



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 17.6.2020

The great news is we will be offering face-to-face meetings of all the Parent Groups again very soon. More details in coming weeks. Now is the best time to come along and see what you can learn and gain from being a part of a Parent Group. They are all free, and nothing is expected of people who attend. They are a safe place to just be a parent or carer. If you are interested in any of the Parent Groups below, contact me and I'd be happy to answer your questions. Would you like a new Parent Group? Chat with me as I can help set up and run a new Group as well - Yvonne

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



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](#)

Warragul Parent & Carers Group

Leongatha Korumburra Parent & Carers Group

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



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>





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



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/>



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

Learning To Grow

Need help to achieve your goals?



MAKE THINGS HAPPEN

A new community program to support **you** to identify and achieve your goals.

Driven by participants' needs and wants.

Great for parents and early school leavers who need help to get started!

Identifying Goals

Get a job

Return to work

Set education goals

Access to support services

Develop Skills

Build Confidence

Feel Supported



Understanding your Child's Behaviour

A Parents Building Solutions Single Session



Do you want to understand what is normal children's behaviour?

Learn strategies to deal with behaviour?

Communicate better with your child?

Stay connected to your child?

Come along to this single session to learn strategies, share stories and take some time out for you!

WHEN: Wednesday 24th June 2020

TIME: 5:30pm – 7:30pm

WHERE: Online via Zoom

COST: Free. Bookings essential.

Bookings and further information: Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au

Got questions? Or want to know more ?

Call Jess at Milpara 5655 2524 or email: milparaL2G@outlook.com

Learning to Grow is coordinated by Milpara Community House. This is the next phase of the Family Learning Partnership Play and Learn program

This program is also supported by:



PARENTZONE

BETTER TOMORROWS

5135 9555 | anglicarevic.org.au





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 for families 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.

Day Courses - ONLINE ZOOM Time 9.45am to 2pm

COURSE 1. Session 1 – Tue. 14 th July	Session 2 – Tue. 21 st July	<input type="checkbox"/> tick
Session 3 – Tue. 28 th July	Session 4 – Tue. 4 th August	
COURSE 2. Session 1 – Wed. 15 th July	Session 2 – Wed. 22 nd July	<input type="checkbox"/> tick
Session 3 – Wed. 29 th July	Session 4 – Wed. 5 th August	

Evening Courses - ONLINE ZOOM Time 5.45pm to 9pm

COURSE 3. Session 1 – Mon. 13 th July	Session 2 – Mon. 20 th July	<input type="checkbox"/> tick
Session 3 – Mon. 27 th July	Session 4 – Mon. 3 rd August	
COURSE 4. Session 1 – Tue. 14 th July	Session 2 – Tue. 21 st July	<input type="checkbox"/> tick
Session 3 – Tue. 28 th July	Session 4 – Tue. 4 th August	

Register by 1st of July. Please tick white box above for the course you wish to attend

Complete form 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: _____ **DON'T FORGET TO TICK COURSE ABOVE**

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 waiting 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.

VALID 130 Cremorne St, Richmond Vic 3121 Ph 03 9416 4003 www.valid.org.au

Families as Planning Partners course – NDIS version

What does the course cover?

The presenter will 'tailor' information to suit each group and **mail out the course books each week to you.** 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



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

<https://www.dropbox.com/s/91kb3o388wqgd8x/NEWSLETTER%20Ed%209%20%28FINAL%29.pdf?dl=0>



It's never too early
or too late to plan for
**LIFE AFTER
SCHOOL**

[Register for Webinar: Click Here](#)

What is this webinar about?

Planning for life after school can seem daunting, especially when you have a disability. The options may seem slim and limited, however with vision, preparation and planning it's possible for young people with a disability to thrive after school. This introductory webinar aims to assist you to plan and prepare for life after school.

Topics covered in this workshop:

- What can be done early to build a foundation for adulthood, Creating a clear vision, goals and objectives for life after school,
- The importance of harnessing gifts, interest, passions and strengths,
- Exploring inclusive pathways for life after school.

This webinar will also share stories of people with a disability who have pursued inclusive pathways after school.

Who is this webinar for?

This webinar is aimed at carers, family members and friends of students with an intellectual disability and Autism leaving school but is applicable to younger children as a means of long-term preparation or individuals who have left school who are dissatisfied with the traditional options often offered. It will be of interest to those who are interested in exploring inclusive pathways. It will also be of interest to teachers. Everyone is welcome.

