

# One Endeavour



Find a job  
you love

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on the NDIS

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after school

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# KingStones

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Welcome to our fresh, new One Endeavour magazine. **You might notice that it looks a little different this edition.**

We've refreshed the design and increased the font size to make it more accessible. This is because we want everyone to be able to read our magazine. We've also got some exciting new content penned by people with disability which you can look forward to seeing more of in future editions.

This new direction for our magazine is part of our NDIS evolution. We've been working hard in recent years to build a sustainable business capable of withstanding market forces and keeping pace with changing technology and customer expectations. We're evolving to work even more collaboratively with the people we support, their families and our network of partners to imagine what's possible for people with disability. We want our magazine to reflect this new direction.

This edition is packed with the latest sector news, NDIS tips and guidance, employment options for people with disability and stories about and by people with disability.

I'm energised by the direction we are taking and excited about our future. We are all about supporting people with disability to live their best life. That's what inspires and motivates us.

I hope you enjoy this edition.

All the best



David Curd  
Interim CEO



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Find out about the three individuals who dreamed big and won!

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One Endeavour is the official Endeavour Foundation magazine full of news and stories and, articles by and about people with disability.

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## Celebrating 50 years in Toowoomba

Endeavour Foundation Industries opened in Toowoomba on 20 May 1968, with supported employees cultivating plants and making outdoor furniture to be sold locally, beautifying the gardens and homes of residents living in “the Garden City”.

The new business offered meaningful employment opportunities and training for people with disability, and contributed to the self-esteem and confidence that comes from having a job. Over the years, talented employees have turned their hand to many different opportunities.

“We’re so proud of our hard-working team and the variety of work they’ve done,” said General Manager, Tony Vidler, “We currently employ 133 supported employees and 10 staff, so we bring a huge benefit to the local economy too.

“We’ve built lawn furniture, had a plant nursery, cut rags and packaged food and spices. At one point we were the biggest packer of coconut in Queensland.

“Now we offer the most secure document destruction service money can buy, make high quality beef jerky and still do food packaging and other things.

“People are constantly surprised when they find out the sheer variety of things the dedicated team can do and the quality of the product they put out.”

Fifty years on from when he first started work, 68-year-old Chris Fry (top left) said he’s not looking to retire just yet.

“I’d just be sitting at home, looking at grey walls if I didn’t come to work,” said Mr Fry, “I’ve liked doing all the jobs I’ve done and I like seeing my mates at work every day.”

## Something brand new!

In June this year, Endeavour Foundation revealed its vibrant new brand.

CEO of Endeavour Foundation, Andrew Donne said the new brand was a visual representation of the evolution the organisation was going through.

“We want to be known as #teampossible – the people with the enthusiasm and desire to make our customers happy and work with them to make their possibilities a reality,” Mr Donne said.

Bede Dow who accesses Endeavour Foundation’s Learning and Lifestyle hub in Kingston said he loved being an ambassador for the new brand.

“I felt proud of being in the new brand video. I like being on #teampossible and I think the new brand shows people with intellectual disability can do something unusual and step out of the box.”





# Human Rights Act a step closer for Queenslanders

Soon Queenslanders' rights to health care, education, cultural rights and a range of other human rights will be enshrined in law for the first time.

The most extensive Human Rights Bill in Australia was tabled in Queensland Parliament on the 31st of October.

Queensland is the third state or territory to introduce human rights legislation, and the first to include both the right to health care and the right to education – which are areas of special relevance to people with disability.

This is great news for people with disability and all people living in Queensland.

Congratulations to our elected representatives who listened to the impact of human rights abuses on people with disability and have decided to set a higher standard.

Endeavour Foundation is very proud to be a part of the Human Rights campaign and congratulates

the Queensland Government on their progress.

To learn more about human rights, sign up for a community forum or get involved in the campaign at [humanrights4qld.com.au](http://humanrights4qld.com.au).

*Photo caption: Attorney General Yvette D'ath with some members of the Human Rights Act For Qld Campaign group.*

## State-of-the-art hub in Ipswich

In August, we welcomed customers into our brand new Learning and Lifestyle hub in the heart of Ipswich. The central location offers the people we support, and their families, greater access to public transport, local schools, the community and allied health services.

The brand-new space features a modern and inviting environment including a new art studio, a great space for cooking and baking classes, and also our new service offering including Endeavour Foundation Connect, Virtual Reality Learning and Community Engagement.



# News in brief

## Flagship service opens in Melbourne

In August we welcomed customers and families into our brand new Learning and Lifestyle hub at Keon Park which is the first of its kind for Endeavour Foundation in Victoria. The \$120,000 investment was a result of high local demand and is co-located with our Endeavour Foundation Industries site. New technology including virtual reality learning, art classes and 3D printing means we can offer more opportunities to our 164 supported employees at Keon Park.

