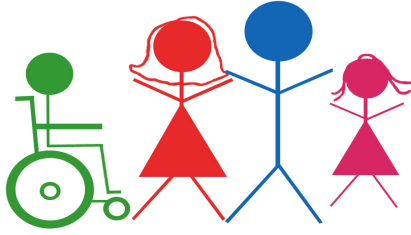


# Parent Support Network



Eastern Region Inc.

Supporting Parents, Carers and Families of Children with a Disability or Special Need.

97 Bedford Road, Ringwood East, 3135

Tel – (03) 9259 4312

Fax – (03) 9876 0256

Mobile - 0431 239 596

Email: [psn-emr@bigpond.net.au](mailto:psn-emr@bigpond.net.au)

Website: [www.psn-emr.com.au](http://www.psn-emr.com.au)



Term 4, 2009

## NEWSLETTER

### Inside this Issue

From the Coordinator	1
Dates to Remember	2
Family Fun Day	3
Items of Interest	4
PSN Xmas Drinks	5
What's on Box Hill	6
What's on Yarrunga	7
What's on Mooroolbark	8
What's on Glen Waverley	9
Self Advocacy Info	10
Time Out for Sports	11
Warburton Day Out	12

### From the Co-ordinator

Hello Everyone,

It has been a very busy few months at Parent Support Network with a range of events offered to parents from an Art Therapy Workshop to a Weekend Away at Warburton. Along with the regular monthly support group activities and the formation of a new support group for parents of young children with high support needs I hope there has been something on offer that has appealed to you. Don't forget to let me know if there is a particular activity or information session that you think would assist you in your role as a parent or carer. I am always open to suggestions and new ideas and enjoy offering interesting and sometimes different options for PSN parents.

As Term 4 has already started and with Christmas holidays just around the corner don't forget to start organizing respite and recreation options for your children over the very long school break. I know many parents have already booked their children into programs but if not then don't despair. There are still many options out there including options that are available for all children. A good place to start is to explore some general websites such as [www.onlymelbourne.com.au](http://www.onlymelbourne.com.au) which provides a school holiday guide full of ideas just prior to the holidays. The free magazine Melbourne's Child is also a great source for kids activities, particularly the December edition, and can be picked up at many chemists and child based services as well as online at [www.melbourneschild.com.au](http://www.melbourneschild.com.au). For information on disability specific respite options in the east get in touch with the Respite Information and Development in the East (RIDE) service run by Yooralla. You can either ring them on **1300 886 798** or check out their website [www.respiteeast.org.au](http://www.respiteeast.org.au). Of course don't forget the Commonwealth Carer Respite Centre for planning and funding of short term and emergency respite options on **1800 059 059**.

One recreation option that has been popular with some parents is a camping program offered by People Outdoors at [www.peopleoutdoors.org.au](http://www.peopleoutdoors.org.au) or ring **9430 2950**. Their next adventure for all camp for 6 to 18 year olds will be held in January near Port Campbell. The YMCA also offers a range of programs for kids and youth including gym and swimming programs as well as holiday programs. If your child requires assistance to attend any childcare programs then discuss this with the program staff. Organisations such as Monash Aquatic and Recreation Centre have started to offer a MARC Abilities program for people who require support to access their centre. More information about this program is available in this newsletter.

Don't forget about our annual [Free Family Fun Day](#) which is coming up on Sunday the **22nd November** at the Box Hill Miniature Railway. A flyer with all the details is included in the newsletter so don't forget to put it in your diaries. Not only are all train rides free for the day, courtesy of the wonderful people at the railway, but there will be an animal farm, an inflatable castle, face painting, a magic show, sausage sizzle & free showbags, drinks and icy poles. I believe Santa will be able to make a quick visit as well. Thanks to our major sponsor Balwyn Rotary it was a very popular day last year so please come along and enjoy the opportunity of being able to take the whole family out for a fun time together.

On a final note I would like to thank everyone for their support over the past 12 months. I have had the pleasure of meeting and speaking to some wonderfully resilient and resourceful parents who manage to overcome sometimes difficult situations. I continue to learn and be amazed by your energy and never say die attitude. I wish you all a peace filled and restful Christmas.

Warm wishes, Jenny



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

*The Parent Support Network-Eastern Region Inc. publishes information in this newsletter in good faith and is not recommending any organization or service. Any article printed is to be considered for information sharing purposes only.*

# Dates to Remember

**The Monash Disability Awards** - will be held on Friday 4th December, 2009 in the Function Room of the Monash Civic Centre from 11am to 1pm. These awards recognise achievements by organizations, groups and individuals who have contributed to improving the life of people with a disability. Nominations close Monday 16th November. During this event the Monash Access and Inclusion Network will launch their "How to Find Out About Recreation" brochure which lists recreational options in the City of Monash. Contact Eugenia Grammatikakis on **9518 3625**

**International Day of People with a Disability Music Festival** – On Thursday, December 3rd at Macleay park, Belmore Rd, Balwyn North (Melways Ref 46 C5) from 10am to 2 pm. There will be live music from Full Mental Jacket, Steel Dragon, Sector 5 Extreme, Left Zeppelin, All Stars and more. Heaps of activities, coffee, free BBQ, cool indoor cinema. Win a prize by dressing like a rock star. BYO Picnic blankets. Free Entry

