

Kalparrin **Cares**

The Newsletter of
Parents of Children with Disabilities (Inc)

*December 2013
Volume 10 Issue 3*

Amigos Para Siempre “Friends for Life”



..families supporting families..

Parents of Children with Special Needs Inc.

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The Kalparrin Office will be closing over Christmas and New Year from Monday 23rd December re-opening Monday 6th January 2014.

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Editorial Disclaimer

*The **Kalparrin Cares** newsletter editors are not professional journalists and wish to advise that views expressed in articles included in this newsletter are not necessarily those of Kalparrin (Parents of Children with Special Needs Inc.) or the editors, We reserve the right to edit all contributions to this newsletter.*

Sharing stories and wisdom with other families is the essence of Kalparrin. If you would like to share your experiences in caring for a child with special needs, we would love to hear from you. Please send your stories to:

kalparrinwa@health.wa.gov.au



Libby Lyons
Executive Chair

As always at this time of the year, I sit back and wonder where the days have gone. The year seems to have passed in a flash!

For Kalparrin, it has been a year of challenge and change. As we farewell 2013 and look to 2014 we can be confident that much has been achieved and the coming year is looking busy and productive.

One of the biggest challenges we have faced over the last year has of course been funding. As you know the **Disability Services Commission (DSC)**, **Lotterywest** and **Channel 7 Telethon Trust** are wonderful supporters and funders of Kalparrin and without their valuable assistance we would be unable to provide you with our much needed in hospital support, information programs and respite events. But in running an organisation like ours, there are many little things that we would like to do and believe we need to do, but simply do not have the funds.

One of the little things that we have wanted to do is purchase a good coffee machine for our lounge at PMH. Well, it is wonderful to be able to announce to all our members that through our Board Member Sarah Flanagan, Kalparrin has secured funds from **Atlas Iron** to purchase a coffee machine and coffee pods. The coffee machine has arrived and is now installed and working in our lounge and that delicious aroma of freshly made coffee is wafting through the OT and Orthotics waiting area.

So next time you are at PMH, drop by and have a well earned coffee. To ensure we can keep the coffee pods in good supply we are suggesting a gold coin donation. So a huge THANK YOU is extended to generous management and staff (not to forget Sarah of course) at **Atlas Iron** for providing us with a fantastic addition to our well used and much loved lounge.

In this edition, you will note that we have provided a draft calendar of events for our program next year. All the events and dates listed are tentative as most of them are contingent on Kalparrin receiving the funding for which we have applied, to run them. So put the dates in your diary and hopefully in our next newsletter we will be able to confirm them all.

A date that is confirmed for 2014 is our Annual Family Fun Day. This will be held on Sunday 2 February at the Claremont Oval. There is plenty of parking and the train is nearby. It will be a great fun event with entertainment for the whole family. So make sure you put that date in you diary NOW!

Another event that we are looking forward to in March next year is a big fundraiser. At this stage I cannot give out too many details but I can tell you that about 80 of our very special children and their siblings or carer will be up and away for an hour in the day!!!! Let your imaginations run wild and in the New Year keep your eye on your emails and WASF wall for a big announcement!

In closing my column for this year I would like to again express my thanks. Thank you again, to our major funders and their management and staff; **DSC**, **Lotterywest** and **Channel 7 Telethon Trust** - the support and trust you put in us, to provide assistance to our many members is very humbling. Thank you. To **Atlas Iron**, thank you.

Thank you also, to the small companies and individuals who have provided wonderful support and advice over the year. In particular , the wonderful, indomitable Margaret Cole, Ronald Bauer, Corser and Corser, Mary Power from Henderson, Power and Associates, the team at Gold Security Group, Andrew Senior's team at H Factor and Matt the CEO of Therapy Focus Bentley and his staff .

To our many volunteers who help with events, fundraising and office work – what would we do with out you? We look forward to working even more closely again with you next year.

