

# One Endeavour

A home to  
honour our  
founders

PAGE 14

Support  
coordination  
during  
coronavirus

PAGE 12

Focused on a  
stronger future

PAGE 16

# Thrive at home

PAGE 6

# What's **inside**



## **COVID-19 Service provision update**

We have put in place measures to ensure the health, safety and wellbeing of the people we support, our employees and our community.

**Page 4**



## **Support coordination during Coronavirus**

In March 2020, the NDIA announced that all participants can now use core funds to access support coordination.

**Page 12**



## **Thrive at home**

We developed an online hub and accessible learning programs to support the wellbeing of our customers, families and supporters while at home.

**Page 6**



## **A home to honour our founders**

Each year, Endeavour Foundation Lotteries build a brand-new Queenslander-style home to honour our history.

**Page 14**



## **Jane's Top 10**

Jane shares her top 10 activities to do at home!

**Page 8**



## **Disability Royal Commission**

The Disability Royal Commission's response to the COVID-19 pandemic.

**Page 16**



## **6 ways to be there for a friend with intellectual disability**

We've been getting questions from our customers so we came up with some tips.

**Page 10**



## **On the cover:**

Thank you to Jason and Heidi for being our cover stars and to Melissa Falvey for capturing the moment.


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

 @endeavourfoundation

 @endeavourf

 Subscribe at [endeavour.com.au/oneendeavour](https://endeavour.com.au/oneendeavour)

 [endeavour.com.au](https://endeavour.com.au)

 1800 112 112

 [hello@endeavour.com.au](mailto:hello@endeavour.com.au)

 **Endeavour Foundation**



# CEO Reflection

I hope everyone is healthy and safe as we reflect on what has already been an astonishing first half of the year.

Most of us would have thought the terrible bushfires that ravaged parts of the country and left many without their homes would likely have been the biggest story of 2020.

Then along came the Coronavirus and that changed everything.

I want to commend our staff and the people with a disability whom we support, for the incredible way they are adapting to the changes brought about by the pandemic.

Many of you would know, I hold the employment, education and training of people with a disability close to my heart.

So, if you'd told me at the start of this year, that supported employees would be temporarily sent home, Learning and Lifestyle services suspended due to social distancing requirements and many of our homes operating under the "Stay in Place" model, I wouldn't have believed you.

This pandemic has forced us to make decisions and changes that nobody could have foreseen.

We believe they are the right decisions because we must put the safety of our customers and our staff, above all else.

For many of us, these may be the most trying times of our lives.

I think we can judge ourselves by the dignity with which we respond to these times and by the kindness with which we treat each other.

The response from our staff has been overwhelmingly kind and dignified.

They're chipping in. They're getting on with the job with quiet grace. They're holding each other up.

Above all, they're making sure our customers and their colleagues are safe.

The truth is, nobody can say when we will get back to "normality".

The truth is, we need to adapt to a "new norm" as the Coronavirus impact could be with us for a long time.

But I hope I can offer you some comfort: Australia will get on top of this pandemic.

As I write this message, the early indications seem to be promising, but we're not yet out of the woods.

Our eyes are firmly focused on the road to recovery and adjusting to the 'new norm' where health and safety is more important than ever.

I want to reassure you that Endeavour Foundation is committed to a future where we continue on our mission of making possibilities a reality for people with intellectual disability.

