



Warringah Council

To comment on this free fortnightly newsletter **Disability "Did You Know?..."**, phone Marjorie Janz, of **Warringah Disability Information Service**, Warringah Library, Pittwater Rd, Dee Why 2099, on 9942 2686 or email janzm@warringah.nsw.gov.au. To start (or stop) receiving this, send an email with "subscribe" (or "unsubscribe") in the subject line (with your name and telephone number). ISSN 1448-7705 Archived copies of newsletters on www.warringah.nsw.gov.au/services/disability.aspx

"Inspiration grows into full-scale creation through persistence and imagination." - Carol Lloyd

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Service Providers are welcome to reproduce any item, with the acknowledgement

Source: Warringah Disability Newsletter" - date.

Hip Hop Discobility at Mosman

What? Dance party for young people aged 12-18. Prizes and awards on the night for best dressed B-boy, best dressed B-girl, and best dancers. You can attend alone if self-reliant; otherwise a carer must remain in attendance. Music, games and prizes by Hey DJ!

When? 7-10pm on Friday 12 February.

Where? Mosman Youth Centre, 30 The Crescent, Mosman (opposite Allan Border Oval).

Cost? \$7 only.

RSVP? Bookings and indemnity forms are essential so phone 9978 4013 or email youth@mosman.nsw.gov.au. See www.mosman.nsw.gov.au/community/youth/whats-on - then Discobility - to download an indemnity form to send, or fax to 9978 4137.

Hawaiian Discobility at YOYOS in Frenchs Forest

What? Dance party for 12-18 year olds with special needs, their siblings, carers and friends has music, give-aways and games by 'Hey DJ'. Prizes for best dressed. Carers (including group home, paid) must remain onsite if attending youth are not self-reliant. Lucky door prizes.

When? 7-10pm on Friday 19 February.

Where? YOYOs Youth Centre, Forestway Shopping Centre, Frenchs Forest. Wheelchair friendly.

Cost? Tickets \$5 (carers free) at the door. Snack items can be purchased from the canteen.

RSVP? Phone 9942 2680, email youth@warringah.nsw.gov.au, or see www.warringah.nsw.gov.au. Indemnity forms required (unless your details are as at last attendance).

Accessible Dance Classes – Sydney CBD

What? People with a disability aged 16+ are invited to develop their ability and creative expression, and have fun. Carers of person attending are welcome to dance at no cost. Wear something comfortable for moving, sneakers or jazz shoes and bring a water bottle. In 2007 Kirsty developed a dance program at The Foresight Foundation for people who are Deafblind, and also teaches Chakradance.

When? Saturdays 10am-11am.

Where? Accessible Arts training room, Wharf 4, Hickson Rd (halfway up the pier, see the Accessible Arts sign on the left).

Cost? \$150 for 10 classes (valid for 3 months) or drop in rate \$18 per class (pay cash on the day). Take cash or cheque payments, or Electronic transfers for 10 class pass (contact for details).

Info? Phone Kirsty Fromholtz B Sc (Psych) Cert. DMT on 0402 644 510 or email kirsty@kirstydance.com.au. Yumi Schaeffer, former class teacher, will assist.

"Lets Go Surfing Day" at Collaroy

What? The annual surfing day organised by Disabled Surfers Association of Australia for people with any disability. Volunteers welcome.

When? 9:30am for 10am start on Saturday 27 February.

Where? Collaroy Beach, Pittwater Road, Collaoy.

Cost? \$20 for Non-Members, Members/Volunteers/Carers – Free.

Info? Phone Adrian Van Druten on 0408 486 010. See www.disabledsurfers.org.

Listening Group at Mona Vale Library

- What? This weekly book discussion group for vision impaired people is facilitated by a 'reader' who reads to a chosen text and leads the discussion on the content.
- When? The group meets every Friday between 10am and 12noon.
- Where? Beaton Room, Mona Vale Library, Park Street, Mona Vale.
- RSVP? If interested in attending, phone Jane Smith on 9970 1608 or email jane_smith@pittwater.nsw.gov.au.

Auslan Interpreted & Audio Described Performance at Sydney Theatre

- What? Tom Wright transforms Voltaire's classic satire of enlightened insanity, *Candide*, into a cutting commentary on the no-worries bravura of the Australian swagger. Raised in Westphalia in the household of a Baron, *Candide* (Frank Woodley) has enjoyed a privileged life. Life has been all-too-easy for our blissfully happy hero until his love for the Baron's (Otto Barry) rosy-cheeked daughter, Cunegonde, is detected and he is punished by being ejected from this Eden. There begins *Candide*'s extraordinary and epic journey around the globe.
- When? Auslan Interpreted Thursday 11 February 2010, 8.00pm
Audio Described Performances - Saturday 6 February, 2.00pm, Workshop at 11.30am
- Where? Drama Theatre, Sydney Opera House, Bennelong Point, Sydney.
- Cost? \$50.00 (normal price \$80.00). A \$7 booking fee per transaction with all online bookings and \$8 for phone bookings. If these seats are sold out, other appropriate viewing seats may still be available at the same price.
- RSVP? Bookings and enquiries on 9250 1777 or boxoffice@sydneytheatre.com.au. For information, see <http://sydneytheatre.com.au/2010/optimism>.

