



## FROM THE PRINCIPAL

Dear Parents,

Welcome Back to Term 2:

Trust you enjoyed some lovely Easter weather over the recent holidays. As we commence Term 2 we welcome our new staff members to the St Lucy's School community who started last week:

Andrea Kuepper	School Psychologist (with provisional registration)
Nicole Malby	Teacher's Aide - Aquamarine
Vivian Lim	Teacher's Aide - Topaz
Anna Bennetts	Teacher's Aide - Amethyst
Allison Burgman	Teacher's Aide - Jade

### Relaxation of Some COVID Restrictions:

With the relaxation of restrictions gradually occurring as we progress through the year the time has now come to resume Assemblies and invite parents more fully back on site. Our first assembly with parents present will be our Mother's Day Assembly on Friday 7 May. We are very excited by this resumption of assemblies and have even been practising with the students at both a primary and secondary assembly. Please bear in mind a number of students have never or hardly ever experienced one of our unique assemblies over almost 18 months now, so please bear with us as we set up and re-establish this important routine with the students.

Further with the relaxation of regulations please DO still keep your child home if showing any flu-like symptoms and DO continue to follow hand hygiene and social distancing practices. The School is still required to keep accurate records of visitors and parents visiting the School for contact tracing purposes in case of need. We hope this relaxation continues through the year but also remember that we can return to stringent measures with snap lockdowns very easily so your 'alert but not alarmed' vigilance is still very much needed and appreciated as we all try and keep each other safe and well.

MOVING  
TOWARDS **K-12**  
30 April 2021

## TERM 2 DATES

**Wednesday 5th May**  
School Photos

**Friday 7th May**  
Mothers Day Liturgy and open  
classrooms

**Tuesday 18th May**  
Dominic Centre Opening  
Families, carers and volunteers  
12.30pm-2.00pm

**Friday 21st May**  
National Volunteers Liturgy

**Wednesday 26th May**  
C3 Cares Shopping Trip

**Friday 28th May**  
Mum's Night Out

**Friday 18th June**  
Last Day Term 2

Ph: 9487 1277  
Principal: Mr David Raphael  
[www.stlucys.nsw.edu.au](http://www.stlucys.nsw.edu.au)



### Mother's Day Assembly and Stall:

Dads don't forget to order online your special treat for mums on Mother's Day from the secondary students organising the 'stall' this year as part of their work education program. There will be 4 different options to choose from with a limited number of each available so please log on as soon as possible to place your order. When you log into your Flexischools account ([www.flexischools.com.au](http://www.flexischools.com.au)), and click on the Mother's Day Gifts tile, you'll see the different gift options with a small photo of what is included in each pack. If your first choice is sold out, we hope you won't be disappointed with another option. If you have any difficulties with the Flexischools process please contact [patriciam@stlucys.nsw.edu.au](mailto:patriciam@stlucys.nsw.edu.au)

Mums don't forget to RSVP using the trybooking link: <https://www.trybooking.com/BQTPL> for the special Mother's Day assembly on Friday 7 May arriving at 9.15am for a 9.30am start.

### Photograph Day: Wednesday 5 May

School photographs have been organised during the morning of Wednesday 5 May. We will continue to take individual student photos which will then be combined to become a class photo. Whilst every effort will be made to get a good portrait picture of your child please remember that we are not seeking to provide photographic studio quality. If you wish photos of that calibre of your child please feel free to arrange them from a photographic studio for your own family to enjoy. Please see details below on how to book your child's photos if you already haven't done so:



### St Lucy's School 2021

Hi There!

Your School photo day is coming up on **Wednesday 5 May 2021**

Ordering your school photos is quick and easy using our **NEW MSP Online Platform!**

You can also order your Family Sibling Photos at the same time you order the individual photos by scrolling further down the page.

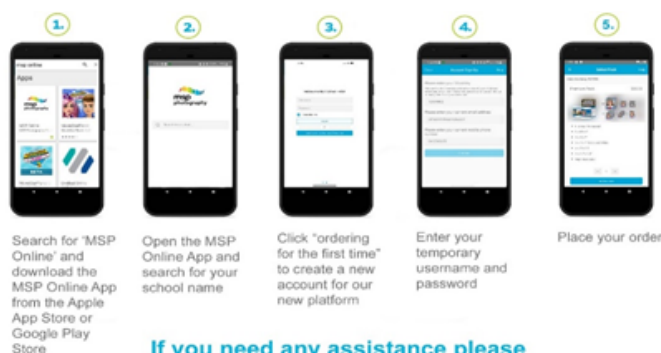
**Family orders must be placed BEFORE photo day.**

Please use the link below to order your photos on your desktop.



