

December 2011 – January 2012

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PARENT TO PARENT

Association Queensland Incorporated

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Board of Management: President: Lesley Turner
Vice President: Sue Campbell
Secretary/Treasurer: Jan Bell
Members: Judy Young, Loretta Kreet, Veronica Wain,
Tessa Daniels

Gladstone Regional Centre Staff
Suzie Lawler, Donna Smith, Mareika Holmes, Pearl
Rahme



*Hello!
Welcome friends & family.*

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful. Wishing you a season filled with sweetness, family fun times and a great Christmas break



All families from Parent to Parent are invited to the end of the year break up. Come and have a hot breakfast-sausages, bacon and egg muffins and a nice cold orange juice. So.... save the date and come for a late breakfast at the Gladstone Marina.

Date: 4th December 2011

Where: The Gladstone Marina the 2nd play ground "The Pirate Ship"

Time: 9:00 am-11:00 am

Don't forget to update us on events, services and/or workshops that you think we should know about so we can share it with everyone.

Parent to Parent strives at improving our responses to the needs of parents and families in the Gladstone Region and encourage you to share your views and suggestions for articles and topics you may wish to know more about.

This newsletter is provided as an information service to our members. Comments are welcomed.

The views expressed in this newsletter are not necessarily those of Parent to Parent Association Qld Inc.

The Hub

The Gladstone Community Hub is a place to promote social inclusion for people with a disability. This community centre has a variety of functions including being the regional centre for Parent to Parent Association Queensland.

What's on at Gladstone Community Hub over the next two months

Don't forget to check our notice board when you come in to visit – as these can change during the month.

Come one, come all to Gladstone Community Hub "Turning on of the

Lights": Wednesday, 30th Nov 2011, 6:00pm – 7:30pm

RSVP ph. 49792777 Cost: \$5.00 a head, dinner included.



Christmas Card Making – 'give your handmade cards to loved ones and friends'

When: Thursday, 10th & 15th **Time:** 10am -12pm **Where:** The Gladstone Community Hub **Cost:** \$12.00 all materials and morning tea inclusive per session. Ph.49792777 or email. gladstonecommunityhub@gmail.com

Yoga Classes: Gabi has started her maternity leave and will return in February.

A Disco! Celebrating the end of 'Special Olympics' for 2011 & 'International Day of People with a Disability'



This event is open for all to attend ... so put on your dancing shoes and rock your legs to the music. **When:** Saturday 3rd Dec. **Where:** The Hub. **Time:** 6.00pm – 11 pm. **Cost** \$5.00

Please ring to confirm attendance. Ph.49792777 or email gladstonecommunityhub@gmail.com

WANTED

- Dave Byars, a blind cyclist, new to the region is keen to find a **front rider** for his reliable hybrid tandem. Kindly call Dave 0419 994 018.
- **Volunteers** required for Gladstone Community Hub: if you are interested in or know of someone who may be interested in doing voluntary work, kindly contact Suzie on 07 4979 2777.

FOR SALE: 4 bedroom wheelchair accessible house, in-ground pool, double lockup garage for sale in Gladstone, Qld. \$555,000. <http://www.realestate.com.au/property-house-qld-gladstone-108456491>

*** **The Hub and Parent to Parent** office will be closed between the 9th December 2011 and the 30th January 2012, our first day back in the office will be Tuesday 1st February 2012.

For appointments and information, please contact **Suzie on 0428 728 833 and/or Pearl on** pearl@parent2parentqld.org.au

LOCAL RESOURCES

- ✚ **Family Planning Kit** : for use at Hub, 07 4979 2777
- ✚ **Cooking lessons:** Gladstone Community Hub- Tuesday, booking essential 07 49792777
- ✚ **Table Tennis:** Gladstone Community Hub – Wednesday's. Call 07 4979 2777
- ✚ **Special Olympics:** every Saturday. Soccer, Basketball + Swimming. Debbie 0437 526 346
- ✚ **Life Discussion groups:** every Friday. Topics include Love, Peace, and Respect... Community Solutions Qld, 32 Tank Street
- ✚ **Legal Advice cost free:** Gladstone by appointment. CAS 07 4976 6300

Kindly contact us on 07 4979 2777 should you wish us to forward you copies of / or have any queries related to any of the above.

