

## TERM 1 NEWSLETTER 2018

*"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals" - Melody Beattie, Author.*

Happy New Year from all of us at Early Links! We hope you are settling back into your daily rhythm.

What's that smell!? This term, our feature article is on the 'Olfactory System' (our sense of smell). Also, read on for info about local parks, upcoming events in Term 1, updated vaccination requirements, steps to make an easy, no-cook playdough, an NDIS/Disability Advocacy feature, and much much more.

Happy reading!

### Sensory Play: The Olfactory System

The olfactory system manages how we pick up and make sense of smells in our environment. It helps us make sense of whether smells are dangerous, strong, faint, pleasant, or disgusting.

Our sense of smell is associated with the Limbic System in the brain, which is associated with emotion – that's why smells can powerfully trigger memories and emotions.

Our sense of smell is also associated with our sense of taste (which is why when we have a cold things don't taste the same).

Due to the olfactory system having such a strong connection to taste and memory it can affect child's eating habits, memory and ability to recall information.

For some children, the olfactory system does not work in the same as for others. These children will be either oversensitive or undersensitive to smells.



### *The child who is oversensitive to smell:*

- May gag or throw up in response to smells which they encounter that are not offensive (or even noticeable) to others.
- May pick up on and become distracted by smells that most people do not notice, such as the smell of the cleaner used on their desk or the smell of the soap they used to wash their hands.
- Sometimes struggles at mealtimes, both with smelling the foods on their plates and with tasting the food presented to them.
- Can fail to experience pleasure with smells that most of us associate with pleasant memories or good experiences, like smelling

chocolate chip cookies baking in the oven.

### *The child who is undersensitive to smell:*

- Seems to crave certain smells and frequently holds non-food items to their nose to smell them, such as crayons, toys, and so on.
- Uses smell to attempt to learn about their surroundings.
- Fails to understand "safe" versus "dangerous" smells, which can lead to safety issues, such as being drawn to strong smells like cleaning chemicals or strong-scented permanent markers.

## Olfactory Activities

### **Smell and Feel**

The sense of smell is a powerful thing — so powerful that we can create images in our minds without even seeing or touching the items we smell. This simple activity encourages children to make connections between real-life objects and those mental images created by smell.

#### What you'll need:

- Blindfold
- Empty containers
- Cotton balls
- Scented oils or extracts, such as lemon, apple, liquorice, cinnamon, orange, and so on
- Real life objects to match each scent, such as lemons, apples, and so on

#### What you do:

1. Sprinkle 1-4 drops of each oil or extract on a cotton ball and place one cotton ball in each container.
2. Place the real-life objects on a table in front of your child. Discuss what she sees and the names of each of the items.
3. Blindfold your child.
4. Give her one of the scented containers to smell and have her feel her way around the table to find the matching object.

#### Tips:

- For younger children, try using very familiar scents to start such as banana, orange, and berry.

### **Smash 'n' Smell**

Our sense of smell is something you might not think about very often but it is closely linked to the parts of our brains responsible for emotions and memory as well as adding to our sense of taste.

Playing with different scents is a good way to practice analysing the information we receive about the world around us. We can try matching things that smell similar to each other, use describing words to talk about what we smell and what it reminds us of, and generally experimenting with a whole lot of "what ifs". Today we are testing out "What if I crush it?"

#### What you'll need:

- A variety of flowers and other plants
- Blank paper
- A mallet, rolling pin, or other similar tool

#### What you do:

1. Take a sheet of white paper and arrange plants on it.
2. Place another piece of paper on top of the plants.
3. Gently, but firmly, hit the top paper with the mallet (or roll with the rolling pin), smashing the plants below so that the "juices" stain the papers.
4. Remove the top paper and use fingers to push off any smashed petals.
5. Smell fingers and paper, and look at the pretty designs.



