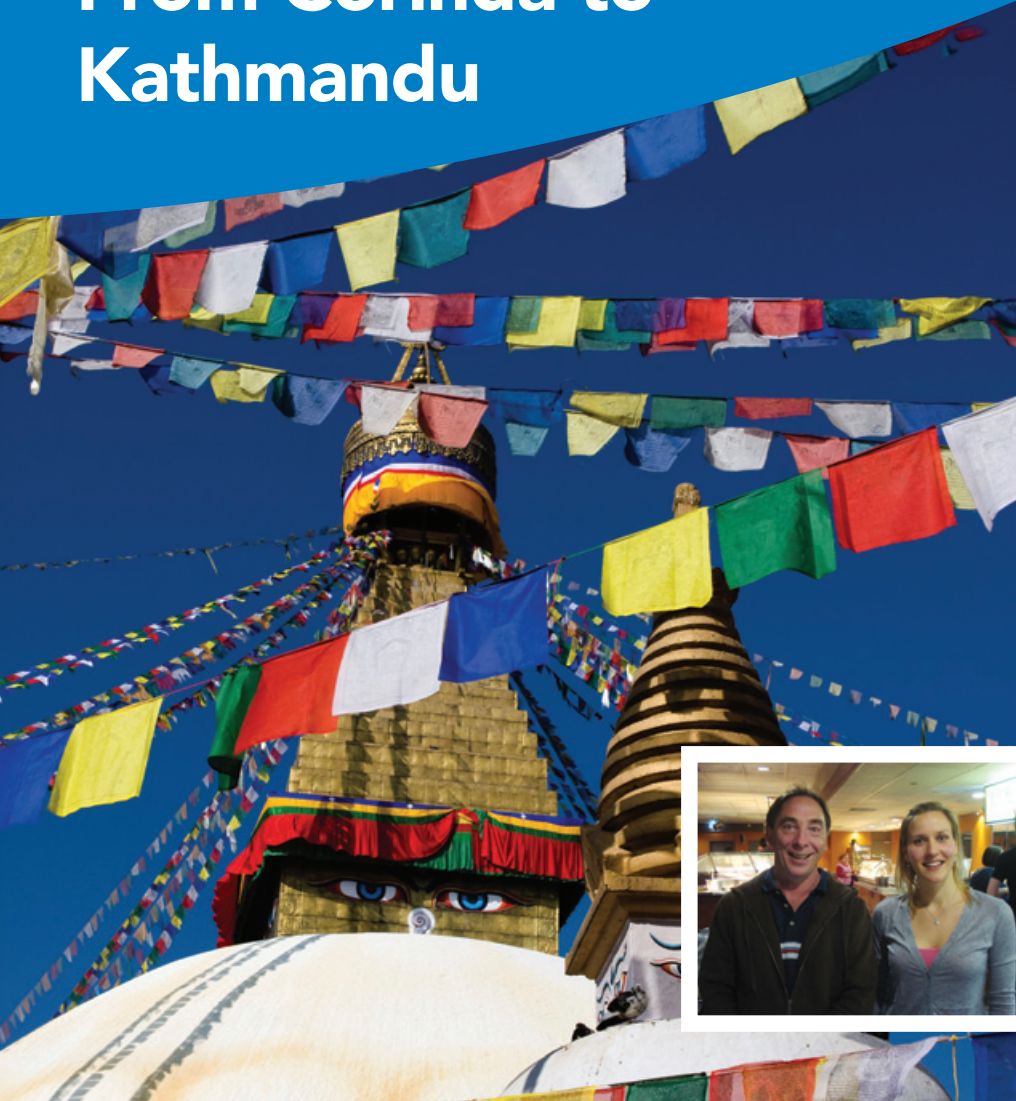


MAQ

Montrose Access Quarterly

Spring 2009

From Corinda to Kathmandu



MontroseAccess' Mia Robinson is taking her skills as an Occupational Therapist to the world – with a two-week volunteer stint at the Muscular Dystrophy Foundation (MDF) Nepal in September.

"I have always had an interest in working with children with disabilities," Mia explained, "and this trip will enable me to combine this work with my passion for travel and adventure."

While researching overseas volunteer opportunities, Mia learnt of the important work of MDF Nepal, who offer counselling and physiotherapy services to families at little or no cost, out of their rented rooms in Kathmandu. "They fund this service through local donations, and until recently received no government assistance," she said.

"Their work is vital. Once children with Muscular Dystrophy are unable to walk they are no longer able to access school and other services, which makes learning very difficult," Mia continued. "Wheelchair accessibility in Kathmandu is also an issue."

