



Strengthening Parent Support Program

Noah's Ark is here for families

The foundation for better outcomes for children and families occurs when parents feel that they are not alone, are empowered and can share valuable experiences. The Strengthening Parent Support Program (SPSP) links families in the Gippsland area to Parent Groups, training sessions, news & information while promoting self-advocacy

Parents and carers who have a child with a disability or developmental delay can meet up with other parents and carers through SPSP. Noah's Ark, in partnership with the Victorian Government provides SPSP for families with children aged birth - 18 years who live in Gippsland

This program is fully funded and free of charge for family members

For more information please contact Yvonne 0430 209 641 – **text only** (until further notice)
yvonne.waite@noahsarkinc.org.au

All enquiries are confidential

Gippsland

Please note all programs, and Parent Groups listed here are Gippsland specific. SPSP is a Statewide program, providing support and information, so to find your local provider, go to - <https://www.acd.org.au/strengthening-parent-support-program/> where you can download the PDF of all Statewide proviers & contacts

Info List 18.11.2020

We can again run face to face Parent Groups, & there is capacity to have additional Groups. If you are interested, get in touch with me on above contacts. My work days are Mon, Tues & Wed - Y

Both SuppAUT Latrobe ASD support group, & the Inverloch & District ASD support group are parent led groups & both have Facebook groups & ample capacity to provide ongoing support & connection for families during social isolation. If you have not made contact yet, & would like to, I recommend you contact Lou from SuppAUT or Tona from I&D ASD SG

SuppAUT

Latrobe Region Parent/Family Support group for those who have kids with Autism Spectrum Disorder (ASD)

SuppAUT is a parent-run group that aims to support one another as parents /families of a child/children with Autism. The group is open for all, whether your child is a baby, pre-schooler, school aged – specialist school, mainstream school or home-schooled or is an adult – we all need support and

can support each other. We share our own experiences, problems, joys, successes and support each other with a listening ear and understanding.

For more info or enquiries about the group phone Louise Varsaci 0414540296
or email varsaci@aussiebb.com.au

Join our group on [Facebook](#) – SuppAUT Autism support group for families in Latrobe Valley Victoria



Parents, family, carers, and friends of children who have an Autism Spectrum Disorder (autism, Asperger's syndrome, pdd-nos etc) are warmly invited to connect with us
Join us on Facebook: Inverloch & District ASD Support Group
<https://www.facebook.com/groups/221088864683122/>

Enquiries: Tona 0407 622 949 tonaleo@me.com
[Inverloch & District ASD Support Group have been holding on-line Parent Group meetings. Contact Tona for full details](#)

Warragul Parent & Carers Group

Next meeting will be **in December – date to be advised 10.30-12** at the Warragul Community House, Normanby Street. Please bring your drivers licence or identification, & face mask. All welcome – please contact me so I know how many people to expect.

Yvonne – yvonne.waite@noahsarkinc.org.au

Leongatha Korumburra Parent & Carers Group

For enquiries contact Yvonne 0430 209 641 – **text only (no voice calls or messages) until further notice or email** yvonne.waite@noahsarkinc.org.au

Facebook for Gippsland Families

If you care for someone with special / additional needs in Gippsland then this group is hopefully for you! Have you sometimes felt alone and that no one has any clue what you are going through? Do you feel you need someone to talk to that understands with compassion, and will cry with you or rejoice with you over little things? Do you sometimes feel angry or depressed and you just need to vent and tell someone so that you can get through it? Do you need a new perspective or some direction to get things to work for you and your loved one? Maybe you have suggestions for someone who is going through what you may have been through?







Living in the country and finding the supports can be very tough. We hope by bringing a group of amazing people together we can support each other through this journey. Because let's face it, it's hard!!

<https://www.facebook.com/groups/1101169456967380/?ref=share>

What is Carer Gateway?

Carer Gateway provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers.

What services does Carer Gateway provide for carers?

-  **Coaching**
-  **Counselling**
-  **Respite care – emergency and planned**
-  **Connects you with other carers**
-  **Online skills courses**
-  **Financial support**

How do I contact Carer Gateway?

