



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](mailto: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](http://www.warringah.nsw.gov.au/services/disability.aspx)

*"Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential." - John Maxwell, Pastor and Author*

Dance/Art Classes for Adults with an Intellectual Disability  
Reminder: BIA NSW Get Together - Epping in July  
Reminder: A Few Spots Left in the Theatre Project in Lane Cove  
Reminder : OzSports Ability Sessions for Children with Disabilities  
Junior Development Day in Wheelchair Sports at Ryde  
Junior Wheelies Christmas Camp 2011 – Advance Notice  
Northcott Interschool Senior Athletics Carnival  
Reminder: Sports Technology Arts and Recreation Expo

### **CARERS**

Bradfield Park Carers Program - July 2011  
Uniting Care Mental Health – Carers Support Groups  
Reminder: 'Parenting Children with AD/HD' Program by Dr Caroline Stevenson  
Fathers' & Grandfathers' Evening – Children with Autism  
Reminder: "Inside the Beast" – Feedback to Public Health Services  
Reminder: Post School Transition Planning Forums  
Girl Siblings aged 7-17 invited to have YWCA Big Sister  
*"Making things happen"* - Lower North Shore Network Meeting  
Vacancies at Kaddy Club for Seniors

### **FUNDRAISING / FINANCIAL ASSISTANCE**

Reminder: Carers Week Grants Program of Carers NSW 2011  
Expressions of Interest for 'Aboriginal Jobs Together' Traineeships / Cadetships  
Grants from CTK Foundation and Connecting Up Australia  
Puggy Hunter Memorial Scholarship Scheme  
Walk With Me – Parramatta  
Funded Training Opportunity - Diploma of Management  
JOB: Recreation Lifestyle Officer, Recreation Rendezvous Inc, Lane Cove

### **RESOURCES**

IGlasses™ to aid Vision-Impaired People  
New Aged Care infoline number - 1800 200 422  
New Policy Resource for Disability Service Providers by Touching Base Inc  
Autism-specific Positive Behaviour Support Consultancy Service  
Booklet: Being a Healthy Woman

### **YOUR PARTICIPATION COUNTS**

NSW Carers Awards – Nominations close on Friday 22 July  
DisabiliTEAs in Northern Sydney on 2 August:  
Pittwater Council is developing a new Social Plan 2012 – 2016  
The Mental Health *Matters* Awards

### **CONFERENCES, TRAINING, SEMINARS**

Statewide Consultations Person Centred Approaches – Living Life My Way  
Self Directed Funding discussed at Northern Sydney Disability Network  
Free Crime Prevention Information Sessions 'Be Safe Be Prepared'  
Conference: Social Work Tools & Trends  
Professional Development Short Courses at IFP in July

## **Dance/Art Classes for Adults with an Intellectual Disability**

- What? *Express ability in a creative environment* explores dance and new ways to move, play and express oneself and feelings by using body, voice, eyes, ears and tactile senses. Creative arts practitioner, Meredith Lucy, a qualified dance/movement therapist, has worked extensively facilitating creative programs with people with all levels of ability. For adults aged 18+ with a disability who live in the inner West.
- When? Mondays 5.45pm to 7.15pm, from 1 August.
- Where? Rozelle Neighbourhood Centre, 665A Darling Street, Rozelle.
- Cost? \$70 for 8 weeks.
- RSVP? Phone Sue on 9555 8988 extension 2. Leisure Options is funded by ADHC, Dept of Human Services under their Disability Services Program.

## **Reminder: BIA NSW Get Together - Epping in July**

- What? The BIA NSW Get Togethers are informal and enable all to relax and to feel comfortable about sharing their experience of life - before and after ABI.
- When? Wednesday 27 July, 11am to 1pm.
- Where? Suite 102, Level 1, 3 Carlingford Road, Epping.
- RSVP? Call the Brain Injury Association on 1800 802 840 or email [mail@biansw.org.au](mailto:mail@biansw.org.au).
- Note:** If you SKYPE, BIA invites you to become one of the 'testers' to include members who cannot travel to this meeting.

## **Reminder: A Few Spots Left in the Theatre Project in Lane Cove**

- What? Recreation Rendezvous is starting a one-year theatre project for adults aged 18-64 with disabilities of any level. The group will decide the name of the project. Larry Boyd, an experienced drama teacher and artistic director, will teach new skills of movement, acting, voice, music and stage craft, as well as imagination and creativity. This is an enjoyable way to meet new friends and spend quality time in friendly and relaxed atmosphere.
- When? Wednesday, 6pm - 8pm, starting 20 July and continuing to June 2012.
- Where? The Lane Cove Seniors Centre, 180 Longueville Road, Lane Cove.
- Cost? \$12 per workshop, to be paid in advance for a minimum of 5 sessions.
- RSVP? Phone Olga, Senior Recreation Lifestyles Consultant, on 9420 8555 or [olga@recrend.org.au](mailto:olga@recrend.org.au).