## 50 years in Mackay



On 8 November Endeavour Foundation Industries celebrated an incredible 50 years of operating in Mackay. While our history in Mackay goes back more than 50 years, it was in 1968 that we set up a site to offer employment to people with disability. Within a year, 20 people worked there. Fast forward 50 years and today we are proud to have 72 people with disability as part of our workforce in Mackay.

## A bright future ahead

The National Disability Insurance Scheme (NDIS) has made possibilities a reality for Mackay's Blake Heinrich, who has obtained his forklift licence and secured open employment with our support.

By initially tapping into employment support funding in his NDIS package, our team assisted Blake to get his licence before identifying him as a participant in 'Embark', a pilot program that is connecting Endeavour Foundation supported employees with open employment opportunities through Community Solutions Group's employment services.

This led Blake, who has an intellectual disability, to strive for further lifelong goals, including a manual car licence. Today, Blake is driving and enjoying both open employment at Fenner Dunlop and supported employment at Endeavour Foundation Industries.

**"There's less pressure on my dad to look after me now. We now have more fishing time together and that makes me really happy," Blake says.**

Blake's father, Trevor, has been supporting his son on his own and, for the first time in many years, he feels confident that Blake's future is looking "very promising" thanks to the NDIS.

"From having no funding to receiving money to help Blake become more independent and be a part of an inclusive community, it really has been life changing for him," Trevor said.

"Working in open employment and receiving a good wage means he won't need a pension, ideally he will be living independently, and he can then cruise."

# Joining the workforce



Joining the workforce often feels like stepping into the unknown and can be accompanied by mixed feelings – stress, excitement, nervousness and more. For people with disability and their families, these feelings are often amplified. We sat down with Endeavour Foundation’s Supported Employment Specialist, Carol Dickfos, to get her tips on employment options for people with disability.

“This jobs means more to me than I can explain. Without this job, I’d be asking my mum for money to buy the things I need. So I’m very lucky to have this job and very proud. I’m proud of doing crates and coming to work and helping my team. I’m proud of what our manufacturing team can do.”

*Robbie, Mackay*

## Why explore the possibility of employment?

Work is more than just having a job: it can boost your confidence, self-esteem and independence. After all, the vast majority of us enjoy being part of a team and the human connection that comes with going to work! Working can also provide a sense of purpose. I truly believe that employment opportunities are a critical part of an inclusive, empowering community for people with disability.

## What employment options are available at Endeavour Foundation?

Across our sites in Queensland, Victoria and New South Wales, we offer a range of work and training options designed for people with disability, who are 16 or over. We focus on building individual strengths, teaching new skills and, increasing confidence and experience. Some options include:

- Our Work Experience Program is a great way to develop skills, make new friends and get job ready before leaving school. In partnership with local schools, we put together a tailored program. Participants receive a Certificate of Achievement and confirmation of work experience at the end of the program.
- Supported employment with us includes on-the-job training, in a commercial environment with support and mentoring. Together, we spend time identifying each person's strengths and interests, and then we put a plan together to help individuals achieve their work goals.
- In partnership with Community Solutions Group we offer the right mix of support for people to build their confidence and the skills required for open employment. Community Solutions Group also offers pathways to open employment.

## How do I know what's possible?

In addition to other important life goals, I think that working on building employment aspirations is a big deal.

If you are thinking about the possibility of joining the workforce, give us a call to talk about what is on offer near you and to book in a time to visit your closest site. That way you'll be able to see for yourself what's available, meet employees and chat with them about their experiences. After that, you can think about doing a work trial which gives you the chance to try out employment and figure out what you want to do.

*"My mum is very proud of me. Even though I have an intellectual disability, I still try for things. I work for Endeavour Foundation. I get paid and I get treated so well. The best part of my work day is when the other employees make me laugh. I love music. I like to keep busy. I don't want to be bored. I hate sitting and doing nothing."*

*Brandon, Wacol*



## Is NDIS funding available for employment?

Yes, NDIS funding is available. To be eligible for Supported Employment, you must have a Disability Support Pension (DSP) and an NDIS plan. In NDIS lingo, funding for employment is called 'Finding and Keeping a Job' or 'School Leaver Employment Support (SLES)'.

If you don't yet have employment funding from the NDIS, give us a call and we can help you get started.