Speakers

Jan Kruger is from Canberra. Her family hold a vision for their son Jack to lead a typical life in the community, full of the opportunities and experiences that his older sisters have. Jan will share her tips about how they prepared for a good life after school for Jack. Jan is also the Director of Imagine More, a family led organisation that aims to strengthen family leadership and advocacy for people with a disability to get the good things in life.

Deb Rouget is the CEO of Belonging Matters. For nearly 30 years, she has been involved in the lives of people with a disability and their families. Through her work at Belonging Matters, she has led a number of initiatives and mentors and consults with people with a disabilities, families and others in regard to work, community and belonging.

Teresa Micallef has worked alongside people with disabilities and their families for over 20 years. She is currently the Project Manager of Building Community Networks at Belonging Matters. Through her work, she has gained much experience in assisting people with a disability and their families to build a pathway for life after school.

When:

Tuesday 23 June 2020

Time:

10.30am to 12.30pm AEST

Where:

Zoom Webinar

No cost, free to attend

Web link: https://us02web.zoom.us/webinar/register/WN_sWu7SwmXR-SvhGnLHJis2Q

[The ParentZone Gippsland newsletter](#)

ParentZone @ Home # 5 is now available

Email for your copy: parentzone.gippsland@anglicarevic.org.au

VALID

Creating inclusive communities



Choice Mentors

Empowering decision making and choice

The VALID Choice Mentor Program supports people with a disability who have limited support in their life from family or friends, to build their capacity to make decisions about their own life.

The Choice Mentor supports participants to be more autonomous and independent, and to make good connections in their community.

A Choice Mentor assists participants to make decisions about their lifestyle, accommodation, health care, work, and accessing services.

The Choice Mentor Program team trains and matches volunteers to participants who want help to make choices and decisions in their life.

www.valid.org.au



- Are you interested in getting to know a person with a disability?
- Do you think you would be good at supporting a person with a disability to make their own decisions?
- Do you have 2 hours a fortnight for up to 12 months to commit to this new relationship?

We need people like you. This program is an opportunity for volunteers to help protect and promote the rights and interests of people with a disability and work to eliminate abuse, neglect and exploitation.

The program will provide:

- Training in supportive decision making
- Opportunity to bring real change to the life of a person with disability
- The opportunity to meet and be encouraged by other Choice Mentors and self-advocates
- The opportunity to learn and develop new interests, skills and experience.

Expression of Interest

Name _____
Address _____

Phone _____

Email _____

Send your expression of interest to VALID or email volunteers@valid.org.au

One of the Choice Mentor Program team members will contact you with more information.

VALID

130 Cremorne Street
Richmond, VIC 3121

Phone 03 9416 4003

Free Call 1800 655 570 (Rural)

Fax 03 9416 0850

Email office@valid.org.au



PARENTZONE GIPPSLAND TERM 3 PROGRAMS

**Storytime:
Supported Playgroup**
Join us online to enjoy songs, stories and fun activities each week.

Tuesdays
14th July – 15th September
10.30am – 11.30am

Online via Zoom

Homework Club:
to assist your children with their homework or just have some fun reading and playing games.

Tuesdays
14th July – 15th September
3.30pm – 5.00pm

Online via Zoom

Breaking The Cycle
For parents and carers of adolescents who are violent or abusive in the home

Thursdays
30th July – 17th September
5.30pm – 7.30pm

Online via Zoom

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



The Disability Royal Commission

First Nations people with disability - tell us your experience

Our latest [issues paper](#) looks at the experiences of Australian First Nations people with disability.

Compared to the general population, First Nations peoples with disability are at greater risk of experiencing harm at both an individual and systemic level. This is often associated with stigma and discrimination based on both race and disability.

We invite the public to share their views on what they think governments, institutions and communities can do to prevent violence, abuse, neglect and exploitation of First Nations peoples with disability.

We also want to hear about initiatives that are led by First Nations peoples and to understand how these approaches can be further supported and expanded.

The paper asks 12 questions to help individuals and organisations to provide responses. We acknowledge that many will already have an idea of what they want to tell us. We welcome this contribution.

The [issues paper](#) is available in Easy Read, PDF and DOCX on our website. We also have an Auslan summary on our website.

We encourage responses to the issues paper by 11 September 2020, although responses will also be accepted after that date.

There is information about responding to the issues paper in the issues paper itself and on our website. Responses can be in any language, including First Nations languages. We will translate the response to English.

Please let us know if you do not want your responses made public on our website.

<https://disability.royalcommission.gov.au/>

<https://disability.royalcommission.gov.au/publications/first-nations-people-disability-issues-paper>