

PRIZES
for fastest wheeler,
walker, runner and
best outfit!

*Walk, Wheel
or Run for
Charity*

the centre for
cerebral palsy
celebrating potential, creating possibilities

**wheelie
big day out**
walk, wheel or run

City of Stirling
City of Choice

WALK, WHEEL OR RUN FOR CHARITY

DATE: Sunday 6 February 2011
TIME: Registrations from 7.30am
VENUE: Yokine Reserve – meet on the oval near the western car park on Wordsworth Avenue
COST: \$10 for a family/team or \$5 for an individual
Join in as we celebrate the 60th Anniversary of The Centre for Cerebral Palsy at the Summerset Kids Festival!
You can choose to walk, wheel or run around Yokine Reserve in either a 1km or 3.5km circuit.
Kids, come dressed as your favourite television or book character!

OTHER HIGHLIGHTS

- City of Stirling Summerset Kids Festival 9-12pm
- Special visit by Dorothy the Dinosaur & friends
- Make and plant a forget-me-not flower in the Festival's big art garden

www.walkwheelrun.com.au to register or for more information.
Everyone who registers receives a free bag worth \$5

the centre for
cerebral palsy
celebrating potential, creating possibilities

106 Bradford Street, Coolbinia WA 6050 post PO Box 61, Mount Lawley WA 6929
www.tccp.com.au e info@tccp.com.au t 08 9443 0211 f 08 9444 7299

WHEELIE BIG DAY OUT

DATE: 27 March 2011
TIME: Registrations from 7.30am
VENUE: Burswood Park/East Perth Foreshore – meet at Burswood off Resort Drive
COST: \$10 for a family/team or \$5 for an individual
Register as an individual, group or family for the 1km or 6km Walk, Wheel Run around the beautiful Burswood Park/East Perth Foreshore.
There is also the opportunity to cheer on your favourite TV Personalities, AFL Stars and Sporting Legends as they take each other on in the biggest Challenge ever at 11.00am on the Burswood Foreshore.

OTHER HIGHLIGHTS

- Wheelie Big Day Out for families 11-2pm
- Special visit by Fat Cat
- Pixie Chicks in Concert
- Face painting



Little Whispers

Term 4 2010

Editorial

It is hard to believe that we have reached the end of 2010 and that another year is just around the corner! Christmas is an exciting time for most families but I am aware that it can also be a difficult, and indeed, stressful time for some families. It maybe a very tiring time for parents with lots of running around and preparation to be done. It is really important to consider your own needs at Christmas time and to set aside some quiet time just for you.

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- Sports Connect and Unigym
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- Learn how to swim
- Clean Sweep for Wish List
- Children's Swim Vest Information
- Free Yoga for Carers

Our team in EIP at TCCP is also taking some time to recharge our batteries and spend time with our loved ones at Christmas. We have had a very busy year with lots of changes to our service model and people coming and going from teams. We have been lucky enough to celebrate in a few different ways over the past few weeks just who we are and our sense of group belonging. The staff awards night in November was a time to dress up and enjoy each other's company and to talk about things other than work! Over the page is a photo of the splendid group (with the exception of a few team members who couldn't be there)

I have appreciated that you are willing to discuss any concerns that you have with your therapists and that things can be managed through open communication. I have also received phone calls and emails from families and I am pleased that you feel open to contact me whenever you need to. You can leave me messages and I will endeavour to get back to you the same day. As manager, there are many meetings to attend and I am often out of the office but I really do welcome your calls and comments. Just a reminder that I do not work on Fridays.