<https://order.msp.photos/>

You can also order using an iPhone or Android device by downloading the MSP Online app and following the below steps!



**If you need any assistance please  
call us on 94996555 or email  
[sydney@msp.com.au](mailto:sydney@msp.com.au)**

### Dominic Centre Opening Arrangements: Tuesday 18 May

Well, it's finally here! We are officially opening the new building – The Dominic Centre – on Tuesday 18 May after moving into the building mid 2020! We are limited in numbers due to the need to factor in wet weather arrangements, if needed, so we are having two openings on the same day.

One ceremony will start at 9.30am for the official friends of St Lucy's to bless the building with The Most Reverend Anthony Randazzo, Bishop of Broken Bay and to open it with The Honourable, Sarah Mitchell, MLC, Minister of Education and Early Childhood Learning along with our wonderful donors.

The second parent focussed ceremony starts at 1pm and is a more informal event including a sausage sizzle for you,



our parents, carers, volunteers and neighbours, with the Board Chair, Kitty Guerin and myself saying a few words and opening the building. Each class will also parade around the oval with their artworks representing the significance of the Dominic Centre for them. To attend this part of the event, please visit: <https://www.trybooking.com/events/landing/754196?bof=1>.

If you wish to take your child home at the end of the event, please email class teacher and [absent@stlucys.nsw.edu.au](mailto:absent@stlucys.nsw.edu.au). We will only be opening the gates for departure at 2pm for safety reasons.

We look forward to a great day of celebration as we thank God for his blessing to us of the Dominic Centre.



St Lucy's School invites parents, carers and volunteers to the opening of the

## DOMINIC CENTRE

**Date: Tuesday 18 May 2021**

The time for this celebration will be from 12.30pm to 2.00pm  
You are invited to enjoy a sausage sizzle lunch before the opening of  
the Dominic Centre and the parade of each class.

At the conclusion of the parade parents and carers are welcome to  
take their child home with them.

**RSVP: 6 May 2021** for catering purposes by using the TryBooking link:

<https://www.trybooking.com/events/landing/754196?bof=1>

Please note this is a school uniform day and not a mufti day.

Due to limited numbers, a maximum of 2 people per family per booking (including children you may wish to bring)



### **Olympian Rower Visit: Autism Awareness**

We were delighted to be approached recently by Olympics Unleashed via Autism Awareness Australia (<https://www.olympics.com.au/olympics-unleashed/>) which takes Olympians and athletes aspiring to the Tokyo Games and beyond, into Australian schools to challenge and motivate students to be their personal best during Autism awareness month in April each year.

One of the Olympics Unleashed athletes, Olympian Chris Morgan who is a Bronze Medallist in Rowing at the 2012 London Olympics who has autism came to St Lucy's. He talked about his Autism within his presentation when he came to school this week to talk to students in Years 8 and 9. He inspired them to follow their dreams.



### **June Holiday Program:**

During the June/July holiday period, the Creative Arts Team will once again be offering a Holiday Program. The Program will run in the first week of the holidays, from Monday 21st – Friday 25th of June. Parents, please note that due to significant groundworks that will also take place at the school over the break, the Holiday Program will have very limited places. Our Head of Creative Arts, Ali Picone, will send out program information and open enrolments in Week 6.

I would also encourage you to be in touch with our Family Support Worker, Jono Carey, if you would like some support to access more holiday programs and special services in your area for the three week break in June/July.

### **Potential Gastro Warning!!**

We have had a few cases of unsettled stomachs. Please be extra vigilant with handwashing and keep your child at home if they show any symptoms. Any questions, please call Terry or Kathleen.

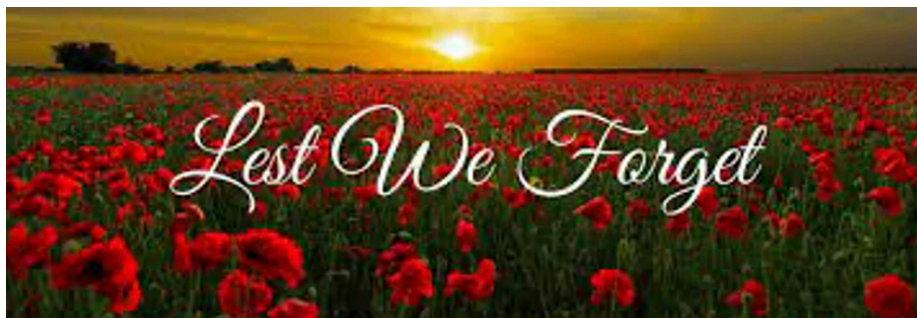
David Raphael  
Principal



*They went with songs to the battle, they were young,  
 Straight of limb, true of eyes, steady and aglow,  
 They were staunch to the end against odds uncounted,  
 They fell with their faces to the foe.  
 They shall grow not old, as we that are left grow old:  
 Age shall not weary them, nor the years condemn  
 At the going down of the sun and in the morning  
 We will remember them.*

