



Subiaco PCYC
SPORTSLINK
for children with a disability
(7 –12 year olds)



Subiaco Sportslink Program has a new exciting Co-ordinator facillitating a new exciting program. Come and join us.

Introductory sport skills are something kids generally learn at school or at home with their friends, often as part of their everyday routine.

However, not all children get the opportunity to do this on a regular basis.

Sportslink will aim to provide school aged children with a disability an opportunity to learn the basic skills necessary to play sport, such as running, jumping, throwing, catching, striking and kicking, as well as skills required to participate in team and individual sports.

Qualified coaches will work with participants to:

- Have fun
- Provide a positive opportunity to engage in physical activity
- Develop motor skills
- Develop sport skills
- Develop friendships with team mates!



New Exciting Program
New games, New enthusiastic young co-ordinator

For more information or to reserve a place

Contact
Subiaco PCYC
Ph: 9388 2053

Limited spaces call now!

PROGRAM DATES

Term 2, 2011

Thursday 5th May 2011 – 7th July 2011

Time

4:00 pm – 5:00 pm

Cost

\$60 (10 weeks or pro-rata)

Venue

SUBIACO PCYC, 450 Rokeby Road, Subiaco

Please bring a water bottle, wear suitable clothing & shoes



the centre for
cerebral palsy

celebrating potential, creating possibilities

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If you would like to contribute anything to the newsletter, such as articles, photos, poems, recipes, etc, please contact one of our therapists. For any feedback, articles, photos, advertisements or queries please email: dawn.brodie@tcp.com.au

All programme newsletters are available on the website www.tcp.com.au. If you wish to receive a hardcopy of another program newsletter please contact Ridkey Kellner on 9443 0253 or ridkey.kellner@tcp.com.au

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Message from the Manager

Dear Families

Time flies! – it is already halfway through Term One, with Easter just around the corner and Easter egg hunts being planned! Hopefully you are seeing your child happily settled into school and looking forward to the year ahead. What's happening at The Centre for Cerebral Palsy (TCCP)?

To smooth out the transition of children between Early Intervention and School Age services and to ease the move into school, we have developed a new program called 'School Start.' This program prepares children who are already in the Early Intervention Program, for school and continues to provide services through to the end of Year One.

Children who are new to TCCP in Year One, go straight into the SAIP 6-10 years program, so that they have (hopefully!) less changes of therapist. This is the first year we have done this, but we are already getting many positive comments from families and therapists.

The new 'Endeavour Program' has started for children whose primary diagnosis is not cerebral palsy (CP). Please see further information regarding this great initiative on page 2. If you believe that your child may be suitable for this program, please discuss this with your Contact Person.

The **School Age Intervention Program** (SAIP) is an umbrella term covering CP SAIP, SAIP Endeavour and the Country Resource Programs. The latter program supports regional families and

therapists working with children with CP (0-18 years of age) in country areas throughout Western Australia.

There are three sections within CP SAIP: the 6-10 years program, 11-14 years program and the adolescent program. The therapists and staff within each of these respective programs have considerable expertise in the specific concerns that arise within that age group. Just as your child moves class at the end of the school year, clients will transition within SAIP to a new team at the end of the program. We try to minimise the impact of this as much as possible, but it is essential that children do progress in all areas of their development and that they are assisted by a therapy team that can appropriately support them.

Four of your therapists in the SAIP Team: Sarah Dick, Kerry Ryan, Jodie Stotter and Suzanne Vajda, have been fortunate in attending the first half of the 'Bobath Foundation Course', an intensive course hosted by TCCP that teaches therapists how to work with children with cerebral palsy. The second part of this course commences on 28th March and lasts for a further three weeks, with lecturers coming from the UK, New Zealand, Victoria and Queensland.

Therapy services may be reduced during the course, but we are once again organising some backfill for the staff attending. Please contact your Contact Person if you have any concerns and thank you for your patience over this time.

(Continued on page 2)

Term 1 2011



developing young lives

Twenty six additional therapists from TCCP (across all program) will be attending the two-day **Neurosciences Course**. As this is partly held over a weekend, we do not anticipate problems regarding service provision.

