

The Wave

Northern Beaches
Disability Newsletter



Issue 440, August 2023

Hello everyone,

In this edition, you can find out about this week's Sydney Disability Expo, Discobility and Club All In disco, free FIFA Fan Festival, and a chance to apply for the Northern Beaches Council Community Development and Art and Creativity grants closing soon.

You can submit an item for the next edition before **Wednesday 30 August**.

You can also submit your events to our Event Calendar and they will appear directly on the Activities and Events page.

Activities and events

Make your digital dreams come true - Free information session

Wed 2 Aug, 11am – 12pm, online

Au To Know Tech Mentoring is providing a unique online service for people with autism, social anxiety and/or access challenges. Work on your own project.

contact@autoknowmentoring.com.au

bitly.ws/PCig

Sydney Disability Expo

Fri 4 & Sat 5 Aug, 9am - 3pm
Sydney Showground, Sydney Olympic Park

Check out who will be exhibiting at the expo! See hundreds of exhibiting services and product providers for you to visit on the day. Register for free entry.

bitly.ws/Ku9D

Hear For You Rock Climbing

Sat 5 Aug, 2 - 4pm (9 -12 yrs)
Sat 12 Aug, 10am -12.30pm (12-18 yrs)
3 Waterloo Rd, Macquarie Park

Go rock climbing and make friends with other deaf and hard of hearing peers!

bitly.ws/PCiv

Saturday Kids Club

Fortnightly on a Sat, Cromer

Exciting adventures for young people under 18 on and around the Northern Beaches. A great way to make new friends and try new skills.

jayne.parums@abilityoptions.org.au

Plus life skills day program

Unit 5a, 10 Rodborough Rd, Frenchs Forest

A program for people with complex behaviours focused on positive behaviour support. Our post-school program will build your daily living skills, connect you with the community and improve your quality of life. NDIS-funded places.

bitly.ws/PCiX

Dinner and Live Music with Gig Buddies

Fri 18 Aug, 7 - 9pm, Forestville RSL
22 Melwood Ave, Forestville

Join us for an evening of food and live music! Free limited tickets for signed up Gig Buddies participants or volunteers.

0411 252 228

bitly.ws/PCiZ

Club All In

Fri 18 Aug, 6 – 9 pm
PCYC Northern Beaches
40 Kingsway, Dee Why

Dance the night away with our all-abilities over 18's disco! Bring a friend or make a new one, either way we know you will have a great night out. Pop Star theme. Bookings essential. Cost \$18. Price includes dinner, drink and giveaways!

bitly.ws/PCj8

Discobility – Northern Beaches

Fri 25 Aug, 6 – 9 pm
PCYC Northern Beaches
40 Kingsway, Dee Why

Make new friends, dance the night away with our all abilities under 18s disco (12-17yrs). Pop Star theme. Bookings essential. Cost \$18. Price includes dinner, drink and giveaways!

bitly.ws/PCji

FIFA Women's World Cup Australia & New Zealand 2023

Until 20 Aug
Stadium Australia (Olympic Park) and Sydney Football Stadium (Moore Park)

Fans with limited mobility can purchase by selecting the relevant Accessibility Tickets from the available list of categories within the match/package.

(02) 5104 0604

bitly.ws/PCjo

FIFA Fan Festival

Until 20 Aug
Tumbalong Park 11 Harbour St, Sydney

Watch FIFA Women's World Cup matches live, enjoy an exciting entertainment programme and soak up the thrilling atmosphere. Free and open to everyone.

bitly.ws/PCjq

Inclusive yoga for all abilities

Term 3: Wednesdays afternoon
Tramshed Community Centre
1395A Pittwater Rd, Narrabeen

Group yoga classes for people with intellectual disabilities aged 18-35yrs. Special Olympics Australia class: 4.10 - 5pm and an additional class: 5.10 - 6pm for anyone else.

0433 546 434

innerbloomproject@gmail.com

Sensory-friendly Sundays

Sun 20 Aug, 8.30 - 11.30am
Australian National Maritime Museum
2 Murray St, Sydney

Enjoy a comfortable environment for kids and adults with a variety of sensory differences.
Tickets \$12.

bitly.ws/Ku7P

NDIS Hydrotherapy Northern Beaches

Mon, Wed – Fri, 11am - 3pm
Aqua Culture Swim
127B Old Pittwater Rd, Brookvale

Allura Health provides both 1:1 and group Hydrotherapy programs for clients with disabilities to improve Daily Living, Health and Wellness.

