



Term 2, 2009

## From the Co-ordinator

### NEWSLETTER

#### Inside this Issue

From the Coordinator	1
ASD Support Group	2
4 Tips 4 Life W'shop	3
Working Carers	4
Parent Dinner Out	5
What's on Box Hill	6
What's on Yarrunga	7
What's on Mooroolbark	8
What's on Mount St	9
Inspire Foundation	10
YMCA Weekend Escape	11
Membership Form	12

Membership for 2009 is voluntary and valid for one calendar year. Payment of fees assist PSN with printing and postage costs of the Newsletter.

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

Hello Everyone,

Welcome to Autumn. I hope everyone had an enjoyable break and is looking forward to a good start to Term 2. Reflecting back on the events over the past 3 months a couple of words spring to mind; busy and fun!

I am hoping to keep the momentum going into the next few months. It might be a bit tricky with the arrival of cold and blustery winter but I am keen to take on the challenge. All our support groups will continue to meet each month with a variety of activities planned from craft projects to pampering sessions. If you have the time and are interested in being a part of any one of the groups, who all warmly welcome new parents, then just turn up on the day. Details for all the groups can be found in the "What's On" pages of the newsletter.

As the parents night out in March at the Mitcham Hotel was so popular another has been organised for June at the Blackburn Hotel. At this rate we could get to know many if not all the pubs in the eastern region. I have also had the opportunity to talk to an amazing person who offers her services as a life coach. Carmel will be providing a 2 hour workshop focussing on getting participants to gain a greater understanding of themselves by identifying their goals and dreams and putting together an action plan to achieve them. Come along and be inspired!

There is also an opportunity to get creative and produce a hand painted work of art that family and friends will hopefully admire for years to come. Once again we will be heading to Wesley Fire and Clay at Lilydale and be instructed by the artists there in how to decorate a mug or cup. It is a fun morning and you get to see some amazing artists at work and have a chance to also purchase finished pieces at the art gallery shop.

As you will see when you read the newsletter I have attempted to provide you with as much information as possible about services, events and programs that I have received that I think might be relevant to many of you. Don't forget, if you are looking for information about a particular service and are not sure where to start, to give me a call and see if I can help you. Even I surprise myself sometimes by my research abilities. Ring me and test my skills.

As usual I am looking forward to hearing from or catching up with many of you over the coming months.

Warm wishes,

Jenny

## Southern Autism Spectrum Family Support Group

**Do you have a child with Autism Spectrum disorder?  
Do you live in the SOUTH EASTERN SUBURBS?  
Come along to a Coffee Morning!**

Parents/ Carers of children with Autism Spectrum disorders are invited to a coffee morning to chat, have a cuppa and share experiences and information with local families.

**Time:** 10 am to 12 noon

**Date:** Second Thursday of the month:

(May 14th, June 11th, August 13th, Sept 10th, Oct 8th, Nov 12th)

**Place:** Mulgrave Neighbourhood House, 36 - 42 Mackie Rd, Mulgrave

For more information contact **Cristina 9795 0328**

Tea and Coffee provided. Please bring a snack to share

*Children welcome. Bring toys/activities for you child*

The National Welfare Rights Network (NWRN) provide free and independent information, advice and representation about Social Security law and its administration. They have produced easy to read Fact Sheets on a range of Social Security and Centrelink benefits including carer payment and allowance. For more information check out their website [www.welfarights.org.au](http://www.welfarights.org.au) or phone 9416 1111 or 1800 094 164 (rural callers only)

### DASSI Respite for Older Carers Program?

Disability Attendant Support Services (DASSI) was established as a community based, not for profit organization to help those with disabilities. Today DASSI assists thousands of Victorians in times of need by allowing carers to have a well earned break. If you are an older carer 60 years and over or an indigenous older carer 50 years and over and your child with a disability qualifies for services under the Victorian Disability Act you can receive up to 24 hours respite per month.