(Continued on page 4)

Libby Lyons

(from page 3)

A BIG thank you also goes to the staff - Lucy, Leticia, Leanne, Anita, Cecilia and Eugene. This amazing group of people have worked so hard over this last year and without their enthusiasm and dedication, Kalparrin would not be the warm, friendly, professional and helpful organisation it is today.

I must also thank my colleagues on the Board. It is easy to forget that our Board Members are volunteers and each and every member has volunteered many hours of their time during 2013.

Thank you all for the many experiences and skills you bring to our organisation and for the unstinting loyalty to Kalparrin and its members.

Finally, thank you to all our members. Without you and the support you provide to one another there would be many more children and families in crisis and need. You are an inspiration to us all.

I would like to wish you and everyone else who has volunteered, worked with and assisted Kalparrin, a very safe and happy holiday and I look forward to seeing you all in the New Year at our Family Fun Day.

Mental Health First Aid Training

Margaret Cole (an accredited MHFA Instructor) recently conducted a Mental Health First Aid course with representatives from Kalparrin staff, board and volunteers.

Mental health first aid is the assistance provided to a person who is struggling with a mental health problem, or who is in a mental health crisis. It is the help provided until appropriate professional treatment is received or the crisis resolves. Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid (MHFA) Australia and conducted by accredited MHFA Instructors across Australia.

The accredited course primarily focusses on recognising signs of anxiety and depression in others.

Each course participant is given the tools to be able to assist and direct to further help, people they come across in their lives who

may be suffering from these and other mental health issues.

Thank you Margaret for sharing your knowledge and experience with us and helping us to improve our awareness and skills in understanding mental health and psychological distress.



Kalparrin Welcomes New Board Members

Bronwyn Kerr



Bronwyn Kerr is the Legal Manager at Atlas Iron Limited. Bronwyn has over 7 years' experience in a corporate law firm and as in-house counsel, with a focus on commercial and resources law. In addition to being admitted to practice law in Western Australia, Bronwyn holds a diploma in Applied Finance and Investment from the Financial Services Institute of Australia, and has completed the requirements of a Graduate Diploma in Applied Corporate Governance from Chartered Secretaries Australia. Bronwyn grew up in Perth and is looking forward to supporting Western Australian families by working with Kalparrin.

Jane Atkinson



Jane is a mother of two young boys and became a Kalparrin member in 2008, when her son was born and she began the journey no mother imagines their life will travel. Jane has benefited from many Kalparrin events, such as the family fun day and mothers weekends and so truly appreciates the important role Kalparrin plays in members lives. Trained as a pharmacist, Jane has varied experiences of WA Health, initially working in the pharmacy at RPH, more recently as a senior policy officer and project officer, and now as a consumer with her child.

Jane is a practical, down to earth person with a sense of adventure. She loves to travel and spends any spare time she has playing tennis and volunteering for WA Special Families (WASF). As a WASF region leader Jane organised events to enable members to connect with one another. She feels privileged to be able to watch friendships and support networks grow and flourish Jane brings a wealth of experience to the Board as a program manager and policy writer, but most importantly she is first and foremost, a parent of a special needs child.

And the winner is.....

Congratulations to Jenny Brannan who was the lucky winner of the Raffle for tickets to the recent Justin Bieber concert. Jenny, pictured here with her daughter Georgia and Kalparrin Family Support Officer Leanne Bridges, was thrilled to be able to give the tickets to Georgia who was very excited and went to the concert with a friend. She tells us they had a ball! Kalparrin extends a big THANK YOU to the **Kenyon family** for donating the much sought after tickets. Your generosity is truly appreciated.



Kalparrin Events

Mothers' weekend at El Caballo Blanco sponsored by



For our 61st Mothers' Weekend on Friday 8th November, we trialled an earlier start time of 2.00pm. This early start was embraced by many mothers looking forward to a break away from their usual hectic daily schedules.



The venue was El Caballo Blanco, which brought back memories of carefree days and dancing horses, for many of the ladies who attended. The

venue was fabulous and catered for everyone. There were lots of alcoves with comfortable chairs to sit and a have quiet chat as well as larger areas to congregate and mingle.

