

Strengthening Parents Support Program

# Parent to Parent West

A newsletter for parents of children with a disability or developmental delay (0 –18) and living in the western region of Melbourne.

July – September Issue 2020

“The best way to take care of the future is to take care of the present moment.”

Thich Nhat Hanh



## Contents

COVID-19 information	2
Carer Information & Workshops	3
Carer support	4
Advocacy Support	5
NDIS Information & Workshops	6
Have you heard...?	7
Community Activities	8
Parent Support Groups	8
Information	10

## Carer Gateway Emergency Respite (formerly EARS)

If you are a carer experiencing an urgent, unplanned, and imminent event that temporarily restricts your ability to continue caring and when no other services are available.

**Call Carer Gateway on 1800 422 737 for emergency respite.**

Welcome to this issue of the 'Parent to Parent West' Newsletter from the Strengthening Parents Support Program (SPSP) at MacKillop Family Services. The COVID-19 pandemic is still with us and affecting our everyday lives in so many ways. It is a stressful time for most families and especially for families caring for children with a disability or other additional needs.

Therefore, it is important to stay connected with family and friends and other community supports or reach out for assistance to get through this time.

Most agencies are open and continue to provide support over the phone and online. The Strengthening Parents Support Program (SPSP) is open for assistance, and I can be contacted on mob 0448 015 023 or email: [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au)

MacKillop Family Services is not offering face to face Parent Support Groups, but like last term we will continue to offer the groups online via Zoom for Term 3 until we are able to meet safely face to face again.

This Newsletter provides some key information about the Corona Virus, about supports and services to parents/carers during this time.

I hope you may find some information in this edition of the Parent to Parent West Newsletter useful. Feel free to contact me with any issues, suggestions, or questions you may have.

The warmest of regards,

**Annette Jorgensen**

Ph: 0448 015 023

[spsp@mackillop.org.au](mailto:spsp@mackillop.org.au)

If you would like to receive the newsletter please email me on [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au) or you can sign up on the MacKillop website [www.mackillop.org.au/spsp](http://www.mackillop.org.au/spsp)

## COVID-19 Information Update

### Corona Virus Hotline Victoria 1800 675 398

- If you suspect you may have the coronavirus disease call the dedicated DHHS hotline – open 24 hours, 7 days on **1800 675 398**.
- If you need an interpreter, please call **131 450** first.
- Translated resources: [www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

### National Coronavirus Line 1800 020 080

For National Disability Insurance Scheme enquiries, including service requests, plan and support changes and assistance, complaints, escalations and review requests, call

- **1800 800 110** and select Option 5 for the special COVID-19 planners, open 8am -8pm Monday to Friday
- For the Disability Information Helpline call **1800 643 787**.

### COVID-19 Current Restrictions and How to Stay Safe in Victoria

The Department of Health and Human Services [COVID-19 pages](#). The Department of Education and Training [COVID-19 webpage](#) provides a comprehensive overview of current advice and [resources for education and learning](#).

### COVID-19 translated information

For people from culturally and linguistically diverse backgrounds, health professionals and industry. Information includes factsheets and promotional materials. Access it [here](#). Access the Ethnolink resources [here](#).

### From the ACD Noticeboard July Newsletter

This is a social story and a video that explains the COVID-19 test to children [social story about the COVID-19 test](#) and a [child focused video](#) explaining the test. Sign up to the ACD Noticeboard Monthly Newsletter. [Subscribe to the ACD Noticeboard Monthly Newsletter](#)

### Food and Personal Care Package for self-isolating Victorians

Victorians in mandatory self-isolation running short on food and unable to have any dropped-off by friends are now eligible for a food and personal care package, with a two-weeks supply of items like long-life milk, pasta, canned fruit, cereal and sugar, as well as some personal care items. People wishing to request a pack should call Victoria's dedicated Coronavirus hotline on 1800 675 398

### Energy and Water Ombudsman Victoria (EWOV) - here to support Victorian Households.

Due to COVID-19 lockdown and working and schooling from home, overall residential energy usage has increased by 20-30% compared to the same time last year. As a result, most Victorian households are likely to see an increase in their own usage and in turn their energy bills.