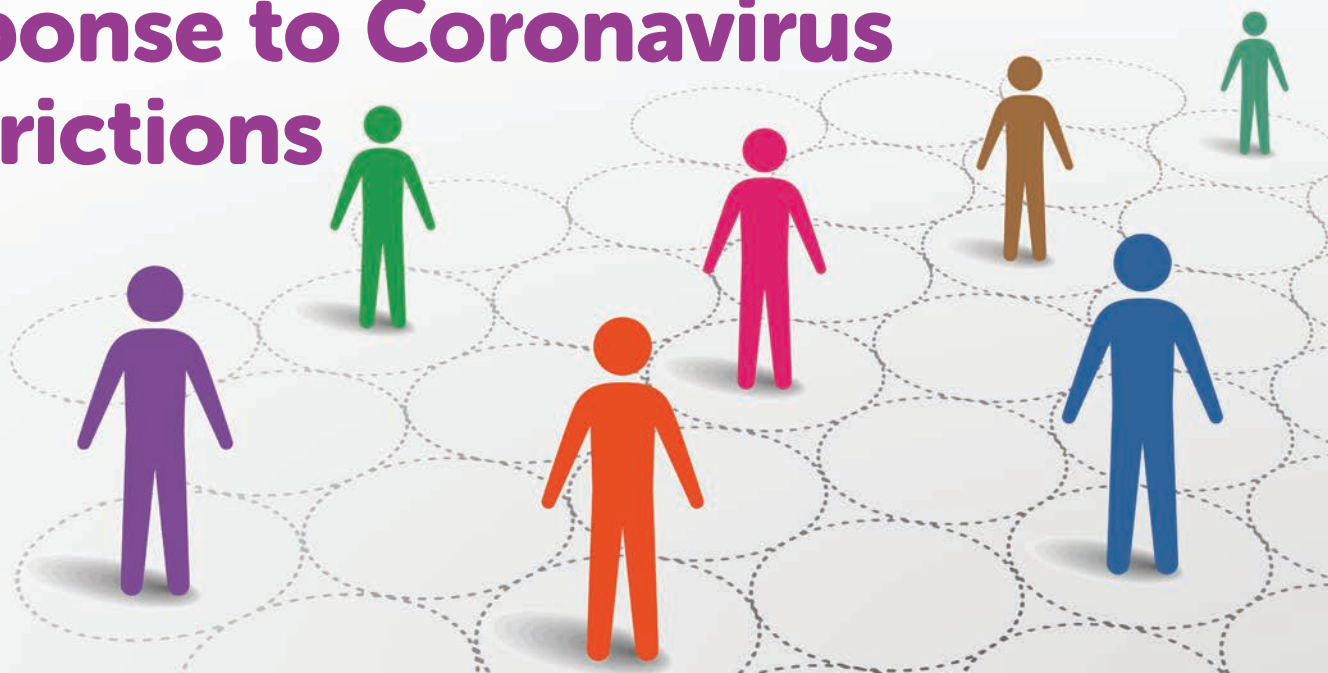
Next year, Endeavour Foundation will mark our 70th anniversary and I'm very much looking forward to celebrating our history and honouring our founders, as well as turning our minds to the next 70 years ahead.

Stay safe and stay well during this time as we look forward to all meeting in person again soon.

A handwritten signature in black ink that reads "ANDREW". The letters are in all caps and have a slightly cursive, personal feel.

Andrew Donne  
CEO

# Endeavour Foundation's response to Coronavirus restrictions



## Service Provision Update

As we continue to follow Government advice and public health guidelines to prevent the spread of the Coronavirus (COVID-19), over the past few months, Endeavour Foundation has had to make unprecedented decisions in order to protect the safety and wellbeing of people we support, our employees and our community.

The COVID-19 Government restrictions that impacted the nation, resulted in the suspension of our services impacting over 3,000 customers and 1,000 employees since March 2020.

Our main priority throughout the COVID-19 pandemic has always been to continue supporting people with disability as much as possible, and we have put in place a range of programs to ensure customers remain engaged during these times. This includes:

- **Keeping in Touch campaign** - a regular call-out program to check in on the wellbeing of our customers and staff
- **Thrive Hub** launch on the Endeavour Foundation website that provides ideas, activities and learning supports online

- **Increased support** in our residential services for customers who are not able to engage in their usual activities and are being supported in the home 24/7
- Creation of the **Complex Support Hub** to support behavioural challenges brought on by COVID-19 changes

The release of the Federal and State Governments COVIDSafe Australia Roadmaps, have enabled us to start developing our own roadmap to begin the process of reopening services in line with all Government guidelines.

The key principles that continue to guide us through these unprecedented times is the safety of our customers and staff, adherence to Government guidelines, and ensuring Endeavour Foundation is in a strong position to provide our vital services in the most safe and supportive way.

For the most up to date information about changes to Endeavour Foundation services, please regularly check our website at [endeavour.com.au/coronavirus](https://endeavour.com.au/coronavirus).

# Thinking outside the box



In response to the closure of our services and our desire to support our customers in their homes who were unable to access many of their usual supports, we came up with the idea of taking activities and learning to them via the Big Box of Fun.

The **Big Box of Fun** was a care package filled with opportunities to learn, create, connect and play while at home.

Over 100 boxes were delivered to our home services to the delight of the residents. Some even cheered when the postman delivered the fun surprise.

