

Good morning.

Please find your August update for the Pinarc Parent Support Program below.

Lots of fabulous online opportunities for kids and carers so do take some time to scroll down. Also worth noting that the Young Carers Bursary is open again for applications – details in the update below.

For more information about the Pinarc Parent Support Program, Peer Support Groups or individual support for families, please contact me on 53291361 or at rpaton@pinarc.org.au

In this update:

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Pinarc Parent Support August 2020 Update

Local Parent/Carer Groups

Please note: No face to face meetings until August at the earliest due to COVID19 restrictions.

- **Ballarat NDIS Parent Coffee Catch-ups**
Open to all parents of children **0 – 12 years** who have NDIS plans.
A chance to meet others navigating the NDIS world and to get information about local events and services. Days and times will vary to accommodate the needs for families only available on certain days. For information, Rebecca Paton, on 53291361 or at rpaton@pinarc.org.au
- **Ararat and District Carers Group** (for people who care for a young person with additional needs) meets monthly for lunch at various local venues. Contact group leader Toni Hobson 0419 387 440 for more information. Next meeting is 11.30am Tuesday 11th August [Via video conference](#). To join in, contact Rebecca Paton, at rpaton@pinarc.org.au
- **Ballarat Autism Parent Connection** group usually meets at the Robin Hood Hotel on the third Monday of the month, 10am – 12pm, for a social coffee, morning tea and information sharing. Next meeting is a Monday 27th August [via Video Conference](#). To join in, contact Rebecca Paton, at rpaton@pinarc.org.au
- **Bacchus Marsh Disability Parent Connection** group meet one Monday each month, 10.30am - 12.30pm usually at the Darley Neighbourhood House in Bacchus Marsh, 33 Jonathan Drive, Darley.

Next meeting is Monday 24th August [via Video Conference](#). To join in, contact Rebecca Paton, at rpaton@pinarc.org.au

- **Ballarat Down Syndrome Parent Connection group** meet regularly for support, discussion, information. Next meeting is Monday 3rd August [via Video Conference](#). Contact Wendy for more information - email: Charingal.park@bigpond.com.
- **SCODA** - (Supporting Carers of Disabled Adults), is a Ballarat-based group who meet for lunch first Monday of each month.
- Would you like to start a new group? Our parent support coordinator can help. Please contact Rebecca Paton, on 53291361 or at rpaton@pinarc.org.au.

Other news for families

Online events/webinars

Sons of the West is online for 2020!

The past few months in isolation have been challenging for many.

To unite the community again, the Western Bulldogs Community Foundation in partnership with local councils and community organisations across western Victoria, including the City of Ballarat and Sports Central is excited to launch the 2020 Sons of the West program.

A modified version of the Sons of the West health program will be delivered online in small group meetings. Join us for the free 8-week program and learn about your health, get active, make new friends, and get involved in your local community. Hear from experts on topics including nutrition, mental health and stress, gender equity, alcohol and gambling.

Hosted via weekly online sessions on Monday afternoons and evenings, the program will commence on 13th July.

The program is open to men aged 18+ living in the Central Highlands. Register your interest now.

<https://www.westernbulldogs.com.au/sons>

Yoga for Carers via zoom

Community Care Yoga

Free or pay as you can.

Welcoming, accessible yoga classes for stress relief and deep restoration. No prior experience required.

Thursdays, 7pm via Zoom

Thursday 23rd July - Thursday 27th August

Please visit collectivebeing.org to register your spot.

Fussy Eating Workshop

Let Nicole from Learn to eat, Love to eat, make mealtimes with your children better.

In this 1.5hr workshop you will learn how to: Reduce stress, worry and frustration at mealtimes. Manage common meal times behaviours. Encourage your child to eat a greater variety of foods.

This workshop will be held on Zoom and registration is ESSENTIAL.

Date: **Tuesday August 11**

Time: 7.30-9.00pm

To register for the Fussy Eating Workshop, please contact Kelly Pickford via email, kelly.pickford@salvationarmy.org.au or mobile 0427 436 381. Places in this workshop are FREE and LIMITED.

