



A Busy & Progressive Time For Both Participants & Staff

Hi <<First Name>>

The midway point of the year is always an opportunity for both a bit of reflection and forward looking. **At Sunrise2Sunrise, it has been a busy and progressive time for both our valued participants and staff.** This year we have been focusing our efforts on putting resources into key service delivery areas such as frontline staff, people, culture and other systems.

In a year where the COVID normal is really taking hold, **we've kept our focus on maintaining safe ways of service delivery, where our staff deliver supports in a COVID-safe manner.** Some of the measures include encouraging staff to get the flu vaccine and staying home when they have flu-like symptoms.

Mental well-being is also one of our key focus areas, as there are mounting pressures socially, economically and on the service delivery frontline. **Sunrise2Sunrise is working to create a safe workplace where both staff and participants receive and deliver services in a way that safeguards and promotes mental well-being.**

Finally, **we would like to express our appreciation to our community** in achieving our vision and the potential of the people we support.

Warm regards,

Malvin
Executive General Manager



Ravi Gives a Presentation at the Workforce Australia Job Fair.

Recently, our **Managing Director, Ravi**, was invited to be part of the **recruitment panel for the Jobs Fair hosted by Workforce Australia**. Ravi was given the opportunity to speak at a seminar where he discussed employment at Sunrise2Sunrise and the **many opportunities available for people wanting to make the move from other industries to disability support and care**.

Ravi shared some of his vast knowledge of the disability support sector, specific to career progression. **Sunrise2Sunrise offers the opportunity for people to join the team with no prior experience in the industry.** Ravi explained that everyone has had experience with care at some point in their lives, whether that is caring for a loved one when they are sick or injured, or helping someone with a disability load their shopping bags into their car at the supermarket.

The foundations needed for a career in the disability sector are within everyone and a key focus at Sunrise2Sunrise is helping you build on those foundations to reach great heights in the disability support industry. Our Operations Manager, Angela, started her career with Sunrise2Sunrise just two short years ago as a support worker, but with the support of Sunrise2Sunrise and some good old-fashioned hard work and determination, she reached a position many in different industries can only dream of. **You too can reach great heights, and it all starts here at Sunrise2Sunrise!**

Find out more about [working with sunrise2sunrise!](#)



Sunrise2Sunrise is a Silver Sponsor of Care Expo Melbourne!

We are very excited to announce that we are a silver sponsor of Care Expo Melbourne putting us alongside some of the biggest names in the industry! Care Expo Melbourne brings together a diverse range of community services, businesses and organisations from the support, health and care industries. **Care Expo Melbourne is the perfect opportunity for those looking for a career in the care industry, looking for a care provider or looking to change care providers to see what is on offer and explore a**

wide variety of options.

Care Expo offers the opportunity to discover and connect with providers of aged care, disability and in-home support through to education, mobility, mental health, social, recreational services and more. The 2022 Care Expo Melbourne will also feature a range of inspirational and educational speakers including our Managing Director, Ravi!

Ravi will be speaking at 1:45 pm on the 13th of August. He will be giving an educational talk on SDA and SIL housing and how it is making waves within the industry. **We encourage everyone to come say "hi" and see what the expo has to offer!** We can't wait to see you all there.

Find out more about [Care Expo Melbourne](#)



