

The Wave



Northern Beaches
Disability Newsletter

Issue 448, May 2024

In this edition, you can find fun activities and seminars, the Sydney Disability Connection Expo, a free workshop how to open a small business, and an opportunity to nominate your preferred disability-friendly business for the Disability Inclusion Award.

You can submit an item for the next edition before **Wednesday 29 May**.

Activities and events

Learn to cook with Explore Social

Every Wednesday from 12pm
999 Blackbutts Rd, Frenchs Forest

We explore our culinary side and learn to cook, bake, grill and more! NDIS funding.

0434 999 847
exploresocial.com.au/event-details-registration/cooking-classes-2

Cerebral Palsy Alliance Term 2 programs

Allambie Heights

A range of weekly sport and therapy programs for all ages and skill levels from Active Adults exercise physiology group to swim squad for kids/teens available.

tinyurl.com/mr2yc6u6

Young adults physical disability social support group

Sun 5 & Sat 18 May
4 Park Ave, Gordon

Fortnightly activities for people with physical disabilities in the North Shore and Northern Beaches of Sydney.

0411 534 560
jonathanshar@ad.org.au
ausdis.au/social-support-group

Kickability Come and Try session

Sun 5 May, 10.30am
North Narrabeen Reserve, Walsh St, Warriewood

Very modified AFL for kids and 18+. Come and Try for free! Free uniform, goodies, and subsidized registration. Focus on fun, friends, communication, being in a team outdoors.

secretary.pittwatertigers@gmail.com

Neurodiversity Day - Beauty Point Public School

Mon 13 May, 9 - 10.30am
17 Medusa St, Mosman

Parents and carers are invited for a presentation of Bec McCash (autistic/ADHD CEO of Futuretech). The program will run about an hour and conclude with a Q&A.

tinyurl.com/mprvm33c

Future Tech Term 2 - Autism-friendly STEAM* Learning

Various times on Saturday
Seaforth Village Community Centre

Future Tech offers STEAM* based social and learning programs for autistic and neurodivergent kids.

*Science, Technology, Engineering, Arts & Math

rebecca.mccash@futuretechaustralia.org

Royal Rehab LifeWorks Tech Therapy Centre Tour

Tue 21 May, 4 - 5pm
235 Morrison Rd, Ryde

By attending a personalised tour with a member of the Royal Rehab LifeWorks Team, you will gain insight into how advanced technologies works and how we are using it in our services. Free.

tinyurl.com/2jupx2tc

Vivid on the cheap with Gig Buddies

Various events, Fr 24 – Fri 31 May
Utzon Room, Sydney Opera House

Gig Buddies' participants can purchase tickets for \$20 each (plus \$8.50 booking fee per transaction).

info@gigbuddiessydney.org
gigbuddiessydney.org/post/vivid-on-the-cheap

All Abilities Cricket Program

Thursdays 4-5pm, 23 May - 13 Jun
PCYC North Sydney

Cricket NSW welcomes kids of all abilities and staff coaches according to the needs of the children. For ages 5-18 years.

0408 597 645
danielle.chivers@cricketnsw.com.au
tinyurl.com/4zz3xkrv

Are You Pulling My Leg?

Sat 8 Jun, 7.30pm
Glen Street Theatre, Belrose

Showcasing some of Australia's funniest comedians with disability or chronic illness, this raucous accessible comedy event boasts a line-up of award-winning performers.

9470 5913
glenstreet.com.au/whats-on/are-you-pulling-my-leg

Howe Care - Weekend program

May - June, Saturday & Sunday
All around Sydney

A weekend program tailored specifically for children and young people with special needs aged 4 to 25 years old.

admin@howecare.com.au
tinyurl.com/3dnfdnea

Inclusive Musical pilot workshop

Sun 23 Jun, 3.30 - 5.30pm
Willoughby Park Centre

At our workshop, you will learn about how our production of Camp Rock will be run plus participate in singing, dancing and acting! Cost \$15.

trybooking.com/CRCTH

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 or What's On Online for more.