0405 383 846
admin@allurahealth.com.au

bitly.ws/PCjz

Deaf Festival Sydney

Sat 26 Aug, 10am - 4pm
Cathy Freeman Park, Sydney Olympic Park

See performances from Deaf artists, visit the stalls of your favourite Deaf businesses and service providers, and celebrate our wonderful Deaf culture. Free entry.

info@deaffestival.org

deaffestivalsyd.org.au/

These are only a few of the many local events happening on the Northern Beaches that people living with disability can enjoy. Check out our Event calendar for more.

Conferences, forums, and network meetings

Maxlife Care Meet & Greet Networking Event

Fri 18 Aug, 3 - 5pm
Lvl 9, 100 Christie St, St Leonards

Connect with professionals from the disability and healthcare industry and engage in meaningful conversations that could lead to exciting opportunities.

maxlifecare.com.au/

bitly.ws/PCjQ

Northern Sydney Disability Network Meeting

Tue 22 Aug, 10-11.15am, online

NDIS service providers TEAMS meeting for information share, presentations, and discussions.

mirella.manna@myplanmanager.com.au

Meeting ID: 445 725 292 318

Passcode: QkVruC

National Disability Summit

Mon 21 – Tue 22 Aug, Melbourne and online

This is a key event on the calendar of disability service providers and industry leaders. Concession rate is available – please contact info@informa.com.au for more details.

nationaldisabilitysummit.com.au

Public Sector Disability Leadership & Allyship Summit

Tue 22 – Wed 23 Aug, Canberra & online

This summit is an opportunity for leaders with disability to share their learnings and advice for the next crop of leaders from the community. Inspiring leaders, informing allies and celebrating disability excellence

bitly.ws/PCjW

Carers' corner

Art Space (Evening)

Wed 2 Aug, 7 - 8pm

1st Wed of the month

Art Space is a creative space for carers to come together, inspire each other, learn new things, and connect through art. Free.

bitly.ws/PCKi

Carer Skills Course

From Thu 10 Aug, 10.30am – 12.30pm

This 6-week interactive, online course helps carers to build their practical skills, knowledge and confidence in caring for an older person. Free.

bitly.ws/PCkn

Health and wellbeing workshop

Mon 14 Aug, 1 - 2.30pm

Participants of this free online workshop will explore the impacts of caring; identify barriers to self-care; and explore strategies and develop a self-care plan to address their health and wellbeing needs.

bitly.ws/PJUN

Inquiry into the recognition of unpaid carers

Submissions close: Fri 11 Aug

The Australia Government is seeking written submissions, ideally of no more than ten pages, from individuals and organisations relating to any or all of the inquiry terms of reference.

bitly.ws/KufV

Supported Decision Making

Wed 23 Aug, 1 - 2.30pm, online

Supported decision-making as an approach founded on the human rights belief that ‘every person has the right to make their own decisions’, and recognises when people with disability require support with this. Free workshop.

bitly.ws/PCkr

Hanen® Target Word

Thu 24 Aug, 12 -2pm, online

EarlyEd delivers a free speech pathology program to help parents and carers build their children’s expressive vocabulary.

services@earlyed.com.au

bitly.ws/PCkx

Carers NSW Supporting Carers

Mon 28 Aug, 11am – 12pm

This session is designed to give carers and service providers an understanding of Carers NSW and the programs and supports it delivers.

education@carersnsw.org.au

bitly.ws/PJKj

Young Carer Bursary

Applications closing: Tue 12 Sep

The Young Carer Bursary Program supports young carers to continue with their education. The program offers 1,592 bursaries of \$3,768 each year to assist with education needs and resources.

bitly.ws/Kug5

Employment, education, and training

Olympus Solutions - Preparing for work

If you're a parent, student or just looking for work, we can help you prepare to start working again and find a job that is right for you.

