



Community
Resource
Unit Ltd.

Expanding Ideas; Creating Change



Supporting a Good Life

It's not ALL about funding!

An opportunity for people with disability & families to meet with CRU in South West QLD.

Catherine and Trish from Community Resource Unit are visiting towns across Murweh, Paroo, Quilpie and Maranoa in May.

Join us for a friendly and relaxed session on supporting a good life, so people with disability can be included and supported to live the lives they want. Connect with other people in your community, and get ideas from what people are doing in other places.

Catherine and Trish will also be available for individual conversations if there are things you would like to discuss one-on-one.

Individual or small group conversations

Would you like to talk in more depth about your own situation or goals? Some ideas for topics you could talk to us about include:

- Belonging & what makes life good for a person with disability
- Having a vision and making a plan for a good life (not just for the NDIS!)
- A home of one's own
- Friendships & relationships
- Safeguarding – keeping people safe without wrapping in cotton wool
- Creative use of funding & self-managing
- Real and meaningful work

Join us for a cuppa and a conversation

Charleville

Monday 24th May
Thursday 27th May

Cunnamulla

Tuesday 25th May

Quilpie

Wednesday 26th May

Roma

Friday 28th May

How to book?

Call CRU on
07 3844 2211

Email cru@cru.org.au
Visit www.cru.org.au

Supporting a Good Life

Meet with CRU in South West Queensland



Community Resource Unit
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South Brisbane QLD 4101
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Catherine Laherty has worked with CRU since 2015, starting on a project assisting people and families to get ready for the NDIS. Catherine presents on topics like implementing your NDIS plan, advocacy, self-management, belonging and a 'good life' for people with disability.

Catherine facilitates networks of people who self-manage their NDIS supports in Brisbane and Toowoomba. She is interested in people with disability being valued and included in their local community, and the development of natural supports (peer support, 'informal' support), for people with and without funding.



Trish Feehely worked in the disability sector for many years in South West Queensland including during the early years of implementation of the NDIS.

Since 2017 Trish has been an NDIS registered provider and Support Coordinator for families in Brisbane and Ipswich. Now working as a consultant with CRU, Trish is available to talk to individuals, families and small groups about their unique challenges in finding their own good life.

Her current interests include supporting families to design Individual Living Options under the NDIS new suite of housing options.

Join us for a session - or contact us for a different time!

Charleville Neighbourhood Centre

Monday 24th May - Supporting a Good Life - 2:30pm - 4pm

Thursday 27th May - Supporting a Good Life - 2:30pm - 4pm

Cunnamulla Aboriginal Corporation for Health

Tuesday 25th May - Supporting a Good Life - 1pm - 2:30pm

Quilpie Council Administration Rooms

Wednesday 26th May - Supporting a Good Life - 2pm - 3.30pm

Roma Community Hub

Friday 28th May - Supporting a Good Life - 1pm - 2:30pm

Who is Community Resource Unit Ltd (CRU)

CRU believes people with disability deserve access to the same life as everybody else. For over 30 years, CRU has been working across Queensland to help people with disability take control of their lives and take their place in their community. We have been funded as a Disabled People and Families Organisation by the Department of Social Services for these activities and **there is no cost to attend.**

Even if you can't make it to an event, we would like to hear from you, so give us a call.

Supporting a Good Life

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Call CRU on 07 3844 2211 Email Catherine.Laherty@cru.org.au Visit www.cru.org.au