



Events calendar

Inala Golf Day



**Thursday
31 October 2019
Bonnie Doon Golf Club**

ENTER NOW

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As part of Inala's Communication and Engagement strategy, we will be moving toward delivering communications electronically. In order to do this, it is vital that we have email addresses for everyone in our community. Please email reception@inala.org.au to register your details for communications. Thank you.

Inala News

Spring 2019



Bree, Peter, Susan and Joy enjoying a Titanic moment.

Cruising in style

What started as an idea amongst friends over a year ago, became a reality in early August as Joy, Peter, Bree and Susan boarded the Carnival Spirit for a 3-day cruise.

Joy and Susan had been on a cruise several years ago and loved it so much they were very keen to go again and share this experience with good friends Peter and Bree.

Joy asked for a meeting with Joint CEO Rebecca van Bilsen and put forward their idea. Rebecca investigated options and as Rebecca had not been on a cruise herself, she asked whether they would like her to join them; the response was an enthusiastic YES!

With bags packed and goodbyes said, the team headed to the International Passenger Terminal to board their 'home at sea' for the next couple of nights.

Cruising out of Sydney harbour on a beautiful sunny afternoon and enjoying the scenery from the balcony was a highlight. It was exciting to see the Harbour Bridge, the Opera House, Pete's mum's home as well as Kirribilli House.

“My favourite part of the day was watching the ocean and sunset”
Joy

With so much choice it was hard to decide what to do each day - Joy, Peter, Susan and Bree spent some time each morning, usually over a relaxed breakfast, working out the day's activities.

There was lots of walking, plenty of great food, time to sit on the deck, relax and take in the scenery, trivia and games, room service and of course the 80's night. Not forgetting the re-enactment of scenes from Titanic - arms out at the front of the ship. With all that activity it was no surprise Bree and Susan clocked up each day over 10,000 steps on their fit-bits.



Peter and Joy enjoying a tropical drink.



Friends ready to cruise.

It was a wonderful holiday and most of all this was an opportunity for four friends to spend time together, to laugh, stay up late and share new experiences. All important parts of life which help us to grow and develop as individuals.

There is already talk about another trip - this time with more friends to share the experience with some old hands leading the way!

“I want to go on a cruise again with more of my friends, maybe next time in Summer so we can swim”
Sue

Lachlan working on a jewellery piece

Gabrielle Upton and feature artist Richard and family

Art inspiring art

Liz, our resident silversmith at Dulkara, facilitates a jewellery making class every Friday morning. Lachlan and Susan, who are regular participants in the class had honed their jewellery making skills using polymer clay and were ready for a new challenge.

Liz suggested using silver and copper to make statement earrings. "When Lachlan and Sue did their very first 'saw', they blew me away. They embraced this new skill and ran with it" said Liz.

Where does the inspiration for the unique pieces come from? Lachlan and Sue were keen to use their friend Tom's artwork as a base - it is unusual, it's the way he looks at things; the detail, the shapes and the colour. We all thought "this would be amazing in jewellery!". Watch this space for updates on their incredible creations!

Art shows - Dulkara & Miroma

It has been a very busy time for all participants in the Art programs at Dulkara and Miroma, preparing for the annual Art Exhibitions. Focusing on the interplay between strong, bold elements and small delicate details, the Dulkara Exhibition titled Contrasts: A Delicate Balance was the culmination of the year's work showcasing a range of mediums and beautiful work. The exhibition was again sumptuously catered for by the Dulkara TAFE Hospitality group.

We were thrilled to welcome Woollahra Mayor, Cr Peter Cavanagh and local member the Hon. Gabrielle Upton MP to the recent opening of the Miroma Art Exhibition. The artwork theme, 'Through Line' focused on the way in which individual expression in all of its diversity, invites a sense of communal celebration and deeper connection with each other. It was a wonderful community celebration a pleasing to see many artworks going to new homes.

Thank you to everyone who participates in the vibrant art programs at Inala and continues to produce such beautiful and expressive works for us all to enjoy.

You can make a difference

We hope that you will continue to generously support Inala. Together we can continue to provide the highest quality support to individuals living with disability and ensure that everyone at Inala has the opportunity create a life of meaning, Connect with others and Grow to discover what's possible.

To support Inala please visit Inala.org.au/donate, phone (02) 9680 1000 or post the form on the letter enclosed. Thanks you for your support.



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Founded together with families in 1958, Inala remains committed to providing the highest quality support to individuals living with disability through our individualised and flexible Accommodation, Day and Community Supports.

Inspired by the work of Rudolf Steiner, our human-centred approach recognises the unique abilities and contributions of each person. We are proud of our reputation for excellence and are known for the warmth and individual support we show each individual and their family.

From our CEOs



Spring is in the air with the weather getting warmer and the azaleas at Inala starting to blossom! During Spring we celebrate 'growth' and we are pleased to bring you many stories about the wonderful growth and achievements of many of the members of the Inala community.

We are so grateful for the incredible support for our recent tax appeal. The generous pledge from the Marshall Family to match all donations during our annual tax appeal saw a record amount of \$92,500 take us \$185,000 closer to our goal of building two new homes to accommodate the ever-growing demand for a home at Inala. We are now almost halfway to our \$4.5m goal! We look forward to keeping you posted on our progress to purchase the first block of land.

It has been great to see the growth in our local community with the opening of the highly anticipated North West Metro. We were invited to test out the new Cherrybrook station (across from Inala's Head Office) and provide feedback on the accessibility and ease of the service. Having this service open and in such close proximity will allow clients and staff to more readily get out and about to explore the city and surrounding areas as well as making it easier for people to travel to Inala.