I have been increasingly concerned about the difficulties which families are facing when they are referred to Therapy Focus for School aged services and are not able to commence services straight away. This has been the case for 4 of our families who have to leave TCCP as their children will be attending educational support settings for pre-primary next year. Due to our contract with DSC we are no longer able to provide EIP services to these children as they are considered school aged. I have had much communication with DSC and Therapy Focus and our CEO Judy Hogben is very aware of the situation that children are on the waiting list for services with Therapy Focus. With our Memorandum of Understanding that we entered

DSC has provided 3 extra places in EIP following a growth submission which we completed in November. This will also provide some extra funding which will increase our capacity to manage the needs

kids can
developing young lives

Continued on page 2

Editors note continued

of Understanding that we entered into with other service providers earlier this year, TCCP will continue to provide a very reduced service to these families until the end of March to ensure that there is carry over to complete equipment provision and provide emergency support only. We earnestly hope that the situation will be addressed by the funding bodies so that the families on the waiting list can access the much needed assistance as soon as possible.



A final reminder that some of our staff will be attending the Bobath Course early next year. This intensive course on working with children with cerebral palsy is being hosted by The Centre for Cerebral Palsy (TCCP) and will be held during January and April 2011.

Lecturers will be coming from the UK, New Zealand, Victoria and Queensland. We anticipate that your therapists will come out with enhanced skills in working with your children and we have plans for the knowledge to be dissipated throughout the SAIP, EIP and Country Programmes. Therapy services may be reduced during the course but the outcomes should be improved for future therapy provision with greater knowledge and skill. The EIP therapists attending will be Debra Truscott, Li Yen Chong, Sara Stapleton and Suzanne Whitney. Please contact your Contact Person if you have any concerns and thank you for your patience over this time.

Finally, for those of you who celebrate, I wish you and your family a very happy Christmas and a wonderful time together over the holiday season. I look forward to meeting up with you next year but for those of you who are leaving EIP, best wishes for the future and we hope to meet up with you again in your travels.

Kind regards, Catherine Greenway - Manager, Early Intervention Programme

Clean Sweep for Wish List

The Centre's never ending Wish List received a clean sweep in time for Christmas thanks to our very kind Wish List Supporters and a generous grant received from Telethon. If your child is one of the lucky recipients all items are now on order and should be delivered early in the New Year. EIP will benefit as we have some loan items on order for families to trial and borrow while waiting for their own equipment to be funded.

Congratulations to our hard working Fundraising team who work tirelessly throughout the year to achieve the very best outcomes for our families and supporters, you can't do better than a clean sweep, especially at Christmas - well done and thank you!

Just a little reminder...

When coming in to TCCP, families are requested to go to reception who will notify the therapist/relevant person of your arrival. Due to issues of confidentiality (for example, therapists on the phone to other families) we have to request that families do not enter the corridor where therapist's offices are. Thank you for your understanding!

EIP Introduction to Services Guide 2010

The Intro to Services Guide is a comprehensive document covering information about EIP including the services provided, the outcomes the program aims to achieve, answers to frequently asked questions, and the rights and responsibilities of both TCCP and its clients. The document has been revamped and updated this year, so a copy is being made available to all families. Even if you have been with the program for a while, the information is current and very relevant, so definitely worth a read! The guide can be accessed by visiting <http://www.tccp.com.au/content.php?page=474>. Should you want a hard copy sent to you contact Robert Hawkins on 9443 0219.

Parent Focus News

Once a month in the Big Group Room at TCCP, you'll find a group of mums enjoying a cuppa and a chat. Some faces are there most months, and others get there now and then through the year, but we all enjoy the chance to share our experiences, useful bits of information and friendship with other mums of kids with CP, from "old hands" to "newbies". This year Parent Focus has continued to have the occasional guest speaker, but is mostly about mums catching up informally over morning tea, with a few special events through the year.



In mid September, a group of mums of kids with CP enjoyed a well deserved break from caring, staying in fabulous apartment accommodation in the heart of Fremantle. The two night get away was funded by CarersWA through a Short Breaks Grant. Over the weekend, the eight mums shared plenty of relaxation and fun, including shopping at the markets, café dining, an afternoon snooze for those inclined, lots of conversation, and a night out at a local pub. All the mums also took home gift bags of pampering sample products, thanks to the time and effort of a couple of our mums. For several of the group, this was their first time on a short break, a valuable opportunity for some respite from caring for our kids. Looking forward to the next one in 2011.

