

# A Christmas gift from Wetherill Park Rotary

On 14 December last year, the Rotary Club of Wetherill Park held their annual Carols at Horsley Park, sponsored by Smithfield RSL.

The event, which included live entertainment, an appearance from Santa, a Foti Fireworks display and, of course, carol singing, helped to raise funds for a number of community organisations including The Junction Works.

The Junction Works team, which included members of staff and the Catering Crew, manned the BBQs all afternoon keeping attendees well fed.

CEO Chris Campbell, who proved himself an expert with a pair of BBQ tongs,

commended the Rotary Club not only for its work in the community but also for members' efforts in providing tangible support for other local community organisations.

At the end of a long, hot but enjoyable day, The Junction Works was delighted to be the recipient of a cheque for \$2,000.

We thank the Rotary Club of Wetherill Park for their great generosity.



Chris Campbell at the Rotary BBQ

## Make it monthly – it's easy and everyone benefits



Catering Crew team member Alex

How does becoming a monthly donor – also known as a 'regular giver' – benefit you, The Junction Works and the people we support?

In fundraising terms a regular giver is someone who makes a monthly donation by automatic payment from their credit card or bank account. It is someone who has chosen to make an ongoing contribution to something worthwhile.

It's the easiest and most cost-effective way to help The Junction Works because, once it is set up, you don't have to do anything more. We can forward plan knowing we can depend on regular donations coming in and we can also reduce our administration costs, as there is less processing to do. All of this means that there is more money available to change lives and give more opportunities to the young people we work with.

You stay in control because you choose how much you want to donate each month (for example, \$20) and if your circumstances change, you can change the amount or put the donation on hold. You can also keep track of your donations as we send you a tax-deductible receipt every year.

It's easy to become a regular giver and it's safe and secure. Just fill in the form below, tick 'Monthly' and return it to us or go to [www.thejunctionworks.org](http://www.thejunctionworks.org) and search for 'Regular Online' – we'll do the rest.

If it doesn't suit you to become a regular giver right now, don't worry, The Junction Works greatly appreciates all donations, large or small, regular or one-off.



### YES, I want to help create new possibilities for people

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: (w) \_\_\_\_\_ Telephone: (h) \_\_\_\_\_

Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

### Please complete all sections that apply

Frequency of donation:  Monthly  One-off (please tick your preferred option)

Please charge \$ \_\_\_\_\_ to my credit card OR my cheque is enclosed for \$ \_\_\_\_\_ (payable to The Junction Works)

Credit card:

Card number:

Expiry date:     CVV:

Cardholder name: \_\_\_\_\_

Signature: \_\_\_\_\_

All donations over \$2 are tax deductible and a receipt will be sent promptly. The Junction Works follows National Privacy Principles. Should you wish to be removed from our mailing list, please contact us on 02 8777 0500 or email [info@thejunctionworks.org](mailto:info@thejunctionworks.org)



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JUNCTIONCONNECT



## Join Vic Lorusso and take up the JUNK FREE JUNE CHALLENGE ...



JUNK FREE JUNE participants at the start of the 2013 Campbelltown City Challenge Walk

It's a fact that healthy people are happier and more productive so why not accept the challenge and get involved in The Junction Works JUNK FREE JUNE fundraising campaign.

Exercise releases 'feel-good' endorphins that not only help to shed the day's stresses and forget problems but also help you maintain a more positive outlook afterwards.

So, if you're an Employer, show your staff that you care about their wellbeing – and that of others in the community – by getting your company involved in this year's JUNK FREE JUNE campaign!

And if you want to take up the challenge yourself, not only will you feel good when you 'give up' an unhealthy activity or 'take up' a healthy one but you'll also be raising money to improve the health and wellbeing of adults with intellectual disability in Sydney's South West.

All you need to do is get your company, family, friends and colleagues to sponsor your 'Give up or Take up' choice during June. You can also make a small donation to The Junction Works in the unlikely event that you don't stick to your commitment!

Last year we raised \$37,000 towards the support of young people with disability. With your help we can do even better this year.

To help us achieve our goal we're excited to announce the appointment of our first JUNK FREE JUNE Ambassador, Vic Lorusso, popular traffic reporter and media personality.

Vic has been a strong supporter of The Junction Works for a while now, donating his time at several of our fundraising events. Of course, Vic will be making a 'Give up or Take up' choice too.

So take up the challenge and register for JUNK FREE JUNE today. It's free and you'll also receive a free JUNK FREE JUNE polo shirt and cap along with help to reach your health and fundraising goals.



Vic Lorusso (right) with Joey Mittiga



To register online, or to get more information, fundraising tips or some ideas on what you could Give Up or Take Up, visit [www.thejunctionworks.org](http://www.thejunctionworks.org) or call 02 8777 0500.

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# Message from the CEO

As a supporter of The Junction Works you have shared our journey to 'create new opportunities' in the lives of people requiring extra support to live a 'good life'.

With your help we have been able to introduce our Well Being(s) initiative to improve the health, confidence and wellbeing of young adults with a disability. We have developed a range of targeted programs including the Works Catering Program, Hooked on Life fishing program and our Digital Inclusion Program, each aimed at increasing participants' skills, independence and enjoyment of life.

Your support has also enabled us to move into our purpose-built service centre in Austral and to commence work on the adjoining Cowpastures Community Garden. This garden will supply much of the produce required by our catering program, and provide a range of opportunities for skill development, work experience and even paid employment for these young people.

