Strengthening Parent Support Program

Noah's Ark is here for families

Right across the Gippsland Region

The foundation for better outcomes for children and families occurs when parents feel that they are not alone, are empowered and can share valuable experiences. The Strengthening Parent Support Program (SPSP) links families in the Gippsland area to Parent Groups, training sessions, news, information and promotes self-advocacy

Parents and carers who have a child with a disability or developmental delay can meet up with other parents and carers in SPSP. Noah's Ark, in partnership with the Victorian Government provides SPSP for families with children aged 0 -18 years

This program is fully funded and free of charge for family members

Are you interested in receiving email updates & info lists or individual support?

For more information please contact Yvonne 0430 209 641(voice or text)

yvonne.waite@noahsarkinc.org.au

All enquiries are confidential

Gippsland Information List 27th February 2019

SUPPAUT

Parent led group: SuppAUT - Latrobe Autism Support Group

Latrobe Region Parent/Family Support group for those who have kids with Autism Spectrum Disorder (ASD)

SUPPAUT is a parent-run group that aims to support one another as parents /families of a child/children with Autism. The group is open for all, whether your child is a baby, pre-schooler, school aged – specialist school, mainstream school or home-schooled or is an adult – we all need support and can support each other. We share our own experiences, problems, joys, successes and support each other with a listening ear and understanding

It is a very informal gathering, sometimes a guest speaker is invited. All parents/carers/family members are welcome and children/siblings are welcome too

We meet every *LAST THURSDAY* of the month – except during School/Public Holidays ***From*** *10.30am – 12pm*

2019 meeting dates

Feb 28th - Mar 28th (Guest speaker Pam from Amaze talking NDIS) - May 30th - June 27th - July 25th - Aug 29th - Oct 31st – Nov 28th (Christmas Break –up)

At *LATROBE SPECIAL DEVELOPMENTAL SCHOOL*,

Hickox St, Traralgon (Please enter through 1st gate & sign in at the Office)

ALL WELCOME TO COME FOR A CUPPA AND A CHAT!

For more info or enquiries about the group phone Louise Varsaci 0414 540 296 or email varsaci@aussiebb.com.au

Join our group on Facebook – SuppAUT Autism support group for families in Latrobe Valley, Victoria

STEPS

Support for Parents of Children with Special Needs

DO YOU HAVE A CHILD WITH SPECIAL NEEDS?

Contact Bronwyn – 0477 637 163
Or Support Worker Jacque 5154 6636

You are warmly invited for an afternoon tea
The group share ideas, give and receive support and experiences plus Special Guests, Information sessions and Pamper Days!
Where: Maternal and Child Health Orbost 3 Ruskin St Orbost 3888
Time: 12.30 pm
*When: **Thursday 28th February** – Denise Lamble from Gippsland Disability Advocacy to give support and chat about all the changes especially in relation to NDIS*
All Welcome!

Inverloch & District ASD Support Group

Supporting parents and carers of children who have autism

Parent led group: Inverloch & District Autism Spectrum Disorder Support Group

Parents, family, carers and friends of children who have an Autism Spectrum Disorder (autism, Asperger's syndrome, pdd-nos etc) are warmly invited to attend the following meeting of the Inverloch & District ASD Support Group.

Our support group meets on the first Wednesday of the month during school term.

Time: 10.30am-12.30pm

Where: Inverloch Hub – large meeting room that opens out to the playground. 16 A'Beckett Street, Inverloch

Tea & Coffee provided at no cost. All welcome to join us for a cuppa and a chat, while the kids can play in the playground.

We are a parent run group providing support, information sharing and social get-togethers. For more information on services available in our local area, check out the Autism Gippsland website:

Can't make our meetings? Join us on Facebook: Inverloch & District ASD Support Group
https://www.facebook.com/groups/221088864683122/

Meeting Dates for 2019:
Wednesday 6th March
Wednesday 3rd April
Wednesday 1st May
Wednesday 5th June
Wednesday 7th August
Wednesday 4th September
Wednesday 6th November
Wednesday 4th December
Enquiries: Tona 0407 622 949, tonaleo@me.com or Bindi 0400 348 001

Co-ordinator led groups

Yvonne will be holding informal Parent Group meetings soon in the following towns:

Sale – Coffee & Walk starting at Portside Café at The Wedge for a cuppa (please bring money for a cuppa if you wish to purchase one) at **10:30** followed by a gentle walk on **Wednesday 6th March** Bring comfortable shoes

