



Strengthening Parent Support Program Term 4 Newsletter 2018 - Eastern Region



Education
and Training

The Strengthening Parent Support Program is delivered by Anglicare Victoria with funding from the Victorian Department of Education and Training

1300 889 335 | anglicarevic.org.au

BETTER
TOMORROWS



Welcome to our Term 4 newsletter for the **Strengthening Parent Support Program!**

We have three purposes for this program:

- 1) to provide parent and carer support groups
- 2) to provide individual support for parents and carers
- 3) to provide information sessions for community groups or organisations about SPSP

In order to fulfill our purpose, we are always re-evaluating and growing and changing in order to continue to meet your needs. **Look out for the survey link below to have your say about what you'd like!**

Join us at one of our in-person or online groups!

All group information is listed conveniently for you on one of the pages below.

Please feel free to give us a call or email at any time.

Hope to see you at a group soon, or to help you with some information or advice!

Kind regards,

Grace Miano, Strengthening Parent Support Program Coordinator

Phone: 0438 646 744

Email:
StrengtheningParentSupport@anglicarevic.org.au

PLEASE

HELP

We want to know what **YOU**
think!

Should we change our parent
support groups?

**Please give us your opinion
by completing our VERY
short anonymous survey...**

Go to this link



**[https://www.surveymonkey.com/
r/CDDDBZN5](https://www.surveymonkey.com/r/CDDDBZN5)**

Groups meet every month, except on public holidays or during school holidays.

CHADSTONE

TIME & DAY: 10:30 - 11:30AM on the 2nd Friday of every month
LOCATION: Cabena Child & Family Centre, 22 Cabena Cres, Chadstone
DATES FOR 2018: September 14, October 12, November 9, December 14

LILYDALE

TIME & DAY: 10:30 - 11:30AM on the 4th Friday of every month
LOCATION: Anglicare Victoria, 47-51 Castella St, Lilydale
DATES FOR 2018: August 24, (no Sept group), October 19 (date change), November 23, (no Dec group)

RINGWOOD

TIME & DAY: 7:00 - 8:00 PM on the 1st Tuesday of every month
LOCATION: Central Ringwood Community Centre, Rosewarne Lane, Ringwood
DATES FOR 2018: August 5, September 4, (no October or November group), December 4

VERMONT SOUTH

TIME & DAY: 9:30 - 10:30 AM on the 3rd Tuesday of every month
LOCATION: Vermont South Special School, 22-30 Livingstone Rd, Vermont South
DATES FOR 2018: August 21, September 18, October 16, November 20, December 18

ONLINE DAYTIME

TIME & DAY: 10:30 - 11:30 AM on the 2nd Tuesday of every month
LOCATION: On your computer or other device - you will be given a link on Zoom
DATES FOR 2018: August 14, September 11, October 9, November 13, December 11

ONLINE EVENING

TIME & DAY: 7:30 - 8:30 PM on the 2nd Wednesday of every month
LOCATION: On your computer or other device - you will be given a link on Zoom
DATES FOR 2018: August 8, September 12, October 10, November 14, December 12

Free of charge. Bookings are required.
Contact Grace on 0438 646 744 or
StrengtheningParentSupport@anglicarevic.org.au

Groups this past term

Some of the topics that have come up over the last few months are:

- * Working with school staff and how best to do this - there were several specific issues shared by parents that were discussed amongst the groups and strategies were shared.**
- * How to co-parent between separated partners - experience from other parents really came in handy here, regarding strategies and services in the community to help make this a smoother process.**
- * How to apply for, appeal and access NDIS and services - again, this is where the invaluable experience of other parents and carers helped immensely with those just starting the process, and those looking for specific services.**
- * How to support children as they grow up, get bigger physically, and go through developmental and hormonal changes - always an interesting topic!**
- * The use of nutrition and medications popped up again (as it frequently does!) and parents always share their experiences which are helpful to others.**
- * How to care for ourselves as the carers - self-care is very important and clearly something that everyone is working on. Some of us do better with this at times than at others!**

Parentzone Parent Education

Are you aware that my colleagues in the Parentzone team at Anglicare Victoria provide very inclusive, informative and supportive parent education groups that run as single sessions or even 5-6 session courses? The feedback on these is fantastic and they are **free of charge**.

Coming up:

- **Talking Teens** - Croydon - October
- **Boys for Beginners** - Woori Yallock - October/November
- **Surviving Parenthood** - Bayswater West - October/November
- **Tuning into Kids** - Camberwell - October/November
- **Growing Resilient Kids** - Wantirna South - October/November
- **Growing Resilient Kids** - Bulleen - October/November
- **Talking Teens** - Blackburn South - November/December
- **Talking Teens** - Blackburn South - November/December
- **Dads Matter** - Croydon Hills - February/March
- **Tuning into Kids** - Mitcham - February/March
- **Talking Teens** - Yarra Junction - February/March
- **Growing Resilient Kids** - Doncaster - March
- **Parents Building Solutions** (for professionals) - Bayswater - February/March

Call **9735 4188** and ask for the Parentzone team. Book early as they usually book out quickly!



