



## Northern Beaches Interchange

Respite Recreation Support

January 2009 – Issue 10

Welcome to the January edition of NBI's e-news. We are delighted at the take-up rate for the newsletter with more people signing up each month.

We welcome contributions to the newsletter which is produced monthly. Please email us at [nbi@ans.com.au](mailto:nbi@ans.com.au) with any items, suggestions or feedback.

As the school holidays draw to a close, our holiday program teams will be taking some well deserved downtime after our biggest holiday program ever with 39 group activities across Seagulls and TAG over three weeks. Congratulations to all involved. We would love feedback from children and their parents to help us make the program better.

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### RIAP

The new Respite Intake and Allocation Process (RIAP) for Northern Sydney **commences on 2 February 2009**. All families should have received information about the changes and there will be further information mailed in the next two weeks.

All families who are looking for **any respite service** (from NBI or another service) from July 2009, including 1:1, group based respite and holiday respite, should call the RIAP intake line in February and **no later than 6 March 2009** to make a referral.

It is possible to nominate a preferred service provider if you choose although no service can be guaranteed.

The RIAP intake line is : **(02) 9841 9354**.

In relation to NBI services, families with an existing Host Family, or with a confirmed place on the Saturday Program or Peer Support Program do not need to apply to retain that service, however if you have other respite needs (e.g. 1:1 respite, holiday respite) and/or have a greater level of need than is currently being met (e.g. the frequency of respite does not meet your needs), you should make a referral to RIAP.

RIAP may take a little adjusting to but aims to greatly simplify the process of applying for respite and provide greater equality in service provision together with clear information about the number of people seeking various respite types and the level of unmet need in the region. This information will be used by DADHC in identifying priorities for new respite funding.

Please do not hesitate to contact a Coordinator or the Manager if you have any questions. Alternatively, you can contact RIAP directly.

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## Holiday Program Update

The holiday program has undergone a make-over this summer with 30 Tag and 9 Seagull activities running over three weeks. We have had some amazing activities, such as the combined surf day at Long Reef with Manly Surf School. Matt Granger, the owner of the Surf School, called just to tell us how much fun he had! Other great days have included a trip to Sydney Tower, a Peter Pan play, teppanyaki, lawn bowls and fishing.



For some, this is their last year on Tag so on behalf of everyone, we would like to warmly thank the following people for all the amazing memories we share :

Francesca, Jake, Jessica, Alyse and James. Last, but certainly not least, I would like to make a shout out to Felix, our up and coming Tag journalist, who told me how much he enjoys the NBI newsletter. Hopefully we can get you writing this blurb next time!

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## Planning for the Future

Many people who care for a family member with a disability are concerned about what will happen when they are no longer able to care for that person. It can be hard to know where or how to begin planning for the future and having the right resources and information can help.

The Department of Families, Housing, Community Services and Indigenous Affairs has produced two booklets to assist families in planning for the future of their family member with a disability.

These booklets can be ordered by calling **1800 050 009** and quoting the production number.

*Planning for the future : People with disability* (product number FaCSIA0427) provides families with general information about future planning for their family member/s with a disability, and

*Special Disability Trusts : Getting things sorted* (product number FaCSIA0424) provides guidance to families who have decided to set up a Special Disability Trust.

*Information courtesy of 'News for Carers', December 2008*

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## Siblings' Day

On 16 January 2009, a small group of siblings turned up to take part in a fun day of sun, surf, and sand. It was a perfect summer's day - 27 degrees with a lovely sea breeze to balance out the heat. We spent the morning in a hall at NBI playing games based around the experience of having a sibling with special needs. After morning tea out in the sunshine, we had a quick game of Frisbee before jumping in the bus and heading down to Collaroy Beach for our surfing lesson.



When we got to Collaroy, we met our 2 surf school instructors - who were both called Mike! They gave us a general overview of the dos and don'ts, showed us how to get up on the board and then it

was straight into the water to see how much we had listened. Everyone really got into it and stood up on their board at least once. After 2 hours of physical exertion (who knew surfing was so tiring?!!) it was time to chill and that's just what we did while we waited for the BBQ to cook so we could feed our hungry bellies. After lunch there was time for one more quick dip and then it was back on the bus and home for the 3.30 pickup.

A big thank you to everyone who came along for the day. We hope to see you at the next siblings' day.

*Jess Kristevic and Virginia Norman.*

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### **Circus Skills Workshop - presented by the Northern Sydney Young Carers Interagency**

Are you aged between 8-14 years?

Does someone in your family have a chronic illness, disability, mental illness or substance abuse problem?

If so you are invited to participate in a fun afternoon learning circus skills with the trained staff at Circus Unique.

*When :* Saturday, 14 March 2009

*Where :* Annex Room, 7 Victor Street, Chatswood

*Time :* 1.30 - 4.00pm

*Cost :* FREE

Bookings are essential so please RSVP by 1 March 2009 to Megan Evans (8877 5283) or Catherine Scott (8405 4444) of The Northern Sydney Young Carers Interagency. Alternatively, you can email Megan Evans at [mcevans@nscchahs.health.nsw.gov.au](mailto:mcevans@nscchahs.health.nsw.gov.au)

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### **Lost and Found**

A blue Thomas the Tank Engine cap was found at the Fun Day, December 2008. If this belongs to you, please call NBI on 9970 0500 and we can arrange to have it returned to you.

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### **Mum's Weekend Away Wine and Cheese Night**

Mums - pack your bags and get ready for the 2009 NBI Mums Weekend Away!!!

24 lucky mums will be heading off to the Mantra Resort at Ettalong on Friday, 20 February 2009. Sadly there are six mums who are anxiously waiting on the short list for any cancellations, so if you are unable to attend, please let Lisa know ASAP so another mum can be given the opportunity to join us on our great weekend away.

NBI will be hosting a Wine and Cheese Night for the 24 mums attending the MWA on Tuesday, 3 February 2009 from 6 - 8pm in the courtyard at the NBI offices. This will be an important evening for those mums attending as they will meet their roommate, collect their MWA handbooks and book in for the weekend's activities.

We look forward to seeing you on 3 February and hope that you are looking forward to your weekend away.