

The Wave



northern
beaches
council

Northern Beaches
Disability Newsletter

Issue 435, March 2023

Hello everyone,

In this edition, you can find plenty of creative and fun activities, talks and workshops, when the next Dance to the Nines is on, St Edmund's College Open Evening, and learn more about the NSW State elections in Auslan.

You can submit an item for the next edition before **Wednesday 29 March**.

Warm regards,

Community Development team

disability@northernbeaches.nsw.gov.au

Activities and events

Come and Try Golf - Long Reef

Thu 2 Mar, 1 - 2pm

Long Reef Golf Club, Anzac Avenue Collaroy

Players of all abilities will have the opportunity to try golf and the amazing ParaGolfer.

james.gribble@empowergolf.com.au

bit.ly/3Y7t7Cs

Talking about sex in disability

Mon 6 Mar, 1 - 2pm, online

This free session will allow participants to have a broad understanding of common sexual difficulties and how to get sexuality goals into an NDIS plan.

info@carerehab.com.au

bit.ly/3kyzqBn

Saturday Kids Club

Fortnightly on Saturday 9:30am-3:30pm

Cromer Community Centre

150 Fisher Rd North, Cromer

Under 18 and keen to get out of the house for the day? Join our fun social program for some adventures around and beyond the Northern Beaches.

0437 422 121

Jayne.Parums@abilityoptions.org.au

abilityoptions.org.au/social-calendar/

St Edmund's College Open Evening & Tours

Tue 7 Mar, 6:30pm

St Edmund's College, 60 Burns Rd, Wahroonga

St Edmund's College provides a unique and rich educational experience for students with an intellectual disability in the mild to moderate range, sensory impairment and autism.

dickenson@stedmunds.nsw.edu.au

stedmunds.nsw.edu.au/tours

Poetry and Lyrics Writing

Saturdays from 2 - 4 pm, online

People of all abilities and from diverse backgrounds are invited to join our weekly online poetry, lyrics and music appreciation workshops via Zoom.

0492 989 934

info@abilitybeyondboundaries.com.au

bit.ly/3IWvK5U

Online Art Friends

Multiple dates, last Tue of the month

Free session for artists of all abilities to get together and talk about art and do some art. All art and craft mediums are welcome, beginners to professionals warmly embraced.

info@creativescollective.org

bit.ly/3kFJAjD

Dance to the Nines

Fri 24 Mar, 1pm, 5:30 – 8:30pm
Dougherty Community Centre
7 Victor St, Chatswood

An all-accessible event for 18+ years old including family and friends. Animal or Jungle theme. Cost \$10 includes light refreshments - pay cash at the door.

9777 7800

dcc@willoughby.nsw.gov.au

Respite Retreats

Explore and Connect offers a range of therapeutic Respite Retreats (Short Term Accommodation), Career Retreats and Day programs for people with mild to moderate disabilities. Available all year round. Children 8-18; Adults 18+. NDIS registered provider.

0429 146 117

connectandexplore@hotmail.com
connectandexplore.com

Life Drawing studio sessions

Wednesdays, 10am -12pm
Mona Vale Creative Space Gallery
(inside the Mona Vale library building)

Get creative at our regular life drawing classes! These classes are untutored and open to all levels of drawing skill. Please bring your own art materials. Easels are provided. Wheelchair accessible venue.

8495 5036

artgallery@northernbeaches.nsw.gov.au

bit.ly/3Z2V5AG

Blue Apple Art Studio Open Day

Sat 25 Mar, 10am - 12pm
Terrey Hills Community Access Hub
321 Mona Vale Rd, Terrey Hills

Unisson Terrey Hills Activity Centre offers hydrotherapy swimming, yoga, zumba, sensory room and Blue Apple Art Studios. This is a chance to meet our friendly team and join in on the activities throughout the morning. Limited spots. Booking required.

0415 983 995

bit.ly/3Y7tooY

These are only a few of the many local events happening on the Northern Beaches that people living with disability can enjoy. Check out our Event calendar for more.

Carers' corner

HABIT – ILE

187 Allambie Rd, Allambie Heights

HABIT-ILE is a breakthrough therapy for children who experience challenges with hand and gross motor function. This CPA program is for children 6-13 years old who have mild to moderate cerebral palsy or similar condition.

bit.ly/3xYWcWk

Target Word

1 Mar-19 Apr, 12 - 2pm, online

Early Ed is offering a free program for parents of children aged under 2.5 yrs who are late talkers with a Hanen Target Word Certified Speech Pathologist.

