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# Canefields News

ISSUE 20 AUGUST / SEPTEMBER 2014

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ISSUE 20  
INSPIRATIONAL THOUGHT

I'm  
thankful  
for my  
struggle  
because  
without it  
I wouldn't  
have  
stumbled  
across my  
strength.

## LOGAN AWARDS FOR PEOPLE WITH DISABILITY



ABOVE: Jackie with her Volunteer of the Year award

Canefields Clubhouse are extremely proud to have two of their Members recognised for the work that they do in the Logan Community at the awards on 18th July. Congratulations Jackie and Jeffrey.

"Wow! thank you Canefields for nominating me for the Awards for People with Disabilities in Logan.

I was very excited just to be nominated but to win Volunteer of the year was just one of the biggest moments in my life and being able to share that moment with my family and Clubhouse was just even more exciting. But how amazing for Canefields to have two people to be nominated and walk out with both winning Volunteers of the year.

So thank you so very much for just taking the time to nominating me." - Jackie M

"Thanks very much for nominating me. I was very excited to win the award. I have been volunteering for 14 years and love helping other people" - Jeffrey C



## Congratulations from the MatchWorks team!

Logan Awards for People with Disability  
2014 winners:

- Best Employee – Helen Lee
- Community Service – Peter Speaight
- Achievement – Lewis Blackmore
- Sport & Recreation – Torita Isaac
- Business/Organisation – Tony Sharp, Substation 33
- Leadership – Abraham Widawski
- Volunteering – Jacqueline McKay and Jeffery Cooke

  
**MatchWorks**

  
**LOGAN  
CITY COUNCIL**

A specialist employment service for people with a disability  
MatchWorks Beenleigh: 108-110 George Street, Beenleigh, Phone (07) 3801 8200

www.matchworks.com.au

MatchWorks is a division of Karingal Inc. (VIC Limited Liability Reg. Assoc. AD038281E ABN 158 375 903 ABRN 97 468 905 401)



ABOVE: Jeffrey with his Volunteer of the Year award

The Employment & Education Unit assists members in writing resumes, finding suitable work, the day to day running of Canefields Social Enterprise project, 'Wonderful Services' as well as organising training opportunities throughout the year.



ABOVE L-R: Carol, Zoe, Henk and Michelle working hard in the E&E Unit

## EMPLOYMENT & EDUCATION UNIT REPORT

The Unit has been so busy over the last few months with Max Employment registrations and new members becoming involved in all aspects of the unit. Max Employment is coming in to meet all new and registered members every Tuesday. If you are interested in Employment come in and see how Clubhouse can support you.

We have had a lot of people interested in education and what is important to know is that the Cert III Guarantee courses are still available. We also have all current information from Queensland Tafe so we are in the know about what is happening out there in relation to education. If you haven't heard about these fantastic education opportunities, come in and look at the courses that are available and see if you meet the criteria. We would love to see you here at Clubhouse and more importantly in the E and E Unit.

Congratulations to these members who have started Employment and Education.

Andrew T – Production Worker  
Robert W- Cert II Light Vehicle Services  
Motepa J – Cert II Warehousing

Marc B – Car Detailer  
Ashleigh W – Cert III Childcare  
Jamie-Lee B – Cert III Childcare

**IF YOU ARE INTERESTED IN EMPLOYMENT or EDUCATION  
PLEASE COME SPEAK TO THE E&E UNIT**

## FUNDRAISING REPORT - Jackie M

A Fundraising committee has been established with meetings happening every Wednesday at 11:30am. Over the last 5 weeks I have been contacting a lot of Businesses for donations in order to put together a MONSTER RAFFLE, we have been very grateful for the support we have received, gathering prizes to the value of near \$3000 across 8 fabulous prizes. We have been selling the tickets at our regular 'Masters' Fundraising BBQ's at Coomera and at various shopping plazas around the region. A huge thank you to 'Grand Plaza' at Browns Plains for their support in allowing us to set up a stall, free of charge, for several weeks. The raffle has been selling well and will be running for a few weeks yet, drawn on 9<sup>th</sup> of September.

