

The Wave

Northern Beaches
Disability Newsletter



northern
beaches
council

Issue 453, October 2024

In this edition, you can find information about events for National Carers Week (Oct 13-19), to recognise and celebrate those who care and support a family member or friend. There are also lots of inclusive community events, including Fisher Road's 50th celebration, an inclusive fishing event, a talent quest and lots more!

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

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

NSW Gone Fishing Day - Inclusive free event

Sun 27th Oct 9 am - 3 pm
Berry Reserve Narrabeen

Fishersink and Alex Bellissimo provide inclusive fishing experiences, creating memorable adventures while promoting learning, exploration, and community connection. Join their FREE inclusive event open to all people with disability, which includes a BBQ and drink.

0409 907 747

bellissimocharters.com.au/

School holiday nature camps

4th-6th Oct and 8th-11th Oct

Connect and Explore are running NDIS Respite Camp for young people ages 8-17 years these school holidays. Nature-based activities, cabin accommodation, safe space to make friends, cooking nourishing meals, tailored to needs, small groups of 6.

0429 146 117

connectandexplore@hotmail.com

connectandexplore.com/weekend-respite-camps

Sensory Concert

Sat 9 Nov, 11 am - 11.45 am

Manly Art Gallery and Museum

This concert by Sensory Concerts caters to families with sensory and additional needs. The performances are designed to soothe the senses, featuring sensory-friendly musical elements, seating options, retreat spaces, movement freedom, and onsite therapist support.

Cost \$15 per child, \$25 for adult, \$45 for family

sydneychambermusicfestival.org.au/tickets

Mental Health Month - Service Expo

Fri 25 Oct 9 am - 12.30 pm

Pittwater Rugby Park, North Narrabeen

Come along to this expo of local mental health services at the The Beaches Farmers Markets. Grab some food at the markets, have a picnic, participate in free and engaging wellbeing activities' and chat to our local mental health providers about the services they offer.

02 8495 5410

natalia.hepp@northernbeaches.nsw.gov.au

<https://tinyurl.com/5dzcuvm>

Hyphenated – Feast

Fri 22 Nov 5.30 pm - 8 pm

Manly Art Gallery & Museum

Join us for a night of delicious food, art and conversation at our inaugural community 'feast' in the gallery. Don't miss this special event! Wine by Little Ripples.

8495 5036

magam@northernbeaches.nsw.gov.au

<https://tinyurl.com/a7zuaxwy>

Fisher Road School's 50th Anniversary!

Sat 26 Oct 11 am - 2 pm

Fisher Road School, 115 Fisher Rd, Dee Why

Join staff, students, families and friends past and present, to celebrate with finger food and a walk down memory lane.

fisherrd-s.schools.nsw.gov.au/

Open Air Cinema

Fri 25- Sat 26 Oct 5.30 pm - 8.30 pm
Brookvale Oval

Join us at Brookvale Oval this Halloween for our FREE Open Air Cinema, providing a great night out for the whole family. Please register your free ticket - one ticket per person (including children).

1300 434 434

events@northernbeaches.nsw.gov.au

<https://tinyurl.com/mvfwddps>

Autism-friendly Games Night

Weekly from Wed 16 Oct
Seaforth Village Community Centre

Looking for a fun way to spend your Wednesday afternoons? Join our new weekly Afterschool Role Playing Games (RPG) sessions! Plan and Self-Managed Participants can utilise their NDIS funding to access this program

rebecca.mccash@futuretechaustralia.org

futuretechaustralia.org/

Autism Friendly STEAM Program

Sat -Various dates and times from Sat 19 Oct
Seaforth Village Community Centre

Join us for Term 3 at FutureTech where we will be deep diving into designing solutions to support Manly's Little Penguins. Learn interesting science, tech, engineering, arts and math while building connections. Plan and self managed NDIS participants can utilise their funding to access this program.

rebecca.mccash@futuretechaustralia.org

futuretechaustralia.org/

Shine Ability Talent Quest

Applications close Fri 18 Oct

Calling all talents with disability who are living, working, studying, or participating in social activities in the City of Ryde. Join City of Ryde's first talent competition for People with Disability and have some fun!

9952 8222

community@ryde.nsw.gov.au

<https://tinyurl.com/mwaxtsjs>

Sunnyfield Open Day

Wed 23 Oct 10 am - 2pm

185 Allambie Rd, Allambie Heights

Mark your calendar! Discover exciting career opportunities for people with disabilities, and learn about social activities and shared accommodation options that are fit for you.

