



## 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 [yvonne.waite@noahsarkinc.org.au](mailto:yvonne.waite@noahsarkinc.org.au)

All enquiries are confidential

### Info List 15.4.2020

#### Gippsland

As this newsletter comes to you, we are in day 1 of the new world of remote and flexible learning for our school aged children. I am interested to know how this goes for you & whether you would be interested in getting together with other parents in an on-line group to support each other with tips & hints to get through this new world

A lot of conversation centres around Covid-19. Remember, for those of you impacted by drought, fires & now the pandemic, we are still thinking of you. The community & other supports still remain & will be in place to provide assistance. The East Gippsland Council produces an excellent newsletter each week to keep people up to date with bushfire news. For a look, go the Council website:

[https://www.eastgippsland.vic.gov.au/Bushfire\\_information/Bushfire\\_Community\\_Newsletter\\_and\\_Videos?BestBetMatch=bushfire%20newsletter|a9105241-b67d-487f-9936-cd88d197b1a6|2cfb6766-0e51-4243-aa63-9f5e01126afe|en-AU](https://www.eastgippsland.vic.gov.au/Bushfire_information/Bushfire_Community_Newsletter_and_Videos?BestBetMatch=bushfire%20newsletter|a9105241-b67d-487f-9936-cd88d197b1a6|2cfb6766-0e51-4243-aa63-9f5e01126afe|en-AU) or go to the Council's web site & search bushfire newsletter

If you have any news to pass on to other families, please forward to me for inclusion in a future edition of the Info List. News only, please, or stories of your experiences during 'iso' – no business promotions & remember – as a parenting service, this Info List provides evidence-based information

**Parents & Carers of children with developmental delay or disability who live in or near Orbost**

**Parents & Carers of children with Down syndrome who live anywhere in Gippsland**

Interested in an on-line parent group? Use your phone, tablet or computer. Evening times available. Contact Yvonne

## **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



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)

## **Warragul Parent & Carers Group**

## **Leongatha / Korumburra Parent & Carers Group**

Parents and carers of children with disability or developmental delay aged birth – 18 years who live in Warragul & surrounds or South Gippsland

Are you interested in meeting another parent or carer who has a child with a disability or developmental delay?

Would you like to be involved in a small group of parents & carers who get together to share stories and learn from each other?

Would you like information on a topic of interest to families of children with developmental delay or disability?

**RSVP Yvonne 0430 209 641 – text or voice**  
[yvonne.waite@noahsarkinc.org.au](mailto:yvonne.waite@noahsarkinc.org.au)

## Learning from home – information for parents

<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx>

From today your school aged child/ren will be returning to school from home. Let me know how this is going for you – I am interested to hear the good & not so good things that you're noticing



The Parenting Research Centre is a place to look for evidence based

answers to parenting questions

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



[www.raisingchildren.net.au](http://www.raisingchildren.net.au) provides ad-free parenting videos, articles and apps backed by Australian experts



The Better Health channel website is provided by the State Government. It currently contains lots of good reading about bushfire impacts and ongoing tips

<https://www.betterhealth.vic.gov.au/>



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)



Australian Government



Carer Gateway is an initiative of the Federal Government, providing a place for carers to find things that may be useful. At the Carer Gateway you can access information, support, counselling, fact sheets & much more. Go to - <https://www.carergateway.gov.au/> or phone 1800 422 737 Monday to Friday, 8am to 6pm local time

Go straight to the Department of Human Services website to subscribe to receive updates:

<https://www.dss.gov.au/disability-and-carers-carers/integrated-carer-support-service-implementation-updates-and-information>



Association for  
Children with a  
Disability

ACD has enacted a work from home policy in line with social distancing requirements, but if you would like to make contact, you can do so by calling 03 9880 7000. You may need to leave a message but if you let us know your contact details and a good time for us 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. We understand that this is an extremely stressful time for families and you are welcome to call to talk through your concerns. We are also adding updates and information on the ACD website and communicating via Facebook. Our website is [www.acd.org.au](http://www.acd.org.au)



Gippsland  
Disability Advocacy

Beginning March 30th 2020, Gippsland Disability Advocacy staff will all be working remotely (at home). Over the last three weeks we have taken a very cautious approach in office practising social distancing, washing hands regularly and had some staff working from home with others in office rotating accordingly. We have now taken this approach for all staff to work remotely following advice from Government and the Chief Medical Officer with regards to reducing the risks and spread of COVID-19. 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.