You can decide what type of respite care you want: regular or weekend appointments, full carer support at functions or family events, complex specialist care or in home care.

For more information phone DASSI on 1300 032 774 or look at the website [www.dassi.com.au](http://www.dassi.com.au).



The Parent Support Network presents

## 4 TIPS 4 LIFE Workshop

A free 2 hour workshop presenting the 4 essential tips for life with Carmel Scaringi and Get Intuit Life Coaching

In our greatest attempt to balance a busy family life, manage caring for our children with special needs and often work commitments we can overlook what truly nourishes our life. Carmel is a Life Coach and Spiritual Development Consultant who works with you to create strong foundations and a life you will love to live. Carmel has the ability to guide and inspire you, helping you to realise wide reaching and outstanding results in a fun and passionate way.



**4 Tips 4 Life is an absolute must and there is value here for everyone.**

Let her show you how to:

- Learn how to perceive things to empower yourself even more!
- Change the way you look at things so the things you look at change!
- Focus your attention on what you truly want!
- Learn how to be at the cause of your life!

**Date: Monday, May 11th, 2009**

**Time: 7:30pm—9:30pm (Tea/coffee available from 7:00pm)**

**Venue: Ringwood Church of Christ, 13 Bedford Rd, Ringwood (Melways 49 H8)**

## ***Respite Information and Development in the East***

Respite Information and Development in the East (RIDE) provides information about respite options available for people with a disability, aged between 6 and 64 years living with a primary carer in the eastern region of Melbourne.

For information about respite in your area call RIDE on **1800 886 798** or email [ride@yooralla.com.au](mailto:ride@yooralla.com.au).

You can also check out their website [www.respiteeast.com.au](http://www.respiteeast.com.au)



### **Companion Card Changes**

There have been two recent changes to the Companion Card Program.

- Companion Cards issued or renewed after March 1st, 2009 will now be valid for 10 years. This is to reduce the burden for cardholders of renewing the card and proving eligibility and
- The Companion Card has been redesigned to incorporate two additional security features: a watermark and micro text. To minimize confusion the new card has been designed to resemble as much as possible the previous Companion Card. For more information about the Companion Card Program phone **1800 650 611** or look at the website [www.vic.companioncard.org.au](http://www.vic.companioncard.org.au)

## A SEMINAR FOR PARENTS WITH PAT JEWELL

This seminar will assist parents to become positive family leaders and create nurturing and stimulating environments for children.

Through caring and supportive relationships parents can encourage children to develop skills and confidence to deal with challenging life events.

The workshop will cover the following topics:

- . Attributes of resilient children
- . The art, not science, of parenting
- . The importance of self esteem
- . How to grow into the job of parenting
- . Understanding the mystery of your child's brain

Pat Jewell has worked in the field of parenting and early childhood for more than 20 years. She is the author of 3 parenting publications and her funny and engaging style has made her popular amongst parents.

Where: Karralyka Centre, Mines Rd, Ringwood

When: Wednesday, 6th May

Time: 7:30pm - 9:30pm

Register by phone on 1800 176 453



## Who is a Working Carer?

**A working carer is a person who is in paid employment and who also cares for a relative or friend who is frail, ill, has a disability or is ageing. They may work full time, part time, casually or have their own business.**

**The Working Carers Gateway has been created to help people who are juggling working AND caring roles.**

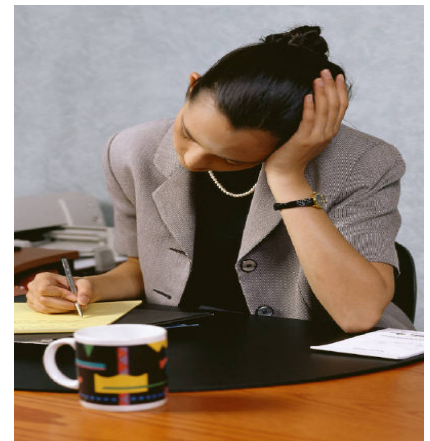
**You can subscribe to the Work 'n' Care newsletter which comes out every month. The newsletter provides stories that embody all aspects of a carers life.**

