



Strengthening Parent Support Program

Term 3 Newsletter 2018



Education
and Training

The Strengthening Parent Support Program is delivered by Anglicare Victoria with funding from the Victorian Department of Education and Training

1300 889 335 | anglicarevic.org.au

**BETTER
TOMORROWS**



Welcome to our Term 3 newsletter for the ***Strengthening Parent Support Program***.

We have three purposes for this program:

- 1) to provide parent peer support groups for parents/carers of children age 0-18 with a disability or developmental delay (with or without a formal diagnosis)
- 2) to provide individual support for parents and carers, which can be answering questions or giving advice over the phone, email or in person (we have a parent resource library which you can borrow from)
- 3) to provide information sessions for community groups or organisations about SPSP and supporting carers and/or children with a disability

We have a new group in Chadstone, and we have recently even started online groups for when you are unable to get to a group in person. Join us!

All group information is listed conveniently for you on one of the pages below.

Please feel free to give us a call or email at any time.

Hope to see you at a group soon, or to help you with some information or advice!

Kind regards,
Grace Miano, Strengthening Parent Support Program Coordinator
Phone: 0438 646 744
Email:
StrengtheningParentSupport@anglicarevic.org.au

Groups meet every month, except on public holidays or during school holidays.

CHADSTONE

TIME & DAY: 10:00 - 11:00AM on the 2nd Friday of every month
LOCATION: 36 Burton Street, Chadstone
DATES FOR 2018: June 8, (no July group), August 10, September 14, October 12, Nov 9, Dec 14

LILYDALE

TIME & DAY: 10:30 - 11:30AM on the 4th Friday of every month
LOCATION: Anglicare Victoria, 47-51 Castella St, Lilydale
DATES FOR 2018: May 25, June 22, July 27, Aug 24, (no Sept group), Oct 26, Nov 23, (no Dec group)

RINGWOOD

TIME & DAY: 7:00 - 8:00 PM on the 1st Tuesday of every month
LOCATION: Central Ringwood Community Centre, Rosewarne Lane, Ringwood
DATES FOR 2018: May 1, June 5, (no July group), Aug 5, Sept 4, (no Oct or Nov group), Dec 4

VERMONT SOUTH

TIME & DAY: 9:30 - 10:30 AM on the 3rd Tuesday of every month
LOCATION: Vermont South Special School, 22-30 Livingstone Rd, Vermont South
DATES FOR 2018: May 15, June 19, July 17, August 21, September 18, Oct 16, Nov 20, Dec 18

ONLINE DAYTIME

TIME & DAY: 10:30 - 11:30 AM on the 2nd Tuesday of every month
LOCATION: On your computer or other device - you will be given a link on Zoom
DATES FOR 2018: May 8, June 12, (no July group), Aug 14, Sept 11, Oct 9, Nov 13, Dec 11

ONLINE EVENING

TIME & DAY: 7:30 - 8:30 PM on the 2nd Wednesday of every month
LOCATION: On your computer or other device - you will be given a link on Zoom
DATES FOR 2018: May 9, June 13, (no July group), Aug 8, Sept 12, Oct 10, Nov 14, Dec 12

Free of charge. Bookings are required. Contact Grace on 0438 646 744 or strengtheningparentsupport@anglicarevic.org.au

Events, Information & Resources

Parentzone Parent Education

Are you aware that my colleagues in the Parentzone team at Anglicare Victoria provide very inclusive, informative and supportive parent education groups that run as single sessions or even 5-6 session courses? The feedback on these is fantastic and they are **free of charge**.

Coming up:

- **Parenting Workshops** - Ringwood - August
- **Parenting Workshops** - Mulgrave - August/September
- **Growing Resilient Kids** - Camberwell - August/September
- **Tuning into Kids** - August/September
- **Parents Building Solutions (for professionals)** - Lilydale - August/September
- **Let's Talk About Teenagers** - Croydon - October
- **Tuning into Kids** - Camberwell - October/November
- **Growing Resilient Kids** - Wantirna South - October/November
- **Growing Resilient Kids** - Bulleen - October/November
- **Dads Matter** - Croydon Hills - October-December
- **Talking Teens** - Blackburn South - November/December

Call **9735 4188** and ask for the Parentzone team. Book early as they usually book out quickly!



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Events, Information, Resources & Special Projects

Circus Quirkus: LAST CHANCE TO BOOK FREE TICKETS for children with disabilities, severe/chronic illnesses, and children in less fortunate & vulnerable circumstances *Tickets for family members, carers, teachers, etc. are also free. We hope it provides a wonderful day of respite & fun that otherwise may not be possible. Saturday 4 August at 11:00AM OR 5:00PM. For all enquiries please contact Meredith: Email: meredithnewman@showintent.com.au ; call or message 0476 589 799.