The program for this event gave mothers the option to participate in a range of activities or to just relax. On the first night, Friday, we were treated the beautiful voice of singer Annette from 'Nett and the Repeaters'. Sincere thanks go to the owners of El Caballo Blanco, **Jan and Matthew Pavlinovich** for providing Annette to us free of charge on Friday night. This set the scene for a wonderful weekend.

A number of information sessions were held over the course of the weekend including session on finance, meditation, feng shui, through storytelling and journaling. The warm weather meant that the pool became quite a meeting place, and it was great to see some of our mothers taking part in the aqua aerobic session. Other outdoor activities included a bush tour and a golf lesson. Another very popular activity was a demonstration of flamenco dancing followed by a lesson.

Kalparrin is very grateful to all the volunteers who came along to pamper our mothers with chair massage, reflexology, reiki, manicures, foot massage and hairdressing.

The delicious food was enjoyed by many, particularly on Saturday night following which many of the mothers danced the night away as is now a tradition at the mothers' weekend, there was a fantastic raffle with a huge number of fabulous prizes. These raffles are so important to Kalparrin because they provide us with valuable funds to help support our members.

Sunday, the last day of the event, was a very hot but relaxing day and feedback would suggest that most mothers returned home refreshed and ready to face the pressures and strains of their daily lives.



Feedback from the weekend

"Thank you so much, this weekend has been amazing, you made me feel like I was a princess. The food was so nice and the pampering made me forget for a time all my worries. You make smiles all round".



"The weekend was fantastic and very relaxing. It was good to meet new people in a similar situation".

Kalparrin Events

Sole Parents' Day

Kalparrin held its inaugural sole parents' day on the 12th October at the Nedlands Yacht Club. Despite only a small number of parents attending, the content of the program was really valued.

The parents were treated to a day of information and pampering, and each had plenty of time to enjoy a massage or ask questions of the speakers.

The guest speakers on the day were the founder of Kalparrin, Margaret Cole, and Annette Sinclair from Nick Bruining and associates. Margaret's session was titled 'Living the life you want'. Margaret presented some strategies and ideas on how to cope with feelings of stress and anxiety faced by parents living with a child with special needs.

Annette's presentation was on 'How to manage your money' and 'Disability trusts'. Annette has a wealth of knowledge in these areas and the information presented was very helpful to all who attended.

Dependant of course on funding, Kalparrin hopes to continue with sole parents' days and to also expand on the content and scope of the program.

Grandparents' Breakfast

Twenty two grandparents attended Kalparrin's inaugural Grandparents breakfast at the Bluewater grill in Applecross. Heather Henderson did a wonderful presentation and many grandparents could relate to the issues and concerns mentioned in Heathers talk.

We also had representatives from 'Grandparents rearing Grandchildren'. For varying reasons in society today, grandparents have become carers for their grandchildren. Elizabeth Lee explained the issues and challenges facing many of these families.

It was a wonderful morning, despite the weather. It was lovely to meet so many lovely grandparents who are a great support to parents of children with special needs, and Kalparrin is hoping that we can meet many more grandparents at our next Grandparents' event in 2014.

**Sole Parents' Day and the
Grandparents' Breakfast**
sponsored by



Kalparrin Events

Siblings' School Holiday Program

Funded by Disability Services Commission

Another great day of challenges and fun was had at the Siblings' Day in October at the beautiful Point Walter. The first challenge for many of the children was turning up and not knowing anyone else. Always a tricky way to start the day, no matter your age!

But as always, by the end of the "warm up" activities, run by the wonderful staff at Point Walter, most of the children were quite relaxed and forging new friendships. So much so that by the end of the day some were seen to be making plans to keep in touch. It is always wonderful to see just how quickly children bond and form friendships and it is something that is always evident at these one day sibling days.