**Managing Challenging Behaviour Workshop** – Designed for Parents, teachers, aides, childcare workers, support staff and respite workers. Topics to be covered will be types of challenging behavior, understanding behavior, describing aggressive behavior, designing a Formal positive Program and Positive strategies. It will be held at The Tudor Best Western, 1101 Whitehorse Rd, Box Hill on Monday 16th November from 9:30am to 12:30pm. Cost will be \$99 which includes tea and coffee. Phone **Special Education and Disability Services** on **(08) 8288 0925**, email [ebc@iprimus.com.au](mailto:ebc@iprimus.com.au) or website [www.educonsult.biz](http://www.educonsult.biz)

**People Who Care Information and Support Course** - For people who provide care for a family member or friend who has had a stroke, acquired brain injury or neurological disability. This course can provide you with practical information to assist you in your role and to meet other family carers. To be held at The Nerve Centre, 54 Railway Rd, Blackburn on Tuesday 10th, 17th, 24th November and 1st December from 10:30am to 2:30pm. The course is free and covers topics such as respite, financial information, Centrelink, medical, relationship and behavioural issues. Registrations are essential. Contact Greta Parker on **9845 2950** or email [coordinator@brainlink.org.au](mailto:coordinator@brainlink.org.au)

**The 8th Annual Autism Research Forum** – Hosted by Autism Victoria on Tuesday November 19th from 9am to 5pm in the Grevillea room, Darebin Arts & Entertainment Centre, Bell St, Preston. This forum is an excellent opportunity to hear about Autism Spectrum Disorders research currently being undertaken by Victorian Research teams. Dr Natasha Brown, a paediatrician who is doing her PhD in clinical genetics will present a paper on the Genetics of Autism. The forum will focus on research matters and participants should have a reasonable knowledge of ASD and research methodology. Program details and registration forms are available on the Autism Victoria website [www.autismvictoria.org.au](http://www.autismvictoria.org.au).

**2nd Strengthening Disability Advocacy Conference** –The DARU (Disability Advocacy Resource Unit), SARU (Self Advocacy Resource Unit) and VDAN (Victorian Disability Advocacy Network) are convening this conference. This year's theme is Strengthening Disability Advocacy: Working Together. Keynote speakers will be **Dr Helen Szoke** -CEO Victorian Equal Opportunity and Human Rights Commission, **Dr Fiona Kumari Campbell** - Senior Lecturer in Disability Studies, Griffith University and **Paul Ramcharan** – Coordinator Research and Public Policy, Australian Centre for Human Rights Education. To be held at the Jasper Hotel, Melbourne on Tuesday 17th and Wednesday 18th November. Cost is \$220 for advocates and NFP members and \$90 for concession card holders. For registration details visit [www.saru.net.au](http://www.saru.net.au) or [www.daru.org.au](http://www.daru.org.au). Any question contact [admin@daru.org.au](mailto:admin@daru.org.au) or call **9639 5807**.

**The Other Film Festival 2010** - Art's Access Victoria's The Other Film Festival is now accepting entries for the 2010 festival. This is Australia's only international disability film festival. It is renowned for contemporary cinema concerned with the lived experience of people with a disability and people who are deaf. It is highly regarded as a cutting edge film event that provides an accessible film experience. It is fully competitive with cash prizes including \$5000 for best film. For more information go to [www.theotherfilmfestival.com](http://www.theotherfilmfestival.com) or call **9699 8299**.

**Self Directed Funding for People with a Disabilities Forum** - There has been some changes to the Victorian Disability sector in both the reorientation of services and self directed funding approaches. This forum aims to explore the benefits and challenges associated with self directed funding from different perspectives. Keynote speakers include Arthur Rogers; Executive Director, Disability Services Division, DHS and Professor Susan Bigby; school of Social Work & Social Policy, LaTrobe University. It will be held at the Darebin Arts Centre, Corner Bell St & St Georges Rd, Preston on Friday 27th November from 1pm to 4 pm. Cost is \$55 per person or \$11 concession. You can book online at [www.field.org.au](http://www.field.org.au) or contact Josie Prioletti on **0438 846 584**.

# Free Family Fun Day

For Children with a Disability and their Families

Sunday, 22nd November, 2009

11:00am to 4:00pm

At Box Hill Miniature Railway

Located on the corner of Belmore and Elgar Rds, Box Hill

Melways Ref: 47 B4

Something for everyone to enjoy

Animal Farm, Bouncy Castle, Face Painting, Magic Show,  
Sausage sizzle, Show bags, Icy Poles, Drinks

**Santa will also be visiting**

Everyone riding on the train must wear fully enclosed footwear.

For more information and to RSVP contact Jenny on 9259 4312  
or email [psn-emr@bigpond.net.au](mailto:psn-emr@bigpond.net.au)



Thank you to the following sponsors



Colombo's Pizza Restaurant



**Medical Cooling Concession** - This concession provides a 17.5% discount off electricity costs over a 6 month period from November 1st to 30 April for concession card holders with Multiple Sclerosis and other qualifying medical conditions such as Parkinson's, motor neurone disease, scleroderma and lupus. If a household member has a condition that impacts on the body's ability to regulate temperature and it's not one of the automatically eligible conditions, contact the Concessions Information Line on **1800 658 521**.