9923 2727
services@earlyed.com.au

Talking to your child about sexuality and spinal cord injury

Mon 13 Mar, 7:30 - 9pm

This webinar is aimed at adult care givers/ parents who want to understand more about their child's Spinal Cord Injury and possible impact on sexuality, relationships and sexual function.

carerehab.com.au

bit.ly/41qafff

Stepping Stones Triple P

Wed 15, 22 and 29 Mar, 7 - 8:30pm
online workshop

Triple P is a program of three seminars designed specifically for parents of children aged 2 to 12 years with additional needs and can help to reduce emotional and behavioural problems in children.

9923 2727
services@earlyed.com.au

My Time Parent Support Group

Wed 9:30 - 11am during school terms
Forestville Senior Citizens Centre
Cnr Starkey St & Warringah Rd, Forestville

Free in-person and online support program for parents and carers of children with disabilities or chronic medical condition, connecting with others in similar situations.

9923 2727
services@earlyed.com.au

Early Intervention & the NDIS - Information Session

The 30 Mar, 9:30 – 10:30am, online

Cerebral Palsy Australia (CPA) facilitates this free information session for parents and carers regarding the NDIS Early Childhood Approach for children aged 0-6yrs.

bit.ly/3IYVVSA

SibWise

This Siblings Australia program is designed for parents, health care workers or educators of siblings of children with disability. SibWise online learning program will assist you to better understand and respond to sibling needs and challenges.

siblingsaustralia.org.au/services/sibwise/

Carers that Drive

Provides qualified supporters to help you to go out and about in your car or theirs, door to door, anywhere in Sydney metropolitan and some regional areas. NDIS registered provider.

0403 057 051

info@carersthatchdrive.com.au

carersthatchdrive.com.au

Conferences, forums and network meetings

TheMHS learning Forum 2023

Tue 21 – Wed 22 Mar
Mercure Sydney, 818/820 George St, Chippendale

TheMHS Forum is an annual educational program in Australia and New Zealand that highlights a contemporary topic in mental health and suicide prevention.

9810 8700

themhs.org/forum-registration/

Future Workforce Forum

Wed 22 Mar, 2 - 6:30pm
The Vibe Hotel, 171 Pacific Hwy, North Sydney

Hireup for Providers are bringing disability organisations in Sydney together to share workforce planning insights and learn from experts. Aimed at disability sector decision makers and those managing teams. Free.

bit.ly/3kvMuaP

Northern Sydney Expo for People with (dis)Ability

Thu 4 May, The Concourse
Pavilion Room, 409 Victoria Rd, Chatswood

Community and service providers are invited to participate as an exhibitor at the expo. Exhibitor application and payment due by Fri 31 Mar. Package cost is \$190.

0488 554 325

ksommerville@jobsupport.org.au

DSC Annual NDIS Conference

Thu 1 - Fri 2 Jun
International Convention Centre
14 Darling Dr, Sydney, and online

Panel discussions, networking and reconnection. Take two days out to hear from the people that will shape your future. Early Bird sale 28 Feb – 31 Mar.

03 8899 7804

admin@teamdsc.com.au

teamdsc.com.au/conference

Employment, education, and training

Understanding NDIS Employment Options

Various dates, online

Join APM Communities for this free session on how to best achieve meaningful and sustainable employment, understanding goals and how APM can assist you.

1800 276 522

apmnet@ndis.gov.au

bit.ly/3kC5IAX

How to Hireup! Let's get you started.

Online, multiple dates

These free fortnightly 'How To' sessions are a great way to learn more about why Hireup began, see a live platform demonstration, learn to navigate the different platform functions and our team can answer any questions you may have.

hireup.com.au

bit.ly/3KCTihs

Understanding Robust SDA

Tue 7 Mar, 11am - 12pm, online

If you sometimes act in a way that may not be safe for you or the people around you, then a Robust Specialist Disability Accommodation (SDA) home might be right for you.

bit.ly/3E9V31D

Autism and Anxiety seminar

Tue 14 Mar, 7 - 9pm, online

This session is for teachers, parents and allied health workers. It helps Supporting Wellbeing and better outcomes for Autistic Children. The session will be recorded. Participants will have access for 30 days.

bit.ly/3xWxJkj

Sensory Processing in Adults

Webinar recording

This session will focus on sensory assessments, interventions and how to compile this information into a report when working with adult clients with disabilities. Cost \$85.

verveot.com.au/product/sensory-processing-in-adults/

UpSkill Supported Decision Making Series

This webinar series looks at the benefits that come with taking risks, the challenges that come with substitute decision-making, supporting people to express their will and preferences, and so much more!

bit.ly/3SCTeQU

Living Skills training

A specialist service based in Sydney that teaches children, teenagers and adults with disability how to use public transport safely and independently.

0427 082 392

livingskillstraining.com/

Adaptive Cooking

This program is for NDIS participants transitioning to independent living, who want to learn more about cooking or cook as recreational activity.

0401 793 922

chefsthatcare.com/adaptivecookingclass

Your Participation Counts

Help improve public transport accessibility

Share your experiences using public transport. Let the government know if you have equal access to public transport and what needs to be changed.

