



# Sunshine Butterflies

YOUR *local* DISABILITY SUPPORT CHARITY

## The Sun Shines Brighter at Sunshine Butterflies



Supporting individuals and their  
families living with a disability.

# Welcome to Sunshine Butterflies

Sunshine Butterflies is a registered charity and not-for-profit organisation founded to support and improve the lives of people with disabilities and their families.



Sunshine Butterflies offers a range of services that includes:

- Family Care Support and Counselling
- NDIS Advice, Support Co-ordination & Planning
- Swim and Recreation Clubs
- Siblings Social Club
- Puppet Disability Education and Awareness Performances
- **'Have-a-Chat'** Support Groups
- Respite (in-home and community)
- Early Intervention, Therapy and Playgroups
- Supported Independent Living
- **'Personal Fundraising'** webpage Initiatives
- Community, Social, Sport and Recreational Activities
- Music, Drama, Art, Woodwork Activity Programs
- Cooking School
- Physical, Health and Wellbeing Programs
- Assistance with Daily Life and Lifelong Learning
- **'Our Backyard'** Farm Activities
- **'Social Butterflies'** - Social Club
- Social Enterprise
- Job and Business creation opportunities
- Business Services - **'AllAbility'** First Aid Training, **'Sunshine Gardens'** Landscape and Garden Maintenance

Founded in 2010, the Sunshine Butterflies journey began when Leanne Walsh and her husband Damien's son Curtis was born 13 weeks premature in 1995 with Cerebral Palsy.

Through Leanne's experience, passion and dedication, the Sunshine Butterflies vision and ethos is to provide a better future for people with disabilities, and to empower families by providing a supportive and inclusive butterfly 'family' to achieve families goals for a happy, fulfilled life.

Sunshine Butterflies, offers a 'one-stop-shop' for disability support services, based at **'Our Backyard'** a purpose-built facility located on 5 acres in the Noosa countryside.

*We welcome you to our family!!*

## *Family Care Support, Case Management & Support Co-ordination*



Need support, information, counselling or just an understanding ear? Our Family Care and Support Co-ordination Service is here for you at 'Family Central'.

'Family Central' is the primary anchor point for families to access the various support and services that Sunshine Butterflies offer.

**'Family Central' is a multi-purpose space that will offer:**

- A library of support resources and information in times of need or life transitions
- Provide a relaxed non-clinical setting for therapists to assess and provide various therapies
- Early learning creative space for education, play and social activities
- A meeting hub where families can feel relaxed and at ease in a calm and nurturing environment to access counselling or advice.

The programs and support services offered through 'Family Central' are holistic and proactive in accommodating individual needs, goals and aspirations, pointing families in the right direction for sharing resources and initiating connection with our community.

**Other ways to get involved:**

- Connect with the Sunshine Butterflies Facebook page which shares news and photos of our activities
- Join our mailing list to receive regular newsletters and updates. Visit [sunshinebutterflies.com.au](http://sunshinebutterflies.com.au) to register
- Access our Disability Info Guide Facebook page, [www.facebook.com/disabilityinfoguide/](http://www.facebook.com/disabilityinfoguide/) Details of available services, programs and projects are listed by interested parties within the community
- Link to our other services, join any of our programs or become a member by calling or emailing us on [admin@sunshinebutterflies.com.au](mailto:admin@sunshinebutterflies.com.au)

*Remember we're only a phone call away!*

### *'Have a Chat' Support Groups*

Sunshine Butterflies provides a relaxed and informal support group to assist families living with disability called **'Have a Chat'**. Groups currently meet at several locations along the Sunshine Coast, providing support for parents, grandparents and anyone caring for a person with a disability or chronic medical condition.

**'Have a Chat'** provides workshops, information sessions and guest speakers to cover topics relevant to disability, allowing parents, family members and carers to gain useful information, socialise, share ideas and exchange tools and tips from others who understand the role of a Carer.

#### **What 'Have a Chat' offers:**

- Parent to Parent, Family to Family or Carer to Carer Support
- Up-to-date information about services and supports
- Workshops and Information Sessions
- Regular Guest Speakers
- Practical Advice and Ideas
- Activities that are "all about you"
- Great coffee, conversation and cake

Please note we do not run the group during school holidays. Please contact us for locations, dates and times which may change occasionally.