**Shut Out: The Experience of People with Disabilities and their Families in Australia** is the culmination of thousands of views expressed through submissions, forums and focus groups across Australia, and was commissioned by the Australian Government to inform the National Disability Strategy which is due for release in mid 2010. It raises awareness of what life is like when you are "shut out" from the opportunities most people enjoy and expect in their lives. The Report, which was prepared by the National People with Disabilities and Carer Council, highlights the long neglected plight of people with disabilities and their families. "People with disabilities want to live in a society where they are treated with respect, dignity and importantly with equality and not as 'poor things' nor merely as recipients of services". It contains many personal accounts and first hand feedback on situations people with disabilities have encountered spanning all aspects of life, including public transport, education, employment, income support, disability services and community participation. More importantly it introduces some possible political, social and economic solutions to the barriers and challenges faced. It is hoped that the new disability policy that will be developed from this report will set a standard for the kind of life people with a disability have a right to expect and outline the actions and changes that need to be made that will achieve this. To obtain a full copy of the report go to

<http://www.fahcsia.gov.au/sa/disability/progserv/govtint/Pages/nds.aspx>

As one contributor said "Virtually every Australian with a disability encounters human rights violations at some point in their lives, and very many experience it every day of their lives"

# Items of Interest

**Kids Who Care Foundation** have a range of recreation and support activities for “Young Carers” including siblings of a child with an ABI. They also offer parent/sibling weekend retreats and whole family outings. There is also a week long camp coming up in January for young carers. All events are cost free for families except for transport. For more information about the program and the camp check out the website [kidswhocare.tryyouth.org.au](http://kidswhocare.tryyouth.org.au) or call the coordinator on **9347 2655** or [hanna.maxwell@tryyouth.org.au](mailto:hanna.maxwell@tryyouth.org.au)

**Starlight Children’s Foundation** would like to extend an invitation to families to be a part of **Livewire** which provides free, safe and supportive online communities for families affected by serious illness, a chronic health condition or disability. Livewire Members ([members.livewire.org.au](http://members.livewire.org.au)) is for young people aged between 10 and 21 living with a serious illness, chronic health condition or disability. It’s a place to hang out, meet new friends, share experiences and know that they are not alone. Livewire Siblings ([siblings.livewire.org.au](http://siblings.livewire.org.au)) is for young people aged 10 to 21 who have a brother or sister living with a serious illness, chronic health condition or disability. It is a place to meet other siblings, share experiences with people who understand what they are going through and gain skills and knowledge that makes them feel more in control of their situation. Livewire Parents ([parents.livewire.org.au](http://parents.livewire.org.au)) is for parents and carers of people living with a serious illness, chronic health condition or disability. It’s a place to connect with others in an understanding environment. You can register online by visiting the relevant website or call Livewire on **(02) 8425 5971**.

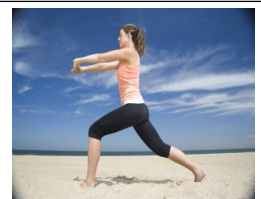
**Extension of Outside School Hours Care for Teenagers with a Disability** This program assists teenagers aged 12 to 18 years with a disability and their families by providing flexible outside school hours care which includes before, after and holiday care. Parents and carers of teenagers with a disability often have difficulty finding appropriate care as mainstream outside school hours services usually cater for primary school aged children. This program will provide accessible and flexible care so that parents and carers have time to participate or increase their opportunities in the paid workforce and the wider community. For details of current service providers go to the Federal Government website [www.fahcsia.gov.au/sa/disability/funding/outsidingschoolcare/Pages/default.aspx](http://www.fahcsia.gov.au/sa/disability/funding/outsidingschoolcare/Pages/default.aspx). More program locations will become available this month when service providers who received the additional funding this year begin delivering extra placements.

**Real Time Health** offers a website with a range of video clips of patient and carer experiences covering areas such as MS, Stroke, mental illness and children with a disability. You need to become a member to access some clips but it is easy and free to join. It also has a range of “Speaking from Experience” DVD’s available to purchase which present carer experiences. For more information go to [www.realtimehealth.com](http://www.realtimehealth.com)

**Changes to Continence Aids Assistance Scheme** From July 1st 2010, the Continence Aids Assistance Scheme will be replaced with a new streamlined payment system that will be paid directly into bank accounts by Medicare Australia. The new Continence Aids Payment Scheme (CAPS) will allow clients to shop around to get the best value for money and to purchase the most appropriate products for their individual needs. For more information about the changes and CAPS go to [www.bladderbowel.gov.au/furtherinfo/professional/profcaas.htm](http://www.bladderbowel.gov.au/furtherinfo/professional/profcaas.htm)

## **Exercise Group for Carers of People with a Disability**

Are you interested in participating in a group exercise program that has commenced in October at Croydon Leisure and Aquatic Centre? A qualified fitness professional conducts an exercise program suitable for all fitness levels. Croydon Leisure and Aquatic Centre also offers the opportunity for carers to stay on after the group for a swim or spa. This program is a joint initiative between Commonwealth Respite and Carelink Centre Eastern Region, EACH and Maroondah City Council. If you are interested in taking part please contact Caitlin Daly on **9239 2580** or [caitlin.daly@ucco.org.au](mailto:caitlin.daly@ucco.org.au). Participation in this program is free of charge.



## Useful Resources

### **Bar None Community Awareness Kit for Schools**

The Bar None Community Awareness Kit for Schools has been developed to support teachers to raise awareness of inclusion, understanding and tolerance in their classrooms.

