



Families in Partnership Co-Operative Newsletter



Welcome to the Co-operative Newsletter for December 2009.

The year has flown past and Christmas is just around the corner. Hopefully the heatwave is behind us and we can all enjoy a nice summer.

The Co-operative works with a number of other agencies in the Macarthur region to distribute information to families and carers about any up coming programs and announcements and how to access them. Our Web site continues to be an important tool in getting the messages out as are all the emails we regular send out to members and the community.

The newsletter can now be found on our website www.fip.org.au under the News page. If you have access to the Internet and do not need to receive a paper copy of the Newsletter, please let me know and we can both help the environment.

Kind Regards

Julie Howard

Administration Officer

Email: coordinator@fip.org.au

Phone: 4648 1593

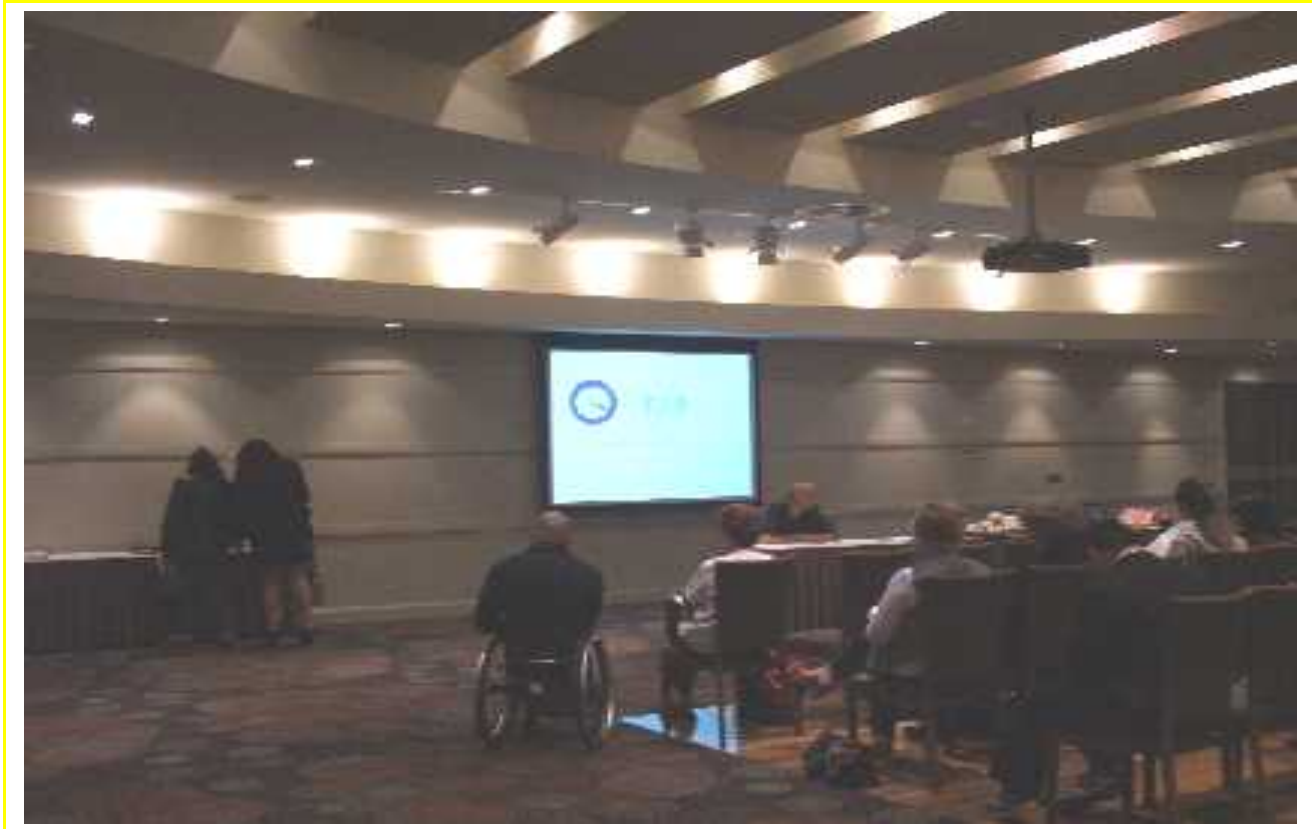
Disclaimer

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.