The activities were the other challenging part of the day! The Point Walter motto is 'Challenge by Choice'. And challenge they did, but it was incredible to see how many of the children rose to meet the challenges, in particular the way they took to the high ropes! In fact we are still convinced that many of these children must live in tree houses!

Archery was another popular activity, with many children showing great skill and finesse. One of the highlights of the day, as is most often the case, was the flying fox. Some started off being reluctant to make the initial leap but by the end they were hands free and upside down! And of course they all experienced what PJ the instructor calls an 'atomic wedgie'!

It is always wonderful to see the sense of achievement that the children feel by the end of the day. I am looking forward to the water activities in January. Hopefully the jelly fish will be off vacationing somewhere else!

By Kellie Radcliff



Caring Blokes' - Leeuwin II

Sponsored by Telethon



What a great way to spend a few hours on a lovely Sunday! The Leeuwin II barquentine tall ship already looked impressive at the berth in Victoria Quay, and things only got better after we all boarded her.

Everyone was able to be engaged in the happenings of the day: we all got a chance to work the ropes of the ship and raise the sails, and many of the blokes also went for climbing the masts and the bow sprit.

A quieter alternative was to just hang around on the decks having a chat with other dads and enjoying; the wind in your hair and sun on your back under the sails when you get to the open sea is really hard to beat. A truly memorable day for all of us!

(Continued on page 9)



“An awesome day with some great memories, especially good to be able to bring my son who is also in a caring role”.

“Great day, very relaxing and good to chat with other dads”.

“Just a fabulous, relaxing day”

Kalparrin Upcoming Events

Family Fun Day- Sunday 2nd February 2014

Our Family Fun Day is going to be held on Sunday 2nd February 2014 at Claremont Oval. The Kalparrin website and e-news will post details about this event closer to the day. This is a day where all families and carers from all regions can come together in a safe and nurturing environment to enjoy a day of fun and recreation.

Siblings’ School Holiday Program - Wednesday 29th January 2014

Our next day program is being held on Wednesday 29th January 2014. There are a range of activities offered on the day. Some of these. Activities may include Flying Fox and Kayaking. Come and join in the fun and meet other siblings. Applications close Monday 13th January 2014 for siblings aged 9 yrs to 16 yrs.

Kalparrin Member Story

WA Special Olympics
Fairbridge, Pinjarra - October 2013

From October 11—13 2013, 160 athletes supported by 120 carers; coaches; officials and volunteers, converged on Fairbridge Village in Pinjarra for the 2013 Special Olympics Western Australia State Games.

Three of the athletes were the children of Kalparrin family members and I was fortunate enough to be there and watch these skilled children complete. Cory Gray, Jasmin Steiner and Ella Bridges competed in the Equestrian section of the games and came away with a number of medals between them.

Cory won two gold and one silver medal as well as a fourth place. Jasmin won four gold medals and Ella, two gold, one silver and one bronze medal. All three children were so proud of their achievements, as well they should. but more importantly they had so much fun.

Some of the horses they ride were huge. I watched all the children compete and was in awe of their skill, fearlessness and determination. They are incredible - so very clever.

The children who competed in the equestrian events at the WA Special Olympics all ride during the week with their respective Riding for Disabled WA centres. The support they receive from the volunteers who run the centres is amazing. Without these volunteers the children would not have the coaching to improve their skills to enable them to compete to the level of the Special Olympics.

As parents we are so proud of our children's achievements and their medals are displayed in pride of place at home. Of course these are proudly taken to school for show and tell and trotted out intermittently to show anyone who visits.

STOP PRESS Cory Gray has just been chosen for the team headed for the National Special Olympic games in Melbourne in 2014. Congratulations Cory, well deserved.



WASF Members' Tips for surviving the holiday season!!

Matt

We try to plan for success. We do this by talking about the next days events with our special one the day before, we keep calm voices and allow the days to roll out one by one. If it does not go as planned then we didn't plan it right and we learn from this for the next event/day. Life is for living and this is our motto!