EACH Health Promotion: Isolation Activities for Kids

Click on this link to find some tips to guide you in your efforts, some practical examples followed by a practical resource list with activity ideas. <https://www.each.com.au/health-promotion-isolation-activities-for-kids/>

This is well worth a look – scroll all the way down the page to see links to kids cooking and all sorts of other activities.

Mindfulness Activities for Adults

Each week The Resilience Project At Home will provide 5 activities for Adults that will focus on one of The Resilience Project principles.

Click here to check out the activities <https://theresilienceproject.com.au/at-home/everyone/mindfulness/adults/>

Ballarat Winterfest Online

Lots of online games and activities all based on a Ballarat theme. Well worth exploring.

<https://ballaratwinterfestival.com.au/>

Support for Fathers

We have two brand new webinar series' for dads, father-figures and professionals working with dads and families. For those who attended our introductory webinars in May 2020, the new webinars will be more in depth and more interactive.

DadStuff – FREE webinars for dads and father-figures. We will talk about fatherhood, our resources at Support for Fathers and what's going on for dads in Australia. Sessions run monthly from August to December 2020. Visit the [DadStuff event page](#) to find out more.

Working with Dads – A webinar series for professionals and support services working with dads and families. Over three sessions, you'll learn in depth about our fatherhood resources and professionals' toolkit. Costs \$25 per session plus discounted rates for multiple sessions. Sessions will be available in August and October 2020. Visit the [Working with Dads event page](#) to find out more.

For more information on Support for Fathers or to access free resources for professionals and fathers, visit our website at www.supportforfathers.com.au

The ICAN Network

The ICAN Network are about to start the intake for our July program, so it is a great time to get an Expression of Interest in. This link provides all the information regarding the Online Mentoring Programs.

<https://www.icannetwork.com.au/online-group-mentoring/>

Getting the Most Out of Your NDIS Plan

Run by Australian Federation of disability Organisations (AFDO) This webinar was recorded and is now available to view on AFDO's YouTube channel here:

<https://www.youtube.com/watch?v=th7XLx5s5Rg>

And handouts: <https://www.afdo.org.au/ndis-information-session/>

We developed this information session for people with disability and their families or carers. Many people have gone through the NDIS access and planning stages and have received their NDIS plans but do not know what steps to take next. The topics discussed in the session have been designed to assist you to successfully put your plan into action.

Amaze Early Days Workshops

Early Days is a series of FREE workshops for parents and other family members of young children (0-7 years) who are on the autism spectrum. They are also suitable for parents who feel their child may be on the spectrum but have not received a formal diagnosis.

Professionals will not be admitted to the webinars.

Topics covered in August sessions:

1. Encouraging interaction through play and social learning
2. My Child and Autism
3. Understanding Behaviour
4. Progression to School

Information and registration for all sessions available here: <https://www.amaze.org.au/news-and-events/events/#earlydays>

Carers Victoria Education Programs - Now Online

Register for any of these FREE sessions here: <https://www.carersvictoria.org.au/training-workshops>

- **I Feel So Guilty Online Workshop** - Guilt wears carers down
31st July 2020 1.00pm - 2.00pm
- **Communicating with Professionals Online Workshop** - Communicating with professionals can be overwhelming and frustrating for carers.
4th August 2020 10.00am - 11.00am
- **Caring For Yourself Online Workshop** - Do you take better care of the person you are caring for than yourself? If the answer is yes, you will benefit from this workshop.
4th August 2020 1.30pm - 2.30pm
- **Support Services for Carers Online Workshop** - Who supports the carers?
10th August 2020 1.00pm - 2.00pm
- **Advance Care Planning An Introduction Online Workshop** - We don't know what tomorrow will bring or what may become of our health. However, we can plan for what we want and don't want.
11th August 2020 10.00am - 11.00am
- **Communicating with Family and Friends Online Workshop** - We all communicate every day, but what happens when things go wrong? Confident communication is a skill that can be learnt.
12th August 2020 2.00pm - 3.00pm
- **Strong Boundaries, Strong Carers Online Workshop** - When boundaries are crossed
14th August 2020 10.00am - 11.00am
- **Music and Self-Care Online Workshop** - Music can affect your mood, energy levels and physical health
17th August 2020 1.00pm - 2.00pm
- **Guardianship and Administration Online Workshop** - This workshop discusses guardianship and administration orders and the process for making an application to VCAT.
17th August 2020 7.00pm - 8.00pm
- **Write Your Cares Away Online Workshop** - Writing about your thoughts and feelings can reduce stress and contribute to positive health and wellbeing.
18th August 2020 1.30pm - 2.30pm
- **Medical Treatment Decisions and Advance Care Directives Online Workshop** - Who makes medical treatment decisions when an adult cannot give consent?
18th August 2020 7.00pm - 8.00pm

