

The Wave



northern
beaches
council

Northern Beaches
Disability Newsletter

Issue 454, November 2024

In this edition, you can find information on many exciting local events and activities, including art events, a cricket program, lots of Government information support sessions and many more!

A reminder that **International Day of People with Disability** is upcoming on **Tuesday 3 December!** If you are planning an event, please make sure you submit the details to be included on Council's [Event Calendar](#). This year's theme is **Amplifying the leadership of persons with disabilities for an inclusive and sustainable future**. See [here](#) to find out more information about this day and to meet Australia's IDPwD Ambassadors!

For the next and final edition of The Wave for 2024, please submit your item before **Wednesday 27 November**.

You can also submit your events to our [Event Calendar](#) or [What's On Online](#) and they will appear directly on the [Activities and Events](#) page.

Activities and events

Accessible Aquatics Day!

Tue 3 Dec 12pm - 3pm

Manly Aquatic Centre

To celebrate International Day of People with Disability, Northern Beaches Council invites our diverse community members to an Accessible Aquatics day. This is a great opportunity to come and try the accessible facilities at Manly Aquatic Centre at a free open day. Bookings essential

tinyurl.com/4hpi2cap

Social Group for Autistic Youth

Tuesday evenings

Dee Why

Looking to make new friends and hang out? Autism Adventures currently has spots available in our weekly social group for young autistic individuals aged 17 to 21 years old.

0410 376 882

caroline@autismadventures.com.au

ArtAbility Art Class

Sun 24 Nov 12pm - 2pm

Manly Library

This class is for adults living with disability and their carers. Join us for a free abstract painting class and enjoy learning creative skills and meeting new people. All painting supplies are provided. Bookings essential. 8495 5028

libraryprograms@northernbeaches.nsw.gov.au

tinyurl.com/4b4shrzr

Term 4 All Abilities Cricket Program

Thurs 31 Oct - 19 Dec 5pm - 6pm

Terry Hills Oval

All abilities cricket program designed to help kids develop their skills in a fun, safe and exciting way! We cater to all disabilities and the program is open to kids between the ages of 5-18. 0408597645

danielle.chivers@cricketnsw.com.au

playhq.com/cricket-australia/register/db2af1

Fun Fridays and Sunday Sessions

Fri and Sun weekly

Various locations

Join Explore Social's weekly Fun Fridays or casual Sunday Sessions! It's an awesome way to have fun, participate in local activities, meet new people and learn new skills. 0434999847

info@exploresocial.com.au

exploresocial.com.au/

Baby EarlyEd Learners Group - FREE

Wed Weekly in Nov

3 Cunningham Street, North Sydney

This is a great opportunity for babies and toddlers and their families to be supported by an Occupational Therapist. The group runs for 5 weeks. Discover how your baby learns with you.

(02) 9923 2727

services@earlyed.com.au

earlyed.com.au/get-involved/events-2/

Northside Enterprise Inc AGM

Mon 25 Nov 7pm

Dee Why RSL - Oaks Room

At Northside, we create pathways to real employment, supported living, flexible respite, leisure, and recreation. At our AGM you can learn more about our services, community, programs, how we are performing. You can also meet our new CEO, Duncan Wakes-Miller. RSVP by Nov 18

02 99055377

admin@northside-enterprise.org.au

tinyurl.com/py6urtj3

Rolling Rainbow Sports Day

Sun 24 Nov 10am - 2pm

Sydney Academy of Sport Narrabeen

Everyone is welcome to celebrate LGBTQ+ inclusion in wheelchair sport. It's a free, multi-sport day for members and allies of the rainbow community to come along, dress fun, let loose, and play wheelchair sport. Please bring your sport chair if you have one, otherwise we can provide one. 0451 309 583 meekv@wsnsw.org.au

wsnsw.org.au

Head High Disability Service - The Big Happy Shop

Wed Weekly from Nov 13, 10.45am - 2.30pm

Courtyard of St Matthews Church, 1 Darley Road, Manly

Big Happy Shop is coming for Christmas! Shop visits will provide empowerment, skill development and confidence building opportunities for Head Higher's. We are supporting local sellers, including The Sticky Pot and Kraftlii Plu, and selling our own handmade gifts. All profits will be donated to @woundedheroesaustralia to help them with their valuable work. The shop will have a happy vibe, hot drinks, live music and spaces to sit & chat!

0420 553 695

Christmas Disco

Fri 29 Nov 6pm - 9pm

PCYC Dee Why

Feel the festive cheer at a Christmas Disco sponsored by Anaeron Pty Ltd! This event is for adults with disability ages 18+. Come dressed in your favourite Christmas outfit to dance the night away. Tickets are available at the door for \$25. Tickets include pizza & a drink, as well as prizes. Please bring your carer if you require support. Entry is free for carers.

