



Link Family Newsletter

May 2008

What would you like to see in this Newsletter

You'll see that, in this Newsletter, we usually include information about a range of events and services that we think would be of interest to families. We are aware that getting good information is a concern that is raised by families often and we thought now would be a good time to ask for your feedback on what you'd like to see more of in our newsletter (and what you'd like to see less of). Ring our front desk on 54416600 or send an email to office@linkfamily.org.au to let us know what you'd like.

Update on Funding for More Vacation Care Services

You'll recall that we have been working to ensure that more Vacation Care Programs are available for families on the Coast. Back in late 2006 we asked families to send us letters indicating how often they need Vacation Care.

Since then we have continued to talk to Disability Services and the Department of Communities to request that they provide funding for more places. Peter Wellington has also been very helpful in this process and has written to the Minister requesting that she give consideration to the issue. Unfortunately we have been informed that no additional funding is available.

We have also been discussing the need with Staff from the Federal Government's Department of Families and Communities. They are investigating the need across Australia for holiday programs for teenagers with a disability. We have recently received a letter from them inviting us to submit an "Expression of Interest" as to whether we would like to obtain more funding. Naturally we'll be saying "YES!".

In addition to this, late last year an opportunity arose to obtain \$10,000 in funding to find out how many families would like to be included in mainstream Vacation Care and to assist those families who would like help to access it. This submission was successful and, in partnership with Parent to Parent Q'ld and Interact Unlimited, we have begun the survey and will be training a small group of volunteer families who will support other families to access mainstream Vacation Care.

I'd like to extend a thank you to all those families who responded to our request for letters. They have been passed along to Staff in both State and Federal Government departments and form an important part of our "campaign" for more places in Vacation Care.

We will keep families informed of progress through our newsletter. In the meantime if you'd like more information about this campaign, ring me on 54416600.

Peter Farnham

Training

We thought we would take the opportunity to let families and others know what training has been provided to staff. Over the last few months staff have attended training in Behaviour Management, Bronze Medallion, Pathways to Possibility, and a Risk Management Strategy Workshop.

We are just about to run a course in Manual Handling on the 26th May and we are asking all staff to attend who have not previously been trained. We will also be conducting Behaviour Support workshops for all staff in the upcoming months.

If Support Workers would like to express their interest in any of the above courses, or if you feel there is other important training that we should be providing, please contact Deb at the Link office on 54416600.

Reading Writing Spelling

Need Help or know someone who does?

Basic Computer Skills, Numeracy or if English is not
your mother tongue
Conversational English

Let us help you

SOLUTIONS Adult Learning Centre
Individual or small groups for adults
(Sunshine Coast or Gympie).

No fees for eligible students - funded in conjunction
with QLD Government)
Austudy Approved

Tuesday***Nambour Community Centre***

9.30am - 12.00pm

2 Shearer St.

Solutions Adult Learning Centre

6.30pm - 9.00pm

Wednesday***Maroochydore Library***

9.30am - 12.00pm

Building adjacent to Library in Cotton Tree

Basic Computer Skills

Tuesday 9.30am - 12.00pm

Solutions Adult Learning Centre

Solutions Adult Learning Centre -

22 National Park Pd, Nambour

PO Box 5245 S.C.M.C Nambour 4560

Ph Di - 5476 2511 Mobile - 0409 891 363

solutionsliteracy@westnet.com.au

Siblings Sunshine Coast Inc.

The Sunny Kids Club

The Sunny Kids Club is a social and recreational club
for siblings of children with a disability or life long
illness.

The Club aims to give siblings the opportunity to
meet other siblings with similar circumstances and
for the children to be able to make new friends in a
fun, safe and friendly environment.

Parents/Guardians/Carers are asked to attend as it
gives your child some special one on one time with a
loved one.

Throughout the year there will be special outings
and family days, where all family members and
friends will be invited to attend.

The Sunny Kids Club**Where we are:**

Mudjimba Community Hall
Cottonwood St, Mudjimba

When:

The last Sunday of every month
(Please call to confirm time)

What we do:

2 hours of games,
Indoor/outdoor play,
Art & craft

Age appropriate groups

What to bring:

Hat, sunscreen, drink and a snack

Cost:

Once a year membership fee of \$5
Club day - \$2

For further information please contact:

Stephanie Goad Ph: 07 5446 5628

Mobile: 0401 861 728

Email: stephgoad@bigpond.com

See also the enclosed flyer

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

**Information regarding
the new Dental Scheme**

There is a new rebate through Medicare that covers
private dental costs of about \$4000 a year. You
need a referral from a G.P to be eligible.