We are sure you will enjoy reading how four adventurous friends took their travel to a new level with a 3-day cruise. The trip was filled with fun, laughter and new experiences. After having such a great time, talks have already started to plan the next one with even more friends coming aboard!

Creation has been flowing freely through Dulkara and Miroma, and we were able to see this first hand at the annual Art Exhibitions. The beautiful pieces created drew quite a crowd and saw a record number of artworks purchased on the opening nights of each exhibition.

Members of the Dulkara Film Program were also invited to attend the red carpet event of NOVA Employment's annual "Focus on Ability" Short Film Festival to see their film showcased on the big screen!

We were sad to make the decision to cancel the annual Inala Fair due to weather conditions and look forward to welcoming the community to a bumper Fair next year.

Martin and Rebecca | Joint CEOs

Accommodation Appeal update

Thanks to your wonderful and generous support we are half way towards our goal!

We are thrilled to report we have nearly \$2.2m committed towards our goal of building two new homes – providing vital accommodation for those on our waiting list who are seeking the opportunity to create a life of their own, live in a home with friends, and develop the life skills and confidence which flows from this.

The search for an appropriate block of land in the community has started and we will keep you updated as this progresses.

Thank you to all our generous supporters who have contributed so far.

Please visit inala.org.au/get-involved/accommodation-appeal for more information or contact Lucy Regan, Communications & Engagement Manager on 0425 285 707 or lregan@inala.org.au.



The winning trivia team "Your Team Name" led by Bill & Marissa Best at our recent Trivia Night.

Thank you for your generosity

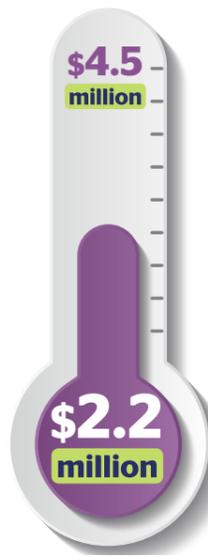
Thank you to everyone who gave so generously to our recent Tax Appeal. You helped raise **\$92,500** for Inala, another record amount!

With the Marshall Family's generous commitment to match all donations dollar for dollar we are now **\$185,000** closer to our goal of building two new homes to provide opportunities for individuals with disability to live a life of their own.

Since Inala was established over 60 years ago, our community has grown and benefitted through the contributions of others. Thank you to the Marshalls for their wonderful generosity and to all members of the wider Inala community who continue to support us in so many ways.

We would also like to thank everyone who supported our recent events including the Mother's Day Lunch, Castle Hill Golf Day and Trivia Night.

The generosity of the Inala Community, supporters and donors is greatly appreciated. Thank you!



Thumbs up for the North West Metro.

A new neighbour

The much-anticipated North West Metro opened recently and with Cherrybrook Station opposite Inala there has been plenty of opportunity to test out the services. The new service has been a great addition to the travel training program and has made the City and other parts of Sydney more accessible.

After providing feedback on the timing of door opening and closing, several Inala residents were invited by North West Rail to go on an excursion on the train. This was an opportunity for the operators to appreciate first-hand the time required to enter and exit the carriages, and also highlight some of the accessible features on the stations.

We appreciate the opportunity share our insights with North West Metro and will continue to enjoy using the train to get out and about.



Wilma Riley and Pauline Kemp on the Children's wear stall.

Celebrating 50 years with Wilma

Congratulations and thank you to Inala parent Wilma Riley on a remarkable achievement – this year would have been Wilma's 50th Inala Fair. Wilma, her daughter Elizabeth, an Inala resident and her many friends have been making and knitting beautiful children's clothes and running the children's wear stall and have been an integral part of the Fair. We were sad to make the difficult decision to cancel the Fair this year due to weather conditions and we hope to be able to celebrate this special achievement with Wilma next year.

Thank you, Wilma for your many years of dedication and support for Inala, particularly your involvement in the Mother's Group in the early years of Inala and the second-hand shop at Newtown.

Miroma garden gets a makeover

The TAFE horticulture program, which has been established at Dulkara for several years, has expanded East to Miroma.

The participants in the program have literally started from scratch, clearing vegetation and cutting, sanding and varnishing timber to create raised garden beds. After preparing the beds and planting vegetables, and with gentle care and watering, it has been exciting to watch the spinach and shallots and other vegetables grow.

It has been a real team effort to build and care for the gardens
Nathalie - Miroma Manager

The team is now moving onto tiding up the existing garden beds and giving the garden benches a fresh new look for spring.

Through this wonderful program, growth in all areas is nurtured and promoted with the learning of new and very practical skills, culminating in a TAFE Certificate 1 in Horticulture!



Richard working on the new garden beds.

Dulkara on the red carpet

This year the Dulkara Film Program submitted an entry into the annual NOVA Employment "Focus on Ability" Short Film Festival. The festival asks film makers to focus on the ability of people with a disability and tell a story on film for the world to view.

Mark and Patrick worked together with Tony, Simon, Bree, Sue, Daryl and Crystal to put together a short film titled "Change

Your Focus". On Friday, September 6th, they attended the red carpet awards night at the Concourse in Chatswood. While they didn't take out an award this year, it was a great chance for members of the film group to showcase their work and meet other actors and film makers.

Everyone had a fabulous night and we can't wait to see what the Dulkara Film Program has in store for us next!



Mark, Bree, Simon, Tony and Patrick on the red carpet.