

Northcott in Action

SPRING 2020

Our Impact

Boredom Busters: Fun and easy entertainment for people with all abilities



Mariah from Campbelltown is excited to learn new skills.

When the Coronavirus (COVID-19) restrictions came into place, Northcott started looking for ways to provide people with disability who were staying home with ideas for some entertainment. That's how *Boredom Busters*, a series of educational videos, came about. This initiative was

mainly funded by your recent donations, Thank YOU!

Service Manager Cheryl Delaney was very impressed with the initiative. **"Boredom Busters were a great entertainment source for everyone during this time. We all enjoyed participating in the activities**

using items and ingredients that every home has," she said.

Your generous donations to Northcott during COVID-19 mean a lot. THANK YOU again for enhancing the lives of people with disability in this critical time.



From the CEO

Embracing the Northcott family

In these times when social distancing and lack of physical contact is the new norm, it is a little ironic that a major positive impact of the Coronavirus pandemic is how it has brought the Northcott family of supporters even closer together. This edition of Northcott in Action shows how that support is being provided and used to continue to support people with disability to live the life they choose.

This time has also led us to reflect more about our core purpose and values. We have reconfirmed and more tightly defined these in the last few months. As supporters I know that you share them and want to support us as we follow those values in everything that we do:

Innovative because we develop new ideas and solutions with creativity in anticipation of changing needs. A good example in this issue is our *Boredom Busters* program, quickly designed and engaged with our housing customers to provide entertainment and fun during lockdown.

Respectful because we believe that everyone's voice is unique and they have the right to be heard. We listen to the concerns, desires and aspirations of our customers

and then do our best to work out how to support that, especially if it is challenging the usual way of doing something. Jean Pitkin's story shows how after a lifetime of work with disadvantaged people, with voices that are less heard, this shared value motivated her to leave a legacy via a bequest to Northcott.

Brave because we have the courage to stand up for people with all abilities even in the face of adversity. This has been highlighted during the pandemic as we pushed hard to make sure that people with disability were supported to continue to engage with the world to the same levels as everyone else. That meant that we needed to focus on keeping services open and ensure that we could offer support, even if it was just for an individual or special circumstance. **Your support through donations**



Kerry Stubbs

and other contributions has given us a sound financial base to act bravely in such circumstances.

This is also the last time I will engage with you as Northcott CEO. I am stepping down from the role at the beginning of September after 12 wonderful years. I am so thrilled to introduce Liz Forsyth as the new CEO.

Liz joined Northcott in 2008 as a family support worker in our Coffs Harbour branch. She has held a range of roles at Northcott over the years. Liz is very passionate about the organisation and I'm very proud that we were able to nurture and develop her skills so she can lead the next stage of Northcott development.

Farewell and stay safe and healthy.



Corporate Support

Lending a helping hand

Terry Shields Toyota once again responded to our needs, creating gift packs that were presented to four homes around Parramatta.

The packs provided much needed resources and were well received by staff and customers. Terry Shields Toyota also contributed to a technology upgrade across Western Sydney group homes, funding the purchase and installation of Apple TVs in 11 properties. Their gift provided extra entertainment options and additional opportunities for customers to connect with each other and their communities while staying at home. **"We are so excited to be able to enhance the support to Northcott customers, their carers and families especially in this extraordinarily challenging time,"** said Terry Shields Toyota's Marketing Manager Elissa Glenn.



Staff and customers from a home in Westmead.

Parramatta Leagues Club and West Pennant Hills Sports Club also responded to our call for help and provided us with hand sanitisers and consumables.

Thank YOU from everyone at Northcott!

Do you know a corporate who could support Northcott? Please call Holly on (02) 9890 0536.

Let's see what we can do!



Community Support

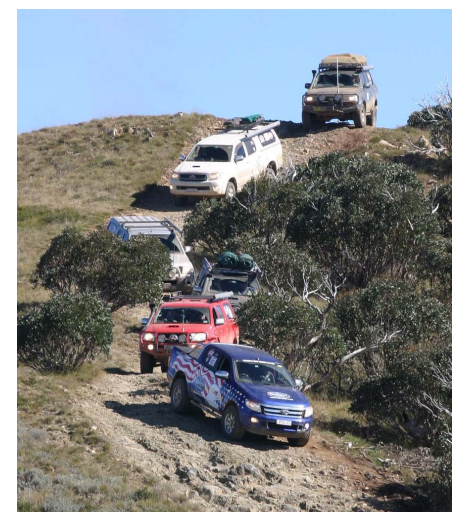
A thrilling 4WD experience to support people with disability

Dedicated supporters Chris Bates and Mick Whitehead organise and host Drive4Life – four-wheel drive (4WD) tours to raise funds for Northcott."

Jan and Leon Treweek have been part of Drive4Life since 2008. "We are passionate about Northcott and happy we have been able to go on a number

of trips and have met amazing groups of people and that has been fabulous," they said.