For more information please visit the link below
[http://www.medicareaustralia.gov.au/provider/pubs/
medicare-forms/dentists.shtml](http://www.medicareaustralia.gov.au/provider/pubs/medicare-forms/dentists.shtml)

Amity Care Incorporated

Direction, peace and happiness.....

A caring outreach of Nambour Uniting Church. Counseling is available for individuals, couples or family members at reduced costs. For employed people it costs \$50 a session and \$25 for concession holders.

The service specialises in childhood trauma, coping with grief and loss, relaxation techniques, effective communication, relationship issues, parenting, self esteem building, anger management, assertiveness training, men's issues, conflict resolution and stress management.

For counselling appointments please phone 0400 0375 758 between 9am and 5pm Monday to Friday.

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).

For Sale

A Wheelchair Hoist for top of car.
Works well with Rhino roof racks.

\$300.00

Contact Gloria Gurney - 5482 7309



Drumming for Carers

Integrated Percussion Programme

*As the heart beats,
so the rhythm within us*

Come, meet and greet other carers while you are drumming.

When: Weekly drumming starts
Monday 12th May, 6.30 pm

Where: The Black Box, Artsync. Howard St.
Nambour

Cost: \$10.00 - use our drum

\$ 8.00 - use your own drum

\$15.00 - for two if you bring a friend

Registration is essential, please phone:

Anil 0419 706 808

or

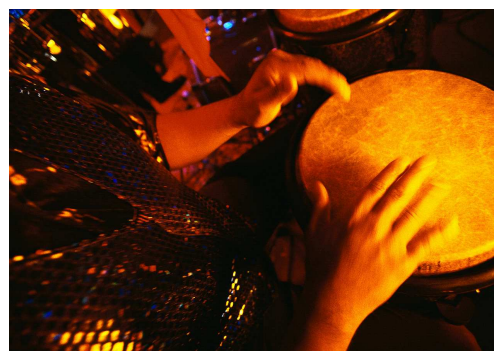
Aileen 0409 616 409

Drumming reduces tension, anxiety, and stress

*'Drumming induces deep relaxation, lowers blood pressure, and reduces stress. Stress, according to current medical research, contributes to nearly all disease and is a primary cause of such life-threatening illnesses as heart attacks, strokes, and immune system breakdowns. A recent study found that a program of group drumming helped reduce stress and employee turnover in the long-term care industry and might help other high-stress occupations as well.'*¹

1. Bittman, M.D., Barry, Karl T. Bruhn, Christine Stevens, MSW, MT-BC, James Westengard, Paul O Umbach, MA, "Recreational Music-Making, A Cost-Effective Group Interdisciplinary Strategy for Reducing Burnout and Improving Mood States in Long-Term Care Workers," Advances in Mind-Body

Medicine, Fall/Winter 2003, Vol. 19 No. 3/4.



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 these booklets please phone the office on 5441 6600.

Blue Card

As at the 11th of September 2007 anyone working at Link Family Scheme is no longer required to hold a positive notice "Blue Card" issued by CCYP.

Any employee who has complied with the screening requirements of the Disability Services Act 2006. (i.e.: DSQ Yellow Card) does not need to hold a "CCYP Blue Card"

This means that we now only need the one Screening card instead of two.

Please contact the office on 5441 6600 if you have any further queries.

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 or minors 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).

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

Recreation Advisory Panel

Just a reminder to let you know about our Recreation Advisory Panel that 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.
- ◆ Review current policies and procedures for relevant programs.
- ◆ Provide 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. They will then feed this information back anonymously to the Panel at a subsequent meeting.

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

Regards
Kris Plumb & Deb Keenan
Coordinators

Expressive Art Group

Starts Tuesday May 20th for 6 weeks

Time: 10am - 12 noon

Artsync upstairs, 80 Howard St., Nambour

\$15 per week/\$10 concession

Materials supplied

Limited Numbers - Book Early

Phone Karis on 0448 232 881

Expressive art can help you develop self-understanding, release emotions, relax and develop focus.

