

LITTLE WHISPERS

Term 2, 2011

Editorial

Welcome to the first edition of Little Whispers in 2011! It has been an interesting start to the year and we find ourselves already saying that the year is already half over. We did not attempt to put out an edition last term as we were recruiting our new service development therapist and it takes an enormous amount of work to put together Little Whispers.

I am pleased to say that we have welcomed Sally Ann Tyers into the service development position, which is a promotion for her from her existing role as speech pathologist in the Central Team. Apologies to those families who have had to farewell Sally from their therapy team - we are trying very hard to find another speech pathologist to support your child's communication needs.

Sally has approached Little Whispers with fresh eyes and you will see some new articles such as the one called "Participate". This is the first article in this series which Sally has developed to show how children of all ages and types of cerebral palsy (CP) can get involved in their local community sports and other activities. Thanks very much to Claudia and Sue for sharing their fabulous participation story with us all. You have certainly been very busy out of school hours with so many different activities!

We have been thrilled with the outcomes following the large undertaking that The Centre took in running the Bobath training in January and March this year. We are now planning how best to support the EIP therapists to incorporate their new knowledge and skill into their everyday therapy. There is a Bobath interest group which is running across the programs and therapists will be meeting to consider what additional Bobath intervention can be offered to families. We are very grateful to the families who participated in the Bobath training and have had wonderful feedback about the outcomes for their child and themselves as a result of this opportunity.

The most exciting opportunity this year has been the roll out of the Federal Government's



Bobath interest groups are taking place

Better Start for Children with Disability Initiative. You have probably heard about this from many sources and would have received a letter from me about how to register for this funding. I attended a meeting last week which gave new information and I stress that it will be important for you to register and utilise your funding within the specified period, as there is some suggestion that the funding pot is not limitless. It is also important to note that children under the age of 6 years on July 1 are eligible for Better Start Early intervention funding.

We are holding a wine and cheese evening on Tuesday 28th June at The Centre in Coolbinia. The invitation has been sent directly to you and also appears in this edition. Our guest speaker is Rosie Barton from Carers WA who will be able to give you the latest details on how to register for the funding. Judy Hogben, our CEO will also be there to let you know about how The Centre has applied to become a service provider for Better Start. Should we be successful in our application, The Centre will be initiating a fee for service option which would enable families to choose TCCP as your private provider and this would complement your current DSC funded early intervention service. We will be asking for your input as to what services you value in our current program within the available DSC funding and what additional services that you may wish to purchase should you choose TCCP as your Better Start panel provider.

There is a lot going on in EIP at any time but especially at the end of the financial year when budgets are being set for next year. I have worked hard to retain our current levels of staffing and our service is nearly at full capacity so we are not anticipating any increases to funding in the near future. I appreciate that families would like more therapy time however, our funding provides for basic and essential services which limits our levels of staffing and our capacity to provide home

visiting for all therapy intervention. I have noted that there seems to be more families who have been coming in to utilise the groups that have been run over the past two terms. It is also very exciting that we have been able to offer hydrotherapy in the south this term and that we continue to look for options for service "hubs" in different regions to reduce the travel time for therapists and families alike. I understand that all families cannot for very real reasons travel to Coolbinia to access Centre based services.

We are reviewing the outcomes of our program initiative for School Start, the transition program for children in SAIP as they move into year one from pre-primary. Families will be asked over the next few months to take place in the evaluation of School Start. Also, the Primary Contact Therapist role is being reviewed to ascertain how families' entry into the program has been with a consistent therapist to guide you into the service over the first six months. I look forward to seeing the feedback that we will be seeking from those of you who have joined EIP in the past year.

Finally, just to let you know that Corinne Wray, our senior social worker is acting in the Manager of EIP position while I am working for 5 weeks in the role of General Manager (GM) of Therapy and Health Services (while the GM position is being recruited). Corinne can be contacted on 9443 0295 about any comments or questions that you may have. You can continue to email me at Catherine.greenway@tccp.com.au. I look forward to seeing you at the wine and cheese evening next week.

Kind regards

Catherine Greenway



News from the Early Intervention Programme

Better Start Reminder

You will have received a letter from The Centre by now, providing you with detailed information about Better Start.

Please see below a brief summary of the programme and contact information regarding how to register your child, as outlined in a FaHCSIA information sheet for parents:

"On 28 July 2010, the Australian Government announced \$122 million in funding over four years to provide services and support to children up to 15 years of age with a disability that affects their development.