Knowledge from the Bobath Course is already being taught to all therapists in the SAIP, EIP and the Country Resource Program through weekly workshops and tutorials run by Dayna Pool and Michael Chan.

We are delighted to introduce Sinead Burton, the **new senior Speech Pathologist** in SAIP (please see further information on page 2), as well as two new part time Speech Pathologists; Libby Danckert and Kunali Shah on the SAIP team. If you have concerns regarding your child (e.g. Eating, communication or literacy), where the speech pathologist may be involved, please flag this with your Contact Person to include in the family goals. SAIP also have a **new senior Physiotherapist**; Rowan Johnson, who has recently returned from working overseas in China. Prior to this he worked at DSC. Our two new contact people are Rena O'Sullivan and Melissa Burns

With all these new additions to the SAIP family, we have sadly also had to say a few farewells this year: Ben Dallin (Recreational Therapist) has returned to teaching Physical Education and Joelle Zdravic continues to work at TCCP, but in CP Tech and on the Mealtime Management Team.

Prior to Christmas, we held the inaugural **Parent Reference Group** Meeting and were delighted with the discussions that arose regarding services at TCCP, as well as the invigorating follow-up discussions with the SAIP Leadership Team. We believe that it is important for parents to have a voice and for us to work together. The next meeting is being planned for the end of March and will be held in the evening. If you are interested in participating, please contact me as there are still some places available for parents of children in certain age/ability groups and we would love your constructive comments as to how to improve the services within our budget limitations.

On Friday 11th of March we held the **Teacher's Workshop**, which was an informative day attended by 40 of your children's teachers and Educational Assistants (EA). We will be having two further specialised workshops on June 2: A Physical Education Workshop and a TalkWrite workshop. We will send out information to the principals of the 300+ schools that we service, but if your child's teacher or EA wants to have information emailed straight to them, please encourage them to contact Bob Hawkins, Client Services Coordinator on 9443 0219 or email: robert.hawkins@tccp.com.au

Please note that it is imperative for the best outcomes for your child that TCCP therapists are able to communicate with school staff and have access to the

school. We are only able to do this if we have consent from parents/carers and are invited in by the school. We encourage all staff and families to try to develop positive relations with school staff that provide a positive framework in which your child can develop.

Please mark Sunday 27th March into your diary! We would love to see you all at the **'Walk, Wheel or Run for Charity'** we are holding at Burswood Park from 8.30am to 10.00am, or at **'The Wheelie Challenge'** held from 10.00am.

Going on from fun activities for the family to fun activities for your child: We are planning **Activity Groups** for this year with Daniel Clarke, our new Recreational Therapist. Please have a look on page 7 at the groups we have running in the holidays and over the forthcoming year and contact your Contact Person to see if your child has goals that can be addressed in any of these groups. Family Goals can be amended if your priorities have changed. These groups are a great way to enhance your child's abilities, let them socialise with their peers, gain confidence and have fun. Many children accomplish more in the group situations than they do working individually with their parents or therapists - do have a look at the letter Courtney Ellery sent in supporting groups! (page 4) and at the 'Just for youths' website sections on sports and activity: http://www.tccp.com.au/justforyouths/Sports_&_Hobbies http://www.tccp.com.au/justforyouths/Physical_Activity_&_Fitness

On behalf of SAIP I wish you a wonderful Easter, with plenty of chocolate (!) and a fun holiday as you enjoy the break with your children.

Kind regards,

*Dawn Brodie
Manager of the School Age Intervention Program and
The Country Resource Program*

New Senior Speech Pathologist in SAIP

Sinead Burton has joined the SAIP team as senior speech pathologist. Sinead grew up locally in Perth and graduated from Curtin University. She has worked in community health settings in country Western Australia, Therapy Focus and Disability Services Commission (DSC). Sinead has a particular interest in clients with complex communication needs. She enjoys working collaboratively with families and other therapists to set goals and promote the best outcomes for all clients. Sinead's work days are Thursday and Friday. She looks forward to working with the SAIP team; for any questions or enquiries please contact her on 9443 0266.

