



## 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](tel:0430209641) – **text only** (until further notice)  
[yvonne.waite@noahsarkinc.org.au](mailto:yvonne.waite@noahsarkinc.org.au)

All enquiries are confidential

Gippsland

Info List 29.7.2020

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](mailto:varsaci@aussiebb.com.au)

Join our group on Facebook – SuppAUT Autism support group for families in Latrobe Valley Victoria

# Inverloch & District ASD Support Group

*Supporting parents and carers of children who have autism*

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](mailto:tonaleo@me.com)

[Inverloch & District ASD Support Group have been holding on-line Parent Group meetings. Contact Tona for full details](#)

Both the [Warragul Parent & Carers Group](#), & the [Leongatha Korumburra Parent & Carers Group](#) are led by me

Yvonne 0430 209 641 – **text only (no voice calls or messages) until further notice or email** [yvonne.waite@noahsarkinc.org.au](mailto:yvonne.waite@noahsarkinc.org.au)

## [Warragul Parent & Carers Group invites you!](#)

## [Leongatha Korumburra Parent & Carers Group](#)

We look forward to resuming as soon as we can secure firm details and book appropriate venue to comply with current health department recommendations. Keep watching here for more details, or if you would like to be kept up to date directly, contact me & I will text you once we know for sure – 0430 209 641- text only



Australian Government



Carer Gateway service providers are now delivering a range of support services to Australia's 2.65 million unpaid carers. This Australia-wide network is now providing carers with access to:

- in-person and phone-based counselling
- in-person and online peer support

- targeted financial support packages with a focus on employment
- emergency and planned respite
- online coaching
- Information, advice and practical educational resources to improve carer wellbeing, skills and knowledge

Carer Gateway service providers are also providing assistance navigating local services available to carers through federal, state and local government and non-government providers, including the National Disability Insurance Scheme (NDIS), My Aged Care and palliative care.

These services are free, not only to carers but for anyone looking after a family member or friend with disability, a medical condition, a mental health condition or who is frail due to age.

Carers can access the services by calling Carer Gateway on 1800 422 737 or visiting the Carer Gateway website: [carergateway.gov.au](http://carergateway.gov.au)

The Carer Gateway service providers have a flexible workforce, shopfronts and service outlets to ensure that carers have access to supports and services no matter where they live. Although some of the in-person services have been affected by COVID-19, there is still a range of online supports available.

The new service delivery model is part of the Australian Government's \$700 million reform to carer services, which is the biggest reform to carer supports in more than a decade



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](mailto: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](http://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/>

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. Some of the work we have undertaken in these times includes:

- Group Homes and the requirement to undertake a COVID-19 test in-order to return after staying with family (despite having no symptoms),
  - Group Homes and the “Stay at Home” message,
  - The medical issues people with disabilities encountered by not engaging ,
- The stockpiling in our supermarkets and how it negatively impacts people with disabilities,
  - Priority Assistance for people with disabilities (via Woolworths & Coles).
  - Home schooling for children with disabilities and the challenges that arose.
  - The stimulus package which did not include increases to the DSP Pension.
  - Connections to community as a result of COVID-19.
- Seeking greater flexibility from NDIS regarding plans to ensure it adapts in these changing times.
  - The NDIS and where confusion arises with plans and seeking greater flexibility.
  - Connections with local community organisations to assist with food relief.
  - Social distancing, working with community to break down barriers.
  - Residential Tenancy issues due to COVID-19.
- Community Gardens at Public Housing Estates in Gippsland (run by people with disabilities) which have been closed off due to COVID-19 with no consultation.

Gippsland Disability Advocacy were recently advised that we were successful with a submission via Bass Coast Council Business and Community Resilience Grants Program – COVID-19.

The concept was the brainchild of our Bass Coast Disability Advocate Kristin Nuske and one we are all really excited about.

