



# Inclusion

News from New Haven Farm Home

S U M M E R 2 0 2 4



# A NOTE FROM THE CEO

Dear Family and Friends

Welcome to our first edition of Inclusion for 2024. 2023 was a wonderful year with many exciting things occurring and 2024 is shaping up to be even more positive. At the end of last year, we were able to come together and celebrate all things New Haven Farm Home. We enjoyed a wonderful Christmas party in late November with family and friends. This was one of our largest Christmas events we have hosted and it was an absolute pleasure to be able to catch up with everyone. If you are able, it would be fantastic to see everyone again at our Easter celebration in April.

We also had the opportunity to celebrate our wonderful staff and acknowledge the tremendous work they do on a daily basis.

Late last year and in the early part of this year, we have focused on developing the farm component of the property so as to create a pleasant environment for our clients and their guests to enjoy. We have some new tenants in the form of chickens and Dorper sheep, all of whom are very friendly and will eat from your hands. Additionally, we have been able to install two very large solar systems to assist with managing our energy costs. Both the Freemans Reach property and 55/57 Windsor Street, Richmond have had a large solar system installed. This was a significant project



however is very beneficial in managing our current energy costs but also managing these costs well into the future.

It was an absolute pleasure in February to celebrate our founding client's 80th birthday. In a very special event, Mr William Hair celebrated his 80th birthday on the Nepean Belle at Penrith. What a remarkable achievement. Without Bill, New Haven Farm Home may never have been, so this event was even more special.

This year, New Haven Farm Home will be hosting a Charity Race Day. This is a fantastic opportunity for our organisation to have a presence in the community and build positive relationships with various people

## SECTOR UPDATE

INDIS have implemented a new payment portal known as PACE. The portal is designed to be user friendly and provide a greater amount of information in the one location. The PACE portal is intended to eventually replace the current myPlace portal. These portals are utilised to claim directly from the NDIS for supports rendered and to gain information relating to client's plans and funding levels.

Currently the NDIS is operating both platforms. As participants' plans are renewed, the intention is for them to transition to PACE, however this is not always the case with some despite receiving new plans remaining on the myPlace portal. NDIS have not provided a clear final transition date as yet. Despite initial 'teething issues' the platform is operating effectively.



and businesses within our local community. Funds raised from this event will be utilised to improve the current pergola/BBQ area at Freemans Reach to ensure it is functional and easy to utilise for all our clients. If you are able to assist us in this event in any way through a donation of a prize, sponsorship of a race or attending the day itself please reach out.

I trust you will enjoy this newsletter and catching up on all the wonderful things that have been happening around New Haven Farm Home.



Best wishes  
**Annette Allen**



## RESERVE ROAD

I hope everyone had a Merry Christmas and Happy New Year. I'm looking forward to seeing our participants achieve their goals in 2024.

Reserve Road participants have been busy doing lots of crafts and baking for special occasions such as Halloween, Christmas, New year and Australia Day just to name a few. Our wonderful staff enjoy encouraging our participants to be involved in these activities to build social skills, maintain fine motor skills, and improve focus.

The recent African Drumming fun day was a huge success, and it was great to see the participants really enjoying this activity. All participants got involved and received their very own Djembe (African Drum) on the day to take home.

With the warmer weather recently, it's been great to see the pool at the farm being put to

good use with clients having a nice relaxing swim.

A notable birthday recently was William Hair's 80th, which was celebrated on the Nepean belle, William really enjoyed the view and serene surroundings of the Nepean River.

## THE FARMYARD UPDATE

We have had some additions to the newly renovated farmyard at Reserve Road including 10 Isa brown chickens and 4 Dorper sheep. The Dorper sheep are a fantastic addition to the farmyard and all the participants enjoy bonding with them while tending to their daily care needs.

The Dorper sheep is a South African breed of domestic sheep developed by crossing Dorset Horn and the Black headed Persian sheep. The breed was created through the efforts of the South African Department of Agriculture to breed sheep suitable to the more arid regions of the country, these sheep are self-shedding meaning they don't need to be sheared which makes them a perfect low maintenance farm animal.

Reserve Road participants are encouraged to join in animal assisted therapy activities such as feeding the animals, collecting eggs, cleaning the chicken coop, and spending time with Adam the cat. These activities improve both physical and psychological health. Some of the benefits of animal assisted therapy are reduced depression, decreased blood pressure, increased communication, enhanced social interaction, and improved cognitive function.