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.



Calling all LEGO LEGENDS in East Gippsland! It's time to get creative and share your Lego and Duplo creations. You can go in the draw to win Lego and book prize packs just by sharing photos of what you have made. An online exhibition will be held to celebrate what children and young people across East Gippsland build!

East Gippsland LEGO Legends

Take a photo of your creation and send to Rachael Dooley 0488 336 997 or Rachel Bell 0409 203 566 or email to – rachael.dooley@savethechildren.org.au or Rachel.bell@savethechildren.org.au

Save the Children Australia



**Wild at Heart**  
Community Arts

LIFE IS A SONG

Online Songwriting Workshops  
Wednesdays 1 - 5

CONTACT WILD AT HEART  
9326 9970 OR INFO@WILDATHEART.ORG.AU



### 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.
- Check out our website for the latest updates, contact our office through our central line: 1300 736 765 and our helpful staff will discuss how we can assist you.

Contact Number 1300 736 765

Website Address [www.icg.asn.au](http://www.icg.asn.au)

Facebook Page Name [www.facebook.com/InterchangeGippsland](https://www.facebook.com/InterchangeGippsland)



The mission of the Healthy Mothers Healthy Families program is to support, empower and encourage mothers of a child with a disability to learn about, and create a healthy lifestyle that fosters their own health and well-being, alongside a healthy, happy family life.

The workshops and website provide mothers with information, research findings and the shared wisdom of other mothers, to better support mothers to meet their important daily responsibilities caring for their child with a disability and family, whilst also caring for themselves.

Healthy Mothers Healthy Families is a research-based program. Over 1500 mothers have contributed to the development and evaluation of the program and material on this website.

<https://healthymothers-healthyfamilies.com/about>



Early Days is a series of **FREE workshops for parents, grandparents, and families of young children** (0-7 years) who have an Autism Spectrum Disorder or who are going through the assessment and diagnostic process.

This initiative is funded by the Australian Government Department of Social Services through the Helping Children with Autism package.

The workshops are facilitated by Margaret Clancy who has many years of experience working with young autistic children and their families. Margaret will assist parents to understand the impact of Autism on their child and explore strategies to enable them to understand their child and family.

The workshops are either 2 or 3 parts each at 1.5hrs per session. We have limited the registrations to 12 attendees. All participants will need to register - even if/when there are more than 1 participant on the same device. Participants must attend part 1 in order to attend parts 2 and/or 3.

We have 2 series of The My Child and Autism workshop & Understanding Behaviour workshop – a morning series (9.30-11.00am) and an evening series (7.30pm-9.00pm). Please note – participants cannot mix and

match their attendance to these workshops. If you register for the morning workshop – you can only attend the morning workshops and vice versa.

Below are the direct links to Eventbrite for registration to the workshops

<https://www.eventbrite.com.au/e/early-days-my-child-and-autism-3-part-workshop-22nd-23rd-29th-april-2020-via-zoom-tickets-101690238240>

<https://www.eventbrite.com.au/e/early-days-understanding-behaviour-workshop-3-parts-4th-5th-11th-may-2020-tickets-101693223168>

<https://www.eventbrite.com.au/e/early-days-my-child-and-autism-3-part-workshop-6th-7th-13th-may-2020-via-zoom-tickets-101691608338>

<https://www.eventbrite.com.au/e/early-days-understanding-behaviour-workshop-3-parts-20th-21st-27th-may-2020-tickets-101693692572>

<https://www.eventbrite.com.au/e/early-days-progression-to-school-2-part-workshop-tuesday-26th-may-2nd-june-2020-tickets-101692797896>

<https://www.eventbrite.com.au/e/early-days-encouraging-interaction-through-play-social-learning-2-part-workshop-friday-29th-may-5th-tickets-101692332504>

For more information about these workshops and others, please visit our website [www.amaze.org.au](http://www.amaze.org.au)

Feel free to contact any of us if you have any further queries or require additional information.