- **Supported Decision-Making Online Workshop** - Do you support an adult with cognitive disability to make important legal decisions?
19th August 2020 10.00am - 11.00am
- **NDIS Introduction Online Workshop** - Do you take better care of the person you are caring for than yourself? If the answer is yes, you will benefit from this workshop.
19th August 2020 1.30pm - 2.30pm
- **Over-Caring Costs the Carer Online Workshop** - When carers over-care. Do you find yourself doing more for the person you support than you would like?
21st August 2020 10.00am - 11.00am
- **The Art of Being Assertive Online Workshop** - Being assertive helps carers to look after themselves.
24th August 2020 11.00am - 12.00pm
- **Powers of Attorney Online Workshop** - This workshop discusses powers of attorney and guardianship and administration orders.
26th August 2020 10.00am - 11.00am
- **Write Your Cares Away Online Workshop** - Writing about your thoughts and feelings can reduce stress and contribute to positive health and wellbeing.
31st August 2020 10.00am - 11.00am

The Salvation Army Family Connections - Term Three Programs

All programs are fully funded and inclusive and coordinated by Kelly Pickford and Alison Ford, Family Connections Facilitators.

Children's Programs

Play, Learn and Grow Playgroup

Come and join Alison in stories, singing and craft ideas.

Thursdays July 23, 30 & Aug 6, 13, 20, 27 & Sept 3, 10, 17. 10-11am (9 weeks)

Coco Sounds

Come and join Stella from Coco Sounds as we sing, dance, and move. Sing songs from around the world, we dance and listen to stories right in your lounge room.

Fridays July 24, 31 & Aug 7, 14, 21, 28 & Sept 4, 11, 18. 10.30-11.30am (9 weeks)

MASTerful Mums

MASTerful Mums is a fully facilitated and coordinated support group for mothers who have their children living at home and, have a current worker/case manager

Tuesdays Aug 11, 18, 25 & Sept 1, 8, 15. 1-3pm via Zoom

Contact Kelly Pickford at Kelly.pickford@salvationarmy.org.au or 0427 436 381

Cooking Classes

Cook with Marie from Ballarat Cook Club. You collect your ingredient box prior to class, then accept Marie's Zoom invitation, and connect with others for a chat and a laugh as you cook.

Parent and Toddler Cooking Wednesdays July 22 & Aug 5, 19 & Sept 2, 16.

One Plate at a Time Wednesdays July 29 & Aug 12, 26 & Sept 9.

Contact either Kelly Pickford or Alison Ford

Kelly.pickford@salvationarmy.org.au or 0427 436 381

Alison.ford@salvationarmy.org.au or 0437 028 256

Parenting Programs

To register contact Kelly on 0427436 381 or Kelly.pickford@salvationarmy.org.au

All programs delivered online via Zoom.

Bringing Up Great Kids (BUGK)

Using the metaphor of 'messages', parents are encouraged to explore and reflect upon the evolution of their parenting style and resources them to examine the messages they pass

onto their children through behaviour, interactions and emotional reactions. Parents learn how to meet their children's growing needs.

Mondays July 27 & Aug 3, 10, 17, 24, 31. 2-3pm (6 weeks)

Circle of Security Program (COS-P)

The Circle of Security Program is designed to provide a natural and gentle approach to parenting focusing on the needs of the child. The program also aims to enhance parents' capacity of caregiving and child attachment.

