

Our Mission

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

Thank you to our Sponsors & Supporters



- Reuben Pelerman Benevolent Foundation
- The Walter & Eliza Hall Trust • Mr Paul Rigby

New Activities at Strathpine

Since moving into our new office in August 2007, staff at the Strathpine office have been busy making the most of our new north side location. Many families have been able to come in, as well as therapists appreciating being closer to their family's homes.

'Toys and Talk' started in Term 4. This is a group for young children and their parents promoting communication, motor and social skills. We had lots of fun with craft activities, treasure hunts, obstacle courses and Santa even visited! In 2008 Toys and Talk will continue fortnightly in conjunction with MyTime. Dates will be advised.

Two wheelchair clinics have been run from the Strathpine office. These were both very successful days with many families being able to come in and have their wheelchairs reviewed by the Physiotherapists and Occupational Therapists.

The staff held an informative afternoon tea on the 13th December for other local therapy agencies to increase their awareness of MontroseAccess and the services we provide. Staff attended from Education Queensland, Disability Services Queensland and Xavier.

For Term 1 2008, we have many more plans for utilising our new office. A Time Out morning for many of the mothers is scheduled, following the success of the mornings at Corinda. For further information please contact Geraldine Burgess on 07 3717 1163. For further information on MyTime please contact Carlie Lidstone on 07 3717 1166. For general inquiries about the office or to contact your child's therapist, our office number is 07 3881 7900. We look forward to a new and exciting year in 2008!

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Fair Dinkum! Bewdy, Bonza Mate!

It was all G'day! and Strewth! when the MontroseAccess Respite crew went to visit the Australian Outback Spectacular in September 2007 for a display of dinky-di Aussie traditions. Clients and staff were treated to a classic meal of steak, vegetables and pavlova whilst witnessing a breathtaking demonstration of skill and daring from trick rodeo riders on horseback as well as sheep and cattle mustering. The most favoured features were the whip cracking and the dulcet tones of a singer on the back of a classic Aussie icon, the ute. The pinnacle of the show was the appearance of a full size helicopter – indoors! With plenty of crowd participation and games, the night proved to be an enormous amount of fun and an outing clients will be talking about for months to come!



Above: Tom, Diane, Victoria, Carly and Christine tip their hats at the Australian Outback Spectacular.

A Day in Wonderland

Christmas came early to the Strathpine office and their families. On the 24th and the 25th of November 2007 twenty-two of the MontroseAccess children and their families were invited to 'A Day in Wonderland.' The day was generously hosted by Westfield Strathpine and involved a morning programme with eleven children attending each day. The morning started with breakfast while listening to a Christmas story and Christmas songs by the 'Fairydust Fairy.' The children then had their photo taken with Santa and got the opportunity to let him know just what they wanted for Christmas. They also went on a shopping spree with a \$50 gift voucher generously provided by Westfield. The shopping was very exciting for the children – one young man was particularly keen, repeatedly asking staff, "How much does this cost? How much do I have left?" All the children enjoyed shopping in the 'Bargain Plus' store where plenty of bargains could be purchased. The day finished with the children (and some adults) making Christmas cards and enjoying a delicious lunch of toasted sandwiches and fruit.

Fun was also had by the MontroseAccess staff, Pam Grant and Mim Beiers, as they were able to interact with the families in a more relaxed environment. Thank you to Westfield Strathpine for such a wonderful experience.



Mikaela enjoying a magical time with the Fairydust Fairy at Westfield Strathpine in December.



Green Thumbs

The Junior School of St Aidan's Girls' School has an environmental club for girls in years 5-7 that aims to promote sustainable living at school and in the community. The girls wanted to plant some trees in the name of climate change and spreading the word about the issue. They also wanted to do this in their community and MontroseAccess seemed the perfect choice.

On Tuesday 27 November 2007, around 20 girls planted 15 native shrubs and trees at MontroseAccess. Drought resistant, hardy plants were especially chosen to survive the long breaks between rainfall periods. The girls were very interested to learn of the services provided and the children we assist both at Corinda and throughout Queensland. They hope to revisit MontroseAccess and observe the growth of their plants in years to come.