**Fact Sheets on various topics such as Carers in the Workplace and Future Planning can be downloaded from the website as well.**

**It also gives you practical information that will assist you to understand your rights and how to negotiate a fair and flexible workplace agreement that will make your life as a working carer a little bit easier.**

**Even though this service is NSW based, the range of information and advice it provides is relevant to working carers across Australia.**

**This service is only available via the internet on [www.workingcarers.org.au](http://www.workingcarers.org.au).**



## Wesley Fire and Clay Ceramics Painting Morning



This is a fun and creative morning for all those parents and carers who are interested in learning a new skill. Wesley Fire and Clay is a ceramics manufacturer based in Lilydale who provide employment and training for up to 20 people with a disability. They produce handmade and hand painted ceramic pottery and wall tiles that are highly sort after by collectors, fellow potters and the general public. Come along and learn how to decorate a mug or cup which will be kiln fired to take home as a memento. Morning Tea/Coffee is provided on the day. There will be limited numbers so book in early. Cost will be \$10 each. If a lift is required speak to Jenny at PSN.

**Date:** Tuesday, 12th May, 2019

**Time:** 10:00am to 12:00

**Venue:** Wesley Fire and Clay, Lilydale Industrial Park,  
101 - 103 Beresford Rd, Lilydale

**RSVP:** By 5th May to Jenny on 9259 4312 or email [psn-emr@bigpond.net.au](mailto:psn-emr@bigpond.net.au)

### **HAVE A LAUGH!**

Radio stations routinely pay money to people so that they will tell their most embarrassing stories on the air. Here is the what is believed to be a story of a "lucky" winner of one of these contests.

I was due later that week for an appointment with the gynecologist, when early one morning I received a call from his office saying that I had been rescheduled for early that morning at 9:30 AM. I had just packed everyone off to work and school and it was around 8:45 already. The trip to his office usually took about 35 minutes so I didn't have any time to spare. As most women do, I'm sure, I like to take a little extra effort over hygiene when making such visits, but this time I wasn't going to be able to make the full effort. So I rushed upstairs, threw off my dressing gown, wet the washcloth and gave myself a wash in "that area" in front of the sink, taking extra care to make sure that I was presentable. I threw the washcloth in the clothes basket, donned some clothes, hopped in the car and raced to my appointment. I was in the waiting room only a few minutes when he called me in. Knowing the procedure, as I am sure all women do, I hopped up on the table, looked over at the other side of the room and pretended I was in Hawaii or some other place a million miles away from here. I was a little surprised when he said, "My... we have taken a little extra effort this morning, haven't we?" but I didn't respond. The appointment over, I heaved a sigh of relief and went home. The rest of the day went normal, some shopping, cleaning and the evening meal, etc. At 8:30 that evening my 14 year old daughter was getting ready for a school dance, when she called down from the bathroom, "Mom... where's my washcloth?" I told her to get another from the cabinet. She called back, "No, I need the one that was here by the sink. It had all my glitter and sparkles in it."

### **Parent/Carer Dinner Out**

*Have you been thinking about taking some time off from parenting duties to have an enjoyable meal in the company of other socially minded parents? Here is another opportunity to go out to dinner with your partner and friends and have a relaxing evening out.*