A Dad's Perspective Part 2, by Paul Manning,

A lovely piece that I want to share:

I'm not sure what inspired me to volunteer another article, I guess it's that I figured maybe I have something to offer Dads out there facing what at times can seem like completely overwhelming challenges of raising a child on the Autism Spectrum. Challenges like balancing the demands of a job when you're needed at home or dead tired from being up most of the night managing a meltdown, like finding time with your partner to keep the relationship burning, like making sure that your other child doesn't feel like they are an insignificant part of the family, like wondering how on earth your child is going to be a valued member of society, and wanting to break down in tears every time you see all the —normal kids do things while yours just shrinks into the background... Some days it feels like there are just so very many, insurmountable challenges... But somehow we have to find the inner strength to stand-up and face the world head on again, one day, one step one challenge at a time.

We've had a couple of major wins in the last six weeks 1) he took himself down the lift in our apartment building with his brother, without us – once; 2) he took himself for a surf for an hour while I watched from our balcony – once; and 3) he let his mum take him to the dentist for the second time in 14 years and the first time in 8 and let the dentist look in his mouth for about a second! It amazes me how important these milestones are for what seem like such simple activities that most of the world's 14 year olds would never even think of as an —activity let alone a major milestone.

When we had Josh 14 years ago I don't ever think we could have imagined life turning out the way it has. He was never ever a sleeper, we can remember joking that when he turns 10 he'll sleep in his own bed, now we wonder if that day will ever come! There are days when it feels like our world has shrunk to nothing, we don't go places, we don't do things with people and life revolves around helping Josh stay on a level keel, some days we wonder if our whole family has Asperger's! Some days we wonder what the future holds and if it will ever change... but then there are the other days...

Then there are the days when I go for my jog and the boys jump on their bikes and ride alongside me and encourage me on, and when they stand at the finish line of the Gold Coast Marathon screaming at me to move my butt and Josh yells out, —hey Dad... give me a _holler' and comments to my wife that some people should really think about what they wear while running because he can —see their butts at the top of his voice ... when Josh gives me a hug each night per the nightly routine and tells me he loves me, or watching him pull into the tube and get barrelled, or paddle out in surf that is just a bit bigger than anything he has paddled out in before, or seeing how much he really does miss his brother when Ben has some Ben time and goes to Sydney to visit with his Grandparents... or helping him with this maths and science as part of his home schooling and most of all, seeing him voluntarily give his mum a hug and tell her he loves her. In between all the challenges we do so many truly wonderful things and appreciate so many aspects of our lives that we never would have if we had what the world considers to be a —normal 14 year old...

We've changed our lives more than I ever thought would have been possible, we realised that time is the most important thing we have, and the only thing that helps Josh, time spent helping him through the challenges he faces. We take strength in our relationship, and work hard to keep it and ourselves healthy, our weekly date is 30 minutes on a Sunday afternoon doing the grocery shopping together, or going for a strictly time limited jog together – we can't help either of our boys if our relationship is not healthy, when I'm down Chris picks me up and when Chris is down I pick her up, and when it seems like life is more than we can bare and everything is spiralling out of control, we think, —imagine what it must feel like to be in his head and somehow that gets us through. Above all though we had to accept that Josh has Asperger's and that is what makes him our special boy, he's not —not normal , he's just Josh and that makes him.

This article was published in the Gold Coast Autism Support Group Newsletter September 2011



HEALTH CORNER

Nutrition & Wellbeing.

Getting your 2 Fruit and 5 Vegetables

- Try frozen vegetables if you are short on time. When steamed, frozen vegetables can provide just as many benefits as fresh vegetables.

Remember to check out the nutrition label of some of your favourite packaged foods to learn more about nutrition.

Gladstone's Community Nutritionist, Nicole Starkey T: 07 4976 3106 E: nicole_starkey@health.qld.gov.au



Integrative Wellbeing Solutions:

Sylvia Smith (B.A.) Hons, Psychologist. 0400739489, solve101@tpg.com.au

Melatonin promotes weight loss, improves mood:

Melatonin is a natural hormone produced by the pineal gland at night, triggering sleep. Taking a small amount of melatonin at night has been shown to help people fall asleep more quickly and to improve the quality of sleep- potentially boosting mood and keeping off unwanted fat.