Filled with a selection of resources including games, arts and crafts and a calendar of activities to do at home, the residents used some of the art supplies to make beautiful origami cranes to hang in their house,

They also tested their skill and concentration with Jenga blocks and created herb gardens with the gardening workbooks.

Keeping our customers engaged and connected has been a key priority during this time to ensure routines continue to be maintained as closely as possible. We enabled our customers to connect virtually with their families and loved ones with the rollout of 124 new smartphones and tablets to our homes. This has built a sense of community online with virtual experiences using smartphone video functionality, such as Skype and Messenger to remain connected.

We will continue to keep families, carers and supporters updated via [endeavour.com.au/coronavirus](https://endeavour.com.au/coronavirus) as well as SMS and emails. If you have any questions or concerns, please contact us on **1800 112 112**.



Games galore – Jenga, Connect Four and more!



Residents doing the big unboxing



Heidi caught up with her friend Michelle using video call

# Thrive at home

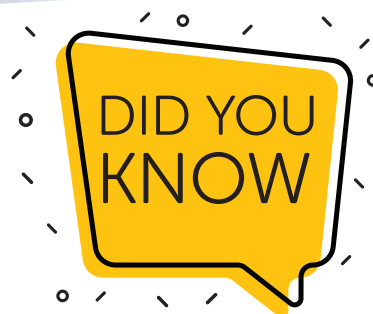
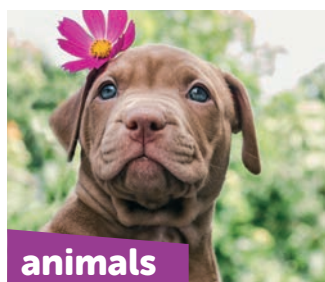
More than ever, Endeavour Foundation is committed to supporting the health and wellbeing of our customers and keeping engaged and connected.



That's why we've created the **Thrive Online Hub** – a virtual place for people with intellectual disability to learn new things, get creative, stay connected and have some fun.

Thrive Online contains information, videos, ideas and activities specifically selected for people with intellectual disability. Think of it like having your very own Learning and Lifestyle hub in the comfort of your living room!

Get inspired with literacy and numeracy activities as well as ideas for cooking, arts and crafts, music, exercise and dance, plants and animals and relaxing.



Did you know that you can virtually tour a number of famous international art galleries?

Or that you can live stream the animal cameras from Zoos from around the world?

Did you know that you can regrow your fruit and vegetable scraps into a whole new plant?

If you've always wanted to learn more about gardening, now is your chance!

Thrive online is a free resource that is easy to use and can be viewed anytime and from anywhere via the Endeavour Foundation website – [endeavour.com.au/thrive](https://endeavour.com.au/thrive).

# Thrive Learning

We're taking our learning and lifestyle programs online to inspire you to learn new skills, remain active and have some fun while at home.

Soon to be launched, Thrive Learning will equip you with access to instructional videos, interactive workbooks and activities and 1on1 virtual support from an Endeavour Foundation Support Worker, all tailored to suit a range of learning preferences. Each program offers 10 learning modules and will run for 10 weeks.

The first three learning programs available to access includes:

- Accessible cooking – the basics
- Music through the decades
- Introduction to fitness

All the programs can be accessed by using your Core Supports funding within your NDIS plan to learn at your own pace.

Endeavour Foundation want to ensure that people with disability continue to learn and thrive while at home and make every day a great day.

If you'd like to learn more about the Thrive Learning – let us know by calling **1800 112 112** or email [hello@endeavour.com.au](mailto:hello@endeavour.com.au).

**Thrive Learning**  
– be inspired to learn  
from home



## Accessible cooking – the basics

Hosted by Natalie Wijker



## Music through the decades

Hosted by Stewart Koplick



## Introduction to fitness

Hosted by Jeremy Ayling  
Demonstrated by Alex Baker



# Hi, I'm Janie

There are two things you need to know about me.

1. I'm a sociable lady.
2. Nothing holds me back – not even COVID-19 – it won't get me down! (I am very good at following the rules though. I know all about social distancing).

I am going to be honest... staying at home all the time is HARD. How would I describe it? Well, it's like I feel like I'm not seen, but heard. This is like when you talk on the phone with people. You can't see each other but you can still hear each other. Being heard is important because we have voice for a reason.

There is bad and there is good. The bad is being bored and the good is my mum. I live with my mum. We are very close, and Coronavirus has brought us closer together. That's love is what that is.

I have been very independent in the shutdown.

