



Richmond Connections

Newsletter | June 2022

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TasRec – Update

In the north-west, we have had fantastic numbers in Tuesday's Just Move program, teaming up with Reclink to have some fun on the rings and sleds!

Still in the north-west and in conjunction with Reclink, we attended an art exhibition and

BBQ on June 20 at the Ulverstone Bowls Club. It was great to see some wonderful art, including pieces created by our TasRec participants!

In Launceston for Term 3, the walking group will become a new Social Group / Day Trip program,

Message from the CEO

Richmond Futures seventh independent living site and first in North West Tasmania, Munday Place commenced operations in May 2022.

The creation of the site aligns with our mission to deliver quality and inclusive person-centred mental health recovery and wellbeing services, through supporting choice and control and new service options for participants based in this region. Munday Place, located in Shearwater, offers Supported Independent Living, Independent Living Options, Medium and Short Term Accommodation with shared home and independent unit options. It's unique location offers a tranquil oasis, whilst being close to amenities for participants, as well as our team based there.

Our commitment to continuous improvement and high-quality service was evidenced in March with Richmond Fellowship Tasmania achieving accreditation against the National Standards for Mental Health Services. This is an important achievement and one which has seen increased engagement and involvement of participants, improved communications with carers and other important people and a strengthening of our processes and systems.



Miriam Moreton
CEO



Find out more about Munday Place on page 6.



Program Highlight – AgeWise

The AgeWise program is funded by Primary Health Tasmania to deliver psychological supports into residential aged care facilities across Tasmania. The program is delivered in 1:1 or group format. A new initiative in the north-west of the state has seen the development of a series of four sessions focused on the principles of Mindfulness and Life Review Group Therapy.

One of the key principles of the AgeWise program, stemming from our Recovery and Wellbeing Framework, is to assist residents in aged care facilities to build and strengthen resilience, self-determination, enhance social engagement, inclusion, sense of community and overall wellbeing. Living in the present moment is not often understood, appreciated, and practiced conscientiously in many aged care facilities.

Mindfulness and Life Review Group Therapy is offered by our experienced Mental Health Clinicians, and enables individuals to connect with themselves, be more present both internally and externally. In addition, Life Review Group Therapy enables residents to become socially engaged, offering a sense of community, with reminiscence aiding individuals to share their life story with understanding and compassion, find commonality with others, appreciate all they have achieved throughout a lifetime and acknowledge their sense of worth. Research suggests that mindfulness group therapy and life review therapy is effective in managing the mental health of people living in residential aged care facilities.

Our Mindfulness and Life Review Group Therapy is currently being supported by Coroneagh Park Nursing Home in Penguin, Tasmania and is being considered by other nursing homes in north-west Tasmania. The group has been very popular with 12 participants engaging in the first group and there is a wait list for subsequent groups in place. Feedback from residents who have participated in both the Mindfulness and Life Review Therapy groups has been very positive, proving very beneficial for residents' overall wellbeing, enabling them to connect with others, share past and present experiences with understanding and support, as well as promoting an increased sense of self-worth.

As a result of the success of the initial programs, our AgeWise team is in the process of implementing this group in northern Tasmania, with southern Tasmania planning to commence the same group in the near future.

If you would like to know more about our AgeWise program, contact Audrey van Wyk, audreyw@richmond tas.com.au or call 6228 3344.

Employee Engagement 2022 – Survey Results

Our annual Employee Engagement Survey held in April was once again a great opportunity for our employees to provide input and feedback on our direction, ways of working and organisational culture.

The overall results were overwhelmingly positive and have allowed for celebration of our successes, whilst also identifying some areas we will focus on over the 2022/2023 financial year.

Agree / Strongly Agree

92%
OF EMPLOYEES

Understand Richmond Group's values and regularly consider the when undertaking their role.

Agree / Strongly Agree

91%
OF EMPLOYEES

Feel proud to tell people where they work.

Agree / Strongly Agree

88%
OF EMPLOYEES

Think their team works together effectively.