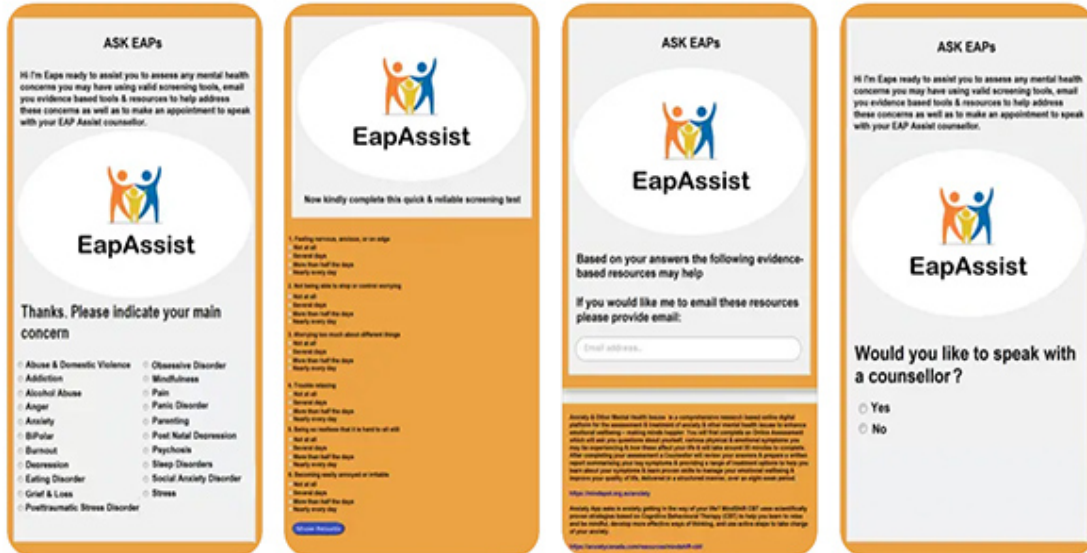
Knightlamp Trauma-Informed Training.

Past mental or physical trauma can trigger someone's behaviour of concern. It's important to understand this triggering and how to support them when this occurs. **Thanks to the expert training delivered by the Knightlamp team, it is safe to say our entire team is now able to deliver the highest quality care to our participants that have suffered trauma.** The training session delivered by Stephan Friedrich, a psychologist and expert in trauma, educated our staff on the intricacies of how the brain deals with all types of trauma, what signs to look for, dealing with the triggers and how to respond.

The training has better enabled our staff members to approach and handle participants who have suffered trauma in an NDIS setting and promote environments of healing and recovery.



Health & Safety At Sunrise2Sunrise



EAP Assist: Employee Assistance Program

Providing much-needed care to those in need is a rewarding and enriching experience, but at times it can be stressful and mentally taxing. **At Sunrise2Sunrise we understand that to offer the best possible care you need to support those who work tirelessly to provide it.**

EAP Assist is Australia's leading Employee Assistance Program provider with immediate confidential counselling support & advice services to all Sunrise2Sunrise employees free of charge. We encourage all of our staff to give them a call on 0407 086 000 or download their app from the app store to utilise this wonderful resource! **Just remember to tell them you are a Sunrise2Sunrise employee.**



Read The Latest Sunrise2Sunrise Blog



A Love That Conquers All

When Marie and Darryl first met some 36 years ago, Marie was anything but smitten. During trips to the quiet suburban streets of Cranbourne, which she often took to babysit a little girl, she would bump into Darryl next door. **At first, she didn't think much of him, but he turned out to be "Mr Romantic" and won Marie over "well and truly."**

But in 2018, things took a bad turn.

The couple's whole world came crashing down when Darryl suffered a major stroke. It left the 62-year-old transport business owner paralysed on his entire right side and affected his speech and memory.

According to Marie, **one silver lining to come out of this awful tragedy is the care and support the couple have since been receiving from the team at Sunrise2Sunrise.** They've helped soften the blow of misfortune.

[Read More](#)



Rainbow of Emotions: Teaching Emotional Regulation Skills Step by Step App for Android & iOS

Sunrise2Sunrise is proud to be partnering with Behavioural Health in the development of a new "Rainbow of Emotions" app to help people regulate their emotions. The app is easy to use by parents, early childhood educators, primary/secondary school educators, allied health therapists, mental health professionals and disability support staff.

The creator of the Rainbow of Emotions is Dolly Bhargava who is a NDIS Registered Behaviour Support Practitioner and Speech Pathologist. Dolly explains that **Individuals with Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Anxiety Disorder, Depressive Disorders, Disruptive Mood and Behaviour Dysregulation Disorders have difficulties with emotional regulation.** Emotional regulation is the ability to identify, express and manage emotions in a healthy and safe way.