Under the Better Start for Children with Disability (Better Start) initiative, cerebral palsy, Down syndrome, Fragile X syndrome, and moderate or greater vision or hearing impairments, including deafblindness, are the identified disabilities.

Support for families with young children:

From 1 July 2011, children who are aged under six years and have been diagnosed with one of the listed disabilities will be able to be registered to access early intervention funding of up to \$12,000 (up to a maximum of \$6,000 per financial year).

The funding will be able to be used to access early intervention services such as speech pathology, audiology, occupational therapy, orthoptics, physiotherapy and psychology. Families will have until the child's seventh birthday to access the early intervention funding.

This targeted early intervention in the pre-school years aims to complement existing Commonwealth and State and Territory services and to assist these children to have the best possible preparation for the transition to school."



Please refer to this fact sheet for further information:

http://www.fahcsia.gov.au/sa/disability/progserv/people/betterstart/Pages/better_start_parent_carer_fs.aspx

Carers WA are facilitating this program and are involved in registering the child and carer and linking them with the service provider. Those wishing to apply will need to provide certain documentation.

Please call Carers WA on: 1 800 242 636 for information on the documentation that is needed for registration purposes.

Please note: The guidelines stipulate that children must be **under the age of 6 years** at 1 July 2011 in order to be eligible to register for this funding.

Calendar of Events Term 3, 2011

| Date(s) | Time | Event | Venue | Other |
|---|--|---|---|--|
| Wednesdays August 3 – September 21 | 9.30 -10.30am 10.30 - 10.45am | Jellybean Playgroup Morning Tea | EIP gym, TCCP | Siblings welcome |
| Wednesdays August 3 - September 21 | 10.15 - 10.45 (Group One) 11.00 - 11.45 (Group Two) | Hydrotherapy | TCCP Pool | Each child must be accompanied by an adult |
| August 1-7 | | | | |
| National Cerebral Palsy Awareness Week | | | | |
| September 13 th September 20 th | 9.30-12.30 | Kindy Readiness | TCCP | Please contact Tegan Boardley (9443 0313) or Ann Brockmann (9443 0371) for details. |
| Proposed: June 15 August 17 September 21 October 19 November 16 December 14. August 2 - September 27 | 9.30-11.30 | Parent Focus | TCCP | Contact Wendy Langford (Ph: 9409 3671) for further details and to confirm dates. Please book crèche if required. |
| August 29 and 30 | | It Takes Two to Talk* - The Hanen Program® for Parents of Children with Language Delays More than Gadgets Conference - Assistive Technology Tools for Access and Learning | TCCP Esplanade Hotel, Fremantle | Please contact Tegan Boardley (94430313) or Lesley Taylor (9443 0274) for details Please see http://morethangadgets.com/ for conference information and registration. |

Jellybean Playgroup

Playgroup is designed as a social get-together where children get to participate in activities with their parent/guardian, and parents and guardians get to chat with each other.

We had a busy start to term 2, with 14 children attending the first session. We had a lot of fun singing nursery rhymes; “Five Little Ducks” is the group favourite, along with “Five Fat Sausages”.



Our story this term has been “The Wonky Donkey”, written by Craig Smith. As ‘our’ donkey walks down the road he becomes a “Spunky, hanky panky, cranky, stinky dinky, lanky, honky tonky, winky, wonky donkey”. The children enjoyed making the switch toy donkey walk down the road.

After such a large group attended the first week of playgroup (and most of them were going onto Hydro) we decided to split the hydro group. The younger playgroup children went off to hydro early and left the older ones to do some craft activities. These included making a placemat, stamping, colouring in, making and decorating an eye-patch and making a donkey puppet.

During the term we have also been joined by various therapists, which has allowed parents to ask any specific questions they may have. This has been invaluable to many.



Playgroup runs every Wednesday morning, from 9:30, for eight weeks of the term with hydrotherapy following at either 10:15 (for the first group) or 11:00 (for the older children).

Come and join us and get to meet some other parents and children and have a chat while the children play.

Motor Mouth Camp



Over the Term One school holidays (29 April – 3 May) the inaugural Variety Motor Mouth Camp was run with great success. The five day, four night camp at Point Walter was attended by 15 school aged children who use augmentative and alternative communication (AAC) aides and voice output devices, and their parents, carers and siblings.

