

As we see it... is a smash hit!

The recent Cosmos Art Show, entitled "As We See It", was voted a huge success by visitors and participating artists alike.

Set in the old WIN television studio behind Cosmos, the show featured 268 artworks by over 50 Cosmos participants. Premier, Lara Giddings opened the show and even purchased a painting for her home.

Acclaimed Tasmanian artist Kit Hiller helped Ms Giddings award the prizes. She congratulated all the participants, saying she could tell how much effort and thought that had gone into the pieces and that the exhibitors were all true artists.

Organiser of the Cosmos art show, Louise Brownley, said there weren't as many entries this year, but the artworks themselves were of a very high standard and all participants should be commended.



"Moonlight Scape" by Shaun Phillips was one of several artworks that caught the eye of visitors and judges alike. See back page for more pictures.

What a great year!

"2011 has been an exciting year for everyone at Cosmos.

We have received a number of important funding grants and enjoyed recognition as an Employer of Choice.

Celebrations for International Day of People with Disability included a selection of works from the Cosmos Art Show being exhibited at the Moonah Arts Centre.

I would personally like to thank all our clients and families for making 2011 such a memorable year.

Please accept best wishes for the holiday season from everyone at Cosmos!"

*Catherine Viney
CEO Cosmos Inc.*

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info@cosmos.org.au

Who is looking after your affairs?

While you spend so much of your time and energy managing the affairs of your child or loved one, you need to ask;

Who is looking after your affairs?

Legal experts advise that an **Enduring Power of Attorney** is one of the most significant appointments you can make for your family's long term welfare.

Unlike the executor of your will, an Enduring Power of Attorney allows you to appoint one or more individuals, or a Trustee company, to take care of your financial affairs if you become unable or no longer want the responsibility.

If you are incapacitated your Attorney will manage your estate and finances the way you would, and preserve your Estate so that when you die the intentions of your will can be carried out.

Unfortunately the situations where you would need an Enduring Power of Attorney tend to happen without warning.

The time to consider an Enduring Power of Attorney is now – while you are healthy and in full control.

Take some time to discuss this with your solicitor and family. It's a smart investment in your long term peace of mind.

My Story by Lily Pickering

“When my daughter Louise first started with Cosmos in 2004 I was just a little nervous. She had spent every moment of her eighteen years in either my personal care, or in the supportive school environment of places like Hazelwood. She was happy, safe and secure.

It's been seven years now, and Cosmos has been a real God-send. Louise is now living in a group home where I know she is happy and safe. It just took me a long time to be able to let go, that's all.

For me, her first day at Cosmos was like a nightmare. We arrived and there were people going everywhere. I didn't know what was going on. The greatest shock was seeing so many people with so many other disabilities.

Fortunately a nice young man came over and spoke to us. He said, "Just leave her with me. She'll be alright." And she was.

Louise loved her new activities but I still wasn't confident that she would manage alone. So I would drop her off, and just park nearby to be sure that everything was alright.

If they went somewhere during the day I would park nearby – just to be sure. I was a complete nut for a full year! My day was all about getting her there and getting her home safely.

Louise loves going to Cosmos. And once I was able to accept that she was happy and safe I started to relax. It took a while, but that's just me.

In all those years I never used Respite care – I simply didn't trust anyone to look after her as well as I could. I should have, but I couldn't let go.

In the end it all just got on top of me and I had a break down. The doctor said I had to go to hospital immediately or I could be dead by the weekend. I managed to arrange 3 days care for Louise in a group home. In the end I was in hospital for over three weeks. They offered a three month trial and now she has been living in the group home for about a year, and loves it.

Louise comes home for one weekend a month now and, frankly, I don't know how I coped before. I love her, but she is still hard work.”

With time on her hands, Lily is now volunteering at Save The Children.

“They need a hand. And I can give something back.”

At Cosmos we appreciate that life can be difficult at times. Which is why we are always here to support you and your family any way we can. If you need help, or a chat, please call us on 6228 6394.

On The Move

Travel concessions and you

Getting about is important to us all, and fortunately there are a number of Government concessions available to make it easier and more affordable.

Mobility Allowance

Mobility Allowance assists people with disabilities involved in qualifying activities, such as looking for work, doing work or training, but cannot use public transport without substantial assistance.