Corporate Golf Challenge 2007

Fore! The MontroseAccess Corporate Golf Challenge was again a hugely successful day, thanks to the generous sponsorship of corporate donors. The event was held at the beautiful Indooroopilly Golf Club (IGC) and featured a morning training clinic with Golf Legend, Charlie Earp – former coach to Greg Norman. Thanks to Genesys Wealth Advisers, Platinum Sponsor of the Golf Day, which in total raised over \$18,000 for essential services. This could not have been achieved without the support of the Indooroopilly Golf Club, the IGC Pro Golf Shop and our other valued sponsors.

Rain threatened the game and the heavens opened with lightning enforcing a mid game break – fortunately this was brief. Players returned to post golf drinks and a delicious dinner. Pat Welsh of Seven Sport proved yet again to be a worthy MC for the evening. Guests were entertained by an interview with cricketer Ray "Razor" Phillips and Phil "Blacky" Black auctioned our fabulous items including a deluxe Deep Sea Fishing Trip with accommodation courtesy of Nomad Sport Fishing Adventures. Congratulations to the Grange Securities Team for the impressive winning score of 53 5/8 on the day. The 2008 Golf Day is set for Wednesday September 10, again at IGC. For more information, please call Marketing on 07 3717 1194.



Above: Golfers brushing up on their skills during the Charlie Earp Clinic at IGC.



Above: Jayden at Water Play

Message from the President



Welcome to another year at MontroseAccess. This year will be filled with an abundance of celebrations as we acknowledge our 75th year in assisting young Queenslanders with physical disabilities. This newsletter is packed with information on some of the events happening throughout the year and I particularly encourage all our client families to participate in our special day – Saturday 5 April 2008 at Corinda. The carnival atmosphere will provide free rides, activities and loads of fun for all the family! The celebration of seventy-five years of providing care to young Queenslanders with a disability is the opportune time to reflect on our history, celebrate our achievements and consider our future. 2007 witnessed the introduction of respite and day services to clients over the age of 18 and we look forward to continuing these programmes which have

proved popular and rewarding for our clients. I am sure that 2008 will provide even more opportunities for these programmes to expand and address the increasing requests for such services.

The end of 2007 provided much satisfaction through the awarding of Quality Assurance by Disability Services Queensland (DSQ) – a wonderfully positive outcome due to many months of preparation and work by staff. The Quality audit, conducted by independent auditors over a week, resulted in compliance in accordance with the Queensland Disability Service Standards. There are 10 standards for improving the quality of services in the disability sector for which we have been certified as a quality assured service provider. Congratulations to all staff on delivering such an outstanding and ongoing quality service to young people of Queensland and their families.

Another high note for the year came through the receipt of awards from the Department of Communities within DSQ and the Department of Recreation. This recognition by the Queensland

Government is particularly pleasing to the Board of Directors who acknowledge the commitment and dedication of staff, resulting in these awards.

So 2008 is a year to celebrate with us! I invite you to attend our family day on Saturday 5 April at Consort Street, Corinda to be part of our celebrations which will continue throughout the year. A gala dinner is also an opportunity to join the celebrations and fundraise for our quality assured and award winning services to continue well into the future.

A happy new year to all our clients, families, carers and supporters.

John Kennedy
President



MontroseAccess

Girls Group Update

Monday 27th November was a very important day for the members of our Junior Girls Group. We celebrated the transition to middle school/secondary school of several of our members with a Graduation Day activity programme.

Junior Girls Group is usually held on the last Thursday of the month in the Living Skills Room at Corinda, from 3.30pm to 5.00pm, and caters for girls in the middle to upper primary school levels. It aims to give girls the opportunity to meet other girls of the same age who are in a similar situation to themselves and participate in a variety of fun craft and recreational activities. Our programme has included jewellery making, many craft activities, cooking, and a pamper day. It is a popular afternoon and 5.00pm often seems to come round much too quickly.