Without emotional regulation skills the individual can experience emotional flooding in response to internalised triggers (e.g. lack of sleep, hunger or pain) and externalised triggers (e.g. change in routine, given too many instructions or a noisy environment).

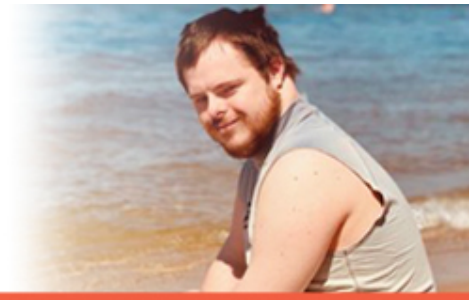
Developing emotional regulation skills is key to responding to internalised and externalised triggers in a healthy, safe, and socially acceptable way.

The Rainbow of Emotions App is a useful tool to help the individual develop emotional regulation skills. The app allows you to personalise and tailor the app to your individual's needs. You can use your own pictures, labels, colours, audio and tools so that its easy to use and understand. **The app allows you to track the individual's progress by recording data on the**

app. The data can be downloaded in pdf format and can help assist the support team in gaining better insights into how the individual is feeling throughout the day and which tools are most effective in helping the individual regulate their emotions. **Through consistent use of the app it can help the individual learn to take charge of their rainbow of emotions.**

In our next newsletter we will be advising of the launch day.

Services At Sunrise2Sunrise



In-Home Support & Personal Care

Supporting people to stay living in their own homes starts with supporting the daily necessities of life but it also extends to helping participants and their carers engage with life outside of their home.

In-home support often starts with supporting the physical demands of getting dressed, personal grooming, laundry, dishwashing, and showering. At Sunrise2Sunrise we focus on providing a consistent person to provide this support so that a strong relationship is established.

Through this relationship we really get to understanding the participant's interests and can extend support to find ways to improve

participants engagement with the world outside home. This might be to find opportunities for them to engage with activities that are of specific interest to the participant, and then help them get the most out of it.

While we're talking about relationships, **it's important to support the relationship between participants and their caregivers.** One aspect of this is for the carer to have time out to do something for themselves. Because of the strong relationship our support workers establish, carers can confidently go out on their own.

Learn more about our [In-home and Personal care services supported by NDIS funding.](#)

People At Sunrise2Sunrise



New Faces

Meet the Latest Editions to Our Team

We are always so excited to see some new faces around the office. Please welcome the latest members of the Sunrise2Sunrise team!



Michael

Accommodation Services Manager

Michael comes to the role of Accommodation Services Manager having worked for over 22 years in the Disability Sector, with 7 years in non-government agencies and 15 within the Department of Human Services. **It was a close family member living with a disability that inspired Michael to dedicate his career to helping those living with a disability** to achieve an enriching and fulfilling life. He is focused on person-centred active support as a cornerstone of best practice in creating opportunities for each person using our services to achieve their goals.

Michael's qualifications include an Advanced Diploma in Disability Work and a Diploma in Community Services with a focus on trauma-informed care and case management.

Michael has also completed a Diploma of Business with RMIT which provided a core understanding of how leadership impacts a business. **This will enable us to provide the best care possible whilst maintaining a sustainable business model.**

Michael has broad experience in change management and building a

culture that creates teams who are diverse in their thinking and understand that at the centre of everything they do, are the men and women in their care.



Linda

Support Coordinator

Linda has been working as a disability support worker for the last 4 years and enjoys helping people achieve their goals. Outside of work Linda loves cooking and spending time with family and friends. And loves being a nana.

Employee of the Month

Thank You for All Your Hard Work and Dedication

There is nothing more fun than a little bit of friendly competition and what better way to reward those who work so hard day-in-day-out than with the coveted title of Employee of the Month!

Manish

Employee of the Month for April



Alanna

Employee of the Month for May



Emily

Employee of the Month for June