“Remote Connections - The Living Experiences of COVID-19 and Disability” project will engage Bass Coast company Drift Media to undertake vignettes – “digital stories”. It will have specific emphasis on the experiences of people with disabilities in Bass Coast during COVID-19 through candid conversations (both in residence and in community) with the intention to capture learning's,

experiences, outcomes on the current pandemic, therefore breaking down barriers for people with disabilities, raising awareness to the vulnerability of people with disabilities in Bass Coast during a pandemic.

For more information see our Bass Coast Advocate Kristin Nuske located at BCAL on 0477 727 845 or Executive Officer Adrian Terranova on 0428 971 390.

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](mailto:administration@gdai.org.au)  
Telephone 0428 041 066 or 0428 971 390

Stay safe and look out for yourself and those around you.



## Interchange Gippsland

- Interchange Gippsland, your local community-based disability support provider, is still open in Bairnsdale, Wonthaggi, and Morwell
- We are providing 1 on 1 support options and support coordination for our participants and their carers that need it. 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 and with the predicted upcoming easing of restrictions we are looking to restart some group programs. We will be adhering to all Government requirements and recommendations including, social distancing, group size and the use of community and public services. We are very much looking forward to participants once again being able to connect with each other face to face in a safe way
- 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](http://www.icg.asn.au) [www.facebook.com/InterchangeGippsland](https://www.facebook.com/InterchangeGippsland)

### **Interchange Gippsland is open for business in Wellington**

Interchange Gippsland delivers several services that seek to provide unique opportunities for people with a disability and their carers to come together, connect socially and build new skills. The benefit of their programs is numerous and varied with the main aims being to:

- promote social inclusion and build informal supports.
- increase the wellbeing, self-esteem and confidence of participants and their families.

- provide community based recreational activities that are fun, stimulating, age appropriate and a positive experience for people with a disability and their carers

Manager of Support Services at their East Gippsland branch, Stephanie Fry, has said; “With the implementation of Government social distancing requirements, Interchange are focussing on ensuring that our participants and their families don’t lose access to crucial support and connection to community through modifying our service delivery and continuing to provide 1:1 care and Support Coordination. Our aim is to continue to provide social experiences which enhance mental health and reduce feelings of social isolation.”

She added; “We are looking at innovative ways to provide opportunities for our participants to connect using online programs such as Zoom and FaceTime. Our staff have been working hard to plan new interactive online individual and group programs that are exciting for all involved, ensuring that our participants can still exercise choice and receive the individualised, age appropriate service that Interchange Gippsland is known for.”

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](mailto: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](http://www.icg.asn.au)

**VALID**

Valid are running on-line courses

Go to: <https://www.valid.org.au/training-programs/training-for-families/>



**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. In this edition you will see entries that have gone into the science experiment comp, and a challenge to cook something yummy 😊

<https://www.dropbox.com/s/uuib4mblr3xjmed/Newsletter%2014th%20Ed.pdf?dl=0>

<p><b>Storytime:</b> <b>Supported Playgroup</b> Join us online to enjoy songs, stories and fun activities each week.</p> <p>Tuesdays 10:30am – 11:30am Wednesdays 12:30pm – 1:30pm</p> <p>Throughout school term Online via Zoom</p>	<p><b>Homework Club:</b> 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><b>Breaking The Cycle</b> For parents and carers of adolescents who are violent or abusive in the home</p> <p>Thursdays 30<sup>th</sup> July – 17<sup>th</sup> September 5:30pm – 7:30pm</p> <p>Online via Zoom</p>
<p><b>Let's Talk About Parenting</b> Learn strategies, share stories and take some time out for you!</p> <p><b>Program 1:</b> Fridays 7<sup>th</sup> August – 4<sup>th</sup> September, 10:30am – 12:30pm</p> <p><b>Program 2:</b> Mondays 17<sup>th</sup> August – 14<sup>th</sup> September, 10:00am – 12:00noon</p> <p><b>Program 3:</b> Mondays 17<sup>th</sup> August – 14<sup>th</sup> September, 1:00pm – 3:00pm</p> <p>Online via Zoom</p>	<p><b>Single sessions</b></p> <p><b>Understanding your child's behaviour:</b> Wednesday 26<sup>th</sup> August, 11am – 1pm</p> <p><b>Building self esteem &amp; resilience:</b> Wednesday 2<sup>nd</sup> September, 1pm – 3pm</p> <p><b>Bullying – helping your child:</b> Wednesday 9<sup>th</sup> September, 12noon – 2pm</p> <p><b>Communication:</b> Wednesday 9<sup>th</sup> September, 10am – 12noon</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](mailto:Parentzone.Gippsland@anglicarevic.org.au)

