



Northern Beaches Interchange

Respite Recreation Support

March/April 2010 - Issue 20

Welcome to the March/April edition of NBI's eNewsletter. This issue includes information about some of the recent activity highlights over a very busy period. We would like to welcome our 12 new Respite/Recreation workers who will be working across our 1:1 and group programs.

Welcome also to our new coordinator Ingrid Anderson. Ingrid introduces herself later in the newsletter. Karen Young has recently been promoted to Coordinator, working on the recreation programs. She will continue to be a regular member of the TAG and Peer teams in her new role.

NBI 2010 Consumer Survey

Thank you to all those people who participated in our 2010 Consumer Survey. The response was overwhelmingly positive with some very useful points that will help to inform future service delivery.

The responses confirmed a large demand for group programs, particularly for teenagers and young adults. NBI is planning to host a meeting in late May for interested families.

The information we compiled from the survey will also feed into the strategic planning process for NBI for the next 3 years which will be developed by July 2010.

Thank you again for your participation.

Basic Communication & Songs Sign Language Workshop

In this 2½ hour workshop, presented by Aileen Ryan (sign language consultant) and Lisa Dodd (tutor and author), participants will learn over 80 signs. 50 of these signs have been selected for their use in day-to-day life, and the additional 30 signs will add to the beauty of some simple songs. There is an emphasis on how to use the signs to facilitate communication between the adult and child and shows how signing can greatly enhance songs. This is a very good workshop for those just starting in the use of sign language or those wishing to revise. Some printed material is provided and resources will be available for purchase at the workshop.

Venue : Nelson Heather Centre, 2 Jacksons Road, Warriewood
Date : Thursday, 29 April 2010
Time : 6pm – 9pm
Cost : Free
Open to : NBI Staff, Volunteers and Parents

For further information or to reserve your place, please contact NBI on 9970 0500.

Ingrid Anderson

My name is Ingrid Anderson and I am a new coordinator at NBI. I am really excited to be part of the NBI community and to get to know as many families as possible. Following my degree in Human Development & Family Studies, I have been working in a variety of settings. My professional background is : working with young people in recreational and counselling settings; supporting individuals and families who have experienced trauma and providing support to families who have children with Autism. I also have a lot of volunteer experience with young people with disabilities.

I am passionate about supporting families in a way that suits their individual needs. Further, I believe all children and young people with disabilities should have the opportunity to take part in a range of fun activities whilst building quality social relationships.

Please feel free to give me a call to have a chat. I am in the office Wednesday-Friday.



Services for Children 0-5 with Additional Needs

NBI and Warringah Council invite you to hear Maxine Rosenfield speak on Building Parent Resilience and staff of Cubby House Toy Library speak on Play Development and Top Toys. Other services will discuss :

- Playgroups and pre-schools
- Therapy services
- Early intervention services
- Family support services
- Respite
- Family day care

Childcare is available at Kookaburra Playgroup nearby. Handouts and refreshments will be available. Comments and questions are welcome.

Date : Monday, 10 May 2010

Time : 11am-12.45pm

Place : Narraweena Community Centre, Oceana Street (off Alfred Street)

To book, please phone Ingrid on 9970 0500 or email ingrid@nbi.org.au.

Thank You!

A big thank you to Collaroy Services Beach Club for their very generous donation of \$2000, raised at the Christmas Carols in December and thank you to all the volunteers who helped on the night.

2010 NBI Mums' Weekend Away

The 2010 Mums' Weekend Away took place at the Waldorf Apartments, The Entrance on the 26th - 28th March.

Sixteen carers came along for the weekend and enjoyed a two night stay on the Central Coast. The weather was wonderful and it gave everyone an opportunity to have a well earned rest before the Easter school holidays.

We all enjoyed a great dinner together on the Friday night at the local pub - which served excellent food - and this gave us the opportunity to mingle and meet lots of new people.

The Saturday morning was spent relaxing before we headed off to our afternoon activity . . . Belly Dancing! The afternoon flew by as we belly danced around the hall - we had such a lot of fun.

We also had 'homework' over the weekend : the carers had to think of ways of taking time out for themselves. They each wrote themselves a letter as a reminder of what they could do in order to care for the carer.

On Saturday night, we had another great meal out at the local Thai restaurant and everyone was in high spirits after the belly dancing workshop.

I would really like to thank everyone who came along this year for making the weekend a great success and welcoming all our new mums to the weekends away.

I would also like to thank the Northern Sydney Commonwealth Carers Respite Centre for their generous sponsorship of the weekend. Due to their generosity, we were able to have separate accommodation and some great activities over the weekend.

Lisa Davis

April School Holiday Programs

A big thank you goes out to all of our great staff and group members for making this April Easter break yet another success for TAG and Seagulls and especially to Karen, who has been working so hard in the office to make it all possible.

