



## 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 8.4.2020

#### Gippsland

Hi everyone – Remember - 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. Just as you remain in touch with family & friends, remember to have a chat, either via phone or social media, with other parents that you know, who have kids with additional needs. Don't know how? Well, there are number of platforms available and a good starting point is to take a look at Carer Gateway - <https://forum.carergateway.gov.au/s/>

Some important numbers:

- Covid hotline – DHHS & Nurse on Call – 1800 675 398
- Lifeline – 13 11 14

Below are the existing Parent Groups & calls for expressions of interest in 2 new Groups. I have given Group details and removed dates & meeting places, but look forward to being able to give you details once again

And finally – if you have any news to pass on to the disability sector, please forward to me for inclusion in a future edition of the Info List. News only, please – 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 invites you!**

# Leongatha / Korumburra Parent & Carers Group invites you!

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)



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:





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



Supporting people with a disability and their family to achieve

### 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>