On Graduation Day, we considered some of the issues that concerned the girls as they are growing up and doing some things differently to their class mates. The group talked about how they felt about this and discussed some strategies for managing as they go onto the next stage of their education.

Then it was out to lunch at a local café followed by craft in the afternoon. The girls each painted a cup and tile which were later baked in the oven. Some of these were destined to be Christmas presents for some lucky people. It was a very worthwhile and enjoyable day for everybody involved.

Girls Group is looking for new members in 2008, so if anyone is interested please feel free to talk to your team social worker, or phone Geraldine Burgess on 07 3717 1163 or Janet Pipe-Jones on 07 3717 1167.



Above: Girls Group 2007.

Dates for your Diary

MontroseAccess 75th Big Birthday Bash!

Family fun Carnival for all ages!
5 April

Bayside Kids Club - Tuesdays

19 February
18 March
15 April

Social Club - Fridays

29 February
28 March

Moreton Boys Group - Wednesdays

13 February
12 March

Primary Girls Group - Thursdays

28 February
27 March
24 April

MyTime Corinda Term 1 2008

Fridays 9:30am-12:30pm
15 February
29 February
14 March
28 March

MyTime Gold Coast (Arundel) Term 1 2008

Fridays 10:00am-12:30pm
8 February
22 February
7 March
4 April



Happy Birthday MontroseAccess

The 4th of April 2008 marks the 75th year since MontroseAccess was formally registered as a company in order to assist Queensland's children. Through the years, MontroseAccess has changed and grown to become THE service provider for children and young adults with a physical disability.

The generosity of George Marchant enabled MontroseAccess to begin services for children with Poliomyelitis in 1933. By 1937 the condition had reached epidemic proportions and the current site at Corinda was established to provide accommodation and schooling for 90 children.

Today MontroseAccess provides essential services for over 600 clients across Queensland, encompassing physical, environmental and emotional well being for clients and their support network. Our skilled professional staff assist over 2000 people through the various programmes and services provided. These include Therapy services such as Physiotherapy, Occupational Therapy; Hydrotherapy in our own purpose built pool; a specialist Orthotics Clinic; Social Work; Recreation; Lifestyle and Leisure programmes - as well as providing essential accommodation and Respite services in clients' homes and at our own facility in Corinda.

To wish MontroseAccess a 'Happy 75th Birthday' there is a full schedule of celebratory events planned with something for everyone to enjoy. On Saturday the 5th of April, the MontroseAccess 75th Birthday Carnival kicks off the festivities with a fun filled day for the families of MontroseAccess, all at our historical site in Corinda. This promises to be a fantastic and exciting day for all with clowns, face painters and fairy floss as well as plenty of rides including a jumping castle and the GIANT SLIDE; plus craft activities and an animal farm!

MontroseAccess will also host an elegant Black Tie Charity Gala Dinner at the Royal on the Park on Thursday 23 October. Be prepared for an evening of class and charm as MontroseAccess celebrates our 75th Diamond Anniversary in style!

With a range of other activities scheduled for our busy year ahead, we look forward to meeting more families in a relaxed and party atmosphere. We will continue to hold our annual events, including our important fundraising Doomben Race Day on 26 July and Charity Golf Day on 10 September 2008.

These events provide great opportunities to make new business contacts, network, or simply to have a great time whilst supporting the important services MontroseAccess provides to your community. You are more than welcome to come along as a participant, sponsor or volunteer!

For information on any of these events, please contact the office on 07 3379 9200.

Below: Georgia loves her Hydrotherapy sessions.



Assistance for Families

Relationship Family Services Australia provides information about many different Australian Government funded community based organisations and the services they provide. Family Relationship Services for Carers facilitate essential links to families caring for a person of any age with a disability. The programme provides access to family counselling and mediation; plus information, referral and support to help families make financial, accommodation and care arrangements for their family member with a disability. The programme is free, however if a family is later referred to a different service, a fee may be charged.