***Date:*** Thursday June 11th

***Venue:*** Blackburn Hotel, 111 Maroondah Hwy, Blackburn

***Time:*** 7:00 pm

***Cost:*** Approx: \$20 –\$25 each (if cost is an issue please let me know)

***RSVP:*** Jenny Salgo by June 4th on 9259 4312 or email

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



# What's On?

## Clota Cottage Parent Support Group Program 2009

DATE	ACTIVITY	VENUE/TIME	CONTACT
Tuesday April 21st	Financial Information for Carers <b>No cost</b>	Clota Cottage 32 Clota Ave, Box Hill 10am to 12noon	Jenny Salgo 9259 4312 0410 427 235
Tuesday May 5th	Jewellery Making with Kaye Shanks 10am to 12 <b>Cost \$5.00</b>	Clota Cottage 32 Clota Ave, Box Hill 10am to 12noon	Jenny Salgo 9259 4312 0410 427 235
Tuesday June 2nd	Massage & Morning Tea <b>Cost \$5.00</b>	Clota Cottage 32 Clota Ave, Box Hill 10:00 to 12 noon	Jenny Salgo 9259 4312 0410 427 235
Tuesday July 21st	Lunch at Fountains Box Hill TAFE <b>Cost \$10.00</b>	Elgar Rd, Box Hill	RSVP to Jenny Salgo 9259 4312 0410 427 235

### CARERS TO BENEFIT FROM GOVERNMENT REFORMS

The Australian Government has introduced legislation into Parliament to implement a fairer assessment process to improve access to financial support through the Carer Payment (child) for carers of children with a severe disability and medical conditions.

It is estimated that up to 19,000 carers will be eligible for Carer Payment (child) from July 1st, 2009.

In 2007, a review into the effectiveness of Carer Payment (child) found that overly restrictive and complex eligibility requirements meant thousands of parents, providing intensive care for their children, were ineligible for the payment.

With the new legislation eligibility for the payment will depend on the level of care required rather than a narrow set of medical and behavioural criteria.

There will be a newer, fairer assessment process based on the level of care required by the child and provided by the carer, rather than a strict, medical definition of profound disability.

Parents who qualify for Carer payment (child) will also automatically qualify for Carer Allowance, removing the requirement for more forms and medical examinations.

The changes will also all allow for a range of health professionals including physiotherapists and registered nurses to provide assessments—not just doctors and specialists.

There will also be support for parents in those times when their child needs intensive care; for example when a child is undergoing treatment for conditions including cancer and trauma. For more information look at the Families, Housing, Community Services and Indigenous Affairs website [www.fahcsia.gov.au](http://www.fahcsia.gov.au)

# What's On?

## Yarrunga Parent Support Group Program 2009

DATE	ACTIVITY	VENUE/TIME	CONTACT
Thursday April 23rd	Having Your Say Advocacy Workshop <b>No cost</b>	Yarrunga Community Centre, Croydon Hills Drive, Croydon Hills 10am to 12pm	Jenny Salgo 9259 4312 0410 427 235
Thursday May 21st	Felt Toy Making with Denise Hovenbitzer <b>Cost \$5.00</b>	Yarrunga Community Centre, Croydon Hills Drive, Croydon Hills 10:00am -12:00pm	Jenny Salgo 9259 4312 0410 427 235
Thursday June 18th	Massage & Morning Tea <b>Cost \$10</b>	Yarrunga Community Centre, Croydon Hills Drive, Croydon Hills 10:00am -12:00pm	Jenny Salgo 9259 4312 0410 427 235
Thursday July 16th	Lunch at Club Warrandyte Bistro <b>Cost \$20</b>	120 Yarra Street Warrandyte	RSVP Jenny Salgo 9259 4312 or 0410 427 235 by July 6th

### EDUCATION TAX REFUND

The Education Tax Refund (ETR) aims to help families, with children undertaking primary or secondary school studies to meet the costs of school education through assistance with certain education expenses.

Under the Government ETR, eligible families will be able to claim:

- a 50% refundable tax offset every year for up to \$750 of eligible expenses for each child in primary school, (that is, a refund of up to \$375 per child, per year)
- a 50% refundable tax offset every year for up to \$1,500 of eligible expenses for each child undertaking secondary school (that is, a refund of up to \$750 per child, per year)

Eligibility criteria includes those families who are entitled to Family Tax Benefit Part A with children attending primary or secondary school and those families who would be eligible for Family Tax Benefit Part A but for the fact that they or they child receives certain payments or allowances such as a Disability Support Pension.