Warragul – Warragul Community House
1st May 10am – 11:30am where we will have a guest speaker from **NDIS**
Come along for a cuppa & chat

Would you like a FREE group in your town? Know a few other parents of kids with disability who would be interested to get together? Contact me & I can assist in bringing together groups of interested parents for informal Parent Groups. What can we have? Walk & Talk groups, craft activity groups, guest speakers, education sessions. Do you have any other ideas? Let me know & I will be happy to make it happen

Call or text Yvonne 0430 209 641 or email yvonne.waite@noahsarkinc.org.au
I work on Monday Tuesday & Wednesday

Parent support: Down syndrome Parent support

Parents of children with Down syndrome aged from birth – 18 years

If you are interested in connecting with another parent contact Cher 0437 700 511

Down Syndrome Victoria
Supporting Victorian families since 1978

MyTime
supporting parents of children with disabilities

noah's ark

My Time has started in Morwell – **Wednesdays from 10am – 12noon**. It will run weekly until the end of Term 1 at Noah's Ark – carparking available off Chestnut Avenue. All welcome – pop in when you can. For enquiries or to register call Noah's Ark on 51 343 284

My Time has started in Wonthaggi - **Mondays 10am – 12noon** It will run weekly until the end of Term 1 (not Labour day 11th March) at Mitchell House Murray Street Wonthaggi. All welcome – pop in when you can. For enquiries or to register call Ashleigh Wilson Noah's Ark Wonthaggi 0439 150 399

For more information about My Time go to www.mytime.net.au

Would you like to join one of our MyTime groups?

What is My Time

MyTime groups provide local support for parents and carers of a young child under 16 years with a disability or chronic medical condition.

MyTime groups are for parents and carers who want to have time out to connect with others and share their experiences. Groups provide unique support from other parents who have "been there" or are "there right now". MyTime gives parents the chance to share ideas with others and find out about available community support in our area. The program has research-based parenting information available at all group meetings. We have a variety of guest speakers who visit our group eg service providers with information on the National Disability Insurance Scheme).

How MyTime works

Each group is supported by workers – a facilitator for the parents and play helpers for the children. The facilitator works with the parent group, helping them get to know each other. The play helpers lead the children and siblings in play activities that are suited to the children's ages and interests. This enables parents to spend time focusing on catching up with others for support to gain information about their child's disability and service access. Our groups meet once a week for two hours.

Eligibility

To be eligible for the group parents/carers must have a child under 16 who is eligible for the Carer Allowance. MyTime groups are free for parents and carers.

How to join MyTime

We have two groups which meet on Fridays at the Uniting Church, 710 Lanes Road Bairnsdale. A 10am – 12pm group and a 12.30-2.30pm group.

If interested, please contact Rose McKenna (MyTime Facilitator) 0427576219.

PlayConnect Playgroup

Is a weekly facilitated playgroup for children aged 0-6 with Autism Spectrum Disorder or ASD - like characteristics and their siblings

Wednesdays, 10.30am – 12.30pm

Uniting Church Bairnsdale 710 Lanes Road Lucknow

Enquiries to Rose: 0409 096598

Come along to connect with other families for information on ASD resources whilst participating with your child/children in activities suited to the needs of children with ASD

Latrobe City Council Supported Playgroups

For bookings or enquiries please email parentingsupport@latrobe.vic.gov.au or call Family Services 51 285 638. Bookings are required to these sessions

Baptcare St Hilary's Aged Care Facility
16 Elgin Street, Morwell
Tuesdays 10.30am – 12.30pm

Elizabeth Wilmot Preschool
23-29 Well Street, Morwell
Fridays 9:30am – 11:30am

Traralgon West
19A Cumberland Street, Traralgon
Mondays 11:45am – 1:45pm

The Association for Children with a Disability is a Statewide organisation providing information, education, support & resources to families of children with developmental delay and disability aged up to 18 years. Contact details are:
www.acd.org.au 1800 654 013 Or text 0484 687 494 Email: mail@acd.org.au or acdsupport@acd.org.au

If you would like to know more about the National Disability Insurance Scheme (NDIS) to to www.ndis.gov.au

NDIS Planning and Implementation in South East Victoria

Provider/Organiser: NDIS
This session has been designed for NDIS Participants & their families/carers to step through: NDIS Planning Conversation; What are some helpful things to think about before an NDIS Planning Conversation and; Once a plan is approve how to bring the plan to life. The session will run for approximately 1 hour with question time at the end

Wed 27th Feb 2019: 6:30pm to 8:30pm, Lakes Entrance
Thu 28th Feb 2019: 10:00am to 12:00pm, Orbost

More info at:
www.ndis.gov.au/news/events?f%5BO%5D=event_category%3A60&f%5B1%5D=event_state_or_territory%3AVIC&section-keyword=

Children and Young People with Disability Australia (CYDA) is the national peak body which represents children and young people (aged 0-25) with disability. CYDA is a not for profit, community organisation.

