*Walls being built and rendered around central structure of the horticulture therapy garden*

'Return and Earn' bottle collection is an ongoing success each week. We invite participants to contribute to this activity by bringing any bottles from home for Discovery participants to recycle.

Zac and Ben Herrera continue their drama workshops with Studio Q this term and are excitedly working towards the end of term performance to be held on Friday 11 June at 11.30am – 12.30pm. You are welcome to attend this FREE Studio Q presentation which will be a "Behind the Scenes" series of activities providing an insight into what they have been learning and the new skills they have developed through theatre training. For details please see [qtheatre.com.au/learning/access-ensemble-term-2-2021/](http://qtheatre.com.au/learning/access-ensemble-term-2-2021/)

Participants are enrolled in drumming courses, and enjoy social music with Mark. William and Miguel are also having lots of fun in the Friday Zumba sessions with Nina.

Participants have thoroughly enjoyed getting back out into the community, with visits to various restaurants, cafes, gyms, bowling and laser tag. Travel training on the bus, metro, train and ferries has especially been enjoyable. Participants have been going to places such as Cockatoo Island and the Australian Museum, with a trip planned to the Powerhouse Museum which currently has a Wiggles exhibition.

## Yandina

Yandina has seen some major works over the last few months. The road along the side of the kitchen has been fixed and we have had an upgrade to the backyard. In addition to the new trampoline, some of the works include relaying brickwork around the central raised garden bed and the construction of inbuilt bench seating. We are so pleased with how well all the participants coped with the construction and we are all loving the new upgrade and making the most of the trampoline.



*The Yandina trampoline being tried and tested*

Over recent months participants have also been undertaking activity trials, exploring new activities and areas of interests. This has been greatly assisted through added supports from participant's occupational therapists and behaviour support services. This further provides opportunities for our participants to work towards their goals.

Participants continue to look forward to their weekly music sessions with Mark and visiting the Waaia Cafe, now it has returned to its usual operations.

## Liesel Wakeley

Coordinator Discovery and Yandina

## Banksia Community Centre

The Banksia group have had a busy and exciting term. We have continued many of the same programs with a few new activities which participants have expressed interest in. We are enjoying the new wooden swing on the deck area in the Banksia leisure and learning space and having shared lunches there.

The Gardening crew (Adrian, Ingrid, Kate and Trudy) have been at the farm working and have also been maintaining the gardens around the campus with Rob Greatholder's assistance. The crew have been socialising with others group from Discovery and Waaia.

The art and craft teams have lined up new projects including bag making, using various techniques of spray



*Gardening Crew with Rob Greatholder*

paint, fabric paint, patchwork and tie dye. The new bags will soon be on display and available for purchase. The making and selling of Mother's Day candles was a great success!



*Mother's Day candles were sold out!*

Julie Scott continues to work on art projects with Trudy, Rebecca, Adrian, Lyndal, Jenni, Sarah, Rohan and Kozet on group and individual projects, creating beautiful works of art, pottery and paper collages.

Marcos and Nick have been maintaining the cleanliness of the Banksia vehicles, washing and vacuuming them every week. They have also been visiting Bunnings and choosing plants to be planted in Banksia garden.

Our other ongoing activities include hydrotherapy, dancing for fitness on Monday afternoons, campus walks every morning, cooking, exercising in outdoor gyms, coffee shop visits, art gallery visits, visits to pet shops and many more indoor and outdoor activities.

## Manjit Kaur

Coordinator Banksia Community Centre



*Marcos and Nick on a trip to Bunnings for seedlings*



*Parents joined participants for our Seniors Week celebrations*

### **Waaia, Kinta and Diramu**

As we move into the mellow season of autumn and enjoy the changing colours of the leaves, we are reminded that change is both natural and beautiful. During our recent strategic planning day we reflected upon Warrah's commitment to our elders. It gave us the opportunity to share our knowledge, to focus on the current and future needs of our community and to open communication as to how we can best support people through their aging years.

Mother's Day celebrations (including Rob Klabber's Mother's Day succulent stall and selling Kevin's lovely photography cards). Riverside Zoom has also returned and Riding for the Disabled's sensory fun activities.

