

Community Chat



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Support Co-ordination

Depending on your goals within your NDIS plan you may receive funding for support coordination.

Support Coordination is when someone:

- Helps you understand your plan
- Helps you to activate your plan to best achieve your goals
- Finds the best support for you
- Helps you build your ability to connect with your supports and community.

Contact our Support Coordination Team

To discuss support coordination and how Karakan's support coordinators can help maximise your NDIS plan call or email:



Dani Smith

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Mental Health & Wellbeing

It is Queensland Mental Health week (5th -13th October). It is time to bring more attention to mental health, with almost half of Australian adults experiencing a mental illness at some point in their life we need to break down the stigma so that people can reach out in communities and get the help that they need. With only 35% actively accessing mental health services The theme this year is 'Take Time' for mental health. There are small things that help improve our mood, build resilience and boost our wellbeing. So regularly 'take time' for one of these simple actions to feel the benefits.

Be Active - try a 10 min walk twice a week

Keep Learning - take up a new hobby, it will build your confidence and be fun

Give - volunteer to help out

Connect - Grab a coffee with a friend

Take Notice - practise morning mindfulness for 2 mins each day

Care for your Planet - Remember to recycle

Share with us what you have done to help improve your mental health and wellbeing.

Meet the Team



Linda Stevens: Team Facilitator

About ME I am an outdoor person, I like bush walking, swimming and going to the beach. I like people who respect other people and I like to be appreciated.

What motivates you in your role? For me it is all about the people I meet. Learning about different cultures, hearing their stories, understanding their journey and the relationships & bonds I make, give me a sense of purpose and personal achievement.

What do you find challenging? Because I am such a people person, just finding the right harmony between supporting people and completing everything that needs to be done can be a challenge.

What attracted you to work at Karakan? Karakan is about a close knit and caring community, the values are the same as mine, which is why I have stayed with Karakan for 15 years, regardless of my role the focus of 'people 1st' runs through everything.

Musings from the GM - Mental Health Focus

Karakan has a long rich history of providing support to people in recovery from mental health challenges. It was reaffirmed recently by the Board that this will continue to be our core focus. Whilst Karakan over the years has developed skills in supporting people with an intellectual disability, and an understanding of how people with a disability experience mental health challenges our expertise lies in the support of recovery.

Our intention for the future is to innovate and create a wider impact for people affected by mental health challenges. We are proactively investigating ways we can expand our influence, grow into new areas, and strengthen our foundations, always focused on helping people to build and develop their Lifeworld, reducing the need to rely on government systems.

It is an exciting time for Karakan as we grow our NDIS services, investigate innovative new service ideas and ultimately help people to create their tomorrow.

Rhonda

'This is new for me; it makes me feel proud of what I can do.'

'I live in my own house in a community unit. It's a nice place to live, I have friends here, and it's relaxed. I can have people over and live the way that I like to, my neighbour comes over most days to catch up'. 'Karakan has been helping me with daily tasks for a while now, but since getting more funding with the NDIS I have been able to do more. I get out and about more, which I really like doing, I walk my dog Paige to the local park with my Support Worker Ben and go to the local pool for swimming lessons.'

'I have also been able to plan trips to go out. I have also started taking regular trips to the market, I have social anxiety and originally the thought of doing this was just too much for me. But the staff at Karakan were so supportive and we worked on how we would approach it so that it worked for me. It is now something I really look forward to and I didn't think I would ever say that. This is new for me; it makes me feel proud of what I can do.'



Fun Facts

You won't find 80% of Australian animals anywhere else in the world. The animals of Australia are some of the most interesting, from cuddly marsupials to a huge variety of birds. Kangaroos are easy to spot, but Koalas and Platypuses are a little more elusive.



What's On

September: MZAZA In Concert 22nd September @ Spiegeltent Treasury, Brisbane. Tickets from \$27.50

PCYC Community Fun Day - 5th Annual Inclusive Sports Carnival 18th September @ PCYC Beenleigh, 20-38 Alamein Street, Beenleigh 10am-1:30pm

Oktoberfest Street Party! - Brisbane 21st & 22nd September @ Munich Brauhaus (Southbank). Free entry

October: Global Food Markets Every Sunday 6am-12pm Croydon Road, Woodridge

November: Supanova Comic Con & Gaming 8th-10th November @ Brisbane Convention & Exhibition Centre, Brisbane. Tickets from \$32.50

Create Your Tomorrow