



include**ME**











***'We dared to dream, and our dreams have come true.  
We are now a part of our community'.***

Our Changing Days Initiative has provided a unique opportunity for Shepparton Access to continue the journey of community inclusion.

Service users have developed this publication as a celebration of the Changing Days Initiative. They expressed an eagerness to share one of their many stories and amazing achievements.

**includeME** is a collection of stories and photographs exploring dreams, wishes for the future and a desire to give to others in the community. Some of the stories will stir your emotions and others will fill you with pride. Each story will provide you with an insight into the fulfilling of personal dreams.

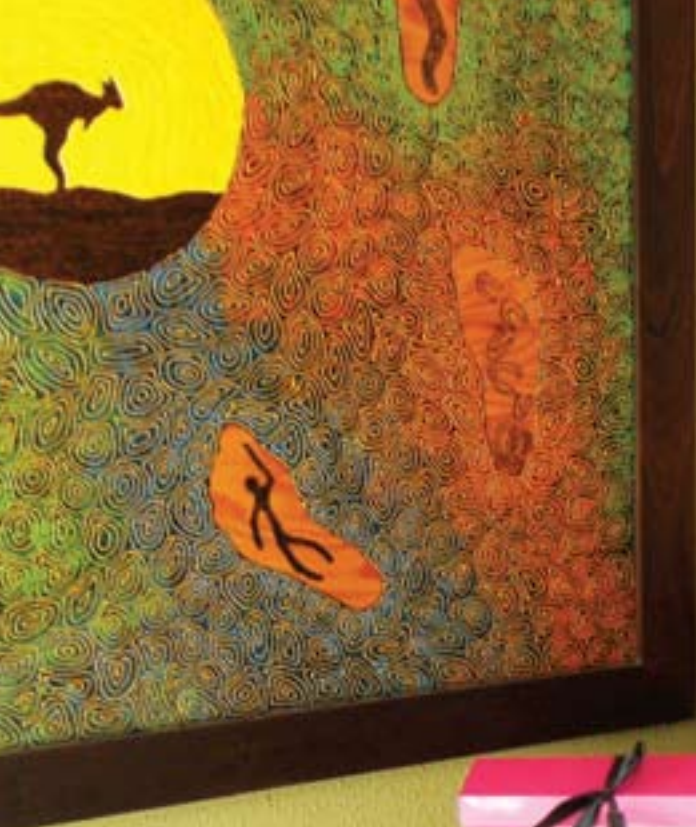
I recommend **includeME** to you as a testament of an incredible journey for service users to dream beyond their imagination and to thrive on new opportunities. They have been inspired by the success and confidence of others. Our service users are a determined group of people, eager to take their place as valued members of our community.

The service users are to be congratulated and admired for their willingness to stretch their wings and to push the boundaries of community inclusion.

Wendy Shanks  
Shepparton Access

**includeME**





I have always wanted to work in a hairdressers, even when I was at school.

I talked to the staff at Shepp Access about working at a hairdressers. Scott organised for me to work with Graham, Lyn and Krystal at Freshair in Fryers Street.

Scott taught me to cross Wyndham Street and Fryers Street on my way to the hairdressers. He also taught me to dust the shelves and fold the towels.

Now I can do many more jobs for Graham. I do not need any help. I clean the tint bowls, sort the rollers, sweep the floor, hang out the towels and make cuppers.

I walk to the hairdressers with my friend Brendan. I walk back to Shepp Access and use the traffic lights by myself. Sometimes I buy lunch on the way back by myself.

Once, when I was going to a dinner in Echuca, Graham did my hair for me. I looked beautiful.

Thank you Graham, Lyn and Krystal for letting me work at your hairdressers.

I love my work.

AMY



# ANDY

I work with Bob at St Mary's. Bob and I are cleaners. We have our own office, and we both barrack for Collingwood.

I do lots of things at St Mary's. I vacuum the classrooms, mop the floors, clean the windows and make the coffee.

