



Central Coast Disability Network
 Working to develop better opportunities for people with disabilities in our local community.

NETWORK NEWS



Autumn 2011
 Issue 80

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Welcome to the Autumn edition of Network News.

CCDN welcomes all new members who may be receiving our newsletter for the first time. If you would like to contribute an article, or let us know about something that may be of interest to other members please don't hesitate to contact Leonie on 43242355 or info@ccdn.com.au

The FirePod committee is looking for people with a disability who may have difficulty evacuating their home if there is a fire due to their mobility issues.

To put your name down for consideration for the installation of smoke alarms, sprinkler systems, fire extinguishers and emergency lighting in your home contact CCDN. There is no cost for this service, but only a limited number of properties can be done in any one year. CCDN thanks all our volunteers who make our work so much easier by contributing their time to the organisation.

9th – 15th May is National Volunteer Week and we hope you all join us in celebrating the work of volunteers in our community.

Regards,
 Jenny MacKellin
 Executive Officer

CALLING PEOPLE WITH A DISABILITY, FAMILIES AND CARERS

Would you like to have more input into what CCDN does?
 Learn more about our projects?
 Provide ideas for forums/events?
 Give feedback on any area of our organization?

Don't miss this opportunity

Come and join with others, make new friends, and learn more about CCDN by joining the

MEMBERS REFERENCE GROUP

You need to be able to attend a meeting once every 2 months. We can assist you to attend if needed.

You will be provided with light refreshments during the meeting. Meetings will last for no more than 2 hours.

If you are interested contact Leonie on 4324 2355 or info@ccdn.com.au to leave your details.

Those who have already sent their details in will be contacted in the next few weeks.

Do you have an email address? Sometimes we get information that needs to be distributed before the next newsletter.

Due to postage costs we can't always mail this out. If you provide us with your email address we will send this information out to you so you don't miss an opportunity to know about things that may be of interest to you. Other agencies WILL NOT be provided with your email address.

CCDN email:
info@ccdn.com.au

SERVICE/SECTOR NEWS

The Family Referral Service (FRS) is an early intervention service for families in the Central Coast and Hunter Regions.

The role of the FRS is to assist vulnerable children, young people and families who do not meet the statutory threshold of “risk of significant harm” to access specific and appropriate support services in their local area.

The intent is to prevent a difficult situation that a family, young person or

child may be experiencing from escalating to a crisis requiring a statutory response from the child protection system.

Monday to Friday 8am to 6pm

All enquiries: 1300 006 480

Email: familyreferral@bensoc.org.au

4 De Lisle Drive Watanobbi NSW 2259



*Family
referral
service
Early
intervention
for families
on the
Central
Coast
1300 006 480*

CAP Money is a money management course created by Christians Against Poverty. Designed to help you get, and then stay in control of your finances. This course not only assists with **budgeting**, but has an emphasis on showing you how to **save**.

Venue: Coast Christian School Library

37-39 Bundaleer Cres Bensville

Cost: FREE

Time: 7pm – 9pm

When: Thurs 7pm 19th & 26th May & 2nd June.

To book, register as soon as possible with Karen Mather at the church office

Ph: (02) 4368 3500, or book online at

www.capmoney.org as only 15 places available.

*Free money
management
course
Book now!*

(02) 4368 3500

Older Persons' Legal & Education Program

The **Older persons' Legal and education program** is a partnership between Legal Aid NSW and The Aged-Care Rights Service (TARS) to improve older persons' access to legal services through advice, assistance,

advocacy representation and education.

Call the Aged-care Rights Service on: (02) 9281 3600 or 1800 424 079

Fax: (02) 9281 3672

Web: www.tars.com.au

To find your nearest Legal Aid NSW office, or to request a legal

information session for workers of a group of older people, call LawAccess NSW on 1300 888 529

New Falls prevention website!

For the first time in New South Wales, a state directory is now available for local communities, health professionals, exercise leaders and health service staff to access falls prevention information, and to identify falls prevention exercise programs in their local area. The registered exercise programs have been reviewed against specific criteria established by falls experts.

The **NEW** state wise consumer and professional resource for:

- Falls prevention Exercise Programs in your local area
- Staying active and on your feet publication
- Simple and essential Home Bashed Exercises
- Healthy lifestyle tips and checklist
- A home safety Checklist

Falls can be prevented

www.activeandhealthy.nsw.gov.au



**Central
Coast
Rotaract
Club
(18-30 age
group)**

Rotaract Clubs plan and implement humanitarian projects and community initiatives both within Australia and around the world. Club projects are focused on issues that members are passionate about. With Rotaract, you make a positive impact on the lives of people in need, whilst developing your

personal skills and experiences to become the business and professional leaders of tomorrow.

Want to find out more?

**Call Sophie on:
0419 206 408**

The Memory Lane Cafe sensory session will be held in the morning from 10am—12pm. This is an activity that both the person with dementia and their carer can attend. A fun filled morning which will enlighten your senses.

This is a chance for carers to come with their loved one and share a cup of coffee with other people who are in similar situations. There will be information, education and support provided in this time.

