



Information for New Members

Welcome to Lorikeet Centre!

This handout contains basic information that will assist you to become familiar with how the Centre works and how to get to us using public transport.

Opening hours:

The centre is open to members Tuesday to Friday from 9.00.am to 4.30.pm. We begin to close down, especially with computers, at 4.15pm. Fridays is often an outing so check the calendar and program of events. If you want to attend an outing you need to put your name on the sheet on the activity pin up board.

How to get to the Centre:

Lorikeet Centre,
104 Cambridge Street,
West Leederville, WA 6007

- **Train: On the Perth Fremantle line** - exit at the West Leederville station, cross the main road (Railway Parade), turn right and walk about two hundred metres until arriving at Kimberley Street. Turn left, walk a short distance to the intersection of Kimberley and Cambridge and if you look right you will see our building about 100 metres from the intersection.
- **Train: On the northern train line** - disembark at the Leederville station and walk over the freeway pedestrian bridge. Cross over Southport St. and walk through the pass way into Tower Street. Walk up Tower Street until you arrive at the corner of Holyrood and Tower. Turn left and walk the short distance to Cambridge Street. Turn right and you will find us two buildings along.
- **Bus:** Bus numbers 81, 84, 85, 91, 92, 95. All leave the Roe Street Bus Station Perth (Stand 7) and run past the Centre on a regular basis. Get off the bus at Corner Cambridge Street and Abbotsford Street (Stop number 12726) or ask the bus driver if unsure. Lorikeet is about 2 minutes from this stop (165 metres) and Lorikeet is on the other side of the road at 104 on Cambridge Street.
- **Car/bike:** Park out the back on a first come first served basis (enter via Cambridge St). Free 2 hr limit parking is available on side streets or 1 hr on Cambridge St.

How things work at the Centre

The dot points outlined are confirmation on what you have heard at the interview stage and may be helpful as a refresher.

- We have small dedicated team of staff who are here to assist. The Centre runs on the basis that members will contribute in small ways in keeping the Centre clean and participating in activities and tasks.
- **Please sign in at the front desk when you arrive and when you leave.**



- Lorikeet Centre is based on the Club house model of support for people who have a diagnosed mental illness. It is based on the premise of mutual support, acceptance and building a sense of purpose.
- Lunch is served at 12.30pm (\$4.50 for a main meal). Beverages (coffee 60 cents, cans \$1.40). Lunch orders must be in by 11.00 am and can be made by phone on (08) 9237 8951.
- In the course of the day, there are many activities and duties in which you can participate that may assist you in your individual recovery. They include:
 - Computer related work, including development of the newsletter;
 - Mailing, postage, handling, collating, and other paper related work;
 - Internet research and fact finding;
 - General house keeping
 - Meal planning, shopping, food preparation, cooking;
 - Public speaking and presentations at hospitals and educational institutions;
 - Recording statistics;
 - Art work and advertising events;
 - Fellowship with other members;
 - Recreational activities – pool, tennis, board games, fishing, outings, swimming, community events and much more.
 - Therapeutic treatment at \$5.00 per treatment (ION Spa, Reflexology) are available weekly.

A morning meeting is held each day at 9.30am and members can nominate the area in which they would like to be involved in. Members are encouraged to participate throughout the day but it is acknowledged that each individual is at various stages of recovery and Lorikeet aims to provide a flexible and comfortable environment. We hold a monthly Members meeting all welcome, check the calendar for details.

There are some important rights and responsibilities of Lorikeet Members, Volunteers, Students and Staff and we have outlined these for you further in this document. We ask all members to read, sign and adhere to our Code of Conduct. Please keep this handout as a resource.

If you move, please inform us of your new address and contact details. If for any reason we do not hear from you after a period of twelve months, it may be necessary for the Lorikeet Centre to close your file and in that case, you would need to reapply should you wish to return at a later date.