CYDA receives its core funding under the Commonwealth Department of Social Services national secretariat program. CYDA has also received project funding from the Department of Social Services to provide information, referral and systemic advocacy regarding the experiences of children with disability in relation to the work of the Royal Commission into Institutional Responses to Child Sexual Abuse.

CYDA provides a link between the direct experiences of children and young people with disability and their families to federal government and other key stakeholders.

For more information go to
https://www.cyda.org.au/

Do you have any news you would like others to know of? Let me know & I can include it in the Info List in future. Anything that is of interest to the parents of children with developmental delay or disability is welcome

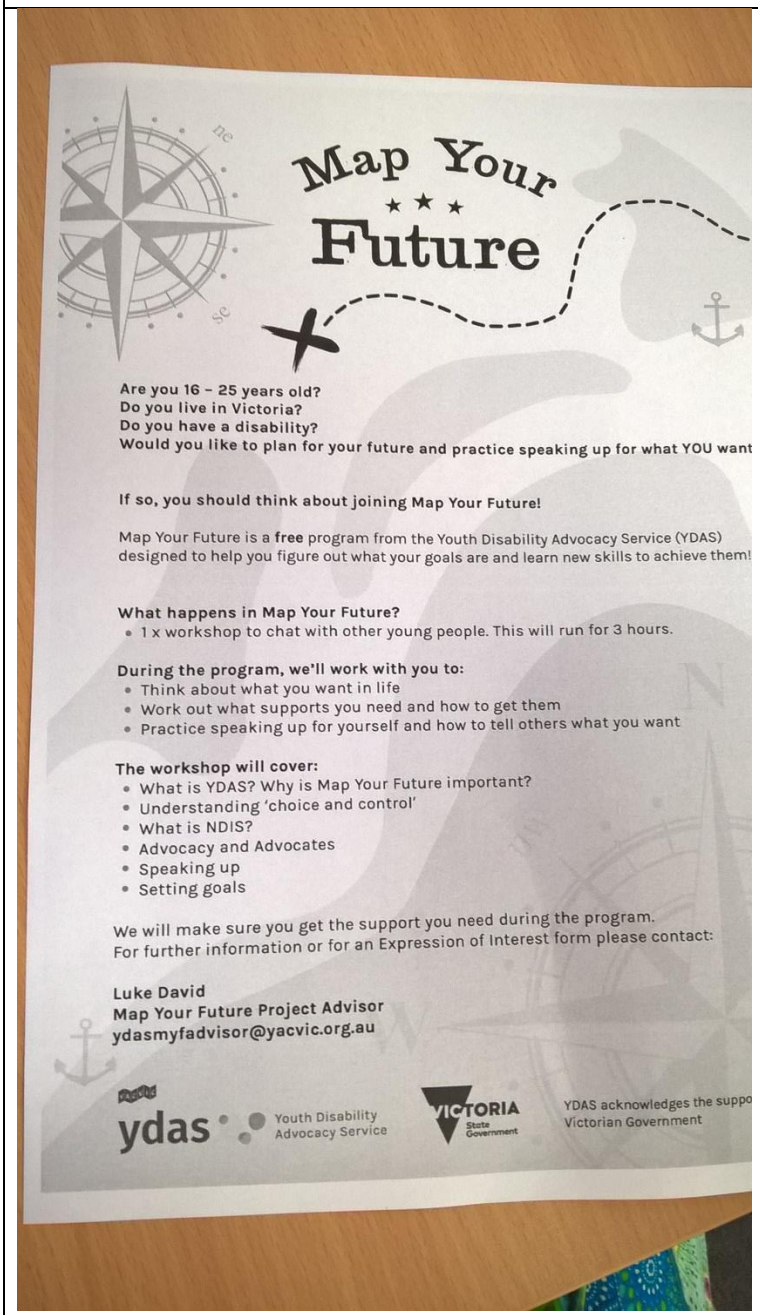
Newsletter Summer 2019
National Disability Coordination Officer Program Region 17

Welcome to the 2019 summer edition of the NDCO Program Newsletter for Region 17. If you would like further information about special projects, networks and professional development opportunities in relation to education & employment for people with disability please contact the NDCO program.