Norman is very proud of his solution to the sheep entering the chicken's coop with his invention of the sheep stopper that he made himself in the New Haven Farm workshop.



**Bradley Barnes**  
Site Manager



## SPOTLIGHT ON IAN CROSS

Ian has been enjoying his new potted colour garden which keeps Ian busy with weeding and watering. Ian has also been reading garden care E-books on the iPad to help improve his gardening skills while learning about new technology. Ian is quite the green thumb and enjoys tending to his garden and making sure the bird bath is filled to give the local birdlife a nice drink.

Ian also spends time working on woodwork projects in the workshop and is always excited to show off his masterpieces.

### Q&A with Ian Cross

What's your favourite food: **salad**

What's your dream holiday destination: **Australia**

What's your favourite animal: **cows**

What's your favourite sport: **cricket**

Who is your favourite team: **Australia**

What's your favourite activity: **picnics**

What is your favourite season: **winter**

What's your favourite colour: **yellow**

# BOSWORTH STREET

The Bosworth Street site is always a busy place to be, and the 2023/24 summer has been no different. All the clients have been keeping busy with their work, programs and daily activities.

All of our clients have continued to take the opportunity to attend a weekly house meeting, usually on a Monday evening after dinner, facilitated by the support staff. They have the opportunity to express any concerns or complaints they might have, make suggestions or choices on activities for the following week, plan out their weekly dinner menu together, and sometimes even learn about the disability standards or everyday living skills.

We are everyday encouraging and supporting the clients to grow, develop, or maintain their daily living skills. Building daily living skills allows the people we support to experience greater independence, putting their long-term wellbeing first and allowing them to live the most fulfilled life possible. This is an individualised approach unique to each individual's interests and ability. It can include support covering activities such as:

- meal planning, cooking and nutrition
- money management
- general social skills
- using public transport
- domestic skills such as laundry and cleaning
- personal care and hygiene
- attending appointments

Glenn has been great with his meal planning, cooking, and ongoing money management. John has been loving his new day program and growing his social circle. Paul and Colin enjoy using public transport, particularly the train. Hazel is always refining her domestic skills, whether it be laundry, vacuuming, or tidying the kitchen.





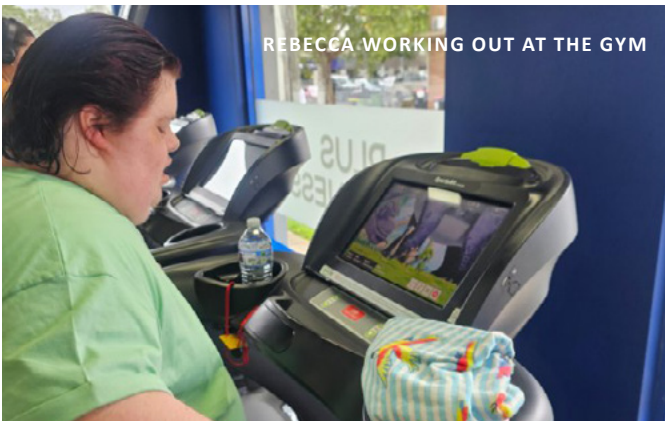
Seeing as it is summer, what better way to enjoy the warmer months than with a swim or a visit to the beach! It is a common theme we see when it comes to activity suggestions where the days get longer and warmer. The clients often visit Windsor Oasis, our local indoor and outdoor pool all year around. Clients like Vicki and Hazel appreciate Windsor Oasis indoor pool, as it has a ramp for easy entry and exit. During summer, the pool at Reserve Road gets a workout, particularly from Gareth, Ward, and Rebecca. One scorching Sunday, Hannah and Kellie got quite a few of the Bosworth Street clients together for a swim at the even-more-local Richmond Pool. Robert, Shane, along with the usual pool suspects, all had a great day!



Many of our clients were fortunate to spend Christmas with family, but for those at home just as much, if not more fun was had. The staff did a great job preparing a lovely meal that was shared together, and don't forget all the presents left under the tree. The following day, Paul and John got to venture to the coast to see the start of the Sydney to Hobart yacht race – a favourite of Paul's.



