



Welcome to the NBI November issue. The NBI team is busy organising end of year events and planning holiday programs, respite and activities for the fast approaching Christmas period.

I encourage everyone to join us at the NBI Christmas Fun Day on Saturday, 12 December, a great chance to meet up with other families and celebrate the end of the year.

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### **Rock Climbing Sibling's Day - October 2009**

NBI would like to thank the 25 brothers and sisters who came along and took part in the Sibling's Day held on 14 October during the school holidays.

The day started off with some getting-to-know-you games, followed by a bus trip to St Peters Indoor Rock Climbing Centre where we tackled the terrifyingly high rock climbing walls. It was fantastic to see everyone having a go. The siblings were undeniably full of talent, racing up the walls like little spider monkeys. Half-way through the day we stopped for a lunch of pizza and garlic bread. In no time at all the sibs were finished and ready to tackle the walls once more before the bus ride back to Warriewood. We spent the last half hour playing a game of touch footy and some organised games. The day was a great success and it was wonderful to see friendships form.



In addition, NBI would also like to take this opportunity to thank Jamie and Sean (NBI volunteers) for their contribution to the day and I know the sibs really enjoyed having them come along.

Stay posted for information about our next siblings activity coming soon.

**Sophie Kane**

*Respite Options Coordinator*

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## Picnic Day

On Sunday, 24 October, NBI held a Picnic Day for families with children under 8 years. This special event was a chance for families with younger children to get together, swap notes over lunch and have a fun day out with the children. Activities were provided and the children made good use of the jumping castle and enjoyed face painting, playing in the sandpit, making new friends and meeting up with old ones. It was great to see people from our Kookaburra Playgroup (past and present) and wonderful to welcome some new families to NBI. Penny Rankin-Smith (Kookaburra Playgroup Coordinator) organised a picnic feast and great live music which were enjoyed by all.

Thanks to Louise Bannerman from Warringah Council who collaborated with NBI on this event. Thanks also to Jill, Lisa and Angelique for their help on the day.

Most of all thank you to all the families who came along and made the event such a success.

*If you are interested in finding out more about Kookaburra Playgroup or any other NBI services for younger children, please call NBI on 9970 0500.*

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## NBI Family Fun Day

It's that time of year again!!

NBI would like to invite all families to join us for a fun afternoon to celebrate the end of the year. There will be lots of fun activities on the day including jumping castle, face painting, pony rides, games, sausage sizzle and a special visit from Santa!

**When :** Saturday, 12 December 2009

**Time :** 12pm - 3pm

**Where :** North Narrabeen Public School, Namona Street, North Narrabeen

**Cost :** FREE!

RSVP by Wednesday, 9 December on 9970 0500 or email [admin@nbi.org.au](mailto:admin@nbi.org.au)

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## Collaroy Beaches Services Club Christmas Carols Night

Collaroy Beaches Services Club would like to donate all proceeds from their 2009 Christmas Carols Night to NBI.

The carols will be held at Collaroy Beach on Sunday, 20 December starting at 6.30pm and finishing around 9pm with a large fireworks display.

The club has asked if there might be any volunteers who can assist for an hour or two, selling the glow candles and various other things on offer.

Lisa Davis of NBI will be attending and helping to coordinate the volunteers so if

anyone would be interested in helping, please contact Lisa on 9970 0500 or email [lisa@nbi.org.au](mailto:lisa@nbi.org.au).

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## RIAP

Advance notice that the RIAP Intake Line will be OPEN FROM 11 JANUARY 2010 TO 6 MARCH 2010.

All families who would like a flexible respite service from 1 July 2010 need to call the Intake Line during this period ***whether or not they currently receive respite***. NBI will be mailing all families with information in the next week.

Please call us on 9970 0500 if you have any questions.

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## Leisure Link Drama Classes

Northside Enterprise Inc is offering drama classes to young adults (18+) with an intellectual disability as part of their Leisure Link program. They are facilitated by two teachers from Breakthruartz. During the classes, participants explore characters and scenes, build conversation skills, improvise and have fun through drama games.

The drama sessions are held weekly on Mondays from 3.30pm - 5.30pm at 2 Grosvenor Place, Brookvale. Afternoon tea is supplied. The cost is \$7 per class.

If you would like further information, please contact Northside Enterprise Inc on 9905 5804 or email [leisurelink@northside-enterprise.org.au](mailto:leisurelink@northside-enterprise.org.au).

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## International Day of People with Disability

Enjoy a fun day of celebrations including performances by people with a disability, demonstration of assistance dogs, display of artworks created by artists with a disability, demonstration of library technology for people with a disability, free refreshments and much, much more.

**When :** 11am-2pm, Friday 4 December

**Where :** Hornsby Library, 28-44 George Street, Hornsby

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## Speak Up Speak Out

To celebrate International Day of People with a Disability, Warringah Council and People with Disability (PWD) are hosting an Advocacy Information Session for people with a disability, their carers and service providers. Learn about :

- How to speak up and advocate for yourself;
- Your rights and what to do if they are breached;
- Accessing advocacy support service.

**When :** 10.30am-1.30pm Tuesday, 1 December 2009

**Where :** Dee Why RSL - 932 Pittwater Road, Dee Why

Access to the carpark is via Clarence Avenue. Free lunch is provided.

RSVP by 25 November (essential for catering purposes). Please call Louise Bannerman on 9942 2787 or email [louise.bannerman@warringah.nsw.gov.au](mailto:louise.bannerman@warringah.nsw.gov.au).

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## **NBI Annual Report 2008/09**

The NBI Annual Report is now available to download from the website. Follow the link to download : [NBI Annual Report 2008/2009](#). Alternatively, if you would like a hard copy, please contact the office on 9970 0500 or email [nbi@ans.org.au](mailto:nbi@ans.org.au) and we will send one out to you.

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