

MAQ

Montrose Access Quarterly

Winter 2008



Happy Birthday MontroseAccess!

The fairy floss was flowing; the slot cars were off and racing; and the smiles were contagious as MontroseAccess celebrated its 75th birthday with a giant carnival on Saturday 5 April 2008.

The rain clouds were thankfully kept at bay as over two hundred young clients and their families, staff, supporters and nearby residents enjoyed four hours of free rides, games, food and entertainment at the Corinda site.

"A hilarious donut-eating competition hosted by Captain Starlight was a huge hit, as was the giant slide and Liberty Swing," said MontroseAccess Events Coordinator Jen Livingstone. "You just couldn't wipe the smiles from everyone's faces. Some lucky raffle winners also walked away with beautiful ceramic pot sets donated by de Pot Man."

"An immensely enjoyable day was had by all," CEO Darrel Bourke agreed. "The carnival day was a wonderful way of celebrating 75 great years of supporting young Queenslanders with disabilities."

MontroseAccess' Patron, Her Excellency the Governor of Queensland, Ms Quentin Bryce AC was in attendance to cut the giant birthday cake and chat with families, who came from all over South East Queensland to attend.

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Brett's an inspiration

Late last year former MontroseAccess client and talented gymnast Brett McClymont achieved enviable success at the Special Olympics 2007 World Games in Shanghai.

Message from the President

Welcome to May and the new look MAQ newsletter.

It's hard to believe we're well into 2008 already – our diamond anniversary year – with the first of our birthday celebration events now behind us. A fabulous day was had by everyone who attended our Birthday Carnival at Corinda on 5 April. Congratulations to the MontroseAccess staff and volunteers who worked tirelessly to put it all together on the day.

Several families who were present at the carnival were lucky enough to meet our Patron, Her Excellency the Governor of Queensland, Ms Quentin Bryce AC. On behalf of MontroseAccess I'd like to extend my sincere congratulations to Her Excellency on her recent appointment as Australia's next Governor General, which is a wonderful honour for the State of Queensland.

This year MontroseAccess is embarking on an exciting history project which will see the publication of our very own book. I have every faith in the capabilities of our appointed historian, Helen Gregory, to produce a thorough and fascinating work about the history of this great organisation. I invite the participation of all past and present clients, staff and supporters to make this project a valuable resource for many years to come.

It's an unfortunate reality that poor performance is often more frequently acknowledged than a job well done. MontroseAccess is turning that around in June with the first of what we hope to be many Staff Recognition nights. I encourage all staff and client families to nominate, through the insert in this newsletter, staff members who consistently demonstrate excellence in their field. This is a great opportunity to recognise MontroseAccess staff who go above and beyond the call of duty to deliver superior service – what we're all about.

Take care everyone.

John Kennedy
President



Brett competed for two days and went on to win two silver medals, finishing in 4th place overall.

Brett competed for two days and went on to win two silver medals, finishing in 4th place overall – a remarkable feat with fierce competition from the Chinese and Russian teams. Brett was also only one of two athletes chosen to meet and dine with the Australian Ambassador.

After travelling to Shanghai with his team, the twenty-one year old soaked up some of the Chinese way of life, visiting Chinese families and communities in the region before preparing for competition. According to Brett's mother, Kim Hammermeister, "he had a great trip, meeting new friends from all over the world."

Brett is busier than most young men his age, not only training as a world class gymnast, but also working full time at a Brisbane nursery. Brett is living proof of what hard work, determination and dedication can enable us to achieve, and MontroseAccess wishes him a hearty congratulations!

Emma tackles poverty at 2020



POOR of youth ... St Aidan's Anglican Girls School student Emma Betts. Picture: Annette Dew
Emma Betts wants most people to see the 2020 Summit in Canberra help change the world.
Your chance to help make a difference
If you have ever thought up or started access a great idea but
Courier Mail

Not many sixteen year olds are given the chance to have their voice heard by some of the country's biggest decision makers.

MontroseAccess client Emma Betts did – as a delegate to the 2020 Youth Summit in Canberra on April 12-13. The St Aidan's Anglican Girls' School World Awareness Prefect is interested in poverty, and its effects on children, and participated in the 'Governance and Australia's Future in the World' discussion group.

The Courier-Mail featured a story on Emma's appointment to the summit in its 26 March edition. Well done Emma!

Banish boredom on livewire

Livewire is a free and exclusive online community developed by The Starlight Children's Foundation for children and teenagers living with serious illness or disability in Australia. It's a place where they can make new friends, banish boredom and have fun – and it's completely safe.