By calling **1800 422 737** Monday to Friday between 8am and 5pm, you can talk to a Carer Gateway service provider who will help you access services and support.

Carer Gateway also offers a national website at carergateway.gov.au where you can find online support and information.



carergateway.gov.au

Connecting carers  to support services



The Disability Gateway has information and services to help people with disability, their family, friends and carers, to find the support they need in Australia

<https://www.disabilitygateway.gov.au/>

LITTLE DREAMERS

Sibling support

Supporting young people who provide care for a family member affected by disability, illness or addiction.

www.littledreamers.org.au 1800 717 515



Association for
Children with a
Disability

While ACD is working remotely, they are still providing support. If you would like to make contact, you can do so by calling 1800 654 013, or 03 9880 7000. You may need to leave a message but if you let them know your contact details and a good time for ACD to call, a Support Advisor will call back. You can also email acdsupport@acd.org.au and request a call back. This is an extremely stressful time for families, and you are welcome to call to talk through your concerns. ACD are also adding updates and information on the ACD website and communicating via Facebook <https://www.facebook.com/acdvic/>. The website is www.acd.org.au and well worth a look

Each week, ACD updates their information about covid-19. For the latest, go to:

<https://www.acd.org.au/covid-19-latest-information/>

And information about Student Support Groups in schools - <https://www.acd.org.au/student-support-group-meetings-and-reasonable-adjustments-during-covid-19/>

There are a number of online workshops available from ACD. To see them all go to:

<https://www.acd.org.au/workshops-and-peer-support/>

and click on the link "See all Workshops"

For example:

NDIS Plan Review is a 90-minute online workshop for parents of children with disability.

Covid-19 has meant a lot of changes to the way families can access services for their children with disability. Your family may be accessing more services and doing things quite differently this year which can affect your child's NDIS plan. If your Plan Review is coming soon it's a good opportunity to talk to the NDIS Planner about the changes your child needs over the next 12 months.

The Association for Children with a Disability (ACD) is running a FREE, online workshop called NDIS Plan Review, starting in November.

It's a fantastic opportunity to tailor your child's plan to their changing needs and goals.

You'll learn about:

- >> Planning for your NDIS Plan Review during Covid-19
- >> Informing the Planner how Covid-19 will change your child's support needs
- >> Types of Plan Review
- >> Gathering supporting evidence
- >> Extending or rolling-over NDIS Plans
- >> Evidencing over and underspend

ACD facilitators have children with disability, so they understand how you're feeling and what to expect in your Plan Review.

Be sure to register ASAP to secure your place.

Bookings are essential.

<https://vic.acd.org.au/events>

Questions?

- For queries relating to this workshop, please email ACD: educate@acd.org.au
- You can also phone ACD's office during business hours on 03 9880 7000 or 1800 654 013 (regional callers)



Like many organisations Gippsland Disability Advocacy staff are working from home. We want to assure you that in these challenging times, we continue to be committed to our mission which is to advocate, promote, and be responsive to the welfare, rights and interests of people with disabilities, and to build a more inclusive community

Our work continues and now more than ever we will be responsive to the needs of people with disabilities in Gippsland

With COVID-19, we know it has impacted people with disabilities in many ways

All advocacy services remain fully funded, independent & free to access. Through these times of change we can be contacted via email on administration@gdai.org.au

Telephone 0428 041 066 or 0428 971 390

Stay safe and look out for yourself and those around you

Gippsland Disability Advocacy is a community-based Disability Advocacy organisation covering the Gippsland region. Our mission is to advocate, promote, and be responsive to the welfare, rights, and interests of people with disabilities, and to build a more inclusive community. Our vision is that through advocacy, people with disabilities are empowered to exercise their rights.

As a result of new ILC funding, an opportunity exists for enthusiastic, self-motivated, and self-disciplined individuals for **two** place-based positions.

Project Coordinator – Information Linkages and Capacity Building.

18 hours a week (0.5 FTE) – Fixed Term period ending October 1st, 2022.

