



## Northern Beaches Interchange

Respite Recreation Support

August 2008 - Issue 5

I would like to encourage you all to come along to the NBI Bush Dance on Saturday. It is a great opportunity for the whole family to have a fun evening together and to meet up with other NBI families. The Snake Gully Bush Band put on a fantastic show and Belrose Davidson APEX have kindly volunteered to cook the BBQ. I look forward to catching up and having a dance with as many people as possible.

I would also encourage you to book Saturday, 8 September in your diary. Again the whole family are welcome to watch the Loosely Woven Concert. See below for details.

These events are part of NBI's commitment to provide families with a range of opportunities to link with other families. So please come along and support us.

Carolyn McKay  
**Manager**

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### NBI Bush Dance

Northern Beaches Interchange would like to invite you to our Family Bush Dance featuring the Snake Gully Bush Band.

**When :** 5pm to 9pm on Saturday, 23 August 2008

**Where :** North Narrabeen Community Centre, 2-10 Woorarra Avenue, North Narrabeen

Donations of \$10 per family / \$5 per individual would be appreciated.

RSVP to NBI office on 9970 0500 or email us at [nbi@ans.com.au](mailto:nbi@ans.com.au)

The Snake Gully Bush Band was formed in 1996 by a group of musicians with a love of traditional Australian songs. They sing the songs of convicts, shearers, timber-getters, sailors, gold miners, swaggies, drovers and bushrangers and have now expanded the bands' repertoire to include original compositions penned by one of the band members as well as contemporary Australian songs. Check out their website for more information [www.snakegullyband.com](http://www.snakegullyband.com)



## Siblings' Day - Friday 10 October 2008

**Are you aged between 8 - 13 years?  
Do you like having fun and meeting new people?  
Do you have a brother or sister with a disability?  
Well today is a day just for you . . .**

I am organising a day of fun for all the siblings of NBI consumers aged 8-13 years. We will begin the day with games and activities where we will get to know each other and give us an opportunity to talk about our experiences as siblings. After a lunch of pizza, we will be heading to Circus Unique to try our hand at some basic circus skills. We will get to take part in a range of activities including juggling, stilt walking, plate spinning, hoola hoops, rope climbing, aerial trapeze and other fun games.



If you are interested in coming along, please contact Jess Kristevic on 9970 0508 or email [jessnbi@ans.com.au](mailto:jessnbi@ans.com.au)

Numbers are limited - book early so you don't miss out.

*Closing date for applications* : Friday, 12 September 2008  
*Cost* : Free (includes circus workshop, morning tea, lunch and afternoon tea)

### **STOP PRESS !!!**

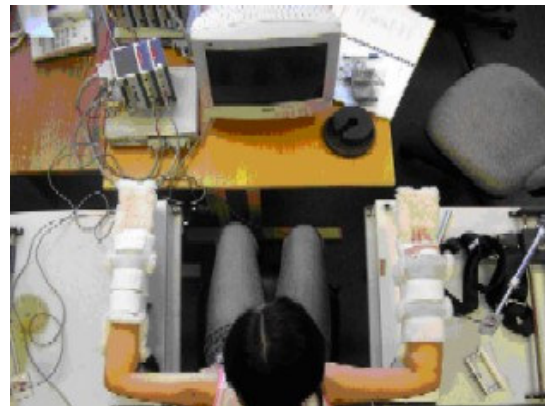
I will be organising a day for siblings aged 13-18 years in the January school holidays and I am looking for expressions of interest. If you'd like to be involved with this day, please contact Jess on 9970 0508 or email [jessnbi@ans.com.au](mailto:jessnbi@ans.com.au). Ideas for the day are most welcome.

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## Seeking people with all types of cerebral palsy

A research team at the University of Sydney is seeking adults and children (over the age of 8) with cerebral palsy who would be interested in participating in a research study.

The research team is working on hand coordination which, in turn, will have clinical implications for improving hand activity in people with cerebral palsy. The study involves testing of both arms (testing station pictured) and will measure bimanual movements, force control and hand activity. It has received ethics approval from the Spastic Centre and the University of Sydney.