Kind Regards

**Anastasia Petropoulos** | Reception/Administration (*she/her*)

*Mon – Thu: 9am – 3pm*

24 Drummond St, Carlton VIC 3053 | PO Box 374, Carlton South VIC 3053

T 03 9657 1601 | F 03 9639 4955 | E [anastasia.petropoulos@amaze.org.au](mailto:anastasia.petropoulos@amaze.org.au)



**1300 308 699** | [info@amaze.org.au](mailto:info@amaze.org.au) | [www.amaze.org.au](http://www.amaze.org.au)

8am–7pm, Monday–Friday

**FREE - Families as Planning Partners NDIS Course**

**Get the Best Out of Your NDIS Funding**

Frustrated or confused about the NDIS?

Preparing for your Plan Review or first plan?

Disappointed with your NDIS Plan or services/supports?

Need ideas or answers to your questions?

This is a **FREE online** course by trainers who are parents with personal experience of the NDIS, for families who want to understand NDIS and take this opportunity to build a 'Good Life' and future for their family member.

Session content outlined over page.

**FREE ONLINE Day Course**

**Dates 2020**  
Session 1 – Tues. 19<sup>th</sup> May  
Session 2 – Tues. 26<sup>th</sup> May  
Session 3 – Tues. 2<sup>nd</sup> June  
Session 4 – Tues. 9<sup>th</sup> June

**Time** 9.45am to 2pm

**Where** **ONLINE**

**Reply By**  
5pm Monday  
11<sup>th</sup> May, 2020  
to maree@valid.org.au

Register by 11/5/2020 for **DAY Course online** starting 19<sup>th</sup> May. Enter details below & send by email, SMS or photo to: Maree Hewitt Ph: 0409 965 264 E: maree@valid.org.au

You will be notified if you gain a place. Your details will remain private and will only be used by Valid.

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Age of Family Member: ..... Do they have an NDIS Plan? Yes / No

If you miss out on a place do you want to be put on the wait list? Yes / No

Do you want VALID to send updates and a monthly eNewsletter to you? Yes / No

Contact Maree Hewitt for more information or to arrange a course for your group or organisation.

**Families as Planning Partners course – NDIS version**

What does the course cover?

The presenter will 'tailor' information to suit each group, and **mail out books weekly to you**, but the following topics are covered:

- Session 1:** Learn about how the NDIS processes work. Understanding your NDIS Plan What is the family's role and responsibilities
- Session 2:** Getting effective Support from your NDIS package How to work with NDIS and service providers and workers. What you need for the planning meeting. What are your rights?
- Session 3:** Start planning for the future. Learn about different types of plans & what is best for your situation. Using the NDIS planning process to get a plan that suits your needs.
- Session 4:** How to Manage the Plan supports and funding. Learn how to implement the plan and use the Price Guide. Understanding Agency Managed, Plan Management & Self-Management & choosing the right combination for your situation.

**Please note:** You must commit to **log in and attend all four sessions**, places are limited.

What can the course offer you?

- User-friendly information on the NDIS processes and how to use them to get the things you need for you/your family member
- The opportunity to develop a 'person-centred plan' for your family member
- Work through all the steps you need to prepare well for your next Plan review
- Resources – information on USB; electronic templates to use in preparing your information and evidence for Plan Review



**Valid has capacity to run additional Families as Planning Partners NDIS courses on-line. To express interest, contact them on any of the listed contacts**

## Priority for vulnerable groups

Am I eligible for priority access?

There are a number of large retailers (Woolworths, Coles, Aldi and IGA) that are offering food priority access initiatives to help the most vulnerable groups buy and get home essential food and groceries during this pandemic.