### *Do you need a break?*

#### **Lets talk about your respite and support options!**

Our flexible support is to give primary carers of people with disabilities wider options to receive the help that is meaningful to you, whilst providing a positive experience for the person with a disability. Our friendly and experienced staff can provide support in your home, for a few hours, full day or overnight. Or maybe some time out and about in the community may be preferred.

At Sunshine Butterflies we pride ourselves on working closely with individuals and families to create flexible options to ensure personal choice and control through customisation, ensuring everyone is comfortable.



## *Early Intervention, Therapy and Playgroups*

At Sunshine Butterflies you're able to access Early Intervention, Therapy and Playgroups to assist babies, toddlers and children with a disability.

Our exciting playgroups vary throughout the year and can include the following fun activities:

- Music, Song and Dance
- Nature Play
- Art and Craft
- Farm Animal Therapy
- Aqua Therapy and Water Fun
- Gym
- Kids Yoga



While children get to enjoy our playgroups, parents are also supported by our Family Care Co-ordinator who will provide you with information, advice, tips, hints, resources and referral to assist with the care of your child and to strengthen your families' knowledge about other areas of support.

If you are looking for therapy, we have various specialists working from the **'Our Backyard'** creative spaces to deliver therapies in a non-clinical setting.

Early Learning and Intervention programs are also available for education, play and social.

**For more information, please contact us on 5470 2830.**

*Please note, places are limited.*

## Sports and Recreation Club

Sunshine Butterflies Sport and Recreation Club is open to all ages and abilities and is held at various locations along the Sunshine Coast.

### SWIM CLUB

Swim lessons are individually designed around each member, to help build confidence, water safety, exercise, health and wellbeing or assist with difficulties experienced in a water environment.

#### Our Swim Program:

- Caters for all ages and abilities
- Operates year-round in heated pools
- Club lessons are term-based
- AUSTSWIM qualified teachers with additional special needs training



## FITABILITY

Being active has many health benefits and our *'Fitability'* sessions promotes weight loss, cardiovascular endurance, muscle strength, flexibility and joint mobility. Led by qualified fitness instructors, these sessions will educate on health and nutrition while promoting and maintaining good health. Safe and colourful sporting and fitness equipment is supplied for various sport and fitness activities which are modified to be fun and energetic for everyone.

### Our 'Fitability' Program:

- Caters for all ages and abilities
- Activities change weekly
- Program is term-based
- 1hr program session

## SPECIAL NEEDS AFL CLINIC

The Noosa Tigers Special Needs AFL Clinic promotes socialisation, team-building, skill development, improved coordination and fitness. It is social and fun!!

### The Noosa Tigers Special Needs AFL Clinic:

- Caters for all ages and abilities
- Is held during football season
- 1hr clinic
- Auskick Qualified Coach

**If you're interested in joining our programs,  
please contact us on  
5470 2830**





### Welcome to 'Our Backyard'

'Our Backyard' is a 5-acre learning, respite, education and recreational facility in the Noosa countryside that provides life skills, recreation and learning opportunities to young people of all ages and abilities.



Located in the beautiful wallum bush at 468 McKinnon Drive Cooroibah, our home is just 5 minutes from Tewantin/Noosa, bringing everyone together in one accessible place to access all of our programs, activities, supports and services. With garden beds filled with herbs, salads, veggies, and a variety of fruit trees, native shrubs and trees which we all care for, there is plenty of fresh ingredients for our cooking programs!

'Our Backyard' is also home to numerous friendly farm animals that include; Cows, Goats, Sheep, Donkey, Ducks, Chickens, Geese, Guinea Fowls, Peacock and a Horse. These furry and feathered friends share the paddocks and stable yards, and help us deliver animal therapy and animal care enrichment programs to individuals living with disability.

Facilities for everyone to enjoy include; an Activity Hub, Country Store, Outdoor Kitchen, Adventure Playground, Accessible Tree House,





Early Intervention Creative Spaces, Accessible Pool and beautifully landscaped gardens and dams.

**'The Farmyard Cooking School'** will offer skilled based training opportunities for our members, and provide a fabulous environment for the community to enjoy.

**'Our Backyard'** will also be host to children's farm themed birthday parties and school excursions.

If you are a community group planning your next meeting or event, why not join us in making a difference at **'Our Backyard'**? Our delicious morning teas are legendary!

