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| **Attendees**: Wendy Brenkley (Complex Care Network), Tina Lincoln (Care Matters), Christine Zander-Campbell (Parent to Parent), Dr Carey-Ann Morrison (Imagine Better), Shane Doull (Kitchen Table Whanganui), Mark Benjamin (SAMS), and Rebecca Walton (Development Manager and Secretariat Support – Care Matters).  |

**Apologies:** Katrina Fletcher (Carers NZ), Kellyanne Tong (NZDSN) and Wai Campbell (Kitchen Table Whanganui)

1. ***Update on MidCentral and System Transformation from a family perspective (Tina Lincoln)***

The MidCentral family/whānau core group has been running some meeting in the region to share information. Sacha O’Dea has attended these meeting for clarity and Q & A. Meetings have been held:

* Palmerston North
* Dannivirke
* Levin, and
* Feilding (TBC)

If you have any questions you can join the monthly live streaming Q & A hosted by Sacha O’Dea for different groups - disabled persons, family/whānau and providers. You can send in questions before hand or join and ask questions live. You can find this on [www.enablinggoodlives.co.nz](http://www.enablinggoodlives.co.nz).

Some of the things for family/whānau to think about during the lead up to 1st Oct:

* Stay informed – there are a number of myths circulating which are inaccurate.
* If disabled persons and family/whānau like what they have they can keep it.
* Freedom to think creatively - dream what is possible - within EGL principle’s.
* Connect with universal community to start to think about ‘The Good Life’.
* Family/whānau are hungry for real stories.
* Some providers are getting ready for engagement and partnership with disabled persons and family/whānau.

As of 1st October, nothing changes in MidCentral. What you had on the 30th of September will be the same as the 1st of October. If you want change you can make contact with the ‘New System’ as of 1st October. Or you can wait until your annual NASC review is due, and someone from the ‘new system’ will contact you.

1. ***Conference Update (Dr. Carey-Ann Morrison)***

Carey-Ann provided an overview of the [IIDL Leadership Exchange & Networking Meeting in Stockholm 2018.](https://carematters.org.nz/wp-content/uploads/2018/08/Website-IIDL-Report-August-18-Report.docx)

1. ***Resources and Workshop re-cap (2017 – 2018)***

*New resources added to the website:*

* Mapping Education Opportunities (graphically designed PDF)
* Time Line Part 3 – Adulthood
* Time Line Part 4 – Getting Older
* Resilience (webpage and workshop resource)
* It’s all about Relationship (webpage and workshop resource)
* EGL System Transformation workshop resource
* Update – MidCentral & System Transformation
* Podcasts – Employing a Support Worker (Parent to Parent)

*Additional links added to website since Jan 2018:*

* What’s Next Transition Booklets (Central, Waikato and Wellington)
* A Guide to Employing Your Own Support Workers (Manawanui)
* Choosing your day-to-day supports (ACC)
* The A-Z Pre-Employment Guide for Employers & Employees
* A World of Possibilities
* Theo – A trigger (Tiger) for change

*Workshops completed:*

As of the end of June, Care Matters had completed 25 of the 36 agreed workshops for this period and 8 Kitchen Table sessions (5 locations returning 2 – 3 times).

1. ***Reporting***

***Six Monthly Report (first half of 2018)***

Over the past six months 21 workshops were completed, with a total of 246 participants, averaging 12 attendees per workshop. During the previous six-month period the average was 10. Approximately 12% of participants are Māori.

100% of workshop participants rate the workshops as good, very good or excellent (with the highest ratings being very good and excellent).

There have been 2158 people accessing the website (an increase of 38%). On average 92% (an increase of 16%) of people accessing the website are new users each month. There have been 12865 page views and 674 uploads.

The six most uploaded resources are:

1. Mapping Educational Opportunities
2. A window into IF/IF Respite
3. Group Conflict & Resolution Model
4. EGL Key messages
5. Working Creatively with Conflict
6. Tips to Stay on Top of it All

The six most requested workshop topics

1. System Transformation/EGL
2. Community Options & Community Mapping
3. Understanding Funding & the Current System (ie. IF/Respite/Carer Support, etc.)
4. Stress & Resilience
5. Communicating Effectively (ie. DESC etc.)
6. Transition from school & post-school options
7. ***System Transformation (update by Mark Benjamin)***

There needs to be a diverse group of connected families who can be active local leaders. It takes time to develop these skills, let alone govern the change process. Care Matters role is to connect and equip people.

