



Northern Beaches Interchange

Respite Recreation Support

November 2008 – Issue 8

Christmas is only 5 weeks away and soon we will be celebrating another New Year. NBI hopes to continue moving forward in providing respite, recreation and support to families living in Manly, Warringah and Pittwater. As the busy Christmas season approaches we know how hectic timetables can become so we wish to send an early invitation to our Christmas Family Fun Day in December. This day is always great fun and we enjoy catching up with everyone so please mark it in your calendar and join us on the day.

NBI will be sending out more information soon regarding the new RIAP system for applying for respite in the next financial year. If you have any questions please feel free to contact one of our coordinators.

I would also like to remind you that we have a wonderful collection of Christmas cards for sale. Please see the website for more details.

We look forward to seeing you at the Family Fun Day.

Northern Beaches Interchange Invites you to our 2008

FAMILY FUN DAY

We hope you and your family can join us for a fun afternoon to celebrate the end of the year!

When: Saturday 13th December 2008

Time: 12pm - 3pm

Where: North Narrabeen Public School,
Namona Street, North Narrabeen

Lots of activities for all the family : jumping castle, face painting, sausage sizzle, balloons, Santa, pony rides, games.

All free of Charge

RSVP: Please phone 9970 0500 by Wednesday 10th December

Note: In the event of inclement weather phone 0415 413 603

PARKING is available at the Northern Beaches Sports Centre off Jacksons Road, Warriewood

Children rostered on the Saturday Programme this day will attend 10am as usual.

Peer Awards Night by Jess Kristevic

The Peer Support Annual night of nights rolled round once again on Saturday, 15 November 2008. The theme this year was "A Night at the Oscars" and everyone went to great lengths to get dressed up glamorously for the evening. We had a great turn out of over 50 people and the hall was decked out with decorations galore. We had paparazzi snapping people on the red carpet as they walked in and special thanks must go to music maestro **Mr Paul McGee** for serenading us at the front entrance while all the guests were arriving. Then the presentation of the awards began with everyone winning an award for their special achievement over the year. Awards ranged from Best Natural Performer to Best Surfer and everyone loved getting up in front of the crowd to receive their accolades. After the awards we watched video and photo highlights from the



last year of Peer Support activities and reminisced about the good times had by all. To top the night off we got to dig in to a delicious supper banquet and then it was straight to the dance floor where we boogied all night (or at least until 10pm) before heading home exhausted. The night was a great success and I'd like to thank all the parents for making an effort to come along and dress up. Special mention must go to **Andrew Stock** for his fantastic video presentation and to **Karen Young** and **Greg Bennie** for their fantastic award designs.

Until next year . . .

Mums Weekend Away 2009

NBI would like to invite you to join us on our 2009 weekend away from Friday, 20 February to Sunday, 22 February 2009.

For the 2009 Mums Weekend Away, we have booked accommodation at the fabulous Mantra Resort at Ettalong Beach. Twelve twin share rooms have been booked for two nights and breakfast each morning is provided. We are asking mums to make a contribution of \$140 per person to assist with the cost of the weekend.



For further information and to complete an application form, please follow the link [Mums Weekend Away - Invite and Application Form](#). A paper copy of this document will be posted out to all mums later in the year.

Leisure Link - Northern Sydney

Leisure Link provides weekend and/or evening programs for people with a disability, where they can spend time with their peers in age appropriate creative, recreation and leisure activities. Following are examples of activities that may be provided under Leisure Link : art, drama, camping, disco/dance nights, after school youth groups, mentoring programs, music/being in a band, weekend holidays, weekend bush and adventure interests, sports, fitness programs.

To be eligible for a Leisure Link service, you must :

- Have a diagnosed disability
- Be living within the Local Government areas of Hornsby, Hunters Hill, Ku-ring-gai, Lane Cove, Manly, Mosman, North Sydney, Pittwater, Ryde, Warringah or Willoughby.

Contact NBI for a copy of the Leisure Link brochure. Alternatively, to make a referral please contact :

DADHC Information, Referral and Intake on 9841 9350
Northside Enterprise Inc on 9905 5377
Recreation Rendezvous on 9420 8555
Centacare (Waitara) on 9488 2400
Centacare (Brookvale) on 8968 5100

Attention Respite Care Workers!!!

NBI would like to invite you to complimentary Christmas drinks on Friday, 5 December 2008 at 6pm in the Collaroy Services Beach Club (Upper Beach Front Balcony).

Lisa and Jess would love to see you there to enjoy a Christmas drink and a catch-up chat.

This will be a great opportunity for new and old staff to meet and also a chance for Lisa and Jess to say thanks for all your hard work over the year so please say "YES!" and RSVP to the office on 9970 0500 by 3 December.

Housekeeping

Families :

NBI Membership

Please note, NBI Membership for 2008-2009 is now overdue. If you require a membership application form, please contact the office on 9970 0500 of nbi@ans.com.au and we will forward one to you for completion.

Consumer Information Forms

Earlier this year we sent you a letter requesting that you update your child's Information Form. While we have had a good response, there are still a number of families who are yet to respond.

It is necessary for us to have the most up-to-date information about your child to enable us to provide the best possible care. We would appreciate you taking the time to fill in or update this form.

If you have misplaced the form or you need any help or information regarding its completion, please do not hesitate to contact the office on 9970 0500 or via email nbi@ans.com.au.

Staff :

Over the Christmas/New Year period, the pay dates will change slightly. We will be sending out information on the holiday period pay dates shortly.

Gastrostomy Tube Feed Training

As part of NBI's 2008 Training Calendar, all staff are invited to attend our Tube Feed workshop.

The course is run by trained health professionals from Westmead Hospital and teaches the knowledge and skills required to safely care for people with enteral feeding tubes.

When : Monday, 8 December 2008 from 7pm-9pm

Where : Northern Beaches Interchange, 2 Jacksons Road, Warriewood

RSVP : To book your place, please phone Jess on 9970 0508 or 9970 0500

The training session is free of cost and all staff attending will be paid. All attendees will receive a Statement of Attendance at the completion of the course.

A light supper will be provided.

Phone: 02 9970 0500 | Fax: 02 9970 7763 | Email: nbi@ans.com.au
2 Jacksons Road Warriewood NSW 2102