We are also proud to be a new drop off point for 'Lids4



*Our baby photo display during Seniors Week was fabulous!*

We enjoyed a range of activities during 'Seniors Week', recognising our senior participants and their life journey. The week included our favourite singalongs with Mark, bingo, mocktails on the lawn, and a baby photo gallery at Waaia Café. A highlight was a trip down memory lane with Warrah parents, Bob Stephens and Frank Hanlon sharing some memories from Warrah's early days. What is so clear to me is the connections people have with one another, for many, lifetime connections, and their enjoyment of being together as a community.

Since March we have embraced local community events and happenings such as World Autism Awareness Day, Purple Day for Epilepsy Awareness Day, Easter celebrations, our own Anzac commemoration,



*Megan with her Mum celebrating Mother's Day*

Kids' in Dural, a wonderful environmental project, recycling and repurposing plastic lids from milk bottles, soft drink and water bottles. Lids can be dropped off at the Warrah Farm Shop. Warrah participant Matt Bremner will wash and sort the lids which are recycled to make a range of products including artificial limbs.

Participants continue to enjoy visits to cafes, libraries and other places of interest, attending community courses, exercise physiology, physio appointments, hydrotherapy and massage sessions in line with their NDIS goals, whilst adhering to COVID-19 safe practices, to ensure all in our community are safe and healthy.

### **Lisa Rutkin**

Coordinator Waaia, Kinta and Diramu

## After School Program

With the darker and colder evenings we've changed things up a bit. We are still going bushwalking and to the park to play soccer but have given up the sausage sizzle in the park in favour of the warmth of Yandina. Yandina's new trampoline and backyard makeover is so amazing. The students love it!

We have two senior students who are graduating this year so we have introduced a new program to extend their skills. Thursdays involve deciding what to have for dinner, making a list, going to the supermarket and buying the things we need for dinner. The students then go back to Yandina and cook for the rest of the crew. They are enjoying this extra responsibility and learning new skills.

## Short Stay

Short stay has been busy with a mix of new and old participants. We are very much looking forward to the 'Discovery Centre' purpose built building! Participants have been playing soccer and netball with the Torrs crew, enjoying hot chips at Wiseman's Ferry and bushwalking around the Sydney area.

## Saturday Connect

Saturday Connect has been busy! Participants have been fruit picking, taking the ferry to places in Sydney, and visiting the Tramsheds Growers Markets, amongst other things. We are looking into establishing another group for young adults to engage in enjoyable and age appropriate activities. If you are interested, please call 9651 2411.

## Erin Bateman

Program Coordinator



*Miguel and Keiran helped raise awareness for Epilepsy by wearing purple*

## Housing Vacancy

Warrah currently has a vacancy within one of our Supported Independent Living houses, located in Baulkham Hills. This house would suit a participant aged 18 – 30 years. The home is a mixed gender house, but a female participant would be ideal. The home is an older style home, close to public transport and features an in ground pool.

Further information please see link below:

<https://gonest.com.au/property/08072019-spacious-home-in-baulkham-hills-baulkham-hills-2153>



# WARRAH

## FARM SHOP

ORGANIC AND BIODYNAMIC

Fresh Produce, Groceries, Dairy,  
Meat and Poultry.

NOW baking FRESH Artisan Bread!

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## Social Therapeutic Gardening

### Horticulture Therapy Garden Progress

Progress is steadily being made in the construction of the Horticulture Therapy Garden, as part of the existing spiral garden. Our partnership with TAFE sees a number of Warrah participants gather every Friday to build, socialise and garden together. The pizza oven is having a great work out! We are getting the hang of finding the sweet spot in temperature, and of course, the many nuances of making a sourdough crust.

The garden is beginning to take shape as we construct the raised walls and establish growing areas. The central structure will be covered in a green living roof that will provide shelter, habitat and maybe even a bit of food.

### Gardening Initiatives

Further gardening opportunities have opened up with regular Thursday sessions bringing an eclectic mix of our participants together to work on small gardening projects around the Warrah campus.