The best systems can become entrenched in bureaucracy or end up being something that wasn’t initially intended. This is a community owned process. We need to have disabled people and family/whānau in positions where they can protect the initial intent of EGL and System Transformation. How do we safeguard the process? This is something we need to be thinking about continuously.

1. ***New Contract & Resource Development 2018-19***

The contract is likely to look like last year’s contract - with the same number of workshops and Kitchen Table events. However, we haven’t received the new contract yet, but have been told we will have it shortly.

Of the 14 SAMS workshops, we already have 12 requested workshops. Potentially we will not be able to meet demand.

There are several topics the Advisory Group are interested to develop further, these include:

1. **Well-being and grief and loss**

This continues to be a highly requested topic. It was felt that having this as a one day topic might be beneficial, as opposed to one of several topics in one workshop.

It was felt that for some people – to truly get the benefits of a workshop on well-being and leave feeling re-energise a full day was needed.

Rebecca will do a stock-take of Care Matters (SAMS and Parent to Parent) workshop and website material and identify any gaps.

Rebecca and Tina to meet with Christine to define the possible contents of a one-day workshop including potential guest speakers. It was thought we might be able to pilot this workshop in the Manawatu, so that Christine could be involved. Some initial thinking included information on:

* Burn out
* Mental well-being
* Anxiety
* Well-being of children/siblings (challenges)
* Cognitive Behaviour Therapy (CBT) and tools
* Mindfulness
* How to change thinking when working in a deficit model
* Lots of great information on the Mental Health Foundation website
* Werry Workforce (link training to their website)
* Emerging minds Australia
* etc.
1. **Education**

Education has signed up to the EGL principles and a Good Start to Life is now linking with the MidCentral leadership group.

Education is the highest requested topic by workshop participants. People want to know:

* with Education now joining up with System Transformation what will this mean?
* what will it mean to have choice and control under Education?
* will there be transparency of funding?
* will we be able to employ a Teacher Aide?
* if schools aren’t transparent who or where can we go?
* how do we influence change in schools?
* how are schools using ORS funding? Linked to the individual?
* how can the work done by ‘Good Start to Life’ add benefit to the work being done in MidCentral?

Some ideas for resources:

* What can we expect from Education/Good Start in Life as they connect with System Transformation in MidCentral?
* Clarifying specifics (to questions noted above)
* How do you make changes at a Board Level?
* How do you influence a Board of Trustee?
* How do you set up a Learning Support group of parents at a local school?
1. **Employment**

There is a continued need to support carers/family/whānau with relevant information on HR, employment law and training support workers (particularly as there will be more choice and control in the new system).

Support workers can do training through Career Force - and it’s free.

This area will continue to develop as more disabled persons and family/whānau look to employ their own staff.

1. **Leadership Development**

Care Matters is looking at ways to increase leadership development both internally and externally. Additional funding will have to be sought to assist with this. We also want to capture emerging leaders from local families who are involved in Kitchen Table events and workshops.

*e-Leadership Group*

A new e-leadership group being created that will start with the new contract and input into resource development for the next two years.

**Action Points**

* Discuss with Mark Benjamin (CEO SAMS) strategies and funding possibilities for leadership development (mid Sept 2018)
* Confirm contract outputs with Advisory Group once contract is signed
* Rebecca to organise meeting with Christine and Tina in Palmerston North to discuss Wellbeing full-day workshop (by the end of October)
* Rebecca to contact Pamela Cohen (Education) and Georgina Muir (Project Manager Good Start to Life) about what families should know about Education’s direction and how it is linking to MidCentral Systems Transformation.
* Link for support worker training with Career Force on website (it’s free)
* Werry Workforce (link training to their website)
* Need to capture emerging stories/lessons about MidCentral on the Care Matters website

**Next Meeting Date:**

**Monday the 25th of February 2019 in Wellington** (venue to be confirmed).