The Junction Works is now on the cusp of an exciting new phase within our disability services as we prepare for the introduction of both ADHC's self-managed funding option and the National Disability Insurance Scheme (NDIS). They will be underpinned by greater emphasis on community inclusion and improving the quality of life of people living with disabilities.

We have already commenced this initiative in our community and youth programs. For example, at the annual SPARK Festival our youth workers helped Holsworthy High School students to support young adults with disability to get the most out of their SPARK experience.

One of the ways we generate funds to develop innovative programs like this is through our JUNK FREE JUNE fundraising campaign. That's why I encourage you, your family and friends to 'give up or take up' something for the month of June. Last year we raised \$37,000 (up from \$10,000 in 2012) for young people with a disability so I really hope that you will get involved and help us raise even more this time.

I thank you for your ongoing support of The Junction Works, and look forward to continuing our journey of 'possibilities' together.

Chris Campbell  
Chief Executive Officer



## The Junction All Stars celebrate a 21st birthday

On 3 December 2013 the Junction All Stars celebrated the 21st birthday of International Day of People with Disability with the home-grown show *Breaking Down the Walls, Piece by Piece* at the Casula Powerhouse Arts Centre.

During an uplifting, inspiring, enjoyable and at times raucous performance, the performers used songs, theatre, film and dance to explore their experiences of discrimination.

The Junction All Stars puts on two public performances a year through The Junction Works' Performing Arts Program.

The International Day of People with Disability is a United Nations' sanctioned day that aims to promote an understanding of people with disability and encourage support for their dignity, rights and wellbeing.

The Junction All Stars' performance



The Junction All Stars in full voice at the concert

marked this special occasion for The Junction Works' community of families, friends and supporters.

## Reverse Mentoring closes the knowledge gap

Young people today are growing up in a world that is very different from their parents and grandparents' generation. Technology is ever-present in their lives – for social connectivity, entertainment and education.

Through reversing the traditional adult/youth mentoring role, The Junction Works' Reverse Mentoring program provides young people with the opportunity to share their knowledge and expertise with senior members of their community, helping them to feel more comfortable using a range of digital technology including tablets, smart phones, apps, social media and even digital cameras.

In 2013 The Junction Works introduced the program into Campbelltown, matching students from St Gregory's College with seniors from Claymore and surrounding suburbs. It was immensely satisfying to witness the exchange of knowledge and the level of respect between generations. As Patrick Eaton from St Greg's acknowledged:

*I'm enjoying sharing some of my knowledge and making it*



Seniors and students take part in a technology session

*easier for senior participants to use new technology. I believe that these sorts of programs should be run all around the country because it not only benefits older members but also younger members of society like me.*

The Campbelltown Reverse Mentoring Project was developed by The Junction Works and funded by Interlink Roads (M5 and E-Way) and the Federal Government under the Productive Ageing through Community Education (PAAtCE) Program.

## PROFILE

We are pleased to present 'Profile' so we can share with you our pride in our people and their achievements.

In this issue we introduce Shane who receives support from The Junction Works' disability services. He is a young man who makes the most of every opportunity.

Whether it is horse riding, being a valued member of The Works Catering Crew, attending Country and Western festivals or learning how to fish in the Hooked on Life program, you can be sure that Shane is getting involved and enjoying himself in the process.

But he is also a person who enjoys doing things for others, whether preparing and serving food at functions or volunteering his time grooming and caring for the orphaned cats at the Animal Welfare League at Rossmore and Kemps Creek.

Shane's growing self-confidence, independence and enthusiasm will assist him in achieving his next goal, undertaking work experience at Sugarloaf Horse Centre, Campbelltown.

Shane's sense of satisfaction and self-worth is what The Junction Works is seeking for each of the people we support. With your ongoing encouragement we can continue to 'create new opportunities' for Shane and his mates.



Shane with country music star Troy Cassar-Daley

## Angry Birds bridges the social digital divide

The Digital Inclusion Program (DIP) was developed by The Junction Works so people with an intellectual disability could increase their social and cultural connections and independent living skills through the use of digital communication technology like tablets and smart phones.

Using a range of devices and applications, participants learn to become familiar with digital technology, applications, internet searches and social media. The program is proving successful in increasing their confidence in engaging with the wider community in activities that most of us take for granted, such as accessing music and blogs, activity planning, communicating with family and friends and yes, even playing games like Angry Birds.

The Junction Works was able to introduce the program with funding support from Cabra-Vale Diggers, Super IGA St Johns Park and money raised through JUNK FREE JUNE.

For most participants this was the first time they had used an iPad so they are excited to learn more and have even greater access to the technology.



Michael Pangallo finds his way around an iPad

## Coming up soon

We have several exciting events coming up so please make sure you come along and support us. We'll advise the dates as they are confirmed.

See [www.thejunctionworks.org](http://www.thejunctionworks.org) for more details.

### Campbelltown City Challenge Walk

9 March

### The Junction Works Winter Fashion Parade

2 May

### JUNK FREE JUNE 2014

June

### The Junction All Stars Concert, Casula Powerhouse

24 June

### The Junction Works Golf Day

17 October

### SPARK Creative Arts Festival

21-24 October

### Celebration of The Junction Works

(date TBA)

### The Junction Works Summer Fashion Parade

(date TBA)

### International Day of People with Disability

3 December