



Northern Beaches Interchange

Respite Recreation Support

April 2009 – Issue 13

Welcome to the April edition of the NBI newsletter! This edition contains information on upcoming seminars and forums together with reports from our Siblings Day and the Holiday camps and much more.

As always, feedback on the newsletter is appreciated and please feel free to send us any suggestions and/or items for inclusion in future editions.

Siblings Day Beach Olympics

NBI would like to thank the 18 wonderful brothers and sisters who came along and took part in the Siblings Day on 17 April 2009. The day of the Beach Olympics at Collaroy Beach was a great success - we had beautiful weather and a tremendous amount of enthusiasm from the children as they raced in relays, created the best sand sculpture, searched for treasure and fought to stop their team being pulled into a pile of smelly seaweed! Half-way through the day it was time for a good old Aussie BBQ and some free time to muck around on the beach. After about an hour it was back into the games to give it their all. All the children showed wonderful sportsmanship and amazing team work. They all deserve a big pat on the back.



Stay posted for information about our next siblings activity coming up soon.

Holiday Program Report

The TAG holiday program ran 2 groups for 13-18 year olds for 9 days of the April school holidays and was a great success. Participants took part in a myriad of activities including going to a Mongolian BBQ restaurant where we got to mix and match our own stir-fries and sauces and then watch the talented chefs cook them up on huge hot plates in front of our eyes (highly recommended!). Other activities included ten pin bowling, paddle boating, sailing, bushwalking, yoga, swimming (in a heated pool, of course!), rock climbing and shooting each other at Laser Zone. The highlight of the holiday program was on the last day when we had a BBQ at McCarrs Creek reserve and then jumped on the Church Point ferry for a trip around Scotland Island. The ferry master was so nice - he let several of the guys drive the ferry (for real) and toot the horn! We all had a ball and we can't wait to see you all again in July.

The Seagull's holiday program for children aged 5-12 years ran 1 group for 5 days over the April holidays and a lot of fun was had by all who attended. Activities included the Easter Show, kayaking, a play and puppet show on dinosaurs at the Glen Street Theatre, gymnastics and an Easter celebration day that included making Easter hats and a treasure hunt.

Free Camp for Young Carers aged 18-25

A young carer is someone aged 18-25 who cares for a family member with a long-term illness, disability, mental illness, drug or alcohol problem. The program for this camp will focus on self-care and wellbeing as well as activities and discussions about carer issues.

The camp will take place Tuesday - Friday, 23-26 June 2009. It will be held at 'Koloona', set on 262 acres of riverfront pasture and bushland located in Shoalhaven on the South Coast.

For an application form, please contact the Young Carer Team and the Carers NSW Young Carer Project on 1800 242 636 (Mon-Fri 9am-5pm); email yc@carersnsw.asn.au or download one from www.youngcarersnsw.asn.au.

Information courtesy of Warringah Disability Newsletter

BP Vouchers for Volunteers Program

On Monday, 27 April 2009, BP started an initiative called "Vouchers for Volunteers". Through this scheme, BP will be providing free fuel vouchers to volunteers who use their vehicle to assist not-for-profit organisations. This would be most beneficial to Host volunteers. The closing date for applications is 11 May 2009. For more information or to complete an application form, follow the link www.talkstoppedlongago.com.au/v4v_home.html.

Livewire Social Networking Site

Livewire is an online community designed specifically for children and young people (aged over 10 and under 21) living with a serious illness, chronic condition or disability.

Livewire combines youth culture content, interactive games and a full site of social networking tools such as chat, blogs and forums with team chat hosts and moderators who have been specifically trained in adolescent health to ensure that Livewire remains a supportive and fun place seven days a week.

Livewire is an initiative of the Starlight Children's Foundation and is working with the Australia Federal Police to ensure that the website, sign up processes and chat host training is optimised to keep members safe.

For more information go to : www.livewire.org.au/about

Information courtesy of X-Change, Issue 134 : April 2009

Seminar on Meeting the Needs of Siblings of a Child with a Disability

Parenting a family when one child has a disability presents unique challenges regarding the children without disabilities. Parents are invited to hear and share as several service providers will discuss some of the issues, helpful strategies, activities and resources for both parents and siblings/young carers of the child with a disability.