Mia hopes that her visit will plant the seeds of a long-term partnership between MontroseAccess and MDF Nepal. "As MontroseAccess employs expert therapy staff that lead the way in treatment and support for clients with Muscular Dystrophy, the sky is the limit as to how such a collaboration can benefit Nepalese families," she said. "I'll have the chance to meet some of them and hear their stories."

Although funding the trip out of her own pocket, Mia has been working hard to raise a donation that will be shared between MontroseAccess and MDF Nepal. A trivia night and chocolate drive have so far raised over \$7,500 for the two charities.

"MDF Nepal does a wonderful job in very challenging circumstances, and helping them in their quest to build a permanent Rehabilitation Centre is a truly worthy cause."

To support Mia and make a donation to MontroseAccess and the Muscular Dystrophy Foundation Nepal, phone MontroseAccess on 07 3379 9200.

Mia Robinson with trivia night quizmaster, Jim



Message from the President

Hello everyone, and welcome to the spring edition of MAQ.

I am very pleased to welcome three new directors to the Board of MontroseAccess.

Mr Andrew Buchanan is a solicitor, who until his retirement in 2008, was a partner of the law firm Allens Arthur Robinson. Mr Buchanan has had considerable experience in working with charitable associations, and was President of one such organisation.

Mr Darryl Stuart comes to our Board with extensive executive management and boardroom experience. One of Mr Stuart's children is a client of MontroseAccess, and both Darryl and his wife are keen to make a tangible contribution to the organisation.

I am also pleased to announce that Dr Anita Cairns has accepted our invitation to fill the vacancy on the Board created by the departure of Dr Geoff Wallace earlier this year. Dr Cairns is extremely well qualified, and her professional aim is to create a world-class neuromuscular service for the children of Queensland. Dr Cairns would already be known to a number of client families through her involvement in our Neuromuscular Clinics.

I've recently become aware that it is not common knowledge that our organisation is a member based Society. The formal structure of the organisation is that the Board of Directors represents the members. Membership of the Society enables individuals to attend General Meetings, including the AGM, and vote on recommendations. It's also a way for interested persons and parents to contribute to our organisation. Individuals interested in becoming members can contact Irene Quine on 07 3717 1116. Current membership fees are \$10 per annum or \$300 for life membership.

Over the past few months we have commenced a restructure of the organisation in order to strengthen and improve our services. New positions of General Manager Client Services and General Manager Corporate Services were created, with several positions abolished. For the first time in our history, therapy services and respite services will now report to the one manager, which will result in more efficient and effective services to our clients.

Mrs Sue Tonks, formerly the Manager of Respite Services, was the successful applicant for the position of General Manager Corporate Services; and Ms Clare Besly was appointed as General Manager Client Services. Further stages of the restructure will focus on reviewing our modes of service delivery.

Take care,

Mark Greenup
President



Meet Clare

Clare Besly, MontroseAccess' new General Manager Client Services, has over twenty years' experience in executive leadership positions in disability and health services – having worked in the public and not for profit sector. Clare is committed to maintaining quality services that support our clients to optimise their individual potential, and in supporting staff to make a difference and deliver results. "I'm looking forward to meeting with clients and their families, and to contributing to the future growth of MontroseAccess," Clare said.

Staff profile: Nadine Brown

Therapy Assistant Nadine Brown has been working at MontroseAccess' Gold Coast office since March 2009, and is an amateur boxer in her spare time.



Nadine with her coach, Stephen

What does your role as Therapy Assistant entail?

I assist the Physiotherapists during Hydrotherapy sessions; provide administration support to other staff in the office; help out during Girls Groups, and generally keep the office organised.

What do you enjoy most about your job?

Hydrotherapy. It's great to see the kids having so much fun (and it helps with all my aches and pains from boxing!)

When did you start boxing?

I started about 2 ½ years ago. I needed a new challenge, and I also wanted to find a sport my husband would enjoy. I decided last year that I wanted to fight, so I registered as an Amateur Boxer.

What's your ultimate goal with the sport?

I've had six fights since August last year (had a bit of time off at the end of last year after having my nose fractured in sparring!) and my goal is to win the Queensland Open Championships at the end of the year. I am the current Queensland Novice Champ (4-7 fights, 60kg) but to win the Open tournament, I will mostly likely fight someone who is quite experienced – so to win it would be amazing.

Lifestyle and Leisure Program update

MontroseAccess clients Shandelle Winley and Scott Hanson are celebrating remarkable achievements through the Lifestyle and Leisure Program.