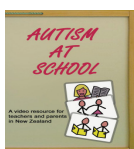
The kit has a number of components: a Teacher Information Booklet with definitions and some suggestions for practical ways to create welcoming classrooms, a series of Curriculum Units that include practical and engaging activities to incorporate into teaching and learning programs, a DVD that showcases young people with a disability, families, teachers and principals highlighting the skills, aspirations and contributions that all students make to their school and wider communities and a Train the Trainer Module. To download the Kit and preview the DVD visit [www.officefordisability.vic.gov.au/bar\\_none\\_kit\\_for\\_schools.htm](http://www.officefordisability.vic.gov.au/bar_none_kit_for_schools.htm)



### **Being a Model Communicator**

This is an educational DVD produced by Yooralla ComTEC. Children learn by observing and participating in their environment. That's why modeling language is such an important part of the process of learning to use Augmentative and Alternative Communication (AAC). How a parent uses AAC with a child has a significant impact on how they learn to communicate. Being a Model Communicator offers a range of examples and advice to assist in modeling and creating a communication environment for AAC users. The DVD is aimed at parents, carer's and support staff of children using AAC. This DVD provides an introduction to the process of modeling and is intended as a tool for those supporting AAC users to be used in conjunction with therapists, teachers, parents and carer's as part of a whole team approach. Copies of the DVD are now available to by contacting Emma at ComTEC on **9362 6132** or email [comtec@yooralla.com.au](mailto:comtec@yooralla.com.au). Cost is \$22 for people supporting an AAC user or \$44 for organizations.

### **Autism at School**



A video resource for teachers and parents made in New Zealand shows teachers how they are creating environments where children with ASD are able to learn and thrive. Parents also tell of their experiences with school and students talk about how they find the school environment. The DVD is split into sections covering area such as The School Experience featuring classrooms in mainstream and special schools, Advice and Tips includes the impact of autism on learning, behavioural management strategies and creating a suitable classroom environment and Talking About School which includes the blame free bullying approach to support a child with ASD. For a summary of the contents, reviews and a video trailer go to [www.southernmoon.weebly.com](http://www.southernmoon.weebly.com).

### **Positive Education Planning Booklet**

Supporting children with a disability in Victorian government primary schools this booklet includes parent stories and information about developing positive partnerships with schools, planning with the Student Support Group, developing an Individual Learning Plan, setting goals, measuring progress, raising a concern and advocating for your child. This resource has been developed by the Association for Children with a Disability (ACD) through support from the Department of Education and Early Childhood Development and is free to parents of a child with a disability. Copies can be ordered and downloaded via the ACD website on [www.acd.org.au](http://www.acd.org.au) or by contacting ACD on **9818 2000** or email [mail@acd.org.au](mailto:mail@acd.org.au)



## **PSN Christmas Drinks and Nibbles**

Christmas is for celebrating and to help you get in the mood the Parent Support Network would like to invite parents and carers to an open office celebration. So if you have time and you are passing by the office, please drop in and enjoy a cup of tea, coffee or glass of champagne and taste some delicious Christmas cake and shortbread.



**When:** Thursday 17th December

**Where:** 97 Bedford Rd, Ringwood East  
(in the Century 21 Real Estate Office)

**Time:** Anytime between 10am to 3pm

Santa might not be available on the day but this shouldn't prevent us from enjoying each others company. Christmas carol singing is optional but BYO your favourite Christmas CD just in case. See you all there!

# What's On?

## Clota Cottage Parent Support Group Program 2009/10

DATE	ACTIVITY	VENUE/TIME	CONTACT
Tuesday December 8th	Xmas Brunch 10am to 12pm <b>No Cost</b>	Bon Bon's Café David Jones The Glen Shopping Centre Glen Waverley	Frances Gammino 0423 655 779
Tuesday February 2nd	Welcome Back and Planning Day 10am to 12pm	Clota Cottage Clota Avenue Box Hill	Frances Gammino 0423 655 779

### Government Updates

#### New State Government Departments

In August the Premier of Victoria announced the creation of a new Department of Health which will incorporate health, mental health and drugs and aged care. A new Department of Human Services was also formed which will comprise disability, housing, children, youth and families. The new Department of Health is led by Fran Thorn and has a focus on prevention and to address the growing demands of a ageing population and more complex clients. The new Department of Human Services is led by Gill Callister and will continue to focus on Early Intervention, addressing the needs of complex clients and strengthening service delivery. These changes will not affect the day to day provision of services and the DHS regional office in the east will continue to deliver services and be a contact point for both departments over the transition period. For more details check out their website [www.dhs.vic.gov.au](http://www.dhs.vic.gov.au)

#### Minimum School Leaving Age to Increase

From 2010 onwards, all Victorian students will be required to complete Year 10 and remain in some form of education, training or employment until the age of 17, through a change to the *Education and Training Reform Act*. The amendment was aimed at setting a higher bar for the community not punishing school leavers as research shows that young people who stay in education or training longer significantly boost their career prospects throughout their working lives. Students can choose from a range of academic and applied learning options, including the Victorian Certificate of Education (VCE) and the Victorian Certificate of Applied Learning (VCAL). Students can also undertake a Vocational Education and Training (VET) in schools program as part of their VCE or VCAL. For more details about study options available visit [www.education.vic.gov.au/aboutschool](http://www.education.vic.gov.au/aboutschool)

