PARENT SUPPORT NEWSLETTER

MAY EDITION 2012

Ph: (03) 8552 2222 moira@moira.org.au www.moira.org.au

Welcome to the May edition of the Parent Support Newsletter. Now that it is after Easter and the kids are back at school I hope not too many of you are coming down from a chocolate high.

On this month we have the Southern region disability respite and recreation expo held at the Frankston Arts Centre, Corner Young and Davey Streets Frankston between 10am – 2.00pm. Come down and meet the many stall holders as well as many of the MOIRA staff.

This month we are featuring a couple of new programs run through SCOPE as well as Dad to Dad which looks like it has a fantastic program organised for Term 2.

As we can't fit everything in to the newsletter don't forget to check out our Linked In section for further information.

Happy reading.

Kerri Rolfe
Parent Support Coordinator

What's Coming Up...

D.U.C.K.S.
Meetings held the 1st Thursday of the month at 7.30pm
Next Meeting Thursday 3 May Jaspers Pizza and Pasta 248 McKinnon Road McKinnon (cnr McKinnon & Jasper Rds.
Contact Phil on 0408 142 250 or mail@philipryan.com.au

Southern Autism Spectrum Family Support Group
Day meeting held 3rd Tuesday of the month at Patterson Lakes Community Centre between 10.00am – 12.00pm. Next meeting Tuesday 15 May
Night meeting held 3rd Thursday of the month at Langwarrin Community Centre between 8.00pm – 10.00pm. Next meeting Thursday 17 May.
Teen Aspy Social Group held the 1st Friday of the month between 6.30pm – 9.00pm. Contact Cristina on 9795 2353 for details

Hills Autism & Special Needs Support Group
Next Meeting 11 May @ 12.30pm
Café Redbox 369-371 Emerald-Gembrook Rd, Emerald
Contact Barb on 0400 596 961

Down Syndrome Support Group
Meetings held last Thursday of every month.
Next Meeting Thursday 31 May @ 9.30am
Rumblings on Centre corner of Centre Road and Hampton Street in Brighton East
Contact Kerri Rolfe, Parent Support Coordinator on 8552 2222 or krolfe@moira.org.au

Cranbourne ADHD Support Group
Next meeting 24 May from 10am - 12pm @ Cranbourne Community House, 49 Valepark Crescent, Cranbourne.
Contact Flora or Ann @ Cranbourne Information & Support Services on 5996 3333. All Welcome.

Southern Region Cerebral Palsy Support Group

For further information contact Mike McDermott Programs Coordinator Cerebral Palsy Support Network on 9484 5326 or cpsn@cpsn.info

Cranbourne Special Needs Support Group
Meetings held the second Thursday of the month except during school holidays
Next Meeting 10 May @ 12pm Amstel Golf Course 1000 Cranbourne Frankston Rd. Contact Christine 0418 108 474

Parents of Children on the Autism Spectrum Support Group
Meetings held the 1st Thursday of the month from 12.30 – 3.00pm except during school holidays
Next meeting Thursday 3 May MOIRA training room 920 Nepean Highway Hampton East
Contact Kerri Rolfe, Parent Support Coordinator, on 8552 2222

Grandparents Support Group
Support group for grandparents caring for their grandchild with a disability. The group generally meets monthly on the 4th Thursday of the month.
Next meeting May 24 Lunch at Patterson Lakes Golf Club 12.00-2.00pm
Please contact Michael White on 9212 3002 for more information.

Parents of Kids with Learning Differences

Next meeting 23 May 7pm - 9pm in the MOIRA Training Room 920 Nepean Highway Hampton East.

Please email dwi46566@bigpond.net.au for details.

SEA Group (South Eastern Aspergers Parent/Carer Support Group)

Meetings held the 3rd Tuesday of the month.
Next Meeting Tuesday 15 May @ the Peterson Youth Centre Highett Road Highett
7.00pm – 8.30pm
Contact Kirsten Cleland at Headspace Southern Melbourne 9526 1600 or Christine Johns SEA Volunteer christineljohns@gmail.com

Disclaimer—Please note that all information contained herein is given in good faith; however is not recommended. Information is given for information and interest only.

The latest from the MOIRA team

The first 2012 **Disability Respite & Recreation Expo** in the Southern Region will be held at the **Frankston Arts Centre** on Tuesday 8th May 10am to 2pm

Follow us on Twitter or like us on Facebook to keep with the latest that is going on at MOIRA!
http://www.facebook.com/MOIRA.org.au
http://www.moira.org.au/twitter

Did you know you can receive the Parent Support Newsletter by email instead? If you would like to change to email, or you have questions regarding the 2012 newsletter, please contact Kerri on 8552 2222 or E-mail krolfe@moira.org.au

Linked in...

Join us as we rally to make the NDIS a reality! April 30, Federation Sq, 12pm. http://www.facebook.com/#!/events/283112288432450/

New family-centred approach to managing autism
Families and carers of young people living with an Autism Spectrum Disorder (ASD) will be better able to respond to concerning behaviours thanks to a new $2.5 million, three-year behaviour support program from the Victorian Coalition Government.
Community Services Minister Mary Wooldridge announced the initiative in the lead-up to World Autism Awareness Day on Monday 2 April. Autism Spectrum Australia (Aspect) had been awarded the contract for the new behaviour support program, which would help an estimated 2,015 families and carers of young people living with an ASD in Victoria.