Upcoming Groups in 2011

For all the groups below- please talk to your contact person. You can discuss the group/s you are interested in and how that will help achieve the goals in your family meeting. They can then get you in contact with the organiser of the group, to register your child and get any further information you need.

Easter Holidays / Term 2

Bike Day 28 April

1 Day follow-up event to Bike Camp 2011, but everyone is welcome.

Thursday 28th April - Cycle around Yokine Reserve Meeting at TCCP Carpark on Yokine Reserve

9.30am - 11:30am (school holidays)

RSVP: call Daniel Clarke, Rec Therapist, at TCCP

Tel: 9443 0376

FOOTBALL WEST - Demonstration Day

All are welcome to come and watch a game of 5-a-side football (soccer) by some of WA's most talented athletes with disabilities. Australian paralympian **David Cantoni** will be there to discuss getting your child into disability sports, be it soccer or other sport activities.

Date: May 7th

Where: Yokine Reserve

Time: TBA

Contact: Daniel Clarke at TCCP on 9443 037

OR Mr Gordon Duus at Football West on 9442 6914

School Leavers Clinics

Are you leaving school this year? The Centre for CP does a general review of how things are going to make sure everything is in place for when you leave our school age services. Clinics have been arranged especially for school leavers during the April school holidays as we know how busy your schedule is during term. During these clinics, we assess how you are walking, how you are using your arms, any equipment you may need and to discuss any other concerns you may have for the future (e.g. TEE support, driving, community access).

6-10 year old's Computer Fun Club

Our focus for this group is to work with children to build on their computer keyboard awareness and typing speed. This group will be most appropriate for children who are in junior primary and are learning to use the computer. The group will target organizational skills; keyboard access skills and typing speed. There will also be social time and opportunities for children attending to make new friends. We are planning to have some serious fun!

"All sorts of Ball-sports" - fitness and ball-skills groups

For children to develop fundamental ball skills, to develop their ability to participate in community sporting groups.

After-school during Term 2.

2 groups: One located in the northern suburbs, one in the southern suburbs.

Ages: 6-14 (Parents and siblings welcome)

July Holidays

Do It Yourself Workshop (15-18 Years old)

This workshop aims to develop a variety of skills including social skills, community independence, organisation and self-care skills such as cooking, grooming and make up tips.

Targeting Handwriting (year 2/3)

Handwriting is an integral tool of the writing process. Children need to develop correct formation of letters and numbers, legibility and fluency. This group aims to 1) refine participant's skills for good handwriting, 2) teach participants how to monitor and correct their own handwriting and 3) provide information to parents on ways help their children develop legible handwriting. This group will be most suitable for children in Year 2 and 3

Information about groups in terms 3 and 4 will be posted in future newsletters.

2011 GROUP SCHEDULE

TERM 1	Easter Holidays Bike Day 28 April 6-10 year old's Computer Fun Club School Leavers Clinics
TERM 2 "All sorts of Ball-sports" - fitness and ball-skills groups	July Holidays Do It Yourself Workshop (15-18 Years old) Targeting Handwriting (year 2/3)



In conjunction with Ocean Reef Sea Sports Club, TCCP is organizing a BOATING DAY ON THE SWAN RIVER!!!!

Date: May 14th 2011
Time: Arrival at Matilda bay 9.30am
Ages: 5-14y.o.

RSVP: Please call Daniel Clarke on 9443 0376 before May 5th 2011 (Limit of 40 people)

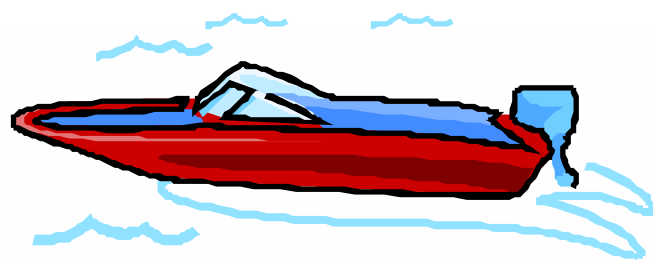
Requirements:
 Children must be ambulant. Wheelchairs and sizeable walkers are unfortunately not able to be catered for (something we are working towards in future). An adult (parent or guardian) must be present to assist with their child's involvement.

