

Jenny's new direction

By BERNADETTE DIAS

THE radiant smile on Jenny King's face said it all.

The Manly woman is brimming with newfound confidence after landing her first job, attending a course and travelling by herself to see her family in Warwick – all in the past three months.

To many people, these things may not seem like huge achievements but Jenny has an intellectual disability.

And she's brimming with confidence because she has just completed a 13-week independent living course called *My Life* with Comepass Employment Services at Oxley.

Even getting to the course each week was a trial for Ms King but she didn't miss a class, relishing the opportunity to learn and make new friends.

At the end of the course, she spoke in front of the whole class, telling them how much she enjoyed it.

Comepass community and business liaison officer Victoria Lister said Ms King was a star pupil.

"The story she told at the graduation was fantastic and her newfound enthusiasm is palpable, she had us all laughing, and moved," Ms Lister said.

The course covered important subjects such as problem solving, listening, health, budgeting, assertiveness, communication, cooking, confidence, stress management and nutrition.

During the course, Ms King managed to save more than \$500 and had a great time learning to spend it.

"I bought clothes, nice trendy outfits, shoes and a handbag," she



■ Brimming with confidence . . . Jenny King sets her sights on new horizons.

Picture: Dale Haberfield

said proudly.

"I'm fussy about the way I look and I like to look good."

She also travelled to Warwick by herself last month to visit her father and her 23-year-old son Kerry. Ms King also has a 25-year-old son Nigel.

After achieving her short-term

goals, Ms King is looking to the future and is hoping to move out of the Manly hostel where she has been living for two years and into her own apartment.

"I'd like to move out when I get more stable and when I'm working more hours," she said.

Ms King is working three hours

a day for three days a week at Coles supermarket.

"In the future when I'm ready I'll work more hours," she vowed to herself.

At the moment she is enjoying the challenges of working and making new friends.

"I had lost my confidence and

now I'm getting it back gradually," she said.

"Everywhere I go I just fit in and everyone seems to like me," she said proudly.

Another of Ms King's goals is to go scuba diving. For details about Comepass Employment Services' *My Life* program phone 3278 1855.

Super water saving results in Bayside suburbs

BAYSIDE residents are topping the class in water conservation.

Brisbane's Water Committee Chairperson Cr John Campbell has welcomed the latest figures showing homes and businesses which have taken up the challenge to save water.

"These latest figures show that the message is well and truly getting through," Cr Campbell said.

The average savings across the Wynnum Herald area was 27.8 per cent reduction from the same period last year.

The best performers were Gumdale 36.4 per cent, Chandler 35.1 per cent and Belmont 32.5 per cent. Hemmant had the least reduction with 17.5 per cent.

"I am immensely proud of the efforts of our residents and businesses in saving water. These

figures show that we are saving well above the target for Level 2 restrictions of 15 per cent," Cr Campbell said.

"While the rainfall in the catchments has helped, it's mainly the efforts of everyone in the city to save water that has helped delay

Level 3 water restrictions."

Cr Campbell urged everyone to keep up the good work as Level 3 restrictions, which have a higher savings target, are still looming.

"We have shown we can really save a lot of water when we try," he said.

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