

Minutes of the Parent Services Interagency Meeting

Held: Wednesday 11th February 2015, 1pm - 3pm
Council Chambers, Lamerton House



PRESENT:

Marlene Calleja	Warilla Neighbourhood Centre Inc.
Lynne Schubert	Family Services Illawarra
Sharlene	Family Services Illawarra
Debbie Vergan	Barnardos South Coast
Lisa O'Grady	Communities for Children Shellharbour
Aileen Gleeson	Shellharbour City Council

APOLOGIES:

Amanda King	Illawarra & Shoalhaven Local Health District
Fiona Mack	Illawarra Multicultural Services
Nadia Giusti	Aspect South Coast
	Autism Spectrum Australia
Kathryn Barker	Illawarra Area Child Care Ltd
Marie Smith	Early Years Care
Brooke Marshall	Northcott Disability Services
Julie Body	Lifestart Wollongong
Maree Walsh	Illawarra Reading Support
Wendy Lander	Baptist Community Services/KidsFest
Carol Lymbery	Communities for Children Shellharbour & Better Futures/Local Solutions
Jill Johnson	Barnardos – Talking Realities

GOOD NEWS STORIES 😊

😊 Maree Walsh, Irlen Screener, Illawarra Reading Support, reports:
Two of my year 5 and 6 students (boys), who have learning difficulty and delayed reading, wanted to apply for what their school calls 'parliament'. They were very nervous about preparing and reading their speeches to the full school assembly late last term, so I helped them prepare and type them up using large font with pictures.

They were both successful and awarded with the positions 'Prime Minister' and 'Minister"! It is a fabulous story because they both having learning difficulties, and reading in front of 200 people is very daunting. They now have responsible student positions representing the other students of the school – yippee!

😊 Despite the challenges of interesting weather and long grass, Park & Play is off to a good start in their 4 new locations. Aileen was lucky enough to be at the first session at Barrack Heights Community Garden (where the grass is particularly long!) to witness the benefits of play group in a location with no fixed play equipment, and delight in the children oohing and aahing over every little bug, flower and fruit.

INFORMATION EXCHANGE

Warilla Neighbourhood Centre Inc.

Contact: Marlene Calleja

Ph: 4296 3433

Email: community@wncwarilla.ngo.org.au

Hours Of Operation: Mon-Thurs 9am – 4pm, Fri – 9am – 12pm

Information Exchange:

- Illawarra Legal Centre: Monday & Wednesday 12.30 – 4pm, appointments through Legal Centre
 - Legal Aid Thursdays 9.30am – 12.30pm – no appointments.
 - Free workshop on Wednesday 18th February “conversations of substance”. May be useful information for some of your parents or workers.
 - Gentle exercise class on Mondays, craft on 2nd Monday of month.
 - Clubgrants Funding – opens on 2nd March and will be open for 2 months, information session will be held on Monday 9th March at Warilla Bowls & Recreation Club.
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Barnardos South Coast - BEYHSS Program

Contact: Debbie Vergan

Ph: 4275 8575, 0431 737859

Email: dvergan@barnardos.org.au

Hours of Operation: Mon - Fri 9am - 5pm

Information Exchange:

- The program will be finishing in 2015, so only urgent referrals are being taken now.
 - Debbie is covering the whole of the Illawarra alone.
 - Program will roll over into some kind of early intervention program.
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Talking Realities - Barnardos

Contact: Jill Johnson

Ph: 4275 8575

Email: jjohnson@barnardos.org.au

Information Exchange:

- Talking Realities Class - Cert 11 Business, Banner Training, Parenting & Social Support Thursdays in school terms 9.30 – 2.30pm, new venue at Balarang Public School
 - Talking Realities Supported Playgroup - Fridays in school terms 10am – 12pm Mt Warrigal Public School, Hunter St, Mt Warrigal
 - All stationery materials, morning tea & lunch, transport provided
 - Accredited training, education, parenting & social support for young parents 24 years and under living in Shellharbour. Cert 11 Business & Banner Training: training peer educators to deliver Talking Realities Young Parenting Peer Education to high schools and community groups about the realities of teen pregnancy and parenting.
 - First class for 2015 has 11 enrolments, an excellent result, classes start Thursday 12th February.
 - Still taking enrolments.
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Family Services Illawarra - Park & Play & Family School Connect

Contact: Lynne Schubert

Ph: 4255 5333

Email: lynne@fsi.org.au

Information Exchange:

- Park & Play up and running for the new year, and operating in 4 new parks. For parks see website <http://fsi.org.au/section.content/park-play>
- School holiday session in January was well attended.