Over the duration of the camp the children were able to learn or fine tune their skills in using their aides to communicate, as well as enjoying a range of fun camp activities with their families and the countless numbers of volunteers and mentors. It also provided the families with an opportunity to learn about various aides and network with others facing similar communication challenges.



The camp, which is funded by Variety WA, was organised by a team of speech pathologists from TCCP, Disability Services Commission, Senses Foundation, Rocky Bay, Therapy Focus, Independent Living Centre and Carson Street School.

The camp was co-ordinated by Kelly Moore, the Senior Speech Pathologist at the Independent Living Centre, and was modelled after successful Big Mouth Camps held annually in Victoria.

“Lots of young people with complex communication needs have aides but haven’t necessarily had the chance to learn how to use them to the full potential,” Ms Moore said.

“Kids deserve the opportunity to develop their communication skills in a fun setting and to meet other just like them,” Ms Moore continued. The Motor Mouth Camp aims to provide kids with these opportunities while making new friends.

This year, one lucky EIP family was accepted to attend the camp and represented TCCP well. Robyn Mackintosh, an education assistant working at Glengarry Primary School, volunteered at the camp to learn how to support her student’s communication needs within the classroom. She had the following to say about her experience:

"I am an Education Assistant at school and I was lucky enough to be given the opportunity to be a volunteer at this year's Motor Mouth Camp.

The venue, staff, children, parents and volunteers were fantastic and it felt like a large family having lots of fun and learning new experiences together.

The camp gave everyone the opportunity to interact with the children using their AAC devices and understand how important these devices are with communication in their daily lives. Using these devices everyday enabled me to develop more skills to support my student in the classroom with her daily routine.

The children were inspiring and I will never forget their happy faces the whole time I was at camp.

It was a total rewarding experience with lots of lasting memories. I made new friends who will be friends forever."

The Variety Motor Mouth Camp will be run again during the Term One school holidays in 2012. If you have a school age child (kindy age and above) who uses an AAC aide or voice output device, and are interested in attending the camp next year, speak with your speech pathologist or contact the organiser Kelly Moore on 9381 0600 or kelly@ilc.com.au to be placed on the contact list. Application packs will be available later this year.

Tegan Boardley
Speech Pathologist

Jungle Fun at Willetton



Jungle Fun has been running at the Jungle Gym in Willetton over Term 2.



The goal of this group has been to promote the development of gross and fine motor skills by encouraging strength, balance and coordination. It has also

been a great opportunity to develop the children's communication and interaction skills within a safe, fun, community setting.

Therapy staff, including a Physiotherapist, a Speech Pathologist and an Occupational Therapist, have been available during the sessions to come around and work with the families to demonstrate how to work on their child's goals in a fun environment.



A building filled with mats, foam pits, monkey bars, monkey rings and a gigantic slide is a great motivator, encouraging all of the children to try that little bit more or to climb that little bit higher. As a result, the children who have been regularly attending the group have improved their ability to climb, swing and improve

balance like real little monkeys!

The children have all displayed remarkable gains in their confidence, communication and interaction skills with peers and their willingness to try new things since commencing Jungle Fun. The ability to play on playground equipment is so important for physical development and is a favourite at Kindy and Pre-Primary. This group has also been a great way for families to meet with the opportunity to socialise with people who live in their local area. The children that attend all seem to look forward to coming every Tuesday morning. The group has been all about fun and to demonstrate how families can work on their child's therapy goals without the need of a therapist.

Jungle Gym is located at 24 Gympie Way, Willetton, and the entry fee is \$5.50 per child. Therapy Team South will be running the group again in Term 3.

Parents can also attend with children on Monday-Friday between 9.30am-11.30am. It is advised to call prior to attending to ensure the venue is not booked out for a private function.

If you would like any further information please call Lesley (SP) or Nicole (Physio) on 9443 0367.



Morning Tea at Rivervale

There was a lot of chatter and sharing of stories when ten mums and their children in TCCP's EIP met for morning tea in April at the Rivervale Community Centre. They said that there's nothing quite like getting together with folk who are on a similar journey, because they understand better than anyone what you're going through.



It was a very informal morning, but as one mum said, "When you put a group of women together, they will talk for hours!" Wendy Langford was there to introduce the group to Parent Focus and she promised a warm welcome to their monthly meeting.

Some TCCP staff came along, adding their sparkle to the morning. They focused on helping the children enjoy the play equipment so the parents got a moment's respite.