1800 621 372

DisabilityTransport@infrastructure.gov.au

Accessible Beach Research Project Survey

University of Sydney is conducting a survey how to make it easier for people with impaired physical mobility to enjoy the beach.

9351 9060

michelle.villeneuve@sydney.edu.au

bit.ly/3IYWnag

Become A Mentor

The Shepherd Centre is looking for young people (21 yrs +) who are deaf/hard of hearing who are keen to make a difference and positively influence the next generation. Send your CV to our team below to submit your interest.

John.Lui@shepherdcentre.org.au

Support if you can

Autism Community Network is a not-for-profit charity, who run support groups for Parents/Carers, Kids clubs, Family days and adult social clubs. If you can, please support by purchasing a raffle.

acnaustralia.org.au/events/

Northern Beaches Council projects

Youth Voice Action Plan: Have your say

Comments closing: Tue 14 Mar

Find out how we are proposing to support young people to do the things that matter to them. Tell us: Have we got it right?

yoursay.northernbeaches.nsw.gov.au/youth-voices

Funding and Resources

North Sydney Small Grants

Applications close: Fri 17 Mar

Funding is available to local not-for-profit community organisations with one-off projects and services for our local residents.

9936 8100

grants@northsydney.nsw.gov.au

northsydney.nsw.gov.au/community-grants-1/small-grants-funding-program/3

Northern Beaches Club Grants

Applications closing: Fri 14 Apr

Funding for Category 1 is provided for projects that contribute to community welfare and social services, community development, community health services, etc.

bit.ly/3KJ3jtt

Youngcare's At Home Care Grants

Closing: Thu 30 Mar

This Youngcare's program provides funding for equipment, home modifications and essential support/respite that is unable to be funded through other means (eg. NDIS).

youngcare.com.au/what-we-do/grants/home-care-grants/

Stronger Communities Program

Expressions of interest closing: Thu 9 Mar

Round 8 is now open. The program provides grants of between \$2,500 and \$20,000 for capital works projects. Contact your Federal MP to apply.

surveymonkey.com/r/ZZJP839

bit.ly/3ZqARk5

Link magazine

Link Magazine is Australia's premier national cross-disability publication. Filled with news, opinions, music, travel and real-life inspiration that celebrates people with a disability. Read online or in-print.

linkonline.com.au/

Managing Epilepsy

The Epilepsy Foundation has developed a suite of Know Me, Support Me resources for people living with epilepsy and a cognitive disability, their families, support workers and communities.

bit.ly/3Z7FEr4

2023 NSW State Election - Auslan

The New South Wales state election will be held on Saturday, 25 March 2023. Voting is compulsory. Learn more in this Auslan YouTube video below.

bit.ly/3kzUNIU

ADHD Support Australia

This website and online directory offers information resources, services, support groups and programs for parents of children with ADHD.

adhdsupportaustralia.com.au/

NDIS and Health News

NSW Park'nPay Accessibility Portal Goes Live

It is now easier for motorists with disabilities to find accessible parking across Sydney streets and carparks, thanks to a new nation-leading Park'nPay Accessibility Portal, giving drivers the power to search for hundreds of accessible spots with the tap of a button.

parknpay.nsw.gov.au/

accessibility.parknpay.nsw.gov.au/

Coronavirus (COVID-19) information and support

Book in for your vaccination today. To book a COVID-19 vaccine appointment:

- use the COVID-19 Vaccine Clinic Finder –

covid-vaccine.healthdirect.gov.au/booking/

- book through a local pharmacy - bit.ly/3SE5RLa

1800 020 080

Some useful phone numbers

Carer Gateway **1800 422 737**

Coronavirus Mental Wellbeing Support Service **1800 512 348**

Disability Gateway **1800 643 787**

Disability Housing **1800 843 929**

Kids Helpline **1800 551 800**

Parents Helpline **1300 1300 52**

Mental Health Information Line **1300 794 991**

National Coronavirus (COVID-19) Vaccination Helpline **1800 020 080**

National Dementia Helpline **1800 100 500**

National Disability Abuse and Neglect Hotline **1800 880 052**

National Disability Insurance Agency **1800 800 110**

National Relay Service for deaf, or hard of hearing **133 677**

NDIS Quality and Safeguards Commission **1800 035 544**

Northern Beaches Council **1300 434 434**

Northern Sydney Local Health District Carer Support **02 9462 9488**

NSW Ageing and Disability Abuse Helpline **1800 628 221**

NSW Ageing and Disability Commission **02 4904 7500**

NSW Mental Health Line **1800 011 511**

NSW Police (non-emergency) **131 444**

NSW RFS Aider (Assist Infirm, Disabled and Elderly Residents) **1800 679 737**

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1300 434 434
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