










**MEETING OF R & R NETWORK-Sunbury**
**Date: 09.05.18                      Opened: 9.20am    Closed: 12.00pm**
**Present:** Dom, Simon, Ashleigh, Emma N, Ben S, Amy, Hannah, Kiara, Mel M, Sarah T, Samantha J, David S, Simone, Anthony, Anna, Stephanie, Josie, Sarah L, Stefan G, Mary, Kimberley, David S, Jackson & Tim

**Apologies:** Ashleigh Dom    **Chairperson: Anna D**

ISSUES		DISCUSSION/ACTIONS
<b>Agenda</b> 	<b>CHAIRPERSON</b>	<ol style="list-style-type: none"> <li>1. Respect to our Elders-Tim</li> <li>2. Sunbury Dance Party</li> <li>3. What makes a good leader?</li> <li>4. NDIS feedback</li> <li>5. Community Connect visit</li> <li>6. Visitor- Textured Concept Foods Darren Benfell</li> </ol>
 	<b>All</b>	<ol style="list-style-type: none"> <li>1. Tim led our respect to our Elders, past and present.</li> <li>2. The City of Hume Dance Party is next Friday, 18<sup>th</sup> May. R&amp;R Network replies need to be back by Friday, 11<sup>th</sup> May.</li> <li>3. Leadership was discussed. <i>I think everybody is a leader here in R&amp;R- Kiara Cotchin, Richmond's Captain encourages his players-Tim Queen of England-Stephanie Easton Wood, Western Bulldogs Captain is good at what he does-Stefan Government, if not good we would not receive money-Emma I'm a good leader because I help people who can't speak up for themselves-Simone Good leader qualities include...</i> <ul style="list-style-type: none"> <li>• <i>confidence-Mary</i></li> <li>• <i>good public speaking-Emma</i></li> <li>• <i>encouraging-Sarah L</i></li> <li>• <i>good at what they do-Stefan</i></li> <li>• <i>helpful-Tim</i></li> <li>• <i>open and honest-Stephanie</i></li> </ul> </li> </ol>

		<ul style="list-style-type: none"> <li>• smart-Amy</li> <li>• explains and guides-Emma</li> </ul> <p>4. Mary, Emma, Anna, Tim, Simone, Amy and Sarah have an NDIS Plan. Feedback included: <i>Frustrating, not paying enough-Anna</i> <i>Crap, where I get my money from is changing. They talked too fast and were hard to understand-Sarah</i> <i>Going pretty good-Simone</i> <i>I'm getting help to clean my house-Amy</i> <i>I still don't know how it works-Emma</i> People are keen for a speaker from the NDIA to re visit for feedback.</p> <p>5. Kiara, Mary, Stefan will visit Sunbury Community Connect with Sarah Thomas for lunch today.</p> <p>6. Darren from Textured Concept Foods visited and shared the following information:</p> <ul style="list-style-type: none"> <li>• The company was established by a Chef, Speech Pathologist and Dietician</li> <li>• Did studies on how food can be presented better for people who need soft/modified diets</li> <li>• Owners wanted to provide dignity to people in need</li> <li>• Molds were purchased from all over the</li> <li>• Food is made in a kitchen in Keilor that used to be a Fish and Chip shop. Staff start at 3am.</li> <li>• Food is vitamised and then put into molds so that they not only taste like the actual item but look like it too</li> <li>• Meals are easy to heat</li> </ul>
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		<ul style="list-style-type: none"> <li>• There are 8 sauces available to accompany meals</li> <li>• There are 92 items in the range</li> <li>• Meals are sent all over Australia</li> <li>• This is the 1<sup>st</sup> company to make textured foods</li> <li>• Studies have shown that people eat more because of the texture, taste and presentation</li> <li>• The company is moving towards pre made packaging and are continuously increasing options available.</li> <li>• Meals are heated in the microwave with a cup of water</li> </ul> <p>Feedback by people that had a sample:  <i>The carrots look like carrots</i>-Anna  <i>The chicken is delicious</i>-Stephanie  <i>Wow, looks amazing!</i>-Mel  <i>The steak even looks like a steak</i>-Emma</p> <p>Darren will forward on a list of prices and has supplied Distinctive Options with several brochures. These will be kept at Lifestyle 1 Reception.  <a href="http://www.texturedconceptfoods.com.au">www.texturedconceptfoods.com.au</a></p>
<b>Events Planning Rep</b> 	<b>REP Simone</b>	<p>We need an end date for the Poster Competition.</p>
<b>Health and Safety and Maintenance Reports</b> 	<b>REP Stefan</b>	<p>Stephanie-<i>Bathroom light is out @ Lifestyle 2-accessible bathroom</i></p> <p>Were chairs at Lifestyle 2 cleaned over the break? Some chairs are still stained. This will be followed up. It was suggested that chairs purchased in the future be able to be wiped and have arm rests.</p> <p>R&amp;R will send a request asking that any vans purchased in the future have an automatic</p>

		<p>step. Some people forget to raise and lower the step. -Simone</p> <p>Some computers do not automatically send information to the printer at Lifestyle 2. <i>This is frustrating</i>-Kiara</p>
<b>Lost Property Report</b> 	<b>REP Simon</b>	<p>Purple long sleeve top with black writing-Factory brand.</p> <p>Simon is yet to find his watch.</p>
<b>Networking</b> 	<b>Stephanie Emma</b>	<p>Rick Ruie spoke about the NDIS @ last meeting. The next Western Network meeting is 5<sup>th</sup> June. Minutes are in the Networking folder.</p> <p>The next VALID Focus meeting is 29<sup>th</sup> May. Whilst absent at the last few meetings, Stephanie is still keen to attend.</p>
<b>Key Word Signing</b> 	<b>REP Hannah</b>	<p>Key Word sign is <i>banana</i>. Posters will be displayed at Lifestyle 1 &amp; 2.</p>
<b>Items for next meeting</b> <b>?</b>		<ul style="list-style-type: none"> <li>• Program Review Day planning</li> </ul>
<b>PERSONAL BUSINESS</b> 	<b>REP</b>	<p>Amy-We went out for lunch in Woodend for Mum's birthday. We had black forest cake.</p> <p>Stephanie-Mum came back from overseas. She left with one suitcase and came back with two.</p> <p>Ben S-I'm going to the Dance Party. I will do Grease.</p> <p>Kimberley- I went to Hannah's on Monday night to deliver birthday presents.</p> <p>Tim- Jackson and I are going to a footy game, Richmond vs Essendon.</p> <p>Simon- It's Mother's Day on Sunday. I'm going to the cemetery.</p> <p>Anna-I'm going out for Mother's Day.</p>