

DEFENCE SPECIAL NEEDS SUPPORT GROUP - TOWNSVILLE

Local Coordinator

<Sue Robinson>

<4773 5624

Firstly I want to say thank you to the 6 families who came to our Family Fun afternoon on Sunday 12th October. I had organized Chai kwan do to come out and spend 45 minutes doing an introductory course for our kids. As a coordinator to our 88 families in Townsville, these activities are put on to give your families a chance to meet other families and so that the children can practice skills in a social setting.

However, the year is drawing to a close as we prepare for the last few activities of the year. I personally would like to thank families for your support to the activities and as we only have a few more left please email me your numbers for Maggie Island Day (if you haven't done so), and our Big Christmas Party at Townsville Mini

Golf and Fun Park on 7th December. These day outs give you all opportunities to meet other families and hopefully some friendships will be formed.

But on a sad note, I wish to advise that I will not be coordinating in 2009. I have decided to go back to work as financially there are things that our family would like to do and of course these cost money. So, I am joining my sister in Real Estate in the coming weeks.

Secondly, I would like to thank Jacqui Ross for her role as Assistant Coordinator for 2008, and Jacqui has volunteered to take on as coordinator for 2009. Thank You Jacqui.

On Thursday 2nd of October we had movie day at Readings Cinema's were families chose to watch either Beverly Hills Chihuahua or Space Chimps. I had good feedback on both movies. I was a little biased when it comes to dog movies as if I could afford it I no doubt would run an animal shelter so I could tell you it was a great movie even if you did not think so. Talking Monkey's are another thing, I won't go there.

On Friday 3rd of October a small group of mums and dads brought their littlies down to Lollipops Fun Centre and we joined the tables together which gave great opportunity for some families to chat and meet other families. I really enjoy this meet and greet as sometimes it takes a few activities to settle in and start chatting with other families. I am seeing more of this now. This is another way families can support each other outside the group.

Well, our Maggie Island day is fast approaching for Sunday 9th November. Numbers need to be in to me no later than Wednesday the 5th so that I can finalise the bus tour, koala park, paddle boats and ecotours (snorkeling). I am sorry to all those families that were looking forward to horseriding, but due to the cost of that activity and insurance issues we are now unable to do this activity. All in all it will be a great day especially the 3 hour Island tour which is the first activity of the day. We have 16 families who have registered. Cost to you is \$20 per family and \$100 if you are doing the ecotour - snorkelling? At this point the Ecotour is suspended due to the crocodile on the island. If this is the case I solely apologise to all families who were looking forward to this event.

News and Events NOVEMBER

2008

Lifeline Disability Services, the Townsville City Council and Barrier Reef College of TAFE have a sports program for people with intellectual disabilities. The program is designed to improve fitness and wellbeing, social skills and teamwork as well as making friends and being a part of a sports group. For further information please call Amanda Pascall on 4779 9911.

- Calvary Careline – 24 hour phone counseling 4722 9274 or 1800 111 120. If you need to talk to someone in a crisis, then contact these experienced phone counselors to give you some direction.
- Townsville Library Service - Bookmobile Home Service is a free service for families who are housebound, disabled, frail aged and carers. This is a monthly service – phone 4727 8310 and leave your contact details.
- Parentline – A confidential and anonymous advice and help line for parents in Qld. Operates 7 days a week
8am -10pm. Any parenting issues at the cost of a local call. Also provides professional counseling and the Triple P parenting program.
- Access Card - This card is for carers who want to access facilities free of charge with the special needs person. Participants include: Koala and wildlife park, Reef HQ, Sun Ferries, Billabong Sanctuary, Tobruk Pool, Townsville Mini Golf, Reading Cinemas, Magnetic Is Passenger and Ferry Service and Kirwan Tenpin Bowling.
Contact Townsville West Community Centre on 4779 7268 (handy for all families).
- http://previous.townsville.qld.gov.au/commserv/children_family.asp#North_Qld
Inclusion support, and how to get the assistance your child requires.
- http://previous.townsville.qld.gov.au/commserv/children_family.asp#Townsville
Regional schools therapy services and criteria, and how to get the services your child needs through the education system.
- Centacare is running two short courses on Self Esteem and Family Finances Please contact 4772 9000.
- Scrabble Club meets every 2nd and 4th Saturday at 2pm at YMCA (162 Denham Street). Enquiries to

Shirlee 0418 874 341.