Reminder: Relationships for People with Intellectual Disability, ASD or Brain Injury

Friendship and Dating Skills (18-25 years) - Sat 13 & 20 February, Chatswood, 10.30am–1.30pm

Friendship and Dating Skills (25 years and over) - Sat 13 & 20 February, Chatswood, 3–6pm

- What? These 2-session workshops let participants meet and socialise with others while learning through structured education activities. Topics include: conversation and turn taking; making friends; steps in forming relationships; touching, timing and consent; and protecting your self from unwanted touch. Going to a local pub reinforces learning. Participants are generally reasonably independent, and always find someone to sit beside and someone with whom to have lunch or a drink. There is much discussion about their interests, school/work or leisure and in the closing activity, everyone is given a compliment by one or two group participants.
- Where? St Luke's Presbyterian Church, 28 Lord Street, Roseville (10 minute walk from train station).
- Cost? \$135 (\$95 discount for pensioners or people on low income, who pay before the workshop).
- RSVP? Download an application form at www.relationshipsandprivatestuff.com, or phone Liz Dore on 0416 122 634, email liz@relationshipsandprivatestuff.com, write PO Box 1060, Burwood Nth 2134. Liz also does couples workshop, or a same sex attracted workshop.

Courses on Self Esteem, Relationship and Sexuality – Lane Cove

- What? People with mild intellectual disability are invited to increase their self esteem and knowledge about relationships and sexual topics. Liz Dore, Counsellor and Educator, will enable participants to differentiate between different types of relationships, educate and protect against sexual exploitation and inappropriate sexual behaviour.
- Self esteem and Friendships Skills – 8 weeks on self esteem, different communications and friendships skills, health and hygiene, sexual preferences and relationships.
 - Relationships and Sexuality - 8 weeks on body parts, behaviour in public / private places, sexual feeling/preferences, developing positive relationships; sex, pregnancy / contraception; rights/laws.
- When? 3-6pm on Tuesdays: 23 February-13 April (8 weeks) and 20 April-15 June (8 weeks).
- Where? Lane Cove Senior Centre, 180 Longueville Rd, Lane Cove.
- Cost? 8 weeks-\$50, 16 weeks- \$90.
- RSVP? Places are limited (14) so phone Olga at Recreation Rendezvous Inc on 9420 8555 or email admin@recrend.ngo.org.au. Registration closes on 12 Feb. Funding by The Ian Potter Foundation and ADHC, Department of Human Services NSW.

Free Red Shield Children's Easter Camp 2010

- What? The Salvation Army invites applications from parents / guardians of children aged 9-12 years who are attending primary school in 2010. The camp assists families in providing a holiday for their children, at no cost to the family. Activities include swimming, outings, adventure activities like flying fox, rope courses.
- When? Saturday to Saturday, 2-9 April 2010. Bookings close Friday 12 March.
- Where? The Salvation Army Collaroy Youth and Community Centre, Collaroy Beach 2097.
- RSVP? For information and application forms, phone Cynthia Gregan on 9981 4472. Completed applications must be returned to The Salvation Army officer, who will discuss the camp before forwarding applications to the Director of the Camp. Each child requires a separate application form, indemnity form and officer's recommendation form.

CARERS

Reminder: Counselling Support Groups for Parents of Children with Special Needs

- What? Carers NSW fund these groups so parents can meet and tell their story, give and gain support from other families and carers, focusing on how to take better care of ourselves and not 'burn out'. Led by a counsellor who has a child with Autism, the groups deal with issues of family and relationships, the grief process and how to cope on bad days. They can help with the feelings of loss, isolation, exhaustion and the difficult role of parenting different children.
- Where? Lizard Centre, Conference Room 1, Level 3, 126 Greville Street, Chatswood NSW 2067.
- When? On Wednesdays: Group 1 9.30-11.30am, Group 2 12.30-2.30pm. For 6 consecutive weeks, starting 22 February, then 1 & 8 & 15 & 22 & 29 March. Ample free parking.
- Cost? Carers NSW provide funding for these groups. Although there is a carer contribution of \$30 per session (\$240 in total) - some exclusions apply so contact Justine directly.
- RSVP? Phone Justine, Counsellor, on 0414 237 383 or email Justine@counsellingforall.com. See www.counsellingforall.com for details of other groups or to register online.

ARAFMI North Ryde Diary of Free Carer Events

- 23 February (6-9pm) Effective Communication: An interactive workshop to assist in communicating positively and effectively using reflective listening skills based on Xavier Anadors' book — I'm not sick, I don't need help.
 - 9, 16, 23, 30 March (6-9pm) - Mental Health First Aid: 12 hours of information about mental illness and how to support someone who is unwell. Includes manual and certificate of attendance.
 - March-date and time to be confirmed - Introduction to Depression and Bipolar - by the Black Dog Institute
 - April School Holidays - Connect for Kids: A 3 day program for 8-12yr olds providing information and skills for young people to deal with mental illness in their family. Based on CHAMPS and SMILES program
 - 13 April (6-9pm) Introduction to Mental Health - general introduction to mental illness including information about diagnosis, issues & treatment for the most common illnesses which are depression, bipolar disorder, anxiety and schizophrenia.
 - 27 April (6-9pm) Introduction to Borderline Personality Disorder - aims to support families, friends and relatives to make sense of BPD, support someone with BPD and explore tips for coping and managing challenging behavior.
- Where? The Dougherty Centre, 7 Victor St, Chatswood.
- RSVP? Details may change so register your interest with ARAFMI by 9888 1819 or email fcmhp@arafmi.org. Assistance for transport or respite may be available.

Vacancies in North Turrumurra for People with Younger Onset Dementia

- What? The group at the Richard Geeves offers socialisation, and physical and cognitive stimulation, as well as respite to carers.
- When? 9.30am-3.30pm on Monday.
- Where? The Richard Geeves Centre, 8 Murrua Road, North Turrumurra,
- Info? For details regarding the Younger Onset Dementia Group, phone Kareene Doyle on 9488 8694 or email kedoyle@nsccahs.health.nsw.gov.au.