We'll do it again soon, though this time in another location. You'll be invited, and we hope you'll be able to come along.

News from EIP Staff

Top Ten things to Check on Your Postural Insert



Are you wondering if your child's postural insert is getting too small and is ready for a review? Sit their bottom right back into the chair and get them well positioned before completing this quick Top 10 Checklist:

1. Back height

If the back of the insert is too short, your child may be slouching without a chance to sit up as tall as they can. Take off any shoulder or chest straps and see:

- ✦ Do their shoulders come up higher than the back rest?

2. Seat length

If there is more than 2 finger spaces between the back of the knee and the edge of the cushion, then the seat is getting too small.

- ✦ Is the seat cushion too short and not giving enough support under their legs?

3. Side supports

If the side supports are too tight, your child may be finding it difficult to sit back into the insert correctly.

- ✦ Is there a 1cm space (just enough to snugly slide your fingers into) between your child and the hip blocks or thoracic supports?

4. Anti-thrust cushion

If your child has a seat cushion that is higher at the front to stop them sliding forward, you need to check if they are still sitting behind the higher foam.

- ✦ Is there a one finger space between the high foam and the child's crotch?

5. Pommel

Your child may have a wedge of foam between their knees to keep their legs apart.

- ✦ Is the start of the pommel 3cm forward of their crotch?
- ✦ Does the pommel stop just past their knees?

6. Headrest

The headrest should be supporting your child's head in their natural resting position.

- ✦ Is the headrest supporting the head in a comfortable position?
- ✦ Is the headrest high enough to clear the shoulder position?

7. Straps

Different insert designs will have different types of postural straps used to secure a person to sit well in the insert. These straps generally need to be firm – just tight enough that you can slide your hand between the person and the strap, but not too tight to cause red marks.

- ✦ Are the straps set correctly? (i.e. not too tight or too loose)

8. Footplates

The footplates need to support the feet so that the knees sit level with the thighs. If the footplates are too high the knees will also be bent up too high and this can cause pressure on the hip joint.

- ✦ Does the front of the leg (under the knee) sit higher up off the cushion?

9. Foam

Is the foam cushion hollowed out under their bottom so it no longer offers a firm supportive sitting surface?

- ✦ Is the foam still safely covering and protecting the person from any hard parts of the insert?

10. Overall comfort

Does your child sit comfortably in the insert for long periods of time?

- ✦ When they get out of the insert do you notice any red marks on their skin?

If you are concerned about any of the above, please contact your therapist to discuss and to arrange a seating review.

Participate

The aim of this article is to share information on community options for sports and recreation that one parent has found useful. It is hoped in future editions of "Little Whispers" to focus on other families and children – to be able to share ideas on how children of different ages (with different types and severities of cerebral palsy) can get involved in local activities.



I would like to introduce you to Claudia. She is a 6 year old girl with mild right hemiplegia who attends Year One at her local school. Claudia is in the School Start Programme at the Centre for Cerebral Palsy– and continues to receive services from her Early Intervention Therapists – to assist with a smooth transition into formal schooling.

When she was younger, Claudia attended "Story Time" at her local library.

Story telling sessions for pre-schoolers are often held at local libraries during the school terms. School holiday programmes are also often available. Contact your local library or see library website for details.

Claudia also participated in gymnastics classes at the PCYC and Gym Classes at Challenge Stadium. At Challenge Stadium, Claudia's mother spoke to the programme co-ordinator about some of Claudia's goals, for example, hopping on her right side and strengthening her legs, and the staff were happy to reinforce these goals during the sessions.

Claudia has also been involved with Jungle Sports (<http://junglesports.com.au/wa-home>). Jungle Sports offer various sports programs for children aged 18 months to 7 years old, at different metropolitan venues.

More recently, Claudia has been involved in Tee-Ball, Minkey (J1/2 Hockey Programme), and in private tennis and swimming lessons. Claudia's mother had a discussion with the swimming coach about Claudia's CP, and what her capabilities were, prior to her starting the swimming program.

"Tee-Ball caters for boys and girls from 5 to 12 years of age. The game provides a lot of fun, opportunity for rapid improvement in ball skills, hand-eye coordination and general confidence, as well as one hour of fast moving exciting involvement during the game itself. All activities are framed with the desire to achieve the philosophy of Tee-Ball. The Tee-Ball philosophy is best remembered by the "Four F's" of:

1. FUN
2. FAIR PLAY
3. FUNDAMENTAL SKILLS
4. FAMILY INVOLVEMENT"

Information taken from www.tbawa.org.au
Please see the Tee-Ball Association WA website for information on the location of local clubs.