1300 422 454

bitly.ws/PJKC

Alternative pathways to recruitment

A podcast on how atWork Australia helps jobseekers living with disability and disadvantage to find meaningful work, and employers to get the right people into the right jobs via the jobactive program.

1300 192 647

contactDES@atworkaustralia.com.au

NDIS and Employment: Using your funding to land your dream job

The latest episode of the Reasonable and Necessary podcast series has been released. You can download and listen to the audio version on SoundCloud, iTunes (Apple Podcasts) or Spotify.

bitly.ws/PJKV

Mainstream Services & NDIS Interface

Mon 7 Aug, 12 – 2pm, online

An informative, practical and clarifying workshop supporting people to navigate the gaps between NDIS and mainstream supports and better understand *who* funds *what*.

bitly.ws/PJL4

Supporting people with mental illness

3 -17 Aug, 6 - 9pm online

Northern Beaches & Mosman College training course on working with people with mental health issues. Cost \$189.

bitly.ws/PJL7

Email marketing for NFPs

Wed 16 Aug, 11am – 12pm, online

You will learn the benefits of building a strong narrative to build and engage your audience ethically. Cost \$50.

bitly.ws/PJLk

Animal Assisted therapy for NDIS Occupational Therapists

This 2 hour webinar recording outlines what Animal-Assisted Therapy is, how to get animals included in your practice, how to link clients in with appropriate animal-assisted therapy interventions. Cost \$95

bitly.ws/PJLv

Supporting intimacy, sexuality and sex

Fri 11 & Thu 17 Aug, online

A confidence-building, practice workshop showing team leaders, managers and support coordinators how to have positive conversations on all things intimacy, sex and sexuality.

bitly.ws/PJLF

Post-School Transition Planning

Wed 13 Sep, 9.30am - 12.30pm, online

Giving Support Coordinators and School Student Representatives information and clarity so they can prepare participants for the post-school world.

bitly.ws/PJLM

Building or buying your own SDA

Tue 5 Sep, 10 -11am, online

Have you heard about Specialist Disability Accommodation, and want to know if you can build and own your own SDA property for you or a loved one? Then this webinar is for you! Free.

housingoptions@housinghub.org.au

bitly.ws/PJM2

Your Participation Counts

NDIA Strategy Development – Focus Groups

Wed 2 Aug, 12 - 2pm & Thu 3 Aug, 3 - 5pm

Your feedback will help the Agency make the NDIS work better for participants.

bitly.ws/PJMe

Home and living innovation ideas

Do you have ideas for how home and living supports could be delivered in new and different ways? Anyone can have a new idea. The NDIA can provide feedback on early ideas and project proposals.

bitly.ws/PJMk

Share your NDIS experience with the ABC

ABC are launching an investigation and is asking the NDIS participants, family, workers and providers to help the ABC uncover the truth.

8333 5723

ndis@contact.abc.net.au

bitly.ws/PJMy

Disability Services and Inclusion Bill 2023

Submissions close: Sun 13 Aug

The DSS wants to learn what people think about the Bill and how it will affect people with disability, their families and carers as well as service providers.

bitly.ws/PJML

Lifeline Multicultural Community Event – Disability

Wed 30 Aug, 9am – 3.30pm

Volunteer with one of Australia's leading crisis support services. If you are interested in volunteering for the above event or becoming part of the Lifeline Harbour to Hawkesbury Sydney's crew, please email ce@lifelineh2h.org.au

bitly.ws/PJN5

Artful Art Prize

Closing Wed 30 Aug

The Artful Art Prize is a collaboration between Achieve Australia and Accessible Arts. Open to non-professional Australian artists regardless of background, age, ability, or experience. Prizes including \$1,000 worth of art supplies and mentoring sessions.

jcosta@achieveaustralia.org.au

artful.org.au/

Northern Beaches Council Projects

Draft Library Strategic Plan 2023-2028

Submissions close: Fri 11 Aug

We want your feedback to ensure Northern Beaches Library continues to deliver leading and contemporary services that meet our communities' needs and aspirations, now and into the future.

