



2013-14 Summer Edition

Brain Injury Network of South Australia Inc.

Brain Injury Network of South Australia Inc.

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• DATES •

January

- 6 BINSAs reopens - limited services
- 13 BINSAs full services including Springboard Program
- 21 RTP Mentor training
- 24 Western Coffee Group - Vili's Cafe
- 27 BINSAs Closed (Australia Day)
- 29 BINSAs Board meeting
- 30 City Coffee Group - Town Hall Cafe

February

- 4 RTP Course commences
- 5 RTP Alumni
- 18 EMRSS Info Forum @ BINSAs
- 20 SEABIN Meeting
- 21 Western Coffee Group - Vili's Cafe
- 26 BINSAs Board meeting
- 27 City Coffee Group - Town Hall Cafe

Tba Election Forum @ BINSAs

Tba Professional dev re ABI

March

- 5 RTP Alumni
- 10 BINSAs closed (Adelaide Cup)
- 21 Western Coffee Club
- 24 DIRC Disability Expo Whyalla
- 26 BINSAs Board meeting
- 27 City Coffee Club

WHAT'S NEW



BINSAs is very pleased to announce that we have retained our Certification level under the Australian Service Excellence (ASES). ASES is at the heart of our quality improvement and a guarantee that we continually review every level of our service and program delivery.

BINSAs is privileged that through listening to our clients and friends our services reflect the most genuine of needs and that with our professional staff and trained volunteers, we have been able to meet the expectations of thousands of South Australians affected by an ABI.

As we come to the close of our 21st year BINSAs's promise remains:

... BINSAs strives to increase awareness, acceptance and relevant services in all SA jurisdictions to improve the quality of life, independence and community inclusion of anyone impacted by an acquired brain injury (ABI).

Everyone at BINSAs wishes each of you the best for the festive season and a safe entry to 2014.

We'll be back on 6 January to continue our support of you. Now turn the pages and find out what we've been doing for the past 3 months ... and for 2013.



Check www.binsa.org for info on emergency support over xmas

Representation
Advocacy
Slow Rehab
Counselling
Community Connections
Regional Support

Staff

Advocate - National Disability Advocacy Program (NDAP)

Kelly Millar

We welcomed in the beginning of December - Kelly Millar as our new Advocate under the NDAP.

Kelly has a very impressive qualifications background – including Bachelor of Laws and Legal Practice (Honours 2A) Flinders University.

Kelly has been working with Red Cross in supporting Refugee Settlements – often really difficult especially dealing with some significant mental health related issues and limited settlement resources.

As we all know working at BINSA requires a steady level of resilience – something we consider Kelly has in spades.

Kelly will join the recently created advocacy team – with Amy now in the EMRSS role and Tegan in the supporting advocacy role.

We again thank John Harley who stepped up to assist BINSA Advocacy when regrettably Cynthia Betterman (see details opposite) had to resign due to ill health.

We are very pleased to have secured Kelly as we believe she will bring not only a freshness of view but also some very specific skills that will add to our abilities to assist and support our ABI constituents requiring advocacy support.

Coordinator - Reconnect Transition Program (RTP)

Tegan Whittard

Tegan has been promoted to the Coordinator RTP role. Following the departure of Kelly, we had a good look at how things were travelling with the program.RTP - It's positively sizzling at present

with Chris and Tegan both taking the program to greater reaches which is a terrific outcome, based on the very good foundation that those staff involved in the program in the past have so effectively laid out.

We have new initiatives which are proving to be very successful and so that is a good basis for us to enter into 2014.

We'll work hard to see if we can continue to raise the funds to keep the program going past 2013-14.

So congrats Tegan. Tegan will now work 4 days a week in RTP and moves to 1 day a week as the assistant advocacy – working closely with Amy Ambagtsheer and also the new advocate - Kelly Millar.

BINSA GOINGS

Cynthia Betterman - NDAP Advocate

It was with deep regret that Cynthia had to resign. It had been a very happy time for Cynthia here at BINSA.

When I met with her we discussed her current difficulties, prognosis as best she knows and the long treatment she is about to enter into. It will be a very hard time for Cynthia so that in itself is a sad business.

I have encouraged Cynthia to continue to consider BINSA as part of her 'friendship' and support group – here when and if she needs ...over the coming months.