The rollout of raised garden vegepods has brought some joy to Warrah participants and will hopefully spark interest and provide opportunities for engagement in gardening and cooking. Many thanks to Ben Herrera and Terry for helping in the construction of the pods and stands.

Our nursery team continues to provide vibrant seedlings for the farm and for farm shop customers and those attending our backyard veggie workshops. We will soon be busy with sowing flowers and herbs ready for spring planting in the horticulture therapy garden.

Our backyard veggies courses are now finished until spring when we will change the format and attempt to condense the four seasonal modules into one long intensive day and offer this a couple of times throughout the year.

### Anthroposophy Lecture Series

We have had two more lectures on Anthroposophy since our last newsletter and plan for more over the course of the year. Karla Cryer gave both lectures, the first being on disability as a gift to the carers and the second on an introduction to biographical work. The feedback has been good and we would like to build on the enthusiasm shown by staff. The lectures are free of charge and we hope to offer regular gatherings throughout the year. We

are in conversation with Lorien Novalis and Rudolf Steiner House about guest speakers. If you would like to contribute to the lecture series or have any thoughts on topics for inquiry please let me know. The central idea is to build community, through coming together and discussing ideas and gaining some insight into the anthroposophical philosophy that was Warrah's founding impulse, no prior knowledge of anthroposophy is required. Finally, I would like to mention a pruning workshop coming up in July.

### Rob Greatholder

Senior Coordinator – Therapeutic Gardening

### Pruning Workshop Saturday 31 July 10am – 2.30pm

Expert landscape arborist Marcus James, whose work has featured in "House and Garden" magazine, and on national television, will lead the workshop.

#### Session 1: Pruning Principles (10.00am -12.30pm)

Designed to demystify the ancient art of pruning, we will cover the general principles of pruning, applicable to everything from fruit trees to roses, to specimen trees.

We will look at when pruning is appropriate – and when not. This includes the consideration of tree form and its vital importance in pruning. Participants will learn how to perform and recognise the three types of pruning cut and how to care for and sharpen tools.

#### Session 2: Pruning Fruit Trees (1.00pm -2.30pm)

The afternoon session will focus on fruit tree pruning and cover the art of topiary, which is where a tree's natural form is modified to suit a particular purpose. We will prune citrus and Warrah's espaliered apples in and also look at establishment techniques for espalier, the most productive fruiting technique, which also has the smallest "footprint" and provides the easiest picking of any tree shape. We will discuss the importance of knowing the 'age' of the wood that a tree will fruit upon, and the importance of light.

**Workshop Format:** Participants are welcome to attend either one or both sessions

**Venue:** Warrah Farm – 20 Harris Road, Dural.

**Cost:** \$50 for a session or \$90 for both

#### Participants Checklist

Notebook and pen, secateurs, closed-toe footwear, gardening "dress", plate for shared lunch and a smile!

#### More information and bookings:

Contact Debbie Tschepen on 9651 3869

or email: [dtschepen@warrahhfarmshop.org.au](mailto:dtschepen@warrahhfarmshop.org.au)

# Community Education Courses & Workshops Term 3 Guide 2021

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 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 commencement of the course.

## Social Music

**Facilitator:** Mark Hellmrich  
**Date:** 10 weeks – Tuesdays  
13/7/2021–14/9/2021  
**Time:** 9:30am – 10:30am  
**Venue:** Kinta  
**Course Fee:** \$100



Social music is about coming together in a creative space to make music with old friends and new. This group is about sharing a love of music and having fun! This group will 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.

## Drumming Circle

**Facilitator:** Mark Hellmrich  
**Date:** 10 weeks – Tuesdays  
13/7/2021–14/9/2021  
**Time:** 1:30pm – 2:30pm  
**Venue:** Diramu  
**Course Fee:** \$100



Drumming circles are fun, noisy, and full of rhythm, laughter and unexpected discoveries about ourselves and our place in the world.

In these sessions our facilitator will guide the group through simple rhythms. Gradually, the beats become more complex and the participants begin to choose their own musical expression.