- 1 position located in East Gippsland
- 1 position located in Bass Coast or South Gippsland.

Using a Community Development focus, Individual Capacity Building (ICB) activities build the collective capacity of people with disability by ensuring they have the knowledge, skills, and confidence they need to set and achieve their goals. The activities must be for the primary and direct benefit of people with disability, developed and delivered in collaboration with people with disabilities.

Establishing and supporting Peer-Led Support groups in designated townships is imperative to these roles.

To apply, you must supply a covering letter as well as addressing the Key Selection Criteria and Resume including the name of three (3) professional referees to:

administration@gdai.org.au

For more information on the role contact Adrian Terranova – Executive Officer Gippsland Disability Advocacy on 0428 971 390.

Position Description can be obtained via:

<https://www.gdai.com.au/about-us/employment-2/>

These two positions close at 5.00pm on Wednesday 3rd December 2020.

Do you need support for the Disability Royal Commission?

Do you have a disability? Has someone hurt you physically, treated you badly or taken advantage of you?

Would you like to tell your story to the Disability Royal Commission?



If you answer “yes” to these questions, you might need advocacy support.

It’s free, independent, and confidential.

An advocate can help a person with disability to:

- understand how to tell their story to the Disability Royal Commission
- work out problems or avoid discriminatory issues
- find communication supports such as interpreters
- access supports such as legal or financial services related to the Disability Royal Commission.

In Gippsland, Gippsland Disability Advocacy is providing that advocacy support for people with disability who have experienced violence, abuse, neglect and exploitation, and anyone who is engaging with or affected by the Disability Royal Commission.

For more information about the work of the Disability Royal Commission, including attending public hearings or making a submission call 1800 517 199 or visit <https://disability.royalcommission.gov.au/>

To speak to our advocate about telling your story to the Disability Royal Commission, call Eunice Donovan on 0427 963 558 or email eunicedonovan@gdai.org.au



Interchange Gippsland

- Interchange Gippsland, your local community-based disability support provider is still open in Bairnsdale, Wonthaggi, Wellington and Morwell

- We are providing 1:1 support options and support coordination for our participants and their carers. We specialise in flexible and innovative programs based on your needs and interests. We listen closely to your ideas and suggestions and partner with you to develop a plan to help you achieve your goals
- We are closely monitoring the Government restrictions. We will be adhering to all Government requirements and recommendations
- Check out our website for the latest updates, or contact our office through our central line: 1300 736 765 and our helpful staff will discuss how we can assist you

1300 736 765 www.icg.asn.au www.facebook.com/InterchangeGippsland

If you are interested in learning more about how Interchange Gippsland can assist you, contact their central line Monday – Friday on 1300 736 765 or email admin@icg.asn.au. Further information on Interchange Gippsland programs and career opportunities is available from Interchange Gippsland's website at www.icg.asn.au

VALID

<https://www.valid.org.au/>

VALID is thrilled to announce the launch of its new website! We have created an Events Calendar highlighting all the great VALID programs and training we run. Also, it is much easier to become a VALID member and support all the work that we do. We are always looking for feedback and now you can provide it here



Save the Children

Please find attached and link below to the latest Newsletter

Take a look – these newsletters are stacked full of great articles for parents, & activities for the kids