Kate

Breathe, be calm and take 5 minutes for yourself everyday. Remember tomorrow is another day. Choose your battles.

Shorty

I shop at the July sales and layby! Makes my money stretch further and I always get a car park! End of November and all of Decemer is crazy at the shops. I can't stand it. Good luck!

Natalie

I online shop for the food, have it booked in to be delivered early on Christmas Eve. Enjoy and make sure you do what works and makes your family happy!!

Kelly

Plan things everyday. I try to get snacks ready the night before, pack the car and head out early to parks , movie theatres and so on. Cook in bulk and freeze for when you are totally exhausted. I also have a box or two at home and start Christmas shopping early.

Stephen

Do not over commit. Do not try and please everyone. Focus on the true reason for the season. The birth of Jesus. The gift to the world.

Molly

Do not let your child know what they are getting in advance (mine is nagging every day to open at least one present) and when making plans ... trust your instincts about what is doable for your family and make plans accordingly.

Natalie

Remember what the silly season really means to you and yours. Is it the religious side or is it the fun and joy of catching up with family and loved ones!! Don't break the budget either as all our kids have more than enough and it's okay to not get it all for them!

Channie

Castle or Crisco can always be a god-send when money is tight around Christmas. And always have a breather, the world will go on after Christmas.



Moira

Be brave enough to say "thanks but no - we can't make it" when the parties mount up. All the "pressies" don't need to be opened on one day - spread the celebration. Remember it is not a shop fest!!!

Ann

I cook and freeze, it just makes it so much easier.

Janice

It is such a hectic time so my key tip is planning. I plan what to cook, then I write my list of when things need to be done. I start thinking about presents early in the year (not always possible to buy then but I know what everyone is getting). Make lists to keep you on track. Then update the lists. Enjoy the time together. Pass on the knowledge you have so in future years everyone can join in. This year I will be teaching my boys how to make the Christmas cake they love.

WASF Member Story

Hi, I'm Debbie and here is our story.

I am a mother of three boys, Joshua 14, Ashley 9 and Luke 4 years old. At six months old my eldest son Josh was diagnosed with Sotos Syndrome.

What followed was a very busy schedule of appointments and therapies with paediatricians, speech therapists, physiotherapists, occupational therapists, orthopaedic specialists. He was constantly on antibiotics due to either an ear, throat or chest infection, or all three!

Josh was later diagnosed with hypotonia, dyspraxia, with a moderate intellectual disability, nut and seafood anaphylaxis and severe allergies to almost all environment factors. As he grew he outgrew the seafood allergy but remains anaphylactic to all nuts.

We held off having another child quickly as we wanted to concentrate on Josh's therapies, but in 2003 we decided it was time, Ashley was born in December 2003 and wow, what a difference it is to have a baby without special needs. It was good!

In October 2005 my marriage ended and it was a very unpleasant chapter in my life but we survived it and we all made a new life for ourselves. In 2007 I met my "knight in shining armour". He was everything I imagined and more. He took on Joshua and Ashley as his own and has been by my side through the worst of Josh's difficulties.

In 2008 we decided to have a baby and in May 2009, along came Luke. Luke was born with moderate bi-lateral hearing loss and was fitted with hearing aids at 8 weeks of age, speech then started for him as well. Josh settled down around the same time and life was good, appointments were easing off and life was more relaxing.

In 2011, one diagnosis after another started for Josh. Chronic bronchitis, scoliosis and kyphosis for which he is braced 23 hours a day, foot operations, and moderate obstructive sleep apnoea.

In 2013, when we really thought it couldn't get any worse, and then Ashley fractured his nose, which will require a full reconstruction down the track. On top of that, Josh was diagnosed with Moderate Dilated Cardiomyopathy, our world was rocked to the core, particularly as my sister in law had just been told she had 2 years left to live because of her Cardiomyopathy.