#### AMA Backs call for a National Disability Insurance Scheme

AMA President, Dr Andrew Pasce, has said that the AMA fully supports the call by Australia's disability and community sector for a National Disability Insurance Scheme. The proposed scheme is in line with the AMA's long-held policy for a long term care scheme for people with severe disabilities. He said there were many compelling reasons why the AMA and doctors are enthusiastic about a National Disability Scheme. He believes doctors are strong supporters of social justice and equity and believe that people with a disability and their families have a right to participate in the community and be supported to do so. He said doctors get frustrated at being unable to get assistance, care coordination and support services in the community for their patients who have a disability and feels that a National Disability Insurance Scheme would provide fairness, equity and a better quality of life for people with a disability, their families and carers. Details of this scheme can be found at [www.ndis.org.au](http://www.ndis.org.au)

#### National Human Rights Consultation

The Public Interest Law Clearing House (PILCH) has welcomed the report of the National Human Rights Consultation and says that the report highlights a number of key areas where Australia's laws, policies and culture have failed to adequately protect and promote the human rights of vulnerable people. They regularly have clients with stories of violations of their basic human rights - people experiencing homelessness, asylum seekers & people with disabilities & feel that the Committee has rightly concluded that the protection and promotion of human rights is a matter of national importance. The enacting of a Human Rights Act is one of many recommendations that has been adopted by the Consultation. PILCH believes that by recommending the enactment of this Act, the committee has listened to what many Australians want and they would like to see the Government act decisively to implement the Committee's recommendations. For more information about this consultation go to

[www.humanrightsconsultation.gov.au](http://www.humanrightsconsultation.gov.au)

# What's On?

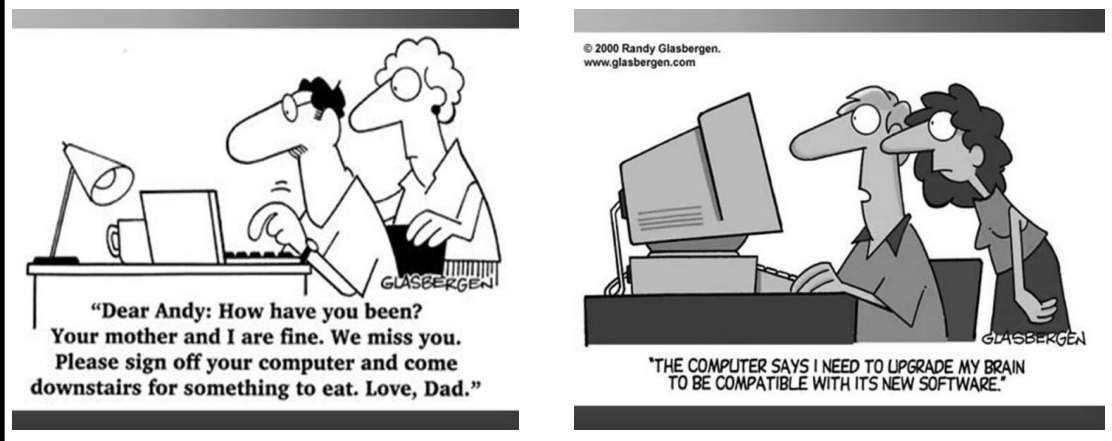
## Yarrunga Parent Support Group Program 2009

DATE	ACTIVITY	VENUE/TIME	CONTACT
Thursday November 19th	Jewellery Making <b>Cost \$5.00</b>	Yarrunga Community Centre Croydon Hills Drive, Croydon Hills 10am -12pm	Frances Gammino 0423 655 779
Wednesday December 9th	Xmas Lunch <b>Cost \$20</b>	Manhattan Hotel cnr Heatherton & Canterbury Roads, Ringwood From 12pm	RSVP Frances Gammino 0423 655 779 Before December 2nd
Thursday February 18th 2010	Welcome Back and Planning Day	Yarrunga Community Centre Croydon Hills Rd Croydon Hills 10am	Frances Gammino 0423 655 779

Join our Online Mailing List at [www.psn-emr.com.au](http://www.psn-emr.com.au)

You will receive updates, newsletters, flyers and other information in your inbox  
The newsletter is also interaction - you can click on any website or email address  
mentioned and it will take you directly to them. Reduce your carbon footprint.

### Something to Make You Laugh!



### [Launch of Disability Services Directory](#)

Maroondah City Council is launching their inaugural Disability Services Directory on Wednesday 2nd December, 2009 at Mt Dandenong Room, Karralyka Theatre, Mines Rd, Ringwood East. This directory contains a vast range of services for people with a disability along with information on mental health services, support groups and for carers. Peter Ruzyla, CEO for EACH Services and Mike Letch from Disabled Divers Association will be guest speakers at the launch. In addition to the Directory, there is a range of additional resources on disability and mental health services on the Maroondah Council website [www.maroondah.vic.gov.au/DisabilityResources.aspx](http://www.maroondah.vic.gov.au/DisabilityResources.aspx). Please confirm your attendance by calling **9294 5735** or email [response@maroondah.vic.gov.au](mailto:response@maroondah.vic.gov.au)



## What's On?

### Mooroolbark Parent Support Group Program 2009/10

DATE	ACTIVITY	VENUE/TIME	CONTACT
Wednesday November 18th	Op Shopping and afternoon tea	Main Street Shopping centre Croydon 1pm to 3pm	Frances Gammino 0423 655 779
Wednesday December 9th	Xmas Lunch <b>Cost \$20</b>	Manhattan Hotel, Cnr Heatherton & Canterbury Roads Ringwood From 12pm	RSVP Frances Gammino 0423 655 779 By December 2nd
Wednesday February 17th 2010	Welcome back and Planning Day	Red Earth Room Mooroolbark Community Centre Brice Ave, Mooroolbark 1pm to 3pm	Frances Gammino 0423 655 779