Eligible educational expenses can include laptops and home computers and associated costs, home internet connection, education software and school textbooks.

The refundable tax offset applies to eligible expenses incurred from 1 July, 2008 with families to claim in their 2008/09 tax return. A claim can also be made through the Australian Taxation Office for those families who don't ordinarily lodge a tax return.

For further information about ETR eligibility visit [www.educationtaxrefund.gov.au](http://www.educationtaxrefund.gov.au) or phone the Australian Taxation Office on 13 28 61.

# What's On?

## Mooroolbark Parent Support Group Program 2009

DATE	ACTIVITY	VENUE/TIME	CONTACT
April 22nd	Yarra Ranges Metro Access Worker <b>No Cost</b>	Mooroolbark Community Centre Red Earth Room Brice Avenue 1pm to 3pm	Jenny Salgo 9259 4312 0410 427 235
May 20th	Financial Information for Carers <b>No Cost</b>	Mooroolbark Community Centre Red Earth Room Brice Avenue 1pm to 3pm	Jenny Salgo 9259 4312 0410 427 235
June 17th	Massage & Afternoon Tea <b>Cost \$5.00</b>	Mooroolbark Community Centre Red Earth Room Brice Avenue 1pm to 3pm	Jenny Salgo 9259 4312 0410 427 235
July 15th	Lunch Out <b>Cost \$20.00</b>	Chirnside Park Country Club 68 Kingswood Drive Chirnside Park 12:00 to 2:00pm	<b>RSVP</b> by 8th July Jenny Salgo 9259 4312

### NEW AUTISM WEBSITES LAUNCHED BY FEDERAL GOVERNMENT

The Federal Government as part of their 'Helping Children with Autism Package' have launched two national websites for parents of young children with Autism Spectrum Disorder (ASD)

The **Raising Children with Autism** website is intended to assist and support Australian families and professionals by providing quality parenting information and resources and improving connections between families, professionals and services. The site will deliver Australian specific information that parents can access as their information needs require. The website [www.raisingchildren.net.au/autism](http://www.raisingchildren.net.au/autism) launches 3 main features as part of the first phase:

1. Learning about ASD -information to better understand the condition.
2. Parent Guide to Therapies –detailed descriptions of common therapies and interventions including reference to the evidence, safety and financial consideration; and
3. Interactive ASD Service pathfinder to help parents navigate the relevant service and support systems in each State and Territory.

Online discussion forums will enable parents and professionals to share experiences and tips about raising children with ASD.

The **Early Days Website** provides workshops for Australian parents and other family carers of children aged six years and under in the early days of autism assessment or who are displaying autism like symptoms.

Workshops will be held across Australia and aimed to connect families and carers with each other and help them manage the many pressures involved with bringing up children with ASD. They will offer opportunities for families to create links within their local community and provide relevant, evidence based research and information about ASD that will assist them to access early intervention and other services.

For families interested in the Early Days Workshops see [www.earlydays.net.au](http://www.earlydays.net.au) and find out how you can make a difference to your child's development and your family life.

# What's On?

## Mount Street Parent Support Program 2009

DATE	ACTIVITY	VENUE/TIME	CONTACT
Thursday April 23rd	City of Monash Metro Access Worker <b>No Cost</b>	Mount St Neighbourhood House 6 Mount Street Glen Waverley 10am to 12	Jenny Salgo 9259 4312
Thursday May 28th	Jewellery Making with Kaye <b>Cost \$5.00</b>	Mount St Neighbourhood House 6 Mount Street Glen Waverley 10am to 12	Jenny Salgo 9259 4312
Thursday June 25th	Legal Information For Carers <b>No Cost</b>	Mount St Neighbourhood House 6 Mount Street Glen Waverley 10am to 12	Jenny Salgo 9259 4312
Thursday July 23rd	Lunch at Monash Gallery of Art <b>Cost \$20.00</b>	860 Ferntree Gully Rd Wheelers Hill 12:00 noon	<b>RSVP by July 16</b> Jenny Salgo 9259 4312