In October, the focus was on "taking care of the Carer" when we celebrated **Carers Week** in style with a morning of pampering massages and morning tea, with grant funding from CarersWA and Lotterywest. At our last meeting for the year in December we will be getting festive with "Secret Santa".

FREE YOGA for Carers - for Body, Mind and Spirit

November 26, 2010

December 17, 2010

January 28, 2011

February 25, 2011

Caring for a family member or friend can affect Carers' physical, emotional and mental wellbeing. That's why it's important for Carers to take a break and spend time on activities that help them to take care of themselves.

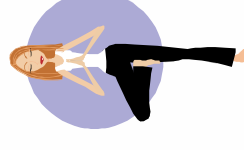
Carers WA invites all WA Carers to take part in free monthly YOGA session in WANGARA. Yoga is a GENTLE and rejuvenating form of exercise that STRENGTHENS and RENEWS your body, mind and spirit. BEGINNERS are WELCOME.

RSVP's are essential, however, so please contact the Events Team on 1300 CARERS (1 300 227 377) to book yourself a spot.

Event Start: 12:30 pm
Event Finish: 2:30 pm
Duration: 2 Hours
Type: Social event
Cost: Free
Location: WANGARA



Don't forget that Carers WA offer lots of other activities that support Carers as well, including Counselling, Beauty and pampering activities, Linking Together group activities and also offer a Multicultural Carers group which meets at Kings Park on a monthly basis.



Cool Wheels II

You have been invited to join us at the family friendly and very centrally located George Burnett Park in Karawara to learn how to ride or improve your riding skills. After the big success of the Cool Wheels 2010 groups, this group looks at further improving children's skills and riding in a community environment with some extra challenges for experienced cyclists such as obstacle courses and an off-road bike track. Janelle Graham, former US road cycling champion, and many other elite cyclists will be on hand to offer support and advice throughout the group. Children of all ages and riding abilities can attend. Preference will be given to 1st timers but there should be enough spots for everyone if you get in early.

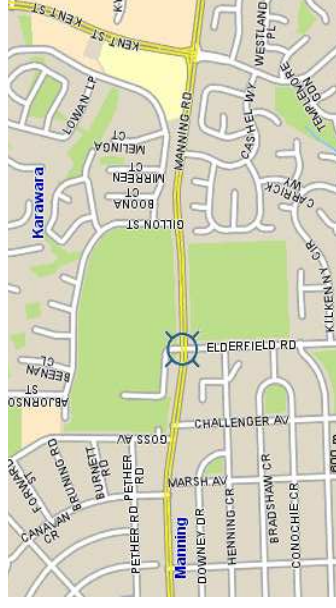
WHEN: January 11th/12th/14th from 8.00am to 11.30am (Tue, Wed and Fri)

WHERE: George Burnett Park, Manning Road Karawara

RSVP: Thursday December 16th 2009

Contact: Ben Dallin, Rec Therapist, TCCP - 9443 0376

Places are limited so to ensure a spot get in early!



Children's Swim Vest Information

As the weather is getting hotter a number of parents have requested information on buoyancy vests. It has come to our attention that the swim vests they sell in the shops do not cater for the older/ heavier children. The following two website sell large swim vests that support children up to approximately 50kgs.

SWIM-IN (online shop) - <http://www.swim-in.com.au/> - Click

Children's swimwear

WAHU SWIM VEST- MEDIUM (12-25KG)

\$39.10 + shipping

Size: children 4-5 years, approx 12-25Kg.

WAHU SWIM VEST- LARGE (25-50KG)

o \$39.95 + shipping

Size: 6 years+, approx 25-50kgs.