The J1/2 Hockey Programme's vision is to "provide a fun and enjoyable environment for young children as they embark upon what may be their first team-based sporting experience. By providing a fun environment, the children will grow with the club, embrace an exercise culture, keep fit and healthy and also develop some great social skills"

Information taken from University of WA Hockey Club Information Sheet.
For further information contact Dr Justin Whitely, UWA HC J1/2 Coordinator on 0417 984 290.

Claudia's mother, Sue, feels that all the sports activities that Claudia has been involved with have been beneficial. She feels that Claudia has fitted in well and has benefited from the exercise in terms of her fitness. She also has seen benefits in terms of the development of social skills, particularly in the group sports activities.

Sally-Ann Tyers
Senior Therapist, Service Development

Note: Please contact Sally on 9443 0322 if you are happy for your child to be included in a "Participate" article, like this one. We would love to hear from families with children of different ages, with different types and severities of CP.

Bikes for Fun & Freedom

Now that the hot weather is hopefully easing off a little, and everyone is settling in to school, it is a good time to think about bike riding! Yes, those bikes that have been too hot to even sit on over summer, could come out of the shed or the cupboard under the stairs and be brushed off for some family cycling fun!



The Therapy Team suggest you please check all bikes for safety and size before riding off. Your child may have grown since you last went out wheeling so raise the seat if needed and check all the straps fit.

If you find your child has outgrown their bike please let your therapist know. The process for applying for a modified bike can be a lengthy one so we need to start the ball rolling early!

We would also love to recycle any outgrown bikes as they are usually still in very good condition. So again please let your therapist know if your bike is no longer able to be used by your child. If possible your child's outgrown bike may really be of great benefit to a younger child who is waiting for the opportunity to try some wheeled fun.



TCCP's Children's Respite Services

Every once in a while we all need to put aside some time for ourselves, our partners and our families to nurture relationships or simply have some time to rest and rejuvenate.

TCCP offers a range of respite options to families so that your children can stay home while you get the break to do the things you need do.



Please contact Bernadette Williams on extension 285 for more information.

There are also a number of other services outside of TCCP that can assist families with respite options. Talk to you team or contact Jan and Corinne in Social Work.

Invitations from EIP

Jelly Bean Playgroup

Come and join us for Play Group! All children between 0 – 5 years are welcome (including siblings)

When: Starting weekly Wednesday 3rd August to Wednesday 21st September (8 weeks)

Time:

9.20am to 10.30am Playgroup
10.30am to 10.45am Morning Tea
10.15am to 10.45am Hydrotherapy
11.00am to 11.45am Hydrotherapy



Where: EIP Gym at The Centre for Cerebral Palsy, 106 Bradford St, Coolbinia WA



WHAT to bring: morning tea, any communication systems and any equipment needed.

Playgroup is an informal setting where the focus is on:

- ✿ Giving children an opportunity to socialise with children of a similar age.
- ✿ Creating time for mums and dads to meet other families from The Centre for Cerebral Palsy.
- ✿ Providing play opportunities to promote social skills, general development and fun!

So mums & dads, boys & girls, come and play, make friends and enjoy fun craft and other activities!

For more information or to RSVP please contact:
Georgina Jones on 9443 0263 or email georgina.jones@tccp.com.au

Parent Focus

Would you like to meet and talk with other parents of children with cerebral palsy? Then **Parent Focus** is for you.

Parent Focus is a network of mums of kids with CP, sharing experiences, information and friendship. Each month we have a catch-up over morning tea at TCCP to share a cuppa and conversation. From time to time we may invite guest speakers to tell us about something of interest, but often we just chat. It is a chance to spend a couple of hours with other parents to share experiences and ideas and pick up lots of useful bits of information. The co-ordinator of Parent Focus (who is a volunteer mum), also maintains an emailing list to send out to Parent Focus mums any useful information that comes her way.

Parent Focus is open to *all* mums of kids with CP (or CP-like conditions), whether you want to come for morning tea every month, once or twice a year, or just keep up by email.

No matter how mild or severe your child's disability is, we all deal with similar issues and can support one another along the way.

Monthly morning catch-ups are held on a Wednesday (usually the third in the month) between 9.30 and 11.30 in the Big Group Room at TCCP. You are welcome to leave your kids in the Crèche while you are at Parent Focus; book them in by phoning 9443 0380.