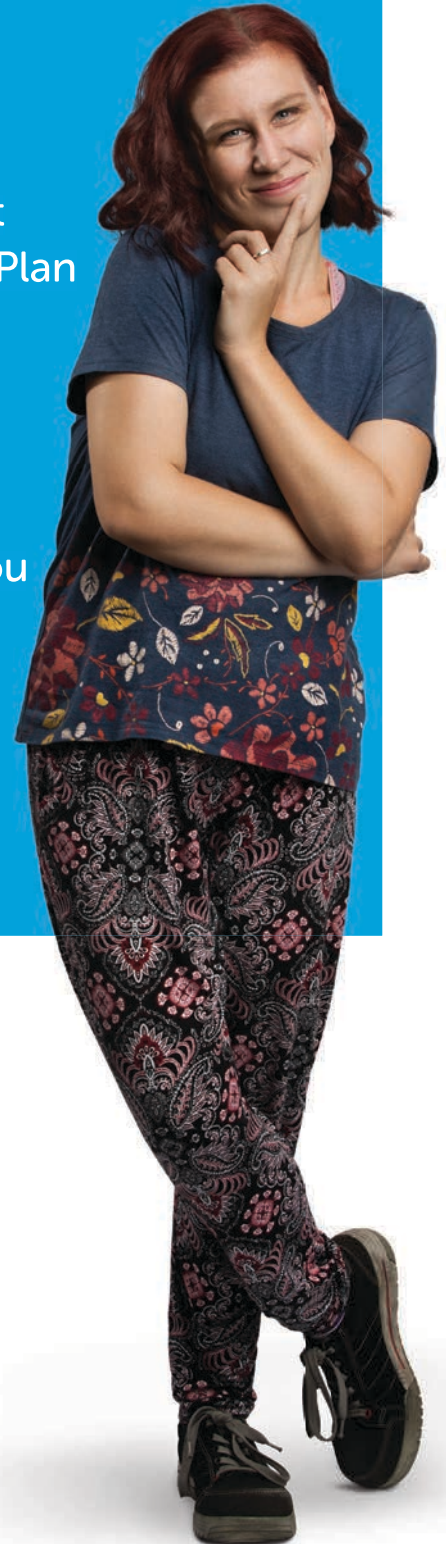
## What should I do next?

If you're interested in working, call us on 1800 112 112 or email us at [hello@endeavour.com.au](mailto:hello@endeavour.com.au).

You can also find out what sites are near you by checking out the services tab on our website, [endeavour.com.au](http://endeavour.com.au).

# TIPS for getting a job

- Think about the kind of job you want
- Make sure employment is funded in your NDIS Plan
- Explore employment options in your area
- Visit an Endeavour Foundation site near you
- Remember, anything is possible. You just have to dare to imagine it!



"If I stayed at home I would be so bored. I like to do something, get out there and work."

*Jamie-Lee, Toowoomba*



Business Solutions with a social conscience

# We're hiring

We have a range of work and training options designed to help you maximise your potential and find a job you love.

Whether you're leaving school, keen to enter the workforce for the first time or want to try something new, we've got you covered.

We offer:

- A safe, supportive and social workplace
- Stringent workplace health and safety
- Personal development and training
- Superannuation, personal accident coverage and leave entitlements
- Full or part-time employment
- Social activities and celebrations

Learn the skills you need for open employment.

If you want to build on your strengths and gain the skills, confidence and experience to find a fulfilling job, we'd love to hear from you!



## Qld North

Cairns  
Mareeba  
Innisfail  
Townsville  
Home Hill  
Bowen  
Mackay  
Rockhampton  
Gladstone  
Bundaberg

## Qld Metro

Kippa Ring  
Geebung  
Wacol  
Burleigh  
Southport

## New South Wales

Castle Hill  
Seven Hills  
Mount Drutt

## Qld South

Maryborough  
Gympie  
Kingaroy  
Maroochydore  
Toowoomba  
Warwick

## Victoria

Keon Park  
Kew  
Oakleigh  
Norlane



# Advocating for a better NDIS

Endeavour Foundation is proud to be a founding member of Alliance20, which launched on Tuesday 23rd October at Parliament House in Canberra.

Alliance20 brings together Australia's largest disability service providers to advocate solutions which strengthen the National Disability Insurance Scheme (NDIS) and deliver better services and outcomes for participants.

Alliance20 spokesperson and Chief Executive of Life Without Barriers, Claire Robbs, said that members are strong believers in the NDIS and will work in close partnership with the National Disability Insurance Agency and governments to ensure it is successful for everyone.

"We believe in the NDIS and are deeply committed to the success of the scheme for the participants and our wider community," Ms Robbs said.

"Only through a joint approach between the National Disability Insurance Agency, the sector and other key stakeholders, will we, as a community, achieve the goals of the NDIS."

The initial focus of Alliance20 is to raise concerns about:

- Transport in rural and remote areas,
- Support for people with complex needs, and
- Employment for people with disability.

Please help spread the word by sharing the Alliance20 messages online at [facebook.com/endeavourfoundation](https://www.facebook.com/endeavourfoundation) with hashtags #alliance20australia or find out more at [alliance20.org.au](https://www.alliance20.org.au)

*Photo caption: Endeavour Foundation with Alliance20 at Parliament House with Challenge, Sylvanvale, House With No Steps, Achieve Australia, Disability Services Australia, Benevolent Society, Melbourne City Mission, Sunnyfield, and Cerebral Palsy Alliance*



# 3 Steps to starting your NDIS Plan

First of all, congratulations on getting an NDIS plan!