Expressive art emphasises the creative process rather than the end product, so you don't have to be artistic!

DSQ Disability Support & Funding

Disability Services Queensland have recently launched a new Single Application for Family Support form. The new form makes it easier for people with a disability to apply for support and funding. It replaces a range of other forms and means people will no longer need to determine the funding programs for which they might be eligible. It will also make it easier for the department to better understand a person's individual needs.

This is the first milestone under the Growing Stronger initiative that aims to improve the delivery of specialist disability services in Queensland over the next four years.

Disability Services Queensland is confident the new Application for Support form will provide greater simplicity and transparency for people with a disability who are applying for support from Disability Services Queensland, and is a positive step for the Growing Stronger initiative.

For further information, please contact your local Disability Services Queensland regional office. Further copies of the forms and guides are available online at www.disability.qld.gov.au or by telephoning 1800 177 120.

Mamre Association's Pave the Way Presents a free one day workshop - 'Planning for Now, Tomorrow and the Future'

Pave the Way at Mamre is offering a workshop for families and friends that explores the issues of preparing and planning for the future and keeping people safe in the long term. This workshop will look at a variety of issues - developing a vision and building networks of support; guardianship and administration and wills and trusts. This workshop may also be of interest to adult brothers or sisters or other family members of your extended family.

Date and Time:

Saturday 7th June 2008 9.30am - 3.30pm

Location: Sunshine Coast (venue to be advised).

Morning Tea & Lunch provided.

This workshop is for families who have a family member with a disability.

RSVP by 2nd June 2008 to Michelle Schneider on (07) 3291 5800 of 1300 554 402 or email pavetheway@mamre.org.au

Ed U Care Seminars

Invitation to CARERS to attend Seminars

Ed U Care is a series of monthly seminars for Carers which aims to provide you with a little time out from your care commitments as well as offer some nourishment for your mind, body and soul. (Morning tea and lunch provided).

THERE WILL BE A COST OF \$5.00 PER SEMINAR PAYABLE ON THE DAY

Wednesday 11 June - 9.30 - 2.00

"Brain Gym" by Kris McIntyre

Brain Gym is a gentle and energising program which includes movement to coordinate the brain and body for greater productivity and learning.



**RSVP BY 6 JUNE by phoning
5451 1882**

Arrive 9.30am, Welcome 9.45am.

Session 1 - 9.45am - 10.45am

Morning Tea 10.45am - 11.00am

Session 2 - 11.00am - 1.00pm

Lunch 1.00pm

For carers who attend the above seminars, a relaxing cruise and lunch will be arranged on Wednesday 9 July (Cost to carers \$10 per person). More details will be available at the seminars and on future flyers. Thank you to Commonwealth Respite & Carelink Sunshine Coast for funding this cruise and lunch.



**VENUE: Noosa Leisure Centre
Wallace Park, Wallace Drive, NOOSAVILLE
EMERGENCY PHONE CONTACT on the day:
0438 095 461**

Subsidised Holiday Scheme

Iwasake Foundation Ltd. are offering a Subsidised Holiday Scheme, running from Bay View Towers in Yeppoon.

For Dates, Costs and any other information please call Wendy or Kathy on (07) 4927 6262.

Triple P Workshops!

Are you finding it difficult to respond in a positive way to some of your child's behaviours? Are you tearing your hair out? Well, check out Triple P Courses held at your local Community Health Centre...

Classes are held regularly at your local Community Health Centre. However it is important to note that each centre is slightly different. For instance, a one off 2 hour Triple P Seminar is offered in all the centres but at different times and days...

Sessions are as follows:

Nambour - every 3rd Wednesday of every month
12.30 - 2.30pm

Nambour Child Health Ph: 5450 4750

Caloundra - every 1st Monday of every month
12.30 - 2.30 & 6-8pm

Caloundra Community Health Ph: 5436 8552

Noosa - every 4th Tuesday of every month
9.30 - 11.30 & 6-8pm

Noosa Child Health Ph: 5448 0044

Maroochydore - run them when they have enough names

Maroochydore Child Health Ph: 5459 6901

Gympie - please call for further information
Ph: 5482 1212

Please also feel free to call CAZ (FSC) at the Sunshine Coast Childrens Therapy Centre for further information re: parenting advice on 5441 7199

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.