Andrea Evans-McCall NDCO 0418 208 039

andrea.evansmccall@skillsplus.com.au
http://www.ndcovictoria.net.au/region-17

https://www.facebook.com/NDCOregion17



With the Map Your Future program, Luke would be happy to run it in Gippsland if there is enough interest. Contact him with your details ro register

www.basscoasthealth.org.au

BEING AUSOME! PROGRAM

Allied Health Building
Wonthaggi Hospital
235 Graham St, WONTHAGGI

Phillip Island Health Hub
50 - 54 Church St, COWES

Do you care for a child with Autism Spectrum Disorder (ASD)?

NEED SOME ASSISTANCE WITH COPING, COMMUNICATION & SOCIAL SKILLS?

Bass Coast Health is offering short-term, targeted support delivered by a Speech Pathologist and Social Worker for children with a diagnosis of ASD who are:

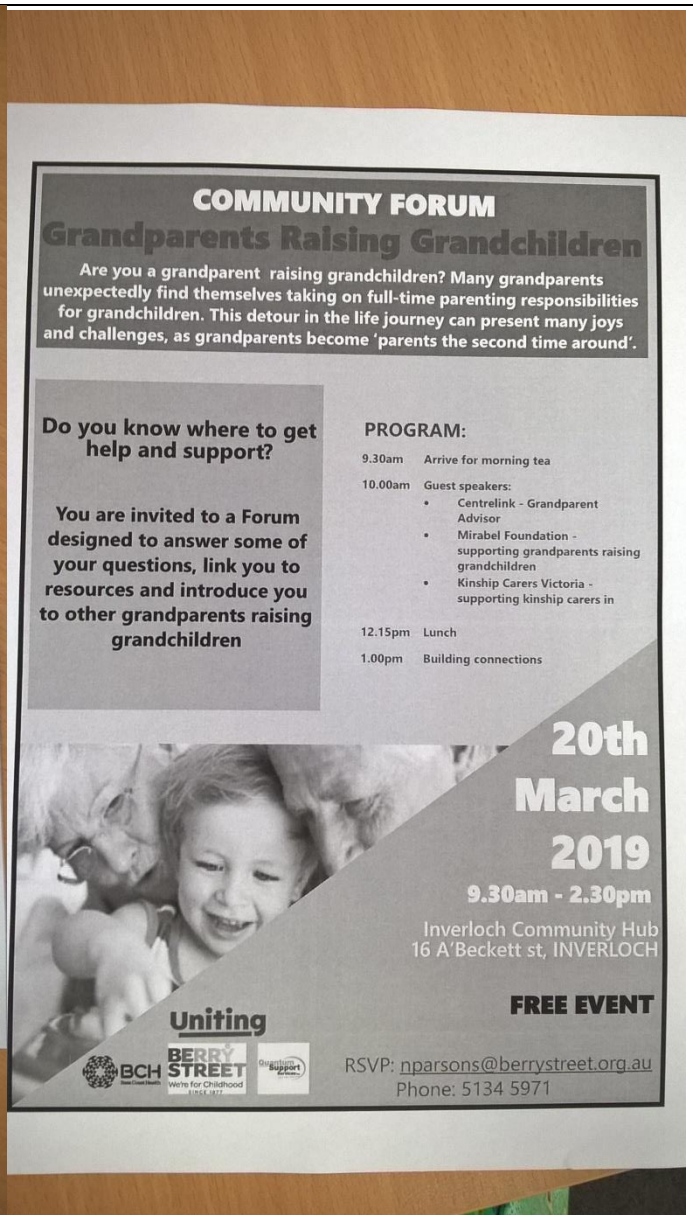
- Aged 8 - 12 years
- Living in the Bass Coast Shire
- Attending mainstream school or home-schooled.

HOW TO MAKE AN APPOINTMENT:

For further information or to make a referral, please call 5951 2100

BCH Bass Coast Health

Delivered from Wonthaggi, Cowes or school settings across Bass Coast



COMMUNITY FORUM

Grandparents Raising Grandchildren

Are you a grandparent raising grandchildren? Many grandparents unexpectedly find themselves taking on full-time parenting responsibilities for grandchildren. This detour in the life journey can present many joys and challenges, as grandparents become 'parents the second time around'.

Do you know where to get help and support?

