



Northern Beaches Interchange

Respite Recreation Support

September 2008 - Issue 6

Welcome to the September edition of enews. We hope you enjoy reading about recent events and upcoming activities.

I would like to strongly encourage you all to come along on Monday, 22 September, to hear two great talks from local authors and NBI parents, Peter Whitfield and Fiona Dorrian-Andrews. This will be followed by a short AGM and then an opportunity to catch up with the speakers, family members, staff, volunteers and Board members over a light supper.

Hope to see you on Monday!

Carolyn McKay
Manager

NBI AGM - 22 September 2008

Northern Beaches Interchange Inc is delighted to host presentations by two local authors followed by the AGM.

Peter Whitfield (*author of the 'Zen Tails' books for children*) will be talking about his experiences writing children's books as well as his experience of having a son with a disability.

Fiona Andrews-Dorrian (*researcher and producer of a manual for parents called "Through the Maze"*) will be talking about her involvement in the project to assist families trying to navigate their way through disability services. Fiona also has a son with a disability.

When : 22 September 2008

Time : 7.00pm

Where : Banksia Room, Nelson Heather Centre, 4 Jacksons Road, Warriewood

A champagne supper will be served after the AGM, giving you the opportunity to chat with our guest speakers.

NBI 2008 Bush Dance

Many thanks to the Belrose Apex Club for being our volunteer chefs for the evening. Having this assistance from the Apex Club to run the BBQ was fantastic and it was also great to get involved with other community groups.

Our thanks also go to the Snake Gully Bush Band who also generously donated their time to provide us with great music and dance direction for the evening. As always, the Snake Gully Bush Band put on a fabulous show for us all to enjoy.

It was great to see all the families who came along on the night. We hope you had a good time and look forward to seeing more families next year.

City to Surf - by Luke Whitfield

I did run in the City to Surf. I did enjoy dressing up but it was difficult feeding me because I was in a long cape and I can't sit still especially when anything exciting is about to happen.

We couldn't find my Uncle David, we tried to phone him by mobile but we couldn't find him until the race had begun. Then one of my teacher's came into the middle of the race to wish us luck. She left her brother's dog with two young hot policemen! It was good to see her.



I had my Uncle Mark saying "Make way for the force" as we made our way through the people. It was quite funny. Every time Dad tried to take his helmet off some little kid shouted "There is Darth Vader" - that was the funniest thing. Dad got very hot in his mask! My Uncle David sprained his ankle one km from the finish. He tripped on my Uncle Mark while swapping drivers (for me). He hopped to the finish. I did run for the Spastic Centre and I raised over \$4000 which has gone towards getting new equipment for the Spastic Centre.

I had a ball!

Date for your Diary

Coming soon . . . the **NBI Family Fun Day!!!** Yes, it's nearly that time of year again! This years Family Fun Day will be held on Saturday, 13 December 2008 at North Narrabeen Public School.

Invitations will be out soon. We hope to see you all there.

Access Finder

Access Finder is an initiative of Access Solutions National P/L (ASN). It first went on line two years ago and as there have been a lot of people using Access Finder, ASN have launched the final version.

Access Finder was established to provide people with a disability, family members and others with accurate information about accessible opportunities.

It is a free website providing information on disability accessible hotels, restaurants, equipment, cafes, support services and much more. Check it out at www.accessfinder.com.au

Information courtesy of the Access Finder Team.

2009 Mums Weekend Away

Yes, Mums - we are having another weekend away so mark in your calendar the 20th, 21st and 22nd of February 2009.

I will be sending out applications just before Christmas with all the information as to where we are headed for our fun weekend. Successful applicants will also be invited to a Wine and Cheese Evening on 6 February 2009.