



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

All enquiries are confidential

Gippsland

Info List 15.7.2020

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

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
[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

[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



Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?

Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you answered yes to any of these questions, Carer Gateway can help you.

What Is Carer Gateway?

Carer Gateway provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers.

By calling **1800 422 737** Monday to Friday between 8am and 5pm, you can talk to a Carer Gateway service provider who will help you access services and support.

The dedicated Carer Gateway website (carergateway.gov.au) connects you with online support and information.

Services available through Carer Gateway include:



Coaching

Reflect on how your caring role impacts your life and learn new ways to manage stress and improve your wellbeing.

- **Self-guided coaching** - undertake online interactive courses.



Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person** - speak one-on-one with a professional counsellor in your local area.
- **Phone counselling** - speak with a counsellor over the phone in the comfort of your own home.



Respite care

- **Emergency respite** - get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.
- **Planned respite** - plan for regular breaks to rest and recharge while respite services look after the person you care for.



Connect with other carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** - meet local carers, share advice and learn from each other in a safe space.
- **Online forum** - join the online forum and be part of a supportive community with other carers.



Online skills courses

Learn new skills in caring for someone and your own wellbeing, including dealing with stress and legal issues.

'You are stronger than you think. Look after yourself and trust your gut.'

Pam, carer to her son.



Financial support

Get financial support to assist you in your caring role.

Financial support packages:

- one-off practical support in the form of equipment or an item to assist you in your caring role.
- a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.

How do I contact Carer Gateway?

Carer Gateway offers a national website at www.carergateway.gov.au or you can phone 1800 422 737

Monday to Friday between 8am and 5pm.



carergateway.gov.au
Connecting carers to support services



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/>



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 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 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/>



Gippsland
Disability Advocacy

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.

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
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 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. Further information on Interchange Gippsland programs and career opportunities is available from Interchange Gippsland’s website at www.icg.asn.au



Valid are running a number of on-line courses through July

To take a look – go to: <https://www.valid.org.au/events/2020-07/>



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 ‘draw a self-portrait’ comp, and a wonderful example of a pet rock & Rocky’s story 😊

<https://www.dropbox.com/s/1w2q47vjony45jl/NEWSLETTER%20%2313.pdf?dl=0>



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

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



Provides ad-free parenting videos, articles and apps backed by Australian experts

www.raisingchildren.net.au

PARENTZONE GIPPSLAND TERM 3 PROGRAMS

<p>Storytime: Supported Playgroup Join us online to enjoy songs, stories and fun activities each week.</p> <p>Tuesdays 14th July – 15th September 10.30am – 11.30am</p> <p>Online via Zoom</p>	<p>Homework Club: to assist your children with their homework or just have some fun reading and playing games.</p> <p>Tuesdays 14th July – 15th September 3.30pm – 5:00pm</p> <p>Online via Zoom</p>	<p>Breaking The Cycle For parents and carers of adolescents who are violent or abusive in the home</p> <p>Thursdays 30th July – 17th September 5.30pm – 7.30pm</p> <p>Online via Zoom</p>
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Let's Talk About Parenting

Do you want to know how to talk to your children so they will listen?
Understand what is normal children's behaviour?
Communicate better with your child?
Stay connected to your child?

Program One: Mondays 13th July – 10 August
10.00am – 12.00noon

Program Two: Mondays 13th July – 10 August
1.00pm – 3.00pm

Program Three: Fridays 7th August – 4th September
10.30am – 12.30pm

Online via Zoom

For more information or to register-
please contact –
ParentZone Gippsland on 5135 9555
or email Parentzone.Gippsland@anglicarevic.org.au

PARENTZONE

ParentZone @ Home newsletter # 7 is now available 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

The Inner Gippsland Write-ability Group are offering an online writing workshop free to people in Gippsland with a disability

Ellena Savage will run a creative nonfiction workshop exploring two distinct life-writing subgenres: memoir and the personal essay. You will learn about strategies commonly used in these genres, with examples, to begin developing writing of your own.

24 July 2020
11am - 1pm

Ellena Savage is an author and educator. Her first essay collection, *Blueberries*, was published with Text Publishing earlier this year.

photo by Leah Jing

For further details and bookings contact Jess
ph: 0431275526
email: moewriteability@gmail.com

This event is made possible by Writers Victoria and the Grace Marion Wilson Trust

GRACE MARION WILSON TRUST
Supporting Emerging Writers

WRITERS VICTORIA
All about writers



If you would like to know more about the [National Disability Insurance Scheme \(NDIS\)](http://www.ndis.gov.au) go to 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



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 14th July 2020:
 7.30pm – 9.00pm
 Part 2: Wednesday 15th July 2020:
 7.30pm – 9.00pm
**must attend all workshops*

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

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

Encouraging Interaction: through play and social learning workshop for parents
 Part 1: Monday 3rd August 2020:
 9.30am – 11.00am
 Part 2: Tuesday 4th 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 & 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 26th August

Victoria and Tasmania NDIS Community update – What's new from 1 July 2020

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.

Flyers are attached for further information (note the flyers correspond with the RSVP details outlined below). Please share the flyers among your community network.

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.

Session Details

Where: Virtual Information Sessions held via Microsoft Teams

Dates and Times

Thursday 16 July 2020	1.00pm – 2.30pm (AEST)
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 for events on **16 July** via Eventbrite at:

- Victoria: <https://www.eventbrite.com.au/e/victoria-ndis-community-update-whats-new-from-1-july-2020-tickets-111772596846>

Please register for events from **21 July to 6 August** via Eventbrite at:

- Victoria and Tasmania: <https://www.eventbrite.com.au/e/victoria-and-tasmania-ndis-community-update-whats-new-from-1-july-2020-tickets-112176625306>

We hope you can join us.

Regards

Victoria/Tasmania, Community Engagement

Community Engagement and Events Branch

National Disability Insurance Agency

Email: community.engagement.vic@ndis.gov.au



We're working with the University of Melbourne and want to hear from you about your experience during COVID-19.

We're encouraging NDIS participants to take part in the University of Melbourne survey about the changes we made to the NDIS in response to COVID-19.

We also want to understand how NDIS participants have found using telehealth to access allied health services.

This research will help us make decisions about:

- Continuing to offer phone or video planning meetings
- How we talk to participants about plan reviews
- How we respond to significant changes in a participant's circumstances

Take the survey: https://melbourneuni.au1.qualtrics.com/jfe/form/SV_9KrVHMSIW0AKH1H