

The Wave

Northern Beaches
Disability Newsletter



Issue 447, April 2024

In this edition, you can find information about the upcoming Everybody Dance Now Disco, school holidays programs, Wonka and Mario Bros. movies at our Open Air Cinema, and an opportunity to support the inclusive musical Disney's CAMP ROCK.

You can submit an item for the next edition before **Wednesday 24 April**.

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

The Sydney Opera House- Programs for People with Disabilities

Sat 6 Apr, 9am - 4pm

Step inside and discover the legendary history and extraordinary secrets of the Sydney Opera House. Free with NDIS funding. Limited tickets, hurry up!

tinyurl.com/3sjy4u4v

Service NSW | Support services for people with disability

Wed 10 Apr, 1 - 2pm, online

City of Ryde is partnering with Service NSW to provide an online information session for people with disability and their families and carer. Limited spaces. Free.

9952 8222

tinyurl.com/2fn64tdj

Everybody Dance Now disco for all abilities

Sat 13 Apr, 4 -6pm

North Ryde RSL Youth Club
231 Pittwater Rd, North Ryde

City of Ryde is hosting the ABBA's BACK dance party for ages 18+. Boogie away to your favourite ABBA songs. Wheelchair accessible venue. Cost: \$10.

tinyurl.com/y2f94nnz

Super Story Time at Glen Street Theatre

Sat 13 Apr, 1 - 1.45pm and 2 - 2.45pm
Glen Street Theatre, Belrose

Enjoy an atmospheric afternoon of space stories, songs and activities, joined by an Auslan interpreter. For children 3 - 6 yrs old accompanied by an adult. Free, bookings essential.

tinyurl.com/5yv9m472

Drop in and Draw

Wed 17 Apr, 4 - 6pm
Mona Vale Library, 1 Park St, Mona Vale

Join Headspace Brookvale for a free guided art session. For ages 12 - 25 years old. All materials are provided including posca pens & art paper. No prior drawing experience required.

tinyurl.com/mubr79ac

The Big Happy Café

Wednesdays, 11am - 1.30pm
The courtyard of St Matthews Church
1 Darley Rd, Manly (entry via The Corso)

Come along and support the young adults from Head High disability service in their own pop-up cafe. This fabulous initiative needs your support to keep going.

headhighskills@gmail.com

Connect & Explore School Holiday Bush Programs

17 Apr - Kayaking Adventure: Nepean River
19 - 21 Apr – Respite/Skills Camp

Nature based school holiday and respite programs for ages 8 to 17 years. NDIS funding.

connectandexplore.com

Free Open Air Cinema - Wonka and Super Mario Bros. Movie

Fri 19 & Sat 20 Apr, 6.30pm start
LM Graham Reserve, Fairlight

Join us for the ultimate family night with a movie, food trucks, popcorn and more! Pack your own snacks or enjoy dinner from local food trucks.

northernbeaches.nsw.gov.au/things-to-do/whats-on/open-air-cinema-2024

Cerebral Palsy Alliance school holiday programs

April school holiday programs for children and teens with cerebral palsy including Healthy Kids an interactive exercise physiology program and Multi Sports where you can learn skills and have fun.

ask@cerebralpalsy.org.au

tinyurl.com/2xdjw2e9

Exercise Physiology Sessions

Saturdays, 9-10am and 11am-12pm
Cerebral Palsy Alliance
187 Allambie Road, Allambie Heights

One-on-one sessions offered for those looking to improve their fitness, strength and overall wellbeing goals.

1300 888 378
ask@cerebralpalsy.org.au

Kickability Northern Beaches

Sundays 10.30am May to Aug
North Narrabeen Reserve
AFL Clubhouse, Warriewood

Pittwater Tigers Junior AFL Club launches modified AFL for kids 5 - 17 years with disability during school terms. Specialist 'AFL Kids' Coaches and Disability Sports Support Staff (1:5).
secretary.pittwatertigers@gmail.com

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

Mental Health Services Forum

Tue 9 - Wed 10 Apr, Mercure, Sydney
818-820 George St, Chippendale

This forum will focus on models of compassionate and inclusive care, exploring how the mental health system can be developed to be inclusive of the full context in which a person lives their life.

tinyurl.com/2fb2wyfz

Sydney NDISlink disability workforce symposium

Fri 19 Apr, 9am - 4pm

ParkRoyal, 30 Phillips St, Parramatta

This in-person event aims to bring together professionals, experts, and individuals passionate about enhancing the disability workforce. Join us for networking following the event until 6pm.

tinyurl.com/msxfuj2t

Pittwater / Narrabeen Parkinson's Support Group

Jamieson Park, The Esplanade, Narrabeen

This group supports seniors (55yrs +) living with Parkinson's, their carers, relatives and those who have lost a partner to Parkinson's, who live on the Northern beaches.

northernbeaches.nsw.gov.au/pittwater-narrabeen-parkinsons-support-group

One Door Mental Health Symposium

Wed 22 May, 9am - 5pm, TBA

This annual symposium is held during Schizophrenia Awareness Week in 2024. Limited discounted and free tickets available for people experiencing financial hardship.