ParentZone @ Home newsletter # 8 is now available [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

Check out this fabulous newsletter. There are activities to share with your kids, along with many resources & links to program 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](http://www.ndis.gov.au)

### NDIS Information Packs

The NDIA are developing information packs for NDIS participants, families, and carers to help during the COVID-19 pandemic.

These packs take information that is often available in different places and pulls that information together into a single resource. There are specific information packs focusing on key topics and for different



situations. The packs are available on the [Information Packs page of the NDIS website](#).

The first of these packs to be made available was Early Childhood Early Intervention for children aged 0 to 6 years old. In the pack is useful information about:

- the planning process
- using your supports
- low cost assistive technology
- childcare and school
- additional resources

Since then, additional information packs have been added to the NDIS website which include:

- Protecting yourself and the NDIS
- Self-managed participants
- Low cost Assistive Technology (AT)
- Applying for the NDIS
- Psychosocial disability
- Telephone planning
- Mental health and well-being

[https://www.ndis.gov.au/coronavirus/information-packs?mc\\_cid=a6f3385736&mc\\_eid=ef0be5dcea](https://www.ndis.gov.au/coronavirus/information-packs?mc_cid=a6f3385736&mc_eid=ef0be5dcea)

## Participant First: Help shape the NDIS

### News

15 July 2020

We're seeking nominations from participants, families and carers to help improve our policies, services, templates and more.

It's all part of our Participant First Engagement Initiative, which sees us listening to participants about the best ways to improve our approach.

We are looking for a mix of participants, families and carers that:

- can work collaboratively
- reflect the range of people in the Australian disability community
- have an ability to represent people with varied disabilities



- have different levels of experience with the NDIS.

The information form allows you to choose between three levels of commitment. The first involves online and email feedback. The second involves one-on-one or small group discussions. The third sees you working directly with project teams to design a product or policy.

We are committed to ensuring that everyone taking part in the Participant First Engagement Initiative has the opportunity to participate fully. The information form will prompt you to outline your specific needs (eg. wheelchair access, support worker, interpreter, etc).

We also encourage Aboriginal and Torres Strait Islander peoples, people from culturally and linguistically diverse backgrounds, people from rural and remote locations and members of the LGBTIQ+ community to sign up.

Your involvement in Participant First will be kept entirely separate from your role as a participant. Your feedback will not be included in your official NDIS participant record.

We are always striving to deliver a better experience for our participants. We understand that the best way to do this is to listen to people with lived experience of disability and first-hand experience of the NDIS. That's what Participant First is all about.

Google: NDIS Participant First



Early Days is a series of FREE workshops for parents and other family members of young children (0-7 years) who are on the autism spectrum. They are also suitable for parents who feel their child may be on the spectrum but have not received a formal diagnosis.

**Progression to School Workshop for Parents**  
 Part 1: Tuesday 14<sup>th</sup> July 2020:  
 7.30pm – 9.00pm  
 Part 2: Wednesday 15<sup>th</sup> July 2020:  
 7.30pm – 9.00pm  
 \*must attend all workshops

**My Child and Autism Workshop for Parents**  
 Part 1: Monday 20<sup>th</sup> July 2020:  
 9.30am – 11.00am  
 Part 2: Tuesday 21<sup>st</sup> July 2020:  
 9.30am – 11.00am  
 Part 3: Monday 27<sup>th</sup> July 2020:  
 9.30am – 11.00am  
 \*must attend all workshops

