



## Jobs

### **Central Coast Disability Network**

CCDN is a not-for-profit organisation with a proud history of supporting people with a disability on the Central Coast. Based in East Gosford, you will enjoy being part of a supportive team and working together to make a difference in the lives of people with a disability.

#### **Community Participation and Education Worker**

##### **Part Time (21hours per week)**

Working closely with service providers, people with disabilities, carers and the community to provide education, learning and participation. The position is responsible for organising community events, building and maintaining a strong network, facilitating learning opportunities and providing accurate information to the community. A knowledge of mental health issues will be highly regarded.

#### **Case Worker – Acquired Brain Injury**

##### **Full Time (35hours per week)**

A minimum of two years case management experience is required for this position to assist people to live independently in the community. It is essential that the applicant can develop and monitor case plans using a person centred approach. Some community education will be required which will involve evening work. Experience working with clients with an Acquired Brain Injury will be highly regarded.

A selection criteria must be addressed. Please contact Leonie on 4324 2355 or email [info@ccdn.com.au](mailto:info@ccdn.com.au) to obtain an information pack.

**Applications close 21 July 2011**

### **Criminal Justice Support Network**

The Criminal Justice Support Network are looking for **volunteers** who are interested in supporting people with an Intellectual Disability or Acquired Brain Injury who become involved with the Police and Courts, either as a person who has been arrested, or they may be a victim or a witness to a crime.

IDRS provide this service 24 hours a day, 7 days a week. Clients and Police are able to call a toll free number – 1300 665 908

Full training provided. For more information Phone Rory Brooks 0429 455 474 or [rory@idrs.org.au](mailto:rory@idrs.org.au)

## Grants

### **NEW - NSW Seniors Week Grants- ADHC**

Grants are available to help communities develop and organise local NSW Seniors Week projects.

Each year in March, more than 900 events take place across metropolitan, regional and rural NSW to celebrate the valuable contribution seniors make to our community.

There are two categories of grant funding for NSW Seniors Week projects:

- Up to \$500
- \$1,000

### Eligible activities

We are seeking activities that promote some of the following objectives of NSW Seniors Week:

- celebrate older people and their continuing contribution to family, friends, workplaces and communities
- provide enjoyable opportunities for getting together, both with older people and across the generations
- demonstrate that seniors can be healthy, active and continue to learn
- promote and celebrate the diversity of older people in our communities
- challenge some of society's stereotypes around ageing and invite us all to consider our relationships with, and attitudes towards older people.

For more information go to website [www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)

## General Updates

### **NEW – GO4FUN**

The Go4Fun Program is an established healthy lifestyle program to improve health, fitness, self esteem and confidence in children above their ideal weight.

The program runs over one school term (10weeks). There are 20 sessions (2 sessions/week, 2hrs/session). All sessions run after school. Sessions include: games, activities and swimming for kids; easy, effective ways to improve children's self esteem and confidence; demonstrations, games and tips on healthy foods, label reading and portion sizes; a fun supermarket tour and a chance to try delicious new foods.

The program is completely free, funded by NSW Health and is located at Gosford Pool; Peninsula Leisure Centre; Mingara and Toukley Aquatic Centre.

The next program runs in Term 3.

For more information please contact: Rebecca Elliott on 4394 7974.

### **NEW - Mental Health Art Works**

The Mental Health – Art Works Exhibition 2011 is on again. Entries close on Monday 15<sup>th</sup> August 2011. This art works is hosted by the Central Coast Mental Health Service as part of mental health month 2011. For an entry pack contact: Jenice, Central Coast mental health Service – 4320 2941 or email [jalliston@nscchahs.health.nsw.gov.au](mailto:jalliston@nscchahs.health.nsw.gov.au)

Exhibition dates:

7<sup>th</sup> – 16<sup>th</sup> October 2011, Studio Gallery, Gosford Regional Gallery & Arts Centre, 36 Webb Street, East Gosford.

### **NEW – My Time**

If you know anyone who has a child of any age with a disability or chronic illness are invited to attend. My Time is on every Wednesday from 930am – 11.30am at the “Jabiru Cottage” in the grounds of Northlakes Public School in San Remo.

For more information please contact Chris Berryman on 4390 9718

### **NEW – Support group for Cancer Patients in Need**

The Cancer Council, working in partnership with Community Care Services Central Coast are establishing a pilot program in the Peninsula area.