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

Carers' corner

Understanding Parkinson's

Thu 4 Apr, 1 – 2pm, online

Proveda is hosting a talk for those living with Parkinson's, and their carers. Accredited Exercise Physiologist Danny Miller will discuss the importance of specific exercises.

0406 690 984

proveda.com.au/event/understanding-parkinsons/

Digital Support Session

11 Apr, 11am – 1pm

Warringah Mall Library

Learn how to access digital services and online accounts like MyGov at our free digital support session presented by Services Australia and Service NSW. Drop in, no bookings required.

tinyurl.com/2wb5kcwj

Respite for children and adults

Cerebral Palsy Alliance respite houses for children are located in Dee Why, Forestville and Thornleigh and our houses for adults are located in Hornsby, St Ives, Belrose, Dee Why and Chester Hill.

ask@cerebralpalsy.org.au

cerebralpalsy.org.au/services/short-term-accommodation-respite/

MyTime for parents and carers

Wed (term time) 9:30 - 11am
3 Starkey St, Forestville

Join a relaxed environment where you can have some down time. EarlyEd facilitator and play leader are available.

tinyurl.com/yskdwu7n

NDIS Carer Equine Retreat

Duffy's Forest

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

hello@mandalacaregroup.com.au

Carer Wellbeing Survey

This survey, conducted by researchers from the University of Canberra, helps to better understand the needs of carers. The survey is open to Australian residents aged 14 or older and take between 20 - 60 minutes to complete.

tinyurl.com/3t5c2x9h

Employment, education, and training

School Leaver Employment Supports (SLES) programs

CPA Allambie Heights and St Ives campuses

Cerebral Palsy Alliance SLES program aims to help young people with cerebral palsy and similar conditions finishing school prepare their own unique pathway to employment.

tinyurl.com/35nbdja9

Sensory processing support workshop

Tue 16 & 23 Apr, 12 - 2pm, online

This workshop helps library staff understand a child's sensory needs and explore strategies that can help with sensory regulation during library programs and activities.

tinyurl.com/bdct2uhk

CDS/CDRP Disability Studies seminar

Thu 11 Apr, 1 - 2.30 pm, online

This presentation will focus on including people with intellectual disability in the decision-making and governance of disability organisations. Free.

tinyurl.com/3hf3ps3s

Young People's Employment Pathways information webinar

Mon 13 May

Life Without Barriers is hosting this event open to students, parents, carers, support providers and teachers. Register now. See more upcoming sessions [here](#)

tinyurl.com/mryd4fet

5 Ways Tech Guru Enhances Independent Living Skills

Tech Guru is a valuable resource that helps enhance independent living skills while improving technology knowledge.

tinyurl.com/yc7637bk

Mistakes that will hurt your grant application

Read about the top 5 grant application mistakes, their solutions, and elevate the quality of your case for funding.

tinyurl.com/zucw3te2

New Approach to Early Childhood Supports

Fri 19 Apr, 9.30 - 11.30am, online

Learn about the different pathways for children with a developmental concern, development delay or a disability.

tinyurl.com/3958vjtu

SPELD NSW Free Member Webinars

SPELD NSW members are welcome to attend special free webinars to keep enhancing their professional knowledge, learn about new strategies to try in the classroom and identify new resources that might be useful in practice.

tinyurl.com/3yswu8e3

Consent: A Guide for Providers

Thu 2 May, 10am - 12pm, online

An essential training for NDIS providers covering the when, how and why of consent.

teamdsc.com.au/workshops/consent-a-guide-for-providers

The ABCs of the NDIS

Thu 2 May, 10.30am - 3.30pm, online

Wrap your head around NDIS concepts, compliance, terminology and more – all in our classic 5-hour intro exploring all aspects of the NDIS. Cost \$380.

teamdsc.com.au/workshops/the-abcs-of-the-ndis

Your Participation Counts

Fundraising campaign for inclusive musical

Can you assist in funding the Umbrella School of Music inclusive production of Disney's CAMP ROCK, where children and adults with and without disabilities buddy up as the same character? We need the funds raised by June 2023.

gofundme.com/an-inclusive-musical-theatre-production-for-all

Carer Research Study

University of Sydney researchers are seeking carer participants for a study about the experiences of feeling socially connected, belonging and loneliness of people living with a long-term health condition. This is a paid opportunity.

melissa.cheung@sydney.edu.au

Australian Not-for-Profit Technology Awards

Nominations close Wed 10 Apr

The Awards recognise the best in technology innovation and excellence by organisations, businesses, and individuals working or volunteering in the Australian not-for-profit sector.

zealous.co/infoxchange/creative-opportunities/

Lived Experience with homelessness services?