**Understanding Behaviour Workshop for Parents**  
 Part 1: Wednesday 29<sup>th</sup> July 2020:  
 7.30pm-9.00pm  
 Part 2: Thursday 30<sup>th</sup> July 2020:  
 7.30pm-9.00pm  
 Part 3: Wednesday 5<sup>th</sup> August 2020:  
 7.30pm-9.00pm  
 \*must attend all workshops

**Encouraging Interaction: through play and social learning workshop for parents**  
 Part 1: Monday 3<sup>rd</sup> August 2020:  
 9.30am – 11.00am  
 Part 2: Tuesday 4<sup>th</sup> August 2020:  
 9.30am – 11.00am  
 \*must attend all workshops

*It is highly recommended you attend the "My Child and Autism" workshop prior to attending any other workshops*



For more information about these workshops or other workshops and to register  
<https://www.amaze.org.au/support/early-days/>



Register your interest for 2020

Hi

It's now that time of year where you can register your interest and apply for invitations to this year's Special Children's Christmas Party.

On Saturday 5th December, we are once again hosting the largest, FREE, Christmas Party for Special Children in Victoria. The Party will run from 9:30am until 1:00pm at Melbourne Showgrounds.

The Party is still scheduled to go ahead for 2020, in some form or another. We have purchased the toys and depending on Government regulations due to COVID-19, we have a Plan A, B, C and D.

A 3 hour stage show featuring many local and national celebrities will keep the children entertained. There will be activities such as merry go-rounds, jumping castles, face painting and much more. With all this fun to be had, they will need all the food, drinks, lollies and ice creams, which we will provide for free. Of course no Christmas party is complete without Santa and after greeting the children from the stage he will go off to his toy room. There he will meet with all the children individually as they come to collect 2 or 3 brand new presents to take home and call their own.

This is a **completely free day**, unique because it will be all inclusive just for children who have special needs.

To register your interest, reply to Yvonne – [yvonne.waite@noahsarkinc.org.au](mailto:yvonne.waite@noahsarkinc.org.au) & include how many tickets you need – adult & children. Also, provide the intellectual ages of the children, so gifts can match their needs.

**Registrations close on 26 August**



TRIPLE P ONLINE

# Help your kids cope with challenges

FREE IN  
VICTORIA!

Now with extra module: Parenting during Covid-19

## Support your child's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes – and right now, many are facing difficult and uncertain times, with the coronavirus crisis and its ongoing effects. But positive parenting skills and strategies can make a huge difference to your child's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

### Why Triple P works

The Triple P – Positive Parenting Program is one of the world's best. Backed by more than 330 trials and studies, Triple P gives you proven parenting strategies that will help you develop your child's talents and 'life-skills' – so they can be happy, confident and successful. In the meantime, your home life will be better too: with rules followed, relationships stronger, and parents who are much less stressed!

Now, there's Triple P Online, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Cope with the difficulties and emotional stress of COVID-19
- Encourage good behavior
- Prevent tantrums & manage misbehavior
- Take the stress out of shopping
- Manage problems calmly and without yelling
- Get your child to cooperate and follow instructions
- Strengthen your relationship as you teach them new skills


### START TODAY – IT'S COMPLETELY FREE!!

Right now, this world-class program is available FREE in Victoria, and you can do it all online.

Find out more: [triplep.online/vic](http://triplep.online/vic)

Free access to Triple P Online for Victorian parents has been funded by the Victorian Government.  
\*Be quick! Free access can only be offered while funding is available!





TEEN TRIPLE P ONLINE

# Help your teenagers cope with challenges

FREE IN  
VICTORIA!

Now with extra module: Parenting during Covid-19

## Support your teenager's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes – and right now, many are facing difficult and uncertain times, with the coronavirus crisis and its ongoing effects. But positive parenting skills and strategies can make a huge difference to your teenager's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

## Why Triple P works

The Triple P – Positive Parenting Program can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your teenager didn't come with – and it'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

Teen Triple P Online helps you set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Communicate better
- Build a stronger relationship
- Agree on rules
- Deal calmly with conflict
- Navigate emotional ups and downs
- Equip your teen to handle life's challenges

## START TODAY – IT'S COMPLETELY FREE!!

Right now, this world-class program is available FREE in Victoria, and you can do it all online.

