

# INDEPENDENT DISABILITY SERVICES OCTOBER 2023 NEWSLETTER

VOLUME 24



## Nurturing Inclusivity, Celebrating Achievements & Preparing for What's Ahead

Welcome to the latest edition of IDS Newsletter! In this issue, we bring you a mixture of impactful updates, heartwarming celebrations, and helpful tips tailored for our incredible community.

We kick off with the Royal Commission's pivotal report advocating for a more inclusive and empathetic society. We also share insights from the recent Client & Carer Engagement Group meeting, where valuable discussions paved the way for a brighter future for IDS.

October brought us a plethora of exciting recreational activities that have been thoroughly enjoyed by our IDS community.

We're also humbled to spotlight our inaugural Hero Team whose tireless dedication made a significant difference in our client's life.

Looking ahead, we invite you to mark your calendars for a series of enriching experiences. Join us in celebrating International Men's Day with an evening of camaraderie at Princes Park Carlton Bowls Club. And for our dedicated support workers, don't forget the upcoming IDS Forums to enhance your skills and knowledge.

We also take this opportunity to wish a very happy birthday to our clients born in September and October. Your journeys inspire us all! Lastly, as the warmer days approach, we share some crucial tips on staying safe and comfortable in the heat.

**Thank you for being an essential part of IDS, where we continue to strive to make every day better for everyone.**

# ADVOCATING FOR A BRIGHTER TOMORROW: The Royal Commission's Plan for Disability Rights

**The Royal Commission's four-year investigation into Violence, Abuse, Neglect and Exploitation of People with Disability has offered 222 crucial recommendations to the Australian Governments.**

The report suggests a comprehensive plan for a more inclusive society where individuals with disability can live independently, free from abuse and neglect.

The findings, as distressing as they may be, have allowed us to confront the realities some of our community members have been facing.

No doubt, these revelations can be shocking and profoundly disappointing, particularly as we realise that many have been failed by those entrusted with their care and support.

However, it's in understanding these upsetting truths that we find our drive to elicit change and protect those who have been let down. In line with this, the Blue Knot Foundation is providing vital support in the form of free, specialist counselling and a referral service.

This service is open to people with disability, their families and carers, as well as anyone affected by the findings of the Disability Royal Commission.

You can reach out to them on 1800 421 468 from Monday to Friday between 9:00am and 6:00pm AEDT, and on Saturdays, Sundays, and public holidays from 9:00am to 5:00pm AEDT.

For more information on the report, visit [The Disability Royal Commission](#).



**Together, we're committed to creating an inclusive society where respect and protection are for all.**

# JOIN THE CONVERSATION: The Client & Carer Engagement Group at IDS

**Our Client & Carer Engagement Group recently convened for another insightful session, guided by board member Mr Richard Lee.**

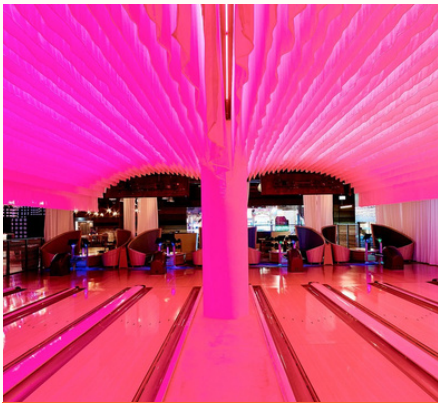
The meeting brought together clients, support workers, and staff to engage in meaningful discussions on a myriad of topics, including the significance of ISO (International Organization for Standardization) and NDIS registration, benefits, marketing strategies and ways to enhance client and staff engagement at IDS.

If you're interested in shaping the future of IDS and meeting fantastic new people, consider joining our group in 2024! We gather four times a year over a delightful lunch, with transportation arranged if necessary. Your perspectives are valuable in directing IDS towards a brighter future.

In our most recent meeting, we had the pleasure of celebrating a special occasion – a big happy birthday to our client, John! Join us for the next meeting, and you might just get to enjoy more such heartwarming moments.



# NOVEMBER RECREATIONAL ACTIVITIES: Embracing Joyful Activities with IDS



**KINGPIN BOWLING**

**WED 1st NOV**  
Crown Complex



**MOVIES**

**THU 9th NOV**  
Melb. Central (Movie TBA)



**CITY CIRCLE TRAM**

**MON 13th NOV**  
Plus lunch in the park



**BEACH DAY**

**TUE 21st NOV**  
Weather permitting



**SHRINE OF REMEMBRANCE**

**THU 30th NOV**

**Fostering Confidence, Independence, Learning, and Fun!**

NOTE: No overnight stays this month.

# HIGHLIGHTS FROM OUR EVENTFUL MONTH: Fun, Togetherness, and Community Spirit

The past month at IDS has been packed with exciting activities. We enjoyed the lively Royal Melbourne Show, embarked on an adventurous Mystery Bus Tour, and shared in the thrill of MCG Footy Finals Day, even getting the chance to hold the prestigious AFL Grand Final Cup! Looking forward to more memorable events as we continue to bring joy and foster strong bonds within our IDS community.



# CELEBRATING OUR HEROES: Recognising IDS's Hero Team



**This month, we are delighted to spotlight an entire team as our inaugural Hero Team.**

A heartfelt salute goes out to Prakesh, Laba, Nimo, Eason, Amaka, Justice, and Rajan. Their cohesive efforts have created a supportive environment that empowers our client to actively pursue his goals and partake in daily activities whenever possible.

This remarkable team consistently goes above and beyond for their client, demonstrating genuine care and unwavering support, even through challenging times and hospital stays.

Ready to step in at a moment's notice, they exemplify dedication and passion in their work.