Dementia Carers' Support Group

What? 16 Feb 3-5pm What is dementia, and other questions. Presenter: Dr Catherine Quinn
16 Mar 3-4.30pm Open discussion
19 Apr 3-4.30pm Your local ACAT services: Presenter: ACAT staff
17 May 3-4.30pm Open discussion
21 June 3-4.30pm The dementia friendly house and garden by Occupational Therapist
Where? Galston Community Health Centre, 17 Arcadia Road, Galston.
Info? Phone Trish Richardson on 9653 2313.

Information & Stress Management Course – Northern Beaches

What? Northside Community Connect Carers Program invites carers of someone who has a mental or physical disability, is frail aged, has dementia or an illness that requires another person to assist them with their daily living. The course explores the emotional and physical demands of caring, provides strategies to manage stress and connects carers with services and assistance available.
When? 10am-12.30pm on 6 Wednesdays: 24 February, 3 & 10 & 17 & 24 & 31 March.
Where? Cromer Community Centre, 150 Fisher Road North, Cromer.
Cost? \$2 – Light refreshments provided.
RSVP? For information or booking, phone Marina 9931 7750 or Robyn 9931 7751.

2010 Carer Groups at Northside Community Connect

- * Monthly carer-only groups are held 10am – 12 noon except on public holidays
- * Dementia - last Thursday at Cromer Community Centre, 150 Fisher Road North, Cromer.
- * Dementia –last Monday at St John's Anglican Church , 1624 Pittwater Road, Mona Vale.
- * Disability - 3rd Friday (not school holidays) at Cromer Community Centre, 150 Fisher Road North, Cromer.
- * General - 2nd Monday at Cromer Community Centre, 150 Fisher Road North, Cromer.
- * Grief & Loss - 3rd Monday for Graduate Carers at 30 Howard Avenue, Dee Why.
- * Mental Health - 1st Wednesday at Cromer Community Centre, 150 Fisher Road North, Cromer.
- * Social Interest – 2nd Thursday at 30 Howard Avenue, Dee Why.
- * Dementia Social for carers & carees on 2nd Friday (11am onwards) at Dee Why RSL, Café Lounge.
The group is self supporting.

Evening for Fathers/Grandfathers of Children with Autism Spectrum Disorder

What? Fathers and grandfathers of children with ASD can meet with others, with plenty of time for informal discussion. The topic will be "Fathers / Grandfathers of Families with Autism: The Community's Vision".
When? 6.15pm for informal drinks and eats, for 6.30pm - 9.15pm on Tuesday 2 March.
Where? Club Burwood, 97 Burwood Road (Cnr George St), Burwood.
RSVP? By 10 November, phone Pauline on 8977 8335 (phunterknight@autismspectrum.org.au) or Angela on 8977 8348 (astewart@autismspectrum.org.au).

AGM and Meeting of Northern Beaches Mental Health Support Group

What? Speaker Dr Guy Gordon, Manly Warringah Div of Gen Practice, will speak on 'Building Resilience using Mindfulness'. Membership renewals are also due.
When? AGM 7pm, then speaker on Tuesday 9 February. \$3 charge to cover costs. Where? Dee Why Senior Citizens Centre, 34 Howard Ave, Dee Why (opposite carpark).
Info? Phone Patricia Boydell, President, on 9453 1676.

FUNDRAISING / FINANCIAL ISSUES

For Sale: "Reasonably accessible" Home in Winston Hills

Stepless front entry, a stepless entry ensuite off main bedroom, toilet pan 800mm from rear wall (but not to AS1428 height), stepless shower (but smaller than required by AS1428 and no grabrails in ensuite), kitchen with lowered benches and room under sink and gas burners for wheelchair user, small ramps to back entertainment area and back garden, no steps in back garden. 4 bedrooms, 1 car garage with auto doors front and back. Wheelchair user can my own personal care and has lived here happily for 18 years. Photos at <http://picasaweb.google.com/JohnMoxon1/ForSaleTheMoxonsHomeFeb2010?feat=directlink>. Price \$620k+. All enquiries to the agent Peter Diffin on 9624 7177 (Walsh and Sullivan at Winston Hills).

Reminder - For Sale: Accessible Villa in Forestville

Free standing, single level, spacious tiled 40 foot open-plan living / dining / kitchen (north-facing and leading to a northerly leafy courtyard). Airy and light-filled, 5 years old, air-conditioned. Wheelchair accessible level front entry and bathroom (no step to shower). Spacious garage, electronic door, entry to house via garage. Strata title, over 55s. Short walk (300 metres) to 50 shops including Coles, cafes, post office, library, doctors, banks, RSL club. Private sale, best offer \$800,000s. Phone Dianne on 9453 4623. Inspections anytime.

Reminder: Free Photocopier - model Infotec 4270MF

About 10yrs old, completely serviced and in good working order (replaced with a new copier). Dimensions 1m x 1m x 1.5m high. Four paper trays, prints double sided but does not collate. Two people required to carry down 20 stairs from 5/53 Kalang Road, Elanora Heights NSW 2101. To inspect or fetch, phone Fiona on 9913 7945 during office hours.

Brain Injury Australia is looking for an Office Space

Brain Injury Australia is the national peak advocacy organisation representing the needs of people with an acquired brain injury (ABI), their families and carers. BIA would appreciate your help in locating new premises of 20m² (minimum) between Redfern and Parramatta, within reasonable distance of public transport and at a reasonable-to-peppercorn rental. Co-location with other community groups and (occasional) use of a meeting room would also be welcome. Phone BIA's Executive Officer, Nick Rushworth, on 9591 1094 or email admin@bia.net.au.