Included below is part of Cynthia's letter of resignation, as I believe it fitting to share Cynthia's comments with all of you.

"Dear Mariann

...It is with much regret that I must tender my resignation from the position of Advocate, due to ongoing ill health. I have enjoyed my brief period of employment with BINSA.

I found it easy to fit in with the culture of the organisation, to support people and their families, who have been affected by an acquired brain injury.

Importantly, I personally experienced the caring and supportive nature of BINSA, over the past month.

I wish to personally thank you, Mariann, for putting into practice the very philosophy which underpins disability advocacy and supporting me, without pressuring me in anyway, to make a hasty decision, re my ongoing employment.

You have continually kept in touch, unobtrusively, as to my welfare, with an open door approach to my return.

Therefore I am truly sad to resign but believe it to be in the best interests of both BINSA and myself...

Sincerely Cynthia Betterman"

BINSA Radiowaves
listen out for our 30 sec ads each month

BINSA Programs

RTP Alumni

4 December marked the last alumni session for the year with a focus on managing the stressors of Christmas including an end of year get together to reflect on the year that was.

Chris who runs the alumni program is open to input from participants in regards to the content and direction of the group.

Tegan and Chris have been busy planning the alumni topics for the next 12 months and have some great ideas in mind including several guest speakers from a variety of organisations.

Alumni returns on Wednesday 5 February 2014. The main focus will be information processing.

21 years and who is counting...

Reflecting on what BINSA has achieved in 2013 is a very rewarding process as we seem to have had the busiest year ever.

When we look at our record of assistance - we find that more than 1500 people combined to use our services, attend our events, participate in consultations with more than 500 individual people being directly assisted by our fantastic staff and amazing volunteers.

BINSA not only continued to deliver independent advocacy under the National Disability Advocacy Program (NDAP) but has been selected to deliver a new advocacy program - External Merits Review Support Service (EMRSS) under the Advocacy Component - giving BINSA direct access to the cohort of individuals who are part of the SA NDIS Trial site - for children with a disability - up to 14 years until 2015-16. Advocacy is at the core of our activity and we now have a small dedicated team supporting a substantially larger number of ABI constituents as well as children with a range of disabilities.

We've delivered Australia's only 'community based slow rehab program - Springboard' for 16 years - a rehab program that supports individuals who have suffered a catastrophic ABI - to work towards achieving their personal goals. 5 participants have just graduated and we have transition plans to assist them with future options.

By improving our overall administrative efficiency we have been able to re-prioritise some of the resources so we could add one more day of Counselling so we can assist up to 100 people each year with this valuable program.

Donations and funds raised through fund raising efforts

received during the year have been used to boost our Regional Programs and we have now established the Northern ABI Network (NABIN) out of Pt Pirie, alongside the SE ABI Network (SEABIN) out of Mt Gambier. We aim for the Riverland shortly. All donations gratefully received - thank you!

Connecting the wider 'community' is achieved through our Community Learning and Lifeskills Program and also the Reconnect Transition Program - these both provide for small group settings, providing safe, inclusive, understanding and sharing - so individual needs are the focus.

BINSA's exceptional value to anyone affected by an ABI is that we are totally neutral in all our services, we have no personal attachment and/or involvement with any individual who need our support and/or advice. The BINSA team has simply shone this year - each team member has performed at their very best - for each of you - so we have been able to fulfil 2 very rigorous quality audit processes.

BINSA is able to provide certainty with the service we deliver because we have ensured that our Policies, Procedures and Organisational activities, including our revised governance - mean we are now able to focus on everyone - rather than remaining a 'member' organisation that had an 'exclusivity' about it; we step up for all of you who need our support. That's our entire focus and everyone here is committed to working with each of you to achieve with our best endeavours what you may be seeking.

But in all of this we could not do anything without the support and confidence of our funders and sponsors so we again thank:



BINSA gratefully acknowledges the funding received from the Department of Social Services

Challenges for 2014 continue to be

- the equitable roll out of the NDIS, the introduction of the CTP reform so all those catastrophically injured in vehicle accidents are covered under the Lifetime Care and Support
- finding suitable accommodation for those in need
- advocating for changes to ensure a more knowledgeable approach to those with an ABI caught up in the justice system
- working with the medical and health services to improve the access to rehabilitation and inpatient/outpatient care and support.