## Yoga

**Facilitator:** Maria Jaackson  
**Date:** 8 weeks – Fridays  
23/7/2021–10/9/2021  
**Time:** 11am – 12pm  
**Venue:** Banksia Learning  
and Leisure Facility  
**Facilitation:** \$102  
**Materials:** \$20  
**Course fee:** \$122



Maria believes Yoga is excellent for building muscle strength and flexibility but unique in its ability to provide mental clarity. On top of all that, it is completely accessible to everyone. Maria believes there are no limitations to anyone starting a regular yoga practice. At the end of the 8-week course you can take your Yoga mat home to practice your new skills.

## Felted Landscapes

**Facilitator:** Julie Scott  
**Date:** 8 weeks – Thursdays  
22/7/2021 – 9/9/2021  
**Time:** 10am – 12pm  
**Venue:** Warrah Campus  
(TBC)  
**Facilitation:** \$168  
**Materials:** \$20  
**Course fee:** \$188



Felt making is an ancient craft, dating back to the beginning of civilization. Pure wool fibres are felted using moisture, friction and heat. After learning the basics in this course, participants will work on a take-home piece for framing.

## Winter

We give thanks for the blessing of winter:

Season to cherish the heart.

To make warmth and quiet for the heart.

To make soups and broths for the heart.

To cook for the heart and read for the heart.

To curl up softly and nestle with the heart.

To sleep deeply and gently at one with the heart.

To dream with the heart.

A long, long time of peace with the heart.

We give thanks for the blessing of winter:

Season to cherish the heart.

**Amen.**



## Warrah Specialist School

While the season changed so did the weather but the days have still allowed us to get out and about in our work and community activities. Term 2 began with an intensive staff development program over 3 days, at the end of which we were excited to see the students again and begin the term's work.

The morning bushwalks have become a source of inspiration and imagination now for the students. They have become familiar with it and how it changes according to the weather and season with many finding their own favourite places where stories unfold, or imagination and creativity happen. It is also a place they are learning to care for and respond sensitively, which is so important for them and their growing awareness of the environment.

### Apple Picking

Getting out and about has been important and we ended Term 1 with the whole school going apple picking at Bilpin Springs Orchard. Aside from delicious apples galore, the students had a lot of fun climbing trees, weighing and packing the apples and singing their way to and from school in the buses.



*A great day apple picking – delicious, adventurous fun!*

### Parent Information Afternoon

Our parent afternoon was very well received last term and provided everyone with a glimpse of what the students do each day at school.

We have planned another one for the end of Term 2 also and hope all interested can make the time to attend.

### School Working Bee

We were thrilled to have one of our parents gather together his friends and team mates one Saturday in February and work hard to tick a lot of tasks off our much needed list. A garden shed was built, the old sandpit dismantled to make way for a new one, the hall cleaned, cupboards pulled out to make more space in a room and more – all done with friendship, enthusiasm and goodwill. Our thanks go to the team. It was a wonderful day.



*Fantastic effort at the school working bee!*

### Sailing and Kayaking

Making Waves Foundation made it possible for our students to have a couple of wonderful sailing experiences this term. Such opportunities are valuable not only for the students but also for staff who see many of the students respond to the adventure in new and surprising ways – it gives us insights into possibilities, which we appreciate.

The woodcraft group have also had a kayaking adventure with some learning (and laughing) about what happens when you lean one way too much! The students and staff had a wonderful time with considerable learning outcomes, confidence building and overcoming their anxieties.



*All aboard for a perfect day on the harbour*



*Our kayaking adventure at Killcare*

### **New Playground Equipment**

After a long wait, we are in the final stages of installing a horizontal cargo net and climbing tower for the students. It will provide them with an opportunity to build strength while having fun. It has been exciting for our younger students particularly to watch the diggers and cranes so everything provides an opportunity for learning.

### **New Students**

This term we welcomed two new students (Tyler and Talara) and are now managing a waiting list with the exciting prospect of having a larger Early Childhood group in Term 4 and next year. Feedback indicates that our curriculum and approach are getting noticed and meeting what many parents are seeking for their child. We are encouraged by this knowing from what we witness each day that our curriculum approach offers opportunity for each student to be their best self, to learn and thrive through the work.



