



## Northern Beaches Interchange

Respite Recreation Support

March 2009 - Issue 12

Welcome to the March edition of NBI e-News! This edition includes articles and info on :

- An upcoming Siblings Day
- The TAG Kiama Camp
- "Family Voices" - a publication from the Australian Association for Families of Children with a Disability
- Changes to the Peer Support Team
- A "how to" article on the using the Northern Sydney Carer Respite Centre and Carelink Service

The NBI team are currently putting a spotlight on services and support for families with young children aged 0-5 with a disability.

We will be working with families and other service providers to look at ways of enhancing support and building family and community capacity to meet the demands of caring for children with additional needs. NBI are working in partnership with Warringah Council to facilitate a forum in March for service providers to identify issues, any gaps and ways of better meeting local community need. In June, there will be an information session for families.

NBI are in the process of developing some initiatives to enhance our support for young families. We would welcome any comments/feedback from families who are either currently in this group or have been through this time in relation to what has helped make a difference and/or what would have been or would be helpful.

Please call us on 9970 0500 or email us on [nbi@ans.com.au](mailto:nbi@ans.com.au).

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### Siblings Day - 17 April 2009

Are you aged between 8 and 14 years? Do you like trying new things and meeting new people? Do you have a brother or sister with a disability? Well, today is a day just for you . . . !!!

In April, NBI is organising a day of fun for siblings at Collaroy Beach. The theme of the day is "Beach Olympics". Games will include tug-o-war, search for treasure, team relays and more. We can guarantee there will be many laughs and much fun to be had at the NBI Beach Olympics. Lunch will be a good old Aussie BBQ and the day will conclude with a presentation ceremony.

***Closing date for applications is Wednesday, 8 April 2009***

If you are interested in attending, please contact Sophie Kane on 9970 0500 or email [sophienbi@ans.com.au](mailto:sophienbi@ans.com.au).

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## Kiama Camp

From 27 February until 1 March, TAG headed off to Kiama for the first camp of 2009. Along for the ride were Alyse, Alison, Joel, Jack and Dylan with NBI staff members Micaela, Laura and Duncan. The group stayed in a beautiful beach house overlooking Kiama's gorgeous East Beach. Some of the activities included going out for dinner and lunches, snorkelling, relaxing with a few movies, visiting the local blow hole and a big last night cook up and BBQ. All had a wonderful time and the TAG program would like to thank all those who came along for making it such an enjoyable experience!

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## Family Voices - New Edition on the Web

This national publication contains a wide range of information on events and issues which affect children with disabilities and their families. The Australian Association for Families of Children with a Disability (AAFCD) is a national organisation representing children with a disability and their families. This edition includes family stories that 'tell it like it is' and reflect the diversity of children with a disability and their families in the community. *Family Voices* is published bi-annually and the website provides up-to-date information on relevant issues. Check it out at [www.aafcd.org.au](http://www.aafcd.org.au). Copies can be obtained by contacting Stephanie Gotlib, Policy and Membership Coordinator on 1800 222 660 or email [stephanieg@aafcd.org.au](mailto:stephanieg@aafcd.org.au). Free for immediate or extended families of someone with a disability and for support groups, \$20 for service, professional or other.

*Information courtesy of Warringah Disability News*

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## Changes to the Peer Support Team

It's sad but true - Greg Bennie will be leaving the Peer team in April. He is about to take up a great opportunity with the skydiving business he has been working with for the last few years and will be moving to Queensland.

What does this mean for the Peer team? Fortunately, we are well placed with Karen Young having had the last few years to settle into the other Peer Team Leader position. Andrew will be stepping in to fill the gap in the team leadership for the next few months. We are currently recruiting to fill Greg's position.

A big thankyou to Greg on behalf of the Peer staff, volunteers and families . . . it's been a privilege working with you.

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## Northern Sydney Carers Respite Centre and Carelink Service

NSCRC is a Commonwealth funded service that provides respite support to carers who care for a person with a disability or someone who is frail and aged.

For many years NSCRC have brokered respite services to NBI to enable carers to have a break from their caring responsibilities. The break may be for a few hours, a day, overnight or even over a period of a few weeks. The respite usually takes place in the carer's home or it could be a chance for the care recipient to have an outing. Many NBI families use this service so they can attend functions or family events, or just to have short planned breaks. Sometimes families are also in need of emergency respite due to family illness or unforeseen events.

There are two ways of accessing this service :

- You can call NSCRC directly on 1800 059 059 and make a self referral. You will speak to an intake officer who will take your details and information about your request for respite. This request will be processed at an allocation meeting which they hold twice daily.
- Alternatively, you can call Lisa or Sophie at NBI on 9970 0500 and ask them to make this call on your behalf. You will need to give your consent to NBI releasing your details to NSCRC.

NSCRC do not employ their own direct care staff and broker out all their respite to other agencies and services in the area. If you have received respite from NBI previously, you may have a direct care worker who is known to your son or daughter. NBI will contact that worker to see if they are able to provide care on the requested occasion. If NBI is unable to offer a known worker, we may still have another worker who would be suitable. In other instances, if we are unable to offer a worker, then NSCRC might be able to offer a worker from another agency.

When you are planning your respite, it is strongly recommended that you contact NSCRC or NBI in plenty of time prior to the requested date of respite - particularly prior to any holiday. Many direct care staff become booked well in advance of these times and it is often difficult to process a high level of requests in busy holiday periods.

If you would like any assistance in arranging respite and would like to access NSCRC, please contact Lisa or Sophie on 9970 0500.

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### Host Recruitment

NBI's Host Program recruits volunteers from all walks of life. Our recent intake is no exception, with a diverse group of people applying to be Host carers. We had inquiries from 15 people - a mixture of single people, couples and whole families wanting to provide ongoing care for a child. On Sunday, 22 March, we ran a Volunteer Orientation session which was attended by 8 people. It is encouraging to see that despite all the pressures of busy lives, people in the Northern Beaches community are finding time to support other families. It's a reminder of the adage that "it takes a village to raise a child".

Thank you to our parent speaker, Geraldine, for inspiring our group by sharing the story of her family's involvement in the Host Program.

If you are interested in finding out more about the Host Program, please see the [Services at Northern Beaches Interchange](#) and [Volunteer at Northern Beaches Interchange](#) pages of our website or contact Virginia on 9970 0500.