RSVP by 22 Nov 0403 987 750

Carers' corner

Carer Payments and Services Information Session

Thurs 21 Nov 1.30pm - 3.30pm

Mona Vale Library

Learn about carer services and supports and how to apply for payments at our free information session, presented by with Services Australia. 8495 5028

libraryprograms@northernbeaches.nsw.gov.au
tinyurl.com/5cj34hem

Caring for the Carer

Mon 2 Dec 10am - 11.30 am

Mona Vale Library

Learn about Carer Gateway, a national service to support carers of all ages. Find out who is eligible for the service, what supports can be provided and how to register. Free, bookings essential. 8495 5028

libraryprograms@northernbeaches.nsw.gov.au
tinyurl.com/4dxcfmb4

Carer stories, by Dementia Australia

Family and friends of someone living with dementia often find themselves in the role of a carer. For some, the adjustment to this role can be harder than expected. Lyn, whose husband Mike lives with dementia, and Dharsh, whose mother Mallika is living with dementia, share their experiences.

dementia.org.au/news/carers-youve-got-stop-feeling-guilty

Employment, education, and training

Government Digital Support Session

Thurs 14 Nov 10am - 12pm

Warringah Mall Library

Learn how to access digital services and online accounts like MyGov at our free digital support session, presented by Services Australia.

8495 5028

libraryprograms@northernbeaches.nsw.gov.au

tinyurl.com/46fcpd2x

Disability Support Pension Information Session

Thurs 7 Nov 1.30pm - 3.30pm

Glen Street Library

Learn about the Disability Support Pension and the rules, assessments and participation requirements with Services Australia.

8495 5028

libraryprograms@northernbeaches.nsw.gov.au

tinyurl.com/46fcpd2x

NDIS Connection Desk

Thurs 14 Nov 10am - 12pm

Warringah Mall Library

Learn about the National Disability Insurance Scheme (NDIS) and have any related questions answered. Presented by NDIS. 8495 5028

libraryprograms@northernbeaches.nsw.gov.au

tinyurl.com/5durvpa4

NDIS Information Session

Tues 26 Nov 11am - 12.30pm

Glen Street Library

Join Uniting, the National Disability Insurance Scheme (NDIS) partner in the community for a presentation on eligibility and pathways. 8495 5028

libraryprograms@northernbeaches.nsw.gov.au

tinyurl.com/ypskpkt7

Health Literacy Webinar for Support Workers

Fri 8 Nov 12pm - 1pm

Online

An informative one-hour webinar for Support Workers to grow their understanding of health literacy and make a meaningful difference to the health outcomes of people with a disability. Cost \$55

tinyurl.com/3ny7w6bv

Community for Everyone Training

Fri 8 and 15 Nov 10am - 2pm

34 Charles Street, Parramatta

Side by Side Advocacy invite you to apply for free training to equip you with the skills to foster inclusion and build connections. You can become a Social Connector or Circle Member, volunteer roles that support people with intellectual disability.

tinyurl.com/3p33y4v6

Safe and Accessible Living Training

Various dates

Online

Everyone deserves a safe and accessible home. DSC Home and Living have a range of trainings available to make sense of the complex systems at play.

teamdsc.com.au/events

Empowering Health & Fitness for Independence: NDIS Info Night

Date to be determined

Healthspan Collective

Learn how health and fitness can play a powerful role in enhancing independence, mobility, and overall wellbeing. Whether you're just starting or looking to explore new wellness options, come with your questions, and leave with a plan for a healthier future! Register your interest via our email and we will be in contact. 0439476357

nick@hscollective.au

Your Participation Counts

What will the Northern Beaches look like in 2040?

Submissions close Sun 17 Nov

The Northern Beaches Community Strategic Plan 2040 (CSP) captures our community's vision, aspirations and goals for the local area looking out to 2040. Let us know if we have the vision and goals for the future of our area right.

tinyurl.com/49k6r5xx

Emergency Planning - Targeted Support

Council is excited to introduce the Person-Centred Emergency Preparedness program to the Northern Beaches. The program is designed to support people who face additional risks during emergencies including people with disabilities, seniors and multicultural communities by helping create tailored personal emergency plans that address their needs. Visit our website to find out how you can be involved.

8495 6119

communitydevelopment@northernbeaches.nsw.gov.au

tinyurl.com/crj4cn27

Funding, Resources, NDIS and Health News

Service Agreement Checklist Resource

Your NDIS service agreement represents the agreement you have with a provider. My CareSpace, provides a summary of 10 things you should check before signing a new agreement.

tinyurl.com/y743xwew

Down Syndrome Resources

Whether you are the person living with Down syndrome, a carer, family member or friend, there are some great resources and support groups available to help you with practical and emotional support.

tinyurl.com/yc2mfjnk

Psychosocial Recovery Coaching

Psychosocial Recovery Coaches support people with psychosocial disability to through hope based recovery planning, including goal development, positive connections, coordinated information and referral and much more.

tinyurl.com/muftdbew

Braille by Luca

Braille By Luca offers handmade tactile Christmas and other cards that come with your personal message in Braille. The microenterprise is run by 22yr old Northern Beaches resident Luca Weber. Cards are great for Braille and non Braille readers alike as they come with the Braille code. FB/IG @braillebyluca

braillebyluca.bigcartel.com/

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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