## Blue Mountains

Glenbrook Park, Ross St, Glenbrook



[www.bluemountainshaveyoursay.com.au/16982/documents/54598](http://www.bluemountainshaveyoursay.com.au/16982/documents/54598)

The reopening has been delayed but when it is completed Glenbrook Park upgrade will feature inclusive play equipment and seating in a shady landscaped setting.

Wentworth Falls Lake, Sinclair Cres  
Wentworth falls.



Two areas of general play equipment and a wheelchair accessible loop great for scooters and small bikes too. Note, there is no fencing between the park and road or water so keep your eyes on little ones.

Fairfax Heritage Track, Blackheath



[www.nationalparks.nsw.gov.au/things-to-do/walking-tracks/fairfax-heritage-walking-track](http://www.nationalparks.nsw.gov.au/things-to-do/walking-tracks/fairfax-heritage-walking-track)

Blackheath in the National Park. Wheelchair 1.7km one way accessible path to the lookout over the valley. For the less fit among us I recommend starting at the Heritage Centre and heading down the track if there is an option of a vehicle waiting for you at the Govett's Leap lookout end.

## Penrith

Livvi's Place, 1 Discovery Way, Jordan Springs



This fully fenced park at Greenwood Parkway, Jordan Springs, boasts a large water play area with six water jets, a sandpit, trampolines, swings, accessible toilets with adult-sized changing space, a performance stage, shade structures, and picnic areas.

[penrithcity.nsw.gov.au/Facilities-and-Recreation/Parks-and-Playgrounds/Playgrounds-by-suburb/](http://penrithcity.nsw.gov.au/Facilities-and-Recreation/Parks-and-Playgrounds/Playgrounds-by-suburb/)

# Local Parks

## Lithgow

*Queen Elizabeth Park – Main St, Lithgow*



Features an all-abilities roundabout and wheelchair friendly Liberty Swing.

MLAKs are generally available nearby for unlocking Liberty Swings or you can apply for your own via [masterlocksmiths.com.au/mlak.php](https://masterlocksmiths.com.au/mlak.php) for ease of access to these swings, accessible toilet and other facilities.

## Hawkesbury

*Yarramundi Reserve, Springwood Rd, Yarramundi*



This is a dog friendly reserve. It is equipped with a wheelchair accessible loop from the northern carpark. Surround yourself with the sights and sounds of this beautiful area.

<https://goo.gl/1zStTe>

Visit <https://goo.gl/vhSPPG> for a list of available parks and reserves in the Hawkesbury.

*Read on in “Upcoming Events” for info about Parks Week in March.*

# Changes to NSW Vaccination Requirements for Child Care Enrolment from January 1st 2018

## **What do the changes mean?**

- Children who are unvaccinated due to their parent's conscientious objection can no longer be enrolled in child care.
- It is an offence for a principal to fail to comply with the child care vaccination enrolment requirements.
- It is an offence for a person to forge or falsify a vaccination certificate.

Importantly, the vast majority of children will be unaffected by the changes as over 93% of children in NSW are fully vaccinated at one and five years of age (see HealthStatsNSW). When last measured in December 2015, parental conscientious objection affected only around 1.15% of children aged 0-7 years in NSW. Children who cannot be fully vaccinated due to a medical condition or who are on a recognised catch-up schedule will still be able to be enrolled upon presentation of the appropriate form signed by a medical practitioner.

The new requirements do not change other existing provisions. A register of the age appropriate vaccination documentation still needs to be maintained for each child (a register template is available at Strengthening vaccination requirements for child care) and in the event of specified

vaccine preventable disease outbreak in a child care centre the public health officer can exclude children who are not vaccinated for that disease to protect them from infection and prevent them from passing diseases to others.

## **What forms are required to be provided at enrolment after 1 January 2018?**

From 1 January 2018, parents must provide a copy of one or more of the following documents to enrol in a child care centre:

- An AIR Immunisation History Statement which shows that the child is up to date with their scheduled vaccinations or
- An AIR Immunisation History Form on which the immunisation provider has certified that the child is on a recognised catch-up schedule (temporary for 6 months only) or
- An AIR Immunisation Medical Exemption Form which has been certified by a GP.