TasRec – Update continued

featuring visits to museums, art exhibitions, the Gorge, Trowunna Wildlife Park, Evandale and local op shops and (of course) coffee shops. We are also looking to implement a gardening group moving into Spring, to spruce up the garden area at the back of Bissland Place in Mowbray. If you have any ideas for the garden, please let us know!

In Hobart, Term 3 will see the Social Group / Day Trip continuing although we will have more indoor options throughout the winter months including bowling and bingo!

During this time we will also be planning our tree planting for the garden at kuntana liprini, in Glenorchy and will be starting the Dirt Club program up again in September. We are hoping to have loads of people keen to start planning and planting the Queen's Jubilee Celebration Garden!

If you'd like to know more about TasRec's programs on offer, contact Program Leader, Nadia Cole: nadiac@richmond tas.com.au or 0439 952 252.

Term 3 runs from July 4 to September 23. You can view and download the North and South timetables at rft.org.au/services/tasrec-online-booking/

In 2021, Julie Nylander kindly contributed to Richmond Fellowship Tasmania to create the Nickolas Long Art prize, in memory of her son who attended art classes at Patrick Street, Hobart for many years. We had some amazing entries last year and it was a tough decision for Julie and Nickolas' sister Jess but they finally selected a portrait by James Bietman. Congratulations James for winning the 2021 competition!

Nickolas' mum Julie, wanted to share her son's story and how the art prize came about in his honour.

"Nick first found Richmond Fellowship Tasmania about 25 years ago. He had returned from a year in America where he had been an overseas student. Nick started to become unwell about a year after his return home and was eventually diagnosed with Schizophrenia.

Nick always loved art and was a student at the University of Tasmania's School of Art, Hunter Street Campus. Nick struggled to be of the standard he was when at art school and for many years did not paint because of it. For Nick, starting to paint again was a challenge. It made him quite tired because he wanted to create as he had before his diagnosis. He was

encouraged by his mum who had never painted before but she painted with him every week. In a way, Nick became her teacher and they were able to paint just for the pleasure of each other's company, not because they were trying to produce masterpieces. It became a really important part of their lives and their art session became something to really look forward to each week, for both of them. These art sessions gave Nick back his confidence to join in with other art groups, simply for the pleasure of being with like-minded people.

Prize money for the Nickolas Long Art Prize is a result of fund-raising from the club Nick's mum Julie, is a member of. Inner Wheel is a women's service club similar to Rotary. When Nick died unexpectedly three years ago, Inner Wheel wanted to support Richmond Fellowship Tasmania (RFT) in acknowledgement of its role in Nick's life. The hope is that RFT participants enjoy and benefit from their experiences creating art and fun together. Art is a really wonderful tool for everyone.

Julie and her family know that Nick would be very proud and happy to know that the Nickolas Long Art Prize is something real and will be won by a participant every year."

Thank you to Julie for sharing her and her son's story and for helping to create the Nickolas Long Art Prize, to encourage and support other RFT participants in their exploration, creation and enjoyment of art.

The first of two competitions are happening for this year's Nickolas Long Art Prize. The first competition category is sculpture and closes June 30. Judging commences the following week. To find out more about the second competition, contact Nadia Cole, nadiac@richmond tas.com.au. Good luck to all entrants!



Julie's son Nickolas



From left to right, Linda (art teacher), Julie (Nickolas' mum), James (winner) and Jess (Nickolas' sister).



(Above) Participants visiting the Maritime Museum in Hobart



(Below) Just Move participants in the north-west using the sled as part of their strength training routine.

Independent Living – Living in North West Tasmania

We are excited to offer NDIS participants the opportunity to express interest in Richmond Futures' beautiful new property.

Munday Place offers six one-bedroom fully furnished studio apartments and one fully furnished shared house suitable for two participants. This property would suit NDIS participants looking for Supported Independent Living, Independent Living options or Lead Tenant accommodation options, and offers STA / respite and medium term tenancies. The site is staffed 24 hours per day, seven days per week, in line with participant needs.