We also have a secondary Raffle running to the value of \$400 ( 4 x yearly VIP Theme Park passes ) which we have been selling at our ongoing Bunning's fundraising BBQ's at Holmview every Tuesday, so if you are in the area drop by for a sausage sandwich and a raffle ticket. The fundraising projects have been a lot of hard work, but the membership have been fabulous in driving them and keeping them all happening, making it well worth all the effort.

We wish to thank the following businesses for their generosity with both the raffles and fundraising BBQ's: Yellow Brick Road Wealth Management, Big W Browns Plains, Sizzlers, Greenbank RSL, Australia Zoo, Anaconda, Sea World, Movie World, Wet and Wild, Aquariums R Us, Bunnings Bethania, Charlies Fruits Online, De Bortooli Wines, Doc Torey's Pet Centre Beenleigh, Go Health Club Beenleigh, Gold Coast Suns, Lifestyle Gym Browns Plains, Red Rooster, Shearing Shed Mount Warren, Spendless Shoes Logan Central, The Body Shop, Teys Brothers Australia, Grand Plaza Browns Plains, Masters Coomera, Bunnings Holmview and Mega Mitre 10 Beenleigh.



ABOVE: Clubhouse farewells Paul as he leaves to pursue his taste for Employment Support with Max Employment. Not a farewell handshake but a shake on the promise to split the 4 million should the lottery ticket we gave him be a winner.



ABOVE & BELOW: Canefields farewells a much loved Staff Member after near 4 years of dedication to Clubhouse and its membership. We wish Zoe all the best in her new venture, her shoes will be a hard task to replace.



ABOVE L-R: Ken and Jeffrey helping out at our Tuesday Bunning's BBQ, Holmview

BELOW: Tina cooking up a storm out at our Tuesday Bunning's BBQ, Holmview





Congratulations to the Healthy Heroes graduates on their achievements and perseverance.

Interview with Michelle. M on the Healthy Heroes program.

**Q. What did you enjoy most about the program**

**A.** The encouragement and support that everyone gave each other. Learning a lot about different health issues.

**Q. How did the program help you with your goals?**

**A.** Gave me more confidence in myself. Helped me achieve goals that I didn't think I would achieve, I lost 10kg over the course of the program.

**Q. Was there anything you would have liked to have covered or expanded on?**

**A.** No, it was tailored perfectly.

**Q. Out of 5 stars how would you rate Healthy Heroes**

**A.** 4 STARS

**Q. What would you say to members considering the program?**

**A.** Give it a go. You'll meet new friends, achieve goals together and receive the encouragement and support you need from the group.



**HEALTHY HEROES COMMENCES TUESDAY 19TH AUGUST** ... A healthy lifestyle choices program. Some of the things that are covered include healthy meal preparation / cooking, personal hygiene, drugs and alcohol, smoking, diabetes, exercise programs. If you are interested in participating in this round please come in and chat to Sally or Tracey S, in the Catering Unit, for further information around the program and registering.



Art & Music



**Music & Jam Session** every Friday afternoon

Upstairs in the dining area

1:30pm - 3:30pm

After the success of last years Art Show, we will be working toward another Art Show for 2015 so come along and make the most of the time to create some fabulous Art Works to sell or simply join in for the fun of it.

Interested musicians will need to provide their own instruments. Clubhouse does have some sound equipment, however all musicians are welcome to bring their own, you will be responsible for the setting up and dismantling of your equipment.

This is a great opportunity to pick up tips and tricks from others and to play music as a group or individual.

Please see Leon if you require some support with sound equipment. i.e. plugging your musical instrument into a sound system.

The Work Ordered Day will continue on as normal downstairs for those members not wishing to participate.

rock and roll

**MUSIC REPORT**

by Dave C

IT'S ONLY ROCK 'n ROLL  
BUT I LIKE IT

Music group has been swingin' ... we have all been learning from one another as we all have different playing styles and are confident with different aspects. It's great fun.