No other form of documentation is acceptable (i.e. the Interim Vaccination Objection Form or Blue Book). The documents must be stored by the director in a secure location for 3 years, unless a child transfers to another child care centre.

## ***Speak to your GP or Local District Health Centre about keeping up to date with immunisations.***

**Blue Mountains/Lithgow** - Nepean Blue Mountains Local Health District Community Health Immunisation Clinics. Free Immunisation Clinics Provided by Appointment Only.

For Glenbrook or Springwood Clinic appointments phone 4751 0100.

For Katoomba Clinic appointments phone 4782 2133.

For Lithgow Community Health and Portland Tabulam Health Centre appointments phone 6350 2750.

If you have not attended the Immunisation clinics in the last 12 months, please contact 1800 222 608 to register.

**Hawkesbury** - Hawkesbury District Health Service Community Health Immunisation Clinics. Free Immunisation Clinics Provided by Appointment Only.

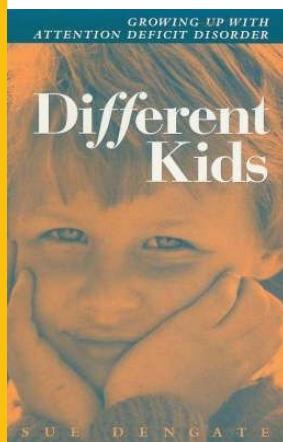
For all clinic appointments contact Hawkesbury Community Health Centre on 4560 5714.

**Eligibility for Family Tax Benefit Part A and the Child Care Benefit is also dependant on participation in Immunisation programs.**

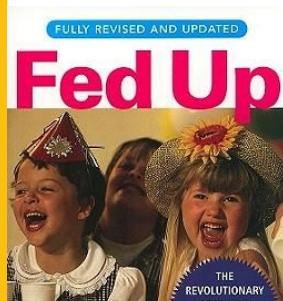
# Investigating the Impact of Diet on Behaviour

If you're interested in investigating the impacts of diet on behaviour we have the series of Sue Dengate authored books you can borrow. These are Different Kids, Fed Up and The Failsafe Cookbook.

Sue Dengate shares her experience of raising her daughter diagnosed with ADD and the various routes she tried to help her in her daily life. She candidly recalls the highs and lows she experienced within daily family life and in her dealings with medical professionals. The books primarily focus on the impact different additives and also naturally occurring chemicals in foods impact on ability to perform academically, socially and emotionally.

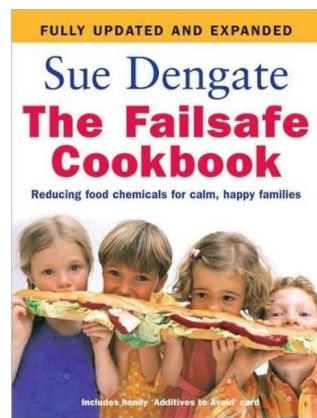


**Different Kids (1994)** is the story of Sue's family, her children, her husband and his older 2 children all with ADD and how lifestyle and diet impact their lives.



**Fed Up (2008 revised edition)** is intended as a support for people following the Elimination Diet developed by the Royal Prince Alfred Hospital Allergy Unit (Sydney) as well as a an introduction for families wanting to reduce their intake of these food based chemicals. Stories, shopping hints, strategies on how to

inform other care givers (such as teachers) and some recipes to get you started.



The **Failsafe Cookbook (2007 revised edition)** has a wide variety of recipes and of course information about the Elimination Diet and hints and tips for sticking to the diet such as a list of substitutes, suggestions of what to have on hand in the fridge and strategies for various social situations, when travelling etc.