Shandelle, with the help of Therapy Assistant Donna Smart, fundraised the money to purchase a new power wheelchair that will enhance her quality of life. "Shandelle had raised part of the \$3,000 required with the support of her parents and the community, and needed help with the remaining \$545," explained Donna. Shandelle and Donna selected some funding options, and wrote letters to organisations requesting their help – with Kedron Wavell Services Club agreeing to fund the balance for the new chair.

Late last year Scott Hanson completed the design for a painted traffic signal box near his home in Ferny Grove. Brisbane City Council's Artforce program put him in touch with artist Stephen Szell, who then painted the box under Scott's direction. Scott's artwork, 'Pigs in Motion', was shortlisted for the 2008 Artforce Awards.

"Due to his condition, Scott is only able to use one fingertip on his mouse to complete his designs," said Recreation Officer Rebecca Jones. "It took three weeks to complete – a true testament to his passion and determination."

"I was really excited when I found out I was able to display something that I designed – and that people in the community would get to see it everyday," said Scott. "Hopefully seeing those cheeky piggies will brighten their day!"

For more information on the Lifestyle and Leisure Program, phone MontroseAccess on **07 3379 9200**.

The site of the traffic signal box was once a pig farm – the inspiration behind Scott's design, 'Pigs in Motion'.



LLP clients speak up!

Earlier this year, Lifestyle and Leisure Program staff members Lyndal McCasker and Rebecca Jones presented on MontroseAccess' young adults service at the Disability Services Queensland (DSQ) Shared Visions Conference at Southbank.

As part of this presentation, three Lifestyle and Leisure clients – Natasha, Jodie and Phil – also presented on what they had achieved through the program. "Prior to the conference the clients were assisted by staff to put together their part of the presentation," explained Rebecca. "They were then given ten minutes each to explain to the audience their goals, and how they had achieved them through the program."

"The overwhelming feedback from conference delegates was that they were excited to hear from the clients themselves rather than just from service providers," Rebecca said.

Afterwards the three clients reported that they enjoyed the experience of preparing and then speaking in front of an audience. Whilst daunting, they said they would be happy to do it again. Congratulations Natasha, Jodie and Phil!

Become an Everyday Hero

With Bridge to Brisbane coming up on 30 August, now is the time to establish your Everyday Hero web page, get the support of your family and friends, and raise much-needed funds for MontroseAccess. If you're not running, why not sponsor one of our staff members? Five MontroseAccess staff ran the Gold Coast Marathon in July, and raised \$790!

Visit http://www.everydayhero.com.au/montroseaccess_bridge_to_brisbane to show your support!



Recreation update

15-18 Years Camp wrap-up

On Monday 29 June the 15-18 Years Camp kicked off. We said goodbye to our mums and dads, and started our journey to the Gold Coast. We stayed at the Runaway Bay Sports Complex, where the Titans train.

On Tuesday the gang headed up to Surfers Paradise where we walked to the shops, Timezone and Strike Bowling. After lunch we went to Q1, the tallest building in the southern hemisphere, which was amazing. We ended the day with a colourful 60's, 70's and 80's disco! Everyone dressed up in funky clothes and danced the night away.

The next morning we all got up very early and headed across the border to go on a fishing and crabbing boat called 'Captain Bill's'. Thursday night we had dinner at Draculas, which was soooo much fun. We got back to camp after midnight!

On Friday we headed off to Movie World. We had a couple of hours to spend looking around – some people went on rides and got really wet. At the end of the day we were all sad to say goodbye to our new friends, hoping that we'll get to see each other again!

Thank you to everyone for making this camp soooo much fun, and one that I will never forget!

Lucy Foran



Slumber Party Weekend: 13-15 November

The Marchant Program Senior Girls Group is scheming up a weekend of partying, craft, girly movies, swimming and food for their upcoming Slumber Party Weekend, to be held in the Corinda Respite centre from Friday 13 – Sunday 15 November. The weekend allows the girls to experience the fun of a sleepover with their friends; many never get the opportunity because of the assistance they need to get away.

Students from St Aidan's Anglican Girls' School at Corinda have kindly offered to come along and help with some of the activities; and are also donating the money raised from their term 3 Plain Clothes Day to help fund the weekend. Thank you, girls!

Everyone is looking forward to what is sure to be an awesome experience!

Amanda Holmes

Thanks, Mum!

Westfield once again stepped up to reward MontroseAccess clients and their mums with Mothers Day activities at their Helensvale, North Lakes, Carindale and Garden City centres. Attendees engaged in activities such as t-shirt painting, movies and lunch, with a great day had by all.

All the centres fundraised and hosted awareness events for MontroseAccess, and for that we say a big thank you!