Different Journeys - Teens ASD Social Group for ages 13-18

Third Sunday of the month. For teens with high functioning ASD. Time: 5-8pm, Club Kilsyth, Cnr Canterbury Rd and Colchester Rd, Kilsyth. Courtesy bus available (some restrictions apply). Contact: differentjourneys@gmail.com or Phone: 0490 774 068

Gently Gently - A quiet storytime - Thursday mornings, 10:00am -10:45am. Join us for stories and rhymes in a calm environment. Perfect for children who may find regular storytimes a little busy and noisy. Book 9800 6455

Maroondah Council Children's Fun Day - Wednesday 24 October 10:00AM-1:00PM at Town Park, Croydon.

Understanding the NDIS 3-hour workshops are designed by people with disability, for people with disability and their families and carers.

Coordinated by AFDO Disability Loop. Various locations and dates. Learn more and register at <https://www.disabilityloop.org.au/events.html>. If you have any questions or would like assistance with registering, please email disabilityloop@afdo.org.au or call us on (03) 9662 3324.

Interchange Outer East Dads and Mums Social Groups: Details and online bookings for Dads Social Group: <https://bit.ly/DadsJul-Dec> and Mums Social Group: https://bit.ly/Mums_2018

Events, Information, Resources & Special Projects

Teens Autism Social Group

Friday nights, 6:30pm - 7:30pm, Suite 2, 171 Boronia Rd, Boronia. Contact: Jo White 0414487509 Office: 9761 2214 Email: jowhite3130@gmail.com

Autism Lego Clubs - Junior (5-12 yrs)

Wed and Sat; and Teens (13+) Thurs and Sat. A safe and relaxed learning environment for children to develop problem solving and social skills. Boronia. Contact Jo White, Principal Therapist, Phone: 0414487509 Office: 97612214 Email: jowhite3130@gmail.com Web: www.autismcounselling.com.au

Little Lego Club - for ages 3-5 years

Thursdays, 4:30pm - 5:30pm. Improves fine motor skills. Boronia. Contact Jo White as above.

Free Mental Health Programs - For people with mental illness or their carers, aged 16-64 who are NOT part of any community mental health support program. To find out more please contact Liz or Stephen Ph. 9871 1802, or mentalhealthgroups@each.com.au

EACH Mental Health Programs- Living Mindfully and Meaningfully; Living with Persistent Pain; Anxiety and Depression; How to Live Simply; Peaceful Kids. From early May, various times and locations. Contact 8892 4800 or psintake@each.com.au.

NDIS Webinar on Self-Management: Thursday 2 August 11am-12pm the NDIA will be hosting a webinar on self-management that will deliver information and insights about what self-management is, how to self-manage your NDIS funds and your responsibilities as a self-manager. See how managing your own funds gives you choice and control over what and who supports you. Please register for the webinar here: <https://www.eventbrite.com.au/e/ndis-webinar-on-self-management-registration-47047471253?aff=NDISwebsite>
Please advise any accessibility requirements.



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Is your train station accessible? We want to hear from you. We're launching a project mapping inaccessibility across Australia's train network but we need your help to do it. If you're a wheelchair user or care for someone in one, maybe you're a parent using a pram or you just have trouble with stairs, take our survey and tell us your experience using your local train network.

<http://www.abc.net.au/news/2018-07-18/is-your-station-wheelchair-friendly-we-want-to-hear-from-you/10004058>

Citylife Community Hub “Drop-In” space. We aim to provide a relaxed and welcoming environment where you can meet people, gain food support and find out about our other services. Regular activities each week.

What we offer: food support, advocacy and referrals to local services, basic budget assistance, groups, practise your English through conversation and laughter, C.O.A.C.H mentoring program, Maternal Infant Support Program, counselling. 9871 8900 reception@citylife.care - website: www.citylife.care

Paws for Thought: There will be a drop in group starting on Thursdays run by me, Billie the Therapy Dog! Paws for Thought aims to engage young people who may not be ready for one-on-one appointments but need a soft introduction to headspace Knox. We all know I am a great tool for engaging young people and I also make them feel calm and happy. It will allow opportunity for young people to socialize with each other and chat informally about what they may be on their minds with some supporting headspace humans. Young people can drop in at any point and don't need to let me know they are coming. Any questions chat to Sharon or Chenai, any pats or belly scratches come see me directly. Chenai Mupotsa (03) 9801 6088 Chenai.Mupotsa@headspaceknox.com.au

Fitness Connection for Carers - Wednesdays 1:30pm - 2:30pm. Knox Leisureworks, Tormore Rd, Boronia. Get in touch T 03 9239 2500.