*But where our desires and hopes profound,  
 Felt as a well-spring that is hidden from sight,  
 To the innermost heart of their own land they are known  
 As the stars are known to the night.  
 As the stars shall be bright when we are dust,  
 Moving in marches upon the heavenly plain,  
 As the stars that are starry in the time of our darkness,  
 To the end, to the end, they remain.*

- Verses from 'For the Fallen' by Robert Laurence Binyon



Last Sunday 25th April, nationwide we commemorated ANZAC Day in various ways and forms so as to highlight the significance and meaning of this special day. At St Lucy's on Monday morning, all classes held a special ANZAC Day liturgy for students and staff to participate in within their classrooms. Thank you to the Turquoise Class for preparing this for teachers to facilitate. This liturgy focused not only on the courage shown by our young men and women in the past, but also what many of our fellow citizens continue to demonstrate today as they strive for peace and safety through their involvement in our Armed Forces.

May we hold in our prayers all who are impacted by the devastation that conflict brings and that the right level of support and love is offered to those who experience it in many ways and forms.



**St Catherine of Siena Feast Day Celebration:** Today we celebrated this special feast day with a whole school class-based liturgy and mufti day! St Catherine was someone who, during her time, advocated for the needs of others, especially those whose rights were not being recognised. As such, at St Lucy's each year, we use this day to raise money for a charity attending to the needs of a community or group. This year, our chosen charity is GIVIT ([www.givit.org.au](http://www.givit.org.au)) who is currently supporting and assisting those communities affected by the recent floods in NSW and QLD. Thank you to everyone for supporting this cause through your donations and mufti attire! Thank you to Amber Class for preparing and providing the liturgy for teachers to use with their students.

**Mother's Day event:** Next Friday 7th May, St Lucy's will be opening up its doors to welcome our mums and carers for a special morning celebration from 9.15am until 11am! This will include a liturgy, a visit to classrooms and a hosted morning tea. If you would like to attend, please ensure you register through the following TryBooking link by Wednesday 5th May <https://www.trybooking.com/BQTPL>. For our Narrabeen and Narrabeena parents, you will receive information from your child's teacher regarding arrangements for this day.

**St Lucy's Sacramental Program – it's not too late to register!** If your child is baptised Catholic, and is 9 this year, then they are eligible to participate in our Sacramental Program for 2021. If you would like to know more, please get in touch with me [vanessad@stlucys.nsw.edu.au](mailto:vanessad@stlucys.nsw.edu.au). The Program will commence this term, on Wednesday 19th May.

**SAVE THE DATE: C3 Cares Shopping Trip Wednesday 26th May TBC:** We have once again been offered the opportunity by our friends at C3 Church Wahroonga, to have our parents attend a FREE shopping trip to their C3 Cares Warehouse at Silverwater. A TryBooking link will be provided if you would like to attend, once we have confirmed the date.

**SAVE THE DATE: Mum's Night Out:** With COVID-19 restrictions easing and events being brought back online for parents to engage with in schools, we are looking to hold our first Mum's Night Out for over a year, on Friday 28th May. More details and registration links will be sent out shortly, but pencil it into your diaries now.

Wishing you peace and blessings,

Vanessa Dillon

Classroom Teacher - REC



## PERIDOT CLASS REMEMBERS CORPORAL MATTHEW MARCH



Peridot Class created a prayer table for ANZAC Day and we dedicated it in remembrance of Corporal Matthew March of A Coy 2117 RNSW R.





St Lucy's School is thankful to Clarissa Kalamvokis, a Year 12 student from Santa Sabina who is in partnership with Bendigo Bank Homebush helped fundraise for St Lucy's. On Thursday they presented us with a cheque for \$3650 which will enable our school to purchase technology and robotics. What a marvellous effort!



## STAR OF THE WEEK AWARD



### STAR OF THE WEEK (WEEK 1)

AMETHYST	Neo Suprasert
CITRINE	Fahad Omar & Monty McNeil
DIAMOND	Rafa Macpherson
GARNET	Luke di Staso
JADE	Caleb Longford
JASPER	Alex Crowley
MOONSTONE	Gabriel Cheah & Elliott Dinsdale
ONYX	Bella Tantillo & Leo Seeto
OPAL	Caitlyn Shin

PEARL	Ollie Zawodny
RUBY	Brandon Polito
SAPPHIRE	Sophie Elder
SUNSTONE	Andrew Chibika
TANZANITE	Owen Davis-Brown
TOPAZ	Keshav Ivaturi & Oskar Groenewald
TOURMALINE	Leo Hart & Naomi Baumgartner
TURQUOISE	Angeline Boyadjian