ABOVE: Glenda, Ruth and Jeffrey

**ART REPORT**

Art is travelling along nicely, we have been getting a lot of support and encouragement from Ruth, our mentor, with aspects of painting such as shade and shadow and tips and tricks on how best to approach fine detail work. Some of us have also expanded out into mosaics using an array of different materials.

We are really excited to now have a supply of canvases to paint on and a selection of paint pens for fine work. If you enjoy being creative come and have a go it's a great way to spend a Friday afternoon.

## COMMUNITY GARDEN REPORT - Ken S

The carpet inserts have been pulled out of the garden beds, this allows the worms and the grubs to return. Since the carpet has been pulled out things are taking off better than before. We have planted some string beans and mother nature stepped in and now they are up about an inch. We planted some broccoli about two weeks ago and they have doubled in size since the rains and we are waiting for the broccoli to flower.



## HOUSING REPORT - Josh A

(visiting student from Griffith University)

On the 8<sup>th</sup> of August we participated in the Housing Expo. It was a lot of fun meeting others who are serving so fervently in the community. The day started with some 15-20 organizations huddling under stalls and getting to know one another. We had the honor of receiving encouragement from the Deputy Mayor of Logan and our Director, Jak Dennison also gave a speech about what is offered in Canefields Clubhouse.

Around lunch time, people from the local community came around to ask questions about our services. I'm sure the BBQ free lunch had nothing to do with it (laughs). Hank gave them a run-down of how we "do Clubhouse" and furnished them with our contact details.



Relationship Australia, Street Doctors and Housing Development Queensland are some of the notable organisations that were there to promote their services.

The whole day had such a positive feel about it and gives us the security that help is there to the ones that need it.

LEFT: Canefields participates in the Logan Homelessness Expo

## Housing Needs

For enquiries about Prestige House or any housing needs, please contact Sally or Song - 3807 0951.

## Welcome to Song: Our Newest Team Member - Motepa J

Canefields Clubhouse is excited to welcome a new staff member to the Meadowbrook team. Song has recently joined us from the Management Committee and originally came to Canefields from South Korea where he worked at the Korean Clubhouse. His experience was in Education and Employment as well as fundraising and carrying out Reception duties. Song told us that the clubhouse he worked at is a training base for other Clubhouses so that people can learn the clubhouse model. The centre is an impressive five storey's high. Imagine the amount of members helped every single day! In South Korea, there are fifteen Clubhouses. Before joining the Clubhouse, Song served his country and completed two years of compulsory military service. He trained as a "scouter". The job of a Scouter is to carry out surveillance of enemy positions. Song moved to Australia about six years ago with his wife. They both enjoy travelling and studying and are expecting a baby boy later this year and we wish him all the best. Song will be based in the catering unit and will be helping with housing, the garden and our regular fundraising BBQ's. Song is really enjoying being part of the team at Canefields and he is looking forward to learning more. Again, we welcome you to our Clubhouse and hope that you enjoy your new role.



## No Interest Loan Scheme

Are you wanting to upgrade or purchase some new furniture, a television, computer or even whitegoods such as a refrigerator, but don't quite have the money to go out and purchase? Well if your answer is YES! To any of those, then we may have the Solution.

Canefields Clubhouse offers a No Interest Loan under the NILS Scheme, and many of our members have been able to purchase something they need and not have to worry about the added burden of paying interest. The loans are for goods up to **\$1,200.00** and there are conditions attached to the NILS Process, but these will be discussed to you should you decided to make an inquiry regarding obtaining a No interest Loan. Payments are very affordable over a 12 month period and the application process is simple and stress free. If you think that you will benefit from a No Interest Loan, then why not give us a call on (07) 3807 0951 and speak to one of our friendly staff.

## ADMINISTRATION REPORT - Sue A

Admin is focussing strongly on getting the new buddy program up and running paying particular attention to the tours, orientation and registration process. With lots of new potential members coming through the door we are excited to welcome many new faces to Canefields.

The admin unit is busy as usual with the compiling of this newsletter and the daily update that graces our dining tables for the lunch hour keeping those whom may have missed the morning meeting informed on what's going on.