You are invited to a Forum designed to answer some of your questions, link you to resources and introduce you to other grandparents raising grandchildren

PROGRAM:

9.30am	Arrive for morning tea
10.00am	Guest speakers: • Centrelink - Grandparent Advisor • Mirabel Foundation - supporting grandparents raising grandchildren • Kinship Carers Victoria - supporting kinship carers in
12.15pm	Lunch
1.00pm	Building connections

20th March 2019

9.30am - 2.30pm

Inverloch Community Hub
16 A'Beckett st, INVERLOCH

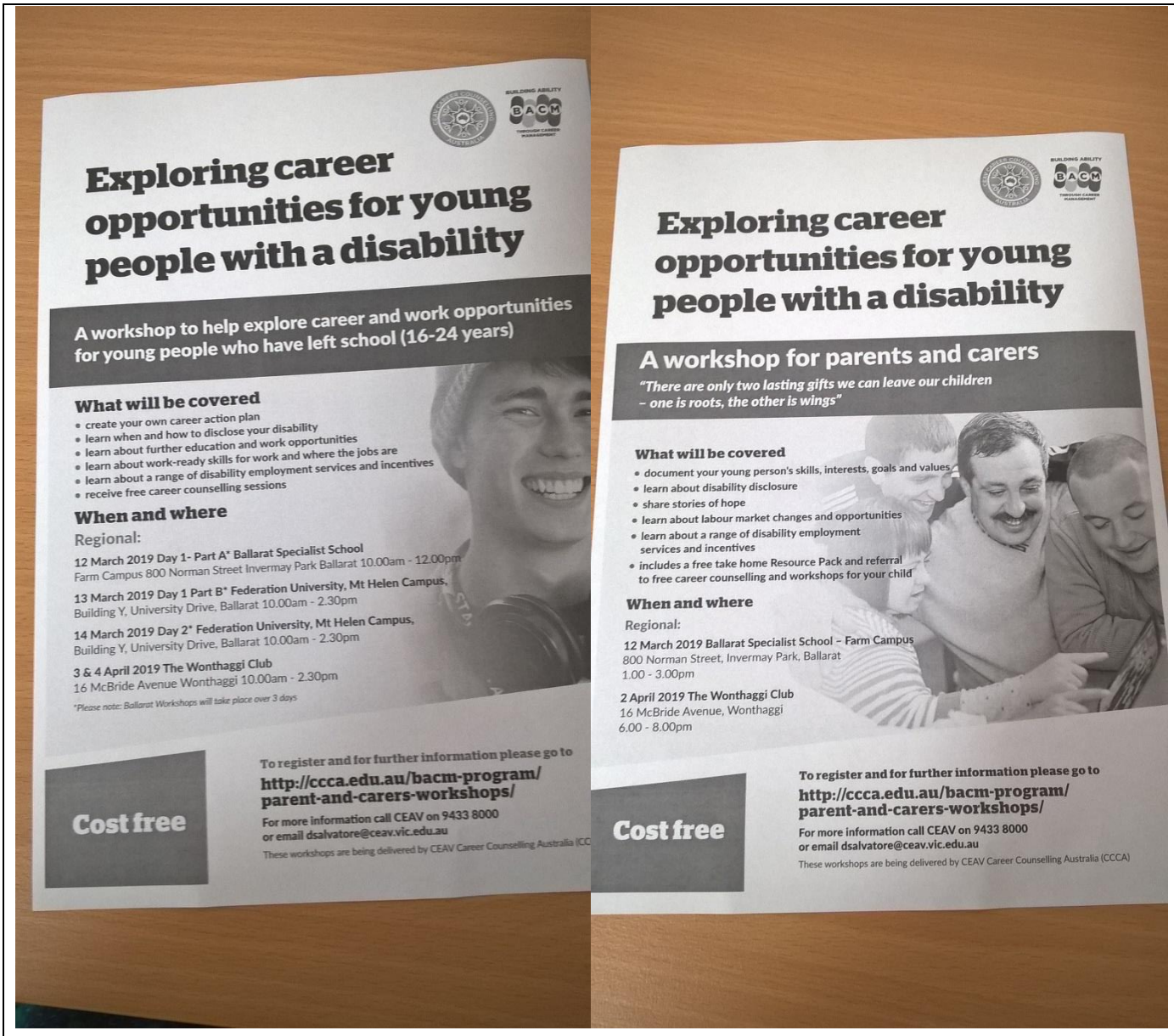
FREE EVENT

Uniting

BCH Bass Coast Health

BERRY STREET We're for Childhood

RSVP: nparsons@berrystreet.org.au
Phone: 5134 5971



Exploring career opportunities for young people with a disability

A workshop to help explore career and work opportunities for young people who have left school (16-24 years)

