



Families in Partnership Co-Operative Newsletter

Issue 2 July 2009

Welcome to the Co-operative Newsletter for July 2009. **Great News.** The Co-operative has once again been successful in obtaining additional funding through SWSAHS until June 2010 and will be working with the Area Health Service and DADHC in seeking further funding opportunities to enable it to continue its work in the Macarthur communities.

Families in Partnership successfully hosted an intensive six day Advocacy Workshops in June at the Campbelltown Catholic Club. The workshop was held for parents and other family members of a child/ young person or adult who has a disability who need to advocate as part of their caring role. The participants all learnt a lot of new skills and strategies from the course trainer Linda Margrie and were rather pleased when Dr Andrew McDonald MP Team Macarthur was able to join the group for the presentation of certificates of attendance - more on that later.



Workshop participants receive their certificates from Dr Andrew McDonald MP

Dr Andrew McDonald MP
Member for Macquarie Fields



1 July 2009

MEDIA RELEASE

MP praises Advocacy Workshops For Families.

On 30 June, Andrew McDonald attended the presentation of certificates for the “Advocacy Workshops For Families”, run by Families in Partnership. The course was funded by the NSW Government Department of Ageing, Disability and Home care.

This intensive six-day course, facilitated by Linda Margrie, helps to teach families how to best advocate for their loved ones who have disabilities. The course teaches strategies such as how to be an effective advocate, communication skills, and how to deal with difficult situations.

“I know that the families who have done this course will be helped a lot to speak up for their family members. Helping a disabled loved one can be very difficult, as finding where to go for help can be very confusing”.

All attendees received a copy of “*Through the Maze*”, a book providing information and support for parents of children with disabilities in NSW.

Andrew McDonald said that “ The message that the course gives such as having realistic goals, being reasonable, and never giving up, can be used by everybody who wants to help a family member”.

Media Contact: Andrew McDonald 96088991

Lifelong Care Programme

FamilyCare & 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.

Families in Partnership have funded the next series of workshops to be held at Macarthur District Temporary Family Care at the Minto office, date still needs to be confirmed for September 2009. These workshops will be offered to members of F.I.P firstly and will be free of charge. The workshops are limited to a small group of people, so please act quickly

Please contact the office to confirm your attendance Ph 4648 1593

Kind Regards

Julie Howard

Administration Officer

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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.

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 through 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

A.G.M

Families in Partnership would like to invite all current members and committee members to our Annual General Meeting which is to be held at the Campbelltown Catholic Club on the 23rd September. We need the members to come and vote in the new committee to continue the fabulous work of Families in Partnership. If you are interested in becoming a member of the board or would just like to have a say please come along.

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.

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.**

Families in Partnership are having some difficulty with numbers attending the day meeting at the Coffee Club. I seem to get phone calls from concerned parents that they were the only ones to attend the meeting, I cannot always make these meetings, but there are usually 1 or 2 parents that attend regularly. Please make use of the social network that has been set up to help families. FIP are facilitating the meeting on Thursday.

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

Advocacy Workshops

Families in Partnership in conjunction with Linda Margrie Communications recently ran a series of workshops for Advocacy at the Campbelltown Catholic Club. These workshops were attended by grandparents, parents and even self advocates on behalf of themselves. The workshops were held over 6 days and much was learned about the process of Advocating. Christine a mother of a child with Aspergers commented on the value of the Advocacy workshops and all that she was learning, the tactics for arranging meetings and how to get what you need from service providers or schools.

Each participant was given the book **Through the maze** (2008 Edition) and a certificate of completion, which was present by MP Andrew McDonald. A short press release and photo (as attached) are to be shown in the local papers. Keep a look out!

[Sue Larkey presents Dr. Tony Attwood Thursday 12th August in Campbelltown](#)

Aspergers Syndrome - A different way of thinking, learning and managing emotions.

Sue Larkey is a highly qualified special educator who has taught in mainstream and special schools.

Dr Tony Attwood is well known for sharing his extensive knowledge of Aspergers Syndrome. Tony has written many papers and two best selling books on Aspergers Syndrome.

- CONTENT: Tony will describe the unusual profile associated with Asperger Syndrome and explain the Emotional Toolbox and how to improve attention, organizational skills and academic achievement. Tony will also talk about Special Interests and how to make constructive use of these.
- DATE: Thursday 13th August, 2009
- VENUE: The Cube, Convention Entertainment Centre, Campbelltown Catholic Club
- TIME: 9:00 am to 4.00pm Doors open at 8.30am
- Cost: Early Bird \$125.00 before 30th July or \$160 after this date

Families in Partnership have a small number of tickets to give to families who may experience difficulty purchasing a ticket for this conference. Please contact the office to be placed in the barrel for the lucky draw on Monday 27th July.

Teen after School & Vacation Care

Northcott Disability Services Campbelltown Teen after School and Vacation Care Service will provide access to after school care and vacation care for teenagers with disabilities within the Macarthur area. Teenagers accessing the service will have the opportunity to engage in meaningful centre based and community based activities whilst engaging with their peers.