SPLASHES ONLINE POOL SHOP— [http://](http://www.splashesonline.com.au/)

Click on Pool toys > Surf vests and mats

Aqua fun pool & surf vest (15-25 kg)

o \$34.95

Size: ages 2-3 yrs, 15-25 kg

Aqua fun pool & surf vest (22 - 40kg)

o \$44.95

Size: ages 3-8yrs, 22 - 40kg



on: Swimwear and sports >

www.splashesonline.com.au/ -

Our Survey of Family-Centred Services

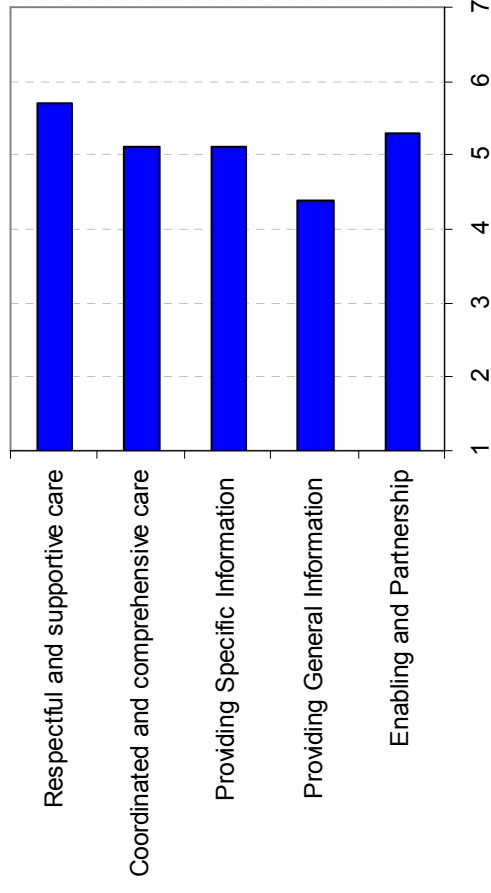
Late this year, we sent all families in Early Intervention and School-Age Intervention Services a survey to ask what you thought of our services. We chose a questionnaire called the Measure of Process of Care (MPOC), which has been used to evaluate how family-centred paediatric services are all over the world.

We received responses from 132 families, and we would like to thank everyone who took the time to give us feedback.

Family-centred care has five main components:

1. Enabling and Partnership
2. Providing General Information
3. Providing Specific Information
4. Coordinated and comprehensive care
5. Respectful and supportive care

We asked you to rate our services on a 1-7 scale, and the graph shows your average ratings, which showed that you thought we were achieving these goals "to a fairly great extent". The best aspect of our services was "respectful and supportive care", and the worst was "providing general information".



When we asked you to comment on the good and bad things about our services, you said that you liked our friendly and supportive staff, our group programs, our school and home visits, and our goal-setting. You also said that you would like us to try to retain staff for longer, provide more therapy time, make the transitioning process for families easier. You also made some very helpful suggestions about diverse ways of improving our services.

We would like to thank everyone who gave us feedback, both positive and negative. We are working hard at improving our services along the lines you have suggested.

MPOC Prize Draw

Congratulations to the prize winners:

- First prize to the Garrett family
- Second prize to the Winslade family
- Third prize to the Sullivan family

If you require further information or have any questions please contact your physiotherapist.

“Little Sporties”



“Little Sporties” was a group run by EIP therapist during term 4 at the Sutherlands Park, in Southern River. The group was for children aged 4 to 6 years which aimed to teach, develop, and assess their basic gross motor skills. We had 10 children attend the group, which included clients of TCCP and their siblings.

The program introduced the basic skills required to play popular sports such as netball, basket ball, soccer and Tee- ball to the children in a fun environment and teaching them that they are able to participate in and enjoy many different sports.

The sessions included games and activities aimed at improving the children’s balance, strength, co-ordination and ability to follow instructions. Over the four weeks we practised jumping, hopping, skipping, throwing and catching, kicking, hitting and fielding.