<https://www.dropbox.com/s/9oh5lrs8gmbk6cs/Newsletter%2027th%20Ed.asd.pdf?dl=0>



PARENTZONE GIPPSLAND TERM 4 PROGRAMS

<p>Storytime: Supported Playgroup Join us online to enjoy songs, stories and fun activities each week.</p> <p>Tuesdays 10:30am – 11:30am</p> <p>Wednesdays 12:30pm – 1:30pm</p> <p>Throughout school term Online via Zoom</p>	<p>Homework Club: to assist your children with their homework or just have some fun reading and playing games.</p> <p>Tuesdays 3:30pm – 5:00pm</p> <p>Throughout school term Online via Zoom</p>	<p>Breaking The Cycle For parents and carers of adolescents who are violent or abusive in the home</p> <p>Thursdays 15th October – 3rd December 10:30am – 12:30pm</p> <p>Online via Zoom</p>
<p>Let's Talk About Parenting</p> <p>Learn strategies, share stories and take some time out for you!</p> <p>Morning: Fridays 16th October – 13th November, 10:30am – 12:30pm</p> <p>Evening: Wednesdays 11th November – 9th September, 5:30pm – 7:30pm</p> <p>Dads Matter: Fridays 20th November – 18th December, 10:30am – 12:30pm</p> <p>Parenting Teens: Wednesdays 28th October – 2nd December, 10:30am – 12:30pm</p> <p>Online via Zoom</p>	<p>Single sessions</p> <p>Understanding Your Child's Behaviour: Wednesday 14th October, 10:30am – 12:30pm</p> <p>Risky Business: Tough Conversations with Teens: Wednesday 21st October, 10:30am – 12:30pm</p> <p>Parenting Preschoolers: Monday 30th November, 10:30am – 12:30pm</p> <p>Parenting Anxious Kids: Monday 7th December, 10:30am – 12:30pm</p> <p>Self-care for Parents: Monday 14th December, 10:30am – 12:30pm</p> <p>Online via Zoom</p>	

For more information or to register please contact –
ParentZone Gippsland on 5135 9555
or email Parentzone.Gippsland@anglicarevic.org.au

PARENTZONE

ParentZone @ Home newsletter is now available. Email: parentzone.gippsland@anglicarevic.org.au to receive this fabulous newsletter. There are activities to share with your kids, along with many resources & links to programs you may be interested in. Well worth a look



If you would like to know more about the National Disability Insurance Scheme (NDIS) go to www.ndis.gov.au NDIS Information Packs are also available



Triple-P parenting program now available online. This evidence-based program is free of cost
www.triplep-parenting.net.au



For on-line training provided by Carers Victoria, go to:

<https://www.carersvictoria.org.au/training-workshops?redirectLink=%2FFree-request-a-workshop>

FREE
ONLINE
EXPO

CONNECTING
carers VIRTUAL EXPO

30 November
to 1 December
2020



Carers Victoria invites you to the free Connecting Carers Virtual Expo

Come along and connect to local service providers and community organisations, listen to engaging speakers, live chat with exhibitors and take part in fun activities.

The expo will be a great opportunity to:

- Hear from expert speakers on relevant topics
- Connect with local service providers and peak bodies
- Find new information to assist you in your caring role
- Listen to panel discussions and download resources
- Enjoy fun activities and events
- Learn new ways to boost your health and wellbeing.



Guest Performer: Christine Anu

We are pleased to announce that renowned Australian vocalist **Christine Anu** will join us to perform for the 2020 Connecting Carers Virtual Expo.

Christine is one of Australia's finest female vocalists. She sings from the soul of Australia with a deep connection to her indigenous heritage. Christine is arguably Australia's most successful female Indigenous performer and one of Australia's most popular recording artists, backed by an award-winning repertoire spanning across music, theatre, dance, film, television and children's entertainment.

Christine will perform on **Monday 30 November** and **Tuesday 1 December** from **7.45pm-8.15pm**.

Expo Schedule

Monday 30 November

Day 1 will focus on Connecting to Systems. You'll gain knowledge about the Carer Gateway, the NDIS, carer benefits, aged care and more.





Tuesday 1 December

Day 2 is all about Connecting to Wellbeing. It'll be a fun day of health and wellness events, fun activities and ways to connect with others including carer support groups.

MyTime
Morwell

TERM PLAN

DATES	GROUP ACTIVITY
7th Oct	Coffee & chat Topic: Toileting
21st Oct	Coffee & Chat Topic : School transition
4th Nov	Coffee & chat Topic: Managing behaviours
18th Nov	Speaker from Carers Victoria : supports you can access as a Carer
2nd Dec	Well being A session for you.

