

RESOURCE INFORMATION SUPPORT AND EDUCATION CENTRE INC.



AUGUST 2021

RISE NEWSLETTER

Welcome to our August Newsletter!

OPENING HOURS

Tuesdays 9.30 am- 3 pm

Wednesdays 9.30 am- 3 pm



DATES TO REMEMBER

AUGUST

- 4th** - RISE Connecting with your Community Support Group 10 am-12noon - The RISE Centre is open from 9.30 am - 3 pm
- 10th**- RISE Centre/Toy library is open 9.30 am-3 pm
- 11th** - RISE Centre/Toy library is open 9.30am-3pm
- 17th** - RISE Centre/Toy library is open 9.30 am-3 pm
- 18th** - RISE Connecting with your Community Support Group 10 am-12noon - The RISE Centre is open from 9.30 am - 3 pm
- 24th** -RISE Centre/Toy library is open 9.30 am-3 pm
- 25th** -RISE Centre/Toy library is open 9.30 am-3 pm
- 31st** - RISE Centre/Toy library is open 9.30 am-3 pm

The RISE Centre has a fantastic Toy Library with a range of toys, parent resources, literacy and numeracy games and lots more. We can also offer support to families going through diagnosis, help to look for therapists, help you self-advocate for your NDIS plan or your child's needs, and most importantly we offer a friendly ear when you just need someone to talk to!

Connecting with your Community

Do you care for someone with additional needs?
Would you like to connect with other carers? Find support
and share experiences?

Come along to the RISE Community Group! Find support,
share a cuppa and have a chat. Everyone is welcome!

**ON WEDNESDAY 4TH AND 18TH OF AUGUST
10AM-12NOON
AT THE RISE CENTRE
38 PACKHAM ST SHEPPARTON**

Gold coin donation appreciated.

Would you like more information? Contact the RISE Centre on 5822 1230 or
gvsntl@iinet.net.au

You can find us on Facebook - The Resource Information Support and
Education Centre Inc.-RISE Centre



RISE TOY LIBRARY

The RISE Centre has a huge range of toys and books for hire to cater from toddlers through to teens. We have larger toys for hire such as Fisher Price items, Tonka trucks, train tracks, Lego, bikes, balance boards and scooter boards. There is also a large range of educational games to help with literacy and numeracy skills.



The RISE Centre not only has toys for hire but some amazing parent resources as well. These resources include information on Autism, ADHD, Cerebral Palsy, Down Syndrome, Dyslexia and Anxiety, even literature for helping teens through school, personal development and much more!

Annual Membership—\$20
Resource hire \$1 per item
for 4 weeks
A Limit of 4 items per hire

As of October 1st 2021, there will be a price increase. Membership will be \$25 annually and Resource Hire will be \$2 per item.

Please note: Batteries are not supplied, it is the responsibility of the Hirer to supply batteries for items that might require them.



RISE TOY LIBRARY

Toy of the month!

Orchard Toys Games

Orchard Toys are well known for making fantastic, engaging games that help with a child's development. The RISE Centre has an extensive range of Orchard Toys games for hire.

Many therapists use these games during sessions. They promote skills in the following:



Promotes numeracy and literacy learning

Promotes imaginative play

Encourage turn taking

Keeps learning fun

Encourages language and verbal development

Develop fine motor skills

Help children recognise and understand the rules for games

Teaches independence encouraging children to play with siblings or peers

Builds relationships in a fun informal setting

BURNOUT

As carers of someone with additional needs, it is easy to forget about yourself. Burnout is a state of emotional, physical or mental exhaustion caused by prolonged or excessive stress.

Things to look for:

- Exhaustion
- Avoiding previously enjoyed activities.
- Irritability
- Sleep disturbance either by not getting enough or too much sleep.
- Difficulty concentrating
- Cynicism.
- Physiological symptoms such as headache or gut issues.
- Relying on unhelpful coping mechanisms.

signs of **BURNOUT**



exhaustion



isolation



escape fantasies



irritability



frequent illness

helpline

BURNOUT

how to prevent **BURNOUT**

exercise



eat a balanced diet



*practice good
sleep habits*



ask for help



healthline

Strategies to help manage burnout

- Prioritise yourself- often this is easier said than done! But take time to eat well, take a walk in the sunshine, rest for five minutes and practise mindfulness skills.
- Recognise the things you can control. Try not to hold onto the things you can not change.
- Do not expect so much from yourself or others. It is ok to make mistakes!
- Ask for help. recognise when you need extra assistance. Talk to family, friends or your GP.

LOOKING FOR ROOM HIRE?

The RISE Centre has room hire available with kitchenette, fully accessible facilities, conference/meeting area, comfortable lounge-style space, as well as a large secure play area.

Available during the week, weekends, during school holidays or after hours.

Contact Sarah at the RISE Centre office on 58221230
or gvsntl@iinet.net.au



DID YOU KNOW?



We now have fidget mats! Perfect for developing fine motor skills as well as keeping the children busy! Come in and check them out! We also have a great range of low-cost sensory items for purchase including weighted animals, marble mazes and I spy bags.



If you follow the RISE Facebook page, you can keep up to date with the Centre's opening times, upcoming events and support groups, as well as a range of resources and information.

If you have any questions you are most welcome to email the RISE Centre at gvsntl@iinet.net.au

Would you like to volunteer at RISE?

You can volunteer your time in our Office, Toy Library, or even by doing some gardening. Please enquire at the office at 38 Packham Street Shepparton if interested.



At
**The Resource, Information,
 Support &
 Education Centre Inc.— RISE
 Centre**

Resource, Information, Support and Education
 (RISE) Centre Inc.

38 Packham Street, Shepparton
 VIC, 3630
 PO BOX 40, 3632

Phone: (03) 5822 1230
 E-mail: gvsntl@iinet.net.au



We are
 Located at 38
 Packham Street
 Shepparton
behind the
 Patricia Smith
 Kindergarten.