

Inala News

Autumn 2020



Angela and Nicole enjoying a quiet time at the park together while exercising social distancing.

A New Reality

March 2020 is a month we will not soon forget. With Coronavirus being declared a global pandemic, the world came to a standstill. Social distancing measures came into effect, and any unnecessary travel was banned. Even trying to purchase toilet paper became a mission in itself!

However, these changes also lead to a lot of positives. It's times like these that force us to slow down and appreciate what's around us. It pushes us to step out of our routines and comfort zones and try new activities and explore new ways to stay connected with family and friends.

Geoffrey and John played a game of backyard cricket, which is a perfect sport for social distancing and was great fun for the pair! Ian got to know some of his feathered neighbours while Corinne and Lucy were both gifted an iPad for their early birthday presents to keep busy while indoors. Corinne has been

very engaged learning how to use her new device and has even downloaded herself a book! Susan decided to practise some yoga, and Peter was able to spend the extra time at home tending to his vegetable garden.

Meanwhile planned events, such as the Mother's Day Lunch, are being altered to incorporate virtual elements so we are still able to engage with our wider community.

It is clear that while some things may have changed in recent weeks, our ability to create, to connect and to grow will always stand true.



Susan practising yoga.



Change of Events

With the recent restrictions on social gathering, Inala has had to adapt how we host our upcoming events, which can no longer take place as planned. We are exploring some exciting options to continue to engage supporters via 'virtual' events. As part of these virtual events, we will be holding raffles with some fabulous prizes.

Tickets can be purchased on our website inala.org.au/events.



Autumn has arrived and trees are painted with tones of red, orange and gold. This change of season is particularly symbolic, representing the changes we have seen lately within our community, the nation and globally with the increasing presence of Coronavirus. Inala continues to develop and refine a prevention and response plan to the Coronavirus pandemic. We are also thinking of all members of the Inala community during this period of uncertainty. We believe that once we have weathered this season together, we will once again bloom.

We continue to focus on the needs of our community and are currently sourcing an appropriate block of land to purchase for a new purpose-built house to provide vital accommodation services for those on our waiting list. We are also in the midst of preparing the old St Michael's House for refurbishment to be repurposed as a new flexible day service catering specifically for our more mature age clients.

With the ever-changing environment, Inala remains true to its core values, beliefs and is commitment to providing the highest quality support to individuals living with disability to create opportunities and re-imagine possibilities, to make connections and to grow.

Martin and Rebecca | Joint CEOs

Surf's Up!

On Saturday February 29th, a number of Inala residents enjoyed a day out at Collaroy Beach for a special surfing event organised by the Disabled Surfers Association. Inala looks forward to taking part in this event every year as it offers so much to those attending - a chance for challenge, new experiences, goals achieved and of course, fun!

The volunteers from DSA are amazing and come from all over Sydney to be part of these events and an opportunity to help and give back. For a number of people attending from Inala this was their first time surfing!



“It's wonderful to witness people trying something for the first time, because the first time will never happen again.”

Rebecca van Bilsen, Joint CEO

Everyone had a wonderful day in the sand and surf, and many attendants chose to push their boundaries and try something new with the support and encouragement from both Inala staff and DSA volunteers.

Mature Age Service

For over 60 years, Inala has been committed to providing the highest quality support to individuals living with disability. An important part of this commitment is to be flexible and support individuals as their needs change.

As many of us know, our needs are ever-changing as we go through life, and in particular as we grow older. With this in mind Inala has been developing a new day service focused on supporting the changing needs and aspirations of the older individuals we support. Many of these individuals have been part of the Inala community for many years and some are reaching a stage in their life where they are seeking a stimulating but slower paced retirement-like lifestyle. We are renovating an existing building to create this new environment.

There has been wonderful support for this initiative through two longterm supporters of Inala. Julian Leeser MP recently awarded Inala \$15,000 as part of the Stronger Communities Programme, while Dominic Perrottet MP has committed \$10,000 through the Community Building Partnerships Programme. The support through these grants is incredibly appreciated, but we still have to raise significant funds to complete the refurbishment.

If you would like to contribute to the development of this new day service you can donate through our website at inala.org.au/get-involved/make-a-donation/

Julian Leeser MP on his visit to Inala