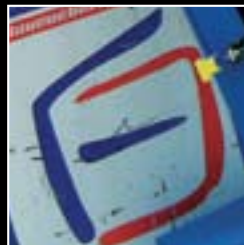
I am responsible for thirty four bins. Twenty six bins at my school, six at St Francis, one at the Convent and one at the Presbytery. I take all the bins to the special bin lifter at the back of the school. The bin lifter has a chain to hold the bin on, so it does not fall off. This is to make the bin safe.

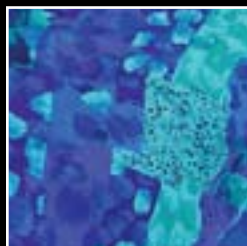
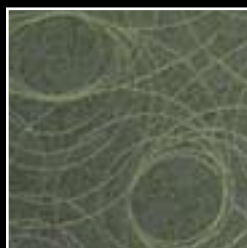
When Gary or Bob are looking for me, they talk to me on the CB.

I am helping Vanessa with the school production. I sing along with the songs from the Wizard of Oz. I also like helping to teach the students to dance.

I am a good worker and Bob is my best mate.









I have been at Shepparton Access for over four years now and I love it.

My programs have changed a whole heap since I have been here, but the one I love the most is helping at Harmony Village.

Harmony Village is a retirement village at Shepparton East. When I arrive I sign myself in and go to the lounge and say 'Good Morning' and have a chat.

During the morning I like to help the residents play word games on the white board, read the newspaper to them and give them a hand massage.

I help the oldies to the lunch room and I help serve the lunch. They like to have rissoles in gravy, mashed potato and cabbage. I like it too.

After lunch I have been helping with the craft group. We are making placemats to sell. The theme for the placemats is multicultural.

Everyone loves afternoon tea because there is hot chocolate with foam on the top and a couple of marshmallows. Then it is home time for me and I say my goodbyes.

It makes me feel great to see the residents enjoying themselves.

# BRENDAN

Work and sport have always been important to me.

I played football with the GV Stars and we lost both games against the O & M Jets. I had lots of fun and would like to do it again.

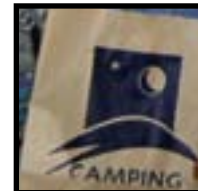
Last year I went to work at Camping World. I walk to work with my friend Amy.

I have learnt to do a lot of things. When products come in by mail I put them into the computer. Then I put the barcodes and price on them. I help with sales and putting the products on display. I have even learnt to use my manners to help people when they need it.

I wear a special uniform to work which is a blue shirt with a logo on it, light brown pants and a special pair of shoes.

I have made new friends at Camping World. I work with Anne, Terry and Warren. I have had some great experiences with them. I went to the Elmore Field days to help set up the Camping World site. It was a challenge to set it up but we managed to do it. We used a moving truck to get us there.

I always like working at Camping World and playing sport. I am trying to join a tennis or a footy club.











This year I started going to the Hub in Mooroopna. Scott taught me to walk from my Mum's work to the Hub. I can walk by myself now. It does not take me very long.

I go to the Hands On Group with Brad, Jodie, Kaylene, Mat and Cathy. Our teacher's name is Kay. We are tiling tables and chairs for the waiting room.

First we sanded the table and chairs with sand paper. For the tiles we cut clay into shapes and painted them. We used blue, green, yellow, purple and red paint on the tiles. My favorite colour is purple.

We are going to smash the tiles with a hammer into little pieces. I am sure it will make a loud sound. Then we will glue the little pieces onto the table and chairs.

The table and chairs will look bright and colourful.

Recently I entered my animation 'Flowers' in the Shepparton Arts Festival, Short Film Festival. I won a certificate. My family went with me to the Vault to receive my certificate on the stage. They were surprised and happy for me.

CATHY

# CHRIS

On Friday I go to Aquamoves and go into the Hydro pool.

The hydro pool keeps me warm as I do my exercises. I do my stretches and reaches to keep me going.