We also keep busy with daily data entry, member outreach, update of our Community notice board and resource centre and the making of birthday cards among many other jobs ... so if you are looking for something to get involved with, come and see us in Admin, there is always lots to do.

The Administration Unit looks after the Clubhouse's Clerical needs, such as recording the daily attendance, mailing, computer maintenance, filing, photocopying, production of the newsletter, outreach, member enrolment, the Canefields website and social recreation.

## MEMBER STORY - Tam B

For as long as I can recall my father has always done volunteer work and has encouraged me to do the same saying that it was the best thing that I could ever do.

Thus begs the question why volunteer?

Reasons and Benefits - Work Experience; Learn new skills; Meet different people; Help others; Return to workforce after lapses; Get back into the community; Personal fulfillment; Social interaction; Create a network of both employers and friends.



I currently volunteer at a children's playgroup once a week. My prime motivation was having somewhere to go once a week. It has necessitated getting out of bed, showering and grooming and driving. This simple act has helped my motivation and depression and given me a sense of belonging and responsibility. I discovered that I not only enjoy working with children but that I am capable and well suited to it. I have a panic disorder and suffer panic attacks and it is vital that I keep my stress at a minimum. At the playgroup I feel that I am working without the stress of expectations and responsibility that having a job and it has opened my eyes to others employment possibilities such as Nanning and teacher aide. I have gained the trust of the parents and of the parish and now I run the playgroup on my own which entails having a key, handling money, purchasing and providing art and craft and the general running of activities.

I knew that I needed more fun in my life but didn't realize how much until I started at playgroup. I really enjoy the craft, in the last month I got to make popstick people, treasure boxes, daisy chains and butterflies and have enjoyed painting. We have been playing outside, cricket, bowling and kites. Being in the sun and physically moving has really helped my depression. I have made two great friends whom I now see socially and they have put me onto an organisation called 'Family group'. This is a group of ten families who adopt you into theirs and you meet up with them for dinners, bbq's, camping, and many other activities. As I don't have any family in Brisbane I have felt quite isolated particularly during holidays, and having somewhere to go twice a month has really meant a lot to me. I was also able to attend a weekend retreat at no cost to me by being part of St Peters. These are just two examples of the networking that has taken place during my voluntary work. For those thinking about volunteering there are many websites, I like volunteeringqld.org.au. I cannot recommend this experience enough and for me it has been the most therapeutic treatment to date.

The Members and Staff at CANEFIELDS CLUBHOUSE would like to send out a warm



to all our New Members:

Sharon V, Donny S, Rachel T, Ryan D, Simone O, Tanya B, Bob M, Joy C & Shane W

We hope that your experience at Canefields Clubhouse is a positive and exciting one and we are excited to have you join our Clubhouse Community.

**We would like to invite you to Join Canefields Clubhouse for our Monthly Celebration Day Afternoon Tea**

**at 2.30pm.**

**We will be celebrating New Members, Birthdays, Members starting new jobs or study as well as many other Achievements**

## RELATIONSHIP BUILDING

Canefields is not solely about the work ordered day. Many members come in just for the social interaction, to enjoy a coffee and a chat with those they have built great friendships with.

Members offer an understanding and peer support that Staff cannot offer because they themselves have often had similar experiences.



LEFT: Rosie K, Michelle M & Tracey S. Tracey and Michelle are wearing Rosies knitted beanies.

## REGULAR CLUBHOUSE ACTIVITIES

**COMMUNITY GARDENS:** Come on down and visit the garden on **Mondays, Wednesdays and Fridays at 10:30pm.**

Come along and get your hands dirty, plant new season crops and pick ready to go produce for our kitchen!!!

**BUDDY TRAINING:** We need you!!!! Buddy Training is on every **Thursdays at 11:30pm.** Come in and learn how important being a buddy is and why a great tour is important as well as help us put together a really awesome Buddy Training Package.