Kewn Kreestha, 69 Alto Ave, Croydon - Day retreat programs for women - Bookings 9723 6797. Web Address: <http://institute.mercy.org.au/about-us/ismapng/family-care-sisters/today/>



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Events, Information, Resources & Special Projects

How Victoria Police are working with the community to create a safer place for people with autism and their families. Different Journeys and Interchange Outer East invite parents and carers to this educational social dinner. Hear from two serving Victoria Police officers about their involvement in supporting teenagers & adults with autism and their families. Learn about measures in place in the Victorian community to engage with the ASD community.

Have your questions answered.

Date: Tuesday 21 August,

Time: 6pm to 9pm

Where: Club Kilsyth

15 Canterbury Rd, Kilsyth

Cost: \$15 incl. dinner

Book: bit.ly/vicpolasd

Enquiries: 9758 5522

or ioe@ioe.org.au

The Homebase Hope podcast is an Australian based free resource for parents and professionals caring for a child with autism. It is available on iTunes and our website. This is a resource that you can listen to in your own time and begin to implement strategies from www.homebasehope.com.au

Hungry4Success training program: AGED 16 - 25 AND LOOKING FOR SOMETHING MORE? Out of school? Out of work? Early school leaver? We are looking for a number of enthusiastic, motivated and creative individuals to take part in an exciting, innovative program that operates within a thriving social enterprise. This program provides pre-accredited training in communications, job readiness and Hospitality including on the job placement and mentoring from a chef with over 20 years' experience in the industry. Commitment of 2.5 days per week. PLACES ARE LIMITED! No previous experience in hospitality is required - just a passion to learn, grow and achieve your goals. Dates: 13th Aug 18 - 23rd Nov 18 Time: 9.30am - 4pm. For info contact office@glenparkcc.com.au or 9720 5097

Events, Information, Resources & Special Projects

Stronger Outcomes for Families - Invitation to contribute

The Department of Social Services (DSS) would like to invite you to contribute to the future of family and children services. Under the Families and Children Activity, DSS invests approximately \$217 million annually in the following programs:

- Communities for Children Facilitating Partners
- Family and Relationship Services
- Children and Parenting Support
- Intensive Family Support Service
- Home Interaction Program for Parents and Youngsters

The majority of grant agreements for these programs expire on 30 June 2020. It is therefore timely for us to discuss how we can continue to work together to ensure our programs continue to achieve positive outcomes for families and children into the future.

To facilitate this process, a 'Stronger Outcomes for Families' discussion paper has been released on the DSS Engage website. **DSS is seeking feedback on the discussion paper from service providers, academics, state and territory governments and families and children.**

DSS wants to be clear that the ideas proposed in the discussion paper are ideas for testing only. The discussion paper does not represent DSS' final policy position. This process is the beginning of our engagement. We anticipate continuing discussions over the coming years.

This discussion paper is available to view and respond to from 5 July 2018 to 15 August 2018 on the DSS Engage website:

<https://engage.dss.gov.au/stronger-outcomes-for-families/>



PATHWAYS FOR CARERS WALKS

The Pathways for Carers project offers **carers** of people with a disability or mental illness an opportunity to share walks together and to learn more about news, services and supports available to carers. We will be joined on the walk by representatives from local organisations. Stay after the walk for a coffee at a local café!

This is a FREE event for carers.

Monash/Knox Walk

Meet at: Madeleine's at Jell's Park (enter via Waverley Rd), Wheeler's Hill

When: Every second Friday of the month commencing 9:30am

Maroondah Walk

Meet at: Thor-Ra-Nee Cafe, 19/434 Maroondah Hwy Ringwood

When: Every second Tuesday of the month commencing 9.30am

Maroondah Walk

Meet at: Thor-Ra-Nee Cafe, 19/434 Maroondah Hwy Ringwood

When: Every third Saturday of the month commencing 1.00pm

Yarra Ranges Walk

Meet at: Mount Evelyn Community House, 50 Wray Cres, Mount Evelyn

When: Every first Thursday of the month commencing 9.30am

Manningham Walk

Meet at: Melissa Cakes Cafe, 65 Parker Street, Templestowe Lower

When: Every third Thursday of the month commencing 10am

Boroondara Walk

Meet at: Ashburton Pool and Recreation Centre, 8 Warner Ave, Ashburton

When: Every fourth Wednesday of the month commencing 9.30am

For Enquiries, please contact Felicity at lifeAssist on (03) 9239 2500 or felicity.preston@lifeassist.org.au. Follow on www.facebook.com/pathwaysforcarers for updates.