If you are more of a techy person you can check out:

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

[facebook.com/groups/128458328536/](https://facebook.com/groups/128458328536/)

We also have **Chemical Free Kids by Magaziner, Bonive and Zolezzi** which looks at the wider exposure to chemicals in everyday foods, products and environments.

If you would like to have a look through our library for information on ASD, Sensory Processing, childhood stress and anxiety, toilet training, fussy eaters, art and music therapy, fun and easy sensory activities to do at home, information for siblings and more that may catch your eye just give us a call and we'll arrange a time for you.

## Upcoming Events

One of the most frustrating things families experience is long wait lists for support such as therapies through Community Health Services and the NDIS. Unfortunately, wait times of 6-12 months are not uncommon, and are certainly not what you want to hear when you are worried about your child's development.

We are planning a series of group sessions to help parents learn about some things they can do at home while they wait for professional services. Read on for details.

### 'In the Meantime...'

Do you have questions or concerns about your child's development? Are you waiting for funding to access therapies but stuck in the meantime? Are you looking for strategies that you can be doing at home to help with your frustrations? Northcott's Early Links program is pleased to offer a series of sessions called 'In the Meantime...".

Come along to one or both sessions to hear from Therapists Kate McIntosh and Kyla Thurtell on "**What Can I do at Home?**".

**GUEST:** Kate McIntosh (Speech Therapist)

**DATE** Tuesday 13<sup>th</sup> March 2018

**TIME:** 10am - 12 noon

**PLACE:** Mission Australia, 46 Bringelly Rd, Kingswood

**COST:** Free

**GUEST:** Kyla Thurtell (Occupational Therapist)

**DATE:** Tuesday 27<sup>th</sup> March 2018

**TIME:** 10am - 12 noon

**PLACE:** Mission Australia, 46 Bringelly Rd, Kingswood

**COST:** Free

Limited numbers! Visit <https://www.surveymonkey.com/r/5M2LSBP> and complete the form by Friday 9th March to secure your spot.

Please note that limited child care is available. A staff member will be in touch to confirm your child's place with you.



### Stepping Stones Triple P

**PRESENTER:** Rose Smith

**DATES:** Tuesday 8, 15, 22, & 29 May 2018

**TIME:** 10am - 12 noon

**PLACE:** Mission Australia, 46 Bringelly Rd, Kingswood

**COST:** Free

Stepping Stones Triple P (SSTP) is part of the Triple P parenting program, and has been specially tailored for parents of children with a disability. It doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making it work for you.

#### What does Stepping Stones Triple P do?

"Triple P" stand for "Positive Parenting Program", which means your family life is going to be much more enjoyable.

Stepping Stones Triple P helps you:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing
- Take part in community events
- Develop plans for tricky situations



# MESSY PLAY

Seriously messy activities

Playdough, slime, waterbeads, and more!

Play area for babies

Children aged 0-8 yrs; older siblings also welcome

Healthy morning tea included

**DATE:** Wednesday 18<sup>th</sup> April, 2018

**TIME:** 9:30-11:30am

**PLACE:** Cranebrook Neighbourhood Centre,  
17-31 Hosking St, Cranebrook NSW

**COST:** The event is FREE, and a healthy  
morning tea will be available

**RSVP** 4724 4600 or [earlylinks@northcott.com.au](mailto:earlylinks@northcott.com.au)

Please note that for your child's safety, there are limited numbers, so RSVP soon!

Parents are required to stay and support their children to participate in the activities. Early Childhood staff and Ability Linkers will be available to chat about any developmental concerns you may have about your child.

*Don't forget to  
wear clothes that  
can get dirty!*



## Parks Week 10-18th March 2018

We encourage you to make the most of the milder temperatures and explore our beautiful recreational areas. Do you live near one of our featured parks or is there a quiet spot you like to slip away to for a breath of fresh air, some vitamin D or letting off a bit of steam?

