

what's **the buzz**

NEWSLETTER

FEBRUARY 2012 Edition No. 27



Welcome to **2012**

On behalf of the CPSN Board of Management and Staff, I would like to welcome you all to the New Year and wish you a wonderful 2012 full of great achievements and experiences. 2012 brings a fresh start and a new beginning for all.

As you may already know during the festive season the CPSN moved office. We are now located at **3 Ethel St Thornbury and our new phone number is 1300 277 600 (1300 CPSN 00) or 03 9484 5326.**

The move went very smoothly and we are now settling in quite nicely. I extend my apologies for any inconvenience this may have caused anyone. We worked very hard to minimise any disruptions to our members. I would like to thank a few people who helped make our unexpected move possible in such a short amount of time. They were very instrumental and played a vital role to making this happen.

A big thanks goes to the following:

Department of Human Services - North West Region
Kate Jarvis - DHS Programs and Services Advisor
Lydia Haig - BOM Member • John Bergantino - CPSN Volunteer • Ellie Bergantino - CPSN Volunteer
Melissa Flentjar - CPSN Staff • Ashley Flentjar - IT Support • Rita Edwards - CPSN Staff • Carl Edwards - CPSN Volunteer • Daniel Edwards - CPSN Volunteer
Lewis Cavalieros - CPSN Member • Tom Stronghillis - CPSN Volunteer • Arthur Hatsiatavros - CPSN Volunteer
Amber Hawkins-Basic - CPSN Volunteer
Robert Hore - CPSN Volunteer

And lastly a big thank you to Michael from Fonespares who kindly donated his time and helped us with the installation of new phones.



Vicki Cavalieros - Manager

CPSN MEMBERS TRUST FUND

Each year the CPSN offers grants to our members to directly support individuals with Cerebral Palsy. Members are encouraged to apply for something that would enhance their life. The CPSN would like their members to be creative with this funding.

In 2011 the CPSN received over 40 applications and provided grants to 20 people with Cerebral Palsy. The grants that have been offered are very creative and certainly do enhance member's lives. Some examples of grants offered are: a swing, dance lessons, football membership etc.

One of our very happy members Bridget used her grant for water ski lessons. Following is feedback we received from her family. Have a look at the video clip of Bridget in action on her Ezski at www.cpsn.info

"I'm so pleased to announce that Bridget did in fact ski!!!! In fact she popped up on the Ezski the very first day!! Here's a picture of her in action - as you can see she's pretty pleased with herself. Thanks so much once again for making our little girl smile and have fun - just like all the other kids!"

Cheers from one very proud mum and dad - Nikki and Michael Healy"



What's planned for **2012**

Once again we promise to make this a year full of fun and activity. We have a range of activities and events planned for our members that aim at informing, engaging and empowering people with CP and their families.

Support Groups

As per usual we will be holding our parent support groups in Ferntree Gully, Balwyn and Frankston. Last year we trialled a number of support groups in other areas of Victoria. Unfortunately these were not very well attended and so as a result we have decided to provide alternative supports. However if you feel that there is a need for a support group and would like to help start one up in your area we would love to hear from you.

Information sessions

The CPSN bi-monthly evening information sessions will be held in a central Melbourne location and will include a range of topics with guest speakers. Some of the topics we will be covering this year include, CPSN Brokerage Program, Holidays and Leisure, Adolescent Health, Early Years and Transport (these are subject to change depending on available resources). These evening sessions will be held in the months of March, May, July, Sept and Nov. Further details on each upcoming session will be sent to all CPSN members ahead of time.

In addition to the evening information sessions, the CPSN will run a range of daytime information sessions on topics of interest as identified by our members. If you have any request on what you would like to hear more about please feel free to contact us for a chat.

Gym Goers Exercise Program

The CPSN has identified the need for adults with CP to increase their physical activity. As a result we will be launching a new 12 month trial program. The Gym Goers Exercise Program will

be held in leisure centre gym in the northern suburbs and will be offered to eligible CPSN Members via expression of interest. The program aims at supporting individuals to successfully access a gym program. More information will be provided to our members in the coming months.

Social, Health and Recreation Program SHARP (formally AAA program)

Due to high demand and successful grants, this year we will be re launching SHARP for teenagers with high support needs. This program will be offered to eligible CPSN members via expression of interest. More information will be distributed to our members in the coming months.