When : 7pm-9pm, Thursday, 7 May 2009

Where : Warringah Mall Library (Multifunction room), same level as Hoyts Cinema,
Brookvale

RSVP : Bookings are essential. To book, please call Marjorie Janz at Warringah Council on 9942 2686 or 9942 2449 or email janzm@warringah.nsw.gov.au

Information courtesy of Warringah Disability Newsletter

Wednesday Parentlink Information Forums

Bradfield Park Wellbeing Centre in partnership with NSCCAHS Child & Adolescent Mental Health and Carer Support Services is running a couple of seminars in May and June discussing the effect emotional and behavioural problems have on young people. It will also explain what services and supports are available for families and carers.

On Wednesday, 6 May 2009, Dr Peter Krabman (Coral Tree Family Service NSCC Health) will host a forum on Behaviour Disorders and ADHD.

On Wednesday, 3 June 2009, Dr Nick Kowalenko (Child & Adolescent Service RNSH) will host a forum on Depression.

Venue : Bradfield Park Wellbeing Centre
41 Alfred Street, Milsons Point

Time : 7pm-9pm

Family Advocacy Successful Inclusion Conference

Successful Inclusion . . . building allies, practical strategies : an exploration of inclusive schooling in the context of the NSW education system.

This conference 'will provide an opportunity to hear about what is possible for students with developmental disability attending school in a mainstream setting.

'Through an exploration of research, personal experiences and discussion of inclusive practice, the Conference will provide a forum for the sharing of ideas and strategies around all students reaching their full potential in school and in life.

'It is hoped that Conference participants will achieve a deeper understanding of matters that contribute to more inclusive schools and communities.'

The Conference will take place at Ryde-Eastwood Leagues Club, 117 Ryedale Road, West Ryde on 22 and 23 May 2009.

If you would like further information, or would like to register for the conference, please visit the Family Advocacy website www.family-advocacy.com

Carer Feedback on 'New Directions for Disability Respite Services in NSW'

DADHC has intended that the paper, when finalised, will inform the way future disability respite services are delivered, how people access those services, the types of services, the settings in which services are delivered, and the development of new respite services across the sector.

Copies of the paper are available on www.dadhc.nsw.gov.au and public consultation ends 26 June 2009.

Carers NSW requests that carers provide feedback to DADHC directly or to Carers NSW for inclusion in its response. If you wish, Carers NSW will contact you with details of information and consultation workshops across the state when the dates are finalised. DADHC also plans to host focus groups for carers so email Wendy Campbell on wendyc@carersnsw.asn.au or phone 9280 4744 if you or your support group are interested.

Information courtesy of Warringah Disability Newsletter

Workshop and Information for Parents/Carers of Students with Autism Spectrum

This two day event is part of the "Positive Partnerships : Supporting school aged students on the autism spectrum initiative" funded by the Department of Education and Workplace Relations (DEEWR) through the Australian Government's Helping Children with Autism package, and developed and delivered by the Australian Autism Education and Training consortium (AAETC).

Parents and primary carers of students and young adults with Autism Spectrum Disorder will get current information about ASD and how this directly impacts on their child's learning at school; an understanding about the processes and strategies for effective parent, school and teacher partnerships; specific strategies on how to advocate to support their child's participation and ongoing learning needs; information about their local school system's processes to support learning at all stages of the educational pathway; and opportunities to network with other parents/carers and local support personnel.

Where : Macquarie Graduate School of Management, CBD, Level 6, 51-57 Pitt Street, Sydney

When : 21-22 May 2009. Registration is at 8.15am on 21 May for a 9am start.

Cost : Free of charge for parents (funded by the government as part of the Helping Children with Autism package.) A limited number of respite carers, teacher's aides or people working in a related field may attend as observers.

RSVP : Information and online registration at www.autismtraining.com.au. Each person attending must complete their own form even if from the same family. You can also call the Positive Partnerships hotline on 1300 881 971 for further information.

Information courtesy of Warringah Disability Newsletter

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