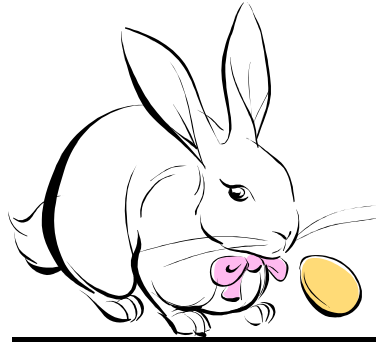




# Families in Partnership Co-Operative Newsletter



Welcome to the Co-operative Newsletter for April 2010.

Welcome to the first newsletter for 2010. This year has once again started moving at a fast pace. I hope everybody has finished eating all their Easter Eggs and took some time over Easter for a break and to take some comfort in what we have achieved and to be thankful for what we have.

The Families in Partnership Co-operative is currently working on a project for an exhibition expo for Disability Equipment to be held at Wests on the 26<sup>th</sup> May 2010 between 10-2pm.

This Expo will be a valuable service to raise awareness of different options of aids and equipment for people who have a disability and their families. We are hoping to provide 15-20 exhibitors highlighting their products and equipment. We will also have information brochures from local services. Please contact me if you would like more information.

The Co-operative works with a number of other agencies in the Macarthur region to distribute information to families and carers who support a person with a disability about up coming community programs and events or announcements and how to access them. Our Web site continues to be an important tool in getting the messages out, as well as the emails we regularly send out to members and the community.

**Kind Regards**

**Julie Howard**

**Administration Officer**

**Email: [coordinator@fip.org.au](mailto:coordinator@fip.org.au)**

**Phone: 4648 1593**

**Disclaimer-** This newsletter is provided for information and awareness purposes only. People should make their own enquires and judgment concerning any information,



service or product contained within. The views expressed on this newsletter are not necessarily those of the FIP Co-operative Board, its staff or its members.

## Co-operative News

The Co-operative is represented at a number of community events, local and regional forums, which provides the opportunity to promote the needs of families, how the Co-operative can benefit both families and the services they use, and to generally raise the awareness within the community of disability issues. A growing number of families are contacting the Co-operative for a range of information, advice and support and though our network of partner services we are able to generally assist them.

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## University of Sydney School of Medicine



Families in Partnership were very happy to receive a large donation of over \$400.00 from the Staff of the University Of Western Sydney School Of Medicine. The Dean ([Prof Alison Jones](#)) was happy to have her photo taken with Julie Howard (Admin Officer) and Carmel Flavell (Board of Management) from Families in Partnership in handing over the donation. Families in Partnership are very happy to maintain the good connections with the University.

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## Membership now Due

Membership of the Co-operative is now open for the year 2009/2010 with a fee of \$5 required to be paid by the end of July. Renewal forms are available from the office or from the website. All existing Co-operative members and citizens can become members by either contacting the office or downloading a membership form off our web.

Membership of the Co-operative is open to all families with a member who has a disability, local service professionals and interested community members. Becoming a member provides you with the benefits of accessing the resources of the Co-operative, participation in its decision making processes and showing your support of the Co-operative's ideals and services.



## **Asperger's Syndrome Support Groups**

Meetings are still held in the second week of each month.

- ★ **Wednesday 10 am – 12 noon at the Coffee Club in Macarthur Square**  
Please come along and join us for a cup of coffee or tea.
  
  - ★ **Thursday 7pm – 9pm at the Harrington Park Community Centre.**  
We will have Tania Hillman – Dietician of Campbelltown/Camden Hospitals as a guest speaker for the month of **May 13<sup>th</sup> Thur.**
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## **Interested in Joining the Board?**

**We need you** – We are still looking for family members, parents and Professionals from our community to come and join the Families in Partnership Board, where we can all work towards positive outcomes for families.

If you are interested and would like to make a difference please contact us for a nomination form.

For more information contact our office on Ph: 4648 1593 or email:

[coordinator@fip.org.au](mailto:coordinator@fip.org.au)

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## **Library Books**

Families in Partnership has over 40 books in our Library dealing with subjects including Autism, Asperger's , ADHD , behaviour issues and many more. The Library books are available to be borrowed by any member of Families in Partnership and are generally available for a 1 month loan. I have recently completed a full audit of all items and found that we still have quite a few items outstanding. It would be appreciated if all outstanding Library books could be returned, please contact the office if you would like me to collect them.

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## **Challenging Behaviours Workshops**

Community Links Wollondilly and Brief Therapy Solutions are once again running their workshops to help family's better cope with children with challenging behaviour. Challenging and disruptive behaviour of children will be the focus of a series of workshops to begin in the New Year.

The Special Needs Family Worker for Community Links Wollondilly, Carmel Flavell, said the workshops will be presented by Dr. Steve Walker over a series of eight consecutive sessions, each session building on the previous. The series of eight sessions have been aimed to assist families experiencing the impact of challenging and disruptive behaviours such as suspensions from school and aggression to family members. During one of these sessions, a visiting paediatrician will discuss current medications occasionally prescribed. These workshops are in great demand so please book early.

For more information please contact Ph: 4683 3371 or ph: 4683 2776

**Study Package for Primary School Young Carers!!!**



The South West Sydney Young Carers Program would like to offer Young Carers a 'limited edition' study package. The package is designed for young carers in **primary school** in the **South West Sydney region**

(Bankstown/Fairfield/Liverpool/Camden/Campbelltown/Wollondilly/Wingecarribee local government areas), who require extra support to help them overcome barriers in their education.

The study package is for **2010 Term Two only**, and chiefly provides tutoring assistance. The package may, however, also involve special programs to assist young carers develop study skills. The extent of assistance is determined on a case-by-case basis according to young carers' needs.

