



Northern Beaches Interchange

Respite Recreation Support

February 2009 – Issue 11

This month's edition of the NBI newsletter sees a focus on support for carers. Below you will find information on various support groups and services along with articles on NBI's Mums' Weekend Away and Siblings' Day.

We'd like to extend a warm welcome to Sophie Kane who will be replacing Jess Kristevic as Options Coordinator at the end of February. We are sorry to lose Jess and would like to take this opportunity to thank her for all her hard work and wish her luck for the future.

Finally, a quick reminder to call the RIAP Intake Line on (02) 9841 9354 no later than 6 March 2009. Please note that it may take up to a week for them to return your call due to the volume of calls they are receiving. If you have any questions, please call NBI on 9970 0500.

Welcome to Sophie

My name is Sophie Kane and I am the new Respite Options Coordinator at NBI. I have both professional and personal experience in the field of disability. I completed a degree in Human Services, majoring in Disability Services and I have worked as a Coordinator at another disability organisation. I chose to work in this field because I have a family member who has both a physical and an intellectual disability. Through my life experience and what I have learned professionally, I seek to reduce social isolation amongst people with disabilities and their families/carers.



Over the next 12 weeks, I will be trying to make a time to get out and meet everyone, but in the meantime - feel free to give me a call at the office to have a chat. I have been employed on a full-time basis so I will be available Monday to Friday.

Mum's Weekend Away 2009

Friday dawned bright and sunny - a perfect start to a weekend away at the beautiful Mantra Resort Ettalong. The scenic ferry trip from Palm Beach to Ettalong set the mood for many of the NBI mums with others choosing the longer drive. On arrival, everyone headed straight for the massive pool overlooking the bay for a relaxing afternoon enjoying the sunshine interspersed with bouts of swimming and reading. When the sun finally disappeared and everyone looked their resplendent best, we headed next door for dinner at the club, which was then followed for some by a great evening of music and dancing at a local pub. Ettalong had no idea what it was in for!

The next morning some of us headed outside to partake in an energising tai chi class with an instructor. We then checked out Ettalong markets and grabbed some lunch on the go before heading off to picturesque Avoca Lake to test our skills at kayaking. A sever storm threatened to spoil our fun half-way through the session but it passed in 20 minutes (just enough time for a quick coffee) and we continued with our paddling for another hour. Those who didn't enjoy kayaking got to use paddle boats and a lovely afternoon was had by all!

Saturday night was a Thai affair with our group taking over a little local restaurant and really stretching their resources. We heard the following morning that they had had to call in extra staff to cope with our presence but the food was delicious and the service fine. We then headed back to the resort club and danced until they stopped the music in the early hours of the morning.

Sunday morning was spent lazing around the pool again. Some stayed on at the resort to get beauty treatments in the afternoon while the majority headed for home. Everyone commented what a fabulous weekend they had had and how relaxing it had been. Thanks to everyone who attended for making it such a wonderful weekend.

Special thanks to Lisa for all her hard work in putting it together. We hope to see you all again next year.

Photos of this weekend will be available to view on the NBI website within the next couple of weeks.

Siblings Hit the Surf!

Thank you to the 17 wonderful brothers and sisters who took part in NBI's Siblings Day (8-12years) on 23 January 2009 when we joined Manly Surf School for a morning of surfing instruction. What a fantastic combination of a beautiful summer day, Long Reef waves, guts and determination. All the children were transformed into expert-looking surfers in a matter of hours.

After a morning of surf and sun, we had a BBQ lunch and a play on Collaroy Beach before heading back to Warriewood for some organised games.

Stay posted for information about our next siblings activity coming up in the April school holidays.

Jessica Kristevic and Virginia Norman

Northside Community Connect - Carers Program

Are you looking after a family member or friend who has a physical or mental disability? The Carers Program is running a number of courses and activities that may assist you in your caring role. All activities (unless otherwise stated) will be held at the Cromer Community Centre, 150 Fisher Road North, Cromer.

Stress Management Course (free) : Explore the benefits that can be gained through stress management, relaxation strategies and techniques to assist you in finding ways to look after yourself.