The team's commitment to excellence ensures they deliver optimal care and provide invaluable feedback about the client's needs. Their empathetic and professional approach sets a high standard of service that all of us at IDS strive to emulate.

We want to express our utmost gratitude to the SR Team for their ongoing commitment and excellent service. Thank you for making Independent Disability Services a better place for our clients!



# CELEBRATE INTERNATIONAL MEN'S DAY: Join IDS for an Evening of Camaraderie

## Mark your calendars for a memorable evening this International Men's Day!

We're thrilled to invite you to join us for an uplifting evening of BAREFOOT BOWLS. Held at the Princes Park Carlton Bowls Club on Monday 20th, November 2023, from 5.30pm.

The event is set to be a delightful mix of friendly competition, delicious food, and engaging games.

Taking place on the 20th of November, 2023, this global celebration recognises the invaluable contributions men make to the world, their families, and communities.

It's a day where we shine a spotlight on positive role models, while also raising consciousness about men's well-being. In honour of our 2023 theme, "Zero Male Suicide", we gather, united in our resolve to end male suicide.

Your ticket includes bowls, beverages, and burgers, priced at \$70 per head. If you'd like to participate in this special celebration, please call our office to secure your spot.

**We can't wait to share this meaningful evening with you!**

# INTERNATIONAL MENS DAY

November 20

**MEN CAN BE TOUGH  
MEN CAN CRY  
MEN CAN BE SILENT  
MEN CAN TALK  
MEN CAN GET HELP  
MEN CAN GIVE HELP  
MEN CAN HAVE PROBLEMS  
MEN CAN BE EMPOWERED**

**INTERNATIONAL MEN'S DAY  
FOR ALL MEN AND BOYS**



# IDS FORUMS:

## Enhancing Skills and Knowledge Together

### **Mark your calendars for two upcoming IDS Forums this November.**

As an essential gathering for our IDS support workers, these semi-annual forums provide a unique platform for dialogue, learning, and growth.

These 2 hour sessions will facilitate discussions on critical topics, industry changes, and legislative updates. It's also a chance to access important training to refine our services.

Our forums are **MANDATORY** to attend as paid time, and a shift allocation will be put in your roster. For more details, please contact the client services team.

### **SOUTH EAST FORUM - NEW VENUE Thursday 2nd November**

Central Ringwood Community Centre  
Bedford Park, Rosewarne Ln,  
Ringwood VIC 3134  
10.00 – 12.30 (arrive 9.45 please)

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### **WEST FORUM**

#### **Friday 3rd November**

East Keilor RSL  
Hoffmans Road, Niddrie VIC  
10.00 – 12.30 (arrive 9.45 please)

We look forward to your active participation in these knowledge-rich discussions.

## **BIRTHDAY CHEERS: Celebrating IDS Clients Born in September and October**

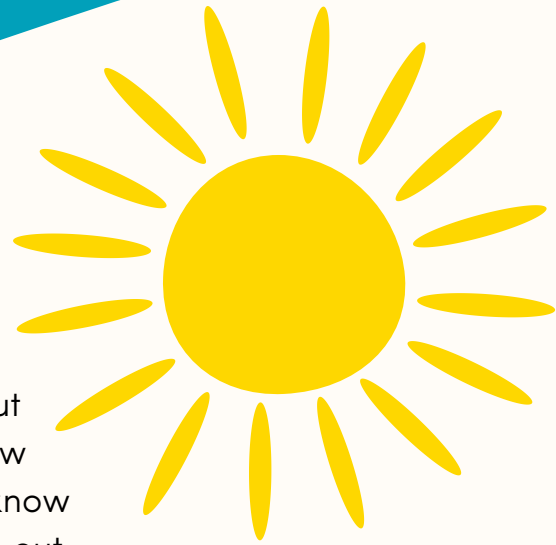


**The team at IDS takes great pride in celebrating our clients milestones as it reminds us of our shared commitment to making every day better.**

We'd like to extend our heartfelt wishes to the following clients celebrating their birthdays September and October: Maureen, Alicia, John, Susan (Lulu), Ryan, Merinda, Janette, Tayten, Daniel, Meckenzie, and Shivam. We hope your birthday is filled with joy, laughter, and memorable moments.



# STAYING SAFE IN THE HEAT: Tips for the Warmer Days Ahead



**A recent report from Human Rights Watch highlighted that extreme heat can disproportionately affect people with disabilities, leading to physical, social, and mental distress, and even life-threatening situations.**

Here at Independent Disability Services (IDS), we care about your wellbeing. Therefore, we've compiled a few tips on how to manage better in the heat. Should you or someone you know require additional assistance, please don't hesitate to reach out. IDS is here to provide additional support when needed.

## **1. Stay Hydrated**

Always carry a water bottle with you and drink water regularly.

## **2. Stay Cool**

Seek air-conditioned environments, draw your curtains at home, take cool showers, and choose light, loose clothing made from natural fabrics.

## **3. Plan Ahead**

Schedule your activities for the coolest parts of the day and avoid physical exertion in the heat.

## **4. Protection**

If you need to step out, wear a hat and sunscreen, and carry water with you.

## **5. Hot Cars are Dangerous**

Remember, temperatures inside parked cars can escalate rapidly. Never leave children, older people, or pets unattended in cars.

For more details on coping with extreme heat, visit [Better Health Channel](#).

**We're here to help ensure every day is safer and better  
for our IDS community.**



# Independent Disability Services

*Changing lives, empowering people*



## Want to join our online community?

Connect with our social media community by following us on Facebook, Instagram, and LinkedIn.



## Love us? Leave us a 5-star Google review!

Search for Independent Disability Services (IDS) on Google or [click here](#). For any additional comments and feedback, call us at 03 9340 5100.