*Early childhood students ready for their bushwalk*

### **Comings and Goings**

At the end of Term 2 we say goodbye to Michael Pasch who has been with us for 2 years and has been waiting for his family to join him from UK. Uncertainty with border restrictions and the long timeframe have led Mike to make the decision to leave Australia and Warrah and reunite with his family. We are grateful

for all Mike has brought to his work and the students and wish him happiness and success going forward.

Family needs have also led Kate Turnbull, Robert Larkins and Angela Game to leave us. All have spoken of their appreciation of what they have been part of at Warrah but family is important and often calls us to give it more attention. We thank them also for commitment and enthusiasm and wish them all success in life. Sally Bierman will also begin her maternity leave at the end of this term. We look forward to hearing the news of her newborn due in September and wish her health and happiness.

We are thrilled to welcome Corey Flynn onto the staff team. Corey is a teacher experienced in Steiner education and she will work on physical education with the students 1-2 days week.



*Wishing Mike and Sally health and happiness on their journey, and a big welcome to Corey Flynn*

### **Work Experience**

Once again our senior students are attending work experience at Endeavour and this term has seen a significant improvement in their attention span and ability to work with minimal direction. Feedback is very positive and the boys are always enthusiastic about going.

Life skills experience is also a key part of our program for senior students. The senior students have a weekly café running at school now which causes excitement and anticipation as the other students wonder what will be on the menu each week. They plan, buy, prepare the food and menu, make the invitations then serve and sell - taking time to give the right change and use their best service code of conduct.

As I write this we are half way through what is proving to be a term filled with activity challenge and new learning opportunities – we are excited about what is to come.

### **Jan Fowler**

Principal



## Staff and Volunteers

### Recruitment

We have been busy with a lot of recruitment activity over the last few months as our demand for quality staff continues to grow in all areas of the business. We are also happy to welcome two new TAFE students, Kowhai and Eric who will be based in Community Support Services (CSS) doing work placements for their disability courses. They will complete 120 hours with Warrah, working across a variety of the day service programs including community access.



*New TAFE students, Kowahi and Eric*

### COVID-19 Vaccinations

NSW Health are now rolling out the COVID-19 vaccines to our front line Supported Independent Living staff who are in the phase 1A cohort. The Pfizer vaccine is being offered to under 50 year olds and the Astra Zeneca to staff aged over 50. We have been coordinating the invitations for staff and sending out all relevant information on the vaccine program and locations. CSS staff will follow in the 1B cohort which will commence in the next few weeks.



*New support workers at their induction in May: Nick, Tapash, Irene, Barbara, Samira, Victor and Flinders*

### National Volunteer Week

National Volunteer Week was in mid-May. A big thank you to Warrah's fabulous volunteers who share their skills, knowledge and time with our participants.



*Steve waving his appreciation to recognise Warrah's volunteers*

### New Staff

New starters who have joined the Warrah community:

Carolyn Meadows	Casual Support Worker
Casey Lock	Casual Support Worker
Jason Lim	Business Manager
Kaila Princena-White	Farm Shop Sales Assistant
Corey Flynn	Special Needs Teacher
Victor Too	Casual Support Worker
Flinders Stokes	Casual Support Worker
Rhys Newey	Casual Grounds Maintenance Officer
Abdul Kalokoh	Casual Support Worker
Irene Choo	Casual Support Worker
Barbara Riley	Casual Support Worker
Nicholas Fernie	Casual Support Worker
Tapash Dey	Casual Support Worker
Samira Sherzay	Casual Support Worker
Melynda Austin	Teaching Assistant
Aaron Johnson	Grounds & Maintenance Officer

### We are Hiring!

Details of current vacancies can be found on our website [www.warrah.org.au/working-at-warrah/](http://www.warrah.org.au/working-at-warrah/):

- NDIS Support Coordinator
- Quality Manager
- Support Workers
- Special Needs Teacher

### Evelyn Bush

HR and Payroll Officer



## People and Culture

### Returning to the Workplace

As we emerge from the COVID-19 crisis, it's important to reflect on its impact on organisational culture and what we can do to rebuild and potentially redefine our ideal culture. Research indicates that employee wellbeing was the area most adversely affected, due to social isolation, limited opportunities for teamwork, financial/job insecurity and fear of uncertainty. Although 2020 was a difficult year for everyone, I would like to acknowledge Warrah's success in navigating the challenges that the pandemic brought us. Our workforce dispersed, fundamental business practices and service delivery changed overnight and continuity depended on us doing things differently. Our success relied on the whole Warrah community – the board, management, staff, our families and wider networks – working towards our common purpose of continued support to meet the needs and aspirations of our participants.