### Boroondara Parent Support Group Program 2009/10

DATE	ACTIVITY	VENUE/TIME	CONTACT
Tuesday November 17th	Coffee and Chat	Laurent Patisserie 703 Glenferrie Rd, Hawthorn 10am to 12pm	Jenny Salgo 9259 4312 0431 239 596
Tuesday December 8th	Xmas Morning Tea <b>No Cost</b>	Bon Bons Café David Jones @ The Glen Glen Waverley 10am to 12pm	Jenny Salgo 9259 4312 0431 239 596
Monday February 8th 2010	Welcome Back and Planning Day <b>No cost</b>	Bowen St Community Centre 102 Bowen St, Camberwell 10am to 12pm	Jenny Salgo 9259 4312 0431 239 596

### Young Mum's Support and Play Group

Parent Support Network is inviting parents and carers of young children with a disability and high support needs to meet and chat over morning tea and coffee. All children are welcome to attend. Come along and enjoy the company of other parents who understand the ups and downs of parenting a child with a complex disability. Please contact Jenny on 9259 4312 or email [psn-emr@bigpond.net.au](mailto:psn-emr@bigpond.net.au) for details of when and where the next meeting will be taking place.



**Life Skills 4 Kids** This is an organization that offers family friendly resources that can assist your child with a range of needs and issues such as ASD, Asperger's Syndrome, Sensory Processing Difficulties, Learning Issues, anxiety and stress. They offer products and learning strategies that focus on improving skills like concentration, learning, sensory processing, relaxation and more. You can download their catalogue via their website [www.lifeskills4kids.com.au](http://www.lifeskills4kids.com.au) and join the newsletter or phone **(02) 6536 5308** for more information.

## What's On?

### Mount Street Parent Support Program 2009

DATE	ACTIVITY	VENUE/TIME	CONTACT
Thursday November 26th	Share or Learn a Craft and Chat morning tea provided  <b>No Cost</b>	Mount St Neighbourhood House 6 Mount St, Glen Waverley  10am to 12pm	Frances Gammino  0423 655 779
Tuesday December 8th	Xmas Morning Tea  <b>No Cost</b>	Bob Bon's Café David Jones @ The Glen Glen Waverley  10am to 12pm	Frances Gammino  0423 655 779
Thursday February 25th 2010	Welcome Back and Planning Day	Mount Street Neighbourhood House Mount St, Glen Waverley  10am to 12pm	Frances Gammino  0423 655 779



#### Inter Connection Australia

Interconnection Australia offers young people aged between 11 and 17 the opportunity to participate in a biannual outdoor activity camp, targeting siblings who do not otherwise have the opportunity to go on holidays or whose family need a break. Their camps give young people a chance to learn new skills, make new friends and become a part of an active and supportive network of peers and leaders. The Summer Camp 2010 will be held on Tuesday 12th to Friday 15th January. The cost is \$90 per person. If you want to know more go to the website [www.interconnection.com.au](http://www.interconnection.com.au) or contact the Client Services Manager Lauren Harris on **0407 809 723** or email [info@interconnection.com.au](mailto:info@interconnection.com.au)

#### Access Travel Pass Information

The Access Travel Pass is for people with a significant permanent disability who travel independently on Victoria's public transport network and can demonstrate that due to their disability they are unable to touch on or touch off the myki ticketing system. If this is the case you may be entitled to receive the Access Travel Pass which is for permanent Victorian residents only and allows the pass holder free travel on Melbourne metropolitan trains, trams and buses, V/Line ticketed services, urban bus services in regional cities and regional services that have a contract or service agreement with the Dept of Transport. The Pass will be issued with a specifically designed registered myki, which will have a photograph and name printed on the card. The Pass holder will be required to carry the Access Travel pass with them at all times while travelling on the Victorian public transport network. An application form must be completed and submitted to the Metlink Central Pass Office for processing by the Access Travel Pass Panel. The Pass is issued free of charge. For more information and an Application Form contact the Metlink Central Pass Office on **9619 1159** or download from [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au)

#### Free Travel On Sunday

Earlier this year the Victorian Government introduced free travel on a Sunday for Disability Support Pensioners and Carer payment recipients under 60 on trains, trams and buses in metropolitan Melbourne and bus services in some rural areas. With the introduction of the myki ticketing system, the myki can be programmed with the free travel on Sunday. The decision has been made to issue all registered Sunday Pass holders with a personalized myki free of charge. It is therefore advisable if you receive the Disability Support Pension or Carer's Payment to register for the Sunday Pass as soon as possible. You can apply for registration at Premium stations, staffed V/Line stations, the MetShop or Metcard retail agents.



Congratulations to the former Jan Edwards on her marriage to Richard Banfield on Saturday 24th October, 2009. They have just returned from a wonderful honeymoon in the Blue Mountains. We wish both Jan and Richard best wishes for their future life together.

### Expanded Autism Services

Recent changes to the Helping Children with Autism package has increased the number of service providers and will allow families more time to use the \$12,000 in early intervention funding available under this package. Under the changes, families with children approved for early intervention funding will be also able to access early intervention funds until the child's 7th birthday. The new arrangements will also allow additional speech pathologists, occupational therapists and psychologists to participate in the autism program.