For more information or to find a Family Relationships Services for Carers provider in your local area, call the Family Relationship Advice Line on 1800 050 321 (8am- 8pm Mon- Fri and 10am- 4pm Saturdays) or visit Family Relationships Online at www.familyrelationships.gov.au

Water Play – Hydrotherapy

After neuromuscular conditions, juvenile idiopathic arthritis is MontroseAccess' largest client group, and affects one in 1000 children in Australia under the age of 16 years. Medication prescribed by a paediatric rheumatologist is critical in controlling the symptoms, which include stiff, painful and swollen joints; however there are a variety of other management strategies. Aquatic physiotherapy, Hydrotherapy and Water Play therapy provide both physical and social benefits for young people with this condition.

Aquatic physiotherapy enables achievement of specific physiotherapy related goals – such as increasing and/or maintaining joint movement and strength; cardiovascular maintenance and improvement; improved gross motor skills and gait pattern; improved breath control and the prevention of respiratory and musculoskeletal issues. Aquatic physiotherapy also teaches water safety skills and helps to increase general water awareness and confidence.

An aquatic physiotherapy session enables exercise to take place in a fun environment with the child's peer group. The therapy helps to maintain a range of movement of sore joints, while the warm water provides some pain relief. In the younger age group parents join their children in the water, learning strategies they can apply at home or in a public pool.

Throughout 2007, two aquatic physiotherapy groups provided regular fortnightly sessions in our hydrotherapy pool at Corinda. One session on a Monday afternoon is aimed at school aged children, while a Tuesday morning session caters to a younger age group.

Our Gold Coast team also run Water Play therapy sessions for pre-school aged children and their parents. The sessions are led by MontroseAccess Physiotherapists and held at Runaway Bay Sport Super Centre (RBSSC). RBSSC kindly donated use of the pool facilities to run the sessions, mostly weekly, throughout school terms three and four in 2007. The group sessions provide children and parents with the opportunity to socialise with other families in their situation, and develop informal support groups in a relaxed atmosphere. It is also beneficial for children to know they are not the only ones living with arthritis.

The sessions will begin again in Terms 1 and 2 2008, so please contact Naomi Stevenson on 07 5509 9302 to register for this fantastic programme.

Awards – And the Winner is

Continuing the exceptional service and high standards of service delivery for which we have become renowned, MontroseAccess has been recently recognised with the following awards:

1. Minister's Awards for Excellence in Workforce Development, 2007.

Department of Communities, Disability Services Queensland.

The Sector Recognition award was presented to MontroseAccess in acknowledgement from the community and disability sectors for excellent workforce development practices. (There were five finalists, all of whom shared the award.) Members of Parent Project Australia nominated MontroseAccess for this award in recognition of our Neuromuscular Clinic, the brainchild of Physiotherapist Helen Posselt. The Board, Management and Therapy Services staff enabled this wonderful ongoing programme to be established in July 2004.

2. Minister's Awards for Excellence in Workforce Development, 2007.

Department of Communities, Disability Services Queensland.

The Collaborative Achievement award was presented to MontroseAccess and Parent Project Australia in recognition of outstanding achievements in collaborative practices that have contributed to workforce development. The organisations were sole recipients in the open and regional categories. Parent Project Australia were the nominees. The award recognises the collaborative approach between the two organisations in the successful presentation of the international neuromuscular conference "Turning the Tide" in October 2006. MontroseAccess conference committee members were Helen Posselt, Helene Frayne and Cheryl Morrish.

3. The Queensland Outdoor Recreation Awards 2007.

MontroseAccess received the Recreation Training Queensland Award for Fostering Training and Professional Development. Anthony Clifford, Senior Recreation Officer, nominated MontroseAccess for the award. The Board and Management of MontroseAccess provide the financial support and paid leave for staff skills development.

Congratulations also to Mathilde Backhouse, a Senior Occupational Therapist with MontroseAccess, for her nomination for the prestigious MaryRankine Wilson Memorial Award through Occupational Therapy Australia (QLD). This award recognises a significant contribution to the OT profession and Mathilde's nomination is a testament to her hard work and dedication in this field.