**MEAL PRICES AS FOLLOWS:** **\$5.00** for a main meal. **\$2** for dessert. **\$3.50** for a Salad / Salad Roll. **\$5** for Breakfast (3 options available between 8:00-10:30am) **\$3** for a Toastie (available ALL DAY) ... Come and join us for affordable healthy meals!

**CANEFIELDS HEALTHY HEROES:** Please join us in Catering from 2pm—3:30pm for an exciting 12 week program on all aspects of a healthy lifestyle. The program will be running in partnership with QLD Health and will commence on Monday the 19th of August.

**MAX EMPLOYMENT:** Every **second Tuesday at 10:00 am** for those registered or wishing to register for work. Please speak to Employment & Education Unit if there is something that interests you

**CENTRELINK OUTREACH SERVICE:** Every Monday from 11:00am until 12:00pm for those that have any Centrelink related issues. No appointment necessary.

**ANY ENQUIRIES PLEASE FEEL FREE TO CALL US FOR MORE INFORMATION**

**WE LOOK FORWARD TO SEEING YOU HERE, THERE AND EVERYWHERE!!!!!! P: 07 -3807 0951**

### **KARAOKE REPORT** - Glenda P

A wonderful evening. Susan and Colin started the evening. Many of us bopped the evening away with the song choices that were made by those singing a song from the list available. We even had a few mystery songs which those that decided to try did not know what the song was. It was a fun evening had by all that attended.



### **MOVIE NIGHT REPORT**

Friday night, 15th Aug, we enjoyed hamburgers and hash browns over a couple of Films. The preview film was an oldie but a goodie - "Edward Scissorhands" and the feature film was "Xmen - Days of Future Past". For dessert we enjoyed strawberries and ice-cream with a dash of chocolate sauce ... YUMMO!!! We look forward to the next one they are always a treat.

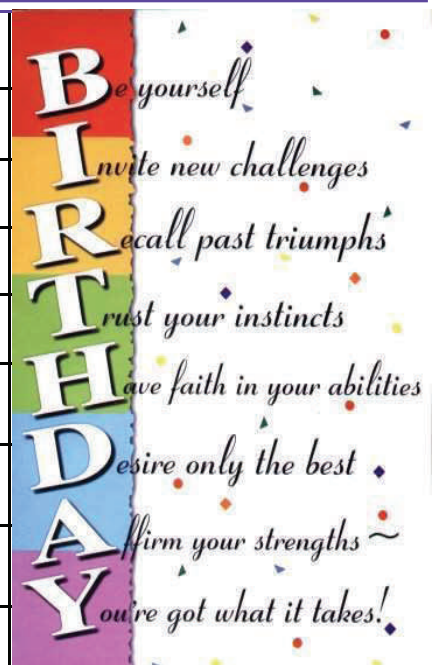
## **Member Birthdays August / September**

Some of our members are one year older during August and September.  
Your Clubhouse Colleagues would like to wish each and everyone of you

### **A VERY HAPPY BIRTHDAY**

Canefields now have a designated Celebration Day where all Birthdays and Milestones are celebrated.  
Celebration Day will be held on Thursday afternoons at 2:30pm on the 21st of August and again on the 19th September  
Come join the festivities for a free afternoon tea.

Carol O	5/8	Leigh-A S	21/8	Barnes P	31/8
Clayton J	6/8	Fabian K	22/8	Les H	3/9
Bryce T	6/8	Catherine C	24/8	Jason P	4/9
Melvina H	7/8	Guilherme C	25/8	Motepa J	11/9
Ken S	8/8	Jason G	29/8	Kirstie J	17/9
Trevor M	10/8	Karen M	30/8	Tina M	18/9
Anne T	16/8	Jason T	30/8	Jamie-lee B	20/9
Anthony C	18/8	Mark H	31/8	Mark W	24/9
Tyson P	20/8	Michael M	31/8	Kevin T	25/9



## CATERING REPORT

Our celebration afternoon teas held third Thursday of the month to celebrate birthdays, new jobs, & exciting achievements over the previous month are well attended and always delicious with cakes, pavlovas and yummy treats, all welcome.