- **Bringing Up Great Kids** - a very engaging parenting program, running this term at the Illawarra Women's Health Centre Warilla (for mothers only) from 4th March, and also for Dads at a Wollongong venue, and all parents in Corrimal. For more information phone Family Services Illawarra 4255 5333, or email admin@fsi.org.au, or see website www.fsi.org.au .
 - The Family School Connect program is continuing this year at Mt Warrigal and Warilla North Public Schools and are off to a good start. The group at Warilla North have asked for work skills workshops, and at Mt Warrigal they have asked for self-care and yoga. Their walking group has continued.
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KidsFest Shellharbour

Contact: Ann Lehmann (Artistic Director) or Aileen Gleeson (Secretary)

Ph: 0414 680123 or 4221 6170

Email: ann@kidsfestshellharbour.com.au or aileen.gleeson@shellharbour.nsw.gov.au

Information Exchange:

- KidsFest event this year will be held from May 17th to May 23rd, and this year's theme is "Celebrate, Connect & Play"
 - The committee are working hard planning for this year's event, and are now finalising activities ready for the program. If you wish to participate, please complete the participation form available at the end of these minutes, or on the website www.kidsfestshellharbour.com.au , or call Ann.
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Communities for Children – Barnardos Australia

Contact: Lisa O'Grady & Carol Lymbery

Ph: 4295 4168

Email: clymbery@barnardos.org.au

Hours Of Operation: 9am – 5pm Mon-Fri

Information Exchange:

- In collaboration with our Community Partners, this programme provides a range of projects for families with children aged 1 to 12 years in the Shellharbour Region. Our programmes aim to strengthen parenting confidence, build connections in the community and create pathways for education and employment.
 - Communities for Children Shellharbour has been refunded for a further 5 years, with a transition/planning period until 30/6/2015. Our advisory committee of 15 has been formed, with a broad range of members including community members. Principles of Practice have been developed, and the committee will then develop an evidence-based framework for the program, and a strategic plan will be sent to the federal government department by early April.
 - Consultations with service providers and the community, including the Aboriginal community, are continuing.
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Northcott Disability Services - Illawarra EarlyStart Early Intervention Program

Contact: Brooke Marshall – available to discuss any questions for the South East region of NSW

Ph: 1800455522 (Free call)

Email: pdsp@northcott.com.au

Website: <https://www.northcott.com.au/> **Facebook:** www.facebook.com/Northcottcommunity

Twitter: www.twitter.com/northcott_ds

Hours Of Operation: 8.30am – 5.00pm Mon – Fri (1800 number)

Information Exchange:

- All In! The Inclusion Guide: <http://all-in.com.au/> : another great tool developed by Northcott – helps people understand how they can best cater for children with disabilities.
- **Preschool Disability Support Program (PDSP)**

Eligibility: Community Based Preschools

Program Manager: Northcott

PDSP aims:

- Support to preschools
- State-wide training program
- Child-based funding
- Universal Disability Loading
- Scholarship program

Northcott has been appointed by the NSW Department of Education and Communities to manage the Preschool Disability Support Program (PDSP). The PDSP replaces the Supporting Children with Additional Needs (SCAN) program and the Intervention Support Program (ISP) for community preschools. It aims to support the inclusion of children with a disability in NSW community preschools.

As program manager, Northcott's role is to provide support to all community preschools. This includes providing advice on funding, the application process and how to access support, training and resources to help preschools improve educational outcomes for children with a disability. Northcott is a not-for-profit disability services provider supporting children and adults with disabilities, and their parents and carers, across NSW and the ACT. Our mission is to build an inclusive society where people can live the life they choose.

Under the PDSP, preschools may be eligible for child-based funding to help them include a specific child with a disability or additional needs in their service.