***Do you have a child with an Autism Spectrum Disorder under 7 years of age? Have you decided to or been unable to take up early intervention services through the 'Helping Children with Autism' package?***

***This consultant is interested in hearing from you. ARTD Consultants is currently evaluating the 'Helping Children with Autism' package for the Federal Government and are interested in speaking with families who are unable or have decided, for any reason, not to use service providers on the panel or seek advice from Autism Advisors. They are interested in organizing interviews with families like yours to discuss ways the HCWA program can better suit your needs. Interviews will take about 45 minutes and they are happy to pay for up to 2 hours of childcare during the interview. Please contact Ofir Thaler on (02) 9373 9907 or [ofir.thaler@artd.com.au](mailto:ofir.thaler@artd.com.au)***

### ArtAbility returns to Fed Square in 2009

From 26th November 2008, thousands of visitors to The Atrium, Federation Square, viewed a magnificent collection of over 120 artworks created by 60 ethnic artists with a disability. Over half the works were sold, providing income and recognition for the artists. This highly prestigious venue will once again house the ADEC ArtAbility exhibition from the 25th November to 1st December, 2009. Expressions of interest were sought from people with a disability and an ethnic background to submit works for the exhibition. The exhibition will explore the broad concept of 'Home' - the place you live, the country you come from, the room in which you feel safe or the place where your loved ones are.

### Self Advocacy Information

Reinforce Incorporated is a self advocacy organization for people with an intellectual disability that can assist, support and encourage independence. It promotes the rights of all people with an intellectual disability and is looking for people with an ID who are interested in becoming a member and maybe volunteer time in their office to learn new skills. There is also an opportunity to learn to become a self advocate through a training course called Know Your Rights. For more information contact Colin Hiscoe on 9650 7855 or email [reinforce@rosshouse.org.au](mailto:reinforce@rosshouse.org.au) or look at the website [www.reinforce.org.au](http://www.reinforce.org.au)

### A New Self Advocacy Website

Label free zone is a new website from People First in Canada. It enables you to watch videos, look a pictures or join up and add your own pictures and video's. The website uses sound and great images. You can use a webcam to have your say and they also have a map of the world which you can add your group to. It is a good way to connect with groups overseas. To visit the website go to <http://www.labelfreezone.ca> then click on the word English to the left of the screen. You may need to download flash player if it does not work. If you have any problems SARU (Self Advocacy Resource Unit) are happy to help via phone 9639 6856 or email [saru@rosshouse.org.au](mailto:saru@rosshouse.org.au)

### New Additions to the PSN Library.

**Keys to living together—Life Changing Journeys** is a DVD that helps couples to build stronger, healthier relationships when caring for a young child with a disability. It includes information and tips to help parents deal with the many changes and challenges they may encounter. You can order your own copy by contacting the Dept of Families, Housing, Community Services and Indigenous Affairs on 1800 050 009

**"Look Me In The Eye"** by John Elder Robinson is a moving, darkly funny story about growing up with Asperger's Syndrome at a time when the diagnosis didn't exist. This is about the authors journey from his world to ours and his new life as a husband, father and successful small business owner. It's a fascinating and memorable account from a born story teller.

**Cognitive Behaviour Drama (CBD)** - This is an innovative intervention model developed by Dr Haris Karnezi at Trinity College, Dublin and designed to meet the needs of children on the high end of the autism spectrum. It combines the concepts and techniques from behavior and cognitive therapies with drama. It has been shown to be beneficial in area such as self confidence, theory of mind, flexibility to deal with new situations, tolerance and overall wellbeing. It is also an enjoyable and engaging program for children. For more information and to book in for Term 1, 2010 call Dr Karnezi on 0451 286 694 or visit [www.cbDMETHOD.com](http://www.cbDMETHOD.com)

## Sport and Recreation Options

**People Outdoors Camp Cooremungle** - This camp is open for 6 to 18 year olds with a disability living in the eastern region. Siblings are also welcome to attend. It will be held from Monday 11th to Friday 15th January 2010 and costs \$230 + \$20 for transport. This cost includes all meals, activities, accommodation and 1 to 1 volunteer care. There will be plenty of activities which may include Animal feeding, bush cooking, giant swing, arts and crafts. To join in the fun and for more information contact the Camp Coordinator on **9430 2950** or [gosia@auscamps.asn.au](mailto:gosia@auscamps.asn.au)

**The cricket season is coming!** - YMCA & ERLS Access for All Abilities and Cricket Victoria are once again looking to engage people who have an interest in cricket and live in the east. A variety of opportunities will be running at four cricket clubs: Seville, Croydon Ranges, Croydon North and Johnson Park throughout November 2009 to February 2010. The whole experience will provide individuals the opportunity to have ago at cricket and to also form links with their local club. Individuals and groups who would like to get involved please contact Michele Cutajar on **9720 5944** or email [aaa3@erls.net](mailto:aaa3@erls.net)

**A-Muse Theatre Group** - Are a not for profit community theatre organization that was founded in 2004. The main objective of A-Muse is to provide inclusive opportunities for people with all abilities to explore their own creativity and self expression within community theatre. They are committed to making good community theatre and they hope that others want to be a part of it. If anyone is interested in being involved or supporting A-Muse please contact Jeanette on **9803 5473** or **0417 529 537** or email [amuse.theatre@yahoo.com.au](mailto:amuse.theatre@yahoo.com.au). For more details about the group and the productions they have staged check out their website [www.a-muse.com.au](http://www.a-muse.com.au)

**Stud Park Rowville Playground** - was a joint winner in the Parks & Leisure Australia Awards playspace category at their annual conference in Darwin this September. Knox Council replaced an existing playground to ensure that it better met the needs of the area and catered more for families with all abilities. It provides a range of play experiences from elevated walks, slides, basket swings, flying fox and quiet places surrounded by community art, native plants and birdlife. If you have any questions in relation to the playground renewal program and this project contact Andrew Paxton, Manager Sustainability on **9298 8258**.