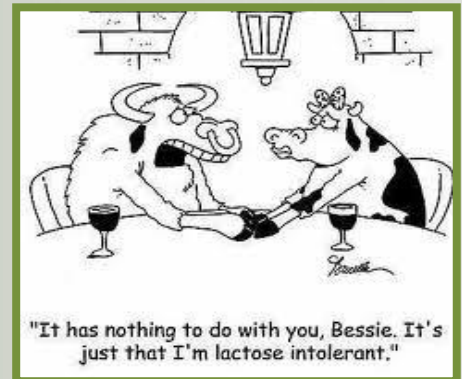
Sleep has long been associated with weight. The recommended amount of sleep is seven to nine hours and less than seven hours could add up to an average of about one kilogram of extra fat. Lack of sleep releases the stress hormone cortisol, and elevated cortisol levels are associated with increased appetite and cravings for sugar, leading to unwanted weight gain.

Reference: Melatonin effectively controls weight gain, obesity and associated heart disease. *Natural News* 05 May, 2011.

Heard about this?

Allergy Friendly Foods www.allergyfriendlyfoods.com.au

At Allergy Friendly Foods they provide specialty low allergen foods to cater for those with multiple allergies, specialty diets and conditions such as asthma, eczema, autism, PKU, coeliac disease, ADHD and reflux. We also have a great range of Vegan and Kosher foods.



HOT TOPIC



Booked Taxi Service – let down: Did you read the comment written by Mareika Holmes in the Gladstone Observer, 12 Sept 2011. This article may have been published a few months ago, however the topic is still very new. She booked a taxi for her son and told them about his disability needs and that the transport was for a social event which he was looking forward to. The taxi service was booked for collection by 6:00 pm and when Mareika got a desperate phone call (at some time past 6:30) she had no option but to stop what she was doing, cancel the booking and take her son.

For Your Information



WORKSHOPS:



- Vibrant Women's Program** [Ways to handle the demands of the ever changing roles of women], Gladstone Monday 30 Jan, 6, 13, 20, 27 Feb, 2012: 1300 523 985

PARENT TO PARENT, Gladstone:

Monthly Support Meetings, where opportunities are created through meaningful conversations.



4th December: Marina Pirate Ship playgrounds 9:00 am- 11:00 am is our **end of the year break up get-together BRUNCH**, come along and meet new families. RSVP 07 4979 2777 for catering purposes. Parent to Parent first meeting for 2012 will be on February 16th.

HOLIDAY RESPITE, Gladstone:

GCLA will be offering Holiday Respite on the following dates:

- 16th – 20th January 2012:** 5 – 18 years
 - 9:00 am – 2:30 pm

Kindly contact GCLA for registration before 6th January on 07 4972 8855

Meltdowns <http://www.jelibean.com/v4/firstaid/17meltdowns>

Keeping kids safe on the internet is so important.

<http://www.cybersmart.gov.au/>

POSITIVE PARTNERSHIPS TRAINING ONLINE

Go to www.autismtraining.com.au

Be encouraged to go to this website and do the online training. Parents that have been using it said that they really enjoy the interactive nature of the website and it is really helping. So take the time to go online today.



If there was one thing I would do to make Queensland fairer and more inclusive it would be

In 2011 the Anti-Discrimination Commission of Queensland is celebrating the 20th anniversary of the passing of the Queensland's Anti-discrimination Act 1991. They will have a roundtable at Club hotel, Tank St. Gladstone on 9th December 2011. For more information contact 07 4938 4466. **Don't miss the opportunity to have your say!**



"Disability Text Messaging Service" **QR Passenger: 0428 774 636**

Queensland Rail has introduced an SMS text messaging service for people with a disability.

A sms message can be sent to a Passenger Service Officer 24 hours a day, seven days per week. It can be used to make City service enquiries before, during or after a train journey. A Service Officer is alerted that a text message has arrived and they will then respond at their earliest opportunity. The message needs to contain as much detail as possible.

For more information contact ph. 3235 7486.