The BINSA 2013-16 Strategic plan is focused on gaining improved financial sustainability and also developing new services that fit within the new NDIS environment.

From all of us - happy festive season and safe entry to 2014 regards,
Mariann McNamara

BINSA PROGRAM REPORTS

(CONT.)

Administration

Merry Festive Season from the BINSA Administration!

We are at the tail end of a fantastic few months – action packed and fun filled.

Starting with IDPwD on 3 December, with plenty of information tables, like the Blog-A-Van from the SammyD Foundation, Parkinson SA, SAPOL, Energy Awareness, to name but a few.

We also had Wolf Karschimus with his beautiful artwork which everybody enjoyed and among the activities, we had a jumping castle, face painting and an activity wall to test the aim of challengers.

Of course, the food was the best attraction with the wonderful Lions Club complementing the freshly cooked lamb from the spit – delicious!

We would like to thank all our volunteers, Tindall Gask Bentley, URS, People's Choice Credit Union and staff who worked tirelessly together making this day a success.

After a week of final touches and organisation, we then held the graduation ceremony for our Springboard participants. Congratulation to Cheryl, Trevor, Simon, Wayne and Sharron – there is more info and pictures to read about and see inside.

After that, we ploughed into our famous BINSA Festive Dinner. The graduation and dinner was held at the beautiful Alan Scott Auditorium in the Hawke Centre, UniSA. We dined among beautiful paintings and artwork which complimented our evening and gave it that special touch.

We are now winding down for a couple of weeks, looking forward to spending time with our families and friends over this festive season. We will be back in the New Year – 6 January 2014 – stay safe until then.

Karen Arthur Coordinator Administration 8217 7600

Advocate

Hello! My name is Kelly Millar and I am the new Advocate at BINSA.

I am excited about joining the wonderful Advocacy team and look forward to meeting many more of you.

I have a background in Law and International Business and have previously worked with Refugees with complex issues, including many clients with undiagnosed ABI's. I am passionate about human and animal rights and my role as an Emergency Services volunteer.

Advocacy Update:

Since starting only two weeks ago, I have already advocated for many clients and received successful outcomes for Criminal matters advocating in Court, housing issues- preventing homelessness and supporting clients with self-advocacy through preventing unwanted phone calls through the

Do Not Call Register.

I have already recognised commonalities with issues raised and I look forward to advocating for change and contributing to systemic advocacy whilst continuing to advocate and empower clients.

And what a warm welcome to BINSA I've had and enjoyed meeting many people at the International Day of People with Disability event and at the BINSA Christmas party.

I look forward to meeting many more of you in the new year. If you have any issues or matters you need support with or are having trouble getting answers, please contact the Advocacy team at BINSA and we will assist you wherever we can.

I wish you a Safe and Happy Christmas and New Year!

Kelly Millar Advocate 8217 7614

Springboard

As 2013 comes to a close, we celebrated the graduation of five participants; Cheryl Mason, Simon Turner, Trevor Gay, Sharron Hample and Wayne Avery at a celebration with staff, volunteers, friends and family.

It has been my pleasure, as the Coordinator, working alongside the staff and Volunteers with these graduates as they work through their rehabilitation program at Springboard.

Each graduate has had their own goals to work towards, and we have all witnessed the hard work and determination that each of them has given to reach their goals, to become stronger, confident and more independent.

I feel this quote from an unknown author is a good representation of the journey we have all been a part of over the past few years.

*There is no telling
How many miles
You will have to run
While chasing a dream...*

We all started as strangers but become friends, it is with confidence that I know the graduates will take the skills, friendships and connections they have gained over the years with Springboard and continue to dream, achieve and move forward.

BINSA PHOTOS



Left - 2013 Melbourne Cup Day
Below - Mariann and Tegan



Michael - winner 3rd Place!

Energy Awareness Workshop Nov 2013



yRTP Nov 2013



Anne Heard, ParkinsonSA - always smiling.