Conferences, forums, and support groups

Big Ideas Forum: Join the conversation with Hugh Mackay

Tomorrow Wed 1 May, 7pm
Glen Street Theatre

Get your last minute tickets to hear from social researcher and author Hugh Mackay on the trends shaping Australia's future.

tinyurl.com/4n8pa9ne

Northern Sydney Disability Network Meeting

Wed 15 May, 10am – 12pm
Dougherty Community Centre
7 Victor St, Chatswood

Panel discussion with industry experts around working with participants with mental health and psychosocial support. Please RSVP by Fri 10 May.

events.humanitix.com/northern-sydney-disability-network-session

One Door Mental Health Symposium

Wed 22 May, 9am - 5pm
Novotel Sydney – Parramatta

This event will provide a platform for the people we support, including leading advocates, researchers, and practitioners to contribute to engaging discussions and group sessions.

<https://www.onedoor.org.au/news-updates/events/symposium-2024>

events.humanitix.com/one-door-mental-health-symposium-2024/tickets

ATSA Independent Living Expo

Wed 22 May, 8.30am – 4.30pm
Thu 23 May, 8.30 – 3pm
Sydney Olympic Park, Halls 5 & 6

Australia's foremost exhibition on assistive technology, equipment, mobility, pressure care, employment support, accessible recreation and more. Free entry.

udaustralia@gmail.com
expo.atsa.org.au/sydney-expo/

Sydney Disability Connection Expo

Fri 24 - Sat 25 May, 10am – 4pm
ICC Sydney, 14 Darling Dr, Sydney

This expo sponsored by Easy Healthcare offers people with disabilities, their families, and caregivers the opportunity to connect, explore, learn, and discover new solutions. Free entry.

tinyurl.com/3mf9r6kj

Forestville Stroke Recovery Group

2nd and 4th Wed of the month, Forestville RSL

This group is for stroke survivors, their families and careers to: meet other people also living with stroke and to share their experiences; learn from educational speakers; and make new friends.

tinyurl.com/ycxhrndc

Carers' corner

MyTime Forestville and St Ives

Mon 6 May, 1a Acron St, St Ives and
Wed 8 May, 3 Starkey St, Forestville

MyTime is a time for parents and carers to take time out for themselves. A time to meet other families and connect over topics of interest and concerns.

services@earlyed.com.au
earlyed.com.au/our-services/groups/mytime

Essential knowledge when caring for/or supporting autistic kids

Thu 9 May, 7-9pm, online

Autistic and ADHD Speech Pathologist and illustrator Emily Mainey will discuss the essentials to know when caring for/planning for autistic kids. Cost \$79

tinyurl.com/y8wp988

Australian Borderline Personality Disorder (BPD) Foundation webinar

Thu 9 May, 7 - 8pm, online

This webinar will highlight skills to help family members and carers or clinicians better support a person living with BPD. Cost \$20-\$50

trybooking.com/events/landing/1105816

Small Steps Childhood Anxiety seminar

Wed 15 May, 6.30 - 8pm, online

Wayahead celebrates International Day of Families by presenting a free live seminar for parents. Our seminars raise awareness and aim to reduce the impact of childhood anxiety.

tinyurl.com/yc2xanff

Information Session on Supporting Young Carers

Wed 15 May, 1 – 2.30pm
Glen Street Library

Join Carer Gateway, EPIC and Youth Up Front in an empowering and interactive information session for adults on supporting young carers navigate adolescence and support services.

tinyurl.com/2s3tf4pm

Disability and Carers Information Session

Thursday 23 May, 2 - 4pm
Mona Vale Library, 1 Park Street Mona Vale

Learn about the different support options available for those living with a disability or caring responsibilities at our free information session presented by Services Australia.

tinyurl.com/2pvvav62

NDIS Carer Equine Retreat

Thu 23 May
Duffys Forest

Are you feeling overwhelmed by the demands of caregiving? Mandala Care Group offers NDIS funded luxury Equine Estate Day Retreats for NDIS carers.