The upcoming tour will be The Iconic Outback Hotel Tour starting and finishing in Broken Hill, between 26 September and 3 October 2020. For more information, visit www.drive4life.com.au.



Drive4Life in action!

Keeping up hope and resilience



Kayla proud of her handmade flower crown



Peter baking his first apple tart



Glenda trying boxing classes

Socially distant but still strongly socially engaged during this pandemic!

These last four months have been difficult for everyone as we transit through the pandemic. However, hope and resilience are at the heart of everything we do! Our Northcott family discovered ways to learn new things and keep active etc. In line with our new values, our customers have been innovative and brave in learning new skills! Here are some images to celebrate their achievements!

The illustration captioned 'Hullo! How are you?' is an excerpt from a public health poster about the Spanish influenza (flu) pandemic, drawn by children's illustrator and author May Gibbs in 1919. This poster was part of a government campaign in New South Wales to limit the spread of the deadly Spanish flu pandemic! Northcott is a beneficiary of the Estate of May Gibbs.



Melissa showcasing her 3D diamond picture



Ridge enjoying rhythms, beats and drums



Eleanor experimenting with tie-dyeing



Waldo making an impression with colours

Spotlight on Vocational Skills

Can I get my support take-away?



Oliver and Zac during the Vocational Skills session.

Our Vocational Skills program supports young people with disability who need to explore training and employment options, become job-ready and feel confident in the community after finishing school.

This hands-on, practical program gives young school leavers the chance to undertake training, volunteering and work experience opportunities, while also developing their social skills, confidence and independence. We also support customers to explore employment in the open market.

When the COVID-19 pandemic hit, our staff formed a focus group to take the programs online. It was important to support customers' mental health and wellbeing first

due to the rapid changes, as well as continuing to develop practical skills to assist them with finding a job, completing training and building confidence. Topic areas covered in the online program include Employability Skills, Independent Living and Social Skills and Mindfulness.

These adaptations were made possible thanks to the generous support we received from all of you!

The online learning quickly became an essential part of people's lives - it's where they had fun, learnt new skills for life/work, forged friendships and support networks; took part in their community and built independence and confidence.

For customers who didn't feel comfortable or confident participating online, we developed 'Take Home Packs'. Vocational Skills staff visited customers in their homes to support them to complete tasks in the packs at their own pace.

Vocational Skills online allowed them to keep engaged and minimise the distress they were feeling when their routines were disrupted.

Your donations, along with grants and corporate support, are helping Northcott expand and accelerate the transition of these programs online, supporting wellbeing and access for people with disability during COVID-19 and beyond.

Donor Profile

Leave your legacy

Jean Pitkin shares why she is motivated to help others by leaving a bequest in her Will.

Jean Pitkin was born in England and came to Australia after living in Switzerland. She decided to emigrate without knowing what her future would hold.

Before retiring, Jean worked in a variety of roles in the higher education, government and not-for-profit sectors.

As a self-described 'permanent traveller', Jean never felt the need to settle or own property throughout her life. However, 12 years ago life circumstances led her to set down roots in her current home in Windsor. It was this change in her life that made Jean realise she needed to think more seriously about her Will. Jean believes having a thoughtful Will provides a two-way outcome: she remembers and acknowledges the people she cares about; and she provides those parties with a remembrance of her. Once she had made decisions about her family in her Will, Jean decided she wanted to leave gifts to several charitable institutions she felt close to and that aligned to her personal values. Northcott is grateful to be a recipient of Jean's generosity.

"Over the last seven years of my working life I worked at



Jean Pitkin

Northcott. During this time, I had the opportunity to see first hand the work done to provide a better future for people with disability. I decided to leave a gift to Northcott because I know it will be put to good use," says Jean.

Education has been a significant part of her life. Working with children, often from disadvantaged backgrounds, has been very rewarding for Jean and she hopes this will contribute to better educational opportunities and consequently a better quality of life for them.

"It feels very rewarding to be able to reach beyond your own life, leaving a gift in keeping with the way you have lived and your values. Aligning those gifts to my personal values was at the top of my

mind when deciding who to leave a bequest to," she adds.

Regarding the process of leaving a gift in her Will, Jean explains; **"When I decided to write my Will, I chose a good solicitor with experience in this area. It's very important to find a solicitor that you can trust and feel comfortable with. Once I decided who to work with, the process was quite straightforward. Within four to six weeks, my Will was ready."**

Leave a legacy to support children with disability reach their full potential.

Your kindness and generosity will ensure that we can continue to provide personalised and dynamic support so people with disability can reach their goals now and in the future.

If you are interested in leaving a gift to Northcott in your Will, please contact Berta on 02 9890 0944 or email fund@northcott.com.au



Berta and Annette from the Fundraising team

Your feedback is important to us. Please let us know your thoughts and why you like to support people with disability by completing the enclosed survey.



1300 378 243



fund@northcott.com.au



northcott.com.au/donate



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