Andersons Solicitors - Xmas celebration.
Karen, David, Tegan, Shaneen and Joe

BINSA PHOTOS



Congratulations to our Springboard graduates: Cheryl Mason, Trevor Gay, Simon Turner and Wayne Avery

Congratulations also to Sharron Hempel on her graduation



RTP Alumni - Xmas break up



2013 IDPwD - Port Pirie



Welcoming committee for Festive Dinner: Amy, (EMRSS), Joanna (Chair) and Mariann (CEO)



BINSA Staff and Volunteers - Service with a Smile!



Blog-A-Van at BINSA 2013 IDPwD



RTP Express - the Barossa



Postcard Launch - Mt Gambier



View from the top - BINSA crowds enjoying family and friends chat.



Simon the magic wizard



Tindall Gask Bentley Lawyers and Volunteers for the IDPwD setup



Peter the Pirate!

BINSA PHOTOS

2013 International Day of People with Disability (IDPwD)



BINSA Board member - Dean Fyfe and Minister for Disabilities Tony Piccolo MP with Shadow Minister Duncan McFedridge MP



Lions Club - Adelaide: one of our wonderful sponsors for IDPwD - the best sausages in Adelaide!



The Origin boys out for lunch to support 2013 IDPwD



Roger the Rabbit? no it's Chris Farrand!



Wolf and Meri Karschimkus



Our Lamb spit wonder workers! Brett, Victoria and Chris

BINSA PROGRAM REPORTS

(CONT.)

Springboard (cont.)

On behalf of past and present staff, volunteers, and participants, BINSA Springboard once again congratulates Cheryl, Simon, Trevor, Sharron and Wayne for their achievements.

Thank you to all the wonderful volunteers, students and staff for a fantastic year, may we all meet again in 2014 refreshed and ready for another action packed and enjoyable year.

Wishing you all the very best.

Victoria Zelipski 8217 7602
Springboard Coordinator

Counsellor

Adjustment after an Acquired Brain Injury (ABI) can be a hugely complicated journey, filled with changes in relationships, family roles, capacities, financial situations, aspirations, interests and perspectives.

Life after ABI can also involve complications from day one through to many years later. What is certain is that life after ABI will be different for the individual directly impacted by ABI and often the lives of all surrounding that individual.

Counselling can give perspective and support to the above aspects of life, plus other areas of importance in a confidential, safe and supportive environment.

Counselling at BINSA is available to people directly impacted by ABI and any others also impacted by living with an individual with ABI.

If you feel the above or other ABI related concerns might benefit from being discussed, please don't hesitate to contact Chris Farrand 8217 7601 or chris@binsa.org

External Merits Review Support Service - Advocate Component

Information and education has been the focus over the past few months for the External Merits

Review Support Service (EMRSS). We have travelled to Port Pirie, Murray Bridge and many places in between, to get the information out and about in respect to the EMRSS.

Meetings have been held with the Women's and Children's Hospital Paediatric Centre, Child and Family Health Early Intervention Consultants and Lyall McEwin Early Intervention team.

Along with this we have participated in information and have had guest speaker spots at many community service meetings and forums.

The EMRSS has now established relationships with numerous organisations that specifically deal with children with disability in South Australia including Novita, Downsyndrome SA, Autism SA and Can Do For Kids along with other organisations such as SCOSA and MINDA.

One of the most important aspects of the EMRSS role is to ensure that the information is getting out and about in relation to the process for people who are not happy with decisions handed down by the National Disability Insurance Agency (NDIA).

BINSA is the only organisation in SA funded to specifically support people to go through the EMRSS process when appealing NDIA decisions, and as a constituent or an avid reader of the BINSA newsletter we would welcome your support to get this information out.

If you know of anyone who is not happy with the NDIA plans or would like some information on the appeals process please provide them with our information and help to make sure decisions of the NDIA are fair and robust and people are getting all the supports they need.

Amy Ambagtsheer -
EMRSS Advocate 8217 7608

Community Learning & Lifeskills (CL&L)

The City Coffee Club relocated to the Town Hall Café in the winter months. This was found to be more appropriate in terms of access and a warmer location.

Regular attendees have indicated that they would prefer to continue at this site in the future. The coffee clubs are an opportunity to catch up and chat, debrief, learn about other BINSA programs and have input into future activities or presentations. The first scheduled meeting for The City Coffee Club for 2014 will be Thursday January 30th 2-4pm.

Similarly attendees at the Western Coffee Club at Café de Villis Bakery at Mile End South are more than happy with that venue and the next meeting is scheduled for Friday 24th January 2-4pm.