Don't forget:

Rosella Charity Race Day, Gladstone – 3rd Dec.

Phone: 07 4976 8333



Funding

HACC - Taxi service for people with a disability.

Gladstone Region residents who are frail or have a disability may be eligible for the Calliope Home and Community Taxi Transport Service. The service caters for residents in the Calliope, Mount Larcom, Yarwun, Ambrose, Boyne Island, Tannum Sands and Boyne Valley areas who need transport into Gladstone to access therapy, respite and other social needs including shopping. Blue and White Taxis Gladstone Pty is contracted by Council to provide transport with clients able to travel from their homes to their destination of choice within the Gladstone city area and return. Assessment takes into consideration a resident's level of mobility, medical condition and access to other transport options. Assessments can be conducted by phoning Gladstone Community Health on 4976 3130 or Community Care Access Point on 1800 600 300.

Important changes to Impairment Tables for DSP

From 1 January 2012 new claims for the Disability Support Pension (DSP) will be assessed using revised Impairment Tables. DSP recipients undergoing a medical review will also be assessed using the new Tables from 1 January 2012.

The revised Tables will ensure people applying for DSP are assessed on the basis of what they can do rather than what they cannot do. The new Tables will also assess people using their usual aids and equipment – for example people suffering from a hearing impairment will be tested with their hearing aid turned on.

The Tables reflect today's medical and rehabilitation practice and have been developed in consultation with a number of medical and rehabilitation experts, disability service providers and disability advocates. DSP is and will remain an essential part of the social security safety net for those who are unable to work. To find out more visit the [Review of the Tables for the Assessment of Work-related Impairment for Disability Support Pension Impairment Tables](#) page on the Department of Families Housing Community Services and Indigenous Affairs website



Self-paced online parent /carer course

If you are a parent/carers of a school aged child with an autism spectrum disorder, this online course is available to help you work in partnership with your child's school to improve their learning outcomes. By participating in the online course you will gain

- A greater understanding of how the characteristic of autism impact on your child's learning at both home and school
- An understanding about the processes and strategies for effective parent, school and teacher partnerships
- Specific strategies on how to advocate to support you support your child's participation at school and ongoing learning needs; and
- Strategies to strengthen your support network and how to link to local services

File it and Find it

Disabled Surfers Assoc of Australia Inc.

CRU (Community Resource unit)

Down Under Institute

Ozmates Travel

Northcott Disability Services

Autism support line

Education guide for parents with children with a disability

Medical Aid Subsidy Scheme

Asperger' Social Group

www.disabledsurfers.org

www.cru.org.au

www.dui2010.org.au

www.disabilitytravel.com.au

www.facebook.com/l/www.northcott.com.au

1800 004957

www.education.qld.gov.au

www.health.qld.gov.au/mass

Kerrie Café, 0427 040 659

Local and Community Contacts

Brisbane	Fraser Coast	Toowoomba
Emma Bennett	Sue Campbell	Lindsay Knorr/Jackie Alves/Stephen Paull
Ph. 0403 019 166	Ph. 0422 045 290	Ph. 4638 8008
emma@parent2parentqld.org.au	sue.c@parent2parentqld.org.au	jackie@parent2parentqld.org.au
Sunshine Coast	Gladstone	Cairns
Carol Thorne	Suzie Lawler / Pearl Rahme	Sharon Long
Ph. 5472 7072	Ph. 0428 728 833	Ph. 0428 966 290
carol@parent2parentqld.org.au	suzie@parent2parentqld.org.au	sharon@parent2parentqld.org.au
Gympie	Gold Coast	
Belinda McAuliffe	Wendy Chandler	
Ph. 0401 768 040	Ph. 0417 787 646	
belinda@parent2parentqld.org.au	wendy@parent2parentqld.org.au	

*Merry Xmas and a safe & joyous New Year from all of us
at Parent to Parent*

Suzie, Donna, Mareika and Pearl

Christmas is not as much about opening our presents as opening our hearts. ~Janice Maeditere



To preserve our trees and make for a cost effective delivery, please let us know if you would like to receive a colour newsletter by electronic email.

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To remove yourself from our newsletter list call 0428 728 833