Children In Need Trust

MontroseAccess is yet again delighted to receive the generous support of the Children in Need Trust. In December 2007, Darrel Bourke was presented with a generous cheque for \$10,000 by Mr Nick Pye, Managing Director of the Sports Super Centre at Runaway Bay. The Centre and MontroseAccess have a five year history which is still going strong. The Centre supports our Gold Coast client families through the provision of their pool for Hydrotherapy and Water Play. Our camps use their facilities over the school holidays and they generously fund part of our shortfall through their cheque donations. We continue to be extremely grateful to the Centre and Nick for their valued partnership with us.



Lights, Camera, Action!

Promotion and awareness of MontroseAccess is a very important part of ensuring that we can continue to provide crucial services to children and young people across the State. It is time for us to develop a new promotional DVD and to increase our photo library with some beautiful professional photographs.

An experienced film crew and photographer will spend a day at MontroseAccess in March or April to capture wonderful images of clients and families accessing our services on site at Corinda. This is an excellent opportunity to have some professional photos taken and all participants will receive a free disc of their images. Our photographic 'models' and 'actors' will be required for a shift of between 2-4 hours on the day. All incidental costs will be reimbursed and refreshments will be provided. Your valuable contribution to this project will enable us to reach more people and generate greater community awareness of MontroseAccess.

For more information or to obtain a Consent Form - contact Marketing on 07 3717 1194 by 29 Feb 2008

An Inspired Adventure

Trekking along the Great Wall of China must rank as one of the greatest experiences on the planet. Imagine walking on several sections of this incredible architectural phenomenon, across 15th Century Ming Dynasty hard rock wall, and then descending in the afternoons on local trails to quaint villages in Hebei Province to camp and meet local people.

Ability First Australia, of which MontroseAccess is a founding member, is organising this unique fundraising opportunity. By paying a registration fee and then fundraising sponsorship money for the trip, participants are not only able to experience the adventure of a lifetime, but will also raise valuable funds to go directly towards supporting MontroseAccess clients and families.

The AFA Great Wall of China Trek 2008 will take place from May 31 until June 9 and involves an exciting itinerary exploring both Beijing and regional parts of China bordering the Great Wall. For more information contact Jamie on 02 9907 7088 or visit www.inspiredadventures.com.au/AFA2008.



Bribie Island Bowls Day

A sunny Sunday, November 11 2007 proved the perfect weather for some friendly competition on the green with the ever popular Bribie Island Bowls Day. As usual the day was an enormous success due in no small part to the tireless efforts of Mr Paul Rigby and the generosity of the Bribie Island Bowls Club. The drawing of the Monster Raffle was a highlight whilst the Shave-a-thon allowed the more daring to show their support for MontroseAccess. The event raised over \$10,000 for essential services. We thank the ongoing support of Paul and the club and look forward to 9 November this year for yet another great event!

It's a Dog's Life

MontroseAccess is pleased to welcome a new member of staff to the team. Wilbur is a 9-year-old Labrador who is now a familiar face in the corridors and fringes of the MontroseAccess Respite Centre. Wilbur started working in June 2007 with an in-home respite client and has now extended his working hours to the out-of-home service.

Wilbur is a great diversion and fantastic company for the children and young adults accessing the service. His gentle nature and happy personality is a welcome addition to the team.



Above: Carly, Josh and Wilbur enjoy their time in Respite.

My Christmas Time

MyTime is a group for parents and Carers who receive the Carers allowance. The group is facilitated by MontroseAccess and welcomes anybody who has a child who is prep aged or younger. MyTime's first year finished with a bang with 2007 Christmas celebrations at both the Arundel and Corinda groups.

The Arundel group celebrated with a delicious lunch on the waterfront at Labrador. It was a good chance for our mothers to chat and catch up before the busy Christmas break. The Corinda group celebrated with a Christmas morning tea, where a surprise visit from Santa was the highlight for everyone. The children made Christmas crafts while the mothers enjoyed catching up.

For more information please see Dates for your Diary, or to register an interest in the group, please contact Carlie Lidstone on 07 3717 1166. We look forward to seeing you there!

Below: Sophie, Mandy and Matthew meet Santa at MyTime.