### Playgroups in Parks

In the Mountains, MOCS host Play in the Park on Tuesdays 10—11.30 am at Golden Horizons Park, Hazelbrook (call MOCS on 4758 6811 if you are concerned about cancellation due to the weather) and the Connect Paint & Play and Toy Library Bus is at Buttenshaw Park Springwood, Thursdays 10 am – 11.30 am (Contact Connect on 4759 1462 if you have any questions)

### Penrith City Council - Mobile Playvan

Early Links is excited to be visiting the Penrith City Council Mobile Playvan at their Jordan Springs session on Thursday 15th of March to join in the fun, and answer some of your questions.

Check out their flyer below for times and locations.

## MOBILE PLAYVAN ROSTER TERM 1, 2018

The Mobile Playvan is a **FREE** service designed for parents/carers and children under six years. Enrolment is not necessary - just turn up to the session of your choice with a drink, a hat and cut up fruit for your child. (We suggest you apply sunscreen before attending the session). Each session lasts for up to 2 hours.



**TERM 1 RUNS FROM TUESDAY  
30 JANUARY TO FRIDAY 13 APRIL:**

LOCATION	TIME
<b>TUESDAY</b>	
<b>Thornton Estate (North Penrith)</b>	<b>9.30am</b>
Smith Paddock, Sydney Smith Drive, Thornton Estate	
<b>Jordan Springs</b>	
Illoura Village, Illoura Way, Jordan Springs	<b>12.30pm</b>
<b>WEDNESDAY</b>	
<b>North St Marys</b>	<b>9.30am</b>
Neighbourhood Centre Debrincat Avenue	
<b>Glenmore Park</b>	<b>12.30pm</b>
Public Reserve, between Glengarry Drive and Torquay Terrace	
<b>THURSDAY</b>	
<b>Jordan Springs</b>	<b>9.30am</b>
Watergum Park, Watergum Drive, Jordan Springs	
<b>Caddens</b>	<b>12.30pm</b>
Roger Nethercote Park, Hickson Circuit and Morello Terrace, Caddens	
<b>FRIDAY</b>	
<b>Claremont Meadows</b>	<b>9.30am</b>
Community Centre Sunflower Drive	



**TERM 2 FOR 2018 STARTS  
ON TUESDAY 1ST MAY.**

Playvan will not operate on Friday 9 March due to a picnic day and Friday 30 March due to public holiday.

The Playvan does not operate during the school holidays or on **wet or very hot days**. Any changes to sessions will be communicated through the children's services Facebook page.

For further information contact **0419 976 917** or **4732 7844**.



*Sue Larkey presents*

*\*\* NESA  
Accredited \*\**

# Understanding Autism Spectrum Disorder

*Dr Tony Attwood*

**SYDNEY**

(Rooty Hill)

Friday 9th Mar 2018

## PRESENTATION CONTENT

**Dr Tony Attwood:** Autism Spectrum Disorder

A different way of thinking, learning and managing emotions.

Content will include:

- Cognitive Abilities: A different way of thinking and learning
- Managing Challenging Behaviour
- Managing Feelings: Cognitive Behaviour Therapy and its role in providing greater strategies to manage emotions and behaviour
- The Emotional Tool Box, what it is and how to use
- Strategies to Improve Social Understanding and Friendship Skills
- Special Interests: Origins and constructive strategies
- Girls with Asperger's Syndrome
- Sensory Sensitivity

**Sue Larkey:** Welcome, Keynote Address and Closing

## WHO SHOULD ATTEND?

Teachers, Teacher Assistants, Early Childhood Educator, Parents, family members, care staff, educators, clinicians—anyone wanting to understand more about Autism Spectrum Disorder and how to support children and adults with an ASD.