YOUR PARTICIPATION COUNTS

Petition to Retain Kingsdeen Special School

This residential school provides a NSW Board of Studies curriculum to 21 students (aged 10-18) with profound disabilities from Monday to Friday, with students returning to their families on weekends. Many applications are not accepted each year. Kingsdene is scheduled to close in late 2010, after the charity Anglicare announced in late 2009 that it could not afford to contribute \$1.2 million annually (1/3 of school's running costs). Although the 1983 Richmond Report recommended moving people with disabilities out of facilities to be cared for in the community, parents state that they cannot cope with insufficient support services available. The Productivity Commission is due to report on a proposal regarding the National Disability Insurance Scheme in 2011. Information about Kingsdene and similar schools in the March 2010 issue of Marie Claire – visit www.marieclaire.com.au to sign the petition, to be delivered to Bill Shorten, Parliamentary Secretary for Disabilities and Children's Services.

Share Your Travel Experiences for a Chance to Win \$50!

Travelling with children can pose certain challenges and, if a member of your family has a disability, those challenges can be a lot more pronounced. *Out & About With Kids*, a new magazine, wants to provide useful information and tools to such families to show that travelling with a person with a disability takes extra planning AND is achievable. If you have travelled with a family member with a disability, you are invited to send your submission (300- 600 words) to elisa@oawk.com.au. The best submission will be published in the Autumn or Winter issue of *Out & About With Kids*, and the author wins \$50 plus a free copy of the magazine in which their article appears. See www.outandaboutwithkids.com.au for ideas on destinations, accommodation, tours and attractions, competitions etc.

2010 NSW Local Government Cultural Awards

The 2010 awards will focus on improving recognition for the importance and distinction of cultural achievements across the state. The Accessible Arts Cultural Award will highlight projects that include people with disability, with the entrant showing the highest level of inclusion to receive the award. Entries are open until 26 February 2010. See <http://culturalawards2010.lgsa.org.au> for information.

The Other Film Festival: Entries close 1 March 2010

The Other Film Festival is Australia's only international disability film festival. First launched in 2004, the Festival is renowned for contemporary cinema concerned with the lived experience of people with a disability and people who are Deaf. The Festival is also highly regarded as a cutting edge film event that provides an accessible cinema experience to all patrons. For details and to enter your film online see www.withoutabox.com/login/5000.

Source: *Arts Access Australia e-news January 2010*

Reminder: Sport and Active Recreation: Barriers to Participation

The University of Technology, Sydney is conducting research for the Australian Sports Commission, to identify the factors influencing the participation of people with disabilities in sport and active recreation and the constraints to participation that people with disabilities face. The findings will be used to review current approaches to sport and recreation and to improve access provisions. All responses are anonymous and confidential. Those fully completing the questionnaire can enter a guessing competition to win 1 of 5 \$600 vouchers for Inclusive Sport & Recreation Equipment (see www.teaching.com.au for information on the equipment). To be part of the study, click on www.surveymonkey.com/s/RVNQKWJ (survey is online until 30 March). If you require an alternative format (large print, E-text, Easy English), want to complete this questionnaire by phone or want more information, phone the project manager, Ryan Sherry, on 9514 5101 (Tue, Wed) or email ryan.sherry@uts.edu.au.

Survey Study for Parents of Children with Cerebral Palsy

Parents of a child with CP aged 2 to 12 years are invited to provide feedback about whether parenting interventions help you. Stepping Stones Triple P is a new version of the Triple P that is specifically designed to help parents of children with disabilities develop effective management strategies for dealing with childhood behaviour problems and developmental issues. The online questionnaire (total 30 minutes) covers topics such as your reactions to Stepping Stones Triple P, your daily parenting tasks and challenges, your emotional feelings and coping strategies. You can view Stepping Stones parenting strategies video clips and rate them. You can forward the survey link to a friend who has children without disabilities, to complete a simple 5-minute daily parenting task checklist as a comparison group. To participate, click onto <https://exp.psy.uq.edu.au/steppingstones>. Your friend can click onto <https://exp.psy.uq.edu.au/steppingstones-friend>. This study can help increase public awareness about parental needs, the most helpful types of support, and assist to pilot the Stepping Stones Triple P for parents of children with CP. For information about the study, email Dr Koa Whittingham or Ms Diana Wee, Study Co-ordinators (koawhittingham@uq.edu.au or dianawee@psy.uq.edu.au) or phone 07 3636 5539. Joint project of Univ of Qld and Qld's Royal Children's Hospital.

New Enquiry into Provision of Education to Students with a Disability – closes 19 Feb

The Chair of General Purpose Standing Committee No.2, Ms Robyn Parker MLC, has recognised that interacting with the education system can be frustrating and confusing for parents of a child with a disability or special needs, as they attempt to ensure that their child gets adequate support. Both teachers and parents are concerned about the adequacy of funding. The Committee will investigate best practice approaches in determining the allocation of funding to children with a disability or special needs. Issues to be covered by the terms of reference include: Level and adequacy of current special education places; Adequacy of support services for children with a disability in mainstream school classes; Provision of a suitable curriculum for intellectually disabled and conduct disordered students; Access to professional support services, such as speech therapy, occupational therapy, physiotherapy and school counsellors; Adequacy of pre-service and post-service teacher training. Forward submissions to: gpscno2@parliament.nsw.gov.au, www.parliament.nsw.gov.au/gpsc2, or mail to The Director, General Purpose Standing Committee No. 2, Parliament House, Macquarie Street, Sydney NSW 2000. To comment, phone Robyn Parker, Committee Chair, on 9230 3332 or 0427 015 049. Public hearings will occur on 22 and 23 March 2010.

'Talk of the Town 2010' about Housing Future in Warringah

What? Warringah Council is launching an extensive community engagement process to determine the future of housing in Warringah. As part of that process, up to 500 Warringah residents and ratepayers will attend a community summit (Talk of the Town) to help develop preferred directions to accommodate 10,300 new dwellings by 2031 – the target set by the State Government. Provision will be made for people with special requirements.

