



A Symbol of Hope

AN emergency caesarean at Blacktown Hospital on 27 April 1989 began the journey of Jayme Paris' life. Born without a heartbeat, it was not until 10 minutes later that Jayme was registered as alive. Jayme needed a neonatal bed with specialist nurses and was later transported to Mater Misericordia (now the John Hunter Hospital) in Newcastle. At Newcastle, Jayme made significant progress, experiencing what she coins her re-birth.

Paralympic cyclist, bronze medalist at Beijing and Northcott Ambassador Jayme Paris wanted to relive the experience and journey of her birth, embarking on a two-day bike ride from Blacktown to Newcastle.

"Since becoming aware of the huge effort that was put into saving my life and keeping me alive, I wanted to acknowledge the wonderful people who were involved in my birth and re-birth." Jayme said.

Over two days, Jayme took on the 155 kilometre journey in very different circumstances, a charity bike ride called "A Symbol of Hope". Jayme who lives with cerebellar ataxia, a form of cerebral palsy, was motivated to raise money for families who go through similar situations as her own, donating all the money raised to Northcott.

On 25 September and 26 September, Jayme peddled the journey alongside her father Stephen Paris and Shane Hadley from Honda Trivett; sponsor of the bike ride. The ride also took rest stops in Parramatta, Hornsby, Gosford Doyalson and Belmont.

Arriving in Newcastle at the John Hunter Hospital just after midday, Jayme was greeted by three nurses who took care of her as a baby.

"It was amazing to meet the nurses who nursed me as a baby 20 years ago," Jayme said. "Mum, Dad and I had a tour of the Newcastle Intensive Care Unit and we all cried."

Jayme was hoping to raise \$5,000 dollars during the ride and with support from the community, GHD, PushIT and Honda Trivett, Jayme doubled what she had hoped for, raising over \$10,000.

"To those families who donated who have children with CP Ataxia, you have a very special child. Don't wrap them in cotton wool, let them spread their wings and fly as my Mum and Dad let me and you will live the most wonderful and rewarding life no matter what your child does." Jayme said.

Message From the CEO

Dear friends,

As we near our Annual General Meeting for 2009, it is useful to reflect on where Northcott is at the moment, and where it expects to go in the future.

The senior management team from Northcott spent some time in September reviewing all we had done in the last 12 months, and planning our strategies for the next few years. Upon reflection, we were all surprised at how much had been accomplished in 2008-09.

Northcott today is a stronger organisation with better systems designed to assist staff in their delivery of excellent services to clients. We have reviewed those unexciting but essential procedures and practices around financial management, information exchange, reporting, accountability, and performance so that we can be assured we are spending money provided to us by our funders and our donors in the best possible way, to give clients the best possible service.

We have asked staff, through an anonymous survey conducted by Macquarie University, what are the things that bind them to Northcott and enable them to do their best, and, conversely, what are the things we need to improve. From that feedback, we have made a number of important changes, and continue to change in response to staff feedback.

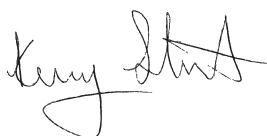
We have now extended our survey to our clients, with the results of our first major client survey due to be reported to us in the next few weeks. We expect to make some changes following that feedback, and will

continue to consult clients and carers as we grow and change. We will share the results of the client survey with you as soon as we can.

I am very pleased that one of the consistent findings of both the staff and client surveys was the high opinion held of the ethics and values espoused and demonstrated by Northcott management and staff, and the general belief that Northcott staff are genuinely committed to the best outcome for clients.

I know all of you who regularly read *Northcott News* are aware of how we are growing and changing. However, my commitment to all of the Northcott family is that despite any change we undergo, we will keep those vital elements that really matter in building an inclusive society, and remaining focussed on the people whom we are here to serve.

Thank you for your support.



Kerry Stubbs
CEO



Here's to you!

NORTHCOTT would like to acknowledge and thank the following supporters that have donated or raised funds for us in the past few months.

Parramatta Leagues Club for \$62,315 towards a new bus for Northcott's Early Childhood Support Service; Wenty Leagues, Canterbury Bulldogs and St Mary's Leagues Club for their collective \$18,000 towards Northcott's Early Childhood Support Service and Mortdale RSL Club and Blacktown City Council for \$9,935 towards Adult Outreach.