1300588688

enquiries@sunnyfield.org.au

trybooking.com/events/landing/1285705

Fridays and Sunday Socials

Every Fri & Sun in Oct

Hang out, meet awesome people and learn new skills! Join our social Fridays and Sundays using your NDIS funding. Each week we do different fun activities. Everyone is welcome!

0434 999 847

exploresocial.com.au/

These are only a few of the many local events happening on the Northern Beaches and surrounding areas, that people living with disability can enjoy. Check out our Council What's On webpages for more.

northernbeaches.nsw.gov.au/things-to-do/whats-on

Conferences, forums, and support groups

Exercise Physiology

Various dates

CPA are now offering Saturday morning group and individual exercise physiology sessions. These appointments are designed specifically for people with cerebral palsy and similar physical disabilities

1300 888 378

ask@cerebralpalsy.org.au

cerebralpalsy.org.au/services/exercise-physiology/

Navigating My Aged Care Info Session

Mon 21 Oct 1.45 pm - 3.30 pm

Warringah Mall Library

Find out more about the wide range of services and supports available to support older people to stay at home longer, including respite.

8495 5028

<https://tinyurl.com/mr2mxman>

Friendship Skills Lego Group

Wed 2 and Thur 3 Oct 10am -12 pm

The Northern Centre, Level 3 West Ryde Community Building

EarlyEd's Friendship Skills Lego® Group is open to pre-schoolers or school aged children with difficulties or delays in social communication. Individual goals and strategies are designed with the parent/carer. Bookings essential and cost determined by number of children attending.

(02) 9923 2727

services@earlyed.com.au

Carers' corner

Carers Week Events

Multiple events 13 - 19 Oct

National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation. Check out the website to find out about the upcoming events.

8495 6618

seniors@northernbeaches.nsw.gov.au

Find out about Carer Gateway

Online, Mon 14 Oct 6.30 pm

Join this webinar to learn about free Carer Gateway supports, including respite, counselling, peer support, life coaching and financial packages tailored to support your needs. Presented by Benevolent Society. Bookings essential.

8495 6618
seniors@northernbeaches.nsw.gov.au
<https://tinyurl.com/5ejkeycr>

Celebrating Carer's Lunch at Narrabeen

Wed 16 Oct 12 pm
Tramshed Narrabeen

A special lunch for all unpaid carers. Relax, have fun, connect with other carers, and hear about the Carer Gateway and other supports, during National Carers Week. Free, Bookings essential.

<https://tinyurl.com/39mr4m5r>

Future Matters - Planning Ahead for Carers by Carers NSW

Online and Glen Street Library
Thur 17 Oct 10.45 am - 12 pm

Join this webinar for an overview of legal, medical, financial and practical considerations in planning for the future. Information about tools and supports to help carers prepare to transition someone to aged and/or end of life care. Free, Bookings essential.

<https://tinyurl.com/46zznt9c>

Carers week celebration for mental health carers

Thur 17 Oct 5.30 pm
Willoughby Uniting Church

Uniting invites mental health carers to unwind at their Mental Health Carer's Week Celebration, which includes trivia, live music and a buffet dinner.

<https://tinyurl.com/6k7p5785>

Inspiring author talk for Carer's week

Tue 15 Oct 6 pm
Creator Space, Chatswood Library

Discover the power of hope, resilience, and family as Sarah shares her insights and experiences with an inspiring talk with Mental Health Carer and Author Sarah Martin.

<https://tinyurl.com/2rvpcfkh>

Carers Connection Meeting

Online, Fri 4 Oct 1 pm

The Mental Health Carer Connections Meeting is a monthly space for mental health carers, families, and friends of people with mental health issues to share issues happening at a grass roots level, connect with people, and talk about advocacy, carer issues, and supports available.

trybooking.com/events/landing/1162587

Employment, education, and training

Free Autism workshop for families

15 & 16 Oct, 9.30 am - 2.30 pm

Macquarie Park

Positive Partnerships are running a FREE 2-day autism workshop in Macquarie Park. This workshop is federally funded and open exclusively to parents, carers and grandparents of an autistic school-aged child.

