

Inala News

Spring 2020



A socially distanced outdoor music concert held at an Inala home during COVID-19 lockdown.

A New Age of Service

For over 60 years, Inala has been committed to providing the highest quality support to individuals living with disability. As we endeavour to provide this support, an important factor of this commitment is being able to be flexible and adapt the ways in which individuals are supported as their needs change over the course of their lives.

Many of the individuals we support have been part of the Inala community for many years and are reaching the next phase of their life where the style of support they require is changing. It became clear that many of the more mature individuals at Inala still have so much they want to give and experience, but they

want to experience it at a slower pace than some of the younger clients. In response to this Inala began to develop the new Mature Age Day Service to support more mature individuals in finding the balance to continue to experience all the things they wish to, but at a pace that is more suitable for their changing needs.

I love that Inala works to constantly re-evaluate how we can support clients in their next phase of life. Our clients aren't just a name on an attendance sheet, they are individuals with their own aspirations and things that are of value to them. They have so many lessons to teach us and that shouldn't have an age limit put on it

Livian Jones, North West Day Services

This new service will provide a retirement-like lifestyle and choices on an individual basis. There will be capacity for a range of activities, including arts and crafts, massage and therapies. Now that the major building renovations are complete, we are gathering materials to develop the programs for the service, along with specialised furniture to ensure the utmost comfort of our clients.

We are so thankful for all the individuals and organisations who have already contributed to the development of the new Mature Age Day Service.

Russell, one of Inala's founding clients, will be accessing the new service.





With Spring well and truly here we can't help but reflect on all the change and growth of the past few months. As we have all settled into a different way of delivering services, it has been lovely to watch how much stronger and more connected we have become as a community. We have had to be flexible in our approach and adapt much of what we do to ensure our community remained as safe as possible throughout the Coronavirus pandemic. This included a full re-design of service delivery for our Day Services, along with developing new and creative ways to maintain meaningful activities and supports, such as travelling mini music concerts, short film-making, zoom zumba sessions, our superb Inala Accommodation MasterChef challenge and many others.

We are so grateful to all who have contributed to our Accommodation Appeal which has now hit the \$3 million milestone; we are thrilled to announce plans are already underway to build a new Inala home in Castle Hill. We are also pleased to share that the renovations to St Michael's have now been completed and we are in the final stage of adding the finishing touches to prepare the space for our new Mature Age Day Service.

We would like to thank all of our community for their unwavering support as we have navigated through changes to services, events and visits to Inala; we couldn't achieve all we do without you.

Martin and Rebecca | Joint CEOs

MasterChefs in the Making

With some more time at home these past few months, Inala residents have been brushing up on their cooking skills.

They have even taken it a step further and have a MasterChef challenge! Since April, each week a new challenge has been set for Inala residents. Everyone was given a set list of core ingredients to use or a theme to work with to create a main meal or a dessert.



Warren with his Japanese delicacies!

This was a great way for everyone to get creative and have some fun in the kitchen. Safe to say there were plenty of amazing dishes created!

From puff pastries and trifles to cobblers and stuffed capsicum, it's clear to see Inala has a lot of talented chefs within our community!

Inala Fair Update

It is with great sadness that we announce we have made the difficult decision to cancel the 2020 Inala Fair due to COVID-19 government restrictions on public gatherings.

We realise this will be very disappointing for many members of the direct Inala and wider community and we will work hard to ensure the Fair in 2021 is bigger and better than ever.

We greatly appreciate all the support we receive for the Fair and will continue to explore other ways to maintain engagement with the wider community. We will still be holding a raffle online, so be sure to keep an eye out on our website to purchase your tickets!



A Grand Day on the Green

After having many events cancelled this year due to the COVID-19 pandemic, we were thrilled to be able to hold our annual Inala Golf Day at Bonnie Doon Golf Club. Luckily, golf is a very socially distanced sport!

It was a beautiful day to be out on the course (albeit a chilly start). There were some adaptations to the usual running of the event to ensure that it was COVIDSafe, but it went off without a hitch and everyone had a great day!

We are pleased to announce that due to the generosity of all involved, we were able to raise over \$13,000 towards equipment for our new Mature Age Day Service.



A New Home

In November 2018 at our 60th Gala Dinner, we launched our Accommodation Appeal to help us raise the \$4.5 million required to build two purpose-designed homes to provide opportunities for people wanting a home with Inala.

Since then, many people have come together and contributed to this appeal. We are thrilled to let you know that collectively over \$3 million has now been raised for our Accommodation Appeal!

With this we are excited to announce that we have now purchased the first block of land in Castle Hill. Plans are already underway for the first home which will be able to house five new residents.

Thank you to everyone who has made this possible! We will continue our fundraising efforts to reach our final target and keep you updated on the progress of the first home.