- Lighten Up is a healthy lifestyle program run by QLD Health. There are 7 workshops to this program. For more information contact 4775 8017.
- Womens Health Talks at the Mater Hospital in Pimlico at the Conference Room. First Tuesday of the month 6 - 7pm.
- Early Years Information Service is located at 120 Fulham Road, Gulliver. Phone 4725 0129. The main purpose is to provide information to families on raising children in Townsville. I highly recommend this to all families with children under 8. A child

health nurse is also available every Tuesday from 11am.

- Carer Business Discount Card - If you receive a Centrelink carer allowance or payment you can get this card. Apply on line at www.qld.gov.au/carercard or call Smart Service Queensland on 131 304 (8-6pm, Mon- Fri)
- Downs Syndrome Support Group -. Contact Karen Edwards on 4775 5259.
- Commonwealth Respite and Carelink Centre has moved to their new location at 7 Fulham Rd, Pimlico for A/H emergency respite please call 1800 059 059.
- Carers Qld has monthly Carer Support Group meetings on the 2nd Monday of the month at Volunteering North Queensland 10-12
- NQ Autism Support Group Inc Christmas Celebrations at the Victoria Park Hotel, Sunday 30th November from 12 noon Please RSVP by 23/11 numbers for Santa and Catering to Melanie 47552509

DEFENCE SPECIAL NEEDS SUPPORT GROUP

2008 CHRISTMAS PARTY

TOWNSVILLE MINI GOLF AND FUN PARK

5PM TILL 8PM

SANTA WILL BE THERE ON THE NIGHT

Local Coordinator
5624

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Water Worx is starting again for summer, every Thursday at 12.30pm. Each session runs for ½ hour at the area pool. Both males and females are welcome.

- A Justice of the Peace is available on Mondays from 12-1pm and at other times by appointment.
- Check out the website for more information on upcoming activities.
www.armyintownsville.net

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TNFC has playgroup on Mon/Tues/Thurs and Fri 9.30-11.30am.

If you need to use a computer there are computers set up for use by families.

Craft group on Wed 9.00-12.00 or in the evening 7pm-10.00pm (night group- sorry no children).

A thrift shop is also open on the Raaf Base with a variety of household, baby items, books, toys and clothes. If you have something you wish to sell or donate why not give Karen a call. All monies raised goes back into the Family Centre. Email Karen at tnfc@bigpond.com

On Tuesday 21st October Sue Larkey came to Townsville and the workshop was to give better understanding on how and why children with Autism Specturm Disorder including Asperger Syndrome see the world and how to deal with challenging behaviours.

We listened to Sue give examples of Real Life Experiences and talk in simple language to give better understanding on how not only teachers and carers deal with challenging behaviours but was informative for the small group of parents that attended. Everyone who attended got something out of this workshop.

A dvd was put out by the Government to educate all people including school children of the challenges the children face in life. If you can get hold of the dvd, it is worth watching as the children who have ASD are explaining themselves what they find difficult.

Check out Sues Website- www.suelarkey.com for more information on future workshops and rescources.

COMMUNITY CENTRE 'DROP IN' PROGRAM.

The Community 'Drop In' program is an initiative of The Townsville City Council and the objectives are:

- To provide a link between residents and Council at neighbourhood level
- To provide social support to residents who may otherwise be socially isolated
 - To provide all residents with the opportunity to access information.
- We are very excited about the **Knowledge Centre Outreach>> Community Computer Spaces** opening in all of the community centres which will give groups and individuals access to computer facilities.