The Marian & E H Flack Trust for \$64,490 for a van, H V McKay Foundation who provided \$4,536 for respite nights and \$20,250 from Fred P Archer Charitable Trust for our Computer Assistive Technology Service.

KPMG for their event sponsorship of Northcott's Celebrity Doodle Auction on Wednesday 2 September that raised over \$10,000 for Northcott's Spina Bifida Group, ASX Reuters Foundation for \$34,000 towards our Computer Assistive Technology Service, BATA for \$47,000 to Beverley Park for a new van, Sargents Charitable Foundation for \$50,000 towards a bus, and GHD, Holla Advertising and Bruce W Stephens and Associates for their pro bono services.

Last but not least, our Fundraising Auxiliaries and Committees for their ongoing fundraising.

Mother and daughter team raise awareness for spina bifida

14-year-old Tiffanie Hill and her mother Diana McIntosh teamed up as Ambassadors for Spina Bifida Awareness Week 2009.

The week, which ran from September 1-7, focussed on raising awareness of Australia's second most common physical disability and on the importance of folate intake for women of child bearing age to prevent neural tube defects such as spina bifida.

Tiffanie, who has spina bifida, spoke to the media and at various events about her experiences as a child with spina bifida, sharing her story about the bullying and social ostracism she faced growing up, and her hope that people can learn to look past her disability and see her many abilities instead.

Diana spoke about her experiences as the mother of a child with spina bifida, the importance of additional folic acid intake for women who are trying for a baby, the harrowing experience of being told to terminate her pregnancy because her unborn child was

expected to have a severe disability, and her pride at the talented and confident young woman Tiffanie has become.

Thank you to Tiffanie and Diana for contributing to make Spina Bifida Awareness Week 2009 such a success.



[L to R] Diana and Tiffanie at the launch of Spina Bifida Awareness Week 2009.

Welcome to the Spina Bifida Adult Resource Team

ADULTS living with spina bifida will now have the assistance they need to find appropriate health services and support, thanks to the new Spina Bifida Adult Resource Team.

The Spina Bifida Adult Resource Team will comprise of Clinical Nurse Consultant Joanne Brady and Senior Occupational Therapist Jaie Thomson. The team aims to provide clinical consultation, education, support and preventative health strategies to adults with spina bifida across NSW health services.

The need for this service was established as clinical data indicated a significant reduction in adults with spina bifida attending hospital clinics and an increase in health issues for these adults after they have left paediatric care. The Spina Bifida Adult Resource Team aims to give adults with spina bifida increased support to manage their condition, to benefit both their health and quality of life.

The team will focus on facilitating and coordinating the effective transitions of young people with spina

bifida from children to adult health services and aim to reconnect any adult who has fallen through the gaps in accessing adult health services after moving on from paediatric services.

For more information on the Spina Bifida Adult Resource Team, please contact Joanne Brady on (02) 9472 5214.



[L to R] Meet Joanne Brady and Jaie Thomson

Mentors support to succeed

YOUNG people with a disability in foster care will now have support in finding their place in the adult world.

In August 2009, Northcott Disability Services was successful in receiving funding from the Federal Government to run the Leaving Care Mentoring Service, a new state-wide service aimed at assisting young people with a disability, who leave foster care, to develop the confidence they need to make more informed choices and prepare for life outside of foster care.

Program mentors teach the young adult a variety of life skills, such as budgeting, shopping and meal preparation, skills that will allow them to lead a productive life in the adult community.

18-year-old Damien Brown said he "would have no idea" how to manage many of the day-to-day tasks he needed to know after leaving foster care without the support of the mentoring service.

"My favourite part of the Leaving Care Mentoring Service is getting to hang out with the mentors," Damien said. "They help me with the things I need to know, like shopping with a budget."

For more information on the Leaving Care Mentoring Service please contact Rachel Parker on (02) 9890 0909

Then & Now

Then: Prior to the commencement of Northcott's Computer Assistive Technology Service (CATS) in 1989, people with disabilities had very little access to services that could link them with potentially life changing computer assistive technology.