The site, which has been operating since June 2007, features chatrooms, blogs, forums and entertainment news for registered members, and is monitored at all times by a qualified chat supervisor. Livewire aims to empower young people – giving them the chance to make friends and support each other.

For more information about Livewire, visit www.livewire.org.au, or have a chat to your Social Worker.

Sunshine Coast office – new contact details

The Sunshine Coast team has moved to larger premises, so please take note of these new contact details:

Physical Level 2, 20 Innovation Parkway
BIRTINYA QLD 4575

Mailing PO Box 616
BUDDINA QLD 4575

Ph 07 5439 1300 **Fax** 07 5437 8372

MontroseAccess would like to extend its welcome to the new Sunshine Coast staff: Robyn Clay (Therapy Assistant), Kylie Shuping (Recreation Officer), Catherine Hunter (Social Worker) and Rebecca Hicks (Speech Pathologist).

Meet Miriam



Miriam Clarke commenced as the new receptionist at MontroseAccess' Corinda office in March.

Miriam brings to the role extensive experience in a wide range of industries, having worked as a bakery manager, an office manager and a carer. When not welcoming visitors to the MontroseAccess front desk, you'll find her cooking, reading or fishing.

Welcome, Miriam!

Dates for your diary

CORINDA BOYS GROUP
Wednesday 14 May
Wednesday 11 June

CORINDA PRIMARY GIRLS GROUP
Thursday 29 May
Thursday 26 June
Thursday 31 July

CORINDA SENIOR GIRLS GROUP
Wednesday 21 May

PINE RIVERS KIDS CLUB
Thursday 5 June

GOLD COAST BOYS GROUP
Thursday 29 May
Thursday 26 June

GOLD COAST GIRLS GROUP
Monday 26 May
Monday 23 June

15-18YRS CAMP
30 June – 4 July

HOLIDAY ACTIVITIES
7 – 11 July

Please contact Carol (Recreation Officer) on 07 5509 9308 for information about the Gold Coast groups.

Farewell...

In February, MontroseAccess was sad to farewell retiring Social Worker, Pam Birch, from the Sunshine Coast team, after fifteen years of service.

In a letter Pam wrote to the families in the Sunshine Coast and Wide Bay Area, she said, "I have valued your contact and shared with you some of the tears and the joys through both difficult and happy times... I leave with so many wonderful memories, so you will be in my thoughts. In my spare time during retirement I intend to continue being involved in committees which continue the goal of improving the situation for families and individuals dealing with the implications of disability."

We wish Pam the best of luck in her future pursuits.

Strathpine office official opening

The Minister for Disability Services, the Honourable Lindy Nelson-Carr MP, showed her support of MontroseAccess by officially opening the Strathpine office on Tuesday 1 April 2008.

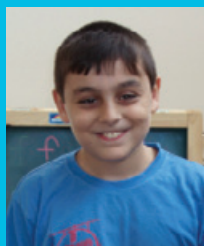
Ms Linda Lavarch MP, the State Member for Kurwongbah, also attended the ceremony. Both Ms Nelson-Carr and Ms Lavarch mingled with Strathpine staff and families over morning tea, commending the outstanding work MontroseAccess does in the community.



The Honourable Lindy Nelson-Carr MP and State Member for Kurwongbah Linda Lavarch MP opened the Strathpine office

PAL Programme makes a difference

Five young MontroseAccess clients went to work over their Christmas holidays, graduating from a new literacy programme developed by the University of Queensland.



The PAL Programme – Phonological Awareness for Literacy – was recently revised by the University with MontroseAccess clients the first to benefit.

The participating children, aged between ten and eleven years, have varied physical disabilities that affect their ability to read and write. They came from all over Brisbane to attend group and individual sessions at Corinda over a period of three weeks – three mornings a week, three hours a session.

"The PAL Programme has been especially designed for children with literacy difficulties," said MontroseAccess Speech Pathologist Pam Grant. "It aims to teach kids stronger sound awareness; to recognise letters quickly and the sounds they make; distinguish between short and long vowels, and decipher complex word endings.

"We establish this familiarity by using rhymes and basic spelling and reading exercises. We give the children a workbook and flash cards that they can take home with them and leave in their desk at school for handy reference.

"Some kids learn to read no matter how they're taught," Pam explained. "Others pick up some skills but need one on one attention. The PAL Programme provides this."

Aldo Carnevale said his son Daniel, who is in year six, has benefited immensely from the programme. "Daniel enjoyed himself very much, and his reading has really improved," he said. "I think it's a wonderful programme, and I'm looking forward to seeing Daniel apply these skills at school and impressing his teacher."