### **TIME OUT FOR SPORTS PROGRAM**

#### **Kelly Sports & Eastern Recreation and Leisure Services (ERLS)**

This program offers a variety of fun and challenging activities delivered by experienced coaches over 7 weeks playing games such as basketball, soccer, cricket and ball skills. It aims to get children with mild autism and Asperger's Syndrome involved in sport and activities where they can develop motor skills, spatial awareness, team work and self confidence. It also gives children an opportunity to meet other children with the same interests and give them confidence to successfully move into a community based sports.

**Commencing:** Friday 23rd October, 2009 and concluding Friday 4th December, 2009

**Time:** 4:15pm - 5:30pm

**Venue:** Sportslink in Hanover St, Vermont South (Melways 62 H7)

For all enquiries contact Kelly Sports on **1300 798 915** or email [francis@kellysports.com.au](mailto:francis@kellysports.com.au)

**Celebrating International Day for Disability** - On Monday, 30th November from 10am to 2pm. Knoxfield Tennis Club in Allister Close, Knoxfield is holding a Free Fun Tennis Open Day. Everyone is welcome including carers. Participants will receive free tennis instruction, ball training skills, sausage sizzle, fun games, prizes and give aways and a disco. The club coach Tim Beare has had 15 years experience working in the disability field as well as in tennis coaching. For more details contact Tim on **9756 0264** or **0421 194 232** or email [timdawnbeare@bigpond.com](mailto:timdawnbeare@bigpond.com)

### **MARC-Abilities—Innovative support for people with a disability**

The Monash Aquatic and Recreation Centre (MARC) have introduced this program with the aim of developing and supporting inclusive recreation opportunities for people with a disability. There are currently 5 MARC-Abilities programs operating at the centre; Attendant Support Initiative (ASI) program, Aqua Movement Group Exercise Program, Aero Fit Group Exercise Program and two new programs; MARC-Abilities Swim School Program and MARC-Kids Fitness Program. The Swim School program provides people with a disability of all ages the opportunity to participate in swimming lessons that are fun, inclusive and rewarding. The MARC- Abilities kids fitness program aims to improve confidence, fitness, agility, strength and self esteem. It is suitable for kids aged 7 to 14 and is a 45 minute session involving ball skills, games, relays, warm ups and cool downs. For all bookings and information please contact Kristina Mitsikas or Andrew Jeffrey on **9561 2111** or email [kristinam@monash.vic.gov.au](mailto:kristinam@monash.vic.gov.au) or [andrewj@monash.vic.gov.au](mailto:andrewj@monash.vic.gov.au)

## Warburton Day Out for Carers



To Celebrate Carer's Week the Parent Support Network organized a Big Day Out to the beautiful town of Warburton. We had an early start to the day but this didn't deter an excited group of parents & carer's who were all eager to get on board the coach & enjoy of a glass or two of champagne & some delicious sandwiches. Pampering sessions started as soon as we arrived thanks to the very patient staff at Warburton Wellbeing. The yummy biscuits on a plate at the reception desk to tempt us were an added bonus. A delicious & very filling

lunch at the Alpine Retreat Hotel ensured we wouldn't go hungry for at least a couple of days. After the excitement (and disappointment for some) of drawing the winning tickets for the raffle & a few quick games of "celebrity head" the rest of the afternoon was spent shopping or relaxing in one of the many café's.



The bus was noticeably quieter on the way home probably from the deady after effects of a relaxing massage, a big lunch & couple of glasses of wine. Thank you to everyone who came along & for doing a good job of enjoying yourselves. The feedback I received was excellent and has given me some possible new ideas for next year's Carer's Week event.

**For more pictures to go [www.psn-emr.com.au/photos.html](http://www.psn-emr.com.au/photos.html)**



## Our Chairperson

Hi all,

What a wonderful year it has been, I hope you have all enjoyed the support and activities we have put together for you over the past year. I would like to say a big thank you to Jenny Salgo and Frances Gammino for working so well together to support the network. We all look forward to a very busy and exciting New Year.

The holidays bring both joy and difficulties, as change often is not the best thing for our children, try to find the positives and enjoy the break from routine with your family.

On behalf of myself and my Teams both at Century 21 and PSN , we would like to wish everyone of our families a very happy and safe Christmas. I hope you all find a little bit of time to yourselves and can relax and rejuvenate ready for the New Year. We look forward to supporting you all in 2010.

Merry Christmas and a Very Happy New Year

Jenny Newman

Century 21  
Unlimited



**Jenny Newman**  
Citizen of the Year 2009  
For Maroondah

**9259 4300 Century 21 Proudly Supporting Parent Support Network Smart Move.**

**SURFACE  
MAIL**

**POSTAGE  
PAID  
AUSTRALIA**

**If undeliverable return to:**

**PARENT SUPPORT NETWORK – EASTERN REGION INC.  
97 Bedford Road, Ringwood East 3135**

**Print Post Approved  
PP 327687/00081**