

Hello to all our family and participants ..... we are into May already, where has the year gone?

The **Up Up and Away Project 2009** is up and running. Our team coaches have been busy, working hard with their participants in achieving their goals.

Some of our participants have lots of goals, and others have fewer goals, some of the goals are: going on holiday with their friends, to move out into their own place, to be independent, to be an actor, to get a job in a office.

As you can see our participants are very busy trying to achieve their goals with team coaches.

# WORKSHOPS

*Here are some photos from our workshops on healthy eating in March 2009.*



*Julia Wilcox*

*Ian Ho* has been playing the piano for us, and is a brilliant pianist, he plays star wars, James Bond and many other tunes on the piano.





*The girls are busy working away together.*

*Rachel working with her team coach Lauren*



*Ian, Amrita, Thomas and team coach Lisa.*



Remember everyone to bring your food and exercise diary for May's workshop.

## *young educators project*

*University of Sydney, asked us to come back and speak again this year to their 2009 students.*

Gerard O'Dwyer, Lisa Dingle and James Vantol came along and did some wonderful PowerPoint presentations.

Gerard brought his Tropfest trophy along, and played his short film my Be My Brother for the students to see.

The students enjoyed the presentation, and asked lots of questions about their lives, and all their achievements.

One student wrote:

Hi Maria,

*I just wanted to let you know how much I enjoyed the afternoon listening to yourself, Gerard, Lisa and James. It was such a lovely experience and has confirmed in my mind that working with people with disabilities is what I really want to do. Please pass my very best wishes onto Gerard, Lisa and James and I hope to see more of you all into the future.*

*Yours sincerely,*

*Rachael Davey.*

This is a lovely response from one of the students, to know that these young people have touched some of the students lives, in such a positive way.

# Team Voice

*Report - May, 2009*

The last month's workshop was fantastic and this month for the workshop will discussion health food workshop.

The participants some are new and last year participants went last month workshop that was a good turn up for them to come a long to theses workshops and it was good for them being there at that workshop

I had a review 2006 participants results some where good at the workshops at ryde east wood leagues club they were good an fantastic from them and I relised that some of them drop out I was thanked them being on the project and my personal thanks to them they were great on this project

And the 2007 team coaches I loved them being working with them so good for them on this project and so will better for them on this project and they like me on this project from the hard work I pull off from this project they are great on this project so much good work on there reviews with there participants good on them so much on the project work so good for them being on this project thanks with 2009

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Thanks

*James Vantol*

Team voice

That is all the news for now.

Take care  
**Maria Short,**  
Project Coordinator