The new group on the Peninsula aims to support people living with cancer and their carers who have been missing out on practical home and social help because they don't meet government funding criteria.

Anyone interested in volunteering for the project who live close to the Peninsula area is invited to an information session on 14<sup>th</sup> July between 10am and 11.30am at Woy Woy Library Spike Milligan Room

For more information please phone; 4336 4500

### **NEW Fairhaven Services**

Fairhaven Services offer training in areas listed below for people with a disability. Sessions are conducted by an experienced industry specific trainer.

**Circle of Friends** – maximum group of 6

Subjects covered are: Who is in my life; different types of relationships; appropriate and inappropriate touch; making safe choices.

Minimum block of 2x2 hour sessions - \$600.00

**Sexuality Training** – maximum group of 6 (part1)

Subjects covered are: Self Awareness; private and public places; private and public behavior; setting boundaries

Minimum block of 2 x 2 hour sessions - \$600.00

### **Sexuality Training** (individual training)

Training is tailor to suit participant needs.

Minimum block of 5 x 1 hour sessions - \$400.00

All training is offered at Fairhaven Services Point Clare site, however training can be negotiated at other sites.

All training is offered at the Fairhaven site at Point Clare however, a requirement to carry out training at a particular site can be negotiated. This may be of particular interest to local schools both from the private and public sector for students with a disability in years 11 or 12. For further information please contact Carlene Brzozowski on: 4323 3566 or 4322 2277

### **Central Coast Community College**

Central Coast Community College have ongoing courses for adults with a disability who live in the Gosford or Wyong Shire and who have an unpaid carer. Unpaid carers include people who receive a carers allowance, who work or receive the pension. These courses continue throughout the year, so people wishing to participate can start anytime. The courses are aimed at providing respite and social recreation and are governed by what the participant would like to accomplish in the course.

This is a two year pilot, funded by ADHC, which has only one year left. If anyone knows any person who would be interested in one of the following courses please ring **Central Coast Community College on 4348 4300.**

<b>Art &amp; Craft – Woy Woy –</b>	<b>Saturdays 9:30am to 1:30pm</b>	<b>** New Time**</b>
<b>Music &amp; Drama – Woy Woy –</b>	<b>Saturdays 1:30pm to 5pm</b>	<b>** New Class**</b>
<b>Art &amp; Craft – North Entrance -</b>	<b>Sunday 4 hour class</b>	<b>** Time to be confirmed**</b>
<b>Cooking – North Gosford –</b>	<b>Thursdays 6pm to 9pm</b>	
<b>Cooking – Wyong –</b>	<b>Mondays 5:45pm to 8:45pm</b>	
<b>Dance &amp; Movement – Woy Woy –</b>	<b>Thursdays 6pm to 9pm</b>	

### **Better Start funding**

From 1<sup>st</sup> July 2011 families of eligible children diagnosed with Down Syndrome, Cerebral Palsy, Fragile X syndrome, or a moderate or greater vision or hearing impairment, including deaf blindness, will have access to early intervention funding and new Medicare items under the Australian Government's *Better Start for Children with Disability* initiative.

Eligible children will be able to be registered to access early intervention funding of up to \$12,000 (to a maximum of \$6,000 per financial year). The funding will be able to be used to pay for early intervention services including speech pathology, audiology, occupational therapy, physiotherapy, psychology and orthoptics.

In NSW, Carers NSW will deliver a dedicated Better Start Registration and Information Service, to provide the eligible families and carers with information about eligibility entitlement to supports and services in their local area.

**From 1<sup>st</sup> July 2011, parents and carers will be able to contact Carers NSW to register their child for Better Star funding via Freecall 1800 242 636**

### **Anxiety and Social Skills groups for children**

Holly Egan will be running Anxiety and Social Skills groups for children and adolescents on Thursday afternoons in Term 3. These will be held at Evolve Life Education and Wellness at East Gosford. Bulk billing is available to individuals referred by their GP.

For more info or to make a referral call Holly on 0478 060 370 or email [hepsychology@gmail.com](mailto:hepsychology@gmail.com).

### **National Disability Insurance Scheme**

The NSW Government is proposing a pilot program for the National Disability Insurance Scheme in the Hunter. The Hunter is the most appropriate trial region for the NDIS, due to its population size and mix of rural and metropolitan settings; and the existence of a current single access point for community care. The final report of the Productivity commission's Inquiry into Disability Care and Support will be presented to the Federal Government on the 31 July 2011.