We were terrified, he was started on meds immediately and was restricted in the sport he played. On July 4th this year, the cardiologist decided to test our other two boys, Ashley was found to also have Cardiomyopathy. Luke refused to have the tests. We have now been referred to genetics to find the gene that is causing the cardiomyopathy. With two children diagnosed with heart failure, our world has changed forever.

Just recently Luke had a broncoscopy, as he gets chronic croup and they found he has a airway narrowing of 45%, and was diagnosed with Subglottal Stenosis.

I am looking for 2014 to be a better year, fingers crossed as hopefully not much more can happen, I have my bad days, but I'm generally good, I'm a "it's happened, have a meltdown, then get on with it" type of person.



WASF Christmas Party

Many happy memories were made on Sunday 24th November at Whiteman Park at our Metro Christmas Party.

The event brought together over 150 members. There was face painting, Santa, crafts, snow, gifts, kites, cuddly animals and most importantly friendships.

Albany and Kalgoorlie Christmas events are in the planning stages.



Keeping up with Down Syndrome

A new Australian company is now importing glasses frames specifically made for children with Down Syndrome.

Queensland couple Gavin and Rachel Leslie have started **Respects**, a company set up to import the 'Erin's World' range frames from the United States.

When looking for spectacles for their daughter, the Leslies became frustrated with ill-fitting frames that were too big, sat too low and always needed an elastic band to keep them up. That's when they discovered the Erin's World range – designed to fit faces with narrower temples and with lower cross pieces to help them sit properly on children's faces.



The result is that the glasses don't slip down the bridge of the nose as easily, sit up higher so the child isn't always peering over the top of the spectacles and look better because they are not too wide for the face.

The Leslies decided to become the Australian distributors of the frames to allow other parents in the same situation as themselves better access to a great and helpful product. There is a range of shapes and colours available and can be seen by visiting www.specs4us.com

Parents and optometrists who are interested can contact Respects for more information and a brochure by phoning **0417 441 844** or via their Facebook page: SPECS4US.

By printing this article Kalparrin does not necessarily endorse this product.

Office News

A new team member has arrived at Kalparrin – an awesome Konica Minolta printer/ scanner/ copier that was kindly funded by Lotterywest. We love it – it not only prints and scans but also staples and binds booklets and folds letters; this machine is so clever that the average IQ in the office has just “sky rocketed”

So if you are reading a printed version of this newsletter we hope you will appreciate the quality. However, the best thing feature of our new “team member” is that we can print as many copies as we need when we need them and most importantly, at a much lower cost than having to use a professional printing outlet, as we did before.

As a result – the money saved on printing is now available to support you through our many programs and services!



Yet more exciting news for the office! Thanks to the our amazing Board Member, Sarah Flanagan, and the wonderful team at **Atlas Iron**, we now have a sensational Nespresso coffee machine in our visitor’s lounge at PMH.

To cover the cost of the coffee pods we are asking for a gold coin donation to make yourself a freshly brewed cappuccino, latte or long black. Once made, sit back, relax and enjoy the “brew”.

A big thank you also to Nespresso for supplying us with extra coffee pods and a capsule dispenser at no extra cost.

Thank you again to **Atlas Iron** for your generosity.



Members' Matters

At Kalparrin our members really matter that is why we have our "Member's Matters" page. If you have any significant event you would like to share like births, marriages and graduations, please send your story and a photo to kalparrinwa@health.wa.gov.au for publishing.

In Memoriam

In Memory of Falcon Jacques Auguste 18th January 2010 – 3rd November 2013

On Monday November 11th the Kalparrin Family Support team attended the service at Pinjaroo Valley Memorial Park Cemetery to celebrate the life of 3 year old Falcon Auguste.

Falcon's mother Erin, father Dom & sister Savannah, have been members of Kalparrin since 2011. As staff of Kalparrin, we have had the privilege of supporting Erin while she tended to and cared for the welfare and happiness of her brave little son over the many days and nights she spent at PMH.

Falcon loved many things; the Sesame Street character Elmo, the colour red, ukulele music, visits from the Clown Doctors and listening to his aunties, Dale and Hilary as they read to him hour after hour. He also loved to listen as they talked to him.