*Dreams really can become reality...  
at Sunshine Butterflies!*



## Our Social Activities

Check out the activities we currently offer.

As new spaces are created, exciting initiatives will continue to be developed. See our website to download our current Activities Program.

### FARM YARD ACTIVITIES

'Our Backyard' brings people together from a wide range of backgrounds and abilities, and is fully-inclusive for our community members to enjoy.

Learn about horticulture, permaculture, environmental activities, aquaculture, animal care and more!



Animal assisted care is a therapy being recognised as having a positive effect on people with disabilities and vulnerabilities. Spending time with animals and caring for them is excellent for building confidence and self-esteem whilst reducing stress. Horticulture is being used today as a learning and social tool and can be enjoyed by all ages and abilities. Members can even experience being a farm hand! You can help plan, pot, plant and maintain a number of different types of gardens including our orchard, vegetable and herb beds and our grounds, as well care for a number of farm animals. You can fish from our dams or have a go at catching yabbies to throw on the BBQ for lunch. During the cooler months let's stoke a fire, enjoy toasting marshmallows, and cook some damper to go with old fashioned Billy Tea.

**If you would like to get involved in some 'Farm Yard' activities call us on 5470 2830**



### KISS MY ART

Choose to either join a structured class or group project, or develop your own area of interest and focus on your individual creative goals. Activities include mosaics,

textiles, sculpture, painting, drawing, craft, sewing,

jewellery making, photography, tie dying, weaving and farm art... just to name a few! Lots of choice to get those creative juices flowing with new arty crafty ideas being added all the time.

**ROCKABILITY** - where we offer a platform to enjoy and create music together that will be written and recorded. You can learn an instrument or just express yourself through singing, dance and movement.



### **CHIPPIE'S CORNER** -

provides opportunities to design, create and construct wood products. You will be guided step-by-step through each project to help you learn new skills and techniques.

Items made or restored include wooden chopping boards and trays, garden and home wares, art and ornaments, as well as recycled pallet furniture. Guys and Gals – grab your hammers!

### **FARM YARD COOKING SCHOOL**

Would you like to learn to cook easy healthy nutritional meals and enjoy delicious food while socialising with friends? We cover all aspects of food preparation, including menu planning, learning how to follow recipes, safe food handling, correct measurement reading, cooking times and table setting.



### **SING AND ACT WITH RHYTHM & SOUL**

A drama and musical experience where you can learn to sing and perform under the expertise of a professional singing teacher. Designed for individuals who have little or no vocal experience but have always wanted to! Come, enjoy performing each week, and learn basic techniques including voice production, breathing and posture, all at your own pace.





### Social Sibs Club

Siblings of children with a disability experience a range of emotional reactions, both positive and negative, which is why we have created a club exclusively for brothers and sisters of children who have special needs.

Our '**Social Sibs Club**' provides a social and recreational club to give siblings an opportunity to meet other siblings with similar circumstances in a fun, safe, casual and friendly environment. '**Social Sibs Club**' meets monthly.

**Please call us for more information on club activities and dates.**

### Social Butterflies

Our '**Social Butterflies Social Club**' offers recreation and leisure activities within the Sunshine Coast and beyond. Tourist attractions, events, bands, concerts, parks, picnics, bonfires, fishing, boating, BBQ's, cafes, lunches and dinners, just to name a few. Enjoy overnight camp outs under the stars at '**Our Backyard**' and experience all that the great outdoors has to offer. Give us your great ideas and suggestions to add to the fun.



### Holiday Programs

A holiday program with a difference, in between school terms, with fun daily activities that are sure to keep you entertained. Look out for our timetable on our website or Facebook page.



### *Life skills happen naturally at Sunshine Butterflies*

**Independent Living Training** - Have a dream to live independently and be part of your community? We can assist you to make the most of your abilities and help you develop your self-confidence and self-reliance by providing you with training, resources and information, so you can take control of your life to live independently and feel safe in your community.

**Assistance with Household Tasks** - Let us help you keep your home maintained, e.g. Yard Maintenance, Cleaning and other household activities and assistance with personal domestic activities.

**Assistance with Shared Living Arrangements** - Need assistance in your shared living environment to learn and develop new skills. We're here to help you.

**Community Volunteering** - If you're looking for support to help you give back to your community in a volunteering role, we are able to help you achieve your goal and get involved.

