PARENT SUPPORT NEWSLETTER

AUGUST EDITION 2012

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

Welcome to the August edition of the Parent Support Newsletter.

This month I will be running Parent to Parent training. This program has been developed to train parent volunteers to support other parents who have a child with a disability through peer support. If you have some time to give and like the idea of supporting other parents through their journey with disability then give me a call for further information.

The Sibling Support Program is looking for new siblings to join the group. Have a look inside the newsletter for more information on what the SSS Super Sibling Social group are up to in terms three and four. For more information call Bronwyn O'Callaghan at the MOIRA offices.

Till next month

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 2 August at C II Cafe, 109 Grange Road, Glenhuntly. 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 21 August.
Night meeting held 3rd Thursday of the month at Langwarrin Community Centre between 8.00pm – 10.00pm. Next meeting Thursday 23 August.
Teen Aspy Social Group held the 1st Friday of the month between 6.30pm – 9.00pm. Contact Cristina on 9795 2353 for further details.

Hills Autism & Special Needs Support Group
Two meetings this month Friday 10 and 31 August @ 12.30pm
Café Redbox 369-371 Emerald-Gembrook Rd, Emerald
Contact Barb on 0400 596 961

Down Syndrome Support Group
No meeting this month.
Contact Kerri Rolfe, Parent Support Coordinator on 8552 2222 or krolfe@moira.org.au

Cranbourne ADHD Support Group
Next meeting Thursday 16 August 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 Thursday 9 August @ 12pm, Cranbourne Integrated Care Centre, 140-154 Sladen St. Cranbourne
Contact Christine 0418 108 474

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 23 August *"Classical music with a twist"* show and light lunch at Drum Theatre Dandenong from 10.00am
Please contact Michael White on 9212 3002 for more information.

Dyslexia Support Group Southern

Next meeting Wednesday 22 August 7pm - 9pm in the MOIRA Training Room 920 Nepean Highway Hampton East. Guest speaker Glyn Jones, Social Worker More than Mainstream Program - *Learning differences forging good relationships with schools*

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 21 August @ 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 Disability Respite & Recreation Expo is coming up on 28th August! Details on the next page

* We are on Twitter AND Facebook!

* You can receive the Parent Support Newsletter by email! 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...

New vacation care service in Cardinia Shire
In a recent funding announcement by the Minister for Community Services, Mary Wooldridge, more than 30 service providers were selected to deliver innovative respite support and school holiday respite support . This is part of the Victorian Coalition Government's $21 million plan to improve disability respite and carer support services across the state.

Profiles of Disability in Australia - a new release from the Australian Bureau of Statistics Profiles of Disability provides an overview of the characteristics and activities of people with disabilities in Australia. It is designed to provide a comprehensive analysis of different aspects of living with disability in Australia that are addressed in the 2009 Survey of Disability, Ageing and Carers - the main source of data for this publication

Essential Medical Equipment Payment - news from the Australian Government The Essential Medical Equipment Payment is an annual $140 payment to people who experience additional increases in home energy costs from the use of essential medical equipment to manage their disability or medical condition. Payments will start from 1 July 2012.

Parent to Parent

Do you feel in a position to offer support to a parent who may be experiencing some of the feelings that can be associated with having a child with a disability? Then you might like to be involved in our Parent to Parent Support Program.

The Parent to Parent Support Program gives parents the opportunity to provide support to other parents who have a child with a disability and to make a difference through common shared experiences.

The Parent to Parent Support Program provides training to peer support parents in developing the fundamental skills to become an effective support to others in a similar position.

Training is run over four sessions and covers topics such as

- Effective communication skills
- Issues of grief and loss
- Confidentiality
- Information sharing

The sessions are fun and informal and an opportunity to really make a difference.