Energy and Water retailers have outlined their commitment to support their customers during the pandemic.

Many households may not be prepared for high bills and may have never had to seek assistance or advice regarding their rights. The Payment Difficulty Framework outlines the energy rights for Victorian consumers with debts both under and over \$55. Our factsheet can be located [here](#). Water retailers also have hardship policies in place to support financially vulnerable consumers.

For Support contact EWOV on **1800 500 509**

### Cerebral Palsy – What is the Buzz? Newsletter.

#### How to stay active while physical distancing or in isolation

With many people staying indoors and unable to participate in their normal exercise and sporting routines, Disability Sports Australia have compiled a list of the new and innovative ways people with a disability can keep active.

## Carer information and Workshops

### Carers Australia, Victoria

Carers Victoria, Level 1, 37 Albert Street, Footscray

Contact: 1800 514 845 for the Carer Advisory Line and the Support for Carers Program and all enquiries:

<https://www.carersvictoria.org.au/> - Website by Carers Australia Victoria that provides a Carers Advisory Service and other supports.

Carers Victoria membership is for carers, former carers, and Carer Support Groups.

Interested persons and organisations are also welcome to join.

### Support for Carers Program – Carers Victoria

Carers Victoria provides a range of flexible options to support you in your caring role and aim to help you live a fulfilling role. To access our service there is no formal referral process. It does not matter if the person you care for is receiving NDIS funding or a Home Care funding. You are still eligible. Call on 1800 514 845 to see what supports may be available.

<https://www.carersvictoria.org.au/resources/regional-respite-carer-support#support-for-carers-program>

### Carer Gateway

Who can use Carer Gateway?

All carers can access Carer Gateway services.

You are a carer if you are looking after someone with disability, a medical condition, mental illness or who is frail due to age.

You do not need to be a new carer to use Carer Gateway services - any carer can use the services at any time in their caring journey.

From April 2020, carers can call one number to be linked to a wide range of services including respite support and counselling. Call 1800 422 737 -

[www.carergateway.gov.au](http://www.carergateway.gov.au)

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 to find out more... 1800 422 737 8 am to 6 pm weekdays

Welcome to the Carer Gateway Community Forum - Engage with other carers just like you.

[www.carergateway.gov.au](http://www.carergateway.gov.au)



### Positive Partnerships Resources

Positive Partnerships - Working together to support school-aged children on the autism spectrum.

To help support families, carers and educators of children on the autism spectrum, Positive Partnerships schedule regular webinars which are free for to access. Each webinar runs for an hour and discusses a range of topics in greater detail. The webinars are recorded and can be viewed later on this website or on their [YouTube](#) channel and their [Vimeo](#) page.

### Positive Partnerships Free Webinars

### Positive Partnerships - Chinese webinar: Online friendships

Learn about online friendships for autistic children and how to support cyber safety at these free [Chinese community webinars](#) facilitated in Mandarin and English.

### Support for Fathers - new website

Support for Fathers is providing dads with options and information about fatherhood, the relationship with their partner and connecting with their kids.

<https://supportforfathers.com.au/resources/>

Topics include:

- 7 Types of Dad - a resource for dads
- Supporting dads who are working from home during COVID-19
- Adapting the Support for Fathers professionals' toolkit for a COVID-19 world
- Dads staying connected
- What's next? Future work with dads and families. For more information, contact Dom Alford, Project Coordinator - [Support for Fathers](#) | 0437 305 881

### Amaze Early Days Workshops

Early Days is a series of FREE workshops for parents, grandparents, and families of young children (0-7 years) who have an Autism Spectrum Disorder or who are going through the assessment and diagnostic process. Topics include: Understanding behaviour, Progression to school, and Encouraging interaction through play and social learning.

The workshops will be running in term 3 in July and August. For more information and to register

<https://www.amaze.org.au/support/early-days/>

## Carer information and Workshops

### 16 July Amaze Webinar

Accessing the NDIS (children and young people) and preparing for the first planning meeting.