When: The first Monday of every month.
(Next sessions: 2nd May)

Where: Blue Haven Community Centre
37 Colorado Drive, Blue Haven

For more information please contact:

Leanne

43342633 ext 122

Vicki

4324 4244 ext 512

**Memory
Lane
Café**



free
GOSFORD
shuttle

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**Monday to Saturday
Every 20 minutes**

The **FREE Gosford Shuttle Bus** runs every 20 minutes, six days a week.

Monday to Friday

Between 8:45am and 2:45pm

Saturday

Between 9:05am and 4:05pm

Sunday

9:05am, 12:05pm, 3:05pm

For more information visit

www.131500.com.au or call 131500

ARTICLES OF INTEREST

This is a series of workshops for parents and carers of children and young people with intellectual disability. Find out how to support your family member's personal development and sexuality in a positive way.

The workshops will include:

- Issues around sexuality and disability
- Tips - talking about sex and answering tricky questions
- Tips - preparing for puberty changes
- Books, DVDs and resources
- Expert panel to answer your questions
- Meeting other parents
- Choice of 3 practical workshops
- Free resources bag

**Workshops
on:**

**Puberty,
Sexuality
&
Relationships**

Register online at
www.fpnsw.org.au/parentsforum

1:00pm to 5:00pm Saturday
14 May 2011



FAMILY PLANNING NSW
www.fpnsw.org.au

The Central Coast Volunteer Expo



Volunteering Central Coast with the assistance of other community organisations, are hosting the Central Coast Volunteer Expo. The aims of the day are to celebrate **National Volunteer Week 2011** as well as highlight to the community, organisations involving volunteers on the Central Coast.

www.volunteeringcentralcoast.org.au

When: Wednesday 11 May 2011
Information Session starts at 10:30am

The expo will run from 10:30 – 2:00pm

**Niagara Park Community Centre
Niagara Park Shopping Centre
Washington Ave,
Niagara Park, NSW 2250**

**For all enquiries and bookings:
Ph: 4329 7122**

The Government has committed funding up to June 2012 for “Helping Children with Autism Spectrum Disorder’ package.

Following diagnosis, families contact an Autism Advisor on 1300 978 611 who will provide information regarding eligibility, available funding and early intervention and other support services. The Department of Health and Ageing (DoHA) has made new Medicare items available for children aged under 13 years (for diagnosis and treatment planning).

Below is a table of the programs which can be assessed by families through medicare.

Name of the program	Who can use the program?	How many times can I use the program?	Who do I need to speak to?	Which private services can I use?
Helping Children with Autism (HCWA)	Under 13 years	4 assessment sessions in total <u>Not</u> every year	Paediatrician Psychiatrist	<ul style="list-style-type: none"> • Speech pathologist • Occupational therapist (OT) • Psychologist
Helping Children With Autism (HCWA)	Under 15 years	20 therapy sessions in total <u>Not</u> every year	Paediatrician Psychiatrist	<ul style="list-style-type: none"> • Speech pathologist • Occupational therapist • Psychologist
Enhanced Primary Care Plan	Any age	5 therapy sessions in total Every year	GP (local doctor)	<ul style="list-style-type: none"> • Speech pathologist • Occupational therapist (OT) • Psychologist • Physiotherapist • Dietician
Better Access to Mental Health Care Plan	Any age	12 individual therapy sessions And 12 group therapy sessions in total Every year	GP (Local doctor)	<ul style="list-style-type: none"> • Occupational therapist (OT) • Psychologist • Social Worker

Help for children with Autism

For more info:

1300 978 611

Better Health Self- management

Upcoming workshops

**Woy Woy –
5th May
Kincumber –
4th August**

**Phone:
4328 7340
4328 7341**

**Workshops are
FREE
and morning or
afternoon tea
provided**

What is a chronic condition?

A chronic condition is one that is long lasting and recurrent. It is defined as a condition which has lasted or is expected to last for at least 6 months. Most chronic conditions are a lifelong condition.

Examples of chronic conditions include respiratory disease, heart disease, stroke, depression, diabetes, arthritis, osteoporosis and many more.

Chronic conditions can cause tiredness, lack of energy, pain, breathing or sleeping problems. Depressions and anxiety are also common and many people worry about the future.

At times it is difficult to cope and to manage to live a normal life when you have a chronic condition.

**Better Health Self-
management** can help.

At the **better health self-management** workshops you will learn about strategies and techniques for managing your symptoms as well as improving your health and quality of life.

Their small group workshops run once a week for six weeks. Each weekly workshop session runs for 2 ½ hours with a break for morning or afternoon tea. During the six weeks leaders will discuss and practice with you strategies that can help you to:

- Set goals and solve problems
- Manage your symptoms
- Communicate with your doctor
- Manage daily tasks more easily
- Deal with difficult emotions, especially those associated with your health
- Manage depression and fatigue
- Improve your fitness and diet





Central Coast Disability Network contact details:

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Fax: (02) 4324 3187

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EAST GOSFORD NSW 2250

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