MyTime groups are for parents and carers of a child with a disability, developmental delay or chronic medical condition.
 A **FREE** service where you can socialise and share ideas with others who understand caring for a child with additional needs.
 When we get back to face to face sessions: It's your time to catch up with other parents/carers in a relaxed setting. Play helpers are there to keep your children busy and active. Siblings under 6 are welcome.

What will you get out of my time?

Assistance

Community

Shared Experiences

Friendship

Connections

Come along and see for yourself the benefit of being part of a group like this!
WEDNESDAY 2 pm – 3 pm (Fortnightly)

LOCATION	TERM DATES	CONTACT
Virtual sessions through Zoom	7th Oct 21st Oct 4th Nov 18th Nov 2nd Dec	Tamara Skuja (group facilitator) tamara.skuja@noahsarkinc.org.au 0418 752 760 Or Madison Madisonk@dsv.asn.au

MyTime
Morwell

VALID

<https://www.valid.org.au/>

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VALID member and support all the work that we do. We are always looking for feedback and now you can provide it here



Having a Say Conference 2021

15th – 17th June 2021

Theme: You're My Best Friend

We will not be stopped, even by COVID-19!

So Having a Say Conference is on in 2021 from June 15th to 17th

Theme: You're my best friend

Having a Say will be a mixture of 'in person' (whatever government rules allow) at Deakin Uni Geelong and a new exciting way to join in the conference online. There will be lots of activities, performances, sessions and opportunities to catch up online with old and new friends

Free on-demand streaming access available for the 'RAZZAMATAZZ', 'CIRCUS QUIRKUS' & 'WORLD FESTIVAL OF MAGIC' 2020 Shows

COVID has changed everything for all of us, and particularly so for the vulnerable and "high-risk" children and families, many who can no longer safely attend public spaces. We are unable to do live events, but as the old saying goes, "the show must go on"...

3 wonderful not-for-profit organisations have teamed up to deliver their annual community events but this year with a difference... they will be streaming all 3 shows directly to the audience over the internet. We hope this provides children of all abilities and backgrounds an opportunity to experience world-class entertainment in an inclusive, accessible & safe environment where they feel free to be themselves without restriction or judgement.



Streaming Available from Friday 30th October - Sunday 1st November 2020 - hosted by the Immune Deficiencies Foundation Australia (IDFA)

A family-friendly show full of weird & wonderful gizmos & gadgets, and hilarious shenanigans from some of the most original & inventive minds in the world of visual & prop comedy.



Streaming Available from Friday 20th November - Sunday 22nd November 2020 - hosted by The Rotary Club of Preston

An eclectic & entertaining mix of circus acts brought to you from all over the world. Internationally renowned clowns, jugglers, acrobats & more, deliver hilarious, hugely engaging & sometimes death-defying acts of unbelievable skill.



Streaming Available from Friday 18th December - Sun 20th December 2020 - hosted by the Children's First Foundation

Audiences will be amazed by cutting edge, large scale illusions and intimate close-up magic by world renowned magician, Michael Boyd. Suitable for all ages and fun for the whole family.

This year audience members will be able to watch all 3 shows in their own COVID-safe bubble at home, or if they prefer (and if it's safe) they can gather together to watch it as a group. The show can be watched at any time during the three-day period allocated for each show, and unlimited access means they can also watch it as many times as they like during that time. Or they can even just play their favourite bits over and over again.

All that is needed to enjoy our show this year is an internet connection and a device with a screen such as a PC, laptop, tablet or even a smartphone.

We will provide you with a web address and a password for each show.

How to request free on-demand access for your organisation and clients...

- Simply contact meredithnewman@showintent.com.au or call 0476-589-799 to confirm the total number of clients/groups at your organisation you will be sharing the web address and password with (approximately) – this is to assist with website traffic and streaming quality.
- Once we have received your request, we will provide your organisation with the web address and unique password for the show to forward on.
- Please respect that the shows have been funded through local business sponsorship for children with additional needs, disadvantaged and vulnerable groups ONLY; it is not to be made available for general viewing.
- Individual ticket orders from clients, families, carers, etc. are also welcome. Please ask them to email me directly at the above email address