Amaze is hosting a series of webinars which aim to increase the capacity of autistic people and their families to exercise choice and control in working under the National Disability Insurance Scheme (NDIS).

The webinar will be live and hosted by Pamela Gatos and Carmel Topp over three sessions 16, 23rd & 30th July.

#### **Free registration**

For More Information <https://www.amaze.org.au/news-and-events/events/>

### Drummond Street Services

#### **Returning to School - Balancing Recovery and Uncertainty webinars**

A panel chat for parents about the return to school post Covid. Join Drummond Street services, Michelle Zarafa (Rising Minds psychologist) and Andy McNeilly (primary teacher and author of Connecting with your kids) for an online chat about helping kids and families return to school and how to talk and listen to kids about big emotions and how to live with changing times. This is an online webinar and there will be a chance to write questions to the panel.

Primary school parent webinar: 15th July @ 7 pm

Secondary school parent webinar: 22nd July @ 7 pm

For more info [download the flyer](#) or email [sinem.celep@ds.org.au](mailto:sinem.celep@ds.org.au)

#### **ONLINE PARENTING SUPPORT – Triple P Parenting Program**

##### **NOW AVAILABLE FOR FREE IN VICTORIA!**

Children may be feeling stressed or uncertain during this period of change. You can help your kids (or teenagers) stay calm and optimistic and keep being a positive parent while managing financial stress, working from home, helping your child cope with their feelings and staying emotionally resilient. And now these tips are all available to Victorian families in a FREE online program! Find out more at [www.triplep-parenting.net.au](http://www.triplep-parenting.net.au)

## Carer Support

### **Strengthening Parents Support Program, MacKillop Family Services**

#### **MacKillop Family Services**

Support for parents and carers who have a child with a disability or developmental delay aged 0 - 18 years of age.

What the Strengthening Parents Support Program offers:

- Opportunities for parents to connect with other families in their local community on a regular basis for mutual support via parent support groups. (At the moment online only)
- Information sessions that support parents in their role to self-advocate (online)
- Quarterly 'Parent to Parent West' newsletter, informing the community in the West what is happening in the disability and inclusion sector
- One to one brief support for information and linking in with other services

**Contact:** Annette Jorgensen,  
Strengthening Parents Support Program  
Facilitator

**E:** [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au) or **P:** 0448 015 023

### **Stress Management Group for Mums in the West, Drummond Street Services**

#### **Returning to School - Balancing Recovery and Uncertainty webinars**

Drummond Street Services are running a free interactive online group for mums to help manage stress in a fun way.

**When:** Starting Tuesday 28th July for 4 weeks

**Time:** 11:00am

**Where:** Online via Zoom

**More info:** Download the [flyer here](#)

### **Conversations with Carers Victoria – Online Videocast**

Every Monday, Wednesday and Friday at 2.00pm we'll be online talking with carers about ways to tend to their wellbeing and even learn something new. The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.

**Find out more**

## Advocacy Support

If you are looking for support to resolve an issue with the NDIS, your child's school or access to other services you may want to engage an advocate.



### **DARU (Disability Advocacy Resource Unit)**

Advocacy assistance

Call: 9639 5807

[www.daru.org.au/organisation-type/  
individual-advocacy](http://www.daru.org.au/organisation-type/individual-advocacy)

### **Amaze Advocacy and advisory organisation for people with Autism and their families and carers**

[amaze.org.au](http://amaze.org.au)

Contact the Amaze Autism Advisor  
service. Open from 8am to 7pm,  
Monday to Friday

**Phone:** 1300 308 699

**Email:** [info@amaze.org.au](mailto:info@amaze.org.au)

Amaze has released 6 resources to  
help support autistic students and  
their parents/carers through the  
return to school.