Whether it's your first, second or even third plan, you're probably wanting to start receiving supports straight away. Unfortunately this doesn't happen automatically, but it's an easy process from here.

Here are the steps to follow:

## 1. Call your service provider

All you need to do is let your service provider know that you have a new NDIS plan and are wanting to access some support, even if you are already a customer of theirs.

This could be the same supports you accessed before your NDIS plan, or you might want to make some changes.

When you call, they can help you set a meeting time and answer any questions you might have.

## 2. You'll have a meeting

This meeting is so that you can tell your service provider how they can best support you.

It's a good idea to bring your NDIS plan to the meeting. This will help you explain to your service provider what supports you need for your goals and funding.

## 3. You'll get a Service Agreement

To receive services under the NDIS, you will need to fill out what is called a 'Service Agreement'. This document will simply spell out how and when your supports will be delivered.

Service Agreements are different to your NDIS Plan. An NDIS Plan lists your supports and funding, and your Service Agreement outlines how your supports will be delivered and how much they cost.

Once you have signed a service agreement, you're good to go!

## Frequently asked questions

### Do I have to do this?

You do if you want to continue receiving support. Once you have an NDIS plan we are only able to offer supports to you if you have a Service Agreement. If you do nothing you won't be funded for supports from your service provider and they will have to cease offering these.

### Will my supports continue once I have an NDIS plan, but don't have a service agreement yet?

They will in most cases, within reason. We understand that it can take a few weeks to get things organised under the NDIS. That said, it's worth noting that we are unable to continue offering support without a service agreement beyond a reasonable timeframe.

### Can I stop my service agreement early or am I locked in?

Of course, you can end your service agreement with us at any time by giving just two weeks' notice.

### What if I want to shop around?

The NDIS is all about choice and control, so we encourage you to shop around and find the best supports for you. However, while you are doing this, if you want to continue using our services, you will need a service agreement.

### Do I need to show service providers my plan?

You don't need to, but we have been finding that outcomes for people who show their plan are often better. It can help to give

us a better idea of how we can best support you to reach your goals within the NDIS funding you have. It ensures that we are on the right track.

### But I don't want things to change – do they have to?

Change and the NDIS are two things that go hand in hand. In most cases, people get at least a similar level of funding, so the quicker you get your service agreement in place, the sooner things can go back to how they were (if that's what you want).

### I'm so lost and don't understand my plan... What should I do?

Support is available! Give us a call on 1800 112 112.



## 4 steps to get ready for your NDIS plan review

The NDIS has been rolling out for a few years now which means that some NDIS participants will be going through a review of their plan.

Like the first time around, your plan review will involve a meeting, but what you should do to prepare for this meeting is a little different.

Don't worry though – we've got your back. In this article, you'll find everything you need to prepare for your plan review. It's a simple four-step process.

### 1. Think about the last year – what worked and what didn't.

The best advice we can give is to prepare.

To help with this we've created a simple resource called 'Building My World' to help you think about what has worked in the last year and what goals and supports you might want to change for the future.

To get a copy, head to [endeavour.com.au/plan-review](https://endeavour.com.au/plan-review)

### 2. Tell us you want some help to get ready

Once you've gone through Building My World, give us a call on 1800 112 112 or email us at [hello@endeavour.com.au](mailto:hello@endeavour.com.au).

Our friendly staff can help you set a meeting time and answer any questions you might have.

### 3. Meet with us

You don't have to do this, it is up to you. The benefit is that you can review how the last year has gone and discuss what different or additional supports you will need to reach your goals for the next year. This is really good preparation for your NDIS plan review meeting.

### 4. We'll send you evidence for your NDIS plan review

After our meeting, we will send you your personal report to take to your NDIS plan review meeting.

This will help ensure you get the support you need in your next NDIS plan.

Get your free plan review kit here: [endeavour.com.au/plan-review](https://endeavour.com.au/plan-review)

# Aliens are scary. The NDIS isn't.



Lucas is a Supported Employee at Endeavour Foundation Industries Wacol in Queensland. He's a brilliant writer and is full of really handy life advice.

In this article, he offers his tips on how to handle two very different life situations: how to prepare for your NDIS planning meeting, and how to stay alive if aliens come to visit.

## How to prepare for your NDIS planning meeting

Is the thought of NDIS scaring you? Is the thought of NDIS keeping you up at night? If your answer is yes, I'm here to tell you that everything should be OK. How do you prepare? I'll tell you.

**Start today:** Where do you want to go in life? What would you like to achieve? Take a moment to really think about that.

**Think big:** Don't be afraid to really think about what you'd like to do because this is your life.

**Keep a diary:** Are there obstacles in your day-to-day life? Write them down or even take a photo. This way, you'll have the perfect examples to show during your meeting.

**Take someone with you:** You're allowed to bring someone along to your meeting. This could be family or friend or an advocate, just someone who could assist in explaining things to the Planner.

**Research:** Speak to others who've made the phone calls and sat through the meetings to better prepare yourself and take full advantage of NDIS.