People who can access priority services include:

- People with a disability
- Seniors or Elders
- People with compromised immunity
- People who are required to self-isolate (for example if you have tested positive to COVID-19, or if a doctor requires you to stay home because of a health issue)

**Participating supermarkets will fill phone and online orders and home deliver (if necessary), as they are received.**

How do I place a priority access order?

To place an order you can either call your nearest Woolworths, Coles, Aldi or IGA supermarket, or fill in the online form.

Supermarket	Online form	Home delivery
Woolworths	Priority Assistance request form <a href="https://www.woolworths.com.au/shop/discover/priorityassistance?icmpid=sm-hp-ribbon2:priority-assistance">https://www.woolworths.com.au/shop/discover/priorityassistance?icmpid=sm-hp-ribbon2:priority-assistance</a> <b>Woolworths Basic Box:</b> Victorians also have the option of ordering a Woolworths Basic Box for \$80. The box will contain meals, snacks and a few essential items. The price also includes contactless doorstep delivery by Australia Post within an estimated 2-5 business days of order. Please note, customers will not be able to choose, switch or select specific products.  If you have trouble ordering a Woolworths Basic Box online, you can call 1800 904 698.	Yes
Coles	Coles Online Priority Service ( <i>as advised on the Coles website, the online order form will be available soon</i> ) <a href="https://www.coles.com.au/customernotice#coles-online">https://www.coles.com.au/customernotice#coles-online</a>	Yes
Aldi	Phone orders only. Contact your local store for further information.	You'll need to ask your local Aldi
Independent Grocers of Australia (IGA)	Phone orders only. Contact your local store for further information <a href="https://www.iga.com.au/update/?utm_source=website&amp;utm_medium=top_banner&amp;utm_campaign=covid19&amp;utm_term=20200317&amp;utm_content=image">https://www.iga.com.au/update/?utm_source=website&amp;utm_medium=top_banner&amp;utm_campaign=covid19&amp;utm_term=20200317&amp;utm_content=image</a>	You'll need to ask your local IGA

## Emergency relief

All Victorians self-isolating due to coronavirus (COVID-19) with no access to food and personal care supplies, will be able to receive emergency relief packages.

Each eligible household will receive a two-week supply of essential goods.

How do I access emergency relief when I am self-isolating?

If you are in need of emergency relief while self-isolating call the dedicated coronavirus hotline on **1800 675 398** to request an emergency care package. The hotline is open 24 hours, 7 days a week and can also refer you to other support services if needed.

Aboriginal organisations supporting vulnerable or isolated Community members

For Aboriginal organisations supporting clients who are experiencing difficulties of financial hardship during self-isolation, please send your request for food relief and personal care supplies to [semc@dhhs.vic.gov.au](mailto:semc@dhhs.vic.gov.au)

You will need to include the following information:

- Full name of client
- Residential address of client
- Reason for self-isolation
- Number of people the care package needs to cater for and special dietary or personal care requirements (e.g. nappies or formula).
- How do you want the package delivered? For example home delivery to residential address or via Aboriginal Community Controlled Organisation.
- The name of the organisation requesting the care package and contact persons phone and email address.

You will receive a response within 24 hours. The response will outline the contents of the care package, delivery arrangements and timeline from [semc@dhhs.vic.gov.au](mailto:semc@dhhs.vic.gov.au).

What is included in a care package?

Food packages will include items such as long-life milk, pasta, cereal, canned vegetables and sugar. Personal care packages will also be distributed to eligible households and include soap, toothpaste and deodorant. Additional items may also be provided depending on the needs of the household, such as nappies or baby formula.

How will I receive my care package?

The packages will be delivered door-to-door, with other distribution points to be established as needed. For people who are not eligible for the emergency relief packages, please seek assistance and support from family and friends wherever possible or local social service agencies. Remember to call them first as it's best you don't go door-to-door to family and friends during the COVID-19.

This emergency relief program is coordinated by the Red Cross in partnership with Foodbank Victoria under the direction of the State Relief Coordinator