



Northern Beaches Interchange

Respite Recreation Support

June 2008 - Issue 3

This month sees a focus on families. We have been told on a number of occasions that some people have a sense of being part of the "NBI family". We certainly seek to work in partnership with families in developing and delivering services that best meet each individual family's situation together with the individual needs of the child with a disability.

During each year we aim to organise a number of family focused events, for example - Bush Dances and Family Fun Days, together with opportunities for groups to come together at the annual Mum's Weekend Away and siblings events.

NBI's Mission and Values statements enshrine this commitment.

MISSION

NBI's mission is to support and strengthen families caring for children and young people who have a disability, and to enable these young people to participate more fully in the community.

NBI provides services in the area of northern Sydney which offer respite and support networks for families and recreational opportunities for young people. In doing this NBI aims to :

- Offer services which are responsive to individual and family needs;
- Assist young people to develop positive social relationships;
- Foster supportive connections between families and across the community which strengthen families in their caring roles;
- Engage the wider community so that it is more aware of, and responsive to, the needs of young people with a disability and their families;
- Make the experience of NBI an enjoyable one.

VALUES

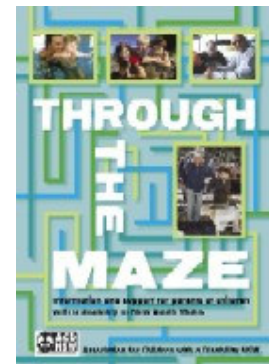
Underpinning our work and relationships is a commitment to values of :

- Access and equity : Services based on fair treatment and freedom from discrimination.
- Valuing people : Respecting our clients, staff, volunteers and partners, and encouraging diversity.
- Inclusion : A commitment that people with a disability should be included in all aspects of community life and in NBI's activities.
- Making a difference : Helping to change people's lives.
- Professionalism and ethical practice : Providing high quality, responsive and professionally delivered services.
- Sustainability : A strong, adaptable organisation with a positive long-term impact.

"THROUGH THE MAZE" - ACD NSW

ACD NSW would like you to have a copy of their newly released publication, *Through the Maze*. It is a comprehensive guide to disability services in NSW for parents, families and carers but includes information relevant across Australia on certain issues ranging from Centrelink payments through to disability legislation affecting planning for your child's future.

They have also just released a smaller handbook called *Helping You and Your Family*, designed for families with a child newly diagnosed with a disability. This deals with the issues that may face the family at that early stage, focusing on emotional and relationship issues, with a brief introduction to the disability support system.



If you or anyone you know may benefit from either of these books, please get in touch with ACD NSW. The books are available free of charge.

An electronic copy of the books will be available on the ACD NSW website from the end of the month.

If you are interested in joining ACD NSW, membership is free to all families and carers.

Please contact : Association for Children with a Disability NSW
PO Box 141
Northmead NSW 2152
Tel : 1300 851 603
Email : acdnew@optusnet.com.au
Web : www.acdnew.org.au

Through the Maze was researched, compiled and sourced by Fiona Andrews, a parent who has used NBI for nearly 13 years, for ACD NSW who received a DADHC funding grant for the project last July.

My Sister, Monique by William Simpson

My name is William. I am 19 and I am one of four children. My older sister, Monique, was born with severe cerebral palsy. Being born four years later into that situation, I have never known any other and, frankly, I wouldn't want to. Being a carer is such a rewarding experience . . . I have so many fantastic memories.

I have such a healthy relationship with Monique and with the rest of my family because services, such as those provided by the fantastic team at Northern Beaches Interchange, are available and have prevented our relationships from becoming strained. This strain is a 2 way thing. I mean, what 20 something year old wants to spend all her time with her family?

Monique loves going to the Club With No Name (it still cracks me up that you guys settled on that name by the way) and in the process puts my social life to shame.



Being Monique's brother is who I am. It doesn't wholly define me but it has certainly helped shape me. I like the person I am. I'm glad I have experienced the things I have experienced and to all other carers out there . . . Respect.

Capacity Toolkits

Lisa has received a box of the NSW Government's Capacity Toolkits. These are available free of charge from NBI. If anyone would like a copy, please contact Lisa on 9970 0500.

Having Fun Despite Disability . . . It Is Possible by Narelle Stewart

Every now and then, a few mums and dads enjoy a social get-together. The mums originally met mostly through attending the Mum's Weekend Away which NBI kindly arrange once a year. Some of us also met through attendance at a monthly support group arranged by the Carers Network in Dee Why. A few years ago, a Couples Weekend then led to an occasional catch-up drinks night.

Not so long ago, some of the mums went on their own special weekend away to beautiful accommodation in Terrigal. . . leaving the dads at home!

Our most recent outing was a wonderful dinner followed by dancing to some great music in Mona Vale. What a ball the girls had!

We all enjoy each others company and look forward to many more fun times ahead.

If you are interested in joining these informal social get-togethers, please feel free to contact NBI on 9970 0500 for Narelle's contact details.

Alistair Johnson's European Vacation by Graham and Anne Johnson

We left Australia on 24 April and flew to Hong Kong for three days. From there we flew to Frankfurt and then on to Rome. Our accommodation was three blocks from the Colosseum and we caught the open-top tourist bus every day to explore Rome - the Vatican, the Sistine Chapel, Roman Forum ruins, the Colosseum, etc - as well as the amazing streets, shops and restaurants.



From Rome we drove to the Leaning Tower of Pisa and then to La Spezia on the Italian Riviera. What with a demonstration in town and public holiday traffic it took 2 hours from getting the car to leaving Rome. Dad stalled the car heaps, got lost and made Mum and Natalie scream at least twice with his driving! It took an hour and a half to find our accommodation in the hills behind La Spezia that night and we finally got to bed at 11.30pm. We toured the Cinque Terre (five terraced towns) and stayed in a lovely old villa which overlooked the town. We stopped in Genova before we left Italy and got to go on a real Pirate ship at the wharf!

Next stop - Cannes. We toured Mandelieu-La-Napoule and had lunch on the beachside just near there with wonderful views across the Bay of Cannes and its Airport. From Cannes we drove to Toulouse via Nimms. Nimms also has a Colosseum but smaller than the one in Rome and not in ruins. It is still used for special events - we saw a bullfight here. We used Toulouse as a base to travel from while Dad did a course with Airbus on the A330 plane. We then flew to Paris and met up with our Godmother and had so much fun. The Louvre, Sacre-Couer, the Eiffel Tower at sunset and lit up at night was fantastic.



Five days later we caught a train to Amsterdam where Alistair was fascinated by a lady in the window, went on a canal boat and explored where Opa (Granddad) was born. Back in Toulouse, we caught the train to Lourdes for the day. We all have some Holy water in a bottle from the spring Mary told Bernadette to drink from.

Today we caught a train to Barcelona, Spain and will be spending five days there. From here it will be back to Toulouse for more sightseeing in the French countryside as well as a tour of the Airbus A380 factory before heading home in June.

THANK YOU TO ST GEORGE!

NBI would like to say a big thank you to the St George Foundation for their very generous donation which will provide much needed support to our group program for teenagers.

Dates for Your Diary

NBI Bush Dance

This will be a free event held 5-9pm on Saturday, 23 August at North Narrabeen Community Centre.

Loosely Woven

Loosely Woven will be having a concert fundraiser on Friday, 8 August at St Andrews Presbyterian Church, Manly and a special concert event for children and families on Saturday, 13 September at North Narrabeen Community Centre. Times to be confirmed.

We hope to see you all at these special events!