For more information please visit:

**Facebook post:**

[https://www.facebook.  
com/autismvictoria/  
posts/3772799302793904](https://www.facebook.com/autismvictoria/posts/3772799302793904)

**Webpage:** [https://www.amaze.org.au/  
returntoschool2020/](https://www.amaze.org.au/returntoschool2020/)

### **ADEC (Action on Disabilities within Ethnic Communities)**

Open for non-face to face supports

**ADEC Services:** Access and Support,  
Advocacy, Social Support Groups,  
NDIS, Aged Care, Disability Support,  
Capacity Building

**Contact:**

**ADEC Preston Office**

10:00 - 2:00pm

175 Plenty Road, Preston, VIC 3072

**Ph:** 1800 626 078 or 9480 7000

**Email:** [info@adec.org.au](mailto:info@adec.org.au)

**ADEC Werribee Office**

10:00 - 2:00pm

4A Watton Street, Werribee VIC 3030

**Ph:** 03 9480 7000

### **VALID (Victorian Advocacy League for Individuals with Disability)**

[www.valid.org.au](http://www.valid.org.au)

VALID is an Advocacy Organisation.  
VALID provides a range of advocacy  
and information strategies to support  
people with a disability towards  
empowerment, inclusion and a good  
life in the community.

### **Association for Children with a Disability**

Suscribe to the ACD Noticeboard  
Monthly Newsletter

[www.acd.org.au/support-line/](http://www.acd.org.au/support-line/)

#### **Support Line**

So many services are changing due  
to COVID-19 but Support Line is still  
open. Because of working from home,  
Support Line have changed how to get  
in touch:

The easiest way to contact them is to:

- Email [acdsupport@acd.org.au](mailto:acdsupport@acd.org.au)  
with your preferred day and time  
for a call back
- Or text 0475 577 997 with your  
preferred day and time for a call  
back
- Or call 03 9880 7000 or  
1800 654 013 (regional)

#### **Support Line hours are Monday to Friday, 9am-5pm**

If you need a language interpreter,  
please let the team know and they  
will book one on your behalf. If you  
are deaf or have a hearing or speech  
impairment, call the National Relay  
Service on 133 677.

Support Line is a free service for  
parents and families of children with  
any type of disability in Victoria.  
They can help you to understand  
your child's rights and support you to  
advocate for your child and family.  
Professionals who work with children  
with disability and their families can  
also call the Support Line.

## NDIS

If you are a person with a disability or you care for a person with a disability and would like to join the NDIS, you will need to meet its Access Requirements and make an Access request to NDIA. To find out more, visit the [NDIS Access criteria](#) page and read the [evidence requirements](#) section.

### Access Request form

Download an NDIS Access Request Form - [Download NDIS Access Request Form Here](#)

You can also get an Access Request form from your Local Area Coordinator, Early Childhood Early Intervention partner (if your child is under 7), or your local NDIA office or you can call 1800 800 110.

The NDIS website has a lot of useful information, including translations in many different languages. <https://www.ndis.gov.au/lote.html>

### If you live in Western Melbourne the Local Area Coordination (LAC) and Early Childhood Early Intervention (ECEI) Partner is Brotherhood of St Laurence.

#### Contact Details:

Local Area Coordination (LAC) -  
Phone: 1300 BSLNDIS (1300 275 634)  
Email: [ndis.info@bsl.org.au](mailto:ndis.info@bsl.org.au)

Early Childhood Early Intervention (ECEI) -  
Phone: 1300BSL ECEI (1300 275 323)  
Email: [ECEI.access@bsl.org.au](mailto:ECEI.access@bsl.org.au)

[www.bsl.org.au](http://www.bsl.org.au)

### Every Australian Counts NDIS News Update

We are a community of hundreds of thousands of people with disability, their families and carers and those who support them, all working together to fight for a fair go for Australians with disability. Every Australian Counts provides information and updates about NDIS changes in a way that is easy to understand.

<https://everyaustraliancounts.com.au/news-hub/>



### Connecting Victoria's culturally and linguistically diverse communities to the NDIS

Ethnic Communities Council of Victoria (ECCV) facilitates free information sessions on the NDIS for ethnic community groups, community organisations and not-for-profit service providers, who have questions about the insurance scheme.

For more information, contact: Hanaa Grave, Disability Projects Coordinator on [hgrave@eccv.org.au](mailto:hgrave@eccv.org.au) or (03) 9112 5012

### MacKillop Family Services

MacKillop Disability Services is a registered NDIS provider and offer the following high-quality services.