- A sausage sizzle and drink will be provided by Boating 4 Kidz.

If any child has special dietary requirements then these will need to be catered by the child's family/ guardian.

Clothing:
 It is advised that children bring clothes appropriate for swimming, warm clothes if it is cold, and an all-weather-proof jacket. A towel would also be beneficial.

Previous Boating 4 Kidz events have been a massive hit with previous clients of TCCP. We hope to see you there!!!!



Football West's Equal Footingball Program Presents:  

EQUAL FOOTINGBALL CLUB

LEAGUE 2011 OPEN DAYS & REGISTRATIONS



OPEN DAY CLINICS & REGISTRATIONS
 (please RSVP to gordond@footballwest.com.au / 9422 6914):

- **Woodchester Reserve, Hillsborough Drive, Nollamara (Tuart Hill SC) Sunday March 27 10:00am**
- Also coming soon, Western Knights SC open day in Cottesloe area - date & time TBA
- Also coming soon, Cockburn City SC open day in Spearwood—date and time TBA

An ALL-NEW junior competition for young people with disabilities aged 12- 18*

- Now you can participate in an ongoing football competition in a family-based club environment alongside other young people with disabilities.
- Have a ball showing your capability, not your disability, in Australia's most played team sport.
- You can work towards being selected in fully able-bodied junior teams and some players can work towards representing WA and Australia.
- A discounted registration fee applies to all registering players, PLUS a special free membership to Special Olympics Australia.

**Players need to be able to move unassisted around a small pitch*

PLAYING AT THESE CLUBS IN 2011:

Cockburn City Soccer Club: Venue—Beale Park, Spearwood
 For registrations contact Heidi on 0407 150 911 or via email: heidilazzaro@optusnet.com.au

Tuart Hill Junior Soccer Club: Venue—Woodchester Reserve, Nollamara
 For registrations contact Angelina on 0416 267 567 or via email: angie@tuarhillsoccer.com

Western Knights Soccer Club: Venue—Cottesloe Primary School, Cottesloe
 For registrations contact Luke on 0409 395 315 or via email: juniors@westernknights.com.au

SAIP Endeavour

The Centre for Cerebral Palsy has embarked on a new initiative which is offering a comprehensive therapy services program to clients with a range of disabilities including autism, intellectual disabilities and other conditions. Children with cerebral palsy (CP) may be included in this program when the CP is not the primary diagnosis. This new program is called School Aged Intervention Program (SAIP) Endeavour.

The Endeavour Program is staffed by an experienced multi-disciplinary team. Services are provided in several ways according to what will best achieve a family's goals. Services may be provided at home, at school or in the community.

If you require more information about the Endeavour Program, please contact Charlene Freedman on 9443 0370

CEREBRAL PALSY DEVELOPMENT TRUST

JOSEPH MICHELL (OBE) SCHOLARSHIP FOR STUDENTS WITH CEREBRAL PALSY

An inspiring and enjoyable Scholarship Presentation evening was held at the UWA Watersports Complex in February, attended by several young people with cerebral palsy and their families, staff and invited guests.



Swee Michell, wife of Joseph Michell, and scholarship applicants (l to r), Sophie Bishop Waugh, Peter Hall, Ashleigh Kennedy and Daniel Pavlovic

Young people can apply for the Joseph Michell Scholarship when they leave school. The scholarship was developed to provide an improved opportunity for a young person with cerebral palsy to access further education after school. It has a value of up to \$4000. It is named in honour of the founder of The Centre for Cerebral Palsy who regarded highly the benefits of a good education.

Five young people applied for the Scholarship this year. At the presentation evening, each of the applicants was profiled and the winner from 2010, Jarrad Conlan, spoke about his first year of study and how the scholarship has assisted him.



Jarrad Conlan with his Mother and sister

Ashleigh Kennedy, who graduated from Darling Range Sports College, was presented with an Academic Excellence award for her commitment to her studies and outstanding academic results. Ashleigh has started studying Psychology at Curtin University and is planning to become an Occupational Therapist in the future.