To join the campaign, go to [www.everyaustraliancounts.com.au](http://www.everyaustraliancounts.com.au)

To view the NSW Government's submissions to the Productivity Commission, go to [www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)

### **Mental Health Rights Manual**

The Mental Health Coordinating Council have launched the online **Mental Health Rights Manual: A Consumer Guide to the Legal and Human Rights of People with Mental Illness in NSW (3<sup>rd</sup> Edition) 2011.**

The Manual is a concise and comprehensive online resource enabling anyone with a query about their mental health rights under NSW legislation to navigate the complex terrain of mental health and the law. It will enable them to become acquainted with their rights and obligations, and to find out where they can access support, information and guidance for themselves or those that they wish to assist.

For further information about the manual go to the MHCC website at [www.mhcc.org.au](http://www.mhcc.org.au) and to click on the NSW Mental Health Rights manual button.

### **Woolworths and Big W Fan Heater Recall**

Woolworths and Big W are recalling 2000W Oscillating Fan heater Model No. NFE200 and the Abode 2000W Oscillating Fan Heater Model No. NFE 200. These two heaters have been selling since March 2011. If you know someone who may of bought one of these heaters

please call Woolworths Toll-free Customer Service number: 1800 103 515 or Big W - 1800 251 311.

### **UnitingCare Mental Health**

The following times are when the Uniting Care Mental Health Carer support groups are on:

Location	Frequency	Time	Address
Erina	2 <sup>nd</sup> Tuesday of month	10am – 12noon	Erina Trust Hall Cnr Ilya Ave & Karalta Rd, Erina
Long Jetty	3 <sup>rd</sup> Thursday of the month	10am – 12 noon	CWA Hall, Pacific St, Long Jetty
Gorokan	3 <sup>rd</sup> Tuesday of month	10am – 12noon	Louise House, 126 Dudley St (Cnr Goobarabah Ave), Gorokan

For further information please call 4325 7866

## **Upcoming Events**

### **NEW – NSW Government Person Centred Approaches Consultation Summit**

The NSW Government is committed to implementing key reforms to the disability sector – individualized funding packages which will put people with a disability and their carers at the centre of decision making. In order to do this, the Government is actively seeking the advice of people with a disability about their needs and aspirations for personalised service delivery, including how the system supports them. The important consultation process will start with a two-day summit. This will be followed by a significant program of more than 100 local consultation sessions which will be held throughout NSW over the second half of 2011. The Government will also work with peak bodies such as the Disability Council, NCOSS (NSW Council of Social Services), National Disability Service NSW and consumer organizations to seek their input.

When: 7<sup>th</sup> and 8<sup>th</sup> July 2011  
 Where: Acer Arena, Sydney Olympic Park, Homebush  
 Cost: Free – no cost to attend summit

Objective – To launch the NSW Government person centred consultation process and undertake the first stage of feedback on some of the key issues.

Who should attend:

- If you have a disability
- If someone in your family has a disability
- If you care for someone with a disability
- Or you are a part of the disability service sector.

### **NEW – Gosford City Council**

The Gosford 2025 community Strategic Plan has now been completed and is ready for the Gosford community to utilize. The official launch is on:

When: 20<sup>th</sup> July 2011  
 Where: Laycock Street Theatre

Time: 6pm – 9pm

Bookings are essential as numbers are limited. Light refreshments will be provided, along with child minding, wheelchair access and hearing loop.

Register now by sending an email with your details (name, contact number and any requirements) to [gofsord2025@gosford.nsw.gov.au](mailto:gofsord2025@gosford.nsw.gov.au) or call 4325 8946 between 9am – 5pm weekdays.

If you are unable to attend the launch please go to the above web site for more information on the events, opportunities in relation to the Gosford 2025 Community Strategic Plan.

**NEW - Wyong Shire Council's NAIDOC Week**

NAIDOC Week is a celebration of Aboriginal and Torres Strait Islander cultures and provides an opportunity to recognise the contributions of Indigenous Australians in various fields. Please see below the list of local activities organised.

