

WINTER 2017

SALE NEWSLETTER



Volunteers Needed in August 2017

Welcome to the latest edition of Sale DSNSG Newsletter.

In this issue there will be updates about changes to the DSNSG Programs, Latest feedback from the DSNSG National Conference & information regarding NDIS rollout for our area.

A Warm Welcome to new members and their families who have joined DSNSG or who have relocated to SALE.

Lions BBQ Volunteers are needed please. I need assistance of One person on each day Saturdays 5th & 12th August 8:30-12 noon. The funds raised will go towards funding extra local activities for members.



Thank you to members who are Posting Out soon. Your feedback and support has been greatly appreciated. I send you best wishes for your next journey. Please email SALE coordinator with your posting location and a handover letter will be sent to your new location coordinator shortly.

POSTING PLANS are available tailored to assist members during relocation. If you would like to access this program contact me. I have spent time at the recent National Conference held in May with Kim Collins, National Coordinator, being trained in this task. **Remember: Make sure you have enough medication for a few months after you relocate.** I also assist in looking for health & recreational services, help fill out those dreaded AD...forms etc to help make the transition easier for you and your family.

Changes to Programs.

Connecting Families- Has been re designed. The Connecting Families program is a way of bringing families in local area groups together for an event, for families increasing their networks, peer support, information sharing and assistance, thus empowering families even further.

Local Area Coordinators oversee the organising and emailing their local families with event details, National Committee and families are also able to suggest events that may be happening in your local area, if the National

Special points of interest:

- **Lions BBQ 5th & 12th August Fundraising.**
- **July 20th 9:30— 2:30pm Rebecca will be at the Wellington Shire Early Years Expo.**
- **Member feedback is encouraged. Please contact Sale Coordinator with your ideas & concerns.**
- **DSNSG Sale is expanding to cover ALL of Gippsland, Morwell & Narracan District / Regions of East Victoria. If you know of an EX Defence Member, Current Reservist who you think would benefit from DSNSG programs & support please pass this information on.**

DSNSG "Catchup Dates"

Friday June 30th 3:45-5pm. Afternoon Tea

Saturday October 28th Morning Coffee @ Red Catt 9:30-11:00 Numbers needed. RSVP 24th October

December Christmas Lunch TBA

Committee approve, details and Expressions of Interests are then sent out to families. If sufficient expressions of interest are received, then families are notified that the event will go ahead and are forwarded payment details. Once payment has been made, tickets are confirmed and sent to families. Each event is subsidized by DSNSG with most events being 50% off the ticketed price. This does not include family days, coffee mornings or other regular activities. This is great news for us as the previous program was inaccessible for most members in our region due to added costs of travelling, accommodation etc.

If you know of any local events please email me. I need 4-6 weeks notice. In previous correspondence I have sent information about upcoming productions at the ESSO BHP Wellington Shire Entertainment Centre. DSNSG has approved funding for a local Trivia Night which a few members have used.



Drive Safe Program - Aspen Medical - Our Drive Safe Program is to assist and help members of our DSNSG families with ASD, ADHD, and Asperger ' s to gain confidence and self-esteem when learning to drive (16 years and above).

This program was developed as we saw a need for teenagers with disabilities needing specialized training and assistance to gain their driving licence.

Having a licence will give them a sense of responsibility and make job hunting more accessible to these young men and women and in turn help reduce the financial strain of having a special need. Big Thankyou to Aspen Medical for their continuous Support.

NDIS Rollout— I have copies of the latest information booklet for NDIS.

Outer Gippsland—The NDIS will become available in the Outer Gippsland (Local East Gippsland & Wellington Shire Areas) from 1 January 2019. A person may meet the access requirements to become a participant of the NDIS up to 6 months prior to this date. I have added the Participant information pack below to link members into the website. I also have copies of Brochures for **NDIS—Early Childhood Intervention**. Let me know if you would like a copy.

www.ndis.gov.au/html/sites/default/files/documents/our-sites/NDIS-Victoria-roll-out-Participant-pack.pdf

Defence Special Needs Support Group National Conference May 2017.

I am fortunate to belong to a support group that cares for its coordinators as well as their members. As a volunteer you generally are in your own world doing the best you can for your local members. It is fantastic to be able to go to this conference and receive genuine caring support & guidance from fellow coordinators.

3 days of Discussions with a range of speakers from DCO, Kookaburra Kids, enabled coordinators to brainstorm ideas & solutions which were presented to the various speakers. We discussed members ideas & concerns with specific Speakers.

This year we ventured outdoors and went to see the DSNSG 10 year Anniversary Quilt & also went to the Australian War Memorial. It was very moving to walk into the Afghanistan / Current Conflicts Exhibit and see some familiar faces in the Displays & be able to reflect on the camaraderie during the stressful times, loss of mates and the ' quiet ' times while abroad. It was good to see we " the families left behind " were acknowledged too.

Coordinators Now Dressed in Blue. For future events your local coordinator will be wearing a bright blue shirt. Pop over & say Hello.



Other News: Local coordinator will be attending various on Base Welcome Days, the Christmas Treat and other community activities as they arise. If you know of any events you believe DSNSG would be suited to attend please let me know. The more the community is aware that DSNSG is local and here long term, the easier it is for the local coordinator to establish connections with other support services & local businesses which benefit our members.

Local Schools & Community Centres: Araluen Primary School has been receiving updates from DSNSG for over a year. 2 other local schools Gippsland Grammar & Sale 545 have also expressed interest in receiving information. East Sale Family Group has been supportive in their efforts of displaying information and letting Rebecca host Coffee Club a few times a year to introduce DSNSG Programs to its members.

It is great to have local community support.

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