If you would like to become a Parent to Parent peer support or would like further information about this program please contact:

Kerri Rolfe
Parent Support Coordinator
MOIRA
(03) 8552 2222

10 Top Tips to Support Children in the Playground

1. Observe and then teach current playground language to children with an ASD. Remember to revisit this every term as games and language changes rapidly in playgrounds.

2. Ensure that children with an ASD and their parents are aware of the current playground games and activities. Allocate a staff member to teach the rules to the child with an ASD so that he/she only has to concentrate on the social aspects of the game.

3. Offer supervised activities on the playground; eg. ball games with a few children, 'What's the Time Mr. Wolf?', nature history group

4. Give a child with an ASD a map of in-bounds and out-of-bounds areas. The child could then colour the appropriate areas green and red. If play equipment has set days make sure you write the days on the map.

5. Have games equipment available for loan at break time—the child with an ASD can assist with giving this out.

6. Have a basket of books available on the playground for children to read while outside

7. Create a quiet area (no games, no play, just an escape).

8. Use a portable schedule to create a routine of what activities they will do in the playground and for how long

9. Create a Playtime Plan. The Plan provides children with an ASD the structure that they need to organise themselves before going out onto the playground. This can be adapted for weekends and holidays too!

10. Support social skills with Social Stories/Scripts, eg. 'Can I play please?', 'what to do if children say NO', (great range available in How to Stop Your Words from Bumping, and Developing Social Skills).

11. Provide the children with key rings of laminated visuals of activities they can do during recess and lunch times. Having the visuals (climbing equipment, sandpit, library, computer lab etc) will remind the children of their options

Excerpt from Developing Social Skills by Sue Larkey and Gay von Ess pg58

Information courtesy of Christina Isaac
Autism Spectrum Education Services
www.autismspectrumeducation.com

Respite South – online disability respite and recreation information

Wouldn't it be great if there was one place to go for online information about all the different disability respite and recreation activities that are happening around town?

Well, there is! The Respite South website features a news and event listing with up-to-date stories about activities across the southern region of Melbourne. There is also a library of information about carer supports, guides to services, communication resources and lots more.

Want to know more? Check out www.respitesouth.org.au While on the home page, sign up for the free weekly e-newsletter so you can receive all the latest news without having to search for it.

Respite South

Siblings Social Support Group

For Primary school children who have a brother or sister with a disability, or chronic condition.

What is SSS? SSS stands for Secret Sibs Society and is a group for kids who have a brother or sister with a disability. It is a place where they can get together and have fun with other siblings who really understand what it's like.

Who can participate? Primary school age children who have a brother or sister with a disability or chronic condition. Participants are ineligible to participate if they have a disability (we can make referrals to other suitable programs).

Is there a cost? A cost of $5 per session invoiced at the end of semester (1/2 year) to assist with the cost of food and materials.

How do I become involved? You need to be registered with MOIRA's Sibling Support Program. Once registered, you will receive information about the SSS and Sibling camps. To register :

Phone MOIRA – 8552 2222

Email coordinator- bocallaghan@moira.org.au

Sibling Support Program MOIRA
928 Nepean Hwy
Hampton East 3188

When/where does SSS meet? Groups are held from **4.15-6.15pm** at Moira meeting room- 920 Nepean Hwy Hampton East, on the following Thursdays:

9th August—Family Portrait. Make a masterpiece! We will be making a special picture of our family to take home. You can make it bright and sparkly, serious, funny etc. It's all about how you see your family.

13th September—Siblings Problem Squashing. Everyone has problems. We can help each other by sharing ideas of how to solve problems and who to turn to when the problems are too big for us. We will play fun games too.

11th October—Differences and Similarities. What do you have in common with your sibling? What are the differences between yourself and your sibling? Are there things you like to do together? What do you like to do without your sibling?

8th November—Poster to the World. What do you want to tell the world about being a sibling? Lets make a poster/banner together to tell the world what it is like to have a brother or sister with a disability. The good, the bad and the funny!

29th November—Break up Party! Let's celebrate together with party food and games :)

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