



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 – anytime

yvonne.waite@noahsarkinc.org.au - anytime

All enquiries are confidential

Info List 25.3.2020

Gippsland

Hi everyone – All Noah's Ark staff, like so many people now, are working from home. So here I sit in my home office staying in touch with you to keep you up to date, and let you know you're not alone.

If you would like to chat, please don't hesitate to **email or text me** & leave a message with your name & contact details, including best time to get back to you – my usual work days are Mon, Tues & Wed

All face-to-face gatherings, including Parent Groups & training sessions are now postponed until we come out the other side of the current health and safety restrictions. We can still get together, however, and now more than ever, we have the technology and resources to do so. If you are a regular attendee at a Parent Group, you will be hearing from your Group convener about ways to keep in touch with each other. If not, and if you want to be a part of a new get-together that is on-line & not limited in the way regular Parent Group meetings are, then watch this space as it is going to happen and I will keep you posted

With home based social distancing impacting us all, something that may be useful for you to look at is:

- www.esafety.gov.au/

- And for a good place where a number of resources are compiled go to the Every Australian Counts website & click on the Coronavirus link or go to:



Please note – the SuppAUT meeting scheduled for 26th March has been cancelled

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.

It is a very informal gathering, sometimes a guest speaker is invited. All parents/carers/family members are welcome and children/siblings are welcome too.

We meet every **LAST THURSDAY** of the month – except during School/Public Holidays.

2020 Meeting dates

28 May	30 April	30 July
27 Aug	29 Oct	26 Nov

At **LATROBE SPECIAL DEVELOPMENTAL SCHOOL,**

Hickox St, Traralgon

(Please enter through 1st gate & sign in at the Office)

From 10.30am – 12pm

ALL WELCOME TO COME FOR A CUPPA AND A CHAT!

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

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 attend the following meeting of the Inverloch & District ASD Support Group

Our support group meets on the first Wednesday of the month during school term

Where: Inverloch Hub – large meeting room that opens out to the playground
18 A'Beckett Street, Inverloch

When: Wednesdays 10.30am-12.30pm

- 6th May
- 3rd June
- 5th Aug
- 2nd Sept
- 7th Oct
- 4th Nov &
- 2nd Dec

Tea & Coffee provided at no cost. All welcome to join us for a cuppa and a chat, while the kids can play in the playground

We are a parent run group providing support, information sharing and social get-togethers



Can't make our meetings? Join us on Facebook: Inverloch & District ASD Support Group
<https://www.facebook.com/groups/221088864683122/>

Enquiries: Tona 0407 622 949 tonaleo@me.com



Building better futures
for children with disabilities



Warragul Parent & Carers Group invites you!

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

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?

Join us **from 10:30 am – 12 noon**
15th April; 20th May; 17th June; 15th July; 19th Aug; 16th Sept; 21st Oct; 18th Nov & 16th Dec

At Warragul Community House, 138 Normanby Street

All welcome

All parents, carers & family members welcome

RSVP Yvonne 0430 209 641 – text or voice

yvonne.waite@noahsarkinc.org.au

FREE to attend



Building better futures
for children with disabilities



Leongatha / Korumburra Parent & Carers Group invites you!

Parents and carers of children with disability or developmental delay aged birth – 18 years who live in Leongatha / Korumburra & surrounds

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

Join us on **Wednesdays: from 9:30am – 11am**

13th May, 10th June – Kristin Nuske, Gippsland Disability Advocacy speaking about advocacy and answering questions, 12th Aug, 9th Sept, 14th Oct, 11th Nov & 9th Dec

at South Gippsland Specialist School, 13 Horn Street Leongatha. Head to the main office to be shown where we are meeting

Come along for a cuppa & chat. Coffee & tea provided

All welcome – you don't need to have a child attending South Gippsland Specialist School to join in

All parents, carers & family members welcome. Young children also welcome but please let Yvonne know if you plan to bring your little children so we can accommodate their needs

Strengthening Parent Support Program provides support and information to families & carers of children with developmental delay and disability who live in the Gippsland region

RSVP Yvonne 0430 209 641 – text or voice

yvonne.waite@noahsarkinc.org.au

FREE to attend

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

Interested in an on-line parent group?

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

Interested in an on-line parent group? Contact Yvonne

Contact Yvonne



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 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



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](tel:1800422737) 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>

OR – keep up to date by reading this Info List each week. I will be updating new info as it comes to hand

Gippsland Groovers dances are postponed until at least June. Further information will be provided as we get closer to the date



GIPPSLAND GROOVERS 2020 Calendar

- 19 June Morwell RSL 7pm – 10pm
 - 17 July Moe RSL 7pm – 10pm
 - 14 Aug Morwell RSL 7pm – 10pm
 - 18 Sept Moe RSL 7pm – 10pm
- 16 Oct Warragul Downtowner 7pm – 10pm
 - 13 Nov Morwell RSL 7pm – 10pm
 - 11 Dec Morwell RSL 7pm – 10pm

We suggest you have dinner before all the dances. Booking for dinner is essential

For further details and to book for dinner please ring Janice on 0413 189 793



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 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