**Registration Includes morning tea and a light lunch.**

**A range of Sue Larkey and Tony Attwood books and resources will be available for purchase on the day.**

**REGISTER NOW AT [www.suelarkey.com.au](http://www.suelarkey.com.au)**

**Don't miss world-renowned expert in Autism and Aspergers Syndrome in an informative and empowering one-day seminar!**

**Friday 9th March 2018**

**Rooty Hill RSL**

33 Railway Street

ROOTY HILL, NSW

9.30am to 3.00pm  
(doors open at 9.00am)

**EARLY BIRD \$195**

per person before 6th Mar 2018

**FULL FEE \$215**

per person after 6th Mar 2018

Registration essential, limited places available

**Also Available:  
FREE Online Workshops**

### Course 1 - Tony Attwood — Autism Spectrum Disorder

In this 35 Minute Workshop you will learn:

- What is ASD
- DSM-5
- Girls and ASD

### Course 2 - Sue Larkey — 10 Key Strategies to Increase Engagement and Participation

In this 40 minute workshop you will learn:

- Increased Understanding of How Children/Students with ASD Learn.
- How to Increase Socialisation.
- Key Strategies to Reduce Anxiety.
- At least 3 Ideas to Implement to Make a Difference in Your Classroom or Home
- I have pre-recorded this Webinar so you can view it on your time schedule.
- Technical Support Available

Access opens  
12-25 February—visit  
[suelarkey.com.au/workshops](http://suelarkey.com.au/workshops)  
for more details.

## Sensory Corner

### How to Make a Quick-and-Easy Playdough

#### *What You Will Need*

2 cups plain flour  
4 table spoons Cream of Tartar (found near the bi carb of soda and flour area of supermarket)  
1 cup of salt  
2 cups of water (boiling)  
2 table spoons of cooking oil  
Food colouring

#### *What You Do*

Mix all dry ingredients together  
Add boiling water (no kid around for this) oil and food colouring.



Mix together for a few minutes.  
Stand to cool.



If still a bit sticky after 10 min add a bit more flour. Put in a plastic bag in the fridge it will last for ages. Hint... Have a rule that playdough is for outside play, it doesn't go well with carpet!



# Multimedia

## What's Appening?



### SEEING AI

Compatible with iOS

Seeing AI is a free Microsoft app for iOS that narrates the world around you. Designed for the blind and low vision community, this ongoing research project harnesses the power of AI to open up the visual world and describe nearby people, text and objects.

Seeing AI is built to help you achieve more by leveraging the power of the cloud and artificial intelligence. As the research progresses, more channels may be added.

Search for SEEING AI on the App Store on your iPhone or iPad.

## A Product We Love



neptune blanket

The evenly distributed weight of Neptune Blankets are used to aid in conditions such as Anxiety, ADHD, SPD, Stress, Insomnia and many more Sensory conditions. They are also used in everyday life when it just gets a little too much for our young kids.

Coming with both the inner blanket and a plush outer cover for use in the winter months. The inner blanket is made with breathable cotton filled with a superior glass bead which keeps the blankets thin, safe and fully washable.

These blankets come in a variety of weights and sizes for both children and adults.

For more details, check it out at:

<https://www.neptuneblanket.com.au/collections/all>

## Website

### Autism Awareness Centre Inc. *Believe in Change*

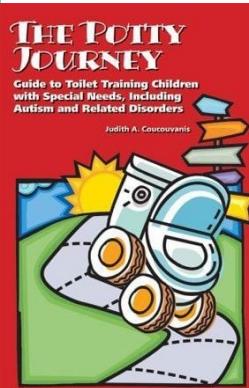


A Canada-based website, filled with a variety of resources and useful information in the form of blogs, frequently asked questions, and much more. It features great articles on relevant matters, such as "Visual supports for autism: a step by step guide", "What Can I Do For My Child While Waiting for an Autism Diagnosis?", and "Back to School with Autism – Elation or Deflation?".

Don't let the fact that it is not an Australian website put you off—so much of the information and personal experiences shared are applicable to parents and professionals around the world.