Ashleigh Kennedy is presented with her award by Keith Chapman, Chairman of the TCCP Board of Directors

Peter Hall, who graduated from Belridge Senior High School Education Support Centre, was awarded the Joseph Michell Scholarship for 2011. The selection panel members were amazed by how Peter has juggled school and TAFE studies and work experience with the many committees and projects that he has been involved in over the last few years. He is determined to be a voice for young people with a disability and is working with PMH, the New Children's Hospital Project, DSC, TCCP and the Department of Communities to achieve this. He is continuing his studies in IT at TAFE in 2011.



Peter Hall and his mum Ingrid enjoying the moment

Young people who are planning to leave high school at the end of 2011 and pursue further education in 2012 will be invited to apply for the scholarship in Term 4. If you would like any more information please call Nicole O'Rourke 9443 0377 or email Nicole.o'Rourke@tccp.com.au.

Liam Smith

Hi my name is Liam Smith and I am 16 years old. I was born prematurely and weighed only 405gm. I was diagnosed with Cerebral Palsy at 1 year old and have right side Hemiplegia. Like a lot of CP kids I have had Physio, Botox and serial casting.

I started swimming lessons at 4 years of age because Mum thought the water really helped my muscles. Now I am older I know the water makes me feel more relaxed in my body. Well I am still swimming and have joined a squad and started training to compete at the Youth Paralympic Games in 2007. I also joined Wheel Chair Sports in 2007 and recommend this to any kid who loves sport. You don't have to be in a wheelchair to join them. They have a Junior Camp every year and my most favourite is the Wheel Cats Basketball Games.

In 2009 and 2010 I traveled to the AIS in Canberra to swim at the Multi-Class Age Nationals. This was AWESOME. This year I worked really hard and made some Telstra Open Times at the WA Age State Championships. Well now I am heading to the Telstra Open Nationals at Sydney Olympic Park. It will be a fantastic experience and I might get to meet Matthew Cowdrey, who is a Paralympian.

Swimming has really helped me achieve great things and I eventually am aiming at the Paralympics in 2016. My favourite saying is:

"Always remember, whatever the goal - keep your eye on it".



Courtney Ellery

Hi my name is Courtney. I want to tell you how much I love the stretch and strength group after school on Wednesdays.

Ben (Recreational Therapist) makes it so fun to do my stretches, we do obstacle courses, team work, dodge ball, ride on scooters and balance balls. Stretches at home are boring, Ben makes them so fun. We also get awards for doing well.

Most of all I have made some really nice friends who I

go bowling with on Saturdays during the school term.

I hope the group runs this year! Stretches with Ben - Fun Stretches at home - boring

Courtney

TOP 10 TIPS - How to Check the Fit of Your Postural Insert

Wondering if your child's postural insert is getting too small and is ready for a review? Here are ten ways to check!

Please sit your child's 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 (chest) 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 with their bottom 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 so tight that they 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 your child gets 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.

Kym Bullen

Representative of the CP Tech Team

Junior Chef Challenge—Wanneroo Central

Renata Ogilvie invites you to a Junior Chef Challenge—Wanneroo Central. Are your kids, cousins, nieces, nephews aged 10—15 years? This could be your chance to sizzle and sauté their way to gourmet glory!

Details are available at:
<http://www.facebook.com/1/e30d2/>
www.wanneroocentral.com.au

Want to be inspired? Visit Wanneroo Central on April 2 and April 9 at 10.00am.



2011

Alternatives to Employment Service Provider EXPO

An opportunity to meet Alternatives to Employment Disability Sector Organisations and find out about programs available for people with disability planning on accessing Alternatives to Employment.

Friday 03 June 2011

9:00 am – 3:00 pm

at The Astral,

Burswood Entertainment Complex

A wide representation of metropolitan Alternatives to Employment Disability Sector Organisations will be available to provide information on the services they offer. Other organisations of interest will also be present. More information will be available closer to the date.

Interpreters will be made available, if requested at least one month prior to the date. Requests can be made via the Post School Options/Alternatives to Employment Program.

For more information contact the Post School Options/Alternatives to Employment team on **9426 9273 (TTY 9426 9315)**