This year we also plan to arrange a couple of coffee evenings for those who can't make it to the Wednesday mornings, so make sure you are on the emailing list to not miss anything. Keep an eye out also for a special activity during National Carers Week in October, and for a Mums' weekend away later in the year (depending on successful grant application). We also hope to have some family events during CP Week in August.

For more information, including dates of monthly catch-ups, or if you'd just like to go on the Parent Focus mailing list, contact Wendy Langford on 9409 3671 or email awlangford@aapt.net.au.

(There is also a network of Dads who get together from time to time – contact Wendy if you'd like to be put in touch with them).

Up coming It Takes Two to Talk® - The Hanen Program® for Parents of Children with Language Delays

www.hanen.org describes the background and development of this great program – an excerpt from the website follows:



“The Hanen approach has led the way in changing early language intervention by putting parents first in order to help children best.

Many years ago, early language intervention involved speech-language pathologists "treating" a child in a therapy room with little or no parent involvement. In the early 1970's, research began to reveal that the involvement of parents in their child's early intervention was critical and that the earlier parents were involved, the better the outcome for the child. Research also showed that children learned best in their natural environments, where they were motivated to communicate with the important people in their lives. This required a significant change to the way speech therapy was offered to young children.

So, in 1975, Ayala Hanen Manolson, a speech-language pathologist in Montreal, Canada, developed an innovative program for groups of parents whose children had significant language delays. This program did something novel: instead of giving the children speech therapy once a week,



Ms Manolson gathered their parents in a group for a series of sessions and taught them how they could assume a primary role in helping their children develop improved communication skills.

The success of this program, which eventually became It Takes Two To Talk® - The Hanen Program® for Parents of Children with Language Delays, led to the establishment of The Hanen Centre and paved the way for the development of seven other Hanen Programs®; four for parents and three for early childhood educators.”

Hanen Trained Speech Pathologists from The Early Intervention Programme are planning on offering

parents the opportunity to attend an **It Takes Two To Talk®** programme in Term 3, 2011.

Please contact Tegan Boardley (9443 0313) or Lesley Taylor (9443 0274) for further details.

If you are interested in this approach, please refer to the website for further information:
www.hanen.org

Kindy

Fresh off of last years success, the Early Intervention Programme is proud to announce the Kindy Information sessions are back. The Kindy information sessions are an opportunity for families of children entering Kindy in 2012 to gain important information about entering Kindy and preparing their children for this new step. The sessions are proposed to run over two consecutive weeks in September 2011 where the children will have a chance to engage in a Kindy style group while the parents take part in an information session. It is a great opportunity to engage with other families and gather important information to start your journey into schooling. More information will be provided closer to hand but for now mark this in your calendar. Invitations will be sent out soon, so stay tuned.....

Community Information

City of Gosnells

The City of Gosnells offers a range of community based services and programmes for people with a disability, their families and their families/carers. Including people with a disability in their community and working with individuals and families/carers to ensure that programmes and services remain responsive to individual needs is the focus of the City's Disability Services Branch.

Please follow the link below to a list of the programs on offer.

http://www.gosnells.wa.gov.au//scripts/viewoverview_contact.asp?NID=9035

To be eligible to access the City of Gosnells Disability Services the person must have a

disability as defined by the Disability Services Commission. Referrals are accepted from individuals, families or any agency. To access services you must live within the City of Gosnells.

Note: Early Intervention Families may find the following programmes of interest:

- Disability Services at Leisure World
- Take-a-Break for 6 years and over
- Littlies Holiday Group for 4-12 years
- Way Ahead Siblings Group

Dadaa's Artlink Program

Dadaa's Artlink offers an Arts Respite Program for children with disabilities and their siblings aged 5-12 years. For more information see the poster below or contact Anna Eden on 9430 6616 or anna@dadaawa.asn.au

DADAA'S ARTLINK
Children's Programs

Arts Respite Programs for children with disabilities and their siblings.
Ages 5-12yrs AM groups & 13-18yrs PM groups.
Run from Fremantle and Merriwa, Saturdays during school term.

2011. Drama. Term 3. 6th Aug- 24th Sep.

Limited spaces are still available in both Fremantle and Merriwa.
For bookings or further information please contact
Artlink Coordinator- Anna Eden (08)9430 6616 - anna@dadaawa.asn.au

New website

There is a new ABC website dedicated to news, stories, videos, humour regarding disability. It is called Ramp Up, and is moderated by a person with a disability.

