



Hartbeat

Issue #2 Hartley Lifecare summer newsletter 2007



*Effie helps raise funds
(see story inside)*

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Turning the wheels for fundraising

The Cycle Challenge 2006—one of Hartley Lifecare's major, annual fundraising events—smashed all records, generating more than \$400,000 for people living in the ACT and surrounding regions with disabilities.

Three hundred riders, forming 14 teams, spent three days cycling 454 kilometres to Mount Kosciusko and back, raising more than \$1,000 a kilometer. Five new teams joined this year and with crews and other supporters 350 participated in the November event.

For the first time three young people with disabilities rode (two on tandems) and twice Olympian cyclist Oenone Wood piloted a tandem. They proved there is ability in disability.

"This was our seventh Challenge," says Helen Falla, Hartley Lifecare's fundraising and marketing manager. "The money provides accommodation, respite, and community services to people with disabilities."



The annual Cycle Challenge is an important fundraising venture for Hartley Lifecare

ACT retailers kick-off unique charity scheme

Living up to their name, 'The Good Guys' of Tuggeranong have launched a unique charity scheme donating 20 cents from every transaction to Hartley Lifecare. Julian Barrington from The Good Guys Tuggeranong, says the scheme provides long-term fundraising for Hartley Lifecare and, in turn, supports people with disabilities.



How will the money be used? Some will pay for a new bus to resolve the challenges Hartley Lifecare faces in accessing disabled transport in the ACT.

Paul Crake undergoing rehab

Australian cycling medallist and stair climbing champion, Canberra's Paul Crake, was to participate in the 2006 Cycle Challenge but landed in hospital after crashing during a race in New Zealand. He is back here undergoing rehabilitation in the wake of spinal surgery. Paul is currently paralysed from the waist down.



"Paul's accident illustrates how real it can be for anyone of any age to be suddenly faced with a life-time disability," says Hartley Lifecare's Jenny Mollett. "We wish Paul the best and, just as he has supported us over many years, we will now support him—in every way we can."

A message from the Executive Director

It's a new year and with it the second edition of *Hartbeat*. In 2007 we celebrate many accomplishments, both with growth in services and income.

We're proud of our new accommodation based services, in Garran and Kambah, and are currently developing a third service, also in Kambah. We've also launched Outreach throughout Canberra. This program provides accommodation support for those living in their own or family home and is well received in the disability sector.

Hartley Lifecare's income has also grown thanks to fundraising and sponsorships. We applaud everyone who participated in the 2006 Cycle Challenge, working tirelessly to help make this major, annual event an outstanding success.



Jenny Mollett

Jenny Mollett
Executive Director

Gala event raises major funds



(l to r): Effie, Neil McGregor,
Jack Percy, Nancy Morrison

A black tie, gala charity dinner attended by more than 300 government and corporate supporters has raised more than \$70,000 for people living with disabilities.

Principally sponsored by Accenture Australia and the Accenture Foundation, the funds will help Hartley Lifecare move its services nearer to people in the community, provide support in their own homes and provide real opportunities for them to become part of the workforce.

Accenture has supported Hartley Lifecare since 2002 with direct financial assistance and by funding the Accenture Assistive Technology Program which provides people with disabilities with independence.

A highlight of the August event was 'Life Cycle', a painting created and donated by Aboriginal artist Sharon Lee Patterson, which sold for \$4,000. The painting includes circles symbolising wheelchairs and the bicycle wheels used in the Cycle Challenge.

Hartley Lifecare thanks all major sponsors and other supporters of this event.



designlogic



Meet Jack of JACKmail

A new mail service run by a mother and her 21-year-old son Jackson West, who has a profound intellectual disability with autism, launched in Canberra early March.



JACKmail is 'more than just a mail service', says Sally Richards, Jackson's mother. "It gives Jackson a future, a chance to interact with the Canberra community and a chance to act as an ambassador for people with disabilities."

How does JACKmail work? A full-time driver and support worker safely and securely picks up mail for businesses and helps Jackson deliver it in a bright red JACKmail delivery van. "Delivering mail keeps my son active and stimulated," says Sally. "He meets new people and enjoys visiting businesses. It's better than staying at home all day."

Hartley Lifecare supports JACKmail through its Community Services Program by providing the driver/support worker Jackson needs to do his job.

If you would like JACKmail to pick-up and/or deliver your mail, phone (02) 6281 0974 or 0421 455 913.