For more information please contact Ph: 4640 8719 Fax: 4625 6389

Email: macarthurcm@northcott.com.au

Playgroups for children with Autism spectrum Disorders

Playgroup is for babies and young children 0-6 & their mums, dads, grandparents & other carers. It is unique in that adults attend with their children. Playgroups meet regularly at community venues in every corner of Australia. Community, parent-run playgroups have been running in Australia for over 30 years.

For more information and other early intervention services, please call Ph: 1800 171 882 (toll free)

Web: www.playgroupaustralia.com.au

Email: info@playgroupaustralia.com.au

Taxi Voucher Project

South West Community Transport aims to assist people who are Transport Disadvantaged access to mainstream transport services. The aim of the project is to provide an alternative form of transport for clients by providing a monthly allocation of taxi vouchers at a **subsidized rate**.

This project is aimed to benefit clients who are identified as one or more of the following:

- Transport disadvantaged
- Aged and frail
- People with a disability

Please ring and ask the Taxi Project Administrator for further information Ph: **4629 6888**

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 on Thursday 30/7/2009 until Thursday 24/7/2009.

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

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.

First developed and published some thirteen years ago this edition has been funded through the Department of Aging Disabilities and Home Care and is a great Handbook for all families and services working in the disability field.

If you would like a FREE copy from the Cooperative just contact the FIP Administration to enable one to be posted out or you can attend at the Harrington Park Office to collect one. Alternatively you can go to www.acdnsw.org.au web site and download it in electronic form.

University Medical Clinics at Camden and Campbelltown Hospitals

University medical clinics have recently opened this year at Camden and Campbelltown Hospital. The University medical Clinics provide treatment for conditions including sleep and respiratory failure, asthma, early/acute arthritis, immunology and allergy, chronic synovitis, podiatry, continence, cardiac rehab, hypertension and diabetes in pregnancy, along with the newly opened obesity clinic which opened early this month. University medical clinics at Camden and Campbelltown Hospital are currently open five days a week and are available by referral from a GP.

For more information please contact Camden Hospital on (02) 4634 3000

Softball - Stanhope Cup

Softball NSW would like to invite people with a disability (all ages) to participate in the Stanhope Cup (please see attached flyer).

The details for program are:

- **DATE:** Every Sunday from 2 August 2009 till 27 September 2009.
- **VENUE:** Blacktown Olympic Park, Eastern Road, Rooty Hill.
- **TIME:** 10am start
- **Cost:** \$70.00 per person (includes Shirt & Hat)

For more information: Please contact Cathy Kerr on 9677 4006 or genmanager@softall.net.au

After School - What then?

Family Advocacy is visiting Campbelltown to run its popular one day workshop, After School-what then?

This workshop explores the post school options available for families of school students with disability in years 9, 10, 11 and 12.

The day is about preparation and planning for when a student with disability, who will need ongoing support, leaves school

The workshop will be held in Campbelltown on Thursday 30 July 2009 between 9.30 am and 2.30 pm.

Please call Karen at Family Advocacy on free call 1800 620 588 (NSW non metro callers), for more information, venue details and to register.

Nano Nagle Camps

The Nagle Centre for Youth is running their free camps for disadvantaged children aged from 6-12 years. All of the camps will be run at the Berry Sport & Recreation Centre.

The upcoming dates are

- 17th -19th July
- 9th - 11th October
- 6th- 8th November
- 27th - 30th November

For more information please contact Jenny Sheppard Ph: 4628 2928 at the Nagle Centre for Youth

University of Wollongong Study

An article by Emma Shaw in the Illawarra Mercury Dated 17th June, 2009

A study at the University of Wollongong has revealed some computer games may improve children's behaviour.

Software developed by researchers from the university's School of Psychology has been shown in a pilot study to be beneficial in altering the behaviour of children with attention deficit hyperactivity disorder (ADHD).

Now researchers are looking for more children, aged between seven and 14, to take part in an extension of the project. It will include children with no attention problems whose abilities may be enhanced by taking part in the games.

Study leader Dr Stuart Johnstone said the games used a reward system to constantly push participants to improve. "They do enjoy it and there's a reward system in place," he said. "They go up levels and accumulate points and work towards a goal.

"There are two games," he said. "One is focusing on controlling impulses, so we'll throw a bunch of images in front of them - for example, fish - and every time they see a picture of a fish they press a button." "Anything that's not a fish, they don't push the button." "It develops their ability to control impulses. Do I press the button? So it's putting a decision-making process in place.

"The second is a memory game - feed the monkey. The user is looking for bananas in boxes."

He said the children would be required to play for about 15 minutes each day for four weeks.

Dr Johnstone, who has been researching the brain activities of children with ADHD for 14 years, hopes the study will help children improve their attention, memory and impulse control skills.

Parents who want to include their child in the project can call Dr Johnstone on 4221 4495