When? Sunday 23 May.

Where? Dee Why RSL, 932 Pittwater Road, Dee Why 2099.

Info? To participate, complete the online Registration Form on www.warringah.nsw.gov.au, or phone Council on 9942 2660.

Volunteer needed to Transport Person to/from Sailability Manly

A driver is needed to pick up a Sailability volunteer at 9am and return him at 11am to his Nursing Home, which is only 5 minutes drive from the Manly Yacht Club. If you are able to do this, contact Eli on eli@idx.com.au or phone her on 9976 2747.

RESOURCES

NSW Rural Fire Service – AIDER Program

The AIDER (Assistance for Infirm, Disabled and Elderly Residents) is designed to reduce bush fire hazards on bush fire prone property of infirm, disabled and elderly residents. This one off free service supports residents to live confidently on properties in "Bush Fire Prone Land" (an area of land that can support a bush fire or is likely to be subject to bush fire attack, and can extend 100 metres from bushland, or 30 metres from grassland). These residents can receive assistance with many services, including Clear gutters, Thin vegetation, Remove leaf or tree debris, Trim branches, Mow grass. For information or an assessment of your property, phone the AIDER Programme Coordinator on 8741 4955. See www.nds.org.au/nsw/membersnsw/InfoE/2010/AIDER_flyer.pdf.

Free Dinner on the Northern Beaches

What? Street Mission Incorporated provides a delicious hot meal with dessert and tea / coffee / juice at three venues in the Northern Beaches. Everyone is welcome, with service provided by caring volunteers. See www.streetmission.com.au. Mona Vale launch on 11 February.

Where? Thursday 7pm at the CLC Church, corner Barrenjoey Rd & Polo St, Mona Vale.
Friday 7pm at the Uniting Church (beside police station), St Davids Ave, Dee Why.
Saturday 6.30pm at the Uniting Church (opposite police station), 4 West Promenade, Manly.

Info? For information, phone 8901 0679 or email admin@streetmission.com.au. Transport can be arranged – phone Alan on 0425 272 648.

Arts for All: New Zealand access guide

Creative New Zealand in partnership with Arts Access Aotearoa has published *Arts for All: opening doors to people with a disability*. This guide provides practical and long-term ways for artists and arts organisations to enhance their access, market their events to the disabled community and build new audiences. Hard copies of the publication and download versions in Word and PDF file formats are available from Creative New Zealand. Additional resources are available at Arts Access Aotearoa.
Source: Accessible Arts – Feb 2010 newsletter

CONFERENCES, TRAINING, SEMINARS

Workshop: Disability and Sensory Issues

What? Parents, carers, and staff working with people with an Intellectual disability and other challenges are invited to hear David Jereb, Occupational Therapist at Move About Therapy Services, provide an overview of typical patterns of sensory processing and the impact that sensory difficulties can have on learning style, communication, social emotional skills and behaviour. Information on what can be done to help and support a person with challenges such as an intellectual disability, autism or ADHD, who is experiencing sensory difficulties.

When? 10am-2.30pm on Wednesday 24 February.

Where? Interaction Disability Services Ltd, B2, 11 Hudson Avenue, Castle Hill, NSW.

Cost? No charge for parents or unpaid carers of people with intellectual disability living in the Cumberland/Prospect region. For others, this full-day workshop costs \$40, to cover the cost of catering provided on the day.

RSVP? For information or to register, phone Benjamin Fulham, TABISS, on 1300 668 123 or email tabiss@interactiondisability.com. PO Box 7020, Baulkham Hills BC 2153.

Launch of 'Disability Work'

What? Disability Services Australia is holding the breakfast launch of 'Disability Work', an innovative training resource designed for disability support workers in accommodation services and day programs. Jim Moore, CEO, ADHC, is the special guest.

When? Tuesday 16 February. Breakfast served at 7.30am, presentation 7.45am – 8.45am

Where? Canberra Room, Level 1, Menzies Hotel, 14 Carrington St, Sydney.

RSVP? Limited spaces so email Penny Rogers by Friday 05 February at progers@dsa.org.au or phone 8709 0904.

Leisure and Disability Programs: Providing Leisure Skills and Self-Esteem Workshop

- What? The UTS School of Leisure, Sport and Tourism is presenting this workshop with presenters sociologist and professor at the University of Calgary, Robert Stebbins and Paul Edinborough, a senior case manager in recreation services with Ageing, Disability and Home Care. The workshop involves discussing initiatives and change in the disability sector through the NSW government's initiative 'Stronger Together – A New Direction for Disability Services in NSW' and subsequent funding.
- When? 9.30am-1pm on Friday 12 February.
- Where? UTS Kuring-Gai Campus, School of Leisure, Sport and Tourism (room 1.614), Eton Rd, Lindfield.
- Cost? \$50 per person.
- RSVP? Registration is essential by phone to Brooke Upton on 9514 5116 or email Brook.Upton@uts.edu.au.

NSW Ombudsman Training Workshops

- What? The workshops will focus on complaint handling and complaint systems, and will allow participants to examine different complaint behaviours as well as methods of resolving complaints. There will also be opportunities for participants to review their own complaint handling systems.
- **Frontline skills in complaint handling workshop** – Wednesday 24 February or Tuesday 23 March *Recommended for all community services staff*
 - **Effective complaint systems workshop** – Monday 15 March *Recommended for community services managers and coordinators*
- When? Full day course.
- Cost? \$170 per workshop, which includes GST, lunch and a manual, resources and a certificate of attendance.
- Info? Phone Emma on 9286 0900 or e mail training@ombo.nsw.gov.au. Online registration is essential at www.ombo.nsw.gov.au/trainingworkshops/onlineregform.asp.