If you read my list, you will see that I really like to listen to music. Music has been helping me get through, most definitely.

Why is it important to keep busy? Just to make the day more fun!

My message to everyone reading this:

**Keep safe. Hang in there. We can make it together. It will be over soon. Keep up the faith.**



# Janie's top 10 activities to do at home

- 1 Love cooking dinner at home because I want to learn how to cook new things
- 2 Washing dishes with music and taking my own initiative
- 3 Ironing laundry with music, singing and dancing at the same time
- 4 Folding laundry listening and dancing at the same time
- 5 Colouring and jigsaw puzzles with mum
- 6 Watching movies with mum after dinner and having a cup of tea
- 7 Taking bins out Sunday night it's a dirty job but someone's got to do it
- 8 Clean toilet ditto as above
- 9 Sweep house with music and singing
- 10 Playing Boggle it's a fun game finding words and write down see how many you can find



## A good news story



At times like these it's important to watch the news and stay informed but we also have to take a break and look for the good in the world.

Geraldo had been a cabinet maker and carpenter for 25 years in a previous career and has been a support worker with Endeavour Foundation for two years.

He usually supports our customers, like Stephen (pictured) at the local Men's Shed but with increasing restrictions on travel he couldn't take them to the shed any more.

So, he decided to bring the Men's Shed home to them! He brought wood and other resources from the Men's Shed to one of our Gympie home services and now our customers are building bird boxes and garden beds.

# 6 ways you can be there for a friend with intellectual disability

Friendship is an important part of anyone's life and as we're rapidly adjusting to this new normal, it's never been more essential. So we came up with some tips on how you can be there for their friends with intellectual disability during this uncertain time.

## 01

### Build a new social routine

For most of us, the virus changed our routines. Many people find comfort in the structure of a routine – so it could be time to build some new ones with your pals.

Some ideas include watching the same show at the same time each week, writing letters once a fortnight, and eating breakfast and lunch at the same time each day.

Routines help give us structure, consistency and a sense of control in this ever-changing world.

## 02

### Communicate in a way that works for both of you

It's well documented that a lot of people with disability aren't as tech-savvy as the general population. It would be heartbreaking if they missed out on social opportunities due to a tech-barrier.

The good thing is that there are lots of ways you can communicate without the latest tech. You could bust out the letter writing stationery, pick up a phone or even knit messages into a snugly pair of socks and send that on.

The best way to tackle this is to brainstorm some of the communication methods that will work for your friendship. You might need to get creative!

## 03

### Let them know specific ways you can help or would like to be helped

Instead of asking an open-ended question like 'What can I do to help?', maybe you could come up with ways that you can help and offer those up instead.

You might offer to drop around an activity, organise an online social gathering, teach them a new technology or offer to pick stuff up from the shops for them. Something important to note here is that this is a friendship, so it's a two-way street.

Friendship is all about giving and receiving, and friendships are best when they are between two equals. Just because we are in a crisis does not mean that you have to become their carer. If you are in their life as a friend, focus on being just that.



## 04

## Don't make assumptions, seek to understand

This one is universal – disability or no disability. Sometimes, we assume we know how someone is feeling, or how they will respond to a situation – don't do this.

As a friend, our role is to listen and understand. We are all going through something significant and everyone is going to react in their own way. All we can do as friends is approach each interaction with understanding, compassion and openness.

If you sense a friend is struggling - of course you should reach out, but just because they have a disability, it doesn't automatically mean that they are struggling. If they decline your offer to help – that's ok. We are noticing many of the people in our community taking this opportunity to increase their independence.

If you or a loved one needs mental health support, a good place to start is with Beyond Blue and Lifeline telephone counselling on 13 11 14.

## 05

## Make plans for after coronavirus

People with intellectual disability might find it difficult to imagine life after coronavirus. One of the best things you can do is also one of the simplest – make plans for the future.

Hope is one of the most powerful tools we have and with things being cancelled, it can be really hard to cope. This is especially important if you celebrated a milestone while in lockdown. A silver lining to this is that now you have a lot of extra time to plan a belated birthday party or fun event!

## 06

## Acknowledge it's confusing

One of the hardest things for us to do as people is to acknowledge that we don't know what's going on. People with intellectual disability might assume that everyone around them understands exactly what's going on in the world.

One of the best things you can do as a friend is acknowledge that this, in fact, is a super confusing time for everyone. While we're all trying to do the best we can, it's important to remember we will always be stronger when we are together.



