



Link Family Newsletter

AUGUST 2008

DREAM COME TRUE

After lobbying and many letters of support by parents, support from Peter Wellington and DSQ we have been given funding by the Federal Government to expand our Teen Holiday and After School Care Programs. We've just been advised that we have been guaranteed significant additional funding until July 2009. This is a dream come true for us as well as for families that currently access the program and for families that are on our waiting list. Yes, this means we can finally "open the doors" to our waiting list families and provide more places.

Our aim is to provide the Teen Holiday Program 5 days per week during the school holidays and to increase the places in our After School Care Programs at Currimundi Special School and Nambour Special School. It may even be possible for us to provide an After School Care Program in the Noosa region if there is enough demand.



I will be contacting families on our waiting list in the very near future to discuss the next steps that need to be taken.

Kris Plumb
Co-ordinator

HOLIDAY WORKERS NEEDED

Because we have recently received this much needed funding to enhance our existing Teen Holiday and After School Care Programs we are looking for more Support Staff to work in these programs.

If you know anyone that would work well with our teams to provide support to small groups of young people please advise them that Link is looking for Staff and they can contact Robyn on 5441 6600 prior to 18th August, 2008.

CERT 3 OR 4 TRAINING FOR SUPPORT STAFF

Would you like to get your Certificate III or IV in Disabilities? This project could help you achieve this goal.

This initiative will provide one-off training assistance grants to new and existing Support Staff in the non-government disability services sector. The grant will support Staff to undertake core competencies under the Community Services Training Package offered by TAFE Queensland (up to 100 places per year over 3 years, for an average of \$100 per competency, maximum of 10 competencies per person).

This grant offers Staff the opportunity to start or complete their Certificate IV in Disability. You can obtain your certificate through flexible learning opportunities as well as RPL (recognition of prior learning).

For more information please contact:

Deb Keenan
Ph. 5441 6600
Mob.0407 374 795
deb_keenan@linkfamily.org.au

LINK FITNESS

We currently run a specialised fitness program designed for young people and their parent/carer to enable them to experience regular physical activity together in a safe, stimulating and challenging environment. The programs run weekly in Currimundi, Coolum and Noosa for one hour, after school, with a \$2 fee for each program.

If you are interested in finding out more about the program or you would like your son/daughter to participate, please contact:

Deb Keenan
Ph. 5441 6600
Mob.0407 374 795
deb_keenan@linkfamily.org.au

RECREATION ADVISORY PANEL

Just a reminder to let you know that our Recreation Advisory Panel meets every 4 months and consists of 5 parents whose children attend Link Vacation Care, Teen Holiday and/or our Social Klub Program ("Recreation Programs").

The aim of the Panel is to provide advice/suggestions to Link for future directions for our recreation programs. Some of the areas in which the Panel provides ideas include,

- ◆ Suggestions for future activities.
- ◆ Reviews of current policies and procedures for relevant programs.
- ◆ Suggestions on how we could improve the recreation programs.

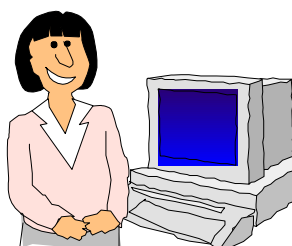
We have also agreed that the Panel should act as a contact point for families so they can raise any issues/concerns/complaints with Panel members if families feel uncomfortable about contacting a Coordinator directly. Panel Members can then feed this information back anonymously to the Panel at a subsequent meeting. Families who are currently receiving a service will shortly be sent a list of contact details for the Advisory Panel.

If you have any further queries regarding the Recreation Advisory Panel please telephone Kris or Deb on 5441 6600.

Regards Kris Plumb & Deb Keenan
Co-ordinators

CAN WE HAVE YOUR EMAIL ADDRESS?

We would love to be able to forward more families up-to-date information on events that are happening around the Coast. Those families that have previously given us their email addresses have received more than a dozen emails about events that have occurred since our last Newsletter. If you are interested in receiving these emails, please telephone us on 5441 6600 or send an email to office@linkfamily.org.au



SPECIAL DISABILITY TRUSTS

Parents often ask "What will happen when I can no longer provide care?"

