



# SPRING 2016

Connections Plus Australia Inc. Newsletter

## Connections Plus News

Welcome to the Spring newsletter for 'Connections Plus Australia'. 2016 continues to be a busy and dynamic time for Connections Plus and the recipients of our services.

**NDIS is here!** From July this year the National Disability Insurance Scheme has started to be rolled out for our region. Most Connections Plus service recipients are not in the initial group to be transitioned, but the process should begin for everyone in coming months. The timeframe we have been advised by the National Disability Insurance Agency is for everyone to be transitioned within 12 months. Until you are transitioned, Connections Plus are continuing with business as usual. We have funding akin to previous years for programs and respite until individualised funding is implemented. As transitions take place to the NDIS, we remind you that we are always here to help.

Our 2016 **Annual General Meeting** will be held on Thursday **October 27th** at **7pm** at the Merimbula RSL. If you would like to be involved on the Connections Plus committee please contact the office for nomination forms. Current members will receive nomination forms prior to the meeting. All are invited and welcome to attend the AGM.

The **'Connections Plus' Community Participation Program** is an individualised program providing care for persons with a disability in a group setting, on a regular basis, with assigned care workers. Individual plans are developed with the families to best suit the needs, interests and capabilities of the person participating in the Day Program. Care is based in our wheelchair accessible house at Tura Beach and includes many outings and community based activities. Connections Plus continues to be funded for our existing Day Program participants until individuals are transferred to the NDIS. The Day Program benefits people with a disability by allowing integration in all aspects of social, economic and cultural life. Currently being developed is the expansion of this service to offer an Eden base from which individuals can be involved with enriching activities and participation in their local community.

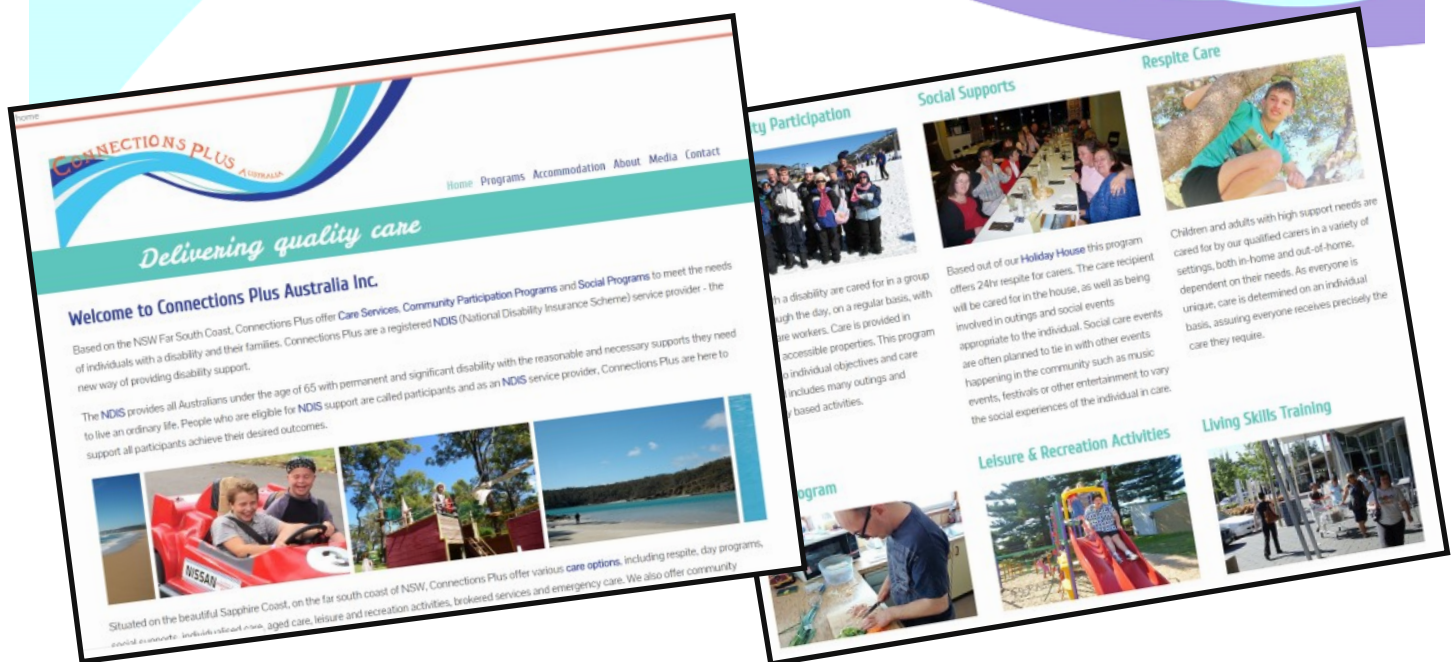
The **Connections Plus Social Club** continues to gather monthly. These social events are for 24hrs and involve participation in entertainment events, with an overnight stay by participants, if desired. The following day usually comprises of breakfast and BBQ lunch together and more group activities.

The **School Holiday Program** continues to be a popular activity with many children from the Bega Valley and Monaro Shires participating in 3-day supported stays in the Merimbula Holiday House. The next opportunity is coming up in the Spring school holidays. 10-18 year old with a disability are invited to participate. Contact the office for more details.



Connections Plus Website is now live. Please visit [Connectionsplus.com.au](http://Connectionsplus.com.au) to see the services and programs we offer, accommodation available, past media and more!

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



## Care for Carers

Recently I came across this analogy on the internet (original source unknown) and immediately thought of the role of carers and the importance of the needs they have for respite.