# Support coordination during Coronavirus



In March 2020, the NDIA announced that all participants can now use 'Core' funds to access support coordination. Because 'Core' is the most flexible funding type it basically means that anyone with an NDIS plan and a bit of funding in Core can access support coordination – even if they didn't have it in their plan before.

This is great news. In a crisis situation (much like the global pandemic we find ourselves in), support coordinators are more important than ever. They'll help you access different services or temporary supports to ensure your needs are met in these uncertain times.

This article will go through what a support coordinator does, the levels of funding available, and what to look for in a support coordinator.

## What is support coordination?

One of the easiest ways to describe a support coordinator is that they are like an NDIS assistant. They are there to help you understand your NDIS plan and connect you with services that help you make the most of your plan. The NDIS can be confusing, and the role of support coordinators is to try and make it a little less so.

Sourcing and then managing multiple providers and services can be complicated and time consuming. 'Who can provide me with the services I need?', 'What is a service agreement?', 'How do I manage so many appointments?', 'I need to ensure all my providers are kept up to date with my treatments', 'How do I change my service provider?'

Some people may prefer to do this themselves. For other people, that's where support coordination can be really handy. Support coordinators work with you to source the right providers and the right services, coordinating your supports for you.

## The three levels of support coordination

There are three tiers of support coordination available depending on how much or little assistance you'd like:

### 1. Support connection

This is short term assistance to help you source a range of providers that meet your needs but with you taking the responsibility for coordinating all your support and selecting your providers. This is generally provided by your Local Area Coordinator (LAC).

### 2. Coordination of supports

Available long term, throughout your plan, to provide connection and coordination of your supports from a range of sources in a more complex environment.

### 3. Specialist support coordination

Specialist supports for more complex situations.

## Willingness to truly partner with you



Do you have a reasonable relationship with your support coordinator? Depending on the level of support coordination you are funded for, you and your family may have extensive dealings with your coordinator, so it's important to have a good relationship and feel as though they have your back.

## Outcome-focused



The NDIS is centred on capacity building such as acquiring new skills, increasing independence, and providing value for money. A good support coordinator will be focused on the outcomes that are outlined in your plan, and what is important to you. Ask them to outline how they will support you to achieve these outcomes. Together, you should be working towards your goals.

## Experience in your locality



Extensive knowledge of disability and community sectors services in your area – especially quality services that can best meet your needs.

## Rights-based



You have the right to full and equal participation in the planning process. A good support coordinator will facilitate your involvement, listen to what you have to say and support you to get what you want from your plan by linking you to the right agency.

## What to look for in a support coordinator

### Objectivity



You want to source the most appropriate providers and services to meet your needs. A support coordinator may work for an organisation that provides multiple services that could be in your plan. Before you sign up for support coordination, ask them what checks and balances are in place to prevent them from simply recommending their own services.

## Want to know more about support coordination?

Visit [communitysolutions.org.au/ndis/support-coordination](https://communitysolutions.org.au/ndis/support-coordination) or [ndis.gov.au](https://ndis.gov.au).



# A HOME to honour our founders

Endeavour Foundation was founded 69 years ago by a small group of parents of children with intellectual disability who wanted more for their children and fought for their right to an education.



We're incredibly proud of our organisation's history and to honour our founding families, each year Endeavour Foundation Lotteries build a brand new Queenslander-style home from the ground up.

It is always recognisable by its elevated position, large verandah and timber structure in a classic design that pays homage to Endeavour Foundation's very first school for children with intellectual disability, operated from the verandah of a Brisbane Queenslander.

## Then

In the midst of the post-war baby boom, Queensland's classrooms were increasingly overcrowded so policies were introduced that meant children with intellectual disability were excluded from mainstream schools.



Parents disagreed, contending that children with intellectual disability should have the same right to education and other life opportunities as everyone else.

They came together to take on the education of their children and campaign for their rights, forming the Queensland Sub-Normal Children's Welfare Association, later to be known as Endeavour Foundation.

The association's first school was run from the verandah of a member's home in Coorparoo, South Brisbane.

However, it was only ever a temporary solution and a new school was planned.

Bowen House, an even larger elevated Queenslander on an acre of land located on Jordan Terrace in the Brisbane suburb of Bowen Hills, was purchased.

When classes started in Bowen House in May 1955, there were 14 students enrolled; by July the following year, there were 80.

An idea had become a movement and the association would quickly expand throughout Queensland.