A reminder to all members and staff breakfast is served for only \$3 from 8.30-10.30am each day. Remember breakfast IS the most important meal of the day!!

Come in and enjoy a tea, coffee, hot chocolate or cappuccino in our Café space.

Canefields Café is a great place to enjoy a friendly chat and a delicious home baked snack and now features an Internet Café.



Meals have had a slight increase to keep up with kitchen costs but remain just as yummy all the same. See changes as below. All other prices remain unchanged.

MAINS, SALAD ROLLS & SALAD PLATES: \$5



With Sally away the last 3 days of July, we had a ball in the Catering Unit ... Members really took over the menu planning, prep and cooking. We had Cory's famous home made pizzas where he makes the bases and sauce from scratch and Tracy made her signature choc sauce pudding (see photo's above) Leon sussed out his brand new recipe book and made Pasta Alfredo one lunch and his famous Spag Bol for another. The skill however didn't stop there as we got our sense of adventure on and made savoury muffins and potato skins for morning tea.

Tracy also took on the huge task of making the cakes for Pauls farewell afternoon tea. Everyone in Catering chipped in and made it happen, it was buzzing with members and activity ... probably because they know Tash can't cook lol.

## WHAT'S ON in August and September

### **MOVIE NIGHT: On Thursday 14th August and Friday 12th September**

Please join us for dinner and a film at Clubhouse from 4pm. COST: \$5 for dinner and \$2 for dessert.

Details of the MOVIE & DINNER line-up is TBA, so keep an eye on our Website or Social Recreation board for updated information.

### **E & E DINNER: On Thursday 21st August and Thursday 18th September**

Come and join us for dinner and a chat with members who are doing courses, or who have been fortunate to gain employment. COST: \$7.00 for dinner & dessert.

E&E Dinners will be at Clubhouse which keeps the cost at a more affordable price for everyone to join in. Stay tuned for menu & guest speakers via the Website and Social Recreation board.

### **KARAOKE NIGHT: On Friday 29th August and Friday 26th September**

If you love to sing, then this is a great opportunity to show your inner star qualities, please join us for a fun filled evening that EVERYONE enjoys. COST: \$5 for dinner.



**Canefields  
Clubhouse**  
Supporting people with mental illness

**FROM: CANEFIELDS CLUBHOUSE BEENLEIGH INC.**

2/11-13 Logandowns Drive  
Meadowbrook Q 4131

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Fax: (07) 3200 8905

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Web: [www.canefieldsclubhouse.org.au](http://www.canefieldsclubhouse.org.au)

ABN: 36 027 507 883

Postal Address:

PO Box 1469  
Beenleigh Qld 4207

**MISSION STATEMENT**

Canefields Clubhouse offers adults with a mental illness an opportunity to experience meaningful and productive lives within their community.

TO:

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If you or someone you know needs further information or would like to visit Canefields Clubhouse for an introductory tour, please telephone to arrange for an appointment on 3807 0951.

**PLEASE GIVE YOUR SUPPORT**

More and more people are making regular donations to help the work of the Clubhouse....  
Making a monthly donation is a simple and effective way to support the work of the clubhouse.

You can send donations directly to our account.

Donating via Payroll Giving is even easier.

As the clubhouse is a recognised charity this means you receive a tax advantage at the end of the financial year.

To find out how to make a monthly donation or introduce Payroll Giving in your workplace, contact [director@canefieldsclubhouse.org.au](mailto:director@canefieldsclubhouse.org.au) or call Jak Dennison on 07 3807 0951.

**Your support provides our members with extras that are otherwise unavailable to them.**

**... SPECIAL ANNOUNCEMENTS ...**

The Admin Unit would like to thank the large team of Members who have worked on and contributed to this edition of the Newsletter. Jackie M, Tracey S, Michelle M, Glenda P, Ken S, Matthew R, David C, Jeffrey C, Tanya L, Josh A, Motepa J, Sue A, Tam B and Faye W

Great effort TEAM!

Newsletter and stand alone flyer relating to all things Employment and Education focused. Stay in the loop with 'E&E In The Know'