



Northern Beaches Interchange

Respite Recreation Support

May/June 2010 - Issue 21

Hand in Hand - supporting families to support each other

Northern Beaches Interchange is starting a new program. The 'Hand in Hand' program will create links between parents and carers of children with a disability to provide each other with support and friendship. Support may come in the form of practical advice, meeting for coffee or play dates with the children.

NBI offers training for interested parents/carers/families and will also hold a variety of events to ensure everyone is matched appropriately. Through a one-to-one match, parents/carers/families are linked according to individual needs, as well as commonality between their families.

All people taking part in the program are doing so voluntarily. NBI will provide assistance pairing individuals or families whilst providing future opportunities for community support outings such as picnics or dinners. Once a link is formed, NBI will be available for support, but parents/carers/families will meet on an individual basis.

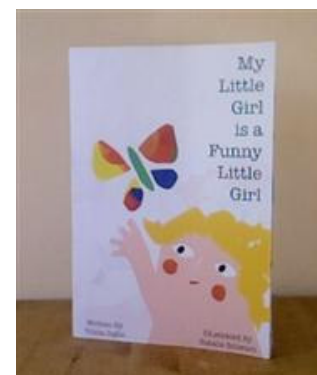


To register your interest in being a volunteer support person or to be supported by another parent or carer please contact Ingrid on 9970 0500 or ingrid@nbi.org.au.

My Little Girl is a Funny Little Girl

Tricia Inglis is a local mum who has recently written a children's book about her daughter Fiona who has autism.

Books are being sold at \$15 each and all proceeds will go to Fiona's school - Giant Steps Sydney. If you are interested in buying a book or know of anyone who would like to buy one, please email Tricia at triciainglis@yahoo.com.



Counselling Support Groups *For parents of children with special needs*

Carers NSW fund these groups to enable parents to meet and tell their story, give and gain support from other families and carers. The focus is on how to take better care of ourselves and not 'burn out'. The groups deal with issues of family and relationships, the grief process and how to cope on bad days. They can help with the feelings of loss, isolation, exhaustion and the impossible role of parenting different children.

The groups run for 2 hours for 8 consecutive weeks and are run by a counsellor who is the mother of a child with Autism.

For further information and to secure your place, contact Justine on 0414 237 383 or justine@counsellingforall.com.

Venue :

Lizard Centre (Conference Room 2)
126 Greville Street
Chatswood

Commencing :

Wednesday, 28 July 2010

Wednesdays :

Group 1 : 9.30am-11.30am

Group 2 : 12.30pm-2.30pm

Fees for groups are based on need, not ability to pay. Phone to discuss your circumstances.

Host Volunteer Profile

My name is Emily Cooper and I am part of the Host Program which provides short term respite care for children with support needs and also provides their families with some time out.

I attended the Volunteer Orientation Training approximately one year ago and was linked with a child last September.

I had done a small amount of volunteering in the past and was looking to get into something more long term. I was motivated to become involved with NBI after seeing the tiring but rewarding work that close family of mine had experienced in raising their child with a disability.

Being a volunteer with NBI has promoted understanding, provided perspective and strengthened my sense of community. It is so fulfilling to know that my relationship with this child is playing a part in the formation of their growth as a person. And it is so moving not only to build that special connection with a child, but also to form an important relationship with their whole family.



Personally, I have gained more tolerance, empathy and awareness through providing support for this child and their family. By helping someone else, I have helped myself to become a better person. And doing something that seems so effortless to me, and then seeing the positive impact it has on this family, is beyond satisfying.

I absolutely recommend volunteering to anyone who is looking for a rewarding and positive experience. The benefits of becoming involved with the Host Program are immeasurable.

Autism Spectrum Disorder : Positive Behaviour Support

Northern Beaches Interchange is providing 'Autism Spectrum Disorder : Positive Behaviour Support Training' to **staff and volunteers** on 28 July 2010. This training will provide an overview of Autism and will cover specific behaviour support strategies.

The training will be provided by a speech pathologist from Autism Spectrum Australia. It is open to all staff who have not yet completed this training and all volunteers for whom this would be relevant.

Please RSVP by 14 July 2010 on 9970 0500 or email ingrid@nbi.org.au. This training session is free of cost and light refreshments will be provided. The training will be conducted at the Coastal Environment Centre, Lake Park Road, North Narrabeen.

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