Kind regards,
Ernie Hanson
Lorikeet Centre Coordinator

MIFWA Consumer rights (including Lorikeet Centre Members)

Each consumer of MIFWA has the right:

1. To full and effective use of his or her personal, civil, legal and consumer rights;
2. To quality care which is appropriate to his or her needs;
3. To full information about his or her own state of health and about available treatments;
4. To be treated with dignity and respect and to receive services without exploitation, abuse or neglect;
5. To receive services without discrimination or victimization, and without being obliged to feel grateful to those providing his or her care and accommodation;
6. To personal privacy;
7. To live in a safe, secure and home like environment, and to move freely both within and outside any residential care service without undue restriction;
8. To be treated and accepted as an individual, and to have his or her individual preferences taken into account and treated with respect;
9. To continue his or her cultural religious practices and to retain the language of his or her choice, without discrimination;
10. To select and maintain social and personal relationships with any other person without fear, criticism or restriction.
11. To freedom of speech;
12. To maintain his or her personal independence, which includes a recognition of personal responsibility for his or her own actions and choices, even though some actions may involve an element of risk which the consumer has the right to accept, and that should then not be used to prevent or restrict those actions;
13. To maintain control over, and to continue making decisions about, the personal aspects of his or her daily life, financial affairs and possessions.
14. To be involved in the activities, associations and friendships of his or her choice, both within and outside any residential care service;
15. To have access to services and activities which are available generally in the community;
16. To have access to information about his or her rights, care and any other information which relates to him or her personally;
17. To complain and to take action to resolve disputes;
18. To have access to advocates and to other avenues of redress; and
19. To be free from reprisals, or a well-founded fear of reprisal, in any form for taking action to enforce his or her rights.

MIFWA Lorikeet Centre - Members' Code of Conduct

The following code outlines the responsibility of those who are members and attend the Lorikeet Centre. Failure to comply may result in suspension or immediate deregistration.

1. I will conduct myself in way which contributes to Lorikeet being a safe and welcoming community centre for all members and staff.
2. I will be courteous to others and respect other people's right to be left alone and be aware of members and staffs personal space.
3. This means I will refrain from engaging in disruptive and/or violent behaviour, foul or abusive language or obscene gestures.
4. I will not engage in nor endorse any form of abuse on the basis of race, gender, religion, ethnicity, age or sexuality.
5. I will act in safe ways with staff, other members and with centre property and equipment.
6. When at the Centre or on community outings I will not engage in conduct that could bring MIFWA or the Lorikeet Centre into disrepute.
7. I will not attend the centre or any Lorikeet events under the influence of alcohol or illicit drugs. I will not bring drugs or drug paraphernalia to Lorikeet or any of its events.
8. I will not attend the centre intoxicated or under the influence of illicit drugs while attending the centre.
9. Verbal threats either direct or implied and/or physical violence and/or intimidating behaviour will result in an immediate suspension with police intervention if necessary. Depending on the circumstances a period of suspension or deregistration will come into effect immediately as decreed by the Service Coordinator.
10. I will be respectful and look after the Lorikeet Centre property.
11. I will respect other people and not request for money, cigarettes, coffee/tea or other things from others.
12. I will not participate or condone any form of sexual harassment.

Should I breach any of the above conditions of membership, I understand MIFWA has the right to act in the following ways:

- Provide me with a warning about my behaviour
- Provide individual coaching sessions to correct any behaviours that are in conflict of the Code of Conduct
- Temporarily suspend membership until conflicting behaviours are resolved
- Revoke membership rights and privileges permanently should MIFWA deem the offence necessary of such action



- All members who have been suspended who are within two weeks of completing their time away from centre will be required to attend a meeting with the Service Coordinator. This meeting will be scheduled offsite and circumstances reviewed. The Service Coordinator will need to be satisfied that re-entry to Lorikeet will not pose a risk to staff or members.
- It is important to acknowledge the concerns of members who were/are affected by the inappropriate behaviour of the suspended member. Their comments and concerns will influence any re-entry decision.

Members Responsibilities

1. Members must:
 - a. contribute to keeping centre clean and tidy
 - b. be responsible for their own belongings
 - c. wear covered shoes if in the kitchen
 - d. not attend or wander around the centre with bare feet
 - e. wear clean clothes and shower prior to spending time at the centre. A member who maintains poor personal hygiene may be discretely asked to have a shower or freshen up at home before next coming to centre.
 - f. Respect other people's property and MIFWA's property
 - g. Maintain other members confidentiality. Before you talk about another member check that this is O.K. with the person concerned as news spreads very fast in the centre environment.

Name

Signature

Date