bitly.ws/PJNt

Proposal to name viewing deck at Curl Curl Lagoon - Recognising Ray Cox

Submissions closing: Sun 20 Aug

We're proposing to recognise Raymond (Ray) Cox and his long-standing contribution to our community by naming the viewing deck at Curl Curl Lagoon the Ray Cox Viewing Deck.

bitly.ws/PJNj

Funding and Resources

Northern Beaches Council - Art and Creativity Grants

Closing: Mon 7 Aug

Applications now open for creative individuals, organisations and businesses for projects in the Northern Beaches.

creative@northernbeaches.nsw.gov.au

northernbeaches.nsw.gov.au/council/grants/arts-and-creativity-grants

Northern Beaches Council - Community Development Grants

Closing: Mon 7 Aug

Applications now open across three streams: Community Development Grant, Youth Voice Grant and Small Grant.

northernbeaches.nsw.gov.au/council/grants/community-development-grants

Westpac Social Change Fellowship

Applications close: Thu 10 Aug

The focus of this program is on the growth and development of the extraordinary individuals leading social change in Australia. Each year, up to 10 successful candidates will receive funding up to the value of \$50,000 to invest in their personal capacity to lead social change.

westpacscholars@westpac.com.au

bitly.ws/PJYW

Disability Advocacy Futures Program

Applications closing: Mon 28 Aug

The DAFP focuses on all people with disability who need support to access NSW Government funded or provided services, whether or not they are NDIS participants.

bitly.ws/PJP4

Sport accessible - 2023 Grants

Closing: Fri 17 Aug

Sport Access Foundation Grants are available over four categories for young Australians with a disability and sporting clubs to increase participation in sport.

sportaccessfoundation.org.au/

Deaf Connect Grants

Ongoing

Grants for community members of the Deaf community to achieve their goals, whether they be recreational, career-oriented or wellbeing focused.

bitly.ws/PJPq

Key Word Sign

Key Word Sign is a tool or strategy which can be used to support children and adults with communication difficulties to understand and get their message across to others.

kwsa.org.au/

Decoding Allied Health

Allied health services are also supports funded by the NDIS. My Care Space has prepared an online guide to help you identify which therapist could support you in reaching your goals.

bitly.ws/PJPpy

Sleep Ninja App

Sleep Ninja® is a free, evidence-based smartphone app shown to be effective in helping young people aged 12 - 16 yrs with sleep problems. It is the first adolescent-focused app which helps young people improve their sleep.

bitly.ws/PK2p

First Peoples Disability Network Australia (FPDN)

A national peak organisation of and for Australia's First Peoples with disability, their families and communities. Helps to find one-on-one culturally safe Indigenous advocacy.

9267 4195

enquiries@fpdn.org.au

fpdn.org.au/

NDIS and Health news

Release of the Disability Employment Services Quality Framework

The Framework places the participant first and recognises DES providers that are committed to collaboration, innovation, and high-quality service delivery.

bitly.ws/PJQ2

People with psychosocial disability may be diverted from NDIS in future

The government is reviewing the NDIS as it seeks to contain the projected ballooning cost to run the scheme, which was forecast to increase by 13.8 per cent each year.

bitly.ws/PJQ5

Helpful phone numbers

Carer Gateway **1800 422 737**

Coronavirus Mental Wellbeing Support Service **1800 512 348**

Disability Gateway **1800 643 787**

Disability Housing **1800 843 929**

Kids Helpline **1800 551 800**

Parents Helpline **1300 1300 52**

Mental Health Information Line **1300 794 991**

National Coronavirus (COVID-19) Vaccination Helpline **1800 020 080**

National Dementia Helpline **1800 100 500**

National Disability Abuse and Neglect Hotline **1800 880 052**

National Disability Insurance Agency **1800 800 110**

National Relay Service for deaf, or hard of hearing **133 677**

NDIS Quality and Safeguards Commission **1800 035 544**

Northern Beaches Council **1300 434 434**

Northern Sydney Local Health District Carer Support **02 9462 9488**

NSW Ageing and Disability Abuse Helpline **1800 628 221**

NSW Ageing and Disability Commission **02 4904 7500**

NSW Mental Health Line **1800 011 511**

NSW Police (non-emergency) **131 444**

NSW RFS Aider (Assist Infirm, Disabled and Elderly Residents) **1800 679 737**

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