**Be specific:** It's super important that you be as specific as possible so that you're getting exactly what you want and not something lesser.

**Get paperwork done early:** You'd feel so much better if the paperwork's completed well in advance.

**Don't panic:** Everything's going to be just fine.

## How to stay alive if aliens come to visit

If you're anything like me, you probably go to bed each night thinking "Will they come tonight? What will I do?"

An alien invasion could happen anywhere at any time so it's always good to be prepared for when that happens. How should you prepare? Well, here's a few tips on what to do when they come:

**Stay calm and friendly:** At least until you know what their intentions are. You should also try to be friendly to your neighbours otherwise they may want to hand you over.

**Emergency bag to be kept in your vehicle at all times:** Bag to contain rations, water filter, spare clothes and wind-up radio.

**Wherever you choose to hide, make sure there's a clear exit:** You don't want to be trapped in a room full of unwanted visitors.

**Don't go near the space ship or crash site:** The air could be toxic or it could be a trap. We know nothing about them so they could be full of surprises

**Try your best to stay calm:** Any bad decisions could be costly.

In summary... Aliens are scary. **The NDIS isn't.**

# All in the Rhythm



*Aiga living her best life!*

Earlier this year, after overcoming her nerves, Aiga Tufuga, 18, decided to join the new music class at Kingston's Learning and Lifestyle hub and hasn't looked back since.

That same class has now transformed into a band called the KingStones, and is made up of enthusiastic, passionate and loyal members who are keen to share their message with the world.

For Aiga, being a part of the KingStones provides a sense of happiness and pride as she contributes to the band's success, and experiences the results of all their hard work. She's cautiously proud of the contribution she can make to the band through her rapping; a talent she's developed simply by listening to her musical icons, Tupac and Biggie.

"I really like listening to rap; it's good because I can pick up the voice part easily," she explains. "When I keep listening to it, I can learn it by heart and that's how I started. I also like to listen for fun, 24/7."

Writing all of their own material, The KingStones share uplifting stories and promote messages of hope and optimism through their music. According to Kelvin Vaega, one of the support workers behind the success of the band, Aiga is not only an excellent rapper, she also writes her own lyrics.

"Aiga will work on her rap lines, then come to us with lyrics she's written and ideas for us to include - and we'll work them in, or move things around," he says. "We write all our songs together as a band."

The KingStones have plans to record a single, and perform regularly in the near future - starting with small local gigs. A business plan with a list of goals and a signed commitment to one another takes pride of place on a wall of their practice studio, which is where they rehearse three times a week.

When asked what she likes most about being in The KingStones, Aiga is quick to answer with just one word: family.

"I like being in the band because we are family. Even though we have dramas, we still come together and talk it out, and discuss things with the leaders of the band, Kelvin and Aaron," she says.

As well as being able to resolve issues as a group, the KingStones have also learnt to encourage and motivate one another, always starting their performances with positive affirmations and motivations as a team. It's one of Aiga's favourite parts.

"I am strong, I can do anything," Kelvin says, giving an example. "That's how we start all our gigs - we get in the circle, and say to each other 'We're the band, and we're going to do this 100%!' It doesn't matter what else happens."

The KingStones recently travelled to the Battle of the Bands event on the Sunshine Coast, which was an exciting opportunity to perform to a crowd. The KingStones were, of course, a hit with the crowd.

"Battle of the Bands made me really nervous and scared!" Aiga remembers. "But I felt that I had my band mates behind me and everyone was really great."

Aiga is an active part of the community at the Kingston Learning and Lifestyle hub, and is about to undertake a guiding role in their new dance group, The KingSteps. Her excitement shows as she starts to groove while explaining that they're in the early stages of auditions, and still working out what levels and styles of dance they'll be planning for the group.

While Aiga hopes to continue with music and dance for a long time to come, she's proud to be a loyal member of the KingStones for now.

**"I enjoy every single part of being in The KingStones," she says, explaining that while it's hard work, it's also a really positive experience. "It's just fun!"**





# Thriving after school

The journey from school to adult life opens a whole new world of opportunities for young people with disability and their families. It can also present challenges as well.

Sometimes, this transition is daunting, as young people navigate what options and supports are available for them to continue to learn, develop life-skills and participant in the community.

Gold Coast parents, Robert and Anne know this feeling only too well. As their son, Jordan, approached the end of Year 12 last year, they were feeling very apprehensive about his future.

"We couldn't really see that Jordan was going to be able to continue to do what he had already achieved or developed once he left school," Robert said.

Over the course of Jordan's last year at school, staff at Endeavour Foundation's Labrador Learning and Lifestyle hub collaborated with Jordan and his

parents to co-design a program that was the right fit for him.

Both Robert and Anne happily reported earlier this year that Jordan's journey to life after school had gone really well.

"Jordan was hesitant at the beginning, but then I started to see all these massive changes in him," Anne says.