Saturday 2 <sup>nd</sup> July 7pm	Black blues on the Coast Buddy Knox makes his first appearance on the coast.	\$20 per person Bookings and tickets at Everglades Country Club, 4341 1866
Monday 4 <sup>th</sup> July 10am	Wyong Shire Council Flag Raising	RSVP Ashlee Abbott 4350 5343
Tuesday 5 <sup>th</sup> July 10am	Community Gathering & Health Expo Everyone is welcome to attend this annual event; NAIDOC Week Touch Football, Service Stalls, Kids Activities, Aboriginal Art & Craft Display, Koori Entertainment	Free Gosford Showground BBQ lunch provided from 11.30am – 2pm Phone: 4320 2698
Wednesday 6 <sup>th</sup> July 9am	ACE NAIDOC Family Day Fun for the Entire Family; Netball and Tennis Tournament, rides, entertainment, kids activities, indigenous games	Free Register for Netball and Tennis prior to event BBQ lunch provided 4351 2930
Thursday 7 <sup>th</sup> July 10am  10am	Elders high Tea Elders welcome, limited places available, contact Bungree Eleanor Duncan Flag Raising Flag Riasing Ceremony followed by festivities at the Oasis Youth Centre, entertainment, kids activities	Free Crowne Plaza, Terrigal 4397 7700 Free Alison Road Wyong BBQ lunch provided 4351 1040
Friday 8 <sup>th</sup> July 7am	ACE Family Golf Day	\$20 Adults, \$6 kids

6.30pm	A fun event for the family; Teams of 2 (one adult and one child), 4 person Ambrose, 18 holes, prizes for longest drive/nearest to pins, limited numbers 4 <sup>th</sup> Annual Congress Ball	Wyong Golf club Breakfast and lunch provided Registration prior to event 4351 2930
6.30pm	Great night out with the community; Coat/Tie or Evening Dress is a must, pre function refreshments, entertainment from the Donovan's Mingaletta Night Come along to the dinner; Awards, Entertainment, Ganang Spirit Dancers, Johnny Huckle and Raffels.	\$90 per ticket Mingara Recreation Club 3 course meal, drinks provided 0421 648 448  \$15 per ticket Everglades Country Club, 3 course meal, red and white wine. 4341 1866

### **NEW – Disability School Holiday Activities**

Sport and Recreation have organised school holiday activities for children with a disability.

#### **Gymnastics for kids with a disability (6-17years)**

Gymnastics fun beginners course for kids with intellectual and mild physical disabilities

**When: Thursday 7<sup>th</sup> July 2011**

**Where: Central Coast Gymnastics Academy, Charmhaven, 6 O'Hart Close**

**Cost: \$8.00**

**When: Friday 15<sup>th</sup> July 2011**

**Time: 2.15pm – 3.30pm**

**Where: Gosford Gymnastics , Gooriwa Road, Holgate**

**Cost: \$9**

#### **Trampolining for kids with a disability (6-17) years**

**When: Thursday 14<sup>th</sup> July, 2011**

**Time: 12.30pm – 1.30pm**

**Where: Central Coast Youth Club, Niagara Park**

**Cost: \$5**

#### **Disability CARES bike safety (10-16years)**

This program combines practical bicycle activities and road safety information, designed to develop children's road sense. This modified course is perfect for children with intellectual and some physical disabilities. (A limited number of 3 wheel bikes are available)

**When: Tuesday 5<sup>th</sup> July 2011**

**Time: 2.30pm – 4.30pm**

**Where: Central Coast Youth Club, Niagara Park**

**Cost: \$10**

For more information please call 4362 3184

## Conferences/Training/Expos

### **NEW – Northern Settlement Services Limited**

Northern Settlement Services are holding a Dementia and Cultural Diversity workshop which will include:

- Practical strategies for working with cultural diversity;
- Examples of good practice in dementia care
- Tips to demonstrate how your service meets the Community Care Common Standards
- Networking with community care services

Facilitators will be Carrie Hayter and Marilyn Alt who both have 20 years experience in human services.

**When:** 19<sup>th</sup> July 2011

**Where:** Mingara Recreational Club Tasman Room, Mingara Drive, Tumbi Umbi

**Time:** 1pm – 3.30pm

RSVP by 13<sup>th</sup> July 2011

For further information please contact Keiko Clements by email [keikoc@ccdn.com.au](mailto:keikoc@ccdn.com.au)

### **BrightSky Australia**

BrightSky Australia has supported people with a disability for more than fifty years and have developed a renowned level of clinical expertise in the areas of continence and wound care.

They will be holding two workshops in Sydney.

