

Inala News

December, 2023



Message from our CEO

As the year draws to a close and we prepare for the holiday season, I wanted to reflect on what has been achieved at Inala this year, and what a year it has been! I would like to take this opportunity to thank every single supporter whose generosity has enabled us to achieve so much.

This year we have been able to get back to our usual calendar of fundraising events, which resulted in more than \$300,000 raised. Our Tax Appeal raised \$163,000, and we have received an additional \$127,000 in grants and other donations, bringing the total support we have received from you this year to just over \$600,000!

- ✓ Upgrade facilities such as the sensory room in our Wandana Day Service which provides a much needed space of calmness
- ✓ Purchase much needed equipment such as hoists and massage tables to meet personal care needs
- ✓ Refresh outdoor areas at a number of homes to enable socialising
- ✓ Upgrade infrastructure and IT systems that allows staff to focus on what they do best
- ✓ Maintain our fleet of modified transport to enable community access, such as the Vegebox program
- ✓ Upgrade infrastructure and IT systems that allows staff to focus on what they do best
- ✓ Provide access to film equipment and facilities that enabled the Dulkara Film Group to win a Top 5 Award in the Focus on Ability film awards.

On behalf of off of us at Inala, I thank you for your generosity and your ongoing support. I am very much looking forward to 2024, and I'm excited about what we will achieve, with your help.

Alexandra Davis
Chief Executive Officer, Inala

"Thanks to your support in 2023 Inala has been able to help support more than 200 individuals live the life they choose full of meaning and purpose" - Alexandra Davis, CEO





Giving Back to our Community The Poppy Project

Inala's core values include Love, Empathy & Compassion. We are the fortunate recipients of much support, but it goes both ways. This year the Inala community has supported a number of deserving causes, such as the Cancer Council's Biggest Morning Tea, and more recently we launched the Inala Poppy Project.

In November we partnered with students from William Clarke College to hand-make a range of poppies, from wreaths to pins, hairclips, keyrings, soaps, chocolates and cupcakes. All items were made with the joint efforts of our Day Services and students, and were sold to staff in the week before Remembrance Day. All proceeds raised were donated to RSL LifeCare Veteran Services, and we will look for other ways to contribute next year.

Top Five Award: Dulkara Film Group

Who's Got Talent a film by the Dulkara Film Group

Congratulations to the Dulkara Film Group who received a top 5 nomination for the Judges Choice Category in the Focus on Ability Film Festival. The opportunity to walk the red carpet and take part in the exclusive screening was a once-in-a-lifetime experience for our participants and staff.

The film group is continuing to work on their next project and you can see some of their "Shorts" by following our Facebook and Instagram pages @Inala - disability services.



Thanks to your support

Renovation of Pohl Cottage

It was with much excitement that Pohl Cottage packed their bags and moved out for a few weeks so renovations could take place in their much loved home.

While they had an adventure in another Inala residence, new floors were laid throughout the home, new furniture delivered and loving touches added like photos, mirrors and design accents.

While the renovation was in part necessary, it was also an opportunity to add more homely touches and to give each participant a chance to add their stamp and personality to their home.

Pohl Cottage is now a house full of character which is enjoyed with pride by those who call it their home.

We would like to thank you for your support which enables renovations like this to happen at Inala.

After the Rain The Exhibition

Artwork by Keisha

After the Rain, an exhibition by Inala artists is open now at Woollahra Gallery at Redleaf and will run until January 7.

'After the Rain' is a powerful collection of works that highlight the resilience and creativity of our participants. The theme of water as a symbol of hope and rebirth is beautifully woven throughout artworks.

It features a diverse group of people living with disabilities who showcase an extraordinary diversity of visual talent. Their works, much like the rain, serve as harbingers of hope in the heart of what is clearly not a geographical or cultural desert of our continent.

Open throughout the festive season at 548 New South Head Road, Double Bay it is well worth a visit. Opening hours are listed on their website.



Meet Asha

Each and every person at Inala is unique, with their own interests, talents and aspirations. At Inala we know that providing the supports, services and facilities that each person needs unlocks possibilities for individuals living with disability.

Asha loves the water, but needs costly support equipment to make an ordinary activity like swimming possible. Since participating in hydrotherapy, for the first time, Asha is able to enjoy the freedom of floating, stretching out and placing her feet on the floor. However, for Asha to be able to enjoy regular swimming in the Inala pool, she requires additional support equipment that is currently not covered by the NDIS.

Your support helps Inala provide necessary equipment that can make dreams a reality.



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