## Now

Endeavour Foundation Lotteries commenced in 1966 and have become a vital source of funds for our organisation, helping us provide people with intellectual disability opportunities that otherwise wouldn't be possible.

To this day, each and every year, Endeavour Lotteries design and build a new Queenslander style home, literally from the ground up.

We believe this year's Anniversary Prize Home Lottery #428 truly succeeds in honouring our founders.



It's a beautiful high-set fully-furnished four-bedroom, three-bathroom Queenslander with a pool room and separate media room, adding a modern touch to a classic design.

This stunning prize comes fully furnished, including unique artworks from our QArt Gallery in Melbourne, which employs artists with intellectual disability.

And of course, one of the main features of the home is its huge verandah, which offers stunning views of the Sunshine Coast Hinterland, overlooking the Pacific Ocean.

We hope the winner of this prize might sometimes take a moment to sit on that verandah and envisage the children of our founders, and the beginning of a movement for social inclusion which continues to this day.

To find out more about Endeavour Foundation Lotteries and to purchase tickets in the latest prize home, a **\$1.3 million waterfront home including boat**, go to **[endeavourlotteries.com.au](https://endeavourlotteries.com.au)**.

# Focused on a stronger future

## Disability Royal Commission update

In response to the COVID-19 pandemic, the Disability Royal Commission suspended public activities including previously scheduled public hearings, community meetings and private sessions. However, people are strongly encouraged to continue to tell the Royal Commission about their experiences by phone, in writing or by making an audio or video recording.

The Disability Royal Commission has released a Statement of Concern highlighting the potential impact of the pandemic on the protection and safety of people with disability in unprecedented and emergency situations. The commission called on all Australian governments to ensure that responses to COVID-19 include dedicated strategies and take all necessary measures to protect and support people with disability including the need to seek input from people with disability, leading disability experts and advocates. You can read the statement on their website at [disability.royalcommission.gov.au](https://disability.royalcommission.gov.au)

### Issues Papers – seeking your feedback

In the last few months, the Royal Commission has released several issues papers, exploring relevant and important themes impacting the lives of people with disability.

## Keeping in touch with the commission

Visit [disability.royalcommission.gov.au](https://disability.royalcommission.gov.au)

Subscribe to their mailing list

Connect with the Royal Commission through social media

Make a submission

Respond to an issue paper

Emergency Planning and Response Issues Paper about what can be done to improve the safety and wellbeing of people with disability during emergencies - submit a response by 17 July.

Restrictive Practice Issues Paper looks at the use and impact of restrictive practices on people with disability.

Employment Issues Paper explores the experiences of people with disability in employment.

Rights and Attitudes Issues Paper looks at the awareness and recognition of the rights of people with disability.

If you would like to tell the Royal Commission about your experience with any of the above issues or have ideas on how governments, organisations and communities can change please submit a response. More information is available at [disability.royalcommission.gov.au/publications/emergency-planning-and-response](https://disability.royalcommission.gov.au/publications/emergency-planning-and-response).





## Supports from Endeavour Foundation

As you know, we welcome the Disability Royal Commission because it will provide a platform for people with disability to be heard.

To help you stay informed about the commission, we have created resources including videos and easy read information. You can find them by visiting [endeavour.com.au/drc](https://endeavour.com.au/drc).

You can also contact us at [drc@endeavour.com.au](mailto:drc@endeavour.com.au) or call Emma Rees, Media and Communications Specialist on 0400 561 913, if you would like more information.

## Disability Employment

We want a future where people with disability are more included in workplaces and receive the right support they need to access and stay in work.

That's why we are closely involved in consultations with the Fair Work Commission regarding a new wage assessment system. We are also engaged with the government and disability sector as we look at new NDIS funding models for the Commonwealth Australian Disability Enterprise (ADE) program.

We want to see a positive future where more people with disability are successfully employed for their skills and the positive impact they make in our community – both in supported employment and in other work opportunities.

## Carers Advocacy

The Brisbane Metro Area Committee and members of our National Council have asked Endeavour Foundation to advocate with government and the NDIS about the heavy load that is placed on carers and family members, in dealing with the NDIS.

Many people have found it complex, frustrating and time-consuming, just to ensure their loved one receives the right level of support under the NDIS.

Family members and carers are invited to write or email us so that your real-life experiences with the NDIS can shape our advocacy program and improve the scheme for the future.