- Support Coordination

**For more information or to refer to our services contact Glenn Turville, Disability Services Manager, mob:**

0428 484 703 or 9680 8444.

**E:** [glenn.turville@mackillop.org.au](mailto:glenn.turville@mackillop.org.au)

[www.mackillop.org.au](http://www.mackillop.org.au)

### Association for Children with a Disability (ACD)

From the ACD July Noticeboard Newsletter: "ACD- We know NDIS Plan Review meetings are a major source of anxiety for families. The NDIS have made changes so that if you're happy with your child's current NDIS Plan, it will be automatically renewed for 12 months or more. But if you want to make changes you need to be ready for the Plan Review.

That's why we've put together a new free [online workshop](#) with all the information you need to prepare for your child's NDIS Plan Review.

[www.acd.org.au/wp-content/uploads/2017/03/acd-ndis-workbook-V1.2-FINAL.pdf](http://www.acd.org.au/wp-content/uploads/2017/03/acd-ndis-workbook-V1.2-FINAL.pdf)

#### ACD fact sheets: NDIS

ACD has developed NDIS Fact Sheets cover the following topics and more:

- 10 tips for your child's NDIS planning meeting
- Getting ready for your child's NDIS plan review meeting
- Getting respite under the NDIS

They also have information on Early Years, Teenage Years, and Help for you and your family.

<https://www.acd.org.au>

### ADEC (Action on Disabilities within Ethnic Communities) – Still Open please call them

**ADEC Services:** Access and Support, Advocacy, Social Support Groups, NDIS, Aged Care, Disability Support, Capacity Building

#### Contact:

##### ADEC Preston

10:00 - 2:00pm  
175 Plenty Road, Preston, VIC 3072  
Ph: 1800 626 078 or 9480 7000  
Email: [info@adec.org.au](mailto:info@adec.org.au)

##### ADEC Werribee Office

10:00 - 2:00pm  
4A Watton Street, Werribee VIC 3030  
03 9480 7000

## Have you heard...

### Disability Loop

In May 2020, the Australian Federation of disability Organisations (AFDO), held an online information session called Getting the Most Out of Your NDIS Plan. This webinar was recorded and is now available to view on AFDO's YouTube channel.

The session was conducted in two parts and runs for about 90 minutes for each part. The videos have Auslan interpreting, captioning and a transcript for each video is also available.

[link to the Getting the Most Out of Your NDIS Plan videos](#)

### VALID

This course is open to all families who have a child / adult with **Prada Willi Syndrome**. If I don't get enough PWS families, I will open it up to all families who have a child / adult with a disability.

### Evening Course - ONLINE ZOOM

Time 5.45pm to 9pm  
Session 1 - Wed. 12th August  
Session 2 - Wed. 19th August  
Session 3 - Wed. 26th August  
Session 4 - Wed. 2nd September.

**Workshops for families - VALID runs several courses about NDIS plans and reviews and how to get the supports needed.**

These workshops are delivered by parents with life experience of using the NDIS in a user-friendly format ONLINE. They are free for family members.

**For more Information about the courses VALID offers contact -**

### Maree Hewitt

"Families as Planning Partners"  
130 Cremorne Street,  
Richmond, VIC 3121

M 0409965264  
E maree@valid.org.au  
W www.valid.org.au

### Carer Card - We Care

All Victorian Carer Card ('We Care') holders are now eligible for concession fares, free weekend travel, free travel vouchers and free travel during Carers Week.

For further information visit the Public Transport Victoria website or call 1800 800 007 (6am - midnight daily)

<https://bit.ly/33BNP2g>

### Multilingual Disability Hub

Disability Hub is a national multilingual hotline and website that provides relevant and easily accessible information about disability and NDIS in your language.

The Hub has two components, both of which provide information in 14 languages:

**Hotline:** Phone lines are set up where people can call and ask questions directly to a disability specialist in their first language, without the need for interpreters. There is a different hotline number for each language, so calls go directly to a specialist who speaks that language.