While it's always busy at Warrah, there's definitely a new hum of activity in the office and around campus as staff working remotely return to work and our services increase. It is fantastic to see more interaction amongst our community, including our Easter Festival, International Women's Day celebrations, Seniors Week, strategy workshops, training and awareness days, staff forums, team meetings and special birthday celebrations. We look forward to enjoying many more events together throughout the year.

*Employee wellbeing is a priority at Warrah. If you, or a work colleague are struggling please reach out to our EAP Services via [www.accesseap.com.au](http://www.accesseap.com.au) or phone 1800 818 728.*

### ELMO is here to stay

In our autumn newsletter we announced a competition to name and brand Warrah's new online Human Resources system. Feedback from staff was clear - everyone does in fact love our little red friend ELMO and he's here to stay!



Our recruitment focus group has continued work on our recruitment module, which includes both an external and internal careers portal. This module will go live in July, streamlining all our advertising and recruitment processes and improving the experience for candidates. We are also customising our new payroll module. A big

thank you to Evelyn Bush, who will run parallel payrolls between our old and new system to make sure everything is working correctly prior to our go live.



*Elmo landing page*

### Australia's Biggest Morning Tea

Once again Warrah hosted a Biggest Morning Tea (two actually!) at the end of May to help the Cancer Council raise vital funds for people impacted by cancer. One morning tea was hosted by the Administration Office and the other by Community Support Services. Warrah raised a total of \$960 which is an amazing effort!



*Waaia staff cooked up delicious treats for Australia's Biggest Morning Tea*

### Recruitment

Due to an increase in NDIS supports, we have been able to offer several permanent positions across Community Support Services and Supported Independent Living to our casual employees. A total of 16 employees have taken up this opportunity. As we continue to grow in staff numbers, we are busy recruiting and running group inductions. If you know anyone suitable for our vacant positions at Warrah, please guide them to our 'Working at Warrah' page on our website [www.warrah.org.au/working-at-warrah/](http://www.warrah.org.au/working-at-warrah/) or email us [recruitment@warrah.org.au](mailto:recruitment@warrah.org.au).

### Anna Hay

People and Culture Manager



## Community Development

### 2021 Warrah Tax Appeal: New Wheels for Warrah

Through appeals, Warrah has been able to make a difference for those we support. The financial generosity of families and friends of Warrah does make a significant difference in our community.

This year we are seeking your support to contribute to the purchase of two small sedan vehicles, which will assist us in delivering individual support for participants across all of Warrah's services. Over the last twelve months, the Warrah community has grown in numbers with an increase in school enrolments. We have also seen a significant increase in the individual support received by adult participants across our Community Support Services.



*Fundraising for new vehicles in our 2021 Tax Appeal*

Our senior school students are also engaging in a range of activities on an individual basis and in small groups, including work experience in the community. This means we require more wheels, to increase the size of our fleet, so our participants can get where they need to be!

### HOW TO DONATE

- Make a donation online via the donate button: <http://www.warrah.org/2021tax>
- Call the office on 02 9651 2411 to donate with your Visa or Master Card
- Send a cheque to the Warrah Society

By making a tax deductible donation you will be helping to provide Warrah with much needed transport to ensure we can best support and meet the needs of our participants.

### Source Kids Disability Expo

On 10-11 April, Warrah hosted a booth at the 'Source Kids Disability Expo' at the Sydney International Convention Centre. The expo focused on children, youth and young adults living with a disability up to the age of 25 years and brought together the latest products, services and technology, along with some guest speakers. It was a wonderful opportunity to promote Warrah Specialist School and Warrah's Community Support Services for young adults and Accommodation Supports, including Short Stay.