Recently a survey was sent to provide participants with an opportunity to have a say on the Community Learning and Lifeskills Program.

BINSA Consultants, Volunteers and Advisory Groups October-December 2013

Specialist Consultants

Angela Gregory – Accountant
InterIntra – IT and Website
Contractor
James Burdon – burdon-a-wire
Design Website Graphics
Joan Tamiaans – Minute Taker –
BINSA Board

Karen Osborne – Psychologist,
Independent Associate Cognition
Michal Dutkiewicz – Website
Illustrator
Steve Elkins – Handyman
Sue-Anne Gale - Speech
Pathologist
Susanne Hillier
(Dr – Physiotherapist)

Student Practicum

Rajbir Gill
Flinders University - Masters -
Social Work

Student UniSA Health Promotion in Physiotherapy

Jenny Chan
Sofie Coleman

Return to Work

Bill Wright
Proactiv People Solutions –
WorkCover SA

Volunteers Springboard Program

Cauis Mauricette
David Bajjali
Delores Goodey
Ella James
Emma Scanlon
Irene Para
Janelle Wood
Jess Turner
Jessie Wu
Lisa Hall
Monica Ayliffe
Patricia Jamieson
Rebecca Closter
Robert Semmens
Suzanne Edwards
Valmai Mackenzie
Whitney Rose

Administration General

Keryl Beesley
Robert Semmens (Newsletter)
Virginia Chen
Program Advisory/Events Support
Cttees

Springboard Professional Member Group

Anna Miles
Delores Wells
Fiona Creed
Liz Williams
RTP Advisory Group

Adrian Horan
Donna Lamden
Terry Sommerville
Tegan Whittard
Mariann McNamara
Chris Farrand
IDPwD 3 December

SammyD Foundation
Lions Club
Toni and Rosa Polyak
URS
Peoples Choice Credit Union
Energy Partners
Parkinson SA
SAPOL
Festive Season Dinner and
Springboard Graduations
11 December

Andersons Solicitors
UniSA - The Hawke Centre - Allen
Scott Auditorium
Golden Roast Charcoal Chicken
Aussie Party Hire



BINSA Programs (CONT.)

CL&L (cont.)

Thank you to all who responded and as we are committed to developing the program to suit the needs of those wishing to attend we will

research how we might introduce some of the suggestions.

Ideas included accessing information, recreation and relationships.

If you have any other topics please do not hesitate to contact me.

Shaneen Renshaw on Thursdays, on 8217 7605 or shaneen@binsa.org

Please note if you do leave a message then Shaneen will reply when she returns each Thursday, so if it is urgent then please call the BINSA general number on 8217 7600.

Re-Wired

Re-Wired has just completed another program with 2 participants. One participant has decided to continue on with Re-Wired for another 6 weeks in the New Year and we are currently working with the other participant, Simon, to find suitable fitness options in his local area.

Catherine is continuing to liaise with Gyms and fitness providers all over Adelaide to find gyms that are suitable and accommodating for individuals with acquired brain injury so if you are trying to locate a suitable gym or have a gym that you would like to recommend please contact Catherine. If you are interested in attending Re-Wired please contact

Catherine on 82178607 or via email at catherine@binsa.org

BINSA PROGRAMS (CONT.)

Regional Programs

Northern ABI Network (NABIN)

BINSA's recent expansion to the iron triangle was followed with a Northern Acquired Brain Injury Network (NABIN) meeting in Pt Pirie on 2 December. The main aim was to follow up on the discussions and progress made re identified issues of the NABIN meeting held in September.

These were lack of Adelaide bound transport for appointments, limited intra town transport (only 1 access cab), an app for community events which will include the integration of maps and a community event calendar available in hard copy.

BINSA is combining with service providers in Pt Pirie looking into grants to subsidise 1 more cab.

Local MP Geoff Brock is looking into the training of volunteers to run more inter- transport to Adelaide and works have commenced on the community event.

NABIN gained a few new faces on this trip and BINSA hopes the initiative will expand further with the next meeting scheduled to be held in Pt Augusta in June 2014.

IDPwD @ Pt Pirie

Tegan, Amy and Raj attended IDPwD in Pt Pirie to help promote the NABIN initiative and BINSA's other services. The day was fun filled with a band and a free sausage sizzle. The day was a huge success with lots attending.