tinyurl.com/379vedsb

Hanen® Target Word Speech Pathology

15 May - 26 Jun, 12 - 2pm, online

This program was developed to help families meet the needs of children under 2.5 years who are late talkers. Free.

services@earlyed.com.au
tinyurl.com/2fuedyy5

Circle of support - for families & carers

Tue 28 May, 4.30pm – Sat 1 Jun, 5.30pm, online

A 'Circle of Support' is formed by a group of people who regularly meet to assist a person with disability with their personal goals. Free registration.

tinyurl.com/s2anu665

Intro to Supported Decision Making (SDM)

The 30 May, 12 – 1.30pm, online

Do you support a person with intellectual disability? Join us for this session which will introduce you to the basics of SDM and offer you practical tips for building your confidence as a decision supporter. Free.

tinyurl.com/4c2ft95j

Employment, education, and training

Informed and Empowered workshop: Sex, Love and Dating

Mon 6 May, 1.30 – 3.30pm
St Ives Community Centre
Memorial Ave, St Ives

Join this free workshop presented by Action for People with Disability to learn, know your rights & increase your confidence to self-advocate.

tinyurl.com/bxcwyscu

Jigsaw Northern beaches

22 Rodborough Road, Frenchs Forest

Jigsaw trains and transitions people with disability into open employment. When you join Jigsaw, you can progress through our proven pathway at your own pace.

1300 166 734
jigsawaustralia.com.au/academy/sydney/

Accessible Curation panel

Tue 14 May, 3 – 4.30pm (inperson and online)
ArtSpace in Woolloomooloo

Accessible Arts is hosting a hybrid panel discussion for art practitioners aiming to improve accessibility, diversity and inclusion in exhibitions, public programs and festivals. Free. Bookings essential.

aarts.net.au/news/accessible-curation/

Supported Decision Making

15, 16 & 17 May, 10.30am – 12.30pm
Lv 1 suite 101/108-114 George St, Hornsby

Council for Intellectual Disability is hosting this free workshop. Supported decision making is when someone helps you make more of your own decisions.

tinyurl.com/3nsrwnz9

Navigating Autism: The Early Years

Free online self-paced course

Designed with the help of parents, professionals and other educators, this program contains free evidence-based information and resources that can be accessed anytime, anywhere.

tinyurl.com/yc7twhej

Supporting NDIS participants to leave hospital

Tue 28 May, 10am – 12pm, online

Learn about the complexities of supporting NDIS participants who are stuck in hospital and how to implement a person's NDIS plan to enable an efficient and collaborative discharge. Cost \$120.

tinyurl.com/mesrkwpv

How to open a small business for people with disability

Mon 3 Jun, 1 – 2.30pm, online

This free workshop would suit a person with a disability or a carer/family member of a person with a disability who wants to start a business to support people with disabilities. Limited spaces. Booking required.

tinyurl.com/y3psbbvf

Understanding NDIS Individualised Living Options (ILO)

Tue 4 Jun, 9.30 – 11.30am
Club Parramatta, 2 Macquarie St, Parramatta

This free session hosted by Hireup aims to give you confidence in understanding the Individualised Living Options (ILO) process

tinyurl.com/yc2ntm73

Your Participation Counts

Hailo Bus Boarding Challenge

Transport NSW is trialing Hailo, a public transport app that allows people with low vision to hail public transport from their phone, and then be alerted one stop before their destination. They are seeking feedback on using the app along the B-line services.

hailo.co/

HESTA Excellence awards

Nominations close Sun 12 May

The Awards recognise exceptional achievements across aged care, allied health, community services, and disability services.

hesta.com.au/awards/excellence-awards

The A List Survey

The A List is an online platform for face-to-face meet ups where young neurodivergent people can meet others, make friends or just hang out. Your feedback will help shape the future of the A List social hubs. The survey will take less than 5 minutes to complete.

tinyurl.com/4s5hem8n

PhD Survey Experiment Relating to Stigma and Mental Illness

This anonymous survey will explore whether potentially negative attitudes or bias in a representative sample of 50 Australians can be manipulated using music and associative pairings. Participants can go into a draw for a \$50 voucher.