<https://tinyurl.com/24ynvv9z>

Training by Team DSC

Various dates

From home and living to support coordination, you can learn (almost) anything with our live in-person events and online courses. New courses and events are added every month for your regular dose of DSC.

teamdsc.com.au/events

Sunnyfield Vocational Services Open Days

Various days & times

Allambie Heights

Join our onsite information session for personalised guidance on pre and post school employment support.

1300 588 688

enquiries@sunnyfield.org.au

<https://tinyurl.com/4tp86tkr>

Disability Support Pension Information Session

Thur 7 Nov 1.30 pm - 3.30 pm

Glen Street Library

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

8495 5028

libraryprograms@northernbeaches.nsw.gov.au

<https://tinyurl.com/bde8jrtt>

Public Transport Travel Training

Any time, Mon - Sat

Living Skills Training provides public transport travel training to teenagers and adults with disability. Contact Kristine Pedler, Social Worker on 0427 082 392 or [email](#).

livingskillstraining.com/

Your Participation Counts

Collaroy Beach Playground Liberty Swing

The Liberty Swing (wheelchair accessible) at Collaroy Beach playground is in need of replacement. Council would like to hear from users of this swing to determine if a like for like replacement is the most appropriate option for this limited sized space. If you are a user of this swing, please contact Phillip Gray, Asset Management Officer, Parks & Open Space, as we would like to hear your thoughts.

0408112412

phillip.gray@northernbeaches.nsw.gov.au

Australia Day Awards 2025

Nominations close Mon 4 Nov

Nominations for the 2025 Australia Day Awards are now open. Recognise outstanding individuals, groups and events that make a difference in our community. Council is seeking individuals to join an assessment panel, to assist in selecting the award recipients. Register your interest through the website. Join us in celebrating those who make the Northern Beaches a great place!

<https://tinyurl.com/dbwex5b6>

Frenchs Forest Active Transport Network

Comments close Sun 20 Oct

Learn about our plan to improve walking and bike riding connections between local destinations and schools in Beacon Hill, Frenchs Forest and Davidson. View the plan and have your say!

<https://tinyurl.com/yc4rfese>

Freshwater Beach Amenities Building

Comments close Sun 27 Oct

We're planning a new public amenities building at Freshwater Beach with accessible facilities, a family change room, and unisex handwashing. Your feedback on our initial concept design is welcome.

<https://tinyurl.com/55fwrw8e>

Funding and Resources

EarlyEd Innovative Solutions Funding

Innovative Solutions Funding is available to assist eligible early childhood education and care services to fund innovative, flexible and responsive solutions to barriers to inclusion and embed inclusive practices.

9923 2727

earlyed.com.au/childcare-preschool-support/

Employment Assistance Fund

Ongoing

The EAF gives financial help to eligible people with disability and mental health conditions and employers to buy work related modifications, equipment, Auslan services and workplace assistance and support services.

jobaccess.gov.au/employment-assistance-fund-eaf

Disability Employment Centre of Excellence Grant

Applications close Wed 23 Oct

The Australian Government is inviting organisations or a consortium of organisations to establish the Disability Employment Centre of Excellence via an open competitive process to provide resources, tools, and training to help providers deliver quality employment services and supports to both participants with disability and employers.

<https://tinyurl.com/2s3jxdcd>

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Any time, Mon - Sat

Living Skills Training provides public transport travel training to teenagers and adults with disability. Contact Kristine Pedler, Social Worker on 0427 082 392 or [email](#).

livingskillstraining.com/

NDIS and health news

NDIS Bill, the changes coming soon

The new NDIS law has just passed parliament, and it will change the way the NDIS operates. Team DSC have covered the main changes that will come into effect soon.

<https://tinyurl.com/24chhyhy>

New seatbelt standards to better protect people with disability

For the first time, Australia will have official guidelines for the manufacture, testing, fitment and use of car restraints for people with disabilities.

<https://tinyurl.com/47pc7ut3>

Paralympics Australia

The brilliant 2024 Australian Paralympians have come in ninth place on the medal tally, with 18 gold, 17 silver and 28 bronze medals!

<https://tinyurl.com/mp7zybbf>

Changes to NDIS Legislation

Participants may see changes in how eligibility is assessed, the supports that can be funded by the NDIS, plan management, how funding is allocated and needs to be spent and more.

[ndis.gov.au/changes-ndis-legislation](https://www.ndis.gov.au/changes-ndis-legislation)

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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