Thanks to all who supported the Cycle Challenge 2006



Michael Milton, Australia's best known Paralympic athlete and Australia's fastest skier, at the Cycle Challenge 2007 launch.

Cycle teams

Accenture FaCSIA	Fujitsu Health and Ageing
APVMA	Fyshwick Markets
Clayton Utz	Optus
DEWR	Outriggers
Department of Defence	Paxus/Vikings
Disability ACT	Resolution Consulting
DOTARS	

Major sponsors

Australian Defence Force	Macquarie Bank
Cycling Club	NEC
Accenture	Optus
Fujitsu	The Good Guys
Fyshwick Fresh	Tuggeranong
Food Markets	

Other supporters

FaCSIA	Jason Preston from Australian First Aid Services
Centrelink	Boomanulla Oval
DEWR	The many small businesses that generously donated to the event
Department of Health and Ageing	
Lafferty Photography	

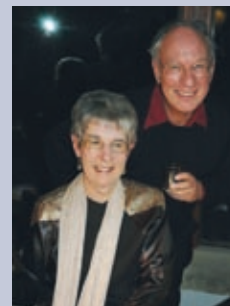
Cuisine Team dates for 2007

14 April, 9 May, 16 June, 14 July, 18 Aug, 15 Sept, 20 Oct, 17 Nov, 1 Dec.

If you would like to attend or volunteer to help with Cuisine Team, call Rosalie on 02 6282 4411.

Bush Baroque

Fundraising is not just about big corporations and big events. Many individual supporters work hard to generate a steady stream of funds for Hartley Lifecare, including Bush Baroque, a musical group headed by Richard and Joan Milner.



Richard and Joan Milner

Bush Baroque holds concerts for faithful followers at Hall Anglican Church, the Milner's home and at the Bungendore Woodworks Gallery. Since 2002 it has generated more than \$4,500.

"Our interest was kindled by the son of a friend who is a resident of Hartley Lifecare," says Richard Milner. "We love playing music and raising funds for those with disabilities gives us an excuse to indulge in our passion."

Tickets for Bush Baroque concerts are \$15. Phone 02 6236 9212 or email rmilner@alphalink.com.au



A soothing concert at Bungendore Woodworks Gallery



New Community Programs Manager

She's only new to the position, but Megan Groves is putting her heart and soul into being Hartley Lifecare's In Home and Community Programs Manager.

Megan has worked in the Homelessness and Palliative Care fields and is supported by studies in nursing, welfare, social science, and management. Her overall philosophy is simple but strong: "At the end of the day we're all people and caring about people is all that matters."

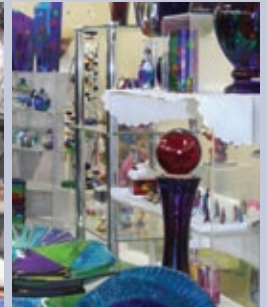
Hall Markets

The Hall Markets celebrate 20 years of fundraising this year so mark 5 August in your diary. There's around 330 stall holders each month at the markets selling fresh fruit, jams and chutneys, deli meat, and more delicious items. The markets also sell clothes, plants, flowers, and Jewellery. There's entertainment and it's a great family day out. 10am to 3pm, the first Sunday of every month.

Hall Market dates for 2007

1 April, 6 May, 3 June, 1 July, 5 Aug (20th anniversary celebrations), 2 Sept (Father's Day), 7 Oct, 4 Nov, 2 Dec.

If you would like to volunteer to help at the Hall Markets, call Rosalie on 02 6282 4411.



There are many ways you can help

With ongoing support, people with disabilities lead happy, fulfilling lives.

Hartley Lifecare has been helping those with disabilities for more than 40 years—with the support of organisations large and small *and* individuals in the community.

To continue with our work we urgently need your help. You can:

1. Make a tax free donation.
2. Volunteer for one of our programs, services or fundraising activities.
3. Attend the Hall Markets (proceeds go to Hartley Lifecare) or one of our other money-raising events.
4. Set up Workplace Giving at your place of employment (call for more information).

If you have a few hours or many more to spare, call and let's talk about how you can bring joy by making a difference to people with disabilities.



Bringing joy to those with a disability

Hartley Lifecare provides quality accommodation, respite, and community services to those who have physical and complex disabilities—24 hours a day, seven days a week, 365 days a year.

We've been making a difference to people with disabilities in the ACT for more than 40 years.

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Business hours: Monday to Friday, 9am to 5pm

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Thanks to Nancy Morrison and John Lafferty for their photography contributions to *Hartbeat*.

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