### STAR OF THE WEEK (WEEK 2)

AMETHYST	Luka Romic
CITRINE	Austin Cameron & Gus Lindsay
DIAMOND	Oliver D'Souza
GARNET	Christopher Oppen & Daniel O'Connor
JADE	Abi O'Keefe
JASPER	Inika Sandman & Luke Hughes
MOONSTONE	Daniel Shim
ONYX	Ethan Bortolussi
OPAL	Ruby O'Brien & Diesel Grey

PEARL	Ante Maric & An-Yu Chueh
RUBY	Andy Hopper
SAPPHIRE	Uriel Cheah
SUNSTONE	Beau Lyall
TANZANITE	Edward Price
TOPAZ	Mikael Karami & Keshav Ivaturi
TOURMALINE	Joshua Drummond & Elliott Chislett
TURQUOISE	Madison Garcia & Angeline Boyadjian

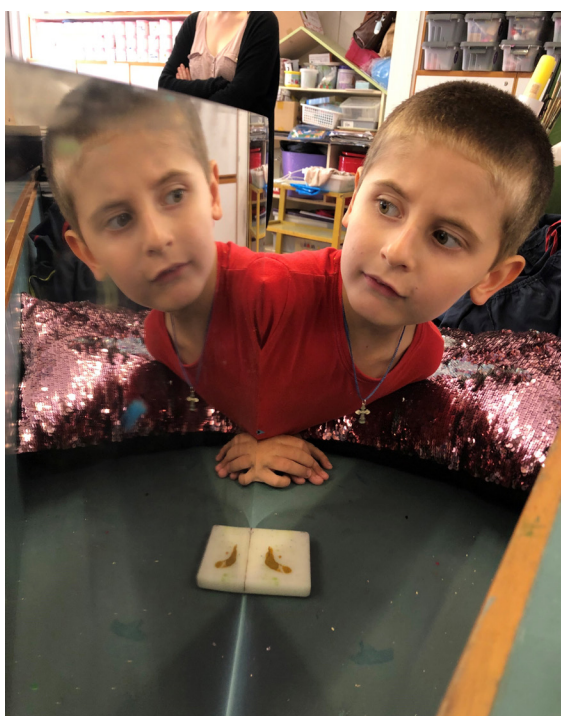




## CREATIVE ARTS NEWS

Well done to everyone involved in our wonderful Creative Arts Holiday Program over the April break. The workshops were dynamic, the students were artistic and engaged and the staff were, as always, dedicated and supportive. Here are some highlights!

Alessandra Picone  
Head of Creative Arts







# FAMILY SUPPORT

Dear St Lucy's community,

As you read in the Principal David Raphael's message, there will be low availability in the St Lucy's Vacation Care this up and coming holidays due to maintenance within the school. The holiday period runs from between June the 19th to the return of students on the 13th of July, at least 3 weeks! If you need support, the following services are useful places to start. Enquire as soon as possible and book in places earlier rather than later. Positions fill quickly. Services need to plan ahead for staffing during this time period. Think through family members and friends you can contact now to get assistance during the holidays.

Please get in contact now, if you need assistance in making arrangements.

Jonathan Carey

Family Support Worker • Mob: 0456 681 710 • Email [JonathanC@stlucys.nsw.edu.au](mailto:JonathanC@stlucys.nsw.edu.au)

## GENERAL HOLIDAY PROGRAMS & RESPITE SERVICE LIST

### **CatholicCare Brookvale Lorikeets Holiday Camp**

Dates available: 04/01/2021 - 22/01/2021

Contact: Lynn Murphy or Olivia Bucknell ON 9488.2500 for further details

### **Jaybelle Care**

Contact: Jessica Hokin • 0423 202 588 • [jaybellecure@gmail.com](mailto:jaybellecure@gmail.com)

### **PCYC Hornsby (Not Special Needs)**

Michaela Pendleton • [MPendleton@pcycnsw.org.au](mailto:MPendleton@pcycnsw.org.au)

### **Ability Options - Northern Beaches Interchange**

Contact Jayne Parums – Support Coordinator Group and Individual Support.

[Jayne.parums@abilityoptions.org.au](mailto:Jayne.parums@abilityoptions.org.au) • 0437 422 121 or

email [nbiservicet@abilityoptions.org.au](mailto:nbiservicet@abilityoptions.org.au) • phone 8976 2865

### **Luz All Abilities**

Availability: During all school holidays • 9am to 3pm (optional extra hours) • 10 spots available

Contact: Jayne Parums – Support Coordinator Group and Individual Support.