"Special Disability Trusts and Planning for the Future - People with Disability" booklets are available and are intended to make things simpler by explaining the options. These booklets deal with planning for the future, taking account of disability issues generally and how families can use trusts to help look after family members with a disability. It also explains how new income support (social security and veterans' entitlement) concessions for Special Disability Trusts can help in providing for family members with a severe disability.

If you would like a copy of this booklet please phone the office on 5441 6600.

BE RESPITE

You'll see below a picture of BE Respite's vehicle which is able to take a Wheelchair Person, Electric, Scooter or Push wheelchair and see the sites of the Sunshine Coast.

This vehicle is available for:

- ◆ Medical Appointments in Brisbane, across the Sunshine Coast· Pick Up and Delivery to our new Respite Retreat at Cooran
- ◆ Holidays
- ◆ Attending Meetings, appointments

We are able to provide a qualified driver or a qualified Care Assistant who is experienced and can take people to appointments or to access our Region.



Prices on application

RESPITE RETREAT

Based in Noosa Hinterland, fully wheelchair accessible accommodation, all prices include meals, accommodation and 24 hour care support.

Hope you can come and visit.

Belinda Wardlaw
Ph: 5442 5992

Managing Director
Mob: 0407 636 490

MAROOCHY NEIGHBOURHOOD CENTRE FREE COUNSELLING

Counselling is available by fully qualified male and female counsellors at the Neighbourhood Centre each Wednesday from 9.00am to 5.00pm.

Appointments are essential and may be made by phoning Pam on 5443 6696

TRAVEL BUZZ

Are you thinking of going on a Holiday? Do you have a disability? Then this is the web site for you!!

www.australiaforall.com.au is a user friendly international one-stop-shop for accessible tourism around the world. It is a community service initiative of Australia for all Alliance Inc, a not-for-profit, non-funded volunteer group of people with disabilities and their carers. It is an international e-service which enables tourists with disabilities and their families to obtain information about the accessibility of the accommodation and tourist venues they may wish to visit. At the same time it aims to assist tourism providers within the industry to improve their facilities in order to encourage more tourists with disabilities to utilise their services.

There's a lot to see on this website - even if you do not want to literally pack your bags and go - you will enjoy travelling through the accessible facilities in all the countries that have joined this project.

**For more details contact
australiaforall@bigpond.com or the Co-ordinator
Tel: 07 4125 777**



CARERS' RETREATS AT MALENY

Carers Queensland Sunshine Coast together with Commonwealth Respite and Carelink Sunshine Coast have pleasure in offering a limited number of Carers the opportunity to participate in one of four retreats, to be held at 'Heaven in the Hills', Corks Pocket Road, Maleny, in August, September and November.

Each retreat will be offered to twelve (approx) Carers at a time, in particular geographical areas or Carer groups. ** Please note we are flexible on boundaries.

- **27, 28, 29 August retreat will be for Male Carers.**
- **24, 25, 26 September retreat will be for the North Sunshine Coast including Gympie, Cooloola, Cooroy, Coolum and Noosa areas**
- **4, 5, 6 November retreat will be for Carers of children with disabilities incl ASD.**

The full cost of the retreats will be met by Carers Queensland together with Commonwealth Respite and Carelink Sunshine Coast.

Carers will be fully supported by staff and therapists and will have the opportunity to participate in a number of group counselling sessions featuring qualified guest therapists and an individual one hour massage or healing session. Counselling will also be offered on an individual basis at the retreat or to follow-up with a Carers Queensland Counsellor at a date and time of choice. The retreat offers delightful, individual or shared accommodation in a beautiful bushland setting with delicious home-cooked food. There will be plenty of time to rest, walk, or talk and get to know other Carers.

If you require any more information about the retreats, contact **Janine OR Liz at Carers Queensland on 5451 1882 as soon as possible.**

MAROOCHY NEIGHBOURHOOD CENTRE FUN WOMEN'S GROUP

Fun Woman's Group is about getting women out of the house, giving them a safe way to meet others and enjoy our beautiful environment. Activities include beach walks, bush walks, swimming and much more.