## **Reminder : OzSports Ability Sessions for Children with Disabilities**

- What? Children aged 5-11 years with a mild/moderate intellectual disability and physical disability can enjoy activities including soccer, Aussie sports, multi-sports to improve motor skills, cognitive and emotional development. Ratio of 3 students to 1 trained / experienced staff from Northern Beaches Interchange, who hold Australian and international coaching qualifications and a valid Working With Children Check. Parents must stay for the 1 hour, and siblings are welcome. See [www.ozsportssolutions.com.au](http://www.ozsportssolutions.com.au).
- When? Saturdays in school term - 12noon Group 1 (age 5-8), 1pm Group 2 (9-11), from 23 July.
- Where? Oval behind Fisher Rd School, 115 Fisher Road, Dee Why 2099 (enter through double green gates and follow path to main oval).
- Cost? First session free, \$10 per child per session thereafter.
- RSVP? Phone Jas on 8668 4764 or 0411 563 601, or email [jas@ozsportssolutions.com.au](mailto:jas@ozsportssolutions.com.au)

## **Junior Development Day in Wheelchair Sports at Ryde**

- What? Juniors aged 8 – 20 years (with a physical disability and able to push a manual wheelchair) of all skill levels are invited to regular free multi-sport come'n'try days to get involved in a variety of different wheelchair sports, meet new friends and access WSNSW athletes and coaches. Sports in July are tennis and basketball; other days include Athletics, Archery, Swimming, Basketball, Tennis, Track and Field etc.
- When? Sunday 24 July, 10.30am-12.30pm. The next ones are 28 August, 25 September, 30 October, 27 November.
- Where? Ryde Ex-Services Memorial and Community Club, 724 Victoria Road, Ryde.
- RSVP? Bookings are essential by phoning Kerri Mikkelsen at Wheelchair Sports NSW on 9809 5260 or emailing [kerrim@wsnsw.org.au](mailto:kerrim@wsnsw.org.au). Family and friends are welcome to join in the fun! Check the website for activities, coaching clinics, magazines, membership etc.

## Junior Wheelies Christmas Camp 2011 – Advance Notice

- What? This multi sports camp for junior wheelies aged 8-20 years with a physical disability provides team building activities with other participants, sports coaching clinics and social activities with peers. Come'n'try and coaching sessions in all WS NSW wheelchair sports, other sporting and recreational activities, and special events including: archery, athletics, basketball, canoeing, cricket, christmas karaoke, christmas craft, handcycling, indoor lawn bowls, powerlifting, rugby (modified), swimming, 'no talent' time (talent quest), table tennis, team games & challenges, track and field, wheelchair tennis. Fully staffed.
- Where? Sydney Academy of Sport and Recreation, Wakehurst Parkway, Narrabeen. Parents / Guardians are to organise own transport arrangements to and from venue at own cost.
- When? 4-5pm on 9 December to 2-3pm on 11 December.
- Cost? Nominal fees for full camp (including accommodation) or partial camp (activities, meals).
- Info? Phone Kerri Mikkelsen, Sports Development Officer, Wheelchair Sports NSW, PO Box 3244, Putney NSW 2112. Phone 9809 5260 or 0416 839 112, or email [kerrim@wsnsw.org.au](mailto:kerrim@wsnsw.org.au).

## Northcott Interschool Senior Athletics Carnival

- What? High School students with physical disabilities (using walkers or wheelchairs) and no significant intellectual disability are invited to enter as a school team or on a Combined Schools team (students attending mainstream schools or small schools). Students may compete in 3 races and field events (discus, shot put, wheelchair slalom) that can score points for their team. Students are to bring a carer (if needed) on the day, who may be called on to be the team's timekeeper, ribbon writer, marshal etc.
- Where? The State Sports Centre, Homebush. Transport should be arranged privately, through the school or changing the destination of the usual taxi from school to The State Sports Centre.
- When? Friday 26 August, from 9.30am registration to 2pm.
- Cost? \$7.00 per competitor - pay at registration desk to Northcott Staff on entry to the Main Hall.
- RSVP? Phone Melissa Le Quesne, Children's Recreation Worker, on 9890 0100 or email [melissal@northcott.com.au](mailto:melissal@northcott.com.au) to obtain the entry form, statistics sheet, category sheet, race type and order details, general information sheet and Guidelines for each event. Complete and return to her by Friday 19 August.