[Jayne.parums@abilityoptions.org.au](mailto:Jayne.parums@abilityoptions.org.au) • 0437 422 121 or email [nbiservicet@abilityoptions.org.au](mailto:nbiservicet@abilityoptions.org.au) phone 8976 286

### **Hands and Feet Camp**

Availability: Weeklong camp 10th-15th January. For kids and teenagers aged 7-18 with intellectual disabilities

Contact: Reuben Torrance • 0426 797 382 • [reuben@handsandfeet.com.au](mailto:reuben@handsandfeet.com.au)

### **Holiday Camp - Catholic Care**

Availability: During school holidays 14/12/20 to 18/12/20

Weekend recreational programs for young kids (5Y/o to 14 Y/O) every weekend Inc 19/12/20

Individualised support and holiday camp for St Lucy's kids on 10th and 11th December (small group of St Lucy's kids) January 5th to January 22nd 2021. Capacity currently open for bookings. Max capacity 12 kids

Contact: Camilo Castano • Holiday Camp Team leader • 9488 250

### **Wheelchair Sports, Programs and Camps – Northern Sydney**

[www.wsnsnsw.org.au/sports/](http://www.wsnsnsw.org.au/sports/)



## GENERAL HOLIDAY PROGRAMS & RESPITE SERVICE LIST

ABA Link Supersitters – Sydney Metro  
Autism Spectrum – Australia Wide  
Active Opportunities – Sports Program, Northern Suburbs  
Care Centric  
Catholic Care – Disability Services  
Cerebral Palsy Alliance – Disability Services  
Danceability - Eastern Suburbs  
Early Ed - North and Western Sydney  
Football4All – Northern Suburbs  
GymAbility – Gymnastics, Northern Suburbs  
Hills Swimming – Western Sydney  
Hire Up – Online Support Search  
Homecare Heroes – Disability Service, Sydney  
Jaybelle – Disability Service, Northern Sydney  
Kickability – Special Needs AFL, Pennant Hills  
Learning Links – Northern Suburbs and Northern Beaches  
Lifestart – Across Sydney  
Lifestyle Solutions – Disability Service, Sydney  
Luz Services – Individual & Group Service, Northern Sydney  
Magic Mania – Magic Show, Sydney City  
Northcott – Disability Service, Western Sydney  
Northern Beaches Interchange – Holiday & Vacation,  
NWDS – Disability Service, North West Sydney  
NWSF – Football for all Females, Sydney  
Rhythm Works Dance – Inner West Sydney  
Sahara School Holidays – Vacation Care, Western Sydney  
Sense Rugby – Northern Suburbs  
Rainbow Club – Swimming, Northern Suburbs  
Reach Up – Individual & Group, Northern Suburbs  
You Should Be Dancing! – Northern Beaches  
Unisson Art Class – Terrey Hills

[supersitter@abalink.com.au](mailto:supersitter@abalink.com.au)  
[www.autismspectrum.org.au](http://www.autismspectrum.org.au)  
[www.activeopportunities.org.au](http://www.activeopportunities.org.au)  
[www.carecentric.com.au](http://www.carecentric.com.au)  
[www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)  
[www.cerebralpalsy.org.au](http://www.cerebralpalsy.org.au)  
[www.danceability.com.au](http://www.danceability.com.au)  
[www.earlyed.com.au](http://www.earlyed.com.au)  
[www.activeopportunities.org.au](http://www.activeopportunities.org.au)  
[www.hornsbyrslgymnastics.com.au](http://www.hornsbyrslgymnastics.com.au)  
[www.hillsswimming.com/](http://www.hillsswimming.com/)  
[www.hireup.com.au](http://www.hireup.com.au)  
[www.homecareheroes.com.au](http://www.homecareheroes.com.au)  
[jaybellectcare@gmail.com](mailto:jaybellectcare@gmail.com)  
[juniorvicepresident@pennanthillsjaafc.com.au](mailto:juniorvicepresident@pennanthillsjaafc.com.au)  
[www.learninglinks.org.au](http://www.learninglinks.org.au)  
[www.lifestart.org.au/](http://www.lifestart.org.au/)  
[www.lifestylesolutions.org.au](http://www.lifestylesolutions.org.au)  
[www.luzallabilities.com.au](http://www.luzallabilities.com.au)  
[www.magicmania.com.au](http://www.magicmania.com.au)  
[www.northcott.com.au](http://www.northcott.com.au)  
[www.nbi.org.au](http://www.nbi.org.au)  
[www.nwds.org.au/activities----supports](http://www.nwds.org.au/activities----supports)  
[www.nwsf.com.au](http://www.nwsf.com.au)  
[info@elevateperformingarts.com](mailto:info@elevateperformingarts.com)  
[s.zgolak@saharaservices.com.au](mailto:s.zgolak@saharaservices.com.au)  
[www.senserugby.com.au](http://www.senserugby.com.au)  
[www.rainbowclubaust.com.au](http://www.rainbowclubaust.com.au)  
[www.reachup.org.au](http://www.reachup.org.au)  
[www.youshouldbedancing.com.au](http://www.youshouldbedancing.com.au)  
[Fergusonhello@unisson.org.au](mailto:Fergusonhello@unisson.org.au)