AGM



September the 23rd was our Annual General Meeting and this year it was an evening meeting held at the Catholic Club. It was good to see a number of members turn up to support us as well as our community partners. Paul Nunnari was able to attend and we would like to thank him for his continued support of our good community work. We would also like to thank our much appreciated guest speakers

- Dr Louella McCarthy the Manager of the Community Engagement School of Medicine, University of Western Sydney informed us about that they are working to create medical profession of the future within the community.
- Cherin Jacobson talked about the benefits of the Aspergers Syndrome Support Group.
- Carmel Flavell gave us an insight into the Lifelong Care workshops being run by Terry Ryan at Macarthur District Temporary Family Care



- Patricia Coombes from Macarthur Early Intervention Service presented our achievements throughout the year with a power point presentation.

I would also like to say a big thankyou to everybody for helping me with my first AGM

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.

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.

Interested in Joining the Board?

We need you - Professionals and parents from the community sector to come and join the Families in Partnership Board and 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



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. I will be doing a full inventory very soon. It would be appreciated if all outstanding Library books could be returned, please contact the office if you would like me to collect them.

Challenging Behaviours Workshops

Community Links Wollondilly and Brief Therapy Solutions are once again running the very much in demand workshops to help families 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.

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

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**
- ★ **Thursday 7pm - 9pm at the Harrington Park Community Centre.**

Carmel Flavell from Wollondilly Community Links will be our guest speaker this Thursday night. Please come along and find out what programs are available to help you and your family

Please contact the FIP office for more information on Ph: 4648 1593 or email: coordinator@fip.org.au

Sensory Room in Camden - 13 Edward St, Camden

Some of you may be aware of the new sensory room that is available in Camden. The sensory room is designed to stimulate all the senses. All items in the room can be of help to all people and could also have social advantages. The room can accommodate a group.



Some of the sensory equipment that is available are a swinging chair, aromatherapy, mirror images, fibre optics and therapy wedges. There are many more things available and the cost is \$5.00 per person, per half hour. To find out more information please call Macarthur Disability Services on 4655 2043.

Through the maze 2008 Edition

The association for Children with a disability NSW has provided the Co-operative with a number of copies of this invaluable resource for families who may have had their child diagnosed with a disability. It has a wealth of information and contacts in a wide range of areas that families face in raising a child, both now and later in life. If you would like a FREE copy from the Cooperative just contact the FIP Administration to www.acdnsw.org.au web site and download it in electronic form.

Autism Spectrum Australia (Aspect) New School at Camden

It is the country's largest not-for-profit autism specific service provider. Aspect builds confidence and capacity in people with an autism spectrum disorder, their families and communities.

Aspect's Comprehensive Educational Approach includes a specialised curriculum for children with an ASD and a focus on skills training underpinned by individual assessment and planning. The innovative approach recognises the important role of environmental supports, structured learning, positive behaviour supports and transition. Key elements of the approach include multi-disciplinary teams (e.g. speech pathologists, occupational therapists and family counsellor/psychologists), family involvement and staff training.

We have also received news that Autism Spectrum Australia will be opening a new school in Camden. The school will start with classes for K-6 and will start with 4 classrooms with 4-6 students per class. This has only just been revealed and looks like the school will open in the New Year at the Mater Dei site.

For more information please contact Aspect on 02 8977 8300 or visit the website on www.aspect.org.au

Lifelong Care Programme

Family Care & Macarthur District Temporary Family Care are working together to provide a series of workshop sessions providing practical guidance for lifelong care; it provides participants with a greater understanding of the challenges of lifelong care, managing a disability and living a balanced family life.



The workshops encourage Parents to objectively assess their circumstances and develop short and long-term caring strategies. Carers and Professionals are more effective if they understand the “big picture” of lifelong care and their corresponding role.

The workshops aim to increase the participant’s understanding, build knowledge and identify lifelong care strategies. Outcomes include the identification and better management of personal and family needs, development of skills and greater understanding through active learning and interaction. Participants are encouraged to develop a lifelong care plan that considers all family members.

Terry Ryan has produced a series of workshops for parents and carers who provide care for a person with a disability. Content involves practical guidance with challenges, family needs and moving forward.

For more information please contact Julie Blazic at Macarthur District Temporary Family Care on Ph (02)9603 7011

The Autism Advisory and Support Service has put together a campaign to raise awareness of Autism in the community. They have called it a Global Autism Awareness Campaign. They want the information to get out into the wider community so that it will help people living with Autism Spectrum disorder within the wider community and their families. The official launch was held on the 1st November and will be celebrated in May with a special event in Adelaide for Autism Awareness Month. They have developed an **Autism Awareness Information Sheet** and they ask that you email them on rasautismawareness@gmail.com to receive a copy you can also check out their website on www.rainbowlandautismservice.blogspot.com

Chronic Fatigue Support Group

Small informal group meetings are held the second Saturday of the month. The next meeting is to be held on Saturday 12 December at 15 Boeing Crescent Raby. All welcome.

