



## Michael and Anne talk about their future

Michael and Anne are the proud parents of three adult sons and a gorgeous baby grand-daughter. Their youngest son, David, lives at home with them and has been attending The Junction Works' disability day program since he left school over ten years ago.

Anne says David really enjoys his time at The Junction Works, particularly the variety of activities he's involved in and the good friends he's made. "David is very social. He loves involvement with people", she explains.

Michael and Anne are aware of how easy it is for people with a disability to slip into isolation. So it's important to them that David continues to enjoy a strong social network. Like most parents, they rank connectedness to family and friends, along with good

health and happiness as their primary aspirations for their son.

In fact, being able to spend time "just hanging out with mates, cooking a meal or watching the footy" is one of the tangible benefits they see being provided by **The Junction Works' Living Skills and Respite House.**

They also see the House providing David with the opportunity to develop skills that will assist him increase his independence; like problem solving, decision making and confidence in functioning in new and different environments. Skills that can, as his Dad puts it, "further his horizons".

These skills provide David with the confidence to transition into alternate living arrangements when the family's situation changes.

**The Living Skills and Respite House will enable Michael and Anne to finally take some well-earned respite, to enable them to enjoy some timeout and maintain their own social life and wellbeing.**



## From the CEO

It's fast approaching that time of the year again, when supporters of The Junction Works take up a challenge for our JUNK FREE JUNE fundraising campaign.

**This year is our fourth JUNK FREE JUNE, and I'm seeking your support to help us build a Living Skills and Respite House.**

This invaluable facility will support young people with disabilities to develop the skills they need to successfully move into a more independent living arrangement – whether at home with their family or in a home of their own. The facility will also provide parents and carers like Michael and Anne, with much needed respite from the constancy of care.

Our JUNK FREE JUNE target this year is \$50,000.

You can participate in JUNK FREE JUNE in a number of ways. You can:

- hold a one-off fundraising event (see suggestions later in this newsletter)
- join me in a month long health challenge (I'll be giving up alcohol and junk food!)
- sponsor one of your workmate's challenges
- hold a JUNK FREE JUNE challenge event in your workplace, club or family
- donate directly to JUNK FREE JUNE (see directions later in this newsletter).

**To find out more about how you can take part in JUNK FREE JUNE, contact The Junction Works on 8777 0500 or keep an eye on our website [www.thejunctionworks.org](http://www.thejunctionworks.org) for updates.**

Thank you for your ongoing support of The Junction Works.

Chris Campbell  
Chief Executive  
Officer



The acquisition of Living Skills impacts on a person's community participation, recreational interests, personal care, and living arrangements.

- Living Skills refer to self-care activities such as the ability to dress, shower, and brush hair; domestic tasks like making the bed, tidying up a bedroom or washing the dishes; and community activities including catching a bus and shopping for groceries.
- Research indicates that there is a positive link between living skills acquisition and the person's wellbeing and quality of life.
- Even small improvements in a person's living skills can improve the quality of their life and their confidence.

## What is Respite Care?

Respite care is a form of support that gives parents and carers the opportunity to have a break from their caring role. Respite care may be given informally by friends and family, or by formal respite services like The Junction Works. For many carers, receiving regular respite enables them to continue their caring role for longer. It also provides opportunities for their son or daughter to undertake new activities and develop social networks through their respite experience.

# Acquiring Living Skills improves a person's **quality of life**

Age is no barrier to learning. People with intellectual disability are capable of learning new skills and improving on existing skills throughout their life

At The Junction Works our goal is to reduce the impact of the intellectual disability by building on the person's strengths and helping them learn new skills so that they can reach greater levels of autonomy and quality of life.

The Junction Works' Independent Living Skills Program is designed to help the people we support make the most of their abilities and increase their self-reliance and confidence.

The Program supports young adults with disabilities to make the transition from

being dependent on others to living more independently with support from family, friends and organisations like The Junction Works.