This property offers privacy from the main street but is still very much a part of the Shearwater community and surrounds. Set in a beautiful area overlooking the Shearwater Golf Club, this property would suit participants 18+ years old with a primary or secondary psychosocial disability.

We are accepting expression of interest for Munday Place. If you are interested in exploring this opportunity, please contact Michelle Oates on 61691188.

Munday Place, Shearwater



About the Property

- Six one-bedroom studio apartments and one shared house suitable for two participants, all on a flat block.
- Fully furnished studio apartments available.
- Studio apartments feature built in storage, kitchenette, open plan living and dining.
- Shared house is a large fully furnished two bedroom house with two bathrooms, and two living rooms.
- Shared laundry, garden and outdoor area.
- Staffed 24 hours a day, 7 days a week.
- A vehicle is available to support participants plans.

Community Profile

- SUPA IGA Shearwater and Bendigo Bank are a three minute walk away, The Nutbank health food store, Rocky Gardens Cafe and Bonnie & Clyde Hair and Barber are less than a ten minute walk. Woolworths is a thirteen minute walk or two minute drive.
- Addison Reserve is a three minute walk away and Shearwater Park and Freers Beach are a 16 minute walk or three minute drive.

- Port Sorell Medical Centre is two minutes away by car.
- Overlooks Shearwater Golf Course.

Resident Profile

- Age 18+.
- Male or Female.
- Has a primary or secondary psychosocial disability.
- Has a NDIS plan with SIL, ILO, Lead Tenant, STA or MTA funding.
- Is medication compliant.
- Interacts well with others in a shared environment.
- Is willing to participate and be part of the property's community.

Things to Consider

- Smoking is not permitted indoors.
- Pets are not permitted.
- Visitors must adhere to the guidelines in the Residents Handbook.

“ Finding appropriate accommodation for mentally ill young adults is a major concern for their parents. ”

Richmond Group Carer





Staff Spotlight – Gibbs Hatendi

What is your role?

I am employed as a NDIS Support Coordinator.

Where are you based?

I am based at Head Office in Hobart.

How long have you worked for Richmond Group?

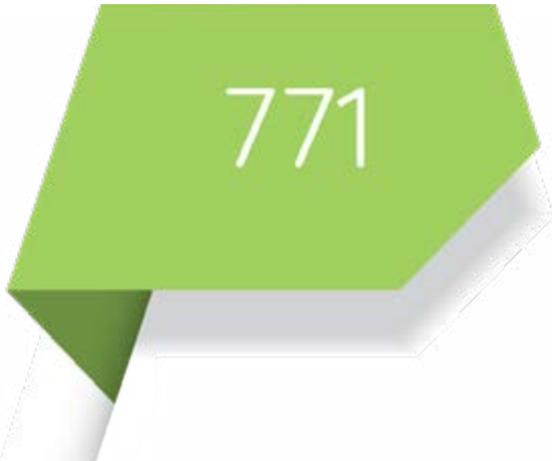
I have been with the organisation for 1 year.

What do you like most about your role?

I enjoy the different challenges that I meet daily and the great thing about this role is that you learn something new every day.

Did you know?

During 2020 – 2021 Richmond Group delivered 771 recreation and capacity building activities state-wide.



Want to know more?

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Send Us Feedback: Scan the QR code



To make a referral email:

referrals@richmondtas.com.au



Interested in donating? To make a one-time or recurring donation, become a volunteer or leave a bequest visit:

rft.org.au/make-a-donation/

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Your donation helps to make a significant difference in the lives of Tasmanians facing mental health challenges and social disadvantage.

Richmond Fellowship Tasmania is fully accredited against ISO 9001-2016. Richmond Futures is fully accredited the NDIS Quality and Safeguarding Commission Standards. Both Richmond Fellowship Tasmania and Richmond Futures are registered charities with the Australian Charities and Not for Profit Commission.

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