Down Syndrome Victoria Training Calendar
Chromosome matters! – an introduction to Down syndrome
Monday May 7, 7pm-9pm, Melbourne metropolitan venue TBC
Choosing a primary school Wednesday May 16, 7-9pm, Melbourne metropolitan venue TBC
Choosing a secondary School
Monday May 14, 7-9pm, Melbourne metropolitan venue TBC

Proposed Dad 2 Dad Weekends 2012

Registrations of Interest can be emailed to: perrin1971-dads@bigpond.com

Or to John Page, Dad 2 Dad Program Coordinator at john-dads@bigpond.com

Term 2 - 2012	Location	Event/ Activity
Weekend Fri 27th – Sun 29th Apr	Trafalgar East (Gippsland)	Adventure Activities (on site at The Summit)High ropes course, air bags etc.
Weekend Fri 11th – Sunday 13th May	Rawson Village Conference centre	Walhalla Train Ride and Gold Mine tours
Weekend Fri 18th – Sun 20th May	Cobram / Barooga	Golf
Weekend Fri 18th – Sun 20th May	Phillip Island	V 8 supercars Enough said .....
Weekend Fri 25th – Sun 27th May	Avalon raceway	4x4 adventure tour introductory course
Weekend Fri 1st – Sunday 3rd June	Echuca / Moama	Inland Fishing on the banks of the Murray river.
Weekend Fri 8th – Sun 10th June	Queenscliff (Bellarine Peninsula)	Celtic Folk Festival on the Saturday
Weekend Fri 15th – Sun 17th June	Red Rock Lodge Sunbury	Cooking , relaxing etc.

Project Autism Support Group

During this morning event, you can experience a relaxation session with Linda Walton. Linda is an experienced yoga teacher and will tailor this session to help you unwind from life's challenges. The next part of the morning will be a question and answer session with Karina, where she will offer strategies, ideas and education about Autism.

Lastly, there will be a chance to have a cuppa and chat with other parents of children who are on the Autism Spectrum.

ABOUT KARINA: Karina is a teacher with 25 years experience & has worked with children with Autism for over 7 years

ABOUT LINDA: Linda is a qualified yoga instructor and has experience working with relaxation techniques

WHERE: Kimekai Karate Centre
227 Wells Rd, Chelsea Heights 3196

TIME: Starting Wednesday 9th May
10am – 12.30pm

FEE: $20 – Includes Yoga Session, Q&A, and Tea & Coffee

CONTACT: Karina : 0415 742 658

Giving us all the ability to play

COUGARS

McKinnon Super Star Cougars

Basketball for all abilities

Seeking People of All Abilities wanting to develop their Basketball skills and become a member of a winning team..!!!

The McKinnon Basketball Association, Basketball Victoria and Access Unlimited are working in partnership to provide inclusive basketball opportunities across the Glen Eira and Stonnington communities.

The McKinnon program is packed with activities that gives everyone the opportunity to excel.

Our coaching staff are dedicated to giving all participants a fulfilling experience. Give it a try! (Wheelchair friendly venue)

Under 12's coming soon!

Access for All Abilities

access unlimited

Now over 2 Courts!

Basketball Victoria All Abilities Special Award for 2011

Team able to enter for the first time in Australia Day Tournament

Inclusive sport & recreation

When:	Saturday mornings @ 9.30am
Dates:	MAY 5th, 12th, 19th and 26th. JUNE 2nd, 16th and 23rd (NO program June 9th; Queen's Birthday weekend)
Where:	Bentleigh Secondary College Stadium enter via Clarence Street Bentleigh East (melways: 77 J3)
Cost:	$45 for the seven week program. $7 Casual Entry
Age:	12 up
Contact:	MBA Office, 11 Clarence Street Bentleigh East
Phone:	9579 1200
Email:	programs@mckinnonbasketball.org

Basketball everyone's game

Please note: Carers not provided, only coaching tuition

VicHealth · Basketball Victoria · City of Stonnington · Victoria The Place To Be · Department of Planning and Community Development · Bendigo Bank Murrumbeena Community Bank® Branch 436 Neerim Road 9568 8166 · Supported by Glen Eira City Council · City of Glen Eira

MAY 2012

Making Friends
Scope's Southern Region

scope FOR PEOPLE WITH A DISABILITY

Making friends is a group program run by Scope to support the development of social skills for early years children. It is a weekly program, that runs for six weeks.

The group will help children to develop and improve their social skills, including:

- **appropriate greetings**
- **Taking turns**
- **Sharing**
- **Asking for help, and**
- **Identifying feelings**

When: Tuesdays from 24th April—29th May

Time: 10am-11.30am

Where: Scope's Southern Regional Office, Cnr Station St and Nepean Hwy, Aspendale

Children aged 4 years and older with existing FaHCSIA Funding are eligible for the program.

To register your interest, or for further information, please contact Scope's Southern Region Office, 9587 8225.

Aquatic Physiotherapy
Scope's Southern Region

scope
FOR PEOPLE WITH A DISABILITY

Scope's Aquatic Physiotherapy for Children is a pool-based group for infants and young children run by a Scope paediatric physiotherapist.

This group is suitable for children with a physical disability, developmental delay or coordination problems. Hydrotherapy is an effective addition to regular therapy as it can:

- Provide freedom of movement in a warm, fun environment
- Improve range of movement
- Stretch muscle groups and joints
- Improve balance skills
- Increase strength and endurance
- Teach pre-swimming skills
- Teach play skills
- Provide relaxation

Where: Waves Leisure Centre, 111 Chesterville Rd, Highett

When: Tuesdays from April 17th – June 19th 2012

Time: 1.30 – 2.00pm

Cost: You can use your child's Better Start for Children with a Disability funding for this group. Otherwise families can elect to pay for the group themselves.

Contact: For further information or to register your interest, call Scope's Southern Region Office on 9587 8225

The small groups are scheduled for ½ hour every week for 10 weeks. A parent/carer is required to participate in the session.

POSTAGE PAID AUSTRALIA

If undeliverable please return to:
MOIRA
928 Nepean Highway
Hampton East 3188

MOiRA