



Northern Beaches Interchange

Respite Recreation Support

January/February 2010 - Issue 19

Welcome to the first edition of the NBI newsletter for 2010! We hope that all our families enjoyed a peaceful and happy time over the holiday season and have settled back into regular activities. This edition celebrates some of the end of year and holiday highlights for NBI as we look forward to another great year ahead.

All families should have received a survey either by mail or email. Your responses will help us in our endeavours to continually improve our services. Please contact Carolyn McKay if you have any questions or have not yet received a copy of the survey. Thank you to those families who have already completed it.

A Goodbye Message . . .

"Before I head off, I want to say thank you to all the children and families that I've worked with over the (15!!!) years I've been at NBI. Thank you for your patience, your good will, leaps of faith and senses of humour. With longevity on my side, I've been lucky enough to see many young children grow into the remarkable young adults they are today. It's been so much fun and a privilege to be involved with every child and their mums and dads and brothers and sisters. Thank you!

'How did it get so late so soon? It's night before it's afternoon. December before it's June. My goodness how the time has flown. How did it get so late so soon?' (Dr Seuss)

Best wishes,
Virginia Norman

NBI 2009 Fun Day

Over one hundred people enjoyed the fabulous weather and a range of fun activities at the Annual NBI Fun Day in December. Thank you to all of the volunteers including those from Infomedia and Belrose Davidson APEX who greatly assisted in the success of the day.



Peer Awards Night 2009

The Annual Peer Awards Night for 2009 was a great success with many Peer Supporters joining us with their families and friends to celebrate the highlights and the achievements of the Peer year that was. The theme for the night was 'Leave Your Hat On' and the group got into the spirit of the theme by wearing crazy hats as well as giving out hand-made hats as the Awards for the evening.



One of the biggest highlights was the friendship and care that the group showed for each other, especially during the award speeches, with award recipients often remaining on stage to congratulate their fellow peers. The night was finished off with a light supper and lots of dancing and fun. Everyone left the party with an Award Hat on their head and smiles on their faces.

TAG School Holiday Program - January 2010

The TAG school holiday program for January was a great success with over 30 kids attending three weeks of outings and centre-based activities. Some of the activity highlights were the summer beach activities and surfing lessons from Manly Surf School, where everyone had a chance to participate at their own level. The Collaroy Centre Adventure Course day was also a fantastic day with many kids challenging themselves to have a go at activities such as the Flying Fox and the Giant Swing. On some of the days, we were joined by talented facilitators such as the great group from Abada Capoeira, Annette Loudon (yoga teacher), karate instructors from Fight Gym and many more.

Overall, the TAG kids really enjoyed coming along and being with their friends during the holidays. It was a great opportunity to get active and try new things.

Seagulls - January 2010

Seagulls got off to a great start with a relaxed day on Clareville beach, before picking up the pace having us race through the Maritime Museum on an enchanted mythic creatures adventure trail. We rocked the foundations of the Tram Shed on Rock Star Day with our home-made instruments and danced up a storm. Not one, but two plays were attended - Beauty nearly fell over the Beast when she saw us arrive, and Goldilocks didn't know what to do with herself she was so excited we were there to join them on her sister Brownilocks' adventure. To top it all off, we spend a day cruising on Narrabeen lakes building up a sweat in paddleboats and kayaks.

A big thank you to all the Seagulls members for making it such an enjoyable time.

Congratulations!

Congratulations to Juliette Francois and Nev Watson who welcomed their new daughter, Amelia, into the world on 30 December 2009.

Jai just loves his new sister!



January Aqua Ball Siblings' Night

NBI would like to thank the superb group of brothers and sisters who came along to the Aqua Ball Night for siblings aged 12-16 years. The night was a great success which started off with the daring but exciting Aqua Ball experience. One at a time, the kids hopped into the Aqua Ball where they attempted to stand, run and crawl. We also had belly suits (similar to sumo suits) in which we took turns vying with each other. It was such a laugh because when you got knocked down, all you could do was roll around until someone was kind enough to help you up!



After working up an appetite, it was time for a dinner of pizza which was definitely a hit. When dinner was finished, we played a game called the Discussion Gift, which resembles Pass the Parcel except there was a question between each layer asking about sibling related issues. The kids were great at this activity; they all contributed and respected everyone's time to talk. Stories on similar experiences were also shared.



As the night began to wind down, we made our own desserts out of different flavoured ice cream and toppings. We then headed outside and ended the night with some sparklers. It was a great way to end such an amazing night.



Sophie Kane

Pirate Mini Golf January Siblings' Day

NBI would like to thank all the wonderful and enthusiastic brothers and sisters who came along to the Pirates Mini Golf Day for siblings aged 8-12 years. The day started off with us all decorating our own treasure chests to keep all our treasured items in. After some morning tea it was time for the Pirate's Treasure Hunt. The kids followed the clue, with the last clue leading them to hidden pirates treasure.



After lunch, we played a game called Auntie Blabby. This is where letters are written about the different issues siblings face by having a brother or sister with a disability. Each sibling reads a letter out and the group discusses the issue. The kids were great at this activity - sharing similar stories and giving advice.



At 1.30, it was time to head over to Pirate Mini Golf. Everyone worked really well together - offering encouragement and praise - and the talent was amazing!

Sophie Kane

RIAP

Any families wishing to apply for a flexible respite service commencing 1 July 2010 must call the RIAP intake line between 11 January 2010 and 6 March 2010.

It is essential that you call this number whether you receive an allocation or not.

If you are still on the RIAP Waiting List, you need to call again to confirm that you wish to apply for 2010.

The number to call is : 9841 9354

Please contact NBI on 9970 0500 if you have any questions or require any further information.

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