Check it out at [autismawarenesscentre.com](http://autismawarenesscentre.com)

## Worth a Read



### The Potty Journey: Guide to Toilet Training Children with Special Needs, Including Autism and Related Disorders

Author: Judith A. Coucounavis  
Publishing Info: Softcover 149 pages / January 2008

"If it wasn't for you teachers and aides at school using Judy's program, this would have been a huge struggle since children spend the majority of time at school while awake. You can't be soft; you have to stick to your plan and sacrifice your time, but a little bit of sacrifice can really open up your lives to a much more normal life. I have seen Aaron's self-esteem go up by 200% after we got rid of the pull-ups. We feel more normal as a family not having to worry where we are going or what activity we are doing. He is totally potty trained now and has even slept overnight at grandma's with no pull-ups and no accidents".

- Mother of 8-year-old Aaron, who has an autism spectrum disorder.

This book is available for loan from your Penrith Early Links team.

# Community Notices



## How long until your access request is assessed?

As the NDIS rolls out to even more new locations we are receiving a very high number of requests from people to access the scheme. To meet this need, the NDIA is working hard to make sure our responses are timely and efficient.

Upon receiving a valid access request, the NDIA must respond **within 21 days**. You can find more information about this in the [NDIA Operational Guidelines](#). This timeframe applies to a person who resides in an NDIS area, and who has made a valid request with all relevant information and evidence about their disability or impairment.

In some cases, the NDIA may need more documents, assessments or evidence, which means it might take longer for your request to be assessed.

How can you make sure your request is progressed?

You can assist us to process your request as soon as possible:

- Find out when the NDIS is available in your area and how you can prepare: [Accessing the NDIS](#).
- If you are submitting an Access Request Form, make sure it is complete and signed, with all your information attached
- If you have already submitted an access request and received a letter from the NDIS saying we will be contacting you, make sure you have information on hand about the impact of your impairment or disability with you
- If you have a Centrelink Reference Number, providing this will mean we can confirm your age and residence without requesting additional documents

Your Local Area Coordinator (LAC) or Early Childhood partner can provide support and review your access request form prior to submitting it to the NDIA.

Remember, once your access request has been approved you can only enter the NDIS as a participant when it rolls out in your area.

Disability Advocacy NSW (DA) has two important ways it can help people with a disability and family with the NDIS:



### 1. General Advocacy Support

Disability Advocacy NSW (DA) has an role to play in the NATIONAL DISABILITY INSURANCE SCHEME (NDIS) by ensuring that people with a disability receive fair treatment in their dealings with National Disability Insurance Agency – NDIA and the range of services and individuals who provide services with NDIS funds. [Note on this page we use the term NDIS to refer to the scheme and the agency (NDIA) that runs it]. Download our NDIS & Disability Advocacy flyer for more information. The role of advocacy is included in the NDIS ACT 2013.

If you have a problem with the NDIS there are actions you can take to resolve the problem. Here is the link to the NDIS feedback, complaints and review page. An advocate may be able to assist you with some of these actions. If you think you need assistance simply call DA on 1300 365 085 and talk about your issue with an advocate. If you work for a service or are a professional in the field and wish to refer a person for advocacy assistance complete the online referral on our home page.

### 2. External Merits Review Support of NDIS decisions (NDIS Appeals)

DA also has a specialist role in relation to National Disability Insurance Agency decisions. DA employs NDIS Appeals Officers to support people who wish to challenge NDIS decisions in the Administrative Appeals Tribunal (AAT) in various areas, including Nepean/Blue Mountains.

The AAT has power to examine a wide range of decisions by NDIS, including who is able to participate in the NDIS and what types of support are provided to NDIS participants. \* Remember an application must be made within 28 days after you receive the decision from NDIS. The AAT may allow a longer period in special circumstances. The DA NDIS Appeals Officer's job is to:

- Assist applicants to navigate the process of seeking an Administrative Appeals Tribunal (AAT) review of NDIS decisions, including preparing documents, attending conferences and hearings;
- Assist applicants to self-advocate where possible, or provide individual advocacy support, developing and implementing an individual plan in partnership with the applicant;
- Ensure a referral to the Central Assessment Provider (a specialist legal advisor) where legal issues are highlighted for a determination as to whether legal services will be provided (for complex or novel legal cases);
- Provide public information about the availability and role of the support person; and
- Assist in the development of skills in self-advocacy by conducting individual or group sessions.

