



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 Central West Qld

Catherine and Sue from Community Resource Unit are visiting Longreach, Barcaldine and Winton in September.

Join us for a friendly and relaxed conversation on supporting a good life, so people with disability can be included and supported to live the lives they want.

Connect with others and get ideas from what people are doing in other places.

Individual or small group conversations

Would you like to talk in more depth about your own situation or goals? Catherine and Sue will also be available for conversations with individuals and families if there are things you would like to discuss one-on-one, or in a small group. Some ideas for topics could 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 them in cotton wool
- Creative use of NDIS funding & self-managing
- Using funded support well
- Real and meaningful work

**Join us for a
cuppa and a
conversation**

Longreach

Monday 12th
September 2022

Winton

Tuesday 13th
September 2022

Barcaldine

Wednesday 14th
September 2022

Other times & places
by arrangement,

How to book?

See over for details or
visit

www.cru.org.au/events

Ph: 07 3844 2211

Supporting a Good Life

Meet with CRU in Central West Qld



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Catherine Laherty started working at CRU in 2015, assisting people and families across Qld to get ready for the NDIS. Catherine presents on topics like inclusion and belonging for people with disability, implementing your NDIS plan, advocacy, self-managing NDIS funding, and building a good life for people with disability.

Catherine facilitates peer networks of people self-managing 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.



Sue Duncan-Kemp has more than 30 years' experience in the disability sector working in roles within government and in the not-for-profit sector. Before semi-retiring, she worked in the provision of NDIS Early Childhood Early Intervention Services in South West Queensland.

Sue began her working life as a Speech and Language Pathologist and from early beginnings working in large residential settings, developed an ongoing interest in what it takes to enable people with a disability of all ages to live ordinary (and extraordinary), meaningful lives in the communities of their choice.

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

Longreach Outback Pioneers, 128 Eagle St
Monday 12 September - Supporting a Good Life 4pm - 5.30pm

Winton Winton Neighbourhood Centre, 75 Elderslie St
Tuesday 13 September - Supporting a Good Life 11am - 12.30pm

Barcaldine Town Hall Supper Room, 71 Ash Street
Wednesday 14 September - Supporting a Good Life 11am - 12.30pm

Other times by arrangement - including the morning of Thursday 15 September!
Even if you can't make it we'd love to hear from you.

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.**

Supporting a Good Life

HOW TO BOOK?

**WWW.CRU.ORG.AU/EVENTS, OR CONTACT CRU 07 3844 2211
OR EMAIL CATHERINE.LAHERTY@CRU.ORG.AU**