PATHWAYS FOR CARERS WALKS

The Pathways for Carers project offers **carers** of people with a disability or mental illness an opportunity to share walks together and to learn more about news, services and supports available to carers. We will be joined on the walk by representatives from local organisations. Stay after the walk for a coffee at a local café!

This is a FREE event for carers.

Monash/Knox Walk

Meet at: Madeleine's at Jell's Park (enter via Waverley Rd), Wheeler's Hill

When: Every second Friday of the month commencing 9:30am

Maroondah Walk

Meet at: Thor-Ra-Nee Cafe, 19/434 Maroondah Hwy Ringwood

When: Every second Tuesday of the month commencing 9.30am

Maroondah Walk

Meet at: Thor-Ra-Nee Cafe, 19/434 Maroondah Hwy Ringwood

When: Every third Saturday of the month commencing 1.00pm

Yarra Ranges Walk

Meet at: Mount Evelyn Community House, 50 Wray Cres, Mount Evelyn

When: Every first Thursday of the month commencing 9.30am

Manningham Walk

Meet at: Melissa Cakes Cafe, 65 Parker Street, Templestowe Lower

When: Every third Thursday of the month commencing 10am

Boroondara Walk

Meet at: Kew Neighbourhood Learning Centre, Darcy St, Kew

When: Every fourth Wednesday of the month commencing 9.30am

For Enquiries, please contact lifeAssist on (03) 9239 2500 or follow on www.facebook.com/pathwaysforcarers for updates.



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Events, Information, Resources & Special Projects

Maroondah Council Children's Fun Day - TOMORROW! Wednesday 24 October 10:00AM-1:00PM at Town Park, Croydon. **(We will be there!)**

Are you making the most of the NDIS? - Four Mondays from 12th November to 3rd December, 9:30am - 12:30pm. Coonara House, 22 Willow Rd, Upper FTG. Free and refreshments provided. 1800 242 636 or reception@carersvictoria.org.au
www.carersvictoria.org.au

NDIS support for carers - Tuesdays 9:30am - 11:30am. Whitehorse Community Centre, Level 1, 79 Mahoneys Rd, Forest Hill. Three session types: Plan my future workbook; Carer statement; Carer goal plan. To register your attendance for a session <https://www.research.net/r/FHCarerHub>. If we already have your information, please register your interest by emailing events@lifeassist.org.au.

Aspergers and Sleep - Tuesday, 30th October, 7:30pm. The Nerve Centre, 54 Railway Ave, Blackburn. Contact Details: Emma Howden, Administration Assistant admin@aspergersvic.org.au

Wavlink Carers Seminars - Wednesday 14th November (Housing Options and supports for people with a disability). For further information or to register your interest in this event please call Wavlink on 9561 7104 or email info@wavlink.org.au

Kaleidoscope Art Classes 2018 - Are you interested in art? Come join our inclusive art classes for all abilities. All are welcome! Fridays 1-3pm and 3:15pm to 5:15pm. Box Hill Community Arts Centre, 470 Station St, Box Hill. Catherine Martin cmartin@scopeaust.org.au or 0409 197 551

Fitness Connection for Carers - Wednesdays 1:30pm - 2:30pm. Knox Leisureworks, Tormore Rd, Boronia. Get in touch T 03 9239 2500.



Events, Information, Resources & Special Projects

Teens Autism Social Group

Friday nights, 6:30pm - 7:30pm, Suite 2, 171 Boronia Rd, Boronia. Contact: Jo White 0414487509 Office: 9761 2214 Email: jowhite3130@gmail.com

Autism Lego Clubs - Junior (5-12 yrs)

Wed and Sat; and Teens (13+) Thurs and Sat. A safe and relaxed learning environment for children to develop problem solving and social skills. Boronia. Contact Jo White, Principal Therapist, Phone: 0414487509 Office: 97612214 Email: jowhite3130@gmail.com Web: www.autismcounselling.com.au

Little Lego Club - for ages 3-5 years

Thursdays, 4:30pm - 5:30pm. Improves fine motor skills. Boronia. Contact Jo White as above.

Free Mental Health Programs - For people with mental illness or their carers, aged 16-64 who are NOT part of any community mental health support program. To find out more please contact Liz or Stephen Ph. 9871 1802, or mentalhealthgroups@each.com.au

EACH Mental Health Programs - Living Mindfully and Meaningfully; Living with Persistent Pain; Anxiety and Depression; How to Live Simply; Peaceful Kids. From early May, various times and locations. Contact 8892 4800 or psintake@each.com.au.

Different Journeys - Teens ASD Social Group for ages 13-18

Third Sunday of the month. For teens with high functioning ASD. Time: 5-8pm, Club Kilsyth, Cnr Canterbury Rd and Colchester Rd, Kilsyth. Courtesy bus available (some restrictions apply). Contact: differentjourneys@gmail.com or Phone: 0490 774 068



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Citylife Community Hub “Drop-In” space. We aim to provide a relaxed and welcoming environment where you can meet people, gain food support and find out about our other services. Regular activities each week.