### New Individual Support Handbook

The Department of Human Services (DHS) has released an Individual Support Handbook for people with a disability, families and carers. The new handbook contains information, hints and checklists to help people putting together and managing an Individual Support Package (ISP). Individual Support Packages are designed to give you greater control over the supports you receive. As of July 2008, ISP's replace other packages such as HomeFirst, Support and Choice and Community Options/Futures for Young Adults Years 1 -8 funding. For a copy of the Handbook, please contact the Regional DHS office on 1800 783 783 or download a copy online at the DHS website [www.dhs.vic.gov.au/disability](http://www.dhs.vic.gov.au/disability)

### Boroondara Coffee and Chat Group

All interested parents who would like to be a part of a this new group please come along to the inaugural meeting to talk about what direction you would like the group to head. Of course coffee, tea and good conversation will also be on the agenda.

**Where:** Oaks Café at Acorn Nursery , 673 Canterbury Rd, Surrey Hills

**When:** Tuesday, 28th April

**Time:** 10:00am—12:00

**An RSVP would be appreciated to Jenny Salgo on 9259 4312 or email [psn-emr@bigpond.net.au](mailto:psn-emr@bigpond.net.au)**



## Inspire Foundation Project

What's important for young people aged between 12 and 25 who are carers or who live with a disability, learning difficulty or chronic illness?

You can have your say as part of an exciting new project led by the Inspire Foundation who are looking at how information communication technology can be used to provide support to young people from a broad range of backgrounds and experiences.



From March 1st to 30th June 2009 the project will be hosting an online forum via ActNow ([www.actnow.com.au](http://www.actnow.com.au)) to find out from young people what their needs are, what role technology might play in meeting these needs and what ideas they have for new technology based research or projects that might help them lead happier lives.

To be involved go to the ActNow website and sign up as a member. You then need to email [michelle@inspire.org.au](mailto:michelle@inspire.org.au) and let her know your username. Michelle will give you access to the online forum and email you back when this has been granted. For more details please contact **Michelle Blanchard**, the research project manager on **9825 5170**, or mobile **0403 171 989**.

### Livewire Online Community

Livewire is a safe and fun online community for young people (aged over 10 and under 21 years) living with a serious illness, chronic condition or disability, launched by the Starlight Foundation. It combines youth culture, interactive games and a full suite of social networking tools such as chat, blogs and forums with team chats hosts and moderators who have been specifically trained in adolescent health to ensure Livewire remains a supportive and fun place seven days a week. Livewire, an initiative of the Starlight Children's Foundation, is working with the Australian Federal Police to ensure that the website, sign up processes and chat host training is optimized to keep members safe. For more information go to [www.livewire.org.au](http://www.livewire.org.au)



### Broaden Your Horizons

*Broaden Your Horizons is a centralized website that houses resources relating to young people with disabilities who are looking for post school options. This resource is dedicated to provide quality career and tertiary transition information and support services to young people with disabilities. The aim of this site is to create an easy, time-efficient way to source targeted information for young people. It also understands that many young people may have a disability that is "hidden" such as mental health issues, acquired brain injury, autism spectrum disorder or learning disability. The website feels that it is important that access and awareness to all this information is readily available from the initial phases of planning for transition to ensure that the outcomes for young people with disabilities are greatly increased. Check out the website now [www.imvc.com.au/broadenhorizons](http://www.imvc.com.au/broadenhorizons)*

## YMCA Weekend Escapes for Adults with Disabilities

YMCA Weekend Escapes is a residential camping program for adults with a disability. The weekend schedule is full of activities to suit a variety of interests and abilities. Adults aged 18 and over with a physical or intellectual disability that have low to medium support needs are eligible to attend. Transport is available from two pick up points in metropolitan Melbourne. Trained and dedicated volunteers are ready to help participants try activities of their choice. Staff ratios are generally one staff member to six campers. Campers will get to try new activities such as giant swing, low ropes, beach activities and fishing. Each camp has a theme created by volunteers which ranges from disco, masquerade, using the five elements of the earth, racing, spring carnival etc.