*Warrah staff at the Disability Expo*

Warrah will also be attending the Western Sydney Employment, Life Skills and Leisure Expo for senior school students with disability and their families on Thursday July 29, which will be hosted at the Blacktown Workers Club.

### New Greenway Kitchen

During the last quarter the new kitchen and flooring was completed at Greenway. A NSW Community Building Partnership Program grant contributed towards funding this project.

The new kitchen features new modern cabinetry, better storage and a new servery window accessing the main living space. The larger oven and stove top are a welcome addition to the kitchen, especially when friends and family members visit for meals.

The new kitchen has provided more enjoyment for our residents and support workers who work together in meal planning, preparation and cooking.



*Andrew showing Dominic Perrottet MP the old outdated kitchen*



*Apunga staff removing extensive bamboo infestation*



*David enjoying the new and accessible kitchen*



*Warrah School student, Harry planting native plants after weed removal*

### **Weed Removal Works**

In May, Stage 2 of weed removal works on the Harris Road campus was completed by Apunga Ecological Management, who specialise in bush regeneration, landscape rehabilitation and native revegetation.

Funded by a Stronger Communities Grant, the weed removal works involved further removal of an extensive lantana and bamboo infestation on Warrah's campus which adjoins the Dural Nature reserve on the south western boundary. Weed removal was also undertaken along the creek line that runs behind the Administration Office past Red Gum cottage.

Weed management remains an ongoing challenge on the campus, however these works have resulted in a significant improvement.

### **Cindy Cunningham**

Community Development Manager

## **CONNECT WITH WARRAH ON FACEBOOK**



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

[www.facebook.com/  
warrahsocietydisabilityservices](http://www.facebook.com/warrahsocietydisabilityservices)



## Warrah Farm

The last few months have been, as usual, a time of transition and activity on the farm. Chris and I have been working hard to keep up with all the jobs that need to be done before the temperature drops and everything slows down. Our regular line up of crops are growing consistently and we've just started picking mandarins and oranges. A new batch of strawberry runners is on the way and we're looking forward to their first harvest.



*Steve tending to the winter crops*

In the northern paddock, which we lease from our neighbour Richard and his family, we're preparing to break ground. The intention is to form new beds ready for a spring sowing. Moving some of our growing activity here will allow other areas of the farm to have a well earned rest. These rested areas will be cover cropped, an important practice that feeds and improves the soil while also attracting beneficial insects and pollinators.

The farm benefits greatly from our community's interest in being a part of it. We've begun a monthly routine of stirring and spraying Biodynamic preparations. Members of the Warrah community have been taking part in applying these preparations with the aim of enhancing the relationship between soil and plants.

Others have helped by making weed tea fertilisers. There is a patch of 'comfrey' near the bee hive that is particularly abundant. The long taproot of comfrey draws nutrients from within the soil into its leaves. The leaves are harvested and left to steep in a bucket of water. Once fermented and broken down the liquid is diluted and can be sprayed as another way to feed our crops.

We are also lucky to receive a steady stream of deliveries to our composting bay. This includes, but isn't limited to, food scraps, prunings, weeds and leaf litter from all over the property. These additions help to create something very fertile that we can then return to the soil.

The effect of these jobs reflects the unique personality of our farm and we feel fortunate to be working in partnership with both people and the land.

In "Prayers and Sayings of the Mad Farmer" Wendell Berry writes "Let him receive the season's increment into his mind. Let him work it into the soil. The finest growth that farmland can produce is a careful farmer."

As we enter into winter we will allow ourselves to consider what we've learnt over the last season, examine ways to better our strategies and take time to plan for the coming days.

**Steve Tennikoff**  
Farm Manager

### Winter Produce in Store

**Greens:** Cos Lettuce, Coriander, Black and Curly Kale, Parsley, Pak Choi, Rocket, Baby Spinach, Salad Mix, Silverbeet.

**Veggies:** Green Beans, Beetroot, Broccoli, Green and Red Cabbage, Green and Red Capsicum, Orange and Purple Carrots, Cauliflower, Green and Red Chilli, Lebanese Cucumber, Daikon Radish, Fennel, Garlic, Ginger, Mushrooms, Brown and Red Onions, Shallots, Snow Peas, Swedes, Parsnips, Dutch Cream & Sebago potatoes, Sweet Potato, Butternut & Jap Pumpkin, Cherry, Gourmet & Roma Tomatoes, Turmeric, Turnips, Zucchini.