Allowance available from \$83 per fortnight. Contact Centrelink for full details.

Companion Card

If your child wants to attend any activity at a venue that charges entry – such as a film or concert – but cannot attend unassisted, a Companion Card gives you a free ticket when you accompany them.

To find out more call the Companion Card Information Line 1800 009 501.

Transport Access Scheme – 50% Concession

A 50 per cent concession on the cost of travel by non-wheelchair accessible taxi is available to people with a permanent and severe disability who have a:

- Centrelink or DVA Pensioner Concession Card
- Centrelink Health Care Card
- Commonwealth Seniors Health Card.

A maximum subsidy of \$25 per single journey applies.

For more information phone 6233 5193 or go to www.transport.tas.gov.au

RESPITE – Everybody wins!

Everybody needs a break from time to time – you and your kids both need time to recharge the batteries, ready to start afresh.

Cosmos has a range of respite offerings as part of the **Recreation Adventure Program R.A.P** to help support your family.

For Children aged 5 to 11 years:

- **Saturday Occasional Care** – Saturday from 10am to 3pm
- **Slumber Party/Sleepovers** – Saturday 11am to Sunday 11am

For Teenagers:

- **After School Care** – Fun activities from 3pm to 6pm
- **Activities** – Friday or Saturday 3 to 6 hours together with friends
- **School Holiday Program** – Fun activities and group adventures
- **48hr Weekend Trips** – A weekend away – football, camping, etc.

Call Emily or Jennifer at Cosmos on 6228 6394 to find out more.

Save A Tree Today!

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It's Summer – time to hit the beach!

Surf Life Saving Tasmania is keen to see people with a disability enjoy the sun and sand like everybody else. "Enjoying our beaches is part of the Australian identity," General Manager, Tony van den Enden said.

Surf Life Saving Tasmania has 22 clubs/services across the state and can advise on the safest beaches for those who may need a bit of extra assistance.

Mr van den Enden said, "Tasmanian beaches are for everyone, so if someone needs assistance to enter the beach or the water we'll do all we can to offer support." (Though it is a good idea to phone ahead to be sure.)

Surf Life Saving Tasmania have 12 beach wheelchairs available free of charge which can be used to enter the water or just for a walk on the beach.



The Hon. Lin Thorp, Minister of Human Services, Caroline, Matt & Allie at the launch of the new beach wheelchairs

Beach and Water Safety Training

Surf Life Saving Tasmania is also offering free **Beach and Water Safety Training** to assist families, carers, support workers and organisations supporting someone with a disability to understand and be safe at the beach and other water environments.

Once trained, SLST has a pool of equipment that can be leased at minimal cost for groups wishing to go to the beach and other water environments.

SLST is keen to ensure that more people enjoy our beaches this summer. To find out more, or to arrange a beach wheelchair, call 6222 6555.



Cosmos Film Night was a premier event!

As part of the celebrations for International Day for Persons with a Disability, Cosmos held a film night at the State Theatre in New Town on Wednesday, 7th December.

The main feature was **Unlikely Travellers**, by Michael Noonan – voted Best Documentary at the 2007 IF Awards. This was supported by a selection of short films made by Cosmos clients.

A great night was had by all and we look forward to an even bigger evening next year.

Unlikely Travellers – a film by Michael Noonan

Voted Best Documentary at the 2007 IF Awards, **Unlikely Travellers** is a remarkable film about six fabulous adventurers, each with a challenging intellectual disability, who take a life-changing trip to the other side of the world. They're real, raw, hilariously blunt... and quite unlike anyone you've seen before.

A New Day – by the Cosmos Camera Crew

This 4 minute film was this year's entry in the MyState Film Festival.

Mornington Police and **South Western**

– Two short, fun, upbeat films by Cosmos TV.



Back Page Review

Everyone who saw it agreed that the Cosmos Art Show was a big hit. The first impression was one of walking into a modern art gallery – and much of the art could easily be displayed in a gallery anywhere in the world.

The 268 artworks included pottery and painting,

sculpture, drawing and an assembly of good old fashioned rolled-up paper.

The work was as marvellous, and unique as the wonderful artists who produced it. We can hardly wait to see what they come up with next year...