## Reminder: Sports Technology Arts and Recreation Expo

- What? Everyone of all ages is invited to see demonstrations, information stalls and representatives from various organisations and enjoy a free BBQ. Sports include rugby league, soccer, drama, cycling, boccia, gym, bowling, dancing, arts and crafts, athletics. Parents / carers are required to stay with their children.
- When? Saturday 6 August, 10am-2pm.
- Where? Cerebral Palsy Alliance, 224-244 Restwell Road, Prairiewood NSW 2176. Limited parking onsite; also at Stockland Mall across the road.
- RSVP? By 25 July, book by phoning Andrea Stammel or Jessica Johnson on 8777 1721 or email [astammel@cerebralpalsy.org.au](mailto:astammel@cerebralpalsy.org.au).

## CARERS

### Bradfield Park Carers Program - July 2011

Web-site: [www.bradfieldpark.org.au](http://www.bradfieldpark.org.au)

- Fri 29 July, 8pm–10 pm "Jimeoin" – live comedy show at Dee Why RSL (preference given to people from the Northern Beaches).
  - Chatswood – Thu 11am-12noon, starting 28 July - Community Weight Loss Challenge – a supportive and educational program about proper nutrition, how to lose weight and maintain a healthy lifestyle.
  - Bradfield Park - Dance Movement Therapy. Thu for 12 weeks, starting 26 July, 11am–12noon. Fun, gentle exercise and creative movement for all ages. No special clothing needed.
  - Wed 11.30am–12.30pm at Queenscliff Surf Pavilion, starting 20 July - Exercise classes with John "Sparrow" Dowse from Sydney University Gymnasium. This strength workout using free weights in a circuit mode is supervised, low intensity, with emphasis on technique, breathing and posture.
- Where? Bradfield Park Carers Program, Kirribilli Neighbourhood Centre, 41 Alfred St Milsons Pt 2061
- RSVP? Phone Mike, Mary Ann, Paul or Akiko on 8920 0675, or email [BradfieldPark@kirribilli.org.au](mailto:BradfieldPark@kirribilli.org.au).

## **Uniting Care Mental Health – Carers Support Groups**

- 2<sup>nd</sup> Tue monthly, 10am-12noon at Ryde Community Health Centre, Eastwood.
- 3<sup>rd</sup> Fri monthly 2pm – 4pm, Senior Citizens Centre, Dee Why.
- 4<sup>th</sup> Wed monthly 12noon – 2pm The House in the Park, Cnr Stuart St & Illoura Ave, Wahroonga
- 2<sup>nd</sup> Wed monthly 6:30pm – 8:30pm Mosman Square Seniors Centre, Spit Junction, Mosman

For information, phone Lyn Anderson, group facilitator, on 0401 568 746 or email

[lyn.anderson@ucmh.org.au](mailto:lyn.anderson@ucmh.org.au). The head office is 9481 0177, 42/7 Sefton Rd, Thornleigh NSW 2120.

## **Reminder: ‘Parenting Children with AD/HD’ Program by Dr Caroline Stevenson**

What? Caroline Stevenson is a Clinical Psychologist specialising in ADHD and learning disabilities.

- Wk 1: Understanding AD/HD
- Wk 2: Managing emotions: Boundaries and consequences
- Wk 3: Routines: Reducing overload
- Wk 4: Structure: Coaching new skills
- Wk 5: Communication skills: What to do on bad days!!!

When? The 5 week program will run each school term from weeks 3-8, on Thursdays 6.30pm to 8pm.

Where? Suite 210 – 2 Pembroke St, Epping NSW 2121.

Cost? \$200. See [www.drcarolinestevenson.com.au](http://www.drcarolinestevenson.com.au) for other services and fees.

Booking? Contact Caroline Stevenson & Associates on 9869 8891 or [drc.stevenson@yahoo.com.au](mailto:drc.stevenson@yahoo.com.au).

## **Fathers’ & Grandfathers’ Evening – Children with Autism**

What? Anders Hansson, Senior clinical Psychologist, Behaviour Intervention Service, Dept of Community Services, will be speaking at this opportunity to meet with other fathers and grandfathers of children with ASD. Informal discussion over substantial refreshments.

When? Tuesday 30 August, 6.15pm - 9.15pm.

Where? Hornsby RSL (additional venue), 4 High St., Hornsby.

RSVP? For information or to book (by Wed 24 August), phone “Someone to Turn To” staff: Pauline on 8977 8335 or Charlotte on 8977 8348 (email [phunterknight@autismspectrum.org.au](mailto:phunterknight@autismspectrum.org.au)).

## **Reminder: “Inside the Beast” – Feedback to Public Health Services**

What? Northern Sydney Peak Community Participation Council wants to hear from community members about their priorities, needs and preferences regarding health services in the Lower North Shore area, and views on local health services, plans and policies. Input on hospital services, including Royal North Shore and Greenwich Hospitals, and also community health, patient transport and outpatient services will be sought. A local health consumer and two health professionals will speak before you raise questions, experiences, needs and suggestions.