**"He's now helping me with things like doing the shopping and carrying my bags. I couldn't believe it when he grabbed my bags off me and started walking out of the shopping centre with them over his arm. I never imagined that Jordy would be able to do this."**

To learn more about options after school go to: [endeavour.com.au/after-school](https://endeavour.com.au/after-school)





## Natalie enjoys new found confidence

Baking cupcakes in the kitchen of the café where she works, Natalie is a content young woman with a passion for her job.

In just four months, Natalie has made a dramatic transformation and overcome personal barriers with the support of SkillsPlus youth education services in Frankston.

Earlier this year, Natalie was experiencing heightened anxiety and facial tics as part of Tourette's Syndrome and was disengaging from school as a result of their rigid approach to her learning.

Today, she is actively involved in SkillsPlus' Youth Leadership Program, working part time at a local

café. She is also preparing to attend a three day, fully funded "Summit Camp" later this year, at which she will continue to test and build her confidence.

**Natalie says she is proud of her achievements since transitioning from school.**

"I was having trouble with VCE in mainstream school. I felt extremely pressured and stressed every day," she said.

"I never wanted to go to school and I suffered from depression and anxiety.

"SkillsPlus is a relaxed and friendly environment that I enjoy attending. Since enrolling, my confidence has boosted significantly. I am very grateful to my teachers for motivating me to do my best."

# Arrow Energy powers vital community support

Children and young people supported by Endeavour Foundation are continuing to reap the rewards of the organisation's partnership with Arrow Energy, thanks to a range of activities and opportunities.



*Rachael, Mason and Rosemary work together in a tailored team building activity*

In 2018, Arrow Energy has continued to support Endeavour Foundation's activities in the Surat Basin like the School Holiday Activity Program (SHAP). A respite care program, SHAP gives children and parents a chance to do something different and have fun. Participants develop skills while enjoying a range

of activities from excursions, to shoebox gardening and visiting the shops for pizza-making ingredients and crafts.

**"The fact that six years later the program is still going strong, and gets booked out every holiday period, shows what a vital and valued service it's become," says Danny Gibbs, Endeavour Foundation Support Manager.**

In Toowoomba, Arrow also supports our SkillUp program, a job-readiness program for school leavers and young adults with disability. Skill Up supports participants to develop skills, build confidence, make new friends and explore employment opportunities. In 2017, seven individuals from Dalby participated in the program and gained practical skills and work experience in preparation for joining the workforce.

As well as providing a vital link into employment, Skill Up connects participants to volunteering opportunities in the local community. Many young people have gone on to secure ongoing employment after the program.



# Virtual learning a new reality

Combine education and gaming, and you get unique learning experiences for people with disability.

Increasingly common in the world of computer games, Virtual Reality (VR) technology is being used by Endeavour Foundation to create a range of learning experiences including how to catch a train, safely cross the road and use an ATM.

Each of the scenarios are built to reflect the local environment, so customers will recognise their local supermarket, ATM or fish and chip shop.

Kingston Learning and Lifestyle hub Manager, Andrew Chant says the VR learning programs provide a safe and quiet environment where customers can experience a task in a simulation before actually doing it in the real world.

"When I reflect on our ATM or banking module, there are a lot of peripheral skills our learners can develop: recognising different

types of currency denominations, the different types of bank notes, knowing how to type in numbers on the ATM machine," Andrew says.

Endeavour Foundation started experimenting with VR technologies four-years ago when they collaborated with the Queensland University of Technology. Since then, partnerships with Aurizon, Heritage Bank, Transurban and insurance firm XL Catlin have made a broad range of learning experiences possible.

The team of educators and developers behind the innovative program have also created learning experiences aimed at developing employment skills including how to be a barista and how to navigate a work site when there are dangers present like forklifts. The team are now working on a driving simulation, which is one of the big things young people look for when they leave school and want to move out from the family home.

Commenting on the success of the program so far, Lawrence Scott, Service Excellence Manager said, "Being able to learn and have fun at the same time is a win-win. When we're excited about an activity, we're motivated to engage and learn from it."

To find out more about what people think about VR learning go to:

[endeavour.com.au/vr-learning](https://endeavour.com.au/vr-learning)



"I learn about train safety. It is pretty cool. It's like having a dream while I was asleep, it is so good!"

**Sam**

# My Health Record

## What you need to know



My Health Record

By the end of January 2019, a My Health Record will be created for every Australian, unless they choose not to have one. We asked the Digital Health Agency what you need to know and what the system means for people with disability, their family and carers.

### What is My Health Record?

My Health Record is an online summary of your key health information, allowing people or their authorised representative to control, store, access and share their medical information. Right now, more than six million Australians already have a My Health Record and more than 13,000 healthcare organisations are connected – from your local general practice and pharmacy to hospitals and specialists.