“ADHD Across the Lifespan” - One Day Conference for Professionals

- What? ADDults with ADHD (NSW) Inc presents a comprehensive approach to assessment and treatment, including implications of the new NHMRC Guidelines released in December 2009. Some of the following speakers were representatives on the new Guidelines working party: A/Prof Julian Trollor, Psychiatrist, School of Psychiatry UNSW; Chair, Intellectual Disability Mental Health; Prof Loretta Giorcelli, Special Education Consultant; Dr Paul Hutchins AM, Snr Paediatric Consultant; Dr Caroline Stevenson, Clinical Psychologist; Dr Patrick Concannon, Paediatrician, Chair NSW Stimulant Committee; Ian Luscombe, Principal, Redbank School; Pia Salmelainen, Pharmaceutical Services, NSW Department of Health; Reverend Miao You, Nan Tien Temple, Wollongong. Presentations do not cover pre-school or infant age children.
- When? Friday 12 March.
- Where? Macquarie University Conference Centre, North Ryde, NSW (within the Macquarie Graduate School of Management).
- Cost? \$300. Certificates of Attendance will be issued and all Registrants will receive membership to ADDults with ADHD (NSW) Inc for the year 2010/2011 plus a copy of Professor David Hay's presentation of the Adult ADHD Conference 2009).
- RSVP? For information, Online Bookings and Online Payment, see www.add.org.au/Conferences/2010/2010_professional_conference.htm. The ADHD Centre NSW supports adults and families with ADHD, info@add.org.au, phone 9889 5977 / 0416 111 036, fax 9889 5988. PO Box 22, Epping 1710. www.add.org.au

Bridging the Gap – Aged Care Information Afternoon

- What? The Client Liaison Team of Baptist Community Services Sydney region invites professionals, social workers etc to explore the processes involved in moving to aged care.
- When? 2pm on Wednesday 10 February.
- Where? Chapel in BCS Shalom Centre, 159-165 Balaclava Road, Marsfield (next to Macquarie Univ).
- RSVP? By Friday 5 February, phone Rebecca Saidman on 9346 1406 or email rsaidman@bcs.org.au.

Positive Parenting – Triple P – and Young Carer Holiday Program at Easter

- 8 Week Positive Parenting Groupwork Program starts Tue 9 Feb (10am–12.30pm), at Centacare Brookvale.
- 3 Week Positive Parenting Seminar Series starts Thu 18 Feb (9am–11am) at St Kieran's Primary School, 63 Gordon Street, Manly Vale.
- 3 Week Positive Parenting Seminar Series starts Tue 9 March (9am–11am) at St Rose's Primary School, 8 Rose Ave, Collaroy Plateau.
- 3 Week Positive Parenting Seminar Series starts Tue 9 March (7pm–9pm) at St John's Primary School, 166 Alfred Street, Narrabeena.
- 3 Day **'Siblings / Young Carers' Holiday Program** - Group 1: Wed-Fri 7-9 April, Group 2: Tue-Thu 13–15 April. 9am – 4.30pm daily. St Kevin's Primary School, 72 Pacific Parade, Dee Why.

Where? Centacare Brookvale, 9B / 44 Wattle Road, Brookvale.

Cost? Free to all. Light refreshments will be provided.

RSVP? Essential to book - phone Family Support Program, Centacare Brookvale, on 8968 5100 or email brookvale.reception@dbb.org.au.

Teenage Triple P Seminars (Positive Parenting Program)

What? Presented by Sue Johnson, Parenting Co-ordinator and Psychologist of Child and Adolescent Parenting, Northern Sydney Central Coast Health. The seminars are designed for parents/carers of teenagers interested in learning about positive ways of promoting teenagers' development. You can attend one, two or three of the free seminars. Includes question time.

Where? Warringah Mall Community Room (above Warringah Mall Library/Hoyts cinemas), Brookvale.

- Seminar 1 – Responsible Teenagers introduces parents to a formula for promoting positive family relationships and a healthy lifestyle. Wed 2 March (7-9pm).
- Seminar 2 - Raising Competent Teenagers provides a formula for helping teenagers make the most of their time at school. Wed 9 March (7-9pm)
- Seminar 3 - Getting Teenagers Connected suggests ways to encourage teenagers to become involved in socially appropriate activities with supportive friends. Wed 16 March (7-9pm).

RSVP? Phone Family Support Worker, Warringah Council, on 9942 2681 or email youthlinx@warringah.nsw.gov.au (indicate which seminar you will be attending and phone)

Free Speaker's Night – “Responding to Violence from a Young Person”

What? Warringah Council YouthLinx presents Felicity Garland, Adolescent and Family Counsellor from Manly Council's Adolescent & Family Counselling Service, to talk about Responding to Violence from a Young Person. This can include physical violence, property damage, intimidation, verbal attacks, threats to siblings. Handouts available on the night. The interactive presentation aims to support parents/carers to:

- Stand against violence without standing against your child
- Expose the tricks and strategies of violence
- Find effective new ways of responding to violence
- Prioritise safety and look after yourself

When? 7-9pm on Wednesday 24 March.

Where? Dee Why RSL, Gallery Room, 932 Pittwater Road, Dee Why.

RSVP? To reserve your seat, email YouthLinxbookings@warringah.nsw.gov.au (stating number of seats required), or phone 9942 2681 - Youth & Family Support Worker. Funded by DEEWR YouthLinx (Department of Education, Employment and Workplace Relations).