When? Tuesday 26 July, 9:30 am–1 pm, with a free light lunch.

Where? Bradfield Park Wellbeing Centre, Alfred Street, Milsons Point (next to train station).

RSVP? For information or to book your place, phone Martina Fox on 9926 5925. Maximum 70 places.

## **Reminder: Post School Transition Planning Forums**

What? This interactive forum will help parents, carers and school staff (not service providers) plan life after school for high school students with special learning needs. Topics include: the process of transition from school to adult life, making informed choices about the future, education and training options, employment services and other programs, financial assistance and government guidelines, how funding works and the levels allocated. The speakers represent Ageing Disability & Home Care, Centrelink and TAFE. Organised by the National Disability Co-ordination Officer, HillsSIP, councils (North Sydney, Willoughby and Lane Cove).

When? Wednesday 10 August, 4pm-6pm or 6.30-8.30pm.

Where? Dougherty Centre, 7 Victor Road, Chatswood.

RSVP? To register online, see <http://ndco.cds.org.au/index.php/post-school-transition-planning-forums>

Info? Email Tim Hart on [t.hart@sydney.edu.au](mailto:t.hart@sydney.edu.au)

## **Girl Siblings aged 7-17 invited to have YWCA Big Sister**

- What? The Big Brother Big Sister program matches trained volunteers aged 18+ and children between 7 -17 years old. Current vacancies exist for girls – this would suit siblings of children with a disability (volunteers are not trained in special care for children with disabilities). Outings might include roller blading, bike riding, seeing a movie or going to a museum.
- When? The friendship develops through regular outings together, usually on weekends
- Where? Within half an hour's radius of the following: North (Wollstonecraft, Manly, Balgowlah, Cremorne, Ryde), also in East, City, and West areas.
- Cost? There are no fees; everyone pays their own way.
- RSVP? To make a referral or to discuss the program, the referrer can phone 9285 6250 or email [bbbs@ywcansw.com.au](mailto:bbbs@ywcansw.com.au) to speak with a mentoring programs coordinator.

## **“Making things happen” - Lower North Shore Network Meeting**

- What? This meeting is a collaboration of local community providers, services and non government organisations for consumers (and carers) living with mental health issues and disabilities. Introductions from providers, current programs, carer programs, general business/networking. Morning tea provided by North Sydney Council and students from “Kirribilli Tea Room Café”.
- When? Thursday 28 July, 10.30am - 12.30pm.
- Where? Kirribilli Neighbourhood Centre, 16-18 Fitzroy Street, Kirribilli.
- RSVP? Phone Mr Chris Taylor on 9936 8195 or email [Chris.Taylor@northsydney.nsw.gov.au](mailto:Chris.Taylor@northsydney.nsw.gov.au).

## **Vacancies at Kaddy Club for Seniors**

- What? Social activities and lunch by voluntary organisation for people with permanent disabilities affecting mobility in Manly Warringah Pittwater.
- When? Monday (except public holidays) 10am-2pm, with pre-arranged pickup by Kaddy Transport's wheelchair accessible bus starting from 9am.
- Where? 3 St Davids Ave, Dee Why NSW 2099.
- Cost? \$3 for lunch and transport.
- Info? Phone Barbara first on 9972 0242 (Mon-Thu 9am-12noon) or email [1kaddy@tpg.com.au](mailto:1kaddy@tpg.com.au)

## **FUNDRAISING / FINANCIAL ISSUES**

### **Reminder: Carers Week Grants Program of Carers NSW 2011**

National Carers Week takes place from 16 - 22 October 2011, with "National Carers' Day Out" being held on Tuesday 18 October. Applications for the Carers NSW 2011 Carers Week grants program will be accepted from 1 July until 5 August. The program, funded by Ageing, Disability and Home Care (ADHC), Department of Family and Community Services NSW will provide carer support groups and organisations across New South Wales with funding of up to \$250 to organise an event or activity for carers during Carers Week. Organising an event gives carers a break, acknowledges them in our community, brings in new members and reaches out to the 'hidden carers'. To apply for a Carers Week grant, visit [www.carersnsw.asn.au](http://www.carersnsw.asn.au) from 1 July to 5 August to download an application and documents.

### **Expressions of Interest for ‘Aboriginal Jobs Together’ Traineeships / Cadetships**

This partnership initiative between the NSW and Australian Governments and the non-government sector aims to increase Aboriginal employment in the sector, build the capacity of the sector to employ Aboriginal people and assist Aboriginal people to meet the skill requirements of non-government organisations. National Disability Services (NDS) wants to build partnerships with up to 30 disability and community care organisations to provide opportunities for 110 Aboriginal people across NSW. Organisations interested in accommodating one or more supported Traineeship and/or Cadetship placements can obtain information from Dylan Reynolds on 9265 3105 or [dylan.reynolds@nds.org.au](mailto:dylan.reynolds@nds.org.au).