This link will take you to the DEC – Department of Education and Communities webpage to find out more information about the PDSP, and has some information you can print off to share with others who may be interested:

<http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care/funding/community-preschool-funding/preschool-disability-support-program>

South East Sydney Illawarra Area Health Service: Early Childhood Nurses

Child & Family Health Nurses offer support, information and recommended baby and child health checks as found in your child's 'My First Health Record' book. The first visit can be offered in your home or at an Early Childhood Health Clinic located throughout the Illawarra. A variety of groups for parents and carers of children are available.

The support that Child & Family Health Nurses provide:

For the child: •Breastfeeding and artificial feeding •Settling and sleep •growth and development
•child safety •managing children's behaviour

For parents: •physical and mental health support •education •networking

Other information:

We have started a Parent /Carers Walking Group at Flinders recommencing 18/2/15 from 09.30am, meeting place corner of the park adjacent to Munmorah Way and Jindabyne Street Flinders. We have a small core group so far but would welcome more. The paths are wide and shady.

Also Parent groups still running regularly at Flinders Wednesday 1030-1230(catchment Flinders, Shell cove, Warilla, Oak Flats and Albion Park) and Kiama Monday 1000-1200 (catchment Kiama, Gerringong, Jamberoo).

Barnardos South Coast – Supported Playgroups

Contact: Alana Hamilton, Child and Family Worker - Kids Time

Ph: 4275 8575

Information Exchange:

Supported playgroups: - see flyers at end of minutes

- **Cooinda**
 - **Poppy Playgroup** – for parents with a mental health issue and their children aged 0 – 5
 - **Supported Playgroup** – Bellambi, Warrawong and Berkeley
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BaptistCare - Warilla North Community Centre

Contact: Manager- Wal Forrester

Ph: 4298 7200

Email: wforrester@baptistcare.org.au

Hours Of Operation: Monday to Friday - 9am - 4pm

Information Exchange:

- Supported playgroups:
 - Mondays & Wednesdays 9.30am – 11.30am during School Terms at Centre
 - Thursdays 9am – 11am at Mt Warrigal Public School
 - Contact: Wendy Playgroup Coordinator 0411 659698
 - Macedonian Playgroup meets Thursdays 9.30am – 12.30pm at Centre
 - Spanish Playgroup meets Fridays 9.30am – 12.30pm at Centre during School Terms.
 - Breakfast Clubs:
 - run Mon, Wed & Fri 7.50am – 8.45am during School Terms at Centre
 - Wed & Fri 8am – 8.45am during School Terms at Mt Warrigal Public School
 - Educational Tutoring- Tuesday afternoons 3:30-4:30 March to November during school terms.
Contact: Wendy Coordinator 0411 659698
 - NILS, Step Up, water, gas, electricity help – all by appointment only 4298 7200
 - Volunteers needed for tutoring & breakfast club, especially at Mt Warrigal PS. More info contact Wendy 0411 659698, Volunteer Coordinator
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Aspect South Coast School

Contact: Nadia Giusti

Ph: 0400 987 618

Email: ngiusti@autismspectrum.org.au

Information Exchange:

- Southern Coffee morning – The Shellharbour Club
- Northern Coffee Morning – Towradgi Beach Hotel
- Grandparents Support Group – Towradgi Bowling Club
- Dads' Night – Towradgi Bowling Club

(Please see attached flyer)

Illawarra Multicultural Services

Contact: Fiona Mack, Intensive Family Support Service

Ph: 4229 6855

Email: fmack@ims.org.au

Information Exchange:

- IMS have a carers group who meet every second Wednesday through school terms.
- 10am -12pm
- Tea and coffee provided.
- Special guest speakers and activities/outings
- See flyer attached to end of minutes

Lifestart Wollongong, CPOSS team (Clinical Practice Outreach Support Service)

Contact: Rebekah Bentley

Ph: 4226 3687

Email: cposs@lifestart.org.au

Information Exchange:

- The CPOSS Team is an ADHC funded pilot program through Lifestart, a non-government agency.
- The service is free.
- Therapy support (Speech Therapy, Physiotherapy, Occupational Therapy, Behaviour Support) for children 0 to 8 years with a disability or delay in mainstream and community settings.