To find out more about the free and independent NDIS support, simply call 1300 365 085 or email [da@da.org.au](mailto:da@da.org.au).

## After Hours Medical Services

It doesn't matter what time of the day it is, **After Hours Helpline:** help is just a phone call away.

Understanding the after hours medical services available to you can save time, effort and, ultimately, your life.

### **Emergency:**

If you are experiencing a medical emergency, go straight to hospital or call 000 for an ambulance.

As a guide, examples of medical emergencies which would require Triple Zero (000):

- chest pain or chest tightness
- sudden onset of weakness, numbness or paralysis of the face, arm or leg
- breathing difficulties
- sudden collapse or loss of consciousness
- unexplained fitting in adults or children
- major trauma and injury, such as a car accident, stabbing or shooting

Your call will be answered by a Registered Nurse, who will assess your condition and provide health information and assistance and, if eligible, a GP will call back if there is no face-to-face after hours GP access available. Call 1800 022 222.

### **Urgent Home Visits:**

A service for when you need a doctor to visit you at home. We now have the following after hours medical deputising services in our region:

- National Home Doctor Service — 13 SICK (13 74 25) (East of Linden)
- Sydney Medical Service Co-op Ltd - 1300 HOME GP (8724 6300) (St Marys to Faulconbridge)
- @homeGP - 1800 home GP (1800 4663 47) (Hawkesbury - all areas)
- After Hours GP Service Blue Mountains - 4784 2149 (from Linden to Mt Victoria)
- Penrith After Hours Doctors - 4789 0229 (Penrith and Surrounds within 8 km)

### **Local GP:**

Contact your GP if they are available after hours. Find your GP or other local healthcare providers on the National Health Services Directory.

*Services might not be available in some areas. Check with your GP to see if they have alternate home visit services.*

### **After Hours Doctor Services:**

*Penrith After Hours Doctors*

Located at Nepean Village

6pm to midnight Monday - Friday.

3pm to midnight, Saturday, Sunday and public holidays

*Hawkesbury After Hours GP Clinic*

On the grounds of Hawkesbury Hospital.  
6pm to 10pm Monday - Friday, 2pm to 10pm Weekends and public holidays. Find out more about the After Hours Doctor Services in our region.



# SENSORY CONCERT

High quality live **classical concert** in a relaxed setting, designed with **special needs** in mind. With our onsite **occupational therapist** and **child psychologist**, as well as various seating options and retreat space, there's **support when you need it**.

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FEATURING	Grace Kim (piano), Erica Kennedy (violin), Lisa Osmailowski (flute)
DATE	Monday 23 April 2018
TIMES	10.45am and 12.00pm
VENUE	Lower Mountains Anglican Parish, 1 Wascoe Street Glenbrook, NSW.
CONTACT	Louise 0401 418 126 or email <a href="mailto:sensoryconcerts@gmail.com">sensoryconcerts@gmail.com</a>
FACEBOOK	<a href="https://www.facebook.com/sensoryconcerts/">https://www.facebook.com/sensoryconcerts/</a>
TICKETS	<a href="https://www.trybooking.com/TTID">https://www.trybooking.com/TTID</a> General \$25, Family \$65 (2 adults + up to 3 children) Child \$15

*Collaborating Professionals: Josey Sharpe, Occupational Therapist & Jane Wearn, Psychologist.*



To get in touch with Early Links, call **1800 818 286** or  
email [earlylinks@northcott.com.au](mailto:earlylinks@northcott.com.au)



*Linking people and communities with opportunities*

