



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

NETWORK NEWS



Summer 2010
Issue 79

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It's been a very busy year at CCDN with an exciting year ahead of us. I would like to congratulate our newly elected President, Mr. Darren Birt, who has taken up the role after the resignation of Brian Yates. Brian served diligently on the CCDN committee for five years, which included 4 years as President. He will be missed but we will continue to see him in his capacity as General Manager of Job Centre Australia. Darren has been on the committee for a number of years and comes with a business/HR background that will be an asset in his role.

Our other committee members include:
 Terence Barber – Treasurer
 Simon McCay – Secretary
 Brian Bushell
 Jennifer Collins
 Margaret Farmer

Need Respite over the Christmas Break?
Call Commonwealth Carers
Respite on:
1800 052 222

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 6 times in 2011 (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 and we will be in touch soon. Names MUST be in by 30th January 2011.

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

Finally, CCDN wishes you all a very
MERRY CHRISTMAS.

SERVICE/SECTOR NEWS

Ageing, Disability and Home Care & Sport and Recreation

Respite camps for teens aged from 13 – 17 years with an intellectual disability are provided by ADHC and Sport and Recreation.

The camps will be made available to teens who may otherwise have limited access to leisure and recreational activities. Some weekend camps are also available for siblings of

teens with a disability.

Camps are funded by Sport and Recreation and ADHC includes:

- Accommodation, meals for participants
- Carer support
- Qualified instructor led activities.

For more information ask to speak to the respite camps Coordinator/intake officer from Ageing, Disability and Home Care by phoning 1300 205268.

Respite camps for teens aged from 13 – 17 years with an intellectual disability

Phone:

1300 205268

Wyong Shire Council is coordinating free Community Education talks about the plants and animals found in and around Tuggerah Lake.

For further information contact Mrs Suzy Tsaprounis, Estuary Education Officer, Wyong Council – 4350 1625



**Free
Community
Talks**

**Plants,
Animals
around
Tuggerah
Lakes**

***Liberty
Swing
Saltwater
Creek
Reserve***

**Liberty
Saltwater
Reserve**

The key for the Liberty Swing at Saltwater Creek Reserve, Long Jetty is now being held at Long Jetty Civic Video, located on the Cnr Minto and The

**Swing
Creek**

Entrance Roads, Long Jetty (previously held at Shelly's Bar & Restaurant).

Civic Video are open from 10am daily. The keys are available to be borrowed by all members of the

community free of charge from this location.

MLAK keys are available from any locksmith that is a member of the Master Locksmiths Association.

***Oz Sports
Solutions***

Oz Sports solutions provides a variety of sports programmes for children and adults with disabilities.

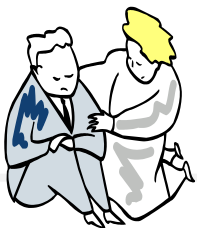
Programmes Include:

- Saturday Disability Sports
- Recreational Sports Activities

- Weekly Sports Sessions
- Morning and Evening Sports Sessions
- Sports Specific
- Variety of age groups from 5+, youth to adulthood

Further Information:

Jaswinder Virdee on 0411 563 601 or email jas@ozsportssolutions.com.au website www.ozsportssolutions.com.au



***Carer
Support
"Top 5
Community
Pack"***

The Carer Support Unit of Central Coast Sector, Northern Sydney Central Coast Area Health Service, are trialing their "Top 5 Community Pack" from December through February 2011.

If you know someone who cares for someone who has communication, thinking, or memory difficulties, and who uses

any in-home support service, or day care service, the Carer Support Unit would greatly appreciate their participation in this pilot study.

TOP 5 is about sharing their expertise and knowledge of the person they care for, with service

providers.

Their Top 5 insights or tips, are recorded and made easily accessible to all support workers.

If you would like to contribute to the "Top 5 Community Pack" please call the Carer Support Unit on 4320 5569

Would you like to have a go at Surfing, try Disabled Surfing.



With the summer coming up the Disabled Surfing Association is holding days for people with disabilities to come and try out surfing.

The days will be held on:
Saturday 12th February 2011 – Toowoon Bay
Saturday 26th March 2011 TBC

Contact: John Sullivan

**for details and to register on:
 0414 471 899**

NEW DISABILITY PARKING PERMIT

The Local Government and Shires Associations of NSW have welcomed the new Australian Disability Parking Permit, saying it will make parking easier for people with a disability and will also help council rangers reduce

fraudulent use of permits. The new permit will replace over 100 types of different parking permits that are currently in use around Australia.

Existing NSW permit holders will be mailed the new permit from

7th October to replace their current permit. New NSW applicants will be able to apply for the parking permit from 20th September 2010.

For more info go to: www.disabilityparking.gov.au

There are a couple of websites that can help you access disability friendly places while on holidays.

Flying Wheelies has been formed to make travelling for the disabled and aged as accessible and stress free as possible.

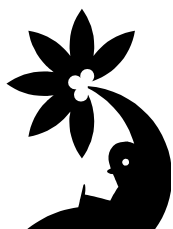
Contact:
 Matthew Hennig on: flying_wheelies@bigpond.com
 or Matthew's website: www.matthewhennig.vpweb.com.au/default.html

RollAwayz is a website that shows you the locality of wheelchair accessible accommodation in hotels,

resorts, motels, backpacker hostels and bed and breakfasts across Australia.