*"A lecturer, when explaining stress management to a class, raised a glass of water and asked, "how heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."*

*"If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. "In each case, it's the same weight, but the longer I hold it, the heavier it becomes."*

*He continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the demands of life."*

The original and continued goals of Connections Plus are to assist families with the care they need when they need it, whatever the circumstance. When the challenges and demands of life build up or changes occur remember to take steps to replenish and restore your own physical, mental and emotional wellbeing and seek the supports you need.





### Supporting people with intellectual disability

The Workshops have been divided into two days;  
**Day One;** Understanding intellectual disability and supporting people with key aspect of Social Role Valorization (SRV). Designed for direct support staff/workers/volunteers;

**Day Two;** Develop responses and guidance to manage challenging situations. Designed for managers, supervisors and support staff;

**Facilitator:** John Armstrong, Human Service Consultant & Senior Trainer of SRV

**Date:** 5th & 6th September 2016

9.30am—3.30pm each day

**Venue:** Moruya Golf Club  
Evans Street, Moruya, NSW 2537

**Make a booking here:** <https://www.trybooking.com/224542>

**Contact Details:** Lance Thomas 0447903675  
[lance@illawarraforum.org.au](mailto:lance@illawarraforum.org.au)

## SPORT, ROCK



## AND COMEDY



**WITH SPIDA EVERITT**

**10TH SEPTEMBER 2016**

**6:30PM**

**PAMBULA SURF LIFESAVING CLUB, PAMBULA BEACH**

**\$20 PER PERSON\***

COMEDIAN  
ROB BROWN,  
AUCTIONS,  
RAFFLES,  
ROCK.

Come and support Dane Waites achieve his dream of running 4000 kilometres from Perth, WA to Pambula, NSW in May 2017.

Be part of a fun filled event with talks from football legend Spida Everitt.

\*THIS IS AN OVER 18'S EVENT

**TICKETS CAN BE PURCHASED FROM:**

CREDIT CARD: [www.farsouthcoast.localtickets.net.au](http://www.farsouthcoast.localtickets.net.au)

CASH: Sportspower Merimbula (Market Lane) Sportspower Bega (Carp St)

LIKE US ON FACEBOOK: PERTH2PAMBULA WEBSITE: PERTH2PAMBULA.COM.AU



## SPOT4YOU & SPOT4KIDS

SPOT4YOU are a mixed paediatric and adult Speech Pathology and Occupational Therapy company, providing services to a large range of clients. We commenced Occupational Therapy services in the far South Coast in March 2016, with Speech Pathology to follow later in 2016. Areas we will service include; Eden, Merimbula, Bega, Bermagui, Narooma and surrounding areas. In order to facilitate this, we are working with schools, child cares, community services and other organisations in the region to support children to access these crucial services. To this end, we are offering bulk-billed services within schools, and to families who may be experiencing financial hardship. This will allow any child or adult who is eligible for a care plan to access services, which will allow for improved educational outcomes and removal of barriers to participation.

We specialise in screening, assessment and intervention for 0-18 year olds with speech and language delays, learning difficulties, Autism and Autistic Spectrum Disorders, attention deficits and developmental delay. We also provide assessments and intervention for adults with communication and swallowing disorders and difficulty with activities of daily living.

SPOT4YOU & SPOT4KIDS are registered NDIS providers for both Speech Pathology and Occupational Therapy. We are able to offer both individual and group services under the NDIS.

**Larisa Asimus**

Occupational Therapist, Far South Coast NSW

m: 0406 766 068

e: [larisa.asimus@spot4you.com.au](mailto:larisa.asimus@spot4you.com.au)

w: [www.spot4you.com.au](http://www.spot4you.com.au)

# Bega Valley Little Mixes



Who we are: A group of parents & children who get together & discuss topics online or in person when time permits. Bega Valley needs this support group, it is for children with special needs, ages 0 - 8 years. Any family that needs a little extra support through challenging times, this group is for you.

Join our group @ facebook/Bega Valley Little Mixes.



## Families Getting NDIS Ready

**A free workshop for families to kick-start their NDIS preparation and make the most of the NDIS for their loved one with disability**

- Hear from a parent and a participant about their NDIS journey
- Find out how and why they self manage NDIS supports
- Ask your questions of an NDIS representative
- Explore strategies for creative planning
- Learn tools for advocacy in a changing support environment



Merimbula	Monday 19 September 2016	Club Sapphire
Cooma	Tuesday 20 September 2016	Ex-Services Club
Goulburn	Wednesday 21 September 2016	Mercure Hotel

To register call **1800 774 764**  
or email [info@resourcingfamilies.org.au](mailto:info@resourcingfamilies.org.au)

An initiative of *family*  
**A D V O C A C Y**



### LEAD & INCLUDE ADVENTURE CAMP 2ND - 4TH DECEMBER, 2016

Coastlife Adventures in association with Rotary Club of Pambula invite people aged 16-25 with and without a disability, to participate in a 3 day "Lead & Include" Adventure Camp from the 2nd - 4th December, 2016.

Participants will be encouraged and supported in a range of adventure activities based at Pambula Beach Discovery Park such as Monster SUP board, beach games, wave skiing and loads of fun.

The camp is FREE to participants - fully sponsored via a Disability Inclusion Grant from Surf Life Saving NSW.

We are looking for young leaders with and without disabilities to become more confident role models, advocates for inclusion for all the community in the future - our youth are our future!



Rotary



Enquire now on 6494 1122  
[www.coastlife.com.au](http://www.coastlife.com.au)

## Contact Us

Give us a call for more information about our services  
**Connections Plus**  
1/35 Beach St  
PO Box 199  
Merimbula NSW 2548  
(02) 6495 3797  
Email: [connections@connectionsplus.com.au](mailto:connections@connectionsplus.com.au)