Recreation update: 10 – 11 Years Camp



Karime, Matt, Riley and Mallory enjoy 10 – 11 Years Camp

In February, the 10 - 11 Years Camp was held at Camp Bornhoffen in Springbrook. We had a combination of experienced campers, along with those who were experiencing their first time away from home. The first night, everyone got to know each other over home made pizzas. Yum! After that it was an evening of craft or a movie, before exploring our new cabins. On Saturday we went for a bushwalk and BBQ lunch at Natural Arch and then settled in for an afternoon of games. On Sunday we played some ball games and had fun with the parachute before sadly having to go home. A great time was had by all!

Carol Crompton

ANZ Blue Week



MontroseAccess PR Coordinator Rachel Morgenbesser is presented with a cheque for \$2167.95 by ANZ Queen Street Assistant Manager Angela Norman and staff

Thank you to the staff and customers of ANZ Bank's Queen Street, Indooroopilly, Toowong and University of Queensland branches, who raised over \$2,000 for MontroseAccess as part of their 'Blue Week' promotion in February.

Did you know?

Did you know that RACQ offers a free, statewide motorised wheelchair breakdown service as a community service?

The service is provided by the Club's own patrols and is also offered in country areas. The service is provided on the basis of a response within 24 hours of receiving the call, depending on availability.

RACQ patrol and contracted service providers can assist wheelchair users with the following:

- Battery problems
- Tyre/puncture problems
- Towing (up to 10km).

To access RACQ's wheelchair breakdown assistance or other community based programs and service, phone **13 11 11**.

New MontroseAccess clinic has kids sitting tall

A generous grant from the Tattersall's George Adams Foundation will help to prevent young clients of MontroseAccess with neuromuscular conditions from developing spinal curvature in later life.

The Wheelchair Seating Clinic is a pilot programme developed by MontroseAccess to be held at the Corinda site throughout 2008.

The new clinic will make daily life more comfortable for children and young people in wheelchairs, with the use of an X Sensor Pressure Mapping System that has been purchased with the grant. The system will enable physiotherapists to simply and accurately determine if a child is sitting correctly in their chair by assessing where the greatest pressure is applied. The grant has also supplied the clinic with much needed specialised seating modification materials.

Physiotherapist Helen Posselt said the Seating Clinic will in the short term maintain the posture and comfort of young people with physical disabilities, and prevent them from developing spinal problems, such as Scoliosis, further down the track.

"Children with neuromuscular conditions often have spinal problems," Helen explained. "Because the muscles lack strength, they're unable to support the child in an upright position. They sink back into the chair, or lean to one side. Unless action is taken to counteract this, the curved position becomes fixed, affecting lung capacity and other body functions.

"In the past, spinal surgery has been an unfortunate necessity for 90% of children with neuromuscular conditions. The aim of this clinic is to minimize the need for spinal surgery, which is sadly often a reality for many growing children who are reliant on a wheelchair for mobility."

Once the physiotherapist identifies the beginnings of a lean, they will prescribe cushioning modifications to correct the child's posture and ensure their spine is kept straight.

The new clinic will make daily life more comfortable for children and young people in wheelchairs.

Helen explained that the potential outcomes of the Wheelchair Seating Clinic are widespread within the health industry. "The clinic will ease the workload of staff at the Royal Brisbane Hospital, and ultimately provide cost savings for our health system by reducing the need for hospitalisation and surgery," she said.

"We are extremely grateful to Tattersall's George Adams Foundation for providing the operating and equipment costs of this clinic that will improve the lives of many young people."

Continued from page 1

Happy Birthday MontroseAccess!

MontroseAccess would like to thank the following organisations and individuals whose assistance made the day possible:

- All of our dedicated volunteers
- Ms Roz Baker
- Bakers Delight Graceville
- B105
- Denmac Ford
- de Pot Man
- Mr Beau Dymond
- Mrs Annette Forrest
- Fullframe Photographics
- Lodge Taringa
- Mrs Anne Potts
- The RNA (Ekka)
- Roses Only
- The Rotaract Club of South Brisbane
- SITA Environmental Solutions
- Starlight Children's Foundation
- Variety Queensland



CUA visit



Rhonda Mullaly presents CUA's Elizabeth Forbes-Rhode with a Certificate of Appreciation

Elizabeth Forbes-Rhode and Sonya Lesic from Credit Union Australia were presented with a Certificate of Appreciation when they visited MontroseAccess' Corinda office on 21 February 2008.