Each family was given a set of home exercise sheets with information on how to practise the skills at home and each child was presented with a certificate for completing the program.

Keep your eyes open for similar groups running next year!

Sports Connect

The Sports CONNECT is a Disability Sector Education Resource Project with three aims:

- to identify factors that impact on the participation of people with disability in sport and recreation
- to design and develop a flexible education package suitable for delivery to the sport and disability sectors
- to test the delivery of the education resource material to the sport and disability sectors.

For general enquiries:

Tel: (02) 6214 1111 Fax: (02) 6251 2680

Email: asc@ausport.gov.au

Website: ausport.gov.au

Unigym

Unigym is a movement program for children aged 5 to 10 years who have difficulty learning and performing movement skills or struggling with the efficient execution of a specific movement skill such as running. It is a 10 week program for one and half hours both spent on land and in the swimming pool.

Enquiries:

School of Sport Science, Exercise and Health
Faculty of Life and physical sciences,
The University of Western Australia

Tel: (08) 6488 2361

Email: ssquery@uwa.edu.au

Web: www.sseh.uwa.edu.au

Kindy Readiness Group

By Tegan Boardley



Preparing for Kindergarten can be a daunting process for both the children starting their schooling life and for the parents waving them off. As a way of easing this transition the Early Intervention Program invited families entering Kindy in 2011 to a Kindy Readiness group, which ran on the 26th October and the 2nd November.

The parents took part in information sessions which included talks from the Centre for Inclusive Schooling, a parent who sent their child off to Kindy last year, a teacher working within the early childhood setting and a wonderful session ran by our Social Worker, Jan Morgan, around separation anxiety. The parents were also provided the opportunity to develop Kindy profiles all about their children.

A big thank you must also go out to our amazing therapy assistants who ensured that the children had a great time in the Kindy room singing songs and producing works of art. All up we had eleven families attend the group. It was a wonderful group and we appreciate the openness of the families involved and wish you all the best with your individual Kindy journeys.

From The Social Work Calendar

Some dates to think about in 2011



Jan and I have put our heads together and thought about some of the conversations we’ve had with some of you this year and what may be helpful/fun for you and your families next year.

So here are the things to look out for, some of the dates need to be confirmed but we will let you know ASAP.

Term One

The 8th May is set aside for a family breakfast in the park – the details will unfold closer to the date!

Term Two

Stepping Stones – for families with a child who has a disability Parenting Group For those of you who are new to EIP, this programme is an adaptation of the triple-p positive parenting programme written by Matt Sanders PhD. This well researched programme is alive and well across the world and our own Disability Services Commission has played a major role in the writing of Stepping Stones.


Jan and I are both trainers and have set aside 5 Tuesday mornings from 31st May through to the 28th June to facilitate a ‘Stepping Stones’ group, so let us know if you are interested!

Terms Three and Four

We have plans to get local families together and of course The Beach House Kids Fun Centre in Osborne Park is an annual event at this time of the year.

Jan and I wish you all the best over the holidays, one of us will be about here at TCCP.

Jan Morgan and Corinne Wray




Learn To Swim Program

Superfins W.A. is swimming club for people with a disability. It was founded in 1991 and currently has a membership of approximately 50 swimmers.

Superfins W.A. is looking to expand it's operations through the establishment of a learn to swim program for children with disabilities.

Program Information:

- All lesson's conducted at Lord's Sports Centre (25m pool, indoors, 1.2m deep, 29°C)
- Lessons run during school term (Starts Term 4, 2010).
- Two available lesson times:
 - Thursday 4.30pm to 5.15pm; and
 - Thursday 5.15pm to 6.00pm
- Qualified instructors
- Small class sizes (max 4)
- \$120/school term



Enquiries to:
Jan Saunders
Club Chairperson
Phone: 9309 1955
E-mail: saunderstj@inet.net.au