Kerrie Cook the support group co-ordinator says that many ring and tell their story of a long mysterious debility. It is very distressing not to have definitive diagnoses. In the past doctors have referred people like us to a psychiatrist. At last more understanding and compassion is shown. Our ‘disease’ is not all in the head. It is a syndrome because so many aspects baffle our practitioners, things like chemical and food allergies, pain, brain fag, a distressing tiredness not alleviated by rest, poor sleep and depression.

All too often, family and friends give up on us not understanding why we are always ‘sick’ and unable to do normal activities like a family bbq or any socialising. So this illness is very debilitating as well as isolating – students can’t continue with their study, sport people have to drop out of



their training. We are not malingerers but often high achievers or busy people.

Here are a few stories of people that the support group are trying to help.

- One of our people was in the army: still young: his career ruined: a program of graduated exercise was too much for him – with no explanation as to what causes this or what can be done, his life is a mess – no job, lost long service, family members give up on him, no future prospects – no wonder depression overwhelms.
- Even a medical student came to us in a similar frantic state and her profession has no answers for us.
- Another lady of 41 is living in her car – house paint, carpet and chemicals are all too much for her. Her allergies do not allow her much freedom to enjoy food. No prospects for her – no hope of marriage or a partner she says – who would put up with someone on their back in pain when something in the environment effects her.

For more information on this support group please contact Kerrie (02) 4625 6755 or Diane (02) 9824 7946 or email on troy19@virginbroadband.com.au.

Rainbow Club

OPEN DAY 12PM Saturday 12th DECEMBER, 2009

HART AQUATICS SWIM SCHOOL, 14 Wallaroo Rd, Buxton

Buxton Rainbow Club is a local brand of Rainbow Club Australia Inc. Our group is a non-profit organisation whose mission is to provide swimming tuition to children with special needs. Rainbow club provides each and every one of its members with a sense of 'belonging' to their own club. Buxton Rainbow club invites you to join us at their Open Day. A sausage sizzle and refreshments will be available. This is a great opportunity to look at the facilities on offer and to meet the staff at Hart Aquatics. The pool will be available for you to enjoy (Parent supervision is required).

For more information please contact Debbie McCabe 0408 633 032 or Allison Cox 0246 810617 or visit the website on

www.rainbowclubaust.com.au

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 or 0430 605 549 or email enquiries@alexanderstoybox.com.au

Autism & Asperger Support Group present Tony Attwood

Professor Tony Attwood is considered to be a world expert on Autism Spectrum Disorders (ASD). In March 2010, over 2 comprehensive days Professor Tony Attwood will speak on a range of topics and offer information and advice on Autism Spectrum Disorders.

Thursday 18th March

- Adolescent issues for Teenagers
- Strategies to Reduce Being Bullied and Teased

Friday 19th March

- Managing Challenging Behaviour in children with ASD
- The origins of Special Interest and Constructive Strategies

Cost per day is \$75.00 for parents and \$150.00 for professionals
For more information please contact www.autismsupport.org.au



MEDIA RELEASE

**PAUL LYNCH MP
MINISTER FOR AGEING
MINISTER FOR DISABILITY SERVICES
MINISTER FOR ABORIGINAL AFFAIRS**

24 November 2009

Volunteers the backbone of Home and Community Care

Minister for Ageing and Disability Services Paul Lynch today praised volunteers for delivering essential support to frail people and people with a disability.

Mr Lynch told Parliament the NSW Government valued the contribution of volunteers in the Home and Community Care (HACC) program.

The HACC program – a joint initiative of the Commonwealth and State government – provides a range of essential services.

“These include Meals on Wheels, domestic assistance, personal care, transport, centre-based respite care as well as home maintenance and modifications,” Mr Lynch said.



“This financial year, \$568.8 million is being invested in services and support to help people with a disability and older people maintain their independence and continue to live in their own home,” he said.

“But we know the enormous task of delivering these services is heavily dependant on a dedicated army of volunteers who donate vast amount of time to help others,” Mr Lynch said.

“No community can effectively function without volunteers – you cannot put a high enough value on the hours they donate in support and services,” he said.

“To more than 45,000 older people, people with a disability and their carers who rely on their services, they are life-savers,” Mr Lynch said.

“For example, Meals on Wheels Services will deliver more than 3.9 million meals in 2009-10,” he said.

Last week Mr Lynch spent time talking to volunteers at HACC centres in Singleton, Gunnedah and Wee Waa.

“Every day volunteers meet the challenges of delivering services, particularly in isolated areas where there are long distances to travel,” Mr Lynch said.

MEDIA CONTACT: Andrew Williams 0408 602 936