CUA's generous donations have enabled MontroseAccess to host Fathers Nights and Mothers Time Out mornings, a way for parents to get together to socialise and support each other in a casual setting.

Senior Social Worker Rhonda Mullaly and Senior Occupational Therapist Mathilde Backhouse took Elizabeth and Sonya on an informative tour of the MontroseAccess grounds, demonstrating the value of CUA's support.

MAQ is looking for contributors

Are you a client of MontroseAccess with a love of writing, or an interesting story to tell?

Why not put pen to paper and share your experiences with the readers of MAQ?

MAQ welcomes submissions of articles, interviews, stories, poems, photos and illustrations that communicate something meaningful, insightful or humorous about day to day life as a MontroseAccess client.

Email or phone Rachel at rmorgenbesser@montroseaccess.org.au or **07 3717 1184** for more information on how you can get involved with the newsletter.

MontroseAccess Scout Group – call for members

The MontroseAccess Scout Group is looking for members to join in the fun of its Wednesday night meetings.

The group is open to all boys and girls with disabilities (not just clients of MontroseAccess) and follows a basic Scout program, including first aid, mapping, cooking and stories.

For more information, phone Rikki Lyon OAM on **07 3848 6811** or **0407 486 811**

Events Update

With the 75th Birthday Carnival now done and dusted, MontroseAccess' Marketing team is focussed on planning for the annual Race and Golf Days, and Diamond Anniversary Gala Dinner later in the year. Be sure to diarise these dates!

DOOMBEN RACE DAY

When Saturday 26 July 2008

Where Doomben Racecourse

Cheer on your winning steed from trackside, while raising money for MontroseAccess. Free entry tickets are available! Ph 07 3717 1194.

MONTROSEACCESS CHARITY GOLF CHALLENGE

When Wednesday 10 September 2008

Where Indooroopilly Golf Club

Go for the green for a good cause at MontroseAccess' annual Charity Golf Challenge. Teams and individuals; novices and pros are welcome to attend this fantastic day at one of Brisbane's most picturesque courses.

75TH DIAMOND ANNIVERSARY GALA DINNER

When Thursday 23 October 2008

Where Royal on the Park, Brisbane

Celebrate MontroseAccess' diamond anniversary in style, with an exquisite menu, fabulous auction items and sensational live entertainment right in the heart of the city.

Sponsorship opportunities for these three events are available – a wonderful way to enhance your organisation's brand awareness whilst helping MontroseAccess to support young people with disabilities. Phone the Marketing team on **07 3379 9200** for more information.

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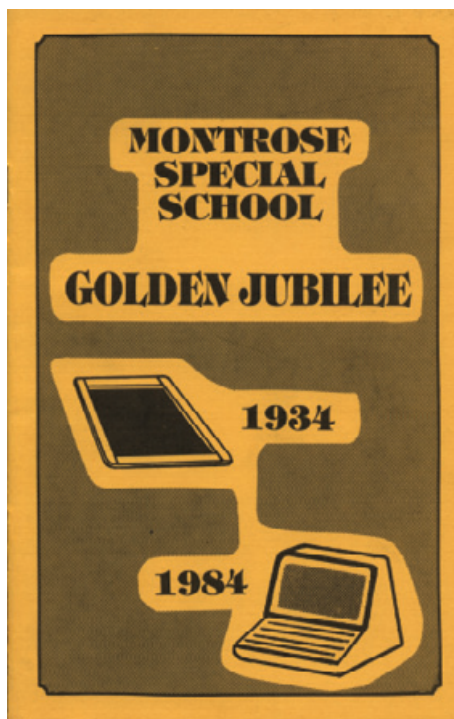
If you no longer wish to receive this newsletter, please phone 07 3379 9200.

MontroseAccess history project

In celebration of 75 years of supporting young Queenslanders in 2008, MontroseAccess has engaged the services of an experienced historian, Helen Gregory, to undertake a comprehensive research project, and write a book about the history of MontroseAccess.

Helen is a well known and respected Brisbane historian who has previously completed similar history projects for the Endeavour Foundation and Mater Misericordiae hospitals. Helen also runs her own consultancy business, Cultural Heritage Strategies, which specialises in cultural heritage conservation advice and historical research.

MontroseAccess welcomes input from past and present clients, supporters and staff, in the form of photographs, anecdotes and memorabilia. If you would like to be involved in the project, or know of someone who would like to participate, please register your interest with Rachel by emailing rmorgenbesser@montroseaccess.org.au or phoning **07 3717 1184**.



Thank you to our sponsors and supporters



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.