Find out more: [triplep.online/vic/teens](http://triplep.online/vic/teens)

Free access to Triple P Online for Victorian parents has been funded by the Victorian Government.  
\*Be quick! Free access can only be offered while funding is available!







## Victoria & Tasmania NDIS Community update - What's new from 1 July 2020

### Virtual Information Sessions

The National Disability Insurance Agency would like to invite the Victorian and Tasmanian community sectors to attend a session about NDIS updates coming into effect from 1 July 2020.

Topics covered will include:

- COVID-19 updates
- Price guide and support catalogue updates
- Hearing supports and services
- Support to employment
- Housing and supported accommodation.

Please note these sessions will be offered weekly during July and in the first week of August, to allow flexibility for attendees. Each session will cover the same content, and will have a maximum capacity of 100 attendees. The Victoria and Tasmania Community sessions will be combined, however, there will be staff present from both Victoria and Tasmania to answer any State specific questions you may have.

Due to COVID-19, this session will be held via videoconference using Microsoft Teams. Details on how to log into the session will be forwarded to all attendees two days prior to the session date, using the email address provided at registration.

You are encouraged to register your interest as early as possible (at least three days prior) to ensure session log in details are forwarded to you.

For any enquiries regarding this session, please contact [events@ndis.gov.au](mailto:events@ndis.gov.au)

[ndis.gov.au](http://ndis.gov.au)



### Session Details

#### Where:

Virtual Information Sessions via Microsoft Teams

#### Dates & Times:

Tuesday 21 July 2020	10.00am – 11.30am (AEST)
Thursday 23 July 2020	1.00pm – 2.30pm (AEST)
Tuesday 28 July 2020	10.00am – 11.30am (AEST)
Thursday 30 July 2020	1.00pm – 2.30pm (AEST)
Tuesday 4 August 2020	10.00am – 11.30am (AEST)
Thursday 6 August 2020	1.00pm – 2.30pm (AEST)

#### RSVP:

Please register via Eventbrite at <https://www.eventbrite.com.au/e/victoria-and-tasmania-ndis-community-update-whats-new-from-1-july-2020-tickets-112176625306>

**Additional Information:** Accessibility is important to us. If you have any accessibility requirements please let us know when you register. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters.





As part of Regional Sport Victoria, GippSport is seeking data to find out:

- What sport and active recreation activities people with a disability would like to do
- How people with a disability would like to participate e.g. playing and/or volunteering
- Reasons why people with a disability participate in sport
- What might stop people with a disability from participating
- What would help people with a disability to participate

There are two surveys including a survey that can be completed by individuals with a disability, as well as a separate survey for parents and carers of an individuals with a disability. The aim is to gain data from those that are inactive and not currently participating in sport and recreation

- Survey for individuals with a disability - <https://www.surveymonkey.com/r/ZH8QXXH>

- Survey for Parents/Guardians/Caregivers of an individual with a disability

- <https://www.surveymonkey.com/r/ZFN8MC2>

If anybody has any queries or would like assistance to undertake the surveys, please feel free to contact me [brenton@gippsport.com.au](mailto:brenton@gippsport.com.au) or 0447 358 330. We thank everyone very much for their support of this project, as it will help us to identify themes and gaps within our Gippsland sports community





## 1-2-3 Magic & Emotion Coaching Program

Free ONLINE program for parents of children aged 2 to 12 years

### Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12.