Researchers at the Centre for Disability Studies are doing a project on people with intellectual disability who have used homelessness services. We want to talk to people about their experiences in an interview with a researcher.

erin.whittle@sydney.edu.au

Call for volunteer art tutors

Artability is a non-profit organisation which provides art classes for adults 18+ living with physical and intellectual disabilities. If you are interested in joining us to teach painting, collage, printmaking and craft on Saturday afternoons during school terms, please contact Nancy LaMott.

nancy.lamott@powerhouse.com.au

Online audit: Supporting students with a disability

Feedback until Fri 3 May 2024

If you have experiences or views on support for students with disability in NSW public schools, you can share them with the Audit Office. This can be done anonymously.

tinyurl.com/yysu5v7c

Northern Beaches Council Projects

Northern Beaches Environmental Art & Design Prize

Entries close 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/rhnfxr2u

Creative Spaces and Studios Available

Applications close Sun 5 May

Discover unique and affordable creative spaces and studios on the Northern Beaches, perfect for your next project, exhibition, or event.

tinyurl.com/52fsdtrk

Funding and Resources

Inspire Grants

Close Sun 14 April

St'George Foundation program was created to uplift the education outcomes of children and young people facing the greatest barriers to reaching their potential.

stgeorgefoundation.com.au/apply/

Better Rehab's Telehealth Services

Better Rehab is a national NDIS provider offering telehealth options across: Occupational Therapy, Speech Pathology, Physiotherapy, Exercise Physiology, Positive Behaviour Support and more.

betterrehab.com.au/support-coordinator-referral/

Supported Independent Living - Cerebral Palsy Alliance

Sydney, Newcastle and Central Coast

CPA provides personalised supported independent living accommodation services for people with physical and/or intellectual disabilities.

1300 888 378

ask@cerebralpalsy.org.au

cerebralpalsy.org.au/vacancies/

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

tinyurl.com/bd3ykrtb

How to get a disability parking permit in Australia

The Australian Disability Parking Scheme is a national program to ensure that eligibility and national minimum parking concessions remain consistent across the country.

tinyurl.com/bdtx9j2z

Disability Support Guide

Search the Guide for service providers of accommodation/ housing, advisors, employment, education, in-home and community support, mental health, therapists, and NDIS supports, disability events and more.

disabilitysupportguide.com.au/

That was unexpected - a podcast about disability

Join Lisa Cox, an award-winning writer, presenter, and advocate, as she is busting myths about intimacy and disability. This podcast is a must-listen for anyone seeking to understand, support, and celebrate disability and inclusion.

youngcare.com.au/podcast/

Using NDIS Therapy Funding to Reach your NDIS Goals

This webinar supports Participants and their families, Support Coordinators, and LACS in understanding the role that allied health providers (therapists) can play in reaching your NDIS goals and how to make the most of the funding you have.

mycarespace.com.au/ndis-therapy-webinar

NDIS and health news

Sunflower lanyards are brightening the way for people with disability

Since 2016, the Hidden Disabilities Sunflower scheme has helped people with hidden disability navigate public spaces, with extra support being given by workers who recognise the symbol.

tinyurl.com/yc38jdrw

Making public transport more accessible for people with disability

With new reforms for the Disability Transport Standards recently announced by the government, the improvements are expected to increase the accessibility of public transport for people with disability.

tinyurl.com/yxweewxe

NDIS Minister Bill Shorten introduces new legislation

NDIS Minister Bill Shorten has tabled a bill to parliament to implement priority recommendations from the NDIS Review. The bill is called National Disability Insurance Scheme Amendment (Getting the NDIS Back on Track No. 1) Bill 2024.

teamdsc.com.au/resources/new-ndis-legislation?

The Participant Employment Strategy 2024-2026

NDIS have a refreshed Participant Employment Strategy 2024-2026 to help participants find and keep a job. The Strategy presents 4 focus areas and 16 priority actions to make it easier for participants to use their NDIS supports to achieve their employment goals.

ndis.gov.au/about-us/strategies/participant-employment-strategy

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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