



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 Jo from Community Resource Unit are visiting towns across Isaac, Central Highlands, Barcaldine and Longreach.

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 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 Jo will also be available for individual conversations if there are things you would like to discuss one-on-one. 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 funding & self-managing
- Real and meaningful work

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

Clermont

Monday 11th Oct
1:30PM - 3:00PM

Emerald

Tuesday 12th Oct
10:00AM - 11:30AM

Barcaldine

Wednesday 13th Oct
1:30PM - 3:00PM

Longreach

Friday 15th Oct
9:00AM - 10:30AM

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 Central West Queensland



Community Resource Unit
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www.cru.org.au
L2/43 Peel St or PO Box 3722,
South Brisbane QLD 4101
ABN: 16143460250 ACN: 617860009



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.



Jo Walters recently joined CRU after spending the past couple of decades working alongside people with disability, their families and allies. She has experience in supporting people to plan for the future, to move into a home of their own, to develop circles of support, to self-direct their supports and to become connected with their community.

She has extensive experience in helping people to navigate the NDIS and recently started working on CRU's Individualised Living Options project. Jo believes it is important that people with disabilities be supported to live rich, meaningful and connected lives as valued members of their local communities.

JOIN US FOR A SESSION - OR CONTACT US FOR A DIFFERENT TIME!

Clermont Civic Centre Supper Room, Daintree St
Monday 11th October - Supporting a Good Life - 1:30PM - 3:00PM

Emerald Neighbourhood Centre, 17 Yamala St
Tuesday 12th Oct - Supporting a Good Life - 10:00AM - 11:30AM

Barcaldine Workers Heritage Centre, 127 Oak Street
Wednesday 13th Oct - Supporting a Good Life - 1:30PM - 3:00PM

Longreach Civic & Cultural Centre Thompson Room 96A Eagle St
Friday 15th Oct - Supporting a Good Life - 9:00AM - 10:30AM

Other times by arrangement - including in the evening! Even if you can't make it we'd love to hear from you.
If you are in Winton, Blackall or surrounds and would like to meet, it may be possible on the Thursday.

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.**

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How to book?

Call CRU on 07 3844 2211

Email Catherine.Laherty@cru.org.au

Visit www.cru.org.au