To download a copy go to www.scia.org.au/publications. or www.earth.google.

Planning Holidays?



**FUNDED
COURSES
FOR ADULTS
WITH A
DISABILITY**

Central Coast
Community College is coming to the end of a very successful 1st semester of a 2 year pilot of funded courses for adults with a disability who have an unpaid carer. The courses have been well received and enjoyed by students and staff alike and we are now well into planning courses for January to July 2011. Enrolments are now being taken for the following courses:

Art & Craft

Venues:

- Glenvale School, Nth Entrance Campus, Hutton Road, North Entrance
Saturday afternoon 12.30pm to 4.30pm
- Peninsula Community Centre, Cnr Mcmasters & Ocean Beach Roads, Woy Woy
Saturday afternoon 12.30pm to 4.30pm

Cooking

Venues:

- North Gosford learning Centre, 20 Jarrett Street, North Gosford
Thursday evening 6.00pm – 9.00pm
- Oasis Youth Centre, Cnr Hely Street & Anzac Avenue, Wyong
Monday evenings 5.45pm – 8.45pm

If you would like to attend any of these courses please contact; Jean Ardley or Hazel Gibbons on 4348 4300 or info@cccc.nsw.edu.au



ARTICLES OF INTEREST

Sport and Recreation

Sport and Recreation are holding holiday activities for Special Need children with various disabilities. Please let clients know that when booking in to disability programs they need to specify the disability program to avoid any confusion with other similar mainstream activities.

Activities being offered are: **Family Canoe/Kayaking** (8+years); **Drama Theatre Sports** (5-17 years); **Golf**; **Gymnastics for kids with a disability** (7-17 years); **Disability CARES bicycle safety**; **Surf Life Saving** (5 – 13 years); **Wheelchair Sports Roadshow and Boccia**.

For more information or to make a booking call
13 13 02 or
4362 3184 or
visit www.dsr.nsw.gov.au

*Looking for
something to
do?*

*Disability
School
Holiday
Activities*

Special Olympics Central Coast have a varied amount of sports available for people with a disability

Sport	Venue	When
Aquatics – Squad 1	Gosford Pool (Assessment required)	Tuesdays 4-5pm
Aquatics - Squad 2	Gosford Pool (assessment required)	Tuesdays 4 – 5pm
Aquatics	Gosford Pool	Saturdays @ 12pm
Athletics	Adcock Park, Gosford (to begin possibly February)	Thursdays @ 6.30pm
Basketball	Iagara park Youth Centre	Saturdays @ 11.30am
Boccia	Venues being sought	
Football	Central Coast Youth Club, Niagara Park or Central Coast Leagues Club Park	Saturdays @ 10am
Golf Summer	Gosford Golf Club	Tuesdays @ 3.45pm
Tenpin Bowling	Wyoming	Mondays @ 3.45pm
Tenpin Bowling	Wyoming	Saturdays @ 9.30am
Tenpin Bowling	Bateau Bay	Wednesdays @ 4.00pm
Tenpin Bowling	Bateau Bay	Saturdays @ 9.00am
Tennis 15+	Maidens Brush Tennis Courts, Wyoming	Sundays @ 9am
Snow Camp	To be advised	August
Happy Tappers	East Gosford Hall	Saturday @ 8.30am

***Special
Olympics
Central
Coast***



**For further information Please contact Ms Phillipa Emerson 0402 301 545
Or email: samebackwards@bigpond.com**

Classes for Gymnastics for special needs are being held at Charmhaven and Holgate Gymnastics Centres.

These classes are being held on Saturdays.

For further information please call: 4392 0477 or 4365 5545

The Disability Expo was held on the 3rd December to mark International Day of People with Disability.

This day was held at Mingara Recreation Club at Tumbi Umbi and was a great success.

The Central Coast Disability Network in collaboration with a number of disability service providers, organized and hosted the event.

The Expo was opened by Wyong State Labor MP David Harris. Guests on the day were a performance from

country music star Adam Harvey and Liesl Tesch who is an Australian paralympian champion wheelchair basketballer gave her insights into what it was like being a paraplegic and setting and accomplishing goals.

There also was an excellent performance from the Sunnyfield Dance Group who performed for the first time this year. The dance group was formed by Cortney from the Ritz Dance Company

Over 500 people and 68 stallholders helped to make this day a huge success.

International Day of People with Disability



Looking for someone to fix up your wheelchair?

Met-a-Lite is a company in Brookvale, NSW which has the experience to repair, service, maintain and modify most types of equipment – wheelchairs, commodes, walking frames, electric wheelchairs, scooters etc.

The also have a

comprehensive range of equipment for sale and hire

Met-a-lite carries a large amount of spare parts for most types of rehabilitation equipment, including wheelchairs, electric wheelchairs, scooters and a large range of tyres, tubes, batteries and chargers.

Phone: 99053947



Central Coast Disability Network contact details:

Ph: (02) 4324 2355

Fax: (02) 4324 3187

Email: ccdn@bigpond.com

Web site: www.ccdn.com.au

Postal Address:

PO Box 4309,

EAST GOSFORD NSW 2250

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