## CHAIR EXERCISES



REBECCA WORKING OUT AT THE GYM

The clients are continuing to work on their health, well-being, mobility and fitness through physiotherapy, exercise, and gym. Robert, Glenn, Paul, Hazel and Vicki all receive regular physiotherapy through their NDIS plans. Gareth, Ward and Rebecca all regularly visit their respective gyms with support from staff, whilst Shane and Colin

enjoy long walks out in the community.

Along with our usual 11 clients, our twelfth bedroom on-site has been a home to two gentlemen over the past few months. Daryl arrived in October and spent 7 weeks at Bosworth until December, before transitioning to another home where he could live independently and closer to family. Ralph arrived in late December and spent 5 weeks at Bosworth Street, including Christmas, before moving to the Reserve Road site in January. Both gentlemen were a welcome addition to the site for their stays, and were great company to both their fellow clients and the staff.



**Sam Clenton**  
Site Manager



## 55 WINDSOR STREET

We have lots of big plans for 55-57 Windsor Street Richmond for the rest of the year, the clients will all head back to their monthly church visits, their usual 1:1 community participation outings, and we will begin planning our family event which will take place later on in the year. The clients here at 55 have recently welcomed a new face, Nathan – he has settled in well in Villa 1, and has formed a great friendship with his housemate Denis. Nathan loves to go out into the community and enjoys visiting the farm to see the animals.

**Harrison** has been keeping busy over the past summer with lots of visits to the pools and a visit to the new Penrith Beach. Harrison has also increased his outings with his external carers and is now out Monday-Friday. Harrison really enjoys getting out into the community as he is a very social young man. Harrison enjoys his independence and will often go for walks into Richmond to get some lunch, go for a shop or get a haircut.

**Alvin** has recently increased his work days from 2-3 days per week at Endeavour Foundations. Alvin will often work packing food products that get shipped to ALDI stores. Alvin is a very proud young man and enjoys being independent, managing his funds with minimal support from staff, tidying his bedroom and cooking himself lunches unassisted.

**Benjamin** has recently been interested in trying some new outings to different areas and the most recent activities have been to Darling Harbour, Chatswood and Hyde Park just to name a few. Benjamin really loved his trip to Hyde Park to view the Barracks, he told staff it was a long walk but worth it for the experience. Benjamin really enjoys getting into the community sightseeing and is always open to the idea of trying new things. Every week in Benjamin's client meeting he is coming up with fun and exciting activities for himself and staff to try on his 1:1 outing.



**Keith** has recently received a “Positive Behaviour” award at his job, he was very proud to receive this award. Keith likes to maintain his independence by going into Richmond for a walk each afternoon and on the weekends when he’s not spending his time at work. Keith has recently expressed his interest in attending the horse races with his housemate Roy and has been booked in to attend an upcoming event known as “Groove on the grass”.

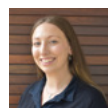
**Denis** has recommenced his Koori Art which he attends every Tuesday with his housemate Douglas. While there Denis will try out activities like arts and craft and will often bring home small items he has created to decorate his villa. Denis has expressed interest in coming out of retirement to go back to his day program two days per week which will start up again soon.

**Douglas** has been joining his housemate Denis every week at Koori Art, which involves different craft activities which Douglas will usually bring home to decorate his house. Douglas has been spending a lot of his time going out into the community, one of his favourite cafés to attend would be the Secret Garden where he goes for morning tea with his housemates Roy and Ziggy.

**Roy** has been spending his time going into the community visiting new stores of interest. Roy really loves buying himself new magazines, books and CDs and a new shop has recently opened up just a few 100 metres down the road which Roy will frequently go to.

**Ziggy** has recently gone back to his horse riding, which he does every Wednesday. Ziggy really enjoys this and will often go for some morning tea in the Secret Garden Café afterwards. Ziggy also has an upcoming holiday planned to go on a cruise for a weekend away. He has been counting down the weeks and is really looking forward for some much-needed time away.

**Nathan** is our newest client here at 55-57 Windsor Street, Nathan keeps himself busy by going out with his external carers three days a week. Nathan also has weekly visits to his physiotherapist where he often gets into the pool to do hydrotherapy. Nathan is a very social young man and loves to go out into the community to interact with his housemates.



**Georgia Sheridan**  
Site Manager



## 378 WINDSOR STREET

The gentlemen at 378 have all been enjoying participating in their regular activities and routines. There's always something happening at 378, even if it is just a relaxing trip out for the day!