tinyurl.com/3n326d45

Northern Beaches Council Projects

Northern Beaches Business Awards - Disability Inclusion

Nominations close Mon 10 Jun

The Disability Inclusion Award category recognises businesses on the Northern Beaches who serve the whole community and aim to accommodate everyone's needs regardless of their abilities.

tinyurl.com/e6ujfy8k

Have Your Say Day 2024

Wed 29 May, 6 -8pm
Glen Street Theatre, Belrose

This is an initiative of Northern Beaches Council's Youth Advisory Group. Join us for an evening of presentations from young leaders across the Northern Beaches.

events.humanitix.com/have-your-say-day-2024

Long Reef boardwalk & bridge replacement

Comments close Sun 12 May

We are planning to replace the boardwalk and bridge, to minimise the impacts of storm surges on this highly valued section of the coastal walk.

tinyurl.com/bdhnufw

Take the survey: Living on the Northern Beaches

Survey close Sun 12 May

What is it like living on the Northern Beaches? Share your thoughts in this anonymous survey and help to shape future planning.

tinyurl.com/yc4wuk6m

Jamieson Park Sports Amenities Building

Comments close Sun 12 May

We are seeking feedback on the concept design for the new Jamieson Park Sports Amenities Building. Does the concept meet the identified needs of the community..

tinyurl.com/3ffkh77f

Northern Beaches Environmental Art & Design Prize

Entries close Sun 19 May

Artists and designers Australia-wide, inspire and enact real-world change. The prize pool is \$46,000 across art, design, youth and people's choice categories.

tinyurl.com/yf692mep

Funding and Resources

Westpac Foundation's Inclusive Employment Grants

Applications close Mon 20 May

This grants aim to support community organisations and social enterprises creating jobs and training opportunities for those facing complex barriers to employment.

tinyurl.com/dsrjaj79

National Disability Conference Initiative 2024–25

Applications close Mon 20 May

This grant opportunity provides grants to conference organisers to assist people with disability to participate in nationally-focused, disability-related conferences held in Australia.

tinyurl.com/mryzyh9z

Northern Beaches ClubGRANTS

Category 1 closing Fri 31 May

Northern Beaches clubs are accepting applications from local community groups and organisations for projects that provide benefits to priority populations.

8495 5410

northernbeaches.nsw.gov.au/council/grants/clubgrants

National Carers Week Grants

Applications close Mon 24 Jun

Grants are available for carer support groups and organisations from across NSW to celebrate and recognise the contribution of family and friend carers in their local communities by holding local events and activities.

tinyurl.com/39ydh9jf

Honda Foundations Grants

Closing Fri 5 Jul

Applications for financial assistance or Honda Hero Loan Vehicle are open to charities and organisations supporting the disadvantaged, disabled or those suffering from illness.

thehondafoundation.com.au/application.html

Need Assistive Technology? You Need NED!

Indigo's National Equipment Database NED, is Australia's largest online assistive technology and equipment database. And when you use NED, you can get support from our free Information and Advice Phoneline.

support@askned.com.au
askned.com.au/

Your Pregnancy, Your Choices

Northcott Innovation and disAbility Maternity Care developed some resources for women with intellectual disability during pregnancy.

info@northcottinnovation.com.au
tinyurl.com/53t4yw8n

How to overcome the 'grief' of disability

This article will cover the shared experiences of people with disability, along with common emotions and supports for the grieving process.

tinyurl.com/yc3rjrz7

NDIS and health news

Finding accessible accommodation in Australia just became much easier

Realestate.com.au in collaboration with Spinal Life Australia to include searchable accessibility features including single-storey, wide doorways, roll-in shower, accessible parking, step-free entry, elevator and bathroom grab rails.

tinyurl.com/5y3jtwtm

Scammers are using a fake, AI-generated Dr Karl to sell health pills to Australians

Hundreds of ads featuring fake endorsements from Dr Karl for various health products have been published on Facebook and Instagram. Read the ABC investigation on scammers and "phoenix" companies using AI generated celebrities and fake websites.

tinyurl.com/yck3vbch

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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