To share your story either by post or email:

### **Andrew Donne**

Endeavour Foundation CEO  
PO Box 3555 Tingalpa DC  
Queensland 4173  
[CEO@endeavour.com.au](mailto:CEO@endeavour.com.au)

If you cannot use post or email, please share your story by calling Kirrily Boulton, Head of Corporate Affairs on 0429 077 886.

FLY *into* JULY 

**NDVR**  
Endeavour  
Foundation

# Stepping up



If the COVID19 crisis, and it's ongoing impacts on life, have taught us anything, it is that our community is as caring and connected as it is imaginative and innovative.

Now, as we head into a new phase of life, with eased restrictions, and more opportunities to come together, it's time to step up and redefine possible for our community and our health.



The first step – is resetting your own health and wellbeing goals through **'Fly into July'** – a month-long virtual step-based event.



From 1 - 31 July, people across our community will be taking part in this national initiative to promote active and healthy lives.

The core idea of the event is that anyone can step up to improve their wellbeing at their own pace, each day. Whatever your ability or fitness level, you can go at a pace that works into your lifestyle and goals, making this a truly accessible opportunity for #teampossible.

Each day, you will be literally stepping up for others, as you walk, jog or run further and further, raising awareness and funds along the way. This includes a growing list of support workers, fundraisers, supported employees and many more, who will be sharing their stories, testing their endurance and cheering each other for the full 31 days through July.

Among this group will be some fantastic new ambassadors from our Learning and Lifestyle centres and worksites in Queensland and Victoria. Whether they are doing it alone, with friends or with colleagues, they will be working hard each day to improve their health and help their local community.

However far they walk or run, this collective effort will be raising funds for another virtual resource, the Thrive Online Hub. The hope is that every step taken and donation made will aid in expanding the scope of this online learning resource, in terms of content and what can be taught.

Best of all, our community will be able to watch and share in their own way each day. You will be able to check out the growing number of mini #teampossible squads via [fundraise.endeavour.com.au/event/fly-into-july](https://fundraise.endeavour.com.au/event/fly-into-july) or on the Endeavour Foundation Facebook page.

# Tell us. We are listening. We will act.

If you have a concern about the service you are receiving from us, it is important that you tell us.

**We want to hear from you – we are listening.**

With your help, we can continuously improve the quality and safety of services we provide – to you and to others.

**Please contact our Customer Practice and Safeguarding Team:**



1300 730 334



[feedback@endeavour.com.au](mailto:feedback@endeavour.com.au)



[endeavour.com.au/feedback](https://endeavour.com.au/feedback)

## CALLING ALL NOMINATIONS for the 2020 Area Committee Elections

Nominations for the 2020 Area Committee elections are now open and close on 6 July 2020. All Members of Endeavour Foundation are entitled to stand for election to the Area Committee in their nominated membership area.

Endeavour Foundation has ten Area Committees made up of Endeavour Foundation members. Area Committees are an integral part of Endeavour Foundation's governance structure, forming a link between the Board, National Council and stakeholders, including families and Endeavour Foundation support groups.

By nominating for one of the Area Committee positions open for election, members will have the opportunity to become an Endeavour Foundation ambassador within their community.

If you have any questions regarding your local Area Committee or would like to speak to your local Area Committee Chair please contact the Company Secretary at [companysecretary@endeavour.com.au](mailto:companysecretary@endeavour.com.au) or on **07 3908 8401**.

### **Not a member?**

**If you're interested in becoming a member go to [endeavour.com.au/membership](https://endeavour.com.au/membership).**

# Kindness Bingo

Kindness – which takes many forms – can boost your wellbeing during uncertain times, so we've created Kindness Bingo. See if you can tick off 5 in a row in one day!

Give someone a compliment	Take a picture of something beautiful	Call a friend who doesn't live with you	Eat 5 serves of vegetables in a day	Do 30 minutes of exercise
Make someone laugh	Tidy a room (or two!)	Water a plant	Create some art and give it or send it to someone	Write down 3 things you are grateful for
Do the dishes	Write a thank you card to someone who has helped you	Dance to an entire song	Get in touch with someone you haven't spoken to in a while	Give or send someone a small gift
Spend 1 hour learning a new skill	Check on your neighbours	Recommend your favourite book or movie to someone	Do the recycling	Watch a sunrise or sunset
Spend time reading a book	Prepare a healthy meal	Learn to say hello and introduce yourself in a different language	Meditate	Tell someone why they are special to you