**Website:** [www.multilingualdisabilityhub.info/language/](http://www.multilingualdisabilityhub.info/language/)

The preferred language can be selected and information and fact sheets can be accessed which is all in that language. This includes information on NDIS, service providers and the Disability Standards to just name a few.

### Belonging Matters

Please note: Due to the Covid19 pandemic our office is also closed. However, we're still available via phone, email, website and social media. We will continue to deliver training events online through webinars. Please visit [www.belongingmatters.org/events](http://www.belongingmatters.org/events) for more information. We also have over 200 videos on Talks That Matter [www.talksthatmatter.net](http://www.talksthatmatter.net) Please feel free to connect! Take care during this time.

**Email:** [info@belongingmatters.org](mailto:info@belongingmatters.org)

**Web:** [www.belongingmatters.org](http://www.belongingmatters.org)

### Sensory Toy Shop

#### Sensory Oasis for kids

The inspiration for Jodie's shop are her three brilliant and beautiful boys with Autism, Sensory Processing Disorders and Anxiety. Jodie has created a 'kid-friendly' shop where both children and adults can touch and play before they buy. Or if getting out is too tricky, you can shop online.

**Where:** Millers Junction,  
Millers Road 36 Lobelia  
Drive, Altona North 3025

**When:** Monday - Thursday 9 - 5pm,  
Friday 9 - 4pm,  
Saturday 10 - 2pm

**Contact:** 9399 4783  
[sensoryoasisforkids.com.au](http://sensoryoasisforkids.com.au)

### Kaiko Fidgets - Sensory Tools

[kaikofidgets.com](http://kaikofidgets.com)

Hi I'm Kai & at 11 years of age I started making my own fidgets when I couldn't find anything age appropriate that I felt comfortable with. I have dyslexia & asperger's & struggle with anxiety.

FOR ADULTS & YOUTH ALIKE who struggle with fidgeting, anxiety, hair twirling, pen clicking, tapping, nail biting, picking, ADHD, ADD, ASD, learning & concentration difficulties or for those that want to keep their hands busy!

Discreet, noiseless & fit in the hand/pocket

### ABC and SBS - audio description services launch

Great news! The ABC and SBS are launching audio description services, providing greater access to their programming for Australians who are blind or vision impaired. From 28 June, both broadcasters will each be providing around 14 hours per week of audio described programming across their channels.

If you or anyone in your household access audio description services, the ABC and SBS want to hear from you! You are invited to complete a ten-minute survey about your TV and viewing habits and preferences so they can tailor their services to best meet your needs.

[Take the survey.](#)

## Community Activities

### Yellow Ladybugs

Yellow Ladybugs is dedicated to improving the lives of girls and women on the Autism Spectrum.

Yellow Ladybugs is a volunteer community group who creates social events where girls can come together and have the opportunity to meet and bond over their similar journey.

#### Contact:

Email [info@yellowladybugs.com.au](mailto:info@yellowladybugs.com.au)

Facebook [www.facebook.com/yellowladybugs/](http://www.facebook.com/yellowladybugs/)

Website: [wwwyellowladybugs.com.au](http://wwwyellowladybugs.com.au)

### Sensory Stepping Stones – Werribee Gymnastics SSS Program

The program is designed for gymnasts with different types of neuro-diversity such as children with ASD, ADHD, Sensory Integration Disorder, Developmental Delay and children who need extra support for participation. The Program is designed by and experienced gymnastics coach and an OT and taught by specialty trained gymnastics coaches. Program is for children aged 6-12 years. Cost \$25 per child. Classes are held Sunday mornings.

#### Further details:

[info@werribeegymnastics.com.au](mailto:info@werribeegymnastics.com.au)

Phone: 9742 5446

[www.werribeegymnastics.com.au](http://www.werribeegymnastics.com.au)



## Parent Support Groups

### MyTime

"MyTime" is a program that provides peer support for mothers, fathers and carers with children who have a disability, developmental delay or a chronic medical condition aged 0-16years.