### **Grants from CTK Foundation and Connecting Up Australia**

Starting July 15, the CTK Foundation, in partnership with Connecting Up Australia ([www.connectingup.org](http://www.connectingup.org)) is offering grants worth over \$15,000 USD to non-profits and voluntary organisations in Australia and New Zealand. To participate, collaborate with your staff, volunteers, service recipients and/or any other constituents to create a poem that reflects your mission. The grand prize winner will receive a \$5,000 USD Cash Grant and their poem will be professionally-produced as a song for fundraising and public awareness campaigns. Other grant opportunities are described at [www.communitytech.net/foundation/](http://www.communitytech.net/foundation/)

## **Puggy Hunter Memorial Scholarship Scheme**

The scholarship provides financial assistance to Aboriginal and Torres Strait Islander people who are intending to undertake study or are undertaking study in an entry level qualification at an Australian university or TAFE (certificate IV and above) level in the areas of: Aboriginal health worker, Allied health (excluding pharmacy), Dentistry/oral health, Enrolled nursing, Medicine, Midwifery, Registered nursing. Scholarships are worth up to \$15 000 per year for full time students and \$7500 per year for part time students, and are paid directly to a student for the normal duration of their course. For eligibility and selection criteria and online application, see [www.rcna.org.au/scholarships/puggy\\_hunter](http://www.rcna.org.au/scholarships/puggy_hunter). For information, contact the Scholarships Administrator at the Royal College of Nursing, Australia (RCNA) on freecall 1800 688 628 or by email [scholarships@rcna.org.au](mailto:scholarships@rcna.org.au). Applications will close on 16 September

## **Walk With Me – Parramatta**

- What? Hundreds of people of all abilities will come together across Australia in September to walk together to promote a person first and not their disability, as well as to raise vital funds for respite services. It is a great way to spend a Sunday, with entertainment and a number of sporting and family focussed activities planned. Northcott Disability Services runs Walk With Me in NSW; the national organisation is Ability First Australia. Create a team, sponsor one.
- When? Sunday 18 September, 10am-2pm
- Where? The King's School - Doyle Oval, Pennant Hills Road, North Parramatta (enter via Tara Anglican School for Girls, Masons Drive).
- RSVP? Register on [www.northcott.com.au/events.php](http://www.northcott.com.au/events.php)

## **Funded Training Opportunity - Diploma of Management**

Centre for Community Welfare Training (CCWT) is offering Strategically Skills Program (SSP) partially funded places in the Diploma of Management. These SSP funded places are for job seekers who are not working but currently volunteering in a community sector environment. The training is funded by the NSW Government in partnership with the Commonwealth Government and is a Nationally Recognised qualification. The funding means up to 80% off the usual cost of the Diploma. Entry requirements apply. To be considered for this funded placement, students must commit to compulsory attendance for face to face workshops and distance kits. For information contact: Lesley Furneaux-Cook or Melissa Martin on 9281 8822 or email [lesley@acwa.asn.au](mailto:lesley@acwa.asn.au) or [melissam@acwa.asn.au](mailto:melissam@acwa.asn.au).

## **JOB: Recreation Lifestyle Officer, Recreation Rendezvous Inc, Lane Cove**

The only disability sector not-for-profit organisation in Lane Cove delivers quality assistance to adults with disabilities in the northern suburbs of Sydney to access and participate in recreational activities of their choice. It also conducts the Chatswood Social Club each Tuesday from 6-9pm for adults with mild intellectual disability and low support needs. Essential for the Disability Support Worker are relevant tertiary qualifications, computer literacy, communication and team work skills, fully insured car, empathy (experience) to disability, knowledge of legislation re disability. Part-time / casual (28 hrs/week with option to fulltime) flexible 8am-8pm Monday to Saturday. Social, Community, Home Care & Disability Services Industry Award (Level 3). Salary packaging is available. For enquiries and to apply, phone Bruce or Olga on 9420 8555 or email [bruce@recrend.org.au](mailto:bruce@recrend.org.au) by Friday 5 August 2011.

## **RESOURCES**

### **IGlasses™ to aid Vision-Impaired People**

HumanWare is distributing this new product (\$165 plus postage & handling) consisting of a sonar-activated mobility aid within a set of eye glasses, which vibrate more as the blind or vision-impaired travellers approaches objects in their path. The lenses are either clear or tinted, weigh 75 gms, have adjustable arms and volume control. The device is intended as a secondary mobility device to complement the traditional long cane or guide dog. For information, see [www.humanware.com](http://www.humanware.com) or contact Sam Taylor, Blindness Products Consultant, on 9686 2600 / 0420 805 282 or email [sam.taylor@humanware.com](mailto:sam.taylor@humanware.com).