What we offer: food support, advocacy and referrals to local services, basic budget assistance, groups, practise your English through conversation and laughter, C.O.A.C.H mentoring program, Maternal Infant Support Program, counselling. 9871 8900 reception@citylife.care - website: www.citylife.care

Paws for Thought: Drop in group on Thursdays run by Billie the Therapy Dog! Paws for Thought aims to engage young people who may not be ready for one-on-one appointments but need a soft introduction to headspace Knox. It will allow opportunity for young people to socialize with each other and chat informally about what they may be on their minds with some supporting headspace humans. Young people can drop in at any point and don't need to let us know they are coming. Any questions chat to Chenai

Mupotsa (03) 9801 6088 Chenai.Mupotsa@headspaceknox.com.au

Tyson House Independent Living Skills - Open Day. Tuesday 23rd October, 10am - 1pm. Tyson Housie, 1000 Steps Kokoda Memorial Walk, top carpark, Mount Dandenong Tourist Road, Ferntree Gully. To RSVP, please call Kasie on 0428 407 488 or extras@knoxbrooke.com.au

Kewn Kreestha, 69 Alto Ave, Croydon - Day retreat programs for women - Bookings 9723 6797. Web Address: <http://institute.mercy.org.au/about-us/ismapng/family-care-sisters/today/>

ASD in Relationships - The trials, tribulations, successes and pitfalls. Wednesday 24th October, 6pm to 9pm. Club Kilsyth, 15 Canterbury Rd, Kilsyth. Cost: \$15 incl dinner. Enquiries 9758 5522 or ioe@ioe.org.au



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FaPMI family fun day. This free event is open to ALL members of the family and is for families where a parent has a mental illness. The event will be held on Sunday 25th November from 11am-3pm and we would love to see as many people there as possible. Booking is essential and can be made by calling Jill Mitchell at Anglicare on 9721 3688 or by going to <https://www.trybooking.com/XAOG>

Have your say in the future of our National Arts and Disability Strategy

Last month, the government announced it was renewing the National Arts and Disability Strategy (NADS) in 2019. But before they renew, they want to hear from artists, arts-workers, and art-lovers with disability; organisations; support-workers; and any other key stakeholders that the strategy affects. More info: <https://www.arts.gov.au/have-your-say/national-arts-and-disability-strategy>

Each-Respite Carer Program Carer Drop In session Friday 26th October at Fed Estate Ringwood in partnership with Jack-Marondah City Council.

The session is open to Carers, caring for a person with Mental health, disability &/or ASD, without an active NDIS Plan. Morning tea funded by Respite Program. Further Information and Registration - EMAIL: respitforcarers@each.com.au or Call: 9735 7974.

Hireup is the online platform for people with disability to find, hire and manage support workers who fit their needs and share their interests.

Hire Up Intro sessions at Nunawading, Hawthorn and Brunswick East. Register at <https://www.eventbrite.com.au/e/intro-to-hireup-nunawading-tickets-49883054559> or go to <http://www.hireup.com.au/>.

The Homebase Hope podcast is an Australian based free resource for parents and professionals caring for a child with autism. It is available on iTunes and our website. This is a resource that you can listen to in your own time and begin to implement strategies from www.homebasehope.com.au

Events, Information, Resources & Special Projects

Rawcus is a critically acclaimed ensemble of performers with and without disability. Join Rawcus in a series of workshops at Realm to create and perform an accessible flashmob for people with and without disability in Ringwood Town Square. The Ensemble will be based in ArtSpace at Realm for three weeks from 15 October to 4 November. Email:

arts@maroondah.vic.gov.au

Phone: 1300 88 22 33

Carers Day Out - because superheroes get tired sometimes! Get great tips on using the NDIS, while recharging and connecting with other carers.

- * afternoon tea provided by YourDNA

- * learn about wellbeing

- * access resource library

- * enjoy theatre games

1pm - 4.30pm

Sunday 2nd December 2018

Yarrunga Community Centre 76-86 Croydon Hills Drive, Croydon Hills

To book call Sue on:

0402 119 730 or

connect@idareu.org.au

RSVP by 19/11 for catering

Interchange Outer East Dads and Mums Social Groups: Details and online bookings for Dads Social Group: <https://bit.ly/DadsJul-Dec>

and Mums Social Group: https://bit.ly/Mums_2018

Next Steps Careers Night - Do you face barriers to employment, such as anxiety, depression, learning, sensory or physical difficulties? - Wednesday 31st October, 4pm - 6:30pm. The Realm at Ringwood, Eastland Shopping Centre, 179 Maroondah Hwy, Ringwood. For more information, phone 1300 194 240 or go to www.echoaustralia.com

**Remember that you can contact Grace
any time for a chat or some individual support!**

If you have any questions about services or
professionals you are looking for, advice on
working with the school, need some resources, or
need advice on behaviour or anything else!

**Call Grace on 0438 646 744 or email
StrengtheningParentSupport@
anglicarevic.org.au**

And don't forget to **please complete our very
short survey** on what you want to see
happening with the Strengthening Parent
Support Program!

Go to this link 

<https://www.surveymonkey.com/r/CDDDBZN5>