**Where:** Most Suburbs

**Contact:** [mytime.net.au](http://mytime.net.au) or call 1800 889 997



**My Time Maidstone - Online for Term 3 Contact Tweddle for update**

**When:** Tuesdays

**Time:** 10:00am - 12:00pm

**Where:** Cnr Burns & Sonely Streets  
Maidstone, 3012

**Contact:** Tweddle  
ph: 9689 1577

**My Time Point Cook - Online for Term 3 Contact Tweddle for update**

**When:** Wednesdays

**Time:** 10:00am - 12:00pm

**Where:** Featherbrook Community Centre,  
Windorah Drive,  
Point Cook

**Contact:** Tweddle  
ph: 9689 1577

**MyTime Tarneit - Online for Term 3 Contact Tweddle for update**

**When:** Mondays

**Time:** 10:00 - 12:00pm

**Where:** Laverton Children's Centre,  
15 Crown Street,  
Laverton

**Contact:** Tweddle  
Ph:9689 1577

**MyTime Manor Lakes - Online for Term 3 Contact Tweddle for update**

**When:** Tuesdays

**Time:** 10:00am - 12:00am

**Where:** Manor Lakes College, 2 - 50 Minindee Road,  
Wyndham Vale

**Contact:** Tweddle  
ph: 9689 1577

**MyTime Newport - Online for Term 3 Contact Tweddle for update**

**When:** Fridays

**Time:** 10:00am - 12:00pm

**Where:** Newport Gardens Early Years Centre,  
51 Maddox Road,  
Newport VIC3015

**Contact:** Tweddle  
ph: 9689 1577

**MyTime North Melbourne**

**When:** Tuesdays

**Time:** 10:00am - 12:00pm

**Contact:** Mary Edmonds,  
[medmonds@playgroup.org.au](mailto:medmonds@playgroup.org.au)  
mob: 0490 076 295

[www.playgroup.org.au](http://www.playgroup.org.au)

**MyTime Melton**

**When:** Tuesdays

**Time:** 10:00 - 12:00pm

**Contact:** Lynne Baker  
[lbaker@playgroup.org.au](mailto:lbaker@playgroup.org.au)  
mob: 0481 816 347

[www.playgroup.org.au](http://www.playgroup.org.au)



## **MacKillop Family Services:**

For parents/carers of a child with a disability or developmental delay aged 0 - 18years.

**Due to the COVID-19 situation the MacKillop Parent Support Groups will be meeting online for Term 3.**

## **Pilates Classes online**

**Where:** Online via Zoom

**When:** 17/07; 31/07; 14/08; 28/08; 11/09/2020

**Time:** 10:30am-11:30am

**Cost:** Free (Bookings are essential)

**Contact:** Annette on 9680 8489 or email: [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au) to book in and receive the Zoom meeting link to join.

## **Mandarin Parent Support Group Online**

A Parent Support group for Mandarin speaking families with children with a disability.

**When:** Mondays 3/08; 7/09/2020

**Time:** 10:30am - 12:00pm

**Where:** Online via Zoom

**Cost:** Free

**Contact:** Annette 0448 015 023 or email: [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au) for more information or to book in and receive the Zoom meeting link.

## **Wyndham Parent Support Group**

For families living in the City of Wyndham

**Where:** Online via Zoom

**When:** 16/07; 30/07; 13/08; 27/08; 10/09/2020

**Time:** 10:00 - 11:30am

**Cost:** Free

**Contact:** Annette 0448 015 023 or email: [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au) for more information or to book in and receive the Zoom meeting link.

## **Strong Parents Yarraville Parent Support Group-online**

**When:** Last Monday of the month during school term

**Time:** 10am - 11:30am

**Where:** Online via Zoom

**Contact:** Annette 0448 015 023 or email: [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au) to book in and receive the Zoom meeting link to join.

## **Online Parent Support Group North and West**

An online group for parents/carers of children with a disability or developmental delay living in the North and West of Melbourne.

**When:** Mondays 27/07; 24/08/2020

**Time:** 1.30pm - 2.30pm

**Where:** Online via Zoom

**Contact:** Thea on 0417 331 681  
Annette 0448 015 023 or email: [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au)

## **Dads North West**

A group of fathers who have children with a disability. Light-hearted, friendly and informative.