Sometimes I play games. I throw the ball and splash Brett and anyone else who comes close enough.

I like talking to the life guards. Last week we talked about footy tipping. My team is Geelong and they always win.

The ladies at the reception desk always ask my advice on which teams to tip. They reckon I'm better than their husbands at picking winners.

I like the spa. It feels good. The bubbles come from under the water and they tickle.

I watch people going down the slide and make a splash. One day I would like to go down the slide and make a big splash too.









Last year I went to the Elmore Field Days. It was very hot and I needed to wear a hat and sunscreen.

I liked looking at the machinery. We took turns at sitting on the tractors.

We had a lot of machinery on our farm when I was growing up. We had tractors, ploughs, hay balers and rakes.

There was a lot of machinery at the field days, and the tractors are much bigger now. We also saw some sheep dogs and sheep in the yards.

I would like to go to the Elmore Field Day again this year.



# we did jobs

My dream has always been to work with children.

I go to St Lukes School once a week and work with the preps and the year ones.

I had to have a police check to work with the children. The staff and the children always say good morning to me when I walk in the door. I love to see the smiles on their faces and to have a joke with them.

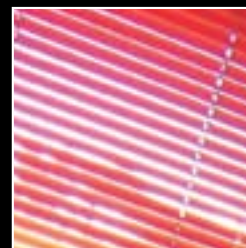
Sometimes the staff have a special morning tea because it is someone's birthday.

The staff always say I have done a great job and thank me for my help for the morning.

Everyone says see you next week.

It is great.







On Thursdays I go to work at McDonalds, where I do hard work.

I wear a uniform, a white tee-shirt, black pants and a name tag with Kate on it. When I get to McDonalds I put on my McDonalds apron and hat.

At work I clean the trays, wipe the tables and sweep the floor with a broom.

I have lots of friends at McDonalds, I like to talk to them.

After work I walk back to Shepparton Access. I buy my lunch at the shop on the way.

McDonalds is fun.

KATE



# KAYLENE

One of the things I really enjoy in life is helping others in the community by doing volunteer work.

My volunteer work with Shepparton Access takes me into the community to meet different people. Volunteer work has built up my self esteem and confidence and has been lots of fun.

Through volunteering I feel I am giving something to others in the community.

Each year we go out and collect money for organisations. I have learnt to introduce myself, tell people I am from Shepparton Access and who I am collecting for. It is always important to be polite when you volunteer for organisations.

I have collected for three organisations. The Red Cross who help the sick and the aged. The Red Shield Appeal helps to buy clothes and food for the poor. Daffodil Day helps people with cancer and help find a cure for cancer.

It is a challenge each year to break the amount of money raised from the previous year. I hope I will be able to help for many years to come.









# KIMBERLY

My aim in life has always been to get my license.

After leaving school I chose to go to Shepparton Access where they did things to suit my needs. I met new friends, developed my confidence and self esteem. Now I am able to make choices for myself.

I received help from the support workers at Shepparton Access to look up the Victoria Roads web site and learnt how to register my car and get my L and P plates.

I had some good times and bad times while learning to drive. I had a few scary incidents such as when a car pulled out in front of me. I got such a fright. I thought the car was going to hit me. That is what I call excitement that I could have done without.

Now I have my own car, and I have my P plates. I do not have to rely on Mum and Dad to go out with friends or to see a movie.

I am Independent.

LISA

At Strength Training I like to meet new friends and catch up with old ones, like Debbie. At Strength Training I am able to talk to others and have a good time.

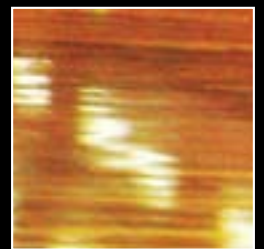
Toni is our instructor and she is nice. She has a bright personality and listens to what I have to say.

We do exercises to music, we stretch our muscles and we lift hand dumbbells.

Strength Training keeps me fit and healthy. It makes me feel good. It helps me lose weight.