Illawarra Reading Support

Contact: Maree Walsh

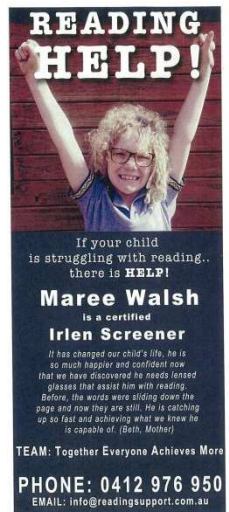
Ph: 0412 976950

Email: info@readingsupport.com.au

Hours of operation: 7am to 5pm 7 days per week

Information Exchange:

- We now have a new brochure, designed by the mum of a boy with colour blindness.



Next Meeting:

The next meeting will be held at Lamerton House,
Shellharbour City Council, Council Chambers

1pm-3pm

Wednesday 13th May 2015

Meeting dates for 2015:

11th February 2015 13th May 2015 12th August 2015 11th November 2015

Attachments

1. KidsFest Shellharbour Participation Form
2. Cooina Supported Playgroup Flyer
3. Poppy Supported Playgroup Flyer & General Supported Playgroups Flyer
4. Aspect South Coast School Support Groups Flyer
5. Illawarra Multicultural Services Parent Support Group Flyer

KidsFest Shellharbour May 17-23 Participation Form

KidsFest Shellharbour partners local businesses with community organisations across Shellharbour City to encourage social inclusion and an enhanced sense of belonging. Events are aimed at children aged 0-12 years, their carers and families.

Organisations, businesses, pre-schools, schools, artists, children, parents and carers are invited to participate in KidsFest, a FREE week-long festival held May 17-23 celebrating Shellharbour's children aged 0-12 years. The initiative partners local businesses with community organisations across Shellharbour City to encourage social inclusion and an enhanced sense of belonging for children, their families and carers.

The 2015 Festival theme is "**Celebrate, Connect & Play**". We invite new collaborations, partnerships and ideas for KidsFest whilst consolidating what KidsFest is all about- playing, connecting and celebrating the natural, social and cultural resources of Shellharbour LGA.

Please return form by March 1 to: ann@kidsfestshellharbour.com.au or call Ann on 0414680123

Proposed idea/ event/ activity:	
Proposed partner organisations/ groups (if applicable):	
Activity name:	
EVENT TIME & DATE:	
EVENT ADDRESS:	
SHORT DESCRIPTION for program:	
Target Group Kids 0-5 years: YES / NO Kids 5- 12 years: YES / NO	
Cost: (KidsFest aims for activities to be free for the public- a limited entertainment budget exists)	
Will children be consulted in regards to choice of activity/ event? YES / NO	
Is this event/activity covered by your insurance? YES / NO	
Staff/ volunteers are required to completed the NEW WORKING WITH CHILDREN CHECK. http://www.kids.nsw.gov.au/Working-with-children/New-Working-with-Children-Check Working with children check number: _____ Date of birth: _____	
You are responsible to provide your own logistics & risk assessment for this event. Do you need assistance to do this? YES / NO	
CONTACT NAME:	
EMAIL:	Phone
Can you provide promotional items for KidsFest lucky dips? YES/ NO If yes please describe:	
Can you promote your service/business by providing staff to assist at events?	
Are you an event/activity hosts providing in-kind contributions above \$1000? YES/ NO If so, you will be contacted regarding sponsorship benefits including logo placement in program	



PO Box 249 Warilla 2528
 Phone 0414 680123
 Fax 02 42976596
ann@kidsfestshellharbour.com.au
www.kidsfestshellharbour.com.au



FREE

'Cooinda'

Aboriginal & Torres Strait Islander Family Morning of Fun

Come along and meet other parents with
young kids, have a yarn and
share culture while the kids play.

Mt Warrigal Public School
Hogarth Avenue Mt Warrigal
Wednesdays 10am-12 noon

Koonawarra Community Centre
Fowlers Road Koonawarra
Thursdays 10am-12 noon

Bellambi Public School
Owen Park Rd or Cawley Rd
Tuesday 10am-12noon

Port Kembla Community Centre
Wentworth St Port Kembla
Friday 10-12noon



A healthy snack is provided
No transport? - ask us and we may be able to help.