Now: Many of the advances made in technology over the past 20 years have directly benefited the quality of life for people living with a disability. Controlling the computer or a communication device with head movement, eye movement, or even your thoughts is now a common occurrence. CATS has grown to provide vital assistive technology assessment and support services across NSW, including regular outreach clinics that are unique to the CATS service. CATS is also now working closely with the Department of Education and Training and other organisations to facilitate the use of computer assistive technology within NSW schools.

In The Hot Seat... *with Hayley Sparkl*

SIX-year-old Hayley Sparkl lives with osteogenesis imperfecta (brittle bone disease). Hayley and the Sparkl family have received support through Northcott's Metropolitan Family Support service, which has assisted Hayley to transition to primary school. Hayley is the face of an advertising campaign for Northcott's 80th year, so look out for her on the internet, Sydney buses, television, magazines and newspapers.

My most treasured possession is... my new big girl two-wheeled bike I got for my 6th birthday

Hero/Idol... my favourite idol is Hannah Montana! My Uncle and Aunty gave me a Hannah Montana guitar and wig for my birthday

Worst habit... I take too long to eat my dinner sometimes

My dream... is to be a butterfly and fly through the sky

I avoid... my new baby sister's crying



As a growing and innovative service, CATS ensures that people with disabilities receive the full benefit of these technologies in their everyday lives.

For more information on CATS, please contact (02) 9890 0109.



Corey using a mouth control joystick to operate his computer.

Through the Lens...

OVER 2,500 people actively took part in activities run by Northcott Disability Services during Spina Bifida Awareness Week 2009. The week was launched on the water at H2O Café Pymont, where guests enjoyed a folate rich brunch hosted by celebrity spokesperson for the week, Dr Cindy Pan.



[L to R] Dr Cindy Pan launches Spina Bifida Awareness Week 2009.



[L to R] Northcott client Tiffanie Hill, Northcott General Manager David Bate and Northcott client Julie Charlton.



[L to R] H2O Waitress serving spinach and ricotta bureks to Northcott staff Wendy Hall and Kayleen Flood.



[L to R] Debbie Daley, Julianne Lane, Anna Kamp and Sue Sims from Sydney Children's Hospital.



[L to R] Northcott client Tiffanie Hill, Northcott Chief Operating Officer Lee Carpenter with family.



[L to R] Liv O'Connor, Lynne Brodie and Joanne Brady.

Upcoming Events

Northcott's 80th Anniversary Gala Ball proudly sponsored by Anchorage Capital Partners

Join Channel Nine News Presenter Peter Overton and comedy legend Jean Kittson as we dance through the ages and celebrate a historic milestone, Northcott's 80th anniversary. Guests will be entertained by the comic satire of Steve 'The Sandman' Abbott and enjoy the sultry voice of Alisa Grey and her dancers. Join in the celebrations, laughter, dance, music and much more in a great night out!

There will be a silent and a live auction and wine raffle, thanks to our event supporters Anchorage Capital Partners, Raine and Horne Commercial Parramatta, Jardine Lloyd Thompson, Six Senses Resorts & Spas as well as Baxter who has donated to research and innovation.

Book now and do not miss out on your chance to be a part of Northcott's 80th celebrations!

What: Northcott's 80th Anniversary Gala Dinner

When: Saturday, 31 October 2009

Time: 7pm to late

Venue: Four Seasons Hotel, 199 George St Sydney

Price: Ticket- \$195 inc GST (\$105 tax deductible)

Table (10)- \$1929 inc GST (\$1029 tax deductible)

VIP Table (10)- \$2500 inc GST (\$1600 tax deductible)



To book today please contact Michael Johnson on (02) 9890 0127 or michael.johnson@northcott.com.au



Company that has donated to Research and Innovation **Baxter**

Northcott's Picnic in the Park

Northcott Disability Services' clients and families are invited to help celebrate Northcott's 80th year at Northcott's Picnic in the Park. Come along and enjoy games and activities, such as face-painting, a lucky balloon competition and a delicious barbeque. Please bring along your hats, sunscreen and a picnic blanket. Northcott's 80th Anniversary Celebrations will culminate with this event, so we encourage you to come along for a great family outing.

What: Northcott's Picnic in the Park

When: Sunday, 8 November 2009

Time: 10am to 2pm

Where: Parramatta Park, Area 17 (next to the Rumsey Rose Garden)

Cost: Free

For more information please contact Lauren Barker on (02) 9890 0918 or lauren.barker@northcott.com.au