**Fruits:** Granny Smith Apples, Pink Lady Apples, Royal Gala Apples, Fuji Apples, Custard Apples, Avocados, Cavendish Bananas, Blueberries, Ruby Grapefruit, Honey Dew, Kiwis, Lemons, Limes, Navel Oranges, Pineapples, Quince, Rock Melons, Watermelon.

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[www.warrahfarmshop.org.au](http://www.warrahfarmshop.org.au)



## Warrah Farm Enterprises

While this season is proving to be far less frantic compared to the same time last year, our customer's routines have changed drastically. Consumer behaviour patterns are becoming increasingly difficult to predict. People's social lives and working conditions have changed significantly. There is a distinct increase in unseasonal domestic travel, and the property market is in tremendous flux. All of these things influence how and when people shop and how we plan to satisfy the moving target of demand for our products. We have also lost many of our regular collection hub customers. The relocation into, and away, from our catchment area requires a greater marketing focus from us. While we try to attract more customers, we must ensure that we do not lose focus on maintaining the standards of quality and variety that our regular customers have come to expect from us.



*Fresh winter produce in Farm Shop*

Warrah's farm team have been supplying us with an abundance of interesting produce recently – pak choi, kohlrabi and bunches of carrots make for beautifully colourful displays alongside the usual greens and the first of the citrus harvest.

Sourdough bread baking has been a great success. Billabong Retreat has received fresh produce from us for many years, but they now also have a standing order of 20 loaves each week. Numerous bakery programs have been trialled with teams from Community Support Services and the school, with the quality of the bread remaining consistently delicious. We are ready now to explore taking the bread to other local markets and restaurants.

A group of shop customers enjoyed another hands-on Saturday learning with Rob Greatholder about prepping garden beds for direct sowing of veggies and planting seedling trays in the farm nursery. An introductory course on the principles of pruning is scheduled for Saturday 31 July and is now open to the public for registrations (see page 14 of the newsletter for details). Expert landscape arborist, Marcus James will demystify the ancient art of pruning and unpack principles applicable to everything from fruit trees and roses, to specimen trees.

Emily, with her chef's experience and love of cooking has proved to be a great asset to the team. We were sad to farewell Laura, who has had an incredibly long relationship with organic food in this community and has worked with the Warrah team since 2017. Kaila has now joined us in a casual position, working mostly on Saturdays. We thank the team for stepping up and working so well together while Borja was away on a well deserved break. We love having Zac and Ozzy from Discovery, working with us too for a couple of hours each week. Zac provides consistency with the different destinations on Tuesday's delivery route. The route includes Glenaeon Rudolf Steiner Schools and preschool campuses in Castlecrag. Ozzy's skills on the cash till are becoming increasingly efficient when he charges processes purchases for customers.

The farm shop also got a 'Vegepod' raised garden bed! If you're recommending them to your friends and family, please encourage them to come and have a look at ours. Anyone who places their order with us will get half off



*Vegepods now for sale at the Farm Shop*

the cost of delivery to their home and Warrah gets a portion of the sale. This Aussie business has been super supportive of Warrah! For information on vegepods see [www.vegepod.com.au](http://www.vegepod.com.au)

### The Farm Shop Team



## Waaia Café

20 Harris Road, Dural | Fridays 10.00am-12.00pm

Warrah provides quality services for adults and children living with disability. We run a café on campus at Dural on Friday mornings. We provide tea, coffee and a range of delicious treats (including gluten free). All welcome.

All profits go towards Warrah's disability services.

**WARRAH**  
DISABILITY SERVICES

### Visit our Café at Warrah

Friday mornings: 10am-12.00pm  
Turn first right once on property  
Café in Waaia Cottage

#### Contact Us:

Lisa Rutkin: 02 9651 2411  
E: lrutkin@warrah.org.au



Did you know we offer community courses?  
See our website: [www.warrah.org.au](http://www.warrah.org.au)