Understanding and Supporting Carers - Young Carer Focus

What? Carers NSW is offering free training for service providers from government and non-government services. The 2.5 hour interactive education session focuses on identifying who carers are, profile of carers in Australia and NSW, the diversity of the caring experience, the impacts of caring, and what carers want and need to support them in their caring role. Participants will explore young carer issues, including relevant support strategies.

When? Wednesday 17 March.

Where? Clare Stevenson Room, Carers NSW, Level 18, 24 Campbell Street, Sydney NSW 2000.

RSVP? For inquiries or booking, email education@carersnsw.asn.au or phone Education and Training Team on 9280 4744. See www.carersnsw.asn.au/EducationTraining/ET_ORF.htm.

Life Matters – for Seniors and Carers

- What? Take charge of your life. Learn how to be prepared for issues faced while ageing – reduce stress – make the most out of your life – and have a say in how you or your loved one are cared for at end of life. Topics include: How to get the best from your GP (*health*), How will your memory live on (*legacy*), Community Mentoring – a free service to help caregivers caring at home, A look at intimacy as we age, Everything you need to know before you lose your marbles (*legal*), information stands on living life more fully, services available to help etc.
- When? Thursday 25 March - 9.30am-2pm.
- Where? The Reef Room, Dee Why RSL Club 932 Pittwater Road, Dee Why. Entrance at 9am via Clarence Ave doors only (not door off Pittwater Rd).
- Cost? Free. A free light lunch will be provided for registered participants.
- RSVP? To reserve your place, phone Kristina on 1800 132 229 or 9334 1719, or email kristinad@nswcc.org.au.
- Note: Organisations supporting seniors and carers are invited to send brochures (100-150) to display at the event. Enquiries to Kristina on 0405 499 601.

World Down Syndrome Day 2010

- What? Now in its fourth year, T4321 (or 'Tea for 3-21') is a simple way for everyone in the community to celebrate the achievements of children and adults with Down syndrome, and raise a few useful dollars to support them in achieving their full potential. You can put on a Morning or Afternoon Tea at your home, school, workplace, club, church, local park or wherever, inviting friends, colleagues, neighbours, breaking open the tim tams, baking some scones, or asking your local bakery to donate some lammies... put on the kettle, and you're away.
- When? Sunday 21 March. The date signifies the fact Down syndrome is caused by nothing more than an extra chromosome - 3 copies of the 21st chromosome (or '3-21').
- Info? For inspiration, check www.dsansw.org.au, email Priscilla on t4321@dsansw.org.au for an event kit or phone 9841 4404.

Reminder: Inspiring Communities with Ted Smeaton

- What? Ted will discuss ideas and strategies within Asset Based Community Development (ABCD) to develop welcoming and inclusive communities where everyone has a place. It is relevant to families and anyone who wants to support a person with developmental disability, especially those pursuing self managed support options. ABCD seeks to highlight the strengths within communities, and help people discover, map and mobilise their local community's assets.
- Where? Ryde/Eastwood Leagues Club, 117 Ryedale Road, West Ryde. On-site undercover accessible parking, short walk to West Ryde train station.
- When? Registration 9.30 am for 10am—3.30pm on Friday 12 February 2010. Tea and coffee on arrival, lunch provided.
- Cost? Family member/ friend / ally/ person with disability \$10, Professional \$50.
- RSVP? Register with payment by 4 February. For form, phone Family Advocacy on 9869 0866 or email workshops@family-advocacy.com.

What Does It Mean to Have an Intellectual Disability?

- (What you always needed to know about Intellectual Impairment - but were mostly never told)
- What? John Armstrong, senior Social Role Valorisation trainer, has been involved in SRV and related training since 1983 in Australia and New Zealand. The seminar explores the nature of intellectual impairment, examines its impact on the lives of people and the implications for those who support them, the underlying assumptions and assets often not recognised. Everyone is welcome.
- When? 8.30am-4.30pm on Monday 8 March.
- Where? North Ryde RSL Club, Cnr Pittwater & Magdala Rds, North Ryde. The new Chatswood to Epping rail line runs close.
- Cost? \$125 per person includes workshop package, morning/afternoon tea and lunch (no GST). Group discount (3 or more from same organisation) \$100 pp. Limited bursaries/discounts are available for people on fixed incomes and students.
- RSVP? By 26 February, return a completed registration form with cheque/money order to: Foundations Forum Inc., PO Box 502 Epping NSW 1710 (or Direct Debit)

Call for Presenters: SPOT on DD Conference 2010 - "Collective Wisdom"

- What? Speech Pathologists, Physiotherapists and Occupational Therapists on Developmental Disability are invited to propose presentations to reflect the partnership between client, therapist and research. Each partner brings wisdom (past knowledge, different perspectives, current theories), and the therapists must link this to provide an intervention strategy that uses current best practice and meets the clients' priorities. Presentations as Workshop (90 minute interactive workshop), Long paper (20 minute presentation and 10 minutes Q&A), Short paper (10 minute presentation and 5 minutes Q&A), Poster session (Visual display of information).
- When? Conference 16–17 September. Submissions due 19 March, notification by 7 May.
- Where? The Grace Hotel, Sydney.
- Info? Enquiries to Val Lehmann-Monck at val.lehmann-monck@dadhc.nsw.gov.au. Submit information as Microsoft Word doc file to spotondd@gmail.com.

Call for Contributions: Conference by National Summit of Parents Families and Carers

- What? Presentations (papers, workshops, proposals, displays) are invited for the conference on Awakening the Voice of Families in Services Policy and Politics. These can be policy analysis, case studies, innovation proposals or policy reform proposals; Critical assessments of and prognoses; or strategic perspectives.
- When? 24-25 May.
- Where? Angliss Conference Centre, Melbourne.
- Cost? \$88 parent, sibling, carer (unpaid, self-funded), \$220-\$440 employees or researcher, \$550 employee of government or corporation. Ond day = 66% of applicable rate.
- RSVP? By 26 February, send Expressions of interest (to 300 words) in presenting a paper or workshop or display to Vern Hughes, National Summit Convenor, vern@civilsociety.org.au, Tel: 0425 722 890. See www.civilsociety.org.au/Summit.htm.