### **New Aged Care infoline number - 1800 200 422**

This new national phone number will consolidate existing 1800 numbers, to become the single point of entry for people seeking information and access to aged care services. The aged care website [www.agedcareaustralia.gov.au](http://www.agedcareaustralia.gov.au) has been improved to ensure comprehensive and up-to-date information. This is the first part in establishing a national aged care hub and local care and assessment teams.

## **New Policy Resource for Disability Service Providers by Touching Base Inc**

People with a disability have an intrinsic right to sexual expression - to develop relationships, have sex, explore and express their sexuality and achieve intimacy without personal or systemic barriers. 'Policy and Procedural Guide for Disability Service Providers supporting Clients to Access Sex Workers' contains information vital to understanding how to support the sexual rights of people with disabilities. It provides clear principles, practical guidance and simple tools to assist staff decision-making when supporting people with disability to access sex services. The guide can be ordered for \$50 per copy (plus postage and handling) via the 'Clients' page of [www.touchingbase.org](http://www.touchingbase.org). For information, phone 0424 591 409, email [info@touchingbase.org](mailto:info@touchingbase.org), or post to PO Box 523, Newtown NSW 2042.

Source: *HS Net eBulletin* – June 2011

## **Autism-specific Positive Behaviour Support Consultancy Service**

Autism Spectrum Australia provides Positive Behaviour Support for children, adolescents and adults with an Autism Spectrum Disorder (ASD) across Sydney and in NSW. It works in partnership with families and service providers to build support capacity and improve individual quality of life. Services offered include: Assessments of support needs, Positive Behaviour Support service (like direct assessment, intervention, Individual Support Plan development, implementation, training, evaluation and follow up), Staff supervision and process support, Training and workshops. For information or to book a service, call 8977 8300. Adolescent Support Team, Behaviour Intervention Service Team, Recipe for Success, Autism Spectrum Australia, Bldg 1, Level 2, 14 Aquatic Drive, French's Forest NSW 2086.

## **Booklet: Being a Healthy Woman**

This is an educational resource for women with intellectual disability, their families, health care providers, carers and support workers to help women with intellectual disability learn more about their health. It also provides a list of resources on disability for women with intellectual disability, their family members, carers or health care professionals. Its topics include: healthy eating, feeling sad, puberty, having periods, relationships and sex, becoming a parent, pregnancy, breast health, PAP test, menopause, getting older, grief and loss. Published in May 2010, the 102 pages can be downloaded from [www.mhcs.health.nsw.gov.au/topics/Disabilities.html#8795](http://www.mhcs.health.nsw.gov.au/topics/Disabilities.html#8795) in 18 small files to accommodate slow downloads, and is available in Arabic, Chinese, Dinka, English, Korean, Vietnamese. For information, email [phcpbmail@doh.health.nsw.gov.au](mailto:phcpbmail@doh.health.nsw.gov.au)

## **YOUR PARTICIPATION COUNTS**

### **NSW Carers Awards – Nominations close on Friday 22 July**

Over 150 carers in local and state celebrations during Carers Week will be presented with an Award in Carers Week celebrated from 16 – 23 October 2011. The awards recognise carers for making a positive contribution to the lives of the people they care for and the broader contribution they make to the community. Categories include Senior Carer, Caring Partner, Young Carer, Carer-Friendly Workplace, Carer Support Group, Caring Family or Parent, Caring Volunteer or Community Member, Caring School. Online [www.adhc.nsw.gov.au/individuals/caring\\_for\\_someone/nsw\\_carers\\_award\\_2011\\_nomination](http://www.adhc.nsw.gov.au/individuals/caring_for_someone/nsw_carers_award_2011_nomination). Most councils will host an event to honour local recipients and nominees. Any queries can be made to Karyn Tattersfield phone 02 8270 2086, fax 02 8270 2110 or email [karyn.tattersfield@dhs.nsw.gov.au](mailto:karyn.tattersfield@dhs.nsw.gov.au).

### **DisabiliTEAs in Northern Sydney on 2 August:**

On Tuesday 2 August, friends, families and organisations across Australia will be having a cup of tea to help raise awareness of the Every Australian Counts campaign and grow its number of supporters to 100,000. The campaign for the introduction of the National Disability Insurance Scheme (NDIS) aims to make the Federal Government accept the recommendations of the Productivity Commission and therefore revolutionise the way people with a disability, their families and carers are supported. If you cannot attend a tea, take 30 seconds to sign up at <http://everyaustraliancounts.com.au>.