From going to Wonderland with Alice to tumbling and flipping at gymnastics, we did it all! Bowling was a success as was our Mongolian BBQ feast . . . and for those who just felt like relaxing, the Double Decker bus tour of the city and lunch in the Botanic Gardens was the perfect day. TAG and Seagulls even united on one day for a Masterchef-inspired cooking day where we learned pizza making and Italian cookery - skills which are hopefully being utilised at home for the rest of the family to enjoy!

We look forward to seeing you all again in the coming July school holidays.

Laura Downey

Bike & Aquatic Centre Siblings Day

NBI would like to thank all the wonderful brothers and sisters who came along to the Bike & Aquatic Centre Siblings' Day for sibs aged 12-16 years on 14 April 2010. We had an action-

packed day full of fun and adventure!

The day commenced with us all getting on board the bus and heading to Homebush Bicentennial Park. Once we arrived, we headed straight over to hire our bikes and then we were on our way for an hour and a half of exploring Bicentennial Park and Sydney Olympic Park. It was a great morning - perfect weather, great bike tracks and a water fountain to cool us down as we rode through the middle!



After a scrumptious lunch at Lilies Cafe, we sat down on the grass and played a game called "Sound Off" which allowed us to express both a benefit and a challenge of being a sib. We then used the paper to have a snowball fight which meant that everyone's responses could be read out anonymously. The responses and the feedback given by all the siblings was fantastic.

At 1.45pm it was time to cool off after our big bike ride so we jumped back on the bus and headed for the Sydney Aquatic Centre for a swim. The facilities were great - the sibs had a blast swimming in the whirlpool, going down the big slide and enjoying the bubbles in the spas.



Stay posted for more upcoming days.

Sophie Kane

Circus Skills & Trapeze Siblings' Day

NBI would like to thank all the amazing brothers and sisters who came along to the Circus Skills & Trapeze Siblings' Day for sibs aged 8-12 years on 16 April 2010. We had a fantastic day; full of games and fun and don't forget the high-flying trapeze!



The day started with us playing some get-to-know-you games as we had a number of new siblings who had not been before. We then jumped on the bus and headed to Homebush Bicentennial Park where we spent the morning climbing on a variety of play equipment and undertaking some organised games.

After a lunch of pizza and garlic bread, we spent some time playing a game which allowed us to share a range of different feelings about the benefits and challenges of having a brother or sister with a disability. It was great to see everyone participate and the respect they showed one another.



At 1.15pm it was time to get back on the bus and head to Circus Arts to learn to juggle, walk on a tight rope and - most importantly - swing on the trapeze!

It was a wonderful afternoon. There were many laughs and giggles as we all attempted our circus tricks.

Stay posted for more upcoming days.

Sophie Kane

Family Advocacy Workshop

Family Advocacy welcomes Jeff Strully to present "Creating the life you want - people with disability, family and services working together".

What this workshop will address . . .

- What happens to people with developmental disability once their parents are elderly or have died?
- Who will be in their life?
- Will extended family step in and take over?
- Can families count on the NSW State Government?
- Will a service provider organisation be the answer?

This presentation will assist families and workers to think through their own planning and priorities, the relationship between families, people with disability and services, the role of services, and how people with disability could be better supported. The workshop will be highly relevant for families (including adult brothers, sisters and extended family), allies and those who work with people with disability.

Where : The Epping Club, 45-47 Rawson Street, Epping

When : Tuesday, 4 May 2010

Time : Registration 9am for start at 9.30am - 2.30pm. Lunch provided.

For more information or to request a registration form please contact Family Advocacy on 9869 0866 or email workshops@family-advocacy.com.

What can I do if I am not happy with the service NBI provides?

NBI aims to provide a quality service. We welcome feedback about any areas of concern. Your service will not be stopped if you complain. Feedback helps us to continually review our service provision and to continually strive to improve the quality of service provided.

You can make a complaint by phone, in person or in writing and can choose for this to be dealt with in a formal or informal manner. Your complaint will be treated in a confidential manner. You will receive timely feedback about the outcome of your complaint.

If you have any complaint or concern you or your advocate can :

- Discuss the situation with the staff member concerned - this may often lead to a quick resolution of the issue;
- Contact your NBI coordinator;
- If the above steps fail to sort out the problem, please contact the CEO, Carolyn McKay, on 9970 0500 or carolyn@nbi.org.au or by mail marked 'Confidential' to : The CEO, Northern Beaches Interchange, 2 Jacksons Rd, Warriewood, 2102;
- You may also choose to write to the Chair of the Board of Management at the above address;
- You can also contact : The NSW Ombudsman, Level 24, 580 George Street, Sydney,

2000. Tel : 9286 1000. (*This is a free and confidential service which can assist you in working through any complaints or concerns about any service you are receiving.*)

Remember It is your right to make a complaint or to voice any concerns you may have with the service received from NBI.

If you require any further information about your rights, making a complaint or assistance in obtaining an advocate, please call us on 9970 0500.

Phone: 02 99 700 500 | Fax: 02 9970 7763 | Email: nbi@ans.com.au
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