### **Application Process:**

To apply, application forms (attached) must be completed, and submitted to the South West Sydney Young Carers Program with the applicant's latest school report attached. Applications must be submitted by a young carer's school teacher, counsellor, or support worker (eg family support worker, case manager, case worker, etc). Please note: applications cannot be accepted if submitted by a young carers' parent.

All applications must be received by **Friday 23<sup>rd</sup> April**. If successful, applications are required to register with the South West Sydney Young Carers Program (if they have not already)

Please direct any enquiries to Ivy Chen on 9728 0290.

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## **ASTeen Social Club Happenings**

ASTeen is a social club for teenagers with Aspergers Syndrome. For information about coming events or to add your family to the database, please contact

Christine Ayo - mobile: 0413 781 626 Email: [christineayo@optusnet.com.au](mailto:christineayo@optusnet.com.au)

### **Fathers' and Grandfathers' Night on "What is Autism?"**

What? Guest speaker Tom Tutton, Manager, Aspect's Behaviour Support Service, will discuss this topic, and fathers and grandfathers of children with ASD can meet each other.

When? Tuesday 18 May from 6.30pm to 9.15pm. Informal drinks and eats from 6.15pm.

Where? Campbelltown Catholic Club, 20-22 Camden Road, Campbelltown.

RSVP? By 11 May, phone Pauline on 8977 8335

([phunterknight@autismspectrum.org.au](mailto:phunterknight@autismspectrum.org.au)) or Angela on 8977 8348

([astewart@autismspectrum.org.au](mailto:astewart@autismspectrum.org.au)) from 'Someone to Turn to' of Aspect.

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## **Best Buddies!**

NEW PROGRAM IN AUSTRALIA!

**If you have a child over the age of 15, you need to read this!**



Best Buddies is a program that has come to our attention. They want to enhance the lives of people with an intellectual disability.

Volunteer Peer Buddies are paired up with a person who is about the same age, same gender, and lives close by and has a mild to moderate intellectual disability. They focus on the development of a relationship, meeting at least twice a month to do an activity together. This service covers the Sydney area.

It's a twelve month commitment with other contact at least once a week (phone call, email etc). Best Buddies are all about social inclusion and it provides mutual benefits by shifting both parties understanding of disability.

If you are interested, please go to [www.bestbuddies.org.au](http://www.bestbuddies.org.au) to check it out for yourself and get more information.

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## Motor Neurone Disease

A Support group has been established in the Campbelltown area. This is an opportunity to share your own experiences and to learn from each other. If you have MND, or if you know or care for someone with MND, you would be most welcomed.

When: Third Tuesday of each month

Time: 10am - 12 noon

Where: Macarthur Community Options - 16 Warby St, Campbelltown

Contacts: Robyn from MND NSW 8877 0999

Janell at Macarthur Community Options 4620 1402

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## Alexander's Toybox

### Fun stuff for kids with disabilities

A note from Karyn Ingram – the director

Alexander's Toybox Pty Ltd was launched after many frustrating years of trying to find relevant toys for our son Alexander, who has multiple disabilities.

It's been an exciting time searching for lots of fun stuff to get us started. We've spent a lot of time putting together a variety of toys and gifts to suit a wide range of disabilities and ages.

Head to the website to share information, find helpful tips and website links, and read news for the disability sector. Alexander's Toybox could become a valuable resource for anyone involved in the care of a child with a disability and you can also meet Alexander on the website.

For more information please contact [www.alexanderstoybox.com.au](http://www.alexanderstoybox.com.au) or 0430 605 549 or email [enquiries@alexanderstoybox.com.au](mailto:enquiries@alexanderstoybox.com.au)

## Chronic Fatigue Support Group

The Chronic Fatigue Support group meets at a family home in Campbelltown. Please contact Diane for the next meeting date.

Contact: Diane on [troy19@virginbroadband.com.au](mailto:troy19@virginbroadband.com.au) or Phone 02 98247946



Or Phone 46256755 if transport is needed on the day from Campbelltown station

## **Camden Stroke Recovery Club**

Where: Narellan Library - Queen Street, Narellan  
 When: Alternate Thursdays  
 Time: 10am - 12 noon with lunch after if desired  
 Contacts: Malcolm Bourne Phone: 4651 2443  
 David Crooks Phone: 0409 813 189

### **DON'T BE STRUCK DOWN BY A STROKE**

How do you know if someone is having a stroke? Think **F.A.S.T.**

**F**ACE Can the person smile, has mouth or eyes drooped?  
**A**RMS Can the person raise both arms?  
**S**PEECH Is their speech slurred? Do they understand you?  
**T**IME TIME is critical. If you see any of these signs Call 000 immediately

## **Sibworks** – is a **therapeutic support program** aimed at siblings of children with special needs aged **8 to 15 years**.

**Aims:** the program aims to provide an opportunity for kids to have a fun experience; connect with other siblings; better understand their brother or sister's special needs; share their feelings with others who understand; develop coping skills for the future and much more.....

**Sibworks is a 6 week Program** – each week the group will discuss a different theme relating to their relationship with their sibling with special needs (chronic illness, disability and/or mental health issues).

**Time:** Parent Information Session: 3pm 10<sup>th</sup> May,  
 Workshops commence on the 16<sup>th</sup> May at 3.30pm for 6 weeks

**Where:** Tahmoor Community Health Centre, 9 Harper Close, Tahmoor

**RSVP:** Susan Mayer, Community Development Worker,  
 Community Links Wollondilly 4683 2776

**Contact:** Carmel Flavell, Special Needs Worker,  
 Community Links Wollondilly 4647 4550

Marianna Zardo, Sibling Support Coordinator,  
 The Junction Works 4620 4318