What will be covered

- create your own career action plan
- learn when and how to disclose your disability
- learn about further education and work opportunities
- learn about work-ready skills for work and where the jobs are
- learn about a range of disability employment services and incentives
- receive free career counselling sessions

When and where

Regional:

12 March 2019 Day 1- Part A* Ballarat Specialist School
Farm Campus 800 Norman Street Invermay Park Ballarat 10.00am - 12.00pm

13 March 2019 Day 1 Part B* Federation University, Mt Helen Campus,
Building Y, University Drive, Ballarat 10.00am - 2.30pm

14 March 2019 Day 2* Federation University, Mt Helen Campus,
Building Y, University Drive, Ballarat 10.00am - 2.30pm

3 & 4 April 2019 The Wonthaggi Club
16 McBride Avenue Wonthaggi 10.00am - 2.30pm

**Please note: Ballarat Workshops will take place over 3 days*

Cost free

To register and for further information please go to
http://ccca.edu.au/bacm-program/parent-and-carers-workshops/

For more information call CEAV on 9433 8000
or email dsalvatore@ceav.vic.edu.au

These workshops are being delivered by CEAV Career Counselling Australia (CC

Exploring career opportunities for young people with a disability

A workshop for parents and carers

"There are only two lasting gifts we can leave our children – one is roots, the other is wings"

What will be covered

- document your young person's skills, interests, goals and values
- learn about disability disclosure
- share stories of hope
- learn about labour market changes and opportunities
- learn about a range of disability employment services and incentives
- includes a free take home Resource Pack and referral to free career counselling and workshops for your child

When and where

Regional:

12 March 2019 Ballarat Specialist School – Farm Campus
800 Norman Street, Invermay Park, Ballarat
1.00 - 3.00pm

2 April 2019 The Wonthaggi Club
16 McBride Avenue, Wonthaggi
6.00 - 8.00pm

Cost free

To register and for further information please go to
http://ccca.edu.au/bacm-program/parent-and-carers-workshops/

For more information call CEAV on 9433 8000
or email dsalvatore@ceav.vic.edu.au

These workshops are being delivered by CEAV Career Counselling Australia (CCCA)

MAKE SOMEONE'S SUMMER!

DISABLED SURFERS ASSOCIATION BASS COAST

with the DISABLED SURFER'S ASSOCIATION of AUSTRALIA

saturday 9th FEB 11-2pm | saturday 23rd MARCH 11-2pm

VOLUNTEERS to arrive at 10am
Pre-register at www.eventbrite.com.au

Join us for a day of all abilities surfing fun at
INVERLOCH SURF BEACH

GET IN TOUCH:
STUART: 0411 476 478 / JODIE: 0428 666 050
EMAIL: infodsabc@gmail.com
see what we do @ www.disabledsurfers.org
FOLLOW US ON FACEBOOK for all event updates and pre-registration @DSAInverloch

VOLUNTEERS NEEDED!
- Could you help us? -
Anyone can VOLUNTEER at a DSA SURFING event. We have both water and land based roles for you to get involved with, to help assist people with a disability to have a safe and fun surfing experience.
Most water activities are done in waist deep water and no surfing experience is required.
Pre-register your spot @ www.eventbrite.com.au by looking up DSAinverloch

MAKE SOMEONE'S SUMMER!

DISABLED SURFERS ASSOCIATION BASS COAST

with the DISABLED SURFER'S ASSOCIATION of AUSTRALIA

saturday 9th FEB 11-2pm | saturday 23rd MARCH 11-2pm

Pre-register on-line today
www.eventbrite.com.au

Join us for a day of all abilities surfing fun at
INVERLOCH SURF BEACH

GET IN TOUCH:
RT: 0411 476 478 / JODIE: 0428 666 050
EMAIL: infodsabc@gmail.com
see what we do @ www.disabledsurfers.org
FOLLOW US ON FACEBOOK for all event updates and pre-registration www.facebook.com/DSAInverloch

SURFERS & CARERS

We love to meet new surfers. Come and join us on the Inverloch Surf Beach.

No surfing experience is necessary and surfing is usually at standing depth only. We provide wetsuits, beach access and surfboards. Our team of volunteers will be on hand to make sure you have a great day surfing!

Pre-register your spot @ www.eventbrite.com.a
by looking up @DSAinverloch
OR arrive at 10am to register on the day!

noah's ark

VICTORIA State Government