## CAMPS

Wheelchair Sports, Programs and Camps – Northern Sydney  
Sony Camps - Book 1 year in Advance (Sydney)  
Marist Sony Foundation Children's Holiday Camp  
Start Up Kidz – Disability Camps, Sydney and Regional NS

[www.wsns.org.au/sports/](http://www.wsns.org.au/sports/)  
[www.sonyfoundation.org](http://www.sonyfoundation.org)  
[maristcamp@joeys.org](mailto:maristcamp@joeys.org)  
[www.startupkidz.com.au](http://www.startupkidz.com.au)

## EMERGENCY CONTACTS

In an Emergency  
NSW Police (non-emergency)  
Mental Health Line  
Parentline  
Carer Gateway Contact Centre  
Kids Helpline  
Lifeline  
Beyond Blue

Call 000 or go to a hospital emergency  
131 444  
1800 011 511  
1300 1300 52      [www.parentline.org.au](http://www.parentline.org.au)  
1800 422 737      [www.carergateway.gov.au](http://www.carergateway.gov.au)  
1800 55 1800  
13 11 14  
1300 22 4636      [www.beyondblue.org.au](http://www.beyondblue.org.au)



## CARER GROUPS AND ONLINE SUPPORTS

**Conversations with Carers** – Online and Phone Support (Northern Sydney Local Health District)

Tel (02) 94629488 m. 0434323411 | Mary.BeiJerinckGooley@health.nsw.gov.au | [www.nscarersupport.com.au](http://www.nscarersupport.com.au)

### **Parent Support Group (Forestville and Norther Beaches)**

For families in the Forestville area and the wider northern beaches regarding started by the ACN. The monthly support group is being run by a volunteer called Amanda Perry The meeting is held at the Forestville RSL, and the next one is scheduled for this Sunday 8 Nov from 2pm to 4pm. Group benefits families with younger kids on the spectrum, but anyone is welcome.

Amanda Perry: 0415 257 388

### **Ability Options (Northern Beaches Interchange)**

**Our Kookaburras playgroup** is for our under 5 years old's and runs like a playgroup. This year we have a speech pathologist who will be attending the group to read stories and connect with families.

**Our Carers Café** is for families and carers to connect and share stories in a quiet and private space. This is run by our dedicated Art Therapist who provides a variety of activities for the day.

For more information contact your friendly team on (02) 8976 2850 or [nbiservice@abilityoptions.org.au](mailto:nbiservice@abilityoptions.org.au)

### **MyCareSpace (Community Ogranisation)**

(Lends a hand to people in our community that need help such as getting groceries, walking a dog, picking up a parcel and chat on the phone

The MyCareSpace Team | [www.mycarespace.com.au](http://www.mycarespace.com.au) | 1800 670 014

## USEFUL SEARCH ENGINES

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

(Disability Support Guide is a gateway to connect Australians living with a disability, their families and carers with disability support providers through our industry-leading suite of resources including the Guide to Disability Support, [DisabilitySupportGuide.com.au](http://DisabilitySupportGuide.com.au) and [TalkingDisability.com.au](http://TalkingDisability.com.au)

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

(Clickability is an Australian disability service directory that features ratings and reviews from the people who actually use the services)

[www.ideas.org.au](http://www.ideas.org.au)

(Information on Disability, Education and Awareness Services provides accurate and verified information to help people with disability live full and independent lives)

[www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

(Speech Pathology Australia is the national peak body for the speech pathology profession in Australia. Speech pathologists are University trained allied health professionals with expertise in the assessment and treatment of communication and/or swallowing difficulties)

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

(Occupational Therapy Australia is the peak professional body representing the interests of Occupational Therapists across Australia. We can help locate Occupational Therapists in your area)

Disclaimer: While we are aware of and are happy to let you know about support services, we are not endorsing these services and cannot promise you that the services are suitable for your child or family's needs. It is up to you to make your own inquiries and decide whether a service is suitable for your child and your family.

# YOUR CHILD'S NDIS PLAN



## You are invited to a free info session on how to implement your child's NDIS Plan

Designed for parents and guardians of children 0-12 with disability or developmental delay who are looking for support with starting or using their child's existing NDIS plan more effectively.