### Is my information safe?

My Health Record was designed with the highest level of security and privacy to protect your health information. In the six years it has been in operation, My Health Record has never had a security breach. If you'd like further peace of mind, you can also set additional privacy controls including what information gets uploaded and who has access to it.

### What are the benefits?

My Health Record will mean you get faster and more comprehensive health care. Anytime you go to a doctor, therapist, chemist or hospital, they will be able to see the information they need, making your healthcare faster and more effective. You will have control over your medical history and can take it with you, wherever you go.

### How do I access my health record?

When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

### What if I don't want one?

#### What about opting out later?

By 31 January 2019, every Australian will get a My Health Record. However, if you decide you don't want a record you may cancel it at any time. You can also cancel the record of someone else if you are their authorised representative. To do this, go to the My Health Record website [myhealthrecord.gov.au](http://myhealthrecord.gov.au) or call the My Health Record Helpline on 1800 723 471.

### Can I choose someone else to set up and manage my health record?

Yes, you can, but make sure it's a person who you trust with your private medical information – a carer, family member or trusted friend. You can even choose more than one person to be registered on your My Health Record if they require access. Your authorised representative can manage your account on your behalf including which details are stored. If you need to, you can tailor the types of access you give them and restrict them from making changes to your information.

### Who can see the information in my health record? Can I choose what's in it?

You can choose which parts of your record people can see and which parts are private. Your healthcare provider can see the information in your My Health Record, unless you choose to restrict their access. My Health Record also logs any activity so you can monitor who has seen your information.

### How do I access and set up my health record?

To access a My Health Record go to My Health Record website [myhealthrecord.gov.au](http://myhealthrecord.gov.au) or call the My Health Record Helpline on 1800 723 471.

When you first log on to your My Health Record there may be up to two years' worth of Medicare information there. This may include any doctor visits you've had or any prescription medicines you've received from your Pharmacist. If you'd prefer to keep this information private, you can remove it after you log in.



# The art of inclusion

The Nambour Street Art Festival made a splash on the town's walls, with a collaboration from some of the community's greatest artists.

As part of the vibrant festival, the Shack Community Centre's walls were coated in colourful works of art by artists from the Nambour Brushers, a program at Endeavour Foundation Nambour Learning and Lifestyle hub. Members of the 'Brushers' are people with intellectual disability who enjoy the creative outlet and a chance to engage with the community.

Support Worker Sally Bowling said the artists had been "brushing up" for months and were keen to work with Sunshine Coast street artist Ben Dalzell to give the iconic community facility a facelift.

"The Nambour Brushers is just one of the many amazing programs offered by Endeavour Foundation at the Nambour L&L to give the people we support the chance to get out and engage with the local community," said Sally.

"It's just over a month until January 1 when the National Disability Insurance Scheme (NDIS) rolls out on the Sunshine Coast but we're already kicking goals with our programs and community engagement.

"We're incredibly grateful to the festival's organisers who supplied the paint for our artists to do this and for introducing us to someone like Ben Dalzell, a professional artist whose expertise brought the whole thing together.

**"It's easy to paint people who have a disability with a broad brush and assume they can't do certain things but for this piece they painted in their own unique styles and the finished work has heaps of personality,"** said Support Worker, Sally Bowling.

# I dreamed big **and** I won!

**Imagine  
what's  
possible**

## Competition winners

The Endeavour Foundation **Imagine What's Possible** competition invited people with intellectual disability to enter with their dream experience of a lifetime...

Meet the lucky winners below who are on their way to living their dream. Thank you to everyone who entered the first ever Imagine What's Possible competition.



**Leigh I from Wondai**

*"I want an award for school children who have a disability so they can know what it is like to be proud of their achievements and to know what they can accomplish amongst their friends."*



**Josh B from Capalaba**

*"To put on my work boots and high-vis shirt and mow the lawn on top of Parliament house. To be told Well Done!"*



**Noel C from Bundaberg**

*"My dream for a long time has been to participate in the Mardi Gras in Sydney and to enjoy the festival and parade."*

## Thank you to our partners

Proudly supported by  
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Community Partners





# RALLYING SUPPORT

Two years ago Heather Livingstone joined the Great Endeavour Rally for the trip of a lifetime journeying from humble Ipswich to the magnificent Uluru. She loved it so much that when she got back home, she took her whole family along to the closing dinner and they haven't looked back since.

2019 will be the third year that Avril and Jimmy – Heather's parents – have rallied their way across Australia and it certainly won't be the last!

"Next year will be our third year and it'll be a real family affair. Our son, Jamie has bought an old rally car with his girlfriend and our youngest son Calum is going to come along in a support vehicle with Heather."

Avril strongly believes that the rally really is for everyone.

"We don't know anything about cars but there are lots of other people who know what to do, and the army are always there to support you. RallySafe means

it's almost impossible to get lost. Even if you don't have phone signal, you're always being tracked by GPS. You always feel safe and supported."