In 6 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- A FREE workbook (valued at \$12) to apply the concepts learnt
- A Certificate of Completion

**Do this highly sought after parenting program FROM THE COMFORT OF YOUR OWN HOME -Hurry! Places are limited-**

**Where?**  
Live online delivery (Please contact for details)

**When?**  
12:00pm – 2:30pm for 6 x Tuesdays, starting on August 11th, 2020

**Cost?**  
FREE

**Get in touch**  
Bookings are essential!  
Please contact:

**Mark Brookes**  
Group Work Facilitator  
Uniting Gippsland  
P: 5662 5150  
M: 0438 204 437  
E: [mark.brookes@yt.uniting.org](mailto:mark.brookes@yt.uniting.org)

Parentshop  
making parenting easier

Uniting

## Media Release

Relationships Australia  
VICTORIA

20 July 2020

### headspace Sale now supporting Wellington young people online and by telephone

Young people aged between 12 and 25 in the Wellington community can now access specialised mental health support services online or by telephone, through a new headspace satellite in Sale that commenced delivering services on 15 July.

headspace Sale, a satellite service attached to parent centre headspace Balmssdale, provides young people with free or low-cost support with any challenges, questions or concerns they have about their mental health, alcohol and other drug issues, physical and sexual health, and relationships. The online and telephone services represent the first stage of service delivery for headspace Sale, with the satellite to open its doors and provide face-to-face services from its premises in Raymond Street, Sale, in the near future.

"We know that many young people are doing it tough right now, particularly due to COVID-19, so we're pleased to now be able to offer online and telephone support services," Amanda Exley, Manager headspace Sale, said.

"We invite people to contact us to make an appointment or to find out how we can support them, and we look forward to being able to welcome visitors into our satellite as soon as we're able."

As the lead agency for headspace Sale, Relationships Australia Victoria (RAV) has partnered with 11 local service providers comprising the headspace Balmssdale Consortium, and is supported by contract manager Gippsland Primary Health Network (PHN).

Gippsland PHN Chief Executive Officer, Amanda Proposch, said the coronavirus pandemic had created an anxious and uncertain time for everyone, especially young people.

"Support is vital and we are pleased that headspace Sale is now available for our young people in Wellington to access online and by telephone," Ms Proposch said.

headspace Sale is operating on Tuesdays, Wednesdays and Thursdays from 10am to 6pm, with services currently available via telephone and online, and in person services expected to commence in August.

Young people and their families and friends can contact headspace Sale for information and support by calling 0458 558 225, emailing [info@headspacesale.org.au](mailto:info@headspacesale.org.au) or visiting [headspace.org.au/Sale](http://headspace.org.au/Sale).

### END OF RELEASE

Gippsland PHN is part of a national network of 31 Primary Health Networks across Australia. Primary Health Networks are predominantly funded by the Australian Government to tackle identified national objectives and priority areas. Visit: [gphn.org.au](http://gphn.org.au)

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## Engaging Adolescents

-RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS-

Free **ONLINE** program for parents of teens aged 13+ years

### Tired of yelling and nagging?

Resolve difficult behaviour in Teenagers. In 5 sessions parents will learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents;
- New understandings of adolescents;
- A three-option model & flow chart for decision making;
- Self check-in, first, for parents;
- Building a relationship with your teenager and making the best of your non-crisis conversations with them.

### Parents will receive:

- A **FREE** workbook (valued at \$12) to apply the concepts learnt
- A Certificate of Completion

Do this highly sought after parenting program **FROM THE COMFORT OF YOUR OWN HOME**

**Hurry!**  
Places are limited

### Where?

Live online delivery (Please contact for details)

### When?

12:00pm – 2:30pm for 5 x Thursdays, starting August 20th, 2020

### Cost?

FREE

### Get in touch

Bookings are essential!

Please contact:

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M: 0438 204 437  
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Parentshop  
making parenting easier

Uniting



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

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



Australian Government

Department of Education, Skills and Employment

Have your say: submissions and campaigns

### 2020 Review of the Disability Standards for Education 2005

The Australian Government is calling for public submissions into a review of the Disability Standards for Education 2005. The standards are reviewed every five years. For more information, visit the Consultation Hub at [www.disabilitystandardsreview.education.gov.au](http://www.disabilitystandardsreview.education.gov.au). People can have their say by completing an online questionnaire, making a submission, participating in a webinar, or by expressing their interest in a focus group, one-on-one interview, or an online discussion.