Mondays July 20, 27 & Aug 3, 10, 17, 24, 31 & Sept 7. 11am-12pm (8 weeks)

Tuning into Kids (TIK)

Tuning into Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children.

Mondays Aug 3, 10, 17, 24, 31 & Sept 9. 8-9pm (6 weeks)

EXPRESSION OF INTEREST FOR TUNING INTO TEENS IS NOW OPEN

VALiD Courses

<https://www.valid.org.au/events/2020-07/>

Families as Planning Partners NDIS Courses

This is a FREE online course for families by trainers who are parents with personal experience of the NDIS, for families who want to understand NDIS and take this opportunity to build a 'Good Life' and future for their family member. The presenter will 'tailor' information to suit each group and mail out the course books each week to you.

August Courses

Day Courses - ONLINE ZOOM Time 9.45am to 1pm

COURSE 1. 4 Sessions Tuesdays 9.45am to 1pm

Dates: Tue. 11th August Tue. 18th August Tue. 25th August Tue. 1st Sept.

Evening Courses - ONLINE ZOOM Time 5.45pm to 9pm

COURSE 2. 4 Sessions Mondays 5.45pm to 9pm

Dates: Mon. 10th August Mon. 17th August Mon 24th August Mon. 31st August.

September Courses

Day Courses - ONLINE ZOOM

COURSE 1. 4 Sessions Tuesdays 9.45am to 1pm

Dates: Tue. 8th Sept Tue. 15th Sept Tue. 22nd Sept Tue. 29th Sept.

COURSE 2. 4 Sessions Wednesdays 9.45am to 1pm

Dates: Wed. 9th Sept Wed. 16th Sept Wed. 23rd Sept Wed. 30th Sept.

COURSE 3. 4 Sessions Thursdays 9.45am to 1pm

Dates: Thur. 3rd Sept. Thur. 10th Sept. Thur. 17th Sept. Thur. 24th Sept.

Evening Course - ONLINE ZOOM

COURSE 4. 4 Sessions Mondays 5.45pm to 9pm

Dates: Mon. 7th Sept. Mon. 14th Sept. Mon. 21st Sept. Mon. 28th Sept.

Information: T: 0409 965 264 Freecall 1800 655 570 W: www.valid.org.au E: maree@valid.org.au

The Siblings Australia 2020 photo competition

We are calling all amateur or professional photographers who can portray a snapshot of a sibling with their brother and/or sister with a disability. Photographic entries should celebrate your story and character. Winners will receive a high-resolution framed copy of the photo and the chance to have your photo featured prominently in the Siblings Australia new office! This competition is open to all ages and all siblings with a brother or sister with a disability!

Details here: <https://siblingsaustralia.org.au/about/what-we-do/photo-competition-2020/>

Research and feedback opportunities

The Access All Abilities (AAA) Needs Analysis and Mapping Project

Sports Central in partnership with Regional Sport Victoria are currently undertaking a research project aimed at highlighting the needs and trends of people with a disability in relation to community sport and active recreation.

Two surveys have been developed to capture the research data; A survey for individuals with a disability who are not currently engaged in any type of sport and another for parents/guardians/caregivers of individuals with a disability who are not currently engaged in any type of sport. Please find the survey links below:

- Survey for individuals with a disability: <https://www.surveymonkey.com/r/ZH7ZKNS>
- Survey for parents/guardians/caregivers of an individual with a disability: <https://www.surveymonkey.com/r/AAAParentCaregiver>

Never before has Sports Central or Regional Sport Victoria undertaken a project of this nature. We look forward to using the information captured to assist our community to develop greater access and inclusion within sport and active recreation.

How do you use your NDIS Plan?

The University of Melbourne wants to know more about how you use your National Disability Insurance (NDIS) Scheme plan. This study wants to hear DIRECTLY from NDIS participants about how you use your plans and any barriers that might exist to access services or supports. We want to improve how participants use their NDIS plans.

If you are aged over 18 years-old and an NDIS participant OR a plan nominee for an NDIS participant, we want to hear from you!