For more information phone Pam at Maroochy Neighbourhood Centre on 5443 6696



SUNCOAST COMMUNITY CABS

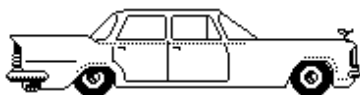
Sunshine Coast Community Cabs offers a weekly door to door shared transport service from \$4 each way for older residents and those with a disability to travel to their nearest major shopping centre. Services are provided on Tuesday, Wednesday or Thursday morning each week.

You can use this service if you:

- ◆ are over 60 years of age and/or mobility impaired;
- ◆ have a disability or medical condition that is either permanent or temporary and are mobility impaired;
- ◆ are a carers of an eligible person and you are accompanying them.

Book on 5451 7565 between 8.00am and 12 noon Monday to Friday. You must book at least 24 hours in advance of travel.

(QLD Taxi Subsidy Scheme Voucher holders are not eligible for this service).



COMMONWEALTH CARELINK CENTRE

If you are looking for information about disability support services the Carelink Centre has information about household help; personal nursing and respite care, transport and meal services, disability services, day care and therapy centres, continence assistance, support for carers, allied health care (podiatry, physiotherapy etc.) and support groups. The Commonwealth Carelink Centre information service can be used by people with a disability, their families and carers, general practitioners and other service providers.

FREECALL 1800 052 222 to be connected to your nearest Centre. (The information is free and confidential).

CENTRELINK

Young people with a disability who are turning 16 are reaching a critical time in their development for Centrelink, as they become assessed under 'adult' rules and may be entitled to a variety of payments in their own right.

Disability Support Pension (DSP)

Paid to people who, due to their medical condition, are unlikely to be able to work for more than 14 hours per week, under normal conditions, within the next 2 years.

Mobility Allowance (MOB)

Paid to people who, due to their medical condition, have difficulty in using public transport independently. They must also be engaging in some activity, e.g.: work, school, etc. for at least 8 hours per week.

Pensioner Education Supplement (PES)

Paid to people who qualify for a pension payment and are studying.

Parent / Care Giver

The parents / care giver of most young people who have a disability will have likely been in receipt of a Carer Allowance. This ceases at the 16th birthday. There is another Carer Allowance for people who care for someone 16 years or older but this is a completely new claim as the assessment is under 'adult' rules.

It is recommended that contact be made with Centrelink approximately 6 weeks before the 16th birthday as there is much to get done and this should give sufficient time to have the processes complete to commence from the 16th birthday.

Contact phone numbers for Centrelink:

Disability: 13 2717
Parent or Guardian: 13 6150

Ride4Respite

Cruise the coast and.....

celebrate
Disability
Awareness
Week



at the Butterfly Kids annual

Noosa Charity MotorBike Ride

21st September
2008

Chrome it up!
Rev it up!
Fire it up!
& Give it up!

For our Butterfly kids

Butterfly Kids is a Sunshine Coast registered charity assisting families caring for children with a disability. Funds raised on the day will go towards Butterfly House who provide respite allowing families a break from their demanding roles as well as providing a positive and fun break for the child being cared for.



Please...

ride this journey with us along with other Bike Enthusiasts and take in the sights around Noosa and its Countryside with proceeds going to Butterfly Kids.

Journey Route

Approximately 130 km - 2 hours



Ride4Respite



Registration from 8.30am

Departing Location: AFL Grounds, Noosa

Departing for your journey at 10am to

arrive at a famous Noosa Pub by

approximately 12 midday

Raffles, Auctions, Entertainment

Beverages & Food Available



For more details, contact
Leanne Walsh 0416272123
or log onto our website
www.butterflykids.com.au

For Accommodation Deals
and Bookings log
onto Tourism Noosa
www.tourismnoosa.com.au

Butterfly Kids is a division of Integrated
Family Youth Service - www.ifys.com.au



DISCLAIMER

The inclusion of information contained in this newsletter about services provided by any organisation does not imply a recommendation by Sunshine Coast Link Family Scheme Inc. People who wish to access services and other organisations seeking to secure the services of an organisation must determine for themselves the suitability of such a service.