Camps scheduled for 2009 are to Phillip Island on April 24th to 26th, Howman's Gap, Falls Creek on September 11th to 14th and Anglesea Recreation Camp, Anglesea on December 4th to 6th.

**For more information about the camps contact the YMCA on 9403 5000 or look at their website on [www.victoria-ymca.org.au/weekendescape](http://www.victoria-ymca.org.au/weekendescape)**

### TIME OUT FOR SPORTS PROGRAM

**Kelly Sports & Eastern Recreation and Leisure Services (ERLS)** have put together a new program aimed at young children aged from 5 to 12 with mild autism. The program will offer a variety of fun and challenging activities delivered by experienced coaches over 9 weeks playing games such as basketball, soccer, cricket and ball skills. It aims to get children with autism 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. Parents will get to meet other like minded parents and have some time out while their child is having fun and learning something constructive.

**Commencing:** Friday 1st May, 2009 and concluding Friday 26th June

**Time:** 4pm - 6pm

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

**For all enquiries contact Kelly Sports on 9384 2204**

### Sports, Sports Sports

**Basketball @ Monbulk** is for people of all ages and abilities where skills are taught through games and activities with a qualified coach in a fun non-threatening environment.

**Where:** Monbulk Basketball Stadium

**When:** Saturday 2nd May, 30th May & 4th July from 12:30-2:30. **Register your interest with Pam on 9754 3961 or email [pam@sherbrookebasketball.asn.au](mailto:pam@sherbrookebasketball.asn.au)**

**Aussie Hoops Basketball @ Kilsyth** is an entry level all abilities program for kids aged 5-10yrs aimed at acquiring and developing new skills and having fun. Begins on Thursday 23rd April, 2009 and runs for 10 weeks with a 45 minute session each week. Start time is 5:30 at the Kilsyth Sports Centre in Liverpool Rd. **To register contact Hayden Smith on 9728 1033. The Football Integration Development Association (FIDA)** provides a regular, competitive fixture of Australian Rules Football for players with an intellectual disability. In 2008 teams from Bulleen/Templestowe, Waverley, Ringwood and Chadstone were a part of the competition. To find out more about FIDA check out their website [www.fida.org.au](http://www.fida.org.au). The Ringwood Spiders Football Club has a team for senior players as well as a Junior Development Squad for players with mild to medium Intellectual disabilities. They also offer an opportunity to be apart of their Cheerleader Squad. **For information contact Clinton Fullgrabe on 0425 818 590 or [g.s.ross@bigpond.com](mailto:g.s.ross@bigpond.com).**

**Montrose Football Club** are offering FIDA Football Clinics starting Sunday 19th April running for 9 weeks from 11am-1pm at the Montrose Primary School Oval in Leith Rd. **Contact Chris Dowling on 9728 4675 or 0409 336 790 or email [go-dees@bigpond.com](mailto:go-dees@bigpond.com) for more information.**

PRIVACY - Your personal details are stored securely and are only used by us for member communications.

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Organisation and Title: \_\_\_\_\_

Postal Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email Address: \_\_\_\_\_

Parent or family - \$10.00

Professional / Organisation - \$25.00

I would like to make a donation in support of Parent Support Network – Eastern Region Inc:

Amount Donated: \$.....

TOTAL ENCLOSED: \$.....

Post to: Chairperson, Parent Support Network – Eastern Region Inc., 97 Bedford Road, Ringwood East, 3135

All Cheques/Money Orders payable to: Parent Support Network – Eastern Region Inc

**PSN would like to  
congratulate our Chairperson  
Jenny Newman on receiving Maroondah's  
2009 "Citizen of the Year" Award.**



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