Falcon fought and won many health battles over his short life and we know that our lives are much the richer for having known him and his family. We miss Falcon and his family as we make our visits each day throughout the hospital.



Kalparrin Calendar of Events 2014

January

Wednesday 29th

Siblings' Day

February

Sunday 2nd

Family Fun Day

Friday 28th

Mothers' Big Day Out—Lunch with a guest speaker

March

Saturday 8th—Sunday 9th

Couples' Weekend

Saturday 22nd

Caring Bloke's Fishing Trip

April

Fri 4th—Sun 6th

Regional Mothers' Weekend

May

Saturday 3rd

Sole Parents' Day

Fri 16th—Sun 18th

Mothers' Weekend

Saturday 31st

Grandparent's Day

July

Wednesday 9th

Siblings' Day Program

Saturday 12th

Caring Blokes' Day

August

Saturday 30th

Mothers' Big Day Out—BBQ cooking class

September

Saturday 13th—Sunday 14th

Couples' weekend

October

Wednesday 8th

Siblings' Day

Saturday 18th

Caring Blokes' BBQ cooking class

November

Friday 7th

Sole Parents' Day

Fri 21st—Sun 23rd

Mothers' Weekend

All dates above (excluding the January Sibling's Day and the Family Fun Day) are subject to funding and will be confirmed should funding be approved.

Please note the Kalparrin Office will be closing over Christmas and New Year from Monday 23rd December, re-opening Monday 6th January 2014

About WA Special Families Events

WA Special Families is Kalparrin's online support program, providing a network of support to families in both metropolitan and regional areas of Western Australia.

Kalparrin's Region Leaders hold events every 4 to 6 weeks in the following Metropolitan and Country Regions:

Metropolitan Regions

- ◇ Armadale
- ◇ Belmont
- ◇ Dianella
- ◇ East Joondalup
- ◇ Fremantle
- ◇ High Wycombe
- ◇ Seville Grove
- ◇ West Joondalup

Country Regions

- ◇ Albany
- ◇ Broome
- ◇ Bunbury
- ◇ Carlisle
- ◇ Collie
- ◇ Esperance
- ◇ Karratha
- ◇ Kalgoorlie
- ◇ Rockingham
- ◇ Swan Valley
- ◇ Tom Price
- ◇ Wongan Hills

School holidays events are held in parks or play centres and events during the school term are usually "coffee and chats".

These events give families and carers of children with special needs the opportunity to meet face to face over a cuppa and cake.

If anyone would like to make contact with one of our Region Leaders please email Kalparrin and we can put you in touch.

Region Leaders are parents and carers who volunteer their time to connect others. Events are listed in the Events tab of WA Special Families Facebook page. They are also displayed in the Kalparrin Lounge, on the Kalparrin website and weekly E-news.

How WA Special Families is used

On Saturday the 9th November there was an average of three posts every two minutes. This connecting and supporting of families on WASF continues to shine with 1575 members.

Doctors are now recommending the online support to families, as with every new member comes a wealth of knowledge and lived experience. This knowledge and the willingness of members to help one another through difficult times is what makes WASF such a special place for families of children with special needs.

Q. What do WASF and the Kwinana Freeway at 5pm have in common?

A. The traffic – however when WASF has traffic there is no road rage or delays, there is simply friendly care and support.



We would particularly like to acknowledge and thank Channel 7 telethon Trust and the Developmental Disability Council (DDC) for their much needed support.

WA Special Families is an online Facebook community for families and carers of children with special needs. It is a place for families to communicate, share ideas and chat about life in a special needs family. To become a member, search Facebook for WA Special Families and request to join. You can now follow Kalparrin on Twitter.