**It's the community spirit that means the most to the Livingstones.**

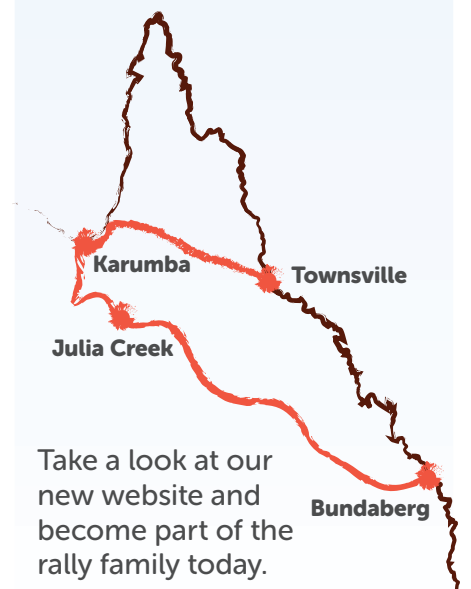
"We love being part of the rally family and attending everyone else's fundraising events. We go to places you'd never normally go and we get to support small communities who open their doors and welcome us in. It's just a great way to have fun and raise money."

"We like to support each other because we know the fundraising is going straight to services. We see where the money goes every day. Heather loves her job at Wacol. It's very social, she feels safe and most importantly she has a purpose. Every morning she gets up and goes to work just like the rest of the family. She feels part of society."

## Take on the Great Endeavour in 2019

Starting in Bundaberg, we'll journey into the depths of the Australian Gulf to Julia Creek and onwards to an unforgettable sunset in Karumba, landing in Townsville eight days later.

Together we can raise heaps of dust and vital dollars for people with disability.



Take a look at our new website and become part of the rally family today.

[great.endeavour.com.au](http://great.endeavour.com.au)



## Remembering Jack Barry

Jack Barry, a long-time member of Endeavour Foundation, passed away in Sydney on Monday 3 September, aged 100.

An active and valued member of Endeavour Foundation for over 40 years, Jack held numerous committee positions and gave his time generously. He served on the Brisbane Branch Management Committee, the Central Management Committee and on the Board of Directors. For his exemplary and generous service, Jack was awarded Honorary Life membership in 2011.

His son Tony attended Buranda Activity Therapy Support Service where Jack was very active in the transition of the service to become the Coopers Plains Learning and Lifestyle hub. A teacher in his working life, Jack co-ordinated the parent support group at Buranda and later at Coopers Plains. This evolved into the Southside Support group which he co-ordinated until he left Brisbane in 2011.

In the early days, Jack was also very vocal in the campaign to have the unfunded Endeavour Foundation services funded by the government. He was a prolific letter writer and well known to politicians. Jack also gave his time to talk with media and politicians, raising awareness of the need for a National Disability Insurance Scheme.

## Get involved

Membership of Endeavour Foundation provides you with an opportunity to assess what we do and offer feedback. We value our members' opinions and we strive to ensure that our services and supports are continuously developed and improved.

Your membership enables us to expand and create services and policy that have benefits far beyond today, so that people with disability can live their best life.

If you're interested in becoming a member go to [endeavour.com.au/membership](https://endeavour.com.au/membership) or contact the Company Secretary on [companysecretary@endeavour.com.au](mailto:companysecretary@endeavour.com.au) or 07 3908 7211.

## Area Committee election results

The 2018 elections of Endeavour Foundation's ten Area Committees have been completed. As the number of nominations received did not exceed the number of positions open for election in each area, all candidates were appointed, effective 13 August 2018.

Here is the list of duly elected Members for the ten Area Committees:

### **Brisbane Metropolitan**

Graham Baker  
Scott Ellis

### **Central Queensland**

Janet Campbell  
John Leinster

### **Far North Queensland**

Bernie Booker  
Lyke Fredericks-ljeajika  
Karl Scholl

### **Moreton-Sunshine Coast**

Brian Stead

### **North Queensland**

Kathryn Andrews

### **South East Queensland**

Bernie Scobie, OAM

### **South West Queensland**

Diana McKay

### **Sydney**

Kathy Breen  
Karen White

### **Victoria**

Keren Stephens

### **Wide Bay**

Frank Ekin  
John Shorten

If you would like more details regarding these results please email [companysecretary@endeavour.com.au](mailto:companysecretary@endeavour.com.au) or call 07 3908 7211.

# Buy gifts with a social conscience this Christmas

If you're looking for the perfect gift for someone special this Christmas, we offer an array of unique art and fine foods, handmade by people with disability.



## QArt Studio & Gallery

Stunning Christmas cards, unique art and gifts created by professional artists with disability.

Shop now  
[qart.endeavour.com.au](http://qart.endeavour.com.au)



## Kingaroy Kitchen

Gourmet Christmas cakes, gift hampers, biscuits and chutneys handmade by people with disability.

Shop now  
[kingaroykitchen.com.au](http://kingaroykitchen.com.au)

We deliver Australia-wide!

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