**Transitioning from School to Community Living** - As a school leaver we can provide support to help make your transition from school to community living and adult life easier, or to develop new skills to gain further education and employment opportunities.

**Need help with transport?** - Let us teach you about safe public transport.

**Be your own BOSS** - Interested in creating your own business? We can help assist you with developing your Business Cards, Flyers, Social Media pages etc.

*Looking for something else  
but just for you?*

Here are some ideas that may sound like fun!

**Personal Grooming** - We can assist you develop a healthy lifestyle, a positive outlook and teach you about your health needs such as hygiene, diet and fitness.

**Fitness, Sport and Recreation** - If you're into keeping fit and enjoy the gym, hikes, bike riding, tennis and general fitness, we can offer you a support buddy so you can participate in the things you want to do. Maybe you just want to go to the local footy and support your favourite team. We'd love to get you involved in your local club.

**Surf Skills and Beach Safety** - if this is your choice of recreation, let us help you develop your skills to enjoy a safe day at the beach.

**Personal Training, Yoga, Tai Chi or Massage** - are just some suggestions that our friendly staff can help you with.

If your activity isn't here, we can create it and help you do it - easy!

*It's all about you!*







*NDIS. We are here to help.*



The National Disability Insurance Scheme is the new way of providing individualised support for eligible people with permanent and significant disability, their families and carers. The NDIS is the insurance that gives us all peace of mind. Disability could affect anyone – having the right support makes a big difference.

The NDIS will start in Queensland 1st July 2016, and will be fully implemented by 1st July 2019, with around 97,000 Queenslanders eligible to receive support through the scheme.

Under the NDIS, people with a disability will have choice and control over their disability supports, including choosing who and how these supports are provided and managed. People who meet eligibility criteria will be able to access all reasonable and necessary disability supports, as agreed in their individual plans, to live independently in the community and to work towards achieving their goals and aspirations, over their lifetime.

Please visit **[www.sunshinebutterflies.com.au](http://www.sunshinebutterflies.com.au)** to download brochures and booklets, fact sheets and general guides on how to prepare and plan for your future.

We also provide up to date information about the scheme, and information on how Sunshine Butterflies can deliver supports or products in alignment with your plan that will enable you to reach your goals for a good life.

**Call us for a FREE personal pre-planning session on 5470 2830**

Provider Registration Number: 4050009184





## Fundraising Appeals

Hello, I'm Ivy Roger

Our gorgeous Ivy was born at 30 weeks gestation and when she was just 14 days old we were told she would have Cerebral Palsy. She is now 7 and a 1/4 and still gorgeous and as bubbly as ever! Ivy is a bright and sassy girl, keeping up with her peers in Year One at mainstream school. She enjoys...

[Read my story](#)

## Personal Fundraising

Our online '**Personal Fundraising**' Initiative has been developed to assist families, individuals, disability support groups or clubs to raise funds for specialised equipment and aids, intensive therapy, medical and pharmaceutical requirements, respite and nursing assistance, home and vehicle modifications, sport and recreation funding as well as many other areas of support.

### How Personal Fundraising can help you:

- Members are able to raise the funds needed to achieve their goals by using the security of a registered charity with deductible gift endorsement.
- Sunshine Butterflies can help members create their own online personal fundraising page and will keep their members up to date.
- Members are able to send their page link to friends, family and colleagues who can read their story, make a donation and leave a personalised message.
- '**Personal Fundraising**' allows prospective donors to give directly to an appeal of their choice.
- Creating a personal fundraising page is quick, easy and, most importantly, secure via our donation system.

**If you would like more information, please contact us on 5470 2830**





## Fundraising and Events

Sunshine Butterflies does not receive government funding and relies on the support of the community and the generosity of donations and sponsors.

With your support we can continue to provide and develop programs, projects and services to children, youth and young adults living with disabilities, as well support to their families. By offering corporations, businesses and individuals the opportunity to build mutually beneficial partnerships, we are able to work together to really make a difference.

### This may include:

- Major and Minor Sponsorships
- Donations of goods or in-kind services
- Cause and Project Marketing
- Planned or Workplace Giving Programs
- Event Sponsorship
- Program Sponsorship
- Animal Sponsorship
- Crowdfunding Initiatives



**If you would like to discuss further on how you can support Sunshine Butterflies or volunteer at any of our events, please visit our donations page or contact us on 5470 2830**





### Animal Sponsorship

Sponsor a farm animal at **'Our Backyard'** to help us with their care costs such as their food, vet costs, straw and other associated costs to keep them safe and protected. Sponsoring one of our animals will allow our animal care program to enhance the lives of our members with a disability.