**Anthony** has been keeping active and busy throughout the weeks. Tony has really been enjoying his weekly swim at Richmond Pools while the weather has been warm. He always has a big smile on his face when he's getting ready to go. Tony is constantly accessing the community whether it be for walks, going out for morning tea or just spending quality time with his house mates. When Tony's not out and about, he's relaxing at home doing his beautiful painting.

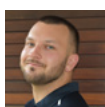
**Peter** has been enjoying spending his time getting out and about, especially getting on the roads to do some truck spotting! When Peter isn't hitting the highways, he's either out with his house mates soaking up the scenery or having a meal and an icy cold beer at the pub.



**Alistair** has been enjoying maintaining his routine and keeping up with his regular activities such as the library visits, church, ten-pin bowling, having lunch at a cafe or playing the harp. Ali plans to go to a music store soon and try out a few violins so he can start up some lessons soon!

**Jake** has settled in very well at 378. Jake's been spending his weeks working very hard. He's also been working on his budgeting so he can purchase new items. He recently saved up and purchased a Google Nest. Go Jake! When Jake's not working hard to save his money, he's been enjoying the ten-pin bowling on Saturdays and has become quite the social butterfly there.

**Joseph** has also been quite content on maintaining his regular activities and keeping his routine flowing. Between Tuesday to Friday, Joe has been working his 2 days a week and attending his Learning and Lifestyle program the other 2 days. Joe also goes out with his external supports. Joe is constantly accessing the community doing his regular activities like going to the gym, doing his aqua aerobics classes, working on his ten-pin bowling skills or visiting places of his choice. Joe is out 7 days a week so his schedule is usually pretty full!



**Finn Cooper**  
House Manager



# EMPLOYEE VALUE AWARDS



## THE “EXCELLENCE” AWARD

The employee who strives for excellence in everything they do. They should be assertive and thorough in their work. They always show initiative and commitment to their everyday duties and complete them in an efficient and effective manner consistently.

### Schae Satchwell

Schae, for her reliability and being able to work with a range of client’s behaviours with no hesitation. Schae always goes above and beyond in her duties and is extremely thorough with notes and following up on doctors appointments. Schae is a great team player who always supports her peers. She shows great morale with both clients and staff.

## THE “WORKING TOGETHER” AWARD

This employee is a strong advocate for inclusiveness, working together. The definition of a Team Player. Shows strong leadership qualities and has the ability to bring everyone together and have them work well with one another.

### Glenn Devery

For his tremendous ability and willingness in every situation to being a great team player. His strong ability to support all clients and staff to ensure the best possible outcomes for all whom he is working with, both clients and staff coupled with his high level of patience and willingness to share his knowledge and skills with his peers.

# AWARDS



## THE “RESPECTFULNESS” AWARD

This employee stands out when it comes to promoting inclusiveness and independence of our clients in the community. They are a strong advocate for the Disability Industry and what New Haven Farm Home represents and is trying to achieve for its clients. They are the leader for evolution within our industry and are always respectful and professional in all their dealings.

### Michelle James

Who is a shining, stand out example of this value, at all times advocating for our clients and supporting them to achieve their individual goals no matter what they are. Compounding this, Michelle treats all people, clients, peers, managers, stakeholders with the utmost respect and professionalism.

## THE “CONTINUOUS IMPROVEMENT AWARD”

This employee is always making effort to better themselves and the business. They are a proactive person, a good listener and through this approach will always find a way to make improvements.

### Lou Packer

Consistently works to improve the organisation through encouraging her peers to familiarise themselves with the requirements of their roles and strongly encouraging them to fulfil all these requirements, even when it is not necessarily the easiest option. Encouraging and supporting all staff to provide person centred support to our clients and always finding new ways to do so. The creation of the men’s shed and the ongoing operation of such. This has been significant in assisting us to promote NHHF and achieve the position of now operating at capacity. Lou has also displayed personal growth by taking on any challenge offered to her with the utmost positivity and has shown great flexibility and development as she has moved from SW to VC to SM, always putting NHHF first.



# SAVE THE DATE

**07**  
**APR**

**30**  
**MAY**

Family and  
Friends  
Easter Event

Charity  
Race Day

## THE IAN GRAHAM AWARD - LYN GILL

In memory of our late Board member, Mr. Ian Graham. This award recognises individuals who have gone above and beyond in their service to NHFH, providing care, assistance, or support that has improved NHFH and benefited its residents.



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