Chat with one of our researchers for **60 – 90 minutes and receive a \$100 Visa debit card.**

Interpreters available if required. To find out more contact Mediya Rangi from the University of Melbourne at mediya.rangi@unimelb.edu.au or 0439 695 602

City of Melbourne Draft disability Action Plan feedback opportunity.

<https://participate.melbourne.vic.gov.au/disability-access-plan/plan>

Welcome to the Middle Years Behaviour Support Program Survey

This survey is part of a larger Autism Cooperative Research Centre project about middle years learners (**aged 9–16 years) on the autism spectrum (ASD)** and with complex needs who go to school in rural, remote, Indigenous, and alternate education settings.

This includes autism specialist schools, distance education, home education, Montessori and Steiner schools, and flexible learning options. We also want to learn about what helps students on the spectrum who attend mainstream school in regional, rural, or remote areas.

For more information or to take part,

visit: https://survey.qut.edu.au/f/194290/d7c7/?fbclid=IwAR1hFBfjcND7Z9WIHs7HtskBflLoQkXe_6kEYwOCHTU7EroRFBXfrWORfJc

NDIS Online Services Survey

NDIA are seeking the views of NDIS participants and nominees on their experiences using the [myplace Participant Portal \(opens in new window\)](#) to inform future improvements to our online services.

Through this online survey, they would like to better understand:

- how you currently use the portal
- what you like and don't like about the portal, and

- what portal improvements you might like to see in the future.

They are also interested in understanding the reasons why participants and nominees don't use the portal.

This survey will take approximately 10-15 minutes to complete. Your response will be entirely anonymous.

The survey is located here: <http://survey.ndis.gov.au/portal/richmessage/rx7krKL5/v.prtl>

Central Highlands Inclusion Project Survey

This survey has been constructed to gain feedback from people with disabilities about their community and mainstream supports, and from carers and families who are supporting people with disabilities to engage in community and mainstream supports outside of NDIS funding.

The survey can also be completed online via Survey Monkey

<https://www.surveymonkey.com/r/VDNV7D9> . You can complete it multiple times to provide information about a range of community services and activities you access or would like to access. Plain English and Easy Read versions are available from Central Highlands LAC at Central Square Ballarat.

Resources for families of children with disabilities

The Young Carer Bursary Program

The Young Carer Bursary Program supports young carers (12-25) to continue with their education. This can include siblings. The program offers 1,000 bursaries of \$3,000 each year. Young carers across Australia can apply from late July until early September. Applications for Young Carer Bursary Program 2021 open from 9:00 am 28 July to 5:00 pm 8 September 2020 AEST. Apply here:

<https://youngcarersnetwork.com.au/young-carer-bursary>

Scholarships and peer support also available.

<https://www.carersvictoria.org.au/be-informed/young-carers> <https://www.facebook.com/YoungCarersVictoria/>

From Association for Children with a Disability:

Here's a good [social story about the COVID-19 test](#) and a [child focused video](#) explaining the test.

Relationships Australia Resources

<https://www.relationshipsvictoria.com.au/resources/tip-sheets/COVID19-Resources/>

Carer Gateway Counselling Service

Caring for a friend or relative can be complicated. The new carer phone counselling service can help you manage daily challenges and ease stress and strain. Call find out more: 1800 422 737 8am to 6pm weekdays

Association for Children with a Disability

ACD provides:

- Support: Free telephone information and support
- Educate: Training for professionals and parent workshops
- Influence: Policy development and system change
- NDIS Support: Providing NDIS funded supports

If you obtain an ACD membership please click here: <http://acd.org.au/join-now/>

VALID newsletter subscription

<https://valid.us12.list-manage.com/subscribe?u=d701efde77ee3865fd9f1e4e6&id=f41058d401>

Siblings Australia Parent Consultations

www.siblingsaustralia.org.au

Merlin's Magic Wand

<https://www.merlinsmagicwand.org/aus-nz/>

Sourcekids

<https://www.sourcekids.com.au/>

Ask Izzy

www.askizzy.org.au

Carer Gateway

<https://www.carergateway.gov.au/>