You can sponsor any of our furry and feathered friends at **'Our Backyard'**, whether it be a chicken, goat, donkey or cow! Alternatively you may like to make a one-off donation to **'Our Backyard'**.

We rely heavily on the generosity of businesses and individuals to provide support and fundraising to the essential programs and services we deliver.

All sponsors will receive a sponsorship certificate and an invitation to our annual sponsor day where you can see the great work we do.

If you would like to sponsor one of our animals at **'Our Backyard'**, please contact us or visit our Animal Sponsorship page on our website

[www.sunshinebutterflies.com.au/sponsor-an-animal](http://www.sunshinebutterflies.com.au/sponsor-an-animal)



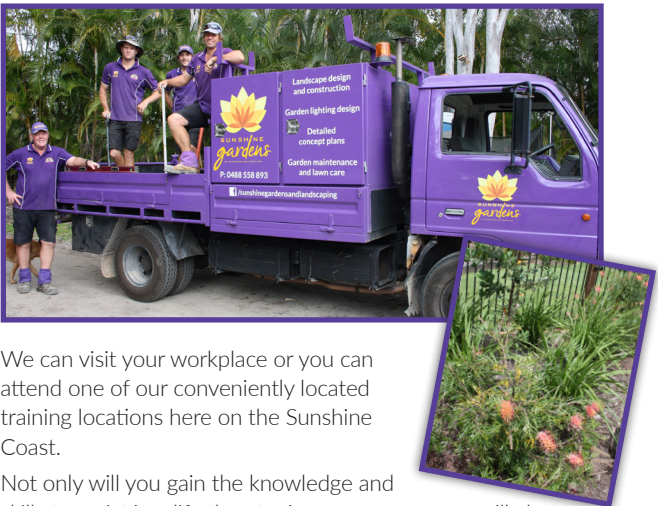
## Social Enterprise

### How we fund Sunshine Butterflies

At Sunshine Butterflies, we do not receive any Government funding and therefore we have developed several Social Enterprises, '**Sunshine Gardens**', '**AllAbility Training**' and '**Our Country Store**'. These sub-businesses provide an income stream to cover the day-to-day running costs.

'**Sunshine Gardens**' provides landscape design, construction and maintenance to the entire Sunshine Coast, Gympie and Cooloola Regions, with 100% profits donated back to Sunshine Butterflies. We have a team of qualified and highly experienced staff to meet all your garden, horticultural and landscaping needs.

'**AllAbility Training**' provides a range of fully accredited first aid training courses to equip you with valuable first aid skills.



We can visit your workplace or you can attend one of our conveniently located training locations here on the Sunshine Coast.

Not only will you gain the knowledge and skills to assist in a life threatening emergency, you will also be assisting Sunshine Butterflies charity supporting children, youth and young adults living with a disability and their families.

ALL proceeds from both these Social Enterprise services go directly back to Sunshine Butterflies to fund their support services and programs for people living with a disability.

'**Our Country Store**' is an outlet for goods made in our art and craft programs, as well as our merchandise which can also be purchased online from our website.

## *Our Mission*

Sunshine Butterflies' mission is to create and build a network of flexible services that will provide, from one accessible location, information, assistance, support, resources and programs in a safe and happy living and learning environment to individuals and families living with disability.

## *Our Vision*

Sunshine Butterflies vision is to empower families and individuals living with disability and to provide them with the support they need to achieve a happy and fulfilled life.

## *Our Values*

### **Sunshine Butterflies:**

- Values and respects people with disabilities, their families and carers by supporting and encouraging them to be active in the planning and delivery of their services.
- Is committed to working with our members to ensure that our services are meeting their needs.
- Actively supports people with disabilities in promoting well-being, independence, valued status, inclusion and quality of life.
- Will always be accountable for our actions and act with transparency and integrity.

*We listen, we create, we deliver.*



YOUR *local* DISABILITY SUPPORT CHARITY

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[www.sunshinebutterflies.com.au](http://www.sunshinebutterflies.com.au)

Our Backyard: 468 McKinnon Drive, Cooroibah 4565