Session topics include:

- Understanding your child's NDIS plan
- How to make changes to the plan
- Plan management
- Self-management tips
- NDIS plan reviews
- Early childhood Intervention best practice
- Finding and choosing service providers

If you would like to attend but cannot, please let us know. This will help us to plan future sessions.

### 2021 EVENTS INFORMATION:

#### WHEN:

- 17th February: 10.30am -12pm
- 23rd February: 12pm-1.30pm
- 10th March: 10.30am – 12pm
- 25th March: 12pm – 1.30pm
- 9th April: 10.30am – 12pm
- 20th April: 12pm – 1.30pm
- 5th May: 10.30am – 12pm
- 20th May: 12pm – 1.30pm
- 4th June: 10.30am – 12pm
- 15th June: 12pm – 1.30pm

WHERE: Online via Zoom

#### REGISTER:

<https://analytics-au.clickdimensions.com/cn/aosfc/ndisinfo>

CONTACT US: 02 9280 4744  
[betterstart@carersnsw.org.au](mailto:betterstart@carersnsw.org.au)



# CARING FOR A CHILD WITH DISABILITY?



## Would you like information about the supports available to your child?

Carers NSW is inviting you to a free 'Meet and Greet' workshop for parents and guardians of children with disability or developmental delay aged up to 12 years old.

These workshops provide the opportunity for you to access information about supports for you and your child from a range of local speakers, including:

- ECEI partners (0-6 age group NDIS)
- Local Area Coordinators (7+ age group NDIS)
- Disability Advocacy agency
- NSW Department of Education

You will also have the opportunity to have any NDIS questions answered and to meet other families and share experiences.

### EVENT INFORMATION (2021):

#### WHERE:

Gymea - 15 April  
Liverpool - 27 April  
Ryde - 6 May  
South Coast - 11 May (Online)  
Campbelltown - 25 May  
Grafton - 8 June

#### RSVP:

Registration is essential.  
To register [click here](#).  
Venue details will be provided on confirmation of registration.

A light lunch will be provided.

#### ENQUIRIES:

P: 02 9280 4744  
E: [education@carersnsw.org.au](mailto:education@carersnsw.org.au)

## Carers NSW April – June 2021 training calendar

Carers NSW offers a number of free workshops and training for carers, carer support groups, service providers and anyone providing support to a carer. The education and training calendar is updated each month to help you plan ahead for any topics of interest.

A carer is any individual who provides care and support to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail.

Workshops are currently being delivered online using the Zoom videoconferencing platform. You will need access to a computer with speakers (a microphone and video camera are a bonus). Carers NSW will send you instructions about how you can join the session on confirmation of your registration.

**Guest speaker requests are welcome.** Please contact [education@carernsw.org.au](mailto:education@carernsw.org.au) Bookings will be subject to trainer availability and COVID safe risk assessments for in person training requests.

### Caring through Crisis: COVID-19

This 1½ hour session provides carers with an opportunity to connect, share experiences and strategies in caring through COVID-19. As we continue to live with the impacts of COVID-19 this session focuses on strategies for self-care, addressing barriers to service delivery, identifying strategies to address the needs of the person being cared for in the current environment and information about where to access up to date information and supports.

Participants will also receive a handbook, with information about keeping safe and well, a self-care action plan, and a list of resources with links to information and supports available.

**Dates:**      Thursday 1 April    Wednesday 5 May    Wednesday 9 June

[Click here to register](#)

### Caring Through Crisis: Disaster planning

This 2 hour workshop provides carers with an opportunity to plan ahead for future emergencies, especially when caring for someone with complex needs. The session will focus on understanding your risks; knowing what to do before, during and after a disaster; knowing who can assist you, and having the tools and knowledge to plan ahead.

Participants will also receive a handbook, including an emergency care plan, evacuation plan and checklist.

**Dates:**      Tuesday 13 April    Thursday 20 May    Wednesday 30 June

[Click here to register](#)

### Future Matters: The importance of carers planning ahead

Planning for the future can be challenging for carers, many of whom avoid thinking about future needs for themselves and the person they care for, until they are in crisis. This 1½ hour session provides an overview of the legal, medical, financial and other practical considerations in planning for the future. The session also provides information, tools and supports to help plan and prepare to transition someone to aged and/or end of life care and an opportunity to reflect on the emotional impacts carers may experience at this time.



At the end of the session carers will receive a handbook with information, tools and resources on future planning.

**Dates:**            For carers                      Tuesday 20 April            Wednesday 12 May            Tuesday 15 June  
                                  For service providers    Wednesday 14 April    Monday 10 May            Wednesday 9 June

[Click here to register](#)

## Carer Skills Introduction

This 1½ hour workshop provides an overview of our new Carer Skills program for carers of older people. The session will describe the topics included in each module; how to easily search and select your topic of interest; strategies to address the needs of the person you care for; where to access up to date information and who can support you.