**Product application for continence; Clinical product features of disposable pads, catheters, sheaths and tips for their application.**

**When:** 14<sup>th</sup> July 2011

**Time:** 9am – 5.30pm

**Where:** Northcott Disability Service, 1 Fennell Street, North Parramatta

**Cost:** \$95 (included lunch)

**Product application for wound care: Wound assessment and choosing appropriate dressings**

**When:** 18<sup>th</sup> August 2011

**Time:** 1pm – 5.30pm

**Where:** Northcott Disability Service, 1 Fennell Street, North Parramatta

**Cost:** \$65

For more information contact 1300 88 6601 or go to the BrightSky website.

### **Communication for Carers**

A 2 day course designed to improve verbal and non verbal communication skills and discusses the impact of mental illness on communication.

Participants will develop active listening skills and empathetic communication skills; identify strategies to safely communicate their feelings; learn tools for appropriate boundary setting; and develop skills to effectively communicate with mental health professionals.

**When: Friday 22<sup>nd</sup> and 29<sup>th</sup> July 2011**

**Where: to be decided**

For further information contact:

Kelly or Kathryn on 4322 1855 or ring Sydney office on 9481 0177

### **Sydney CAREX Conference**

#### **Wound/Skin Care Seminar**

This seminar will provide delegates with contemporary clinical information on wound/skin care as well examining issues surrounding product/equipment selection and management responsibilities/skills for improving wound/skin care outcomes.

**When: Wednesday 10<sup>th</sup> August 2011**

**Where: Rosehill Racecourse**

**Time: 9.30am – 1.00pm**

**Cost: \$132 inc. GST**

#### **Dementia Care Seminar**

This seminar will cover:

- Palliative care service delivery: getting on the same page
- Comfort & pain management: a holistic approach
- Grief & Loss: an issue for all involved in palliative care

**When: Thursday, 11<sup>th</sup> August 2011**

**Where: Rosehill Racecourse**

**Time: 9.30am – 12.30pm**

**Cost: \$143 inc. GST**

For more information please call Wayne Woff – 0422 484 209 or email [office@totalagedservice.com.au](mailto:office@totalagedservice.com.au)

### **Better Health Self Management**

Central Coast Local Health Network is holding courses in “Better Health Self-Management”. If you know someone who is having trouble with chronic health conditions this workshop may help. The workshop teaches strategies and techniques for managing symptoms as well as improving health and quality of life.

The workshops run once a week for six weeks and each weekly workshop session runs for 2½ hours.

**When Thursday 4<sup>th</sup> August**

**Where: Kincumber**

**Cost: FREE (includes morning tea)**

Please phone 4328 7340 or 4328 7341 for more information

### **Central Coast GROW Groups**

**Group:** Woy Woy  
**When:** Monday 7:00pm  
**Venue:** St. Luke's Anglican Church Hall, 151 Blackwall Road Woy Woy (behind Church)  
**Organiser:** Amber **Phone:** 4368 3677

**Group:** Bateau Bay  
**When:** Thursday 10:30am  
**Venue:** Baptist Church, 8 Yakkalla Street Bateau Bay (Back of church)  
**Organiser:** Kevin **Phone:** 0413 060 852

**Group:** Wyong  
**When:** Wednesday 6:30pm  
**Venue:** Mckinnon Community Hall, Bakers Lane WYONG  
**Contact:** Michael Phone: 0424 525 253

**Contact GROW NSW for all group locations:**

**Phone:** 1800 558 268

**Website:** [www.grow.net.au](http://www.grow.net.au)

## **Interagency Matters**

### **Disability Interagency Meeting**

Next Disability Interagency Meetings will be held on:

**10<sup>th</sup> August 2011**

**9<sup>th</sup> November 2011**

**PLEASE NOTE: NEW VENUE:**

***Erina Centre (next to Erina Library)***

***Erina Fair***

***Room Space 3***

***Have you wanted to be informed about anything special?***

***Have you wished the Disability Interagency Meeting covered a certain topic?***

If so please inform CCDN on [info@ccdn.com.au](mailto:info@ccdn.com.au)

### **Central Coast Community Services Interagencies and Forums**

A list of the CC Interagencies and Forums have been compiled to make relevant stakeholders aware of what interagency work is happening on the Central Coast. The document includes

the contact, meeting cycles and venue details. The list is available from Anne Boyle at CCDN. Contact 43242355. CCDN will distribute the document via the interagency contact list.