After training we all have a cuppa and chat.

I like going to Strength Training because it is fun.







I like to talk and talk and talk. I go to St David's Friendship Group on Tuesdays with about 30 oldies.

Some people in the group like to play games during the morning like cards. Sometimes the group plan outings such as bus trips to Melbourne.

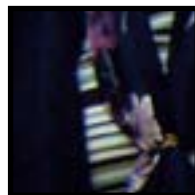
I do not play cards or plan trips. I like to talk. There is always someone to talk to.

I like going to the Friendship Group because everyone makes me feel welcome and talks to me as an equal.

I also like going to the group because I am able to go without anybody tagging along. This is different because usually I have a carer or someone around. It is nice to just be normal.

Thank you to everyone in the group for making me feel welcome, it is nice to know that everyone in the group will talk to me.

LISA





I like going to McDermotts to work a lot. I wear a red shirt with a logo and my name on the pocket. I also wear my work boots because they are safe.

I do lots of work for Barry. I like to use the Karcher to wash the cars and buses. I don't wash the roof of the buses because I can't reach them. I sweep the shed floor with a broom then pick up the dirt and glass with a shovel.

I need to be careful when I walk around the shed as the forklift might run over me.

I work with Slug, Ray, Bill, Shane and David. Sometimes Bill cracks the shits and swears when he is fixing a motor. Shane and David are funny when they tell rude stories in front of the guys, but not in front of Michelle in the office.

Elvis Presley's car from the 60's is in the rack in the backyard. It is white with wings on the back. It used to be used as a wedding car.

I would like to keep going to work with Barry.







I started work experience at Dualware recently.

I do lots of jobs at my work. I work on a line where I check for dents in the cans of soup. I make clothes horses and pack soap. I get these products ready for sale. I enjoy the laughter and jokes at 'smoko' and sitting out the back with the boys.

I like to do lots of things at Shepp Access. The best was going to the Grand Prix. What a great day! We went on a bus to the race track. The cars were so loud and went really fast.

MARTIN



# NATHANAEAL

I go to Shepparton Access on the town bus. I buy a ticket from the bus driver. The ticket costs \$1.80. I always have the right money and don't get any change.

There are lots of people on the bus. I sit quietly and listen to the chatter. Sometimes my Nan comes with me on the bus. I get off the bus when the bus slows down at the bus stop outside Shepparton Access.

I like the town bus because of its speed. I like it when it stops at the stop signs and goes over the bumps.

I like going around the streets so I can see what is going on. The cars are noisy outside. We go down Archer Street, but I don't get off there.

I would like to get off the bus at Kmart and have a look in the shop.

One day I might learn to catch the town bus to other places.







# PASQUALE

I am learning to do work at Dualware in Mooroopna. I like going to work because it is good. I start work early in the morning and go home at four o'clock.

Angela and Martin are my friends at Dualware.

At work I pack the soaps and the toothpaste. I like sanding the door stops, people buy the door stops to keep their doors open. I also like making the clothes horses. We put them together, then put them into a box. All the clothes horses go onto the truck.

Jacki helps me with my work.

One day I would like to work fulltime.





My favorite program is Meals on Wheels. We pick up the book with names and addresses and the meals from the catering kitchen in Shepparton.

Some people want hot food, dessert and soup and others only want a salad. I check the book to see what they have asked for.

Sometimes the meals smell like steamed cabbage and other times the meals smell yum.

We deliver the meals in Shepparton and Mooroopna. I like doing Meals on Wheels as we play jokes on each other.

When a new person joins Meals on Wheels I send them into the house in Hall Street. We watch the dog bark and show his teeth. The dog is really scary.

We all take turns to knock on the door and take in the meals.

I like my Community Work and helping other people.





# OUR THANKS

Thank you to you all who have contributed to the production of this publication.

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Rick Connors Photography for the graphic design and layout

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Wendy Shanks



Creating  
Pathways  
into the  
Community







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