The team wish to investigate the full spectrum of cerebral palsy - hemiplegia, diplegia, quadriplegia, ataxia and athetosis - including people with little or no difficulty with activities of daily living.

The study is being conducted at the University's Cumberland Campus, Lidcombe. It will take approximately 1½ hours and is free of charge. The University will reimburse all participants for travel costs with taxi fares (from Metropolitan Sydney) and two cinema passes.

If you are interested in participating and would like more information on the study, please contact NBI on 9970 0500 or [nbi@ans.com.au](mailto:nbi@ans.com.au). Alternatively, you can contact Angel Chiu at the University of Sydney on 0402 721 820 or by email - [hchi9899@mail.usyd.edu.au](mailto:hchi9899@mail.usyd.edu.au).

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### **Sad News**

Last month Heather Kingsland passed away. Heather was the mother of Matt, a former Peer Support consumer. Over many years, the Kingsland family has been a tremendous support to NBI and many others in the community. Heather's legendary energy and positive attitude was an inspiration to many other families and support services.

At the funeral in July, NBI staff passed on our respects to John, Matt and the rest of the family.

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### **Tax Offsets for Carers**

The maximum tax offset is \$745 for each dependent invalid relative and \$1489 for each dependent parent or spouse's parent. It has been suggested that if your child is now aged more than 16 years, and you did not claim for the tax offset when your child was under 16, you could put through an amendment to your previous taxation claim to receive back payment from the tax office for missing this information on your previous taxation return. Check this with your tax agent.

### **Changes to Centrelink Allowances**

As of 20 March 2008, the following changes were made :

- **Annual Utilities Allowance** paid to recipients of Disability Support Pension, Carer Payment, Wife Pension, Widow B Pension and Bereavement Allowance was increased to \$500 for singles (from \$107.20) and to \$250 for each member of a couple (from \$53.60), to be paid on a quarterly basis.
- **Annual Higher Rate Telephone Allowance** for Centrelink customers on Age Pension (including Veterans' Affairs), Disability Support Pensions, Carers Payment and Commonwealth Seniors Health Card holders if they or their partner have a home internet connection and are telephone subscribers. The higher rate is \$132 per year (basic rate of \$88 per year) sent as quarterly payments (\$33 for singles, \$16.50 for each member of a couple).

For more information call 132 300 or 132 717 or check out the Centrelink website [www.centrelink.gov.au](http://www.centrelink.gov.au).

*Information courtesy of the Warringah Disability Newsletter. To subscribe to this free fortnightly newsletter, send an email to [janzm@warringah.nsw.gov.au](mailto:janzm@warringah.nsw.gov.au) with "subscribe" in the subject line together with your name and telephone number.*

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## Hands Can Talk

Don't forget the free basic communication and songs sign language workshop for all parents and volunteers to be held on 27 August 2008 at the Nelson Heather Centre, Warriewood.

If you'd like any further information or would like to attend, please contact NBI on 9970 0500 or email us at [nbi@ans.com.au](mailto:nbi@ans.com.au)

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## Host News

We welcome the following volunteers as new Hosts, thank them for their contribution towards providing support to young children in the community and look forward to a long association with them.

Katy Rickard  
Diana and Ian Wyard  
Tiffany Simpson  
Tom Maxwell  
Cassandra and Todd Hardie  
Jennifer and John Walsh  
Suzie and Jan Gade

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## Loosely Woven Concert

On Saturday, 13 September 2008 Loosely Woven will be performing a special concert for kids. Those attending the Saturday Program that day will be going along and the concert is open to everyone, although there will be no extra supervision so kids must be accompanied by a parent/carer.

**Time :** 1.15pm

**Date :** 13 September 2008

**Location :** North Narrabeen Community Centre

Please RSVP to Micaela on 9970 0500 by 8 September 2008 if you would like to attend.

*A big thank you to Loosely Woven for their concert fundraiser held on 8 August at St Andrews Presbyterian Church, Manly. NBI really values your support.*

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