**When:** Once every six weeks, 7:30-9pm, dates may vary.

**Cost:** \$5 per week to cover group activities

**Where:** Venue Varies

**Contact:** Paul 0409 949 978

## **Vietnamese Families Special Needs Group Inc.**

A vibrant support group for carers of children with a disability living in the west.

**When:** Thursday weekly, 10:30am-12:30pm (except school holidays)

**Where:** meeting online - call Nga for more details

**Contact:** Nga 0433 103 401 or email: [vn.specialneeds@gmail.com](mailto:vn.specialneeds@gmail.com)  
Annette 0448 015 023 or email: [spsp@mackillop.com.au](mailto:spsp@mackillop.com.au)

## **LGBTIQA+ Carers Support Group is now Online**

The LGBTIQA+ carer support group is back - this time sessions will be online. The program will offer carers who identify as LGBTIQA+ a space to relax, connect and get access to information and referrals. This program is a partnership between City of Melbourne, queerspace and Carers Victoria.

**Call** 9663 6733 or email

[enquiries@ds.org.au](mailto:enquiries@ds.org.au) to register or find out more about our session times and topics.

## **WynDeaf Support Group**

New group for support, friendship, learning and crafts in a safe place welcoming.

Deaf, Hard of Hearing, their families, friends, co-workers, carers

Meeting: 10am - 1.00pm Mondays 1st and 3rd Mondays each month at Wyndham Park Community Centre

**Contact:** [wyndeaf.sg@gmail.com](mailto:wyndeaf.sg@gmail.com) or mob 0490 453 287. Call before you attend to find out whether the group has started meeting again

## **Melbourne's West ASD Network**

Melbourne's West ASD Network is a wonderful group of over 1000 parents and carers of Autistic children living in the western suburbs of Melbourne.

Join our online community

Our Facebook group is 'secret' so you will need to email us for an invite to the online group.

**Website:** [www.mwasdnetwork.org](http://www.mwasdnetwork.org)

**Email:** [info@mwasdnetwork.org](mailto:info@mwasdnetwork.org)

## **Sussex Autism Carers Support Group**

This support group meets on the 1st Thursday of the month at 10am to 12pm at Sussex Neighbourhood House in Pascoe Vale.

**Contact** Paula for more information via email [pgtheocharides@gmail.com](mailto:pgtheocharides@gmail.com) to find out whether the group is meeting on line or face to face.

## **Cerebral Palsy Support Network**

Ask for the Care Centre to have your questions answered and be linked to other families.

**Contact:** 1300 277 6000

[www.cpsn.org.au](http://www.cpsn.org.au)

## Information and useful websites

### You might like to look up activities on the following websites:

- Raising Children Network - The Australian Parenting Website <https://raisingchildren.net.au/guides/activity> - guides low cost activities for children aged 0 - 6 years.
- <https://raisingchildren.net.au/autism> - information about Children with autism spectrum disorder.
- <https://raisingchildren.net.au/disability> - information about children with disability

ABC Video - What it's like living on the autism spectrum [https://iview.abc.net.au/show/what-it-s-like/series/3/video/CK2004V001S00?mc\\_cid=b16a24400c&mc\\_eid=ee4545793f](https://iview.abc.net.au/show/what-it-s-like/series/3/video/CK2004V001S00?mc_cid=b16a24400c&mc_eid=ee4545793f)

### Podcast: Too Peas in a Podcast


"Too Peas" is a podcast about parenting twins with disabilities and additional needs. Hosts Mandy and Kate discuss the ups and downs of parenthood, including the challenges of school, siblings and stigma.



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Annette

 03 9680 8444  [spsp@mackillop.org.au](mailto:spsp@mackillop.org.au)

## Contact Us

If undeliverable or if you would like to contact us please write or call:

### MacKillop Family Services Strengthening Parent Support Program

118 Commercial Rd,  
Footscray, Vic 3011

Telephone: 03 9680 8444

All returned copies will be taken off mailing list

*Not all events listed in this newsletter are run by MacKillop Family Services. If further event information is required, please call the hosting organisation via the contact details provided.*



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