4 week course commencing Wednesday, 11 March 2009, 10.00am - 12.30pm

Tai Chi & Qi Gong for Carers (\$5) : This class will take you through gentle exercises to help alleviate stress while strengthening the body and calming the mind. Dependant on demand, this group may be held on a regular basis.

Light refreshments provided.

Thursday, 19 March 2009, 10.00am - 11.30am

Residential Care, Wills, Powers of Attorney & Guardianship (gold coin donation) : A representative from the Public Trustee's Office will speak on Wills, Powers of Attorney and Guardianship and representatives from local hostels and nursing home facilities will speak on residential care options.

Morning tea provided.

Monday, 6 April 2009, 9.15am - 12.15pm

Bus Outing for Carers (\$10) : Come along on a bus trip to a mystery destination! The outing will include some walking, enjoying the outdoors and lovely scenery. Morning tea provided (pre-payment required). Departure for this activity is from 30 Howard Avenue, Dee Why.
Thursday, 9 April 2009, 10.00am - 1.00pm

Bookings are essential, so please call Marina Whitting at Northside Community Connect on 9931 7750 or email her at marinaw@northsideconnect.com.au.

Northside Community Connect - Disability Carer Support Group

This group is held from 10.00am - 12.00pm on the third Friday of every month (except school holidays) at the Cromer Community Centre, 150 Fisher Road North, Cromer. For information on this group, please contact Marina Whitting at Northside Community Connect on 9931 7750 or email her at marinaw@northsideconnect.com.au.

Information courtesy of Northside Community Connect

NSW Companion Card - Register for Application

The Companion Card is currently being implemented in NSW and acknowledges that a carer is indispensable to a person with a profound disability and gives them equal access to services and facilities. The card allows the attendant carer of a cardholder to travel free on public transport and purchase one ticket (but admit two persons) at participating events and venues. A Victorian survey showed that cardholders had more than doubled the number of times they went out (from an average of 16 outings to 37 outings per year), half said the card improved their social networks and 70% said that having the card meant more people were willing to accompany them to venues.

To be eligible for the card, you must be a NSW resident, have a severe or profound disability, be unable to participate in most community-based activities without significant assistance (with mobility, communication, self care, planning, use of aids and other technologies do not meet those needs) and require a lifelong level of support.

For information about the program, to register interest, to receive an application kit or to refer and organisation to recognise the Companion Card, email companioncard@nds.org.au or phone 1800 893 044.

Information courtesy of Warringah Disability Newsletter

Autism Spectrum Australia's Fathers' Night

Autism Spectrum Australia invites fathers and grandfathers of children with ASD to attend a Fathers' Night which will include facilitated small group discussion and the opportunity for informal conversation with other fathers and grandfathers. The focus of the evening will be on life transitions - school, work, holidays, family changes, etc.

When : 7pm-9.15pm, Wednesday, 4 March 2009 (arrive from 6.15pm for informal drinks and eats)

Where : Club Burwood, 9 Burwood Road (cnr George Street, Burwood - not at Burwood RSL)

For more information or to reserve your place, please contact Pauline on 8977 8335 or phunterknight@autismspectrum.org.au or Angela on 8977 8348 or astewart@autismspectrum.org.au.

Family Advocacy - Workshop

Family Advocacy is a state-wide, community based organisation that focuses on the rights and needs of people who have developmental disabilities and their families.

On Tuesday, 10 March 2009, Family Advocacy is holding a workshop designed to offer practical strategies for families, support workers, advocates and other professionals to harness what our communities have to offer. It will provide an opportunity for problem solving, strategising and identifying steps that can be taken now.

The workshop will be particularly useful for families of people with a disability who do not currently have support funding or financial resources to draw on. There will be a presentation by international speaker, Janet Klees - who has been a coordinator with the family-governed Deohaeko Support Network in Ontario, Canada for the past 15 years.

If you would like a copy of the flier and registration form for this event, please call NBI on 9970 0500.

If you would like further information about Family Advocacy you can visit their website at www.family-advocacy.com.

Information courtesy of Family Advocacy

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