\* **Northern Beaches Interchange** – 2-4pm, at Angophora Room, Nelson Heather Centre, 4 Jacksons Road, Warriewood. By 29 July, email [Carolyn@nbi.org.au](mailto:Carolyn@nbi.org.au) or phone 9970 0500.

\* **House with No Steps** - 10am-11am, at La Maison Café, Upstairs at House with No Steps, 49 Blackbutts Rd, Belrose. By 28 July, contact Brenda on 9451 1511 x3793 or [bbartels@hwns.com.au](mailto:bbartels@hwns.com.au).

\* **Brain Injury Association** - 10.30am-11.30am, foyer of 3 Carlingford Rd, Epping. RSVP to [mail@biansw.org.au](mailto:mail@biansw.org.au).

## **Pittwater Council is developing a new Social Plan 2012 – 2016**

This intends to describe the local community at a particular point in time, while summarising key social needs and priority areas. The social plan will seek to identify opportunities for action, collaboration and partnerships to meet the needs of the community, and is often used to strengthen funding applications by local community providers to State or Federal Governments. It is often utilised by Government Departments when allocating local and regional resources.

In order for Council to do this effectively, they are seeking input from all sections of the community via online surveys, focus groups and semi-structured interviews with key service providers and organisations. At [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au) you can complete a quick online survey or register to attend:

**Community Consultations** on your experience of living in Pittwater and ask questions about the Plan.

1. Mona Vale Library courtyard on Wednesday 3 August, 10am-2pm.

2. Winererremy Bay near the Flying Fox Café on Sunday 21 August, 10am-1pm.

Register your interest to chat with Council's Social Planning and Community Development team by calling 9970 1181 or email [vienna\\_muller@pittwater.nsw.gov.au](mailto:vienna_muller@pittwater.nsw.gov.au).

## **The Mental Health *Matters* Awards**

These awards recognise the achievements of individuals and organisations who have worked to improve understanding, awareness, service provision and the general mental health of our community, over the past 12 months (1 July 2010 — 30 June 2011) at a local, regional or statewide level. Award winners in each category receive a prize of \$1000 and an award plaque (winners in categories 6.a) and 6.b) will each receive \$500) and recognition on the Mental Health Association NSW website and in the next *Mental Health Matters* quarterly magazine. The awards will be presented at a special event at NSW Parliament House during Mental Health Month (October 2011). Programs, projects or initiatives nominated in each category can target, or have involvement from, a variety of groups including *children and adolescents to seniors, culturally and linguistically diverse groups, rural and remote communities, and Indigenous Australians*. Projects utilising the *creative arts, and sports and recreation* are also encouraged to nominate in any category. See [www.mentalhealth.asn.au/wellbeingdocs/Awards-NominationForm2011Final-writeable.pdf](http://www.mentalhealth.asn.au/wellbeingdocs/Awards-NominationForm2011Final-writeable.pdf), then mail 3 copies of nominations by 5pm on 29 July to: Mental Health *Matters* Awards, Mental Health Association NSW, Level 5, 80 William St, East Sydney 2011. Faxed or emailed entries will not be accepted. Enquiries to Stacey Young on 9339 6008 or [promoadmin@mentalhealth.asn.au](mailto:promoadmin@mentalhealth.asn.au).

## **CONFERENCES, TRAINING, SEMINARS**

### **Statewide Consultations Person Centred Approaches – Living Life My Way**

The NSW Government wants to better understand the needs of people with a disability, their families and carers in order to build a NSW disability service system that puts decision making control, choice and flexibility for people with a disability at the centre of their support plan. More than 100 consultations with people with a disability, their families and carers, as well as workshops with service providers, will be held from 1 August to 2 September in NSW. To register, call 4984 2554 or go to

[www.adhc.nsw.gov.au/about/strategies/person\\_centred\\_approach/person\\_centred\\_approaches\\_consultations](http://www.adhc.nsw.gov.au/about/strategies/person_centred_approach/person_centred_approaches_consultations).

Most sessions are for people with a disability and their carers but some will be for NGOs. See exact times and venues [www.adhc.nsw.gov.au/data/assets/file/0009/238851/Consultations\\_schedule.pdf](http://www.adhc.nsw.gov.au/data/assets/file/0009/238851/Consultations_schedule.pdf)

- Castle Hill – 10 and 17 August – Castle Hill RSL, 77 Castle Street, Castle Hill 2154.
- West Ryde – 11 and 12 August – Ryde Eastwood Leagues, 117 Ryedale Road, West Ryde 2114.
- Parramatta – 15 and 16 August – Northcott Disability Services, 1 Fennell St, N Parramatta 2151
- Hornsby – 18 and 19 August – Hornsby RSL, 4 High Street, Hornsby 2077.