JOBS at Sunnyfield: applications close 12 February.

* **Community Support Workers** - Northern Beaches, Kenthurst, Metro South, St Marys. Need previous experience in a similar role, current unrestricted "C" class Driver's Licence with own car, Certificate IV in Disability Services or equivalent or your willingness to complete. Applications for Community Support Workers to hr@sunnyfield.org.au

- Frenchs Forest DOP Managers – Community Services – 2 Full Time
- Kingswood Day Options Program Manager – Community Services – Full Time- 12 month contract
- Parramatta DOP Manager – Community Services – Full Time- Maternity leave position for 9 months, commencing early March
- Frenchs Forest DOP Team Leader - Community Services – Full Time
- Employment Support Officer - Enterprises – Full Time, based at Allambie Heights and involves travel to other Enterprises' sites at Chatswood & St Marys as required.
- Transition to Work Officer - Enterprises – Full Time, Chatswood, Allambie

Resume and covering letter addressing the selection criteria to: Organisation Development, email: hr@sunnyfield.org.au. For information - Samantha Hudson, Organisation Development Adviser on (02) 8977 8811 or email s.hudson@sunnyfield.org.au.

- Senior Practitioner (Behaviour Intervention), Clinical Services Team – Full Time – Allambie For information package - Elaine Morris, Organisation Development on (02) 8977 8820 or by email on e.morris@sunnyfield.org.au. **Closes 5 Feb.**

Summary: ADHC Metro North Behaviour Intervention & Support Workshops

See next page. For the full program, phone Ana at ADHC on 9841 9500.

The next newsletter will appear on 19 February. THE END.

Summary: ADHC Metro North Behaviour Intervention & Support Workshops

This training calendar is designed to be easily accessible to a variety of different people working in the area of behaviour support work; from direct care staff to managers, from families to clinicians. The purpose of the workshops is to increase the knowledge, skills and confidence of people working in the field of Disabilities, and the variety of challenges that this work brings.

This calendar is a product from the joint efforts of: ADHC, The Spastic Centre - Intensive Family Support Options (IFSO), Sydney Employment Development Services (SEDS), SEE Foundation, Achieve Australia, Sunnyfield, House with No Steps, Interaction Disability Services (IDS), NADO.

If you have any ideas on topics you would like to see presented, a topic you are interested in presenting yourself or the enthusiasm to help the working group continue to run this workshop calendar, send an email to Ken Ferris Kenneth.ferris@dadhc.nsw.gov.au.

Cost: Gold coin donation. Morning / afternoon tea is usually provided.

To Register: NO GROUP BOOKINGS. Email : BISevents@dadhc.nsw.gov.au

Place the date and name of the workshop in subject line. Provide your Name, Position & Organisation if applicable (provide your managers details). **Queries:** For the full program, phone Ana on 9841 9500.

Day / date - Workshops – venue:

Wed 24 Feb - Absconding, exploration of the concept & strategies in a contemporary framework – Parramatta

Fri 26 Feb - What is a restricted practice? –Chatswood

Fri 26 Feb - Person Centered Implementation Practice – Penrith

Mon 1 Mar - Cops & Court – Castle Hill

* Tue 2 Mar - Wills & Trusts. Planning for the Future – Frenchs Forest

* Wed 3 Mar - Dementia in Disability – Hornsby

* Thu 4 Mar - Music Therapy for people with a disability – Kingswood

* Tue 9 Mar - Understanding the message behind the CCC communication tool – Hornsby

* Wed 10 Mar - Working with Challenging Behaviours - St Marys

* Thu 11 Mar - Common Legal Issues for people with Intellectual Disability – Frenchs Forest

Thu 11 Mar - Working with people with sensory difficulties – Epping

Fri 12 Mar - What is a Restricted Practice? – Penrith

Wed 17 Mar - Reflective Practice Questioning Techniques – Chatswood

Thu 18 Mar - Person Centered Implementation Practice – Hornsby

Mon 22 Mar - Systemic Consultation Process –Penrith

Tue 23 Mar - Stress, Burnout & Resilience in the Helping Profession –Castle Hill

Wed 24 Mar - Absconding, exploration of the concept & strategies in a contemporary framework – Parramatta

Mon 29 Mar - Working with Prader Willi Syndrome –Castle Hill

* Wed 31 Mar - People with a 'Dual Diagnosis', Theoretical Concepts, Assessment, Intervention & Service Models – Parramatta

* Parents and Carers also invited

Venues:

ADHC, Level 6 -12 Help Street, Chatswood

ADHC, Level 1 - 295 High Street, Penrith

ADHC, 110 George Street, Hornsby

Achieve Foundation, Level 4 – 2 Rowe Street, Eastwood (Entrance via Ryedale Road)

House with No Steps (HWNS), Suite 2, 20 Wentworth Street, Parramatta

IDS, Castle Hill, Building 2, 11 Hudson Avenue Castle Hill (Enter via Salisbury Road!)

NADO, St Marys, 28 Gidley Street, St Marys

Statewide Behaviour Intervention Service, Building B, Level 1, 242 Beecroft Rd, Epping 2121.

Sunnyfield Frenchs Forest, Unit B4, 1-3 Rodborough Rd, Frenchs Forest

The Golden Stave Music Therapy Centre, Building E, Univ of Western Sydney - 2nd Avenue, Kingswood

THE END