The transition process is supported through person centred planning, intensive living skills development, guidance and training in developing effective support networks.

**The Living Skills and Respite House will be a valuable facility for supporting the intensive learning and practice of daily living tasks.**



Through our Independent Living Skills Program we encourage people with a disability to develop and maintain the skills necessary to cope with an ever-changing world. We help people meet their goal of being able to live as independently as possible through a combination of confidence building and practical skills.

# How you can help

JUNK FREE JUNE is a fundraising campaign that is raising money for The Junction Works' much needed Living Skills and Respite House.



With JUNK FREE JUNE participants can undertake a one-off fundraising event or health-based activity which can be sponsored by your family, workmates and friends.

It can be as simple as hosting a barbeque or a cricket match with workmates, or participating in a walking challenge with your friends.

Alternately, participants can take on the full 30 day challenge over June and be

sponsored to give up an unhealthy habit like alcohol or junk food, or take up a healthy one like a daily walk or swim.

You can even get your work place involved through a one off challenge or healthy lunch time BBQ.

**And if we reach our goal of raising \$50,000, CEO Chris Campbell says he'll swim with the sharks!\***



JUNK FREE JUNE is a great way to get your staff and workmates involved in making a difference to the lives of people with a disability through team building.

In 2014 the staff of Lifestyle and Sports Physiotherapy in Narellan took on a 1,000km Run / Walk / Cycle / Row Challenge and raised over \$1,000 for JUNK FREE JUNE.

\* Chris will swim with the sharks at the Manly Sea Life Sanctuary

## Ideas for a Junk Free June

### Fundraising Event

- Invite friends to a healthy High Tea or Brunch with an entry donation
- Hold a BBQ and salad fundraiser dinner with your neighbours
- Get your mates involved in an exercise challenge
- Consider a vegetarian cooking demonstration with friends (and then share the food)
- Alternately hold a pot luck vegetarian lunch and award a prize for the 'best vegetarian dish'
- Enjoy a karaoke or games night
- Hold a carwash afternoon and wash your family, friends and neighbours cars (for a donation of course)
- Hold a 10-pin bowling challenge
- Set up a soccer match between rival teams at work
- Hold a trivia night with topics based around health awareness, sport and the body.

## Ideas for a 30 Day Junk Free June

### Sponsored Challenge

#### Take up

- A ½ hour walk five times a week
- Extra visits to the gym
- Yoga or swimming
- A weekly soccer games with the kids
- Walking 10,000 steps a day
- Ballroom dancing
- Commit to walking the dog every day

#### Give up

- Alcohol
- Unhealthy take-away
- White rice, pasta, salt or sugar
- TV (go for a walk instead)
- Smoking
- Wicked chocolate and ice cream
- Tempting biscuits and cakes
- Late nights out clubbing

# Put the date in your diary

Our annual Clarendon Homes Charity Golf Challenge will be held on 16 October 2015 at the fabulous Macquarie Links International Golf Club. Details to follow.



## Unable to undertake a challenge or event?

You can still be involved by donating to JUNK FREE JUNE. Donations can be made...

1

Through the donation button on the TJW website at [www.thejunctionworks.org](http://www.thejunctionworks.org) (Credit Card required)

2

Through the donation button on Go Fundraise at [www.gofundraise.com.au/beneficiary/TJW](http://www.gofundraise.com.au/beneficiary/TJW) (Credit Card Required)

3

By cheque made out to 'The Junction Works'  
P.O. Box 15  
Austral NSW 2179

4

By phone or in person using your Credit Card. Phone Noelene on 8777 0500 or visit the TJW Austral Service Centre, 135 Thirteenth Avenue, Austral.

5

Through the donation slip below.

The Junction Works is a registered charity. Every donation over \$2 is tax deductible and a receipt will be issued promptly. CFN: 16962



### YES, I want to support the Living Skills and Respite House for adults with disabilities and their families

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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