



## Northern Beaches Interchange

Respite Recreation Support

August/September 2009 - Issue 17

Welcome to NBI's August/September newsletter. Carolyn McKay (NBI Manager) will be on leave for 5 weeks from 16 September and Andrew Stock will be acting manager in her absence. If you need to contact the office, please call 9970 0500 or email [admin@nbi.org.au](mailto:admin@nbi.org.au). We hope you enjoy reading the following articles.

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### NBI's Picnic Day

NBI is holding a Picnic Day on Sunday, 18 October 2009. This is an event for families with children under 8 years of age with additional needs.

Bring the whole family and enjoy a BBQ lunch, jumping castle, face painting, games and more. Come along and catch up with old friends and meet other parents. Most of all, come along and have a fun day out with the family!

**When :** Sunday, 18 October 2009

**Where :** North Balgowlah Community Centre, 10 Bardoo Avenue, North Balgowlah

**Time :** 11am - 3pm

**Cost :** Free!

All food and refreshments provided. Please let us know of any dietary requirements.

For more information, please contact Penny on 0438 091 885 or Virginia on 9970 0500.

*This event is supported by Warringah Council as part of Carer's Week.*



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### TAG and Childcare Benefit

All TAG families should now be aware that NBI has received funding through FACHSIA to deliver the TAG vacation program. As a requirement of this funding, NBI has now become an 'Approved Childcare Provider' and is able to offer access to the Childcare Benefit System from October. We would like to remind parents to register for a Customer Number with the Family Assistance Office, whether they wish to receive child care benefit or not. The reference number is : 1-7JFGXV.

Please feel free to contact NBI on 9970 0500 with any questions.

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## **Warringah Council's Carer's Week Program : RELAX . . . REVIVE . . . REJUVENATE**

### **Carers Respite Luncheon - featuring Guest Speaker Sue O'Reilly**

*Wednesday, 21 October 2009, 11am - 2pm*

Enjoy a free gourmet lunch in a beautiful setting while listening to guest speaker Sue O'Reilly. Sue is a local carer and journalist who will be talking about her life experience of caring for a child with a disability and the importance of respite. Meet other carers and gain valuable information! Free information packs provided to all carers.

**Where :** Long Reef Golf Club, Anzac Avenue, Collaroy

**RSVP :** 14 October - 9942 2787 or [louise.bannerman@warringah.nsw.gov.au](mailto:louise.bannerman@warringah.nsw.gov.au).

### **Carers Revival**

*Friday, 23 October 2009 - there are a number of classes available starting from 9.30am through to 11.30am*

Enjoy a free 1 hour gentle yoga and relaxation class, followed by a half hour massage. Light refreshments included. Learn relaxation techniques to give you the tools to enhance your wellbeing. Please note : limited spots are available.

**Where :** The Lotus Centre, 3B/1 Rowe Street, Freshwater

**RSVP :** 16 October - 9942 2787 or [louise.bannerman@warringah.nsw.gov.au](mailto:louise.bannerman@warringah.nsw.gov.au)

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## **Blackmores Sydney Running Festival - Oscar Laidlaw**

Oscar Laidlaw, the 7 year old brother of two NBI consumers, is fundraising for Autism Spectrum Australia (ASPECT) by running 9km in the Blackmores Sydney Running Festival in September. So far, he's received sponsorship totalling \$2,200!!! Good for you, Oscar - you're an inspiration.

If anyone would like to sponsor Oscar, please follow the link :

[http://www.gofundraise.com.au/Oscar\\_Laidlaw](http://www.gofundraise.com.au/Oscar_Laidlaw).

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## **Aspect Camp for Siblings aged 8-16**

A weekend of outdoor and indoor activities, off-site adventures and lots of fun, friendship and food for siblings of a person with an autism spectrum disorder (including Aspergers). Kids aged 8-12 in one camp, high school teens in another camp. The camp is open to all siblings of a young person on the autism spectrum in NSW (need not be a client of Aspect to apply).

**When :** 6-8 October 2009

**Where :** Lane Cove

**Cost :** Nominal, it is subsidised

**Info :** Phone Anita on 8878 1807 or email [afreeman@austismspectrum.org.au](mailto:afreeman@austismspectrum.org.au) for an application form.

*Information courtesy of Warringah Disability Newsletter*

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## Northern Sydney Young Carer's Interagency Fun Day

The Northern Sydney Young Carer's Interagency is organising a Fund Day for children aged 8-14 years.



**When :** Tuesday, 13 October, 8.30am-4pm

**Where :** NSW Sports & Recreation Centre Sydney Academy, Wakehurst Parkway, Narrabeen

**What :** Adventure Challenges

**Cost :** FREE

**How :** If you are interested, have any questions or need an application form, please contact Megan Evans on 0410 411 538 or Sophie Kane on 9970 0500.

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## Soccer and Cricket for Kids and Teens (to 18) with Intellectual Disabilities

For several years, St Ives Soccer Club has run a modified form of soccer that allows a 'Chaperone' (usually a parent or sibling) to guide players on the field. Games are on Saturdays at the same location and the cost of the season is the same for mainstream (\$175). Kick off is in April but players can sign up any time. For details, see [www.stivesfootball.com.au](http://www.stivesfootball.com.au) and click on 'Special Needs' or email [dwhoward@optusnet.com.au](mailto:dwhoward@optusnet.com.au).

Cricket is now available in partnership with Hornsby Ku-Ring-Gai Cricket Association - across between regular cricket and French cricket with the ball hit from a T (bowling option available to the more able). This takes place at 2-4pm on Sundays from October to February (breaking for school holidays), at Toolan Oval, St Ives. The cost is \$80 for the season. Register your interest by emailing [dwhoward@optusnet.com.au](mailto:dwhoward@optusnet.com.au).

*Information courtesy of Warringah Disability Newsletter*

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## Drama Class for Young Adults at Northside Enterprise Inc

Young adults aged 18+ with moderate to high support needs can join this drama class and workshops, which are part of the Leisure Link Program. The class explores characters and scenes, improvisation and enjoys drama games. Northside Enterprise also provides Post School Options, Community Participation, Transition to Work, Pathfinders, Life Choices and Supported Open Employment programs for adults (aged 18+) with intellectual and/or multiple disabilities.

**When :** 3.30pm - 5.30pm on Tuesdays

**Where :** 5/26 Williams Street, Brookvale. Accessible (phone first). Near Warringah Mall bus stop on Pittwater Road.

**Info :** Phone 9905 5377 r email [leisurelink@northside-enterprise.org.au](mailto:leisurelink@northside-enterprise.org.au). See [www.northside-enterprise.org.au](http://www.northside-enterprise.org.au).

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## NDS Companion Card

A Companion Card provides free access to venues and events for the companion of a person with a disability. NBI currently has Companion Card application forms. Anyone wishing to apply for a Companion Card can request an application form by contacting NBI on 9970 0500 or email [admin@nbi.org.au](mailto:admin@nbi.org.au).

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## Dates for Your Diary

Coming up on 10 November is the NBI Annual General Meeting. This year, our special guest speaker is paralympian cyclist, Lindy Hou. Lindy is a Paralympic and World Champion tandem cyclist. Since she lost her sight over 10 years ago, Lindy has made big changes in her life - from IT consultant to massage therapist and motivational speaker and from triathlete to tandem cyclist and in 2008, she was one of the ambassadors for 'Don't Dis My Ability'. We hope you can all join us for our AGM and champagne supper.

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