Georgia Bishop-Cash enjoys Westfield's hospitality



Monster Garage Sale a success

With great support from local residents and staff, MontroseAccess mum Annette Forrest raised almost \$2,000 with her annual garage sale, held at Corinda on Saturday 1 August.

The money raised will go towards activities for MontroseAccess' Boys Group, of which her son, Chris, is a member.

Annette's next fundraising endeavour is a Warehouse Shopping Tour in October.

Thank you for your efforts, Annette, and well done!

Golden girl of the pool

Swimmer and former MontroseAccess client Emily Schmidt recently returned from the Global Games in the Czech Republic with two gold and one bronze medal in the 50m, 200m and 100m breaststroke.

Emily's ecstatic mother, Jann, explained that her daughter swam five personal bests at the week-long games for athletes with an intellectual disability. "She knocked six seconds off her 100m and 200m breaststroke and three seconds off her 50m."

Congratulations, Emily!

Carbrook ladies do it again!



On 28 July MontroseAccess client Stephen Meehan, his grandmother, Dorothy, and Social Worker Michael Deutscher attended a lunch held by the Carbrook Ladies Golf Club on their annual charity day.

This generous group of women has fundraised for our clients for several years, and this year agreed to assist Stephen with funding for a scooter to help his mobility before starting high school next year. Stephen commented on the friendliness and kindness shown to him by all members of the club, and was very happy to assist them with

drawing their raffle. The Carbrook ladies raised the amazing sum of \$2,000 to assist Stephen with buying his scooter. Thanks again to Mary and all the Carbrook ladies for their continued support of children in need, and in particular, MontroseAccess clients.

Michael Deutscher



The crew from Ownit Homes meets one of the winning horses

MontroseAccess Charity Race Day

MontroseAccess held its third annual Charity Race Day at Doomben Racecourse on Saturday 25 July. With thousands turning out on the course for a glorious winter's day of racing, we were able to raise over \$5,000 for the organisation with our meat tray raffles and sponsor activities.

The presence of the MontroseAccess van and playing of our promotional video on the big screens helped raise awareness of the organisation amongst racegoers.

A very big thank you to the generous sponsors of the event: Ownit Homes, BDO Kendalls, Greg Grant Saddlery, Markinson, Ray White, Optimum Recruitment and Trilby Misso; and also to our enthusiastic team of on-course volunteers for making it such a successful day. We couldn't have done it without you!

Volunteers from Westfield were a tremendous help at our Race Day



Greg Grant Saddlery, one of the sponsors of the event

Research into Juvenile Idiopathic Arthritis

MontroseAccess' Occupational Therapy (OT) department has been collaborating with The University of Queensland for several years in developing clinical research projects, with the first of two papers about arthritis recently published.

Two Honours students worked with the MontroseAccess OT team to interview 16 families with a child with JIA. The aim was to investigate parents' perceptions of factors that influence their child's participation in their recommended treatment regimes. Seven key parental themes emerged:

- The difficult process of diagnosis
- The emotional toll of the diagnosis
- Medications can take a long time to sort out
- The difficulties and benefits of exercises

- Family life revolves around arthritis
- Parents' relationships with their child and other family members are affected
- The difficulty of maintaining paid work for parents due to the unpredictable nature of JIA.

The authors show a list of facilitators and barriers to participation in treatment regimes and make six recommendations for clinical practice.

A copy of the article may be borrowed from the OT department. Contact Mathilde Backhouse on **07 3717 1158**.

Jones, F., Rodger, S., Broderick, S. & De Monte, R. (2009). Living with Juvenile Idiopathic Arthritis: Parents' Experiences of Treatment Regimens and Home Exercise Programmes. *British Journal of Occupational Therapy* **72** (6), 249-257.

Call for applications – Waraker Prize

The Waraker Prize is open to all clients of MontroseAccess for the purchase of equipment or educational materials, or for financial assistance to the value of \$3,895. Applications close on 30 September 2009, and the recipient will be notified by 30 November. Visit www.montroseaccess.org.au to download an application form; or contact Irene Quine on **07 3717 1116**.

Thanks, Alma Park Zoo

A big thank you to the folk from Alma Park Zoo, who recently hosted a group of our Respite clients, for their ongoing support of MontroseAccess. Alma Park Zoo will admit one parent or carer free with each client through the gates.

Together in Life website

MontroseAccess is a beneficiary of Together in Life, a website selling ethically produced health and beauty items.

Shopping at Together in Life is an easy way to support the work of MontroseAccess, as we receive 28.5% of the price of all products purchased from the site.

Visit www.togetherinlife.net

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Our Mission

To provide support services to clients with physical disabilities and their families to assist these clients to achieve their maximum individual potential for participation in the community.