For NABIN enquiries contact Tegan on 8217 7603, freecall 1300733049 or email tegan@binsa.org.

SE ABI Network (SEABIN) - Mt Gambier Regional Program

In October BINSA was very excited to be involved with the launching of a series of postcards aimed both at raising funds toward the South East ABI Network (SEABIN) and also raising awareness of life after ABI.

The postcards depicted artwork by local artist Amanda Ferguson who is living with an ABI as a result of a stroke. Michelle and Caroline and all the wonderful team at Community Health Mt Gambier did a wonderful job of coordinating the successful launch and great night.

Thanks to Bendigo Bank for their generous sponsorship for printing the postcards, the city of Mt Gambier for the use of the venue, the Metro Bakery who provided some food for the night and so many others who made wine donations and help on the night.

And a very special thanks to Amanda for the artwork and her continuing involvement with SEABIN.

The next SEABIN meeting is scheduled for 20 February and we welcome familiar faces and hopefully some new faces as well.

For information on SEABIN contact Catherine on 8217 7607/1300 733 049 or catherine@binsa.org

Reconnect Transition Program (RTP)

The final RTP for the year ended on 22 October and very positive feedback was received.

Special thanks to our mentors Robert Semmens, Adrian Horan, John Furda, Eli Murn and Barry Coldwell. We couldn't do it without your valuable input.

2014 RTP begins on 4 February.

The RTP is a 9 week program aimed at individuals who are living with an ABI as a result of road trauma RTP is 2 hours 1 day/week with each session focusing on a different topic.

yRTP

yRTP is similar to RTP with a slightly different slant which is age appropriate for those 16-30 and includes topics such as education, sexual health, substances and the brain.

Simone Norris WorkSkil DES Manager and Louise Clancy presented session 5 'where to now- Part 1' to discuss services WorkSkil offer. The session gave an insight to future employment and training provided by DES.

Jen Cousins - National Disability Coordination Office TafeSA joined session 6 - focused on future pathways, studying and work, always a hit for the yRTP. Thanks to our guests for their valuable time and terrific contribution to RTP. our guests for their valuable timeand terrific contributions to RTP.

eRTP

14 November RTP headed to Kapunda for an eRTP. eRTP takes all the best bits of the RTP and compacts them into a day, typically between 9.30am and 3pm. The eRTP allows BINSA to reach people with an ABI in the regions.

There was a good turnout in Kapunda and interestingly females outnumbered their male counterparts, which is a rare occasion when dealing with individuals who have an ABI as a result of road trauma.

The group received the program very well and are looking forward to BINSA's return in the future.

If you are Interested in any RTP please contact Tegan on 08 8217 7603 or email tegan@binsa.org



**Brain Injury Network
of South Australia Inc.**
(BINSa)

If undelivered please return to

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POSTAGE PAID
AUSTRALIA

Patron
Professor Richard Clark

BINSa Board (Voluntary)
Chair – Joanna Andrew
Dean Fyfe
Neville Hamilton-Brown
Pam Kirkham
Nadia Moffatt
Karl Mortimer
Terence O'Rourke
Simon West

BINSa Staff

Chief Executive Officer
Mariann McNamara Mon-Fri
8217 7609 / 0412195296

Coordinator Administration
Karen Arthur Mon-Fri
8217 7600

Coordinator
Springboard Program
Victoria Zelipski
Mon-Fri 8217 7602

**Springboard Program
Assistant and Rewired Fitness
Specialist Consultant**
Catherine Young
Mon-Fri 8217 7607

Advocate (NDAP)
Kelly Millar
Tues-Fri 8am-4pm 8217 7614

Advocate (EMRSS)
Amy Ambagtsheer
Mon-Thurs 8am-4pm 8217 7608

Jordan Forrest
Cindy Gillespie
Patrick Kiu
Bill Wright

**Assistant Advocacy
Reconnect Transition Program
Coordinator - Tegan Whittard**
Mon-Fri 9.30am-5pm 8217 7603

Counsellor and RTP Alumni
Chris Farrand
Tues – Fri 8217 7601

**Community Learning and
Lifeskills Coordinator – Shanean**
Renshaw Thursdays only 8217
7605