If you cannot attend a consultation, **send a submission** to [pcaconsultations@dhs.nsw.gov.au](mailto:pcaconsultations@dhs.nsw.gov.au) or write to: Manager, Person Centred Approaches Team Ageing, Disability and Home Care Department of Family and Community Services Level 5, 83 Clarence Street Sydney 2000. If you require assistance to make a submission or need further information about other opportunities to participate in the consultation process, phone the Person Centred Approaches Team on 8270 2132.

**If you did not attend the Summit held on 7 and 8 July**, you can read the Discussion paper to explore how the vision for a person centred disability service system in NSW might best be realised. See [www.adhc.nsw.gov.au/data/assets/file/0006/238254/PCA\\_discussion\\_paper.pdf](http://www.adhc.nsw.gov.au/data/assets/file/0006/238254/PCA_discussion_paper.pdf).

## Self Directed Funding discussed at Northern Sydney Disability Network

- What? Guest speakers Melise Bourne (Ability Options) and Naomi James (Lifestyle Solutions) will discuss how self directed funding is organised and supported by their staff for people with disabilities of all ages. People with disabilities, their carers and disability services are welcome to network, share information about disability services, and enjoy a DisabiliTEA.
- When? Tuesday 2 August, 9.30am-11.30am.
- Where? Ku-ring-gai Council Chamber, Level 3, 818 Pacific Highway, Gordon.
- Info? Contact Carol Sinclair on phone 9911 3593 or email [CSinclair@lanecove.nsw.gov.au](mailto:CSinclair@lanecove.nsw.gov.au) .

## Free Crime Prevention Information Sessions 'Be Safe Be Prepared'

- What? The sessions provide information on how to reduce the chance of being a victim of crime at home, in your neighbourhood and online. A representative from the Australian Competition and Consumer Commission will provide information on SCAM Awareness. Funded by a grant from the Australian Government for people over 55 but also relevant for everyone.
- When? 11 August 1.30pm-3pm at Hornsby Central Library, 28-44 George St, Hornsby.  
16 August 1.30pm-3pm at Berowra Community Centre, The Gully Road, Berowra
- Info? For information, phone Northside Community Forum Inc on 8405 4444.

## Conference: Social Work Tools and Trends

- What? Any social worker (with a BSW or who is studying to attain one) in the disability field is invited to the 5<sup>th</sup> biennial forum by the Social Workers In Disability (SWID). SWID facilitates support, networking, lobbying and professional development for social workers, as a special interest group of the AASW. Topics include Narrative therapy, mentoring, person centred tools, circles of support, intensive family support, court support, parents as case coordinators.
- Where? Parramatta Leagues Club, 13-15 O'Connell St, Parramatta. Parking onsite, free loop bus from Parramatta Station.
- When? 15 and 16 September, registration 9am, sessions 9.15am to 4.30pm.
- Cost? One day (\$100); 2 days (\$150); students (\$80 for 2 days), includes morning tea and lunch.
- RSVP? Registration forms (by 31 August), payments and enquiries to Bev White on 9910 9178 or [bev.white@dhs.nsw.gov.au](mailto:bev.white@dhs.nsw.gov.au). Post cheques to Bev White, ADHC, PO Box 1746, Hornsby Westfield NSW 1635. General enquiries to Amanda Horton-Hallett on 4720 4420 or [amanda.hallett@northcott.com.au](mailto:amanda.hallett@northcott.com.au).

## Professional Development Short Courses at IFP in July

For information or a registration form, visit [www.ifp.nsw.edu.au/professionaldevelopment.htm](http://www.ifp.nsw.edu.au/professionaldevelopment.htm), email [info@ifp.nsw.edu.au](mailto:info@ifp.nsw.edu.au) or phone 8830 0755. UnitingCare Institute of Family Practice is a Registered Training Organisation (RTO) with the NSW Vocational Education and Training Accreditation Board.

- Family Group Conferencing (4 days 1-4 Aug) Parramatta (nationally accredited)
- Managing Difficult Situations (5 Aug) Parramatta
- Living with Teens Facilitator Training (12 Aug) Parramatta
- Managing Angry Adolescents Differently - MAAD (10 August) Parramatta
- Attachment Theory (1 day theory-15 Aug) or (2 days theory and practice -15,16 Aug)Parramatta
- Community Development: Theory and Practice (nationally accredited 20 and 21 August) Parramatta
- Keeping Children Safe (22 and 23 August) Parramatta
- Accidental Counsellor (22 and 23 August) Parramatta
- DV Awareness for Front of House Staff (Wed 24 August) Campbelltown TAFE

Service Providers are welcome to reproduce any item, with the acknowledgement  
Source: Warringah Disability Newsletter" - date.

**The next newsletter will appear on 5 August 2011.**

**THE END**