You can find the website at www.abc.net.au/rampup.



Special Needs Toddler Gym

- First Date:** Monday 16th May 2011
Time: 10.30 -11.20
Place: Claremont PCYC Lapsley Street Claremont near Showgrounds and opposite the Claremont Football Club.)
Cost: \$25.00 Membership to the PCYC and \$6.00 per class. If you don't wish to pay the fee it is then \$8.00 casual fee.

Parents/Carers participate with their child in the class, enabling them to be actively involved in their child's development.

There is a whole venue filled with large equipment which has been especially designed for young children. Children practice their coordination skills e.g. climbing, balancing, tumbling, jumping, swinging, hanging etc.

Younger children use this as valuable exploration time. They will be experimenting with their bodies and learning about spatial awareness, body awareness and their own personal capabilities

For all enquiries please contact Rosemary Hartley, 08 9403 2010 or 0410441521.



FIRST TIME COME AND TRY FOR FREE

Noah's Ark



Have you heard of Noah's Ark? Do you ever wish you could borrow some of the toys that your therapist brings out in therapy sessions for your child to play with?



Toys add magic and excitement to learning – they can make an otherwise boring task fun, for both children and adults! Toys are often the motivator to repeatedly try to achieve a goal.

The Noah's Ark Toy Library is a great service that you need to know about!

It has the most extensive range of **switch adapted toys in WA**. Toy library users also have access to an interesting range of other toys, games and equipment to meet the developmental needs of children. And due to the Library's wide selection, members can change activities and toys for children with special needs frequently, providing their children with variety and challenges.

The staff are experienced in working with children with developmental challenges and their families and are always on hand to provide information and advice.

Where is it?

The Noah's Ark Toy Library is located 15 minutes away from TCCP at 5a Bookham Street, Morley WA 6062. You can contact them via phone on 9328 1598 or email enquiries@noahsarkwa.org.au

How do I join?

The application forms are available online or ask your therapist to print them off for you. You will need to have some internet access to use the online booking service to reserve the toys you

like. But don't worry if you don't have internet at home as it is usually available at your local library!

How much does it cost to join?

<http://www.noahsarkwa.org.au/Costs> of memberships are outlined fully on the website but for most families the options are either;

- ★ \$75 (Up to 3 items per month or per borrowing- you go to the library to pick up and drop off toys) or
- ★ \$100 (Up to 3 items per month or per borrowing and they drop the toys off at your house)

<http://www.noahsarkwa.org.au/Toy-Library/Join-Our-Library>

What if I don't know what toys my child needs?

The advantage of visiting the library with your child is that you and your child can trial the toys or items before you select them. You can also get knowledgeable advice from helpful staff on the particular needs of your child and the toys that may best match those needs.



As a member of our library, you and your child can make an appointment with the on-site Occupational Therapist (Thursdays only) to obtain her professional assistance with choosing the most appropriate resources for your child. Your TCCP therapist may also be able to provide recommendations about what things would be good to borrow.

Want to know more?

Here is the website for Noah's Ark for more details

<http://www.noahsarkwa.org.au/>

Phone: 9328 1598

Recreation & Sport Contact List



Inclusion WA have put together a Recreation and Sport Contact List that is a resource list of sporting and recreation groups in the Perth metro area that have shown an ongoing commitment to include people with a disability. Inclusion WA state that these groups have also shown that they have a capacity to do this on a regular basis.

The list is available on-line at:

<http://www.inclusionwa.org.au/recreation-advice-information-service/>

There is a link to the list at the bottom of the page. Some of the areas that are covered include: outdoor cricket, horse riding and swimming.

Pamper Days

Carers who look after their family members or friends with an illness or disability often do not have the time or energy to look after their own wellbeing. As part of our health and wellbeing events, Carers WA would like to encourage Carers to have a free Pampering Session which includes a foot soak, reflexology and massage, followed by light refreshments.



The Pamper Days are booked using a Lottery List and Carers can nominate to be booked in with another Carers WA member. If you would like to place your name on the Lottery List please call the Events team on 1300 227 377.



The Pamper Days are run once a month on Wednesdays;

- ★ July 27
- ★ September 7
- ★ October 19
- ★ November 30

Event time: 10:00am – 2.00pm
Cost: \$Free