Please remember that in signing up and renewing your Kalparrin membership you agree to abide by the Kalparrin Membership Charter

MEMBERSHIP CHARTER

As Kalparrin members, carers and families have the right to:

- receive information, resources and referral to services;
- access respite events;
- receive quarterly newsletters;
- use the Kalparrin Visitors lounge;
- access the Kalparrin website and interactive forums;
- be treated with respect , dignity and confidentiality;
- receive an effective, efficient, prompt and courteous service from Kalparrin employees.

As Kalparrin members, carers and families have a responsibility to:

- be courteous to and respect the roles of the Kalparrin employees;
- tell Kalparrin employees about any concerns they have;
- respect the privacy, dignity and confidentiality of other Kalparrin members;
- avoid speaking on behalf of Kalparrin members without prior authorisation;
- protect and promote the good reputation of the Kalparrin members; and
- behave ethically and with integrity as a member of Kalparrin.



The Kalparrin Centre, Level 4 Hay Street Building,
Princess Margaret Hospital, Subiaco, Western Australia 6008
Phone: (08) 9340 8094 Free call: 1800 066 413
Fax: (08) 9380 6114 kalparrinwa@health.wa.gov.au
www.kalparrin.org.au
ABN 20 440 047 551

Membership Application

Name: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Phone: _____ Mobile: _____ Email: _____

Organization (if applicable): _____ Job title: _____

Child 1: _____ Date of Birth: _____ Sex: _____

Primary diagnosis/special need: _____

Child 2: _____ Date of Birth: _____ Sex: _____

Primary diagnosis/special need: _____

Please send me email news bulletin Yes No

I would like to receive Kalparrin Cares Newsletter as E-Copy Hard Copy

Kalparrin Privacy Statement

Kalparrin respects the privacy of its members. Please read our Privacy Statement. *See Kalparrin website.*

Kalparrin Membership Charter

I have read and agree to abide by the Kalparrin Membership Charter. *See page 5.*

Parent Link Yes No Not Applicable

I'm happy to be contacted by Kalparrin with a view to being linked with another parent in a similar situation.

Kalparrin Privacy Statement

We collect personal information directly from you. We do not collect information about you from a third party. We only use your personal information for the purposes for which you give it to us and for related, internal management purposes.

We do not give information about you to other individuals or organisations unless one of the following applies:

- You have consented;
- You'd expect us to, or we have told you we will;
- It is required or authorised by law; or
- It will prevent or lessen a serious and imminent threat to somebody's life or health.

You may access personal information that we hold about you and you can ask us to correct it if necessary. All personal information is stored securely.

If you are on one of our email lists, you may opt out of further contact from us. We only collect unidentified data from our website to improve our services

POSTAGE
PAID
AUSTRALIA

SURFACE
MAIL

Parents of Children with Special Needs
ABN 20 440 047 551
KALPARRIN CENTRE
Level 4, Hay Street Building
Princess Margaret Hospital, Subiaco
GPO Box D184, Perth WA 6001
Telephone: (08) 9340 8094
Freecall: 1800 066 413
Fax: (08) 9380 6114
E-Mail: kalparrinwa@health.wa.gov.au
www.kalparrin.org.au

**Open Monday to Friday
8.30am—4.30pm**

Parents of Children with Special Needs Inc.

ABN 20 440 047 551

Donation Form

Parents of Children with Special Needs Inc. (operating as Kalparrin) is a not-for-profit organisation recognised by the Australian Taxation Office as a Deductible Gift Recipient. All donations of \$2.00 or more are tax deductible. Your donation will help us provide our services supporting families of children with special needs.

I wish to donate: \$5.00 \$10.00 \$20.00 \$50.00 Other Amount - \$_____

Name: _____ Address: _____
Post Code: _____ Phone: _____

Cheque/Money Order Visa Card MasterCard
Please make cheques payable to Parents of Children with Special Needs

Card Number: _____ / _____ / _____ / _____ Exp: ____ / ____

CVV: _____ (Your Customer Verification Value (CVV) is a 3-digit security code on the back of your credit card. It appears on the signature panel after and to the right of your card number.)

Name on Card: _____ Signature: _____

Thank you for supporting Kalparrin!