A shorter ½ hour workshop is available for service providers, educators and clinicians. All participants will receive copies of each module and a link to the Carer Skills Modules and video series.

**Dates:**            For carers                      Wednesday 14 April    Thursday 27 May            Wednesday 16 June  
                                  For service providers    Friday 23 April            Wednesday 2 June            Tuesday 29 June

[Click here to register](#)

## Carer Skills 6 Week Course

This course will be held for 2 hours each week, over 6 weeks. It provides an opportunity for carers to build their practical skills, knowledge and confidence in caring for an older person. Participants can talk to the facilitator, share their experiences, ask questions and learn more about:

- Week 1: The different approaches to caring
- Week 2: Access to services and supports, carer rights, complaints, legal documents, carer supplements
- Week 3: Strategies to take care of your own health and wellbeing
- Week 4: Assisting someone with daily activities like personal care, eating, drinking and transport
- Week 5: Moving someone safely, including safe body position, common transfers and instructional videos
- Week 6: Information and advice on falls prevention, medications, planning ahead and palliative care.

**Dates:**            Course starts Tuesday 27 April (Following sessions will be held on 4 May, 11 May, 18 May, 25 May, 1 June)

[Click here to register](#)

## Supported Decision-Making

This 1½ session outlines the human rights belief that 'every person has the right to make their own decisions', and recognises when people with disability require support with this. The session provides carers with an overview of the supported decision-making process and an understanding of their role, rights and responsibilities in supporting the person they care for to make decisions.

**Dates:**            Thursday 29 April    Monday 24 May            Friday 25 June

[Click here to register](#)

## Navigating My Aged Care

This 1 hour session builds carer confidence in using and accessing My Aged Care, the starting point in accessing Australian Government funded aged care services. It may benefit service providers and others who would like a better understanding of My Aged Care. The session has an overview of My Aged Care, how to access services and supports, and information on the assessment process, home care and residential care. Participants will receive a handbook with links to resources and tools to assist in planning and accessing aged care services.

**Dates:**                      For carers                      Thursday 15 April                      Tuesday 11 May                      Friday 11 June  
    For service providers                      Friday 9 April                      Monday 17 May                      Thursday 17 June

[Click here to register](#)

## Carer Gateway Services and Supports

This 1 hour session introduces Carer Gateway, a national support service for carers, funded by the Australian Government. It offers tailored supports and services to help carers manage challenges, reduce stress and plan ahead. This session provides an overview of the Carer Gateway and an understanding of the carer support planning process.

**Dates:**                      For carers                      Thursday 8 April                      Thursday 6 May                      Tuesday 22 June  
    For service providers                      Wednesday 28 April                      Wednesday 19 May                      Monday 28 June

[Click here to register](#)

## Health and Wellbeing

This 1½ hour session acknowledges that while caring for and supporting a family member or friend is often rewarding, stress may at times cause carers to feel physically and emotionally overwhelmed. This session helps carers explore the impacts of caring, identify barriers to self-care, reflect on the importance of looking after their physical and emotional health, explore strategies and develop a self-care plan to address their health and wellbeing needs.

**Dates:**                      Friday 23 April                      Wednesday 26 May                      Wednesday 23 June

[Click here to register](#)

## Understanding and Supporting Carers

This 1 hour session provides service providers an understanding of carers in society, the impacts of caring, the diversity of carers and their caring experience, the importance of identifying carers in ensuring their access to support services, and awareness of Carers NSW and Carer Gateway resources that support carers in their caring role.

**Dates:**                      Thursday 13 May

[Click here to register](#)

## Contact us

Call (02) 9280 4744 weekdays from 9am to 5pm or visit [www.carersnsw.org.au](http://www.carersnsw.org.au) to learn more

Education and training enquiries and speaker requests can be directed to [education@carersnsw.org.au](mailto:education@carersnsw.org.au)



**NEW FOR 2021!**

# Kickability



Pennant Hills Demons Junior AFL Club  
is proud to launch Kickability for the  
families of North West and  
Northern Suburbs of Sydney!

Kickability is for mobile kids with disabilities keen to try AFL. Kickability is suitable for kids with (but not limited to) Autism, Fragile X Syndrome, Down Syndrome or Cerebral Palsy, aged 9-16.

Registrations are open now and we kick off Thursday 22nd April.

Email [kickability@pennanthillsjafc.com.au](mailto:kickability@pennanthillsjafc.com.au) for more information.

**REGISTER AT PENNODEMONS.COM**

**\$100 OR *FREE* WITH ACTIVE KIDS VOUCHER!**