For more information
phone: **4275 8575**



POPPY Playgroup

For parents with a mental health issue and their children 0-5 years

Morning Tea provided

FREE

Transport available



Parents Opportunity to Participate in Play with their Young

POPPY playgroup is FUN and FREE

- Come and meet other Mums and have a break from your daily routine
- Share parenting experiences in a friendly and supportive space
- Guest speakers and excursions
- Meet Early Childhood professionals offering information on:
 - Child behaviour management
 - Baby care
 - Nutrition
 - Child speech development
 - Health



Barnardos South Coast
13 Greene Street
WARRAWONG

For information phone:
(02) 4275 8575
ask for a playgroup worker

FREE Playgroups & Morning Tea

For families with children aged 0-5 years

- Planned play activities by an Early Childhood Worker
- Health and services information available



Locations:

Bellambi Neighbourhood Centre
Cawley Road Bellambi
Mondays 10am to 12 noon

Warrawong
Barnardos Child & Family Centre
13 Greene Street Warrawong
Tuesdays 10am to 12 noon

Berkeley Neighbourhood Centre
Winnima Way Berkeley
Wednesdays 10am to 12 noon
(playgroups operate during school terms)

For more information phone:

4275 8575



Dad's Night

Venue: Towradgi Park Bowls & Recreation Club, Towradgi Road, Towradgi

Time: 7.00pm—9.00pm

Term 1: 23rd February, 23rd March

Term 2: 25th May, 22nd June

Term 3: 27th July, 24th August

Term 4: 26th October, 23rd November

"An informal get together for dads and male carers to network, share skills and experiences with other men who parent or share in the care of a child with an autism spectrum disorder."



Contacts -

Dave Kettley dkettley@autismspectrum.org.au
Matt Kocher mkocher@autismspectrum.org.au

Grandparent Group

Venue: Towradgi Park Bowls & Recreation Club, Towradgi Road, Towradgi

Time: 10.00am—11.30am

Term 1: 16th February, 16th March

Term 2: 18th May, 15th June

Term 3: 20th July, 17th August

Term 4: 19th October, 16th November

Grandparents are pivotal to the emotional and physical wellbeing of their own child and in turn, their grandchild, during this very stressful time.

These meetings will include information, sharing of experiences and networking with other grandparents who are also on this journey.



Contacts -

Nadia Giusti ngiusti@autismspectrum.org.au
Kaye Anthony kanthony@autismspectrum.org.au

Northern Coffee Morning

Venue: Towradgi Beach Hotel, Pioneer Road, Towradgi

Time: 10.30am—12.30pm

Term 1: 11th February, 11th March

Term 2: 13th May, 10th June

Term 3: 12th August, 9th September

Term 4: 14th October, 11th November

We encourage all past participants, community service providers and families of children with an autism spectrum disorder to join our coffee morning "family", to share information and support.



Contact—Nadia Giusti ngiusti@autismspectrum.org.au
Kaye Anthony kanthony@autismspectrum.org.au



Aspect South Coast School Support Groups



2015

Calendar

Southern Coffee Morning

Venue: The Shellharbour Club, Cnr Wattle & Shellharbour Roads, Shellharbour

Time: 10.30am—12.30pm

Term 1: 25th February, 25th March

Term 2: 27th May, 24th June

Term 3: 22nd July, 26th August

Term 4: 28th October, 25th November

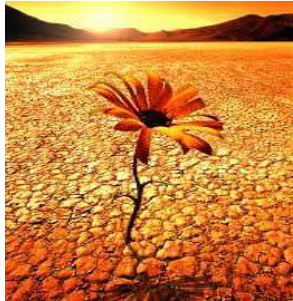
"Attending coffee mornings has given me the chance to connect with other parents and carers who understand. It has become a source of information and a place to share my feelings—both good and sad. Life with autism can be hard, but good friends and people who listen make it so much easier." - Parent



Contact -

Nadia Giusti ngiusti@autismspectrum.org.au

Parent Support



**Are you a parent or carer of a child with a disability ?
Come along and meet other people who are dealing with
similar issues and see what services are available**

When: Every Second Wednesday (school terms)
10:00am - 12:00pm

Where: **IMS Office at** 17 Auburn Street, Wollongong
(Near City Centre train station)



CONTACT:
Tania Sterchow
Phone: 0409042512
Email: taniasterchow@bigpond.com

CONTACT:
Fiona Mack
Phone: 4229 6855
Email: fmack@ims.org.au