Members Trust Fund

Once again we will be offering grants of up to \$500 to our members for items and services which enhance their lives. Members of the CPSN will be informed of when this grant opens to receive applications later in the year. For more information go to www.cpsn.info

PACTS Workshops

Last year the CPSN ran a series of workshops over 3 consecutive weeks called "Parents as Carers Transition Workshop" (PACTS), focused on young people with CP who are transitioning into adult services. We explored a range of options available and how to access them. We heard from a range of guest speakers and facilitated discussions assisted to empower individuals and their families with making decisions on the next phase of their lives.

This proved very successful and so CPSN will be once again offering this workshop to 8 parents who would like to play a more proactive role in this area.

This program will be held in term 3 of the school year. Further information will be provided to CPSN members in the coming months.

If you would like to provide us with any feedback or want to comment or make any suggestions on the programs we are planning, we would love to hear from you. For a confidential chat please call us or email us. We look forward to hearing from you.



PARTICIPANTS NEEDED

Prue Morgan is currently seeking participants for a small study exploring thoughts around falls and near falls, and their impact on quality of life.

Participants would need to be between the ages of 18 and 65 years, be ambulant with or without assistance, have sufficient cognition to complete a questionnaire about any falls, near falls, and the impact on their quality of life.

For more information on how to participate in this study please contact Prue Morgan

Specialist Neurological Physiotherapist from Faculty of Medicine, Nursing and Health Science, Monash University on 03 9904 4826 or prue.morgan@monash.edu



LACHIE'S NEW BIKE

On Wednesday the 14 December 2011, CPSN member Lachlan Stewart was presented a bike by Charlie Pickering from Channel 10's "The Project" at the Federation Square main stage. The bike was kindly donated by DLA Piper Lawyers and the Variety Club of Victoria.



Lachie is very happy with his bike which is custom designed by Bodycycles and was a welcome early Christmas present.



from left: Grant, Lachlan, Carly, Charlie Pickering for Variety and Marge Hack DLA Piper.

INSPIRED BY LACEY SHEA



Inspired by Lacey Shea" has designed and developed a new range of clothing for children who have mobility issues. This clothing is easy to put on and easy to take off. At present they have T-Shirts and Jumpers in two sizes but they are looking to increase the variety of styles and sizes in the very new future.

For more information go to:
www.inspiredbylaceyshea.com.au

FUNDRAISER FOR CPSN

Buzz Wings and Headband Set



\$15
(inc. postage Australia wide)

Aerodynamically, a bumblebee's wings are too small for it to fly. But a bumblebee doesn't know it's impossible, so it flies anyway. Like the bumblebee, individuals with Cerebral Palsy can accomplish and achieve many things that seem impossible - so help them fly!

Get your Buzz Wings and Headband set now and help CPSN to provide people with CP with much needed supports and services.

All proceeds back to Cerebral Palsy Support Network.

To order a set, please email:
cpsn@cpsn.info

Kiddie Food Cutter

Place your order now for the Kiddie Food Cutter. A safe and fun way to teach your child independent food handling skills.

\$12
(inc. postage Australia wide)

Please see page 5 for details and order form

WELCOME TO

Holland

Some of you may have already read this before. I know that it has been written in various contexts using different countries. Some may say that it's a bit corny however I find it always as nice reminder of all the positive things that come from having a child with a disability. So I would like to share this with once again with people who have read this before and introduce it to people who have not. - Vicki Cavalieros

I am often asked to describe the experience of raising a child with disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....



When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful

plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."



"Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever go away...because the loss of that dream is a very very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

Emily Perl Kingsley



\$12.00 ea
Inc Postage



Kiddi Kutter

is designed for children 3 years and older to cut their own food in safety. This long awaited knife will cut anything that a sharp knife can but it will not cut kids fingers. The Kiddie Food Kutter knife is a fun and safe way for parents to teach their kids one of the most important life skills - cooking. The Kiddie Food Kutter can also be used as an every day piece of cutlery at the table. It has proved useful for both adults and children with a disability.

Uses a sawing action rather than relying on sharp teeth or blades !



CPSN Fundraising — Kiddie Food Kutter Order Form (Please return no later than 31th of March 2012 for mid April Delivery)

Name:

Address:

Suburb:

State:

Postcode:

Qty:

Pink:

Blue:

Purple:

Green:

Credit Card No:

Card Type (Please circle): Visa / MasterCard

Amount: \$

Signature:

Date:

Or Please find enclosed my cheque for the amount of \$