The computers are available for individual use during **Community Drop In** times. Visitors to the **Community Drop In** with no experience of computers will have the opportunity to become familiar with computer use and internet access which is offered free of charge (printing has a small fee attached) in a non-threatening environment with some of the volunteers experienced in elementary computer use. For more information please ring: Sheila Betts, 4727 9719.

**The next Coffee Morning and Playgroup is on
FRIDAY 14th NOVEMBER 9.15am-11am at GECKOS
LAVARACK BARRACKS**

Welcome to November's information on raising healthy kids. As you will see it's not just the food they eat that matters but what we ask them to put on their skin that impacts them too. If you haven't read the previous month's pages may I encourage you to spend a few minutes on this one. The information you're about to read is for everyone who has skin whether they be newborn or 92! If that includes you let's start!

First I'd like to introduce Dr. Mariann Lloyd-Smith. She is an Environmental Health Expert and the National Toxic Network Co-Ordinator. (Now this is where it gets interesting as it happens to be right on our doorstep...) In TOWNSVILLE HOSPITAL in 2005 she studied newborn babies first bowel movements, that blackish sticky stuff they first produce called meconium to see what those babies were eliminating from their systems. A range of toxic chemicals was detected. "Some of the chemicals are neurotoxins capable of impacting on a child's health and development," she said. "Others are well-known carcinogens."

Does this surprise you? Where do these chemicals come from? Should newborn babies have these toxins in them in the first place? Dr. Mariann is adamant "that babies should not be born full of chemicals."

Earlier this month (7th Oct) Dr. Mariann was on Channel 10 news making this information public. "Tests on umbilical cord blood show mothers are passing a chemical cocktail onto their babies from cosmetics and household cleaners, plastics, computers, flame retardents, teflon, scotchgard, even pesticides – some of which were banned in America 30 years ago. Of the 287 chemicals found – 76 were known to cause cancer, 94 were toxic to the brain and nervous system and 79 were linked to birth defects.... **Some of the most recent research in 2007 showed littlies, babies under four, have some of the highest levels in their body of the whole population.**"

DOES THIS CONCERN YOU? Synthetic chemicals have been linked to childhood cancers and other serious health and learning problems. We can make the situation worse if we keep on topping up these toxins on a daily basis with the products we use.

Today there are more companies creating safe products to use on the family. Here is some information to show you what is available online and in the shops in Townsville.

Neways. A company endorsed by the Cancer Prevention Coalition that have created a full range of personal and household products. For example, Laundry detergent is \$36.15, working out at 9c a wash. I can give you more info as we use them or look at neways.com.au.

Healthy Life, Stockland. Health food shop. OFFER A 10% DISCOUNT TO DEFENCE.

They have good mosquito repellents and sunscreen that are non toxic and work!

Discount Chemist, Domain.

Two lines of personal care products available called "Natural Instincts" and "Sukin."

Woolworths Supermarkets.

ECOstore is a non toxic range that sell laundry detergent, \$7 for 25 washes, 28c a wash. Also washing up liquid, \$3.99 for 500mls. Look at ecostore.co.nz.

Bluewater Organics, Thuringowa Drive, Organic shop selling a range of personal care products.

Mosquitoclick is an alternative to using cream on mozzie bites. It is available from chemists. It's weird and works! See mosquitoclick.com

Note do not use Earth Choice detergent range found in the supermarkets as they use harmful chemicals such as SLS. (Check out last months newsletter to see why).

Please contact me if there is anything you want to query or request information on.

With best wishes,

Katie

thirkillfamily@hotmail.com

This month I thought I would do something a little different and rather than food recipes where we are avoiding a certain ingredient I thought how about avoiding chemicals in the home. Not

only is it chemical free but its cheap!! I have included the methods I use each and every day within my own home.

Cleaning with Bicarb Soda

Make a paste of bicarb soda and water in a small container. Dip a damp cleaning cloth (I find an old sock over the hand perfect) in the mixture and apply to the surface you want to clean. A bit of elbow grease may be required if particularly dirty. Rinse off with water. This can be used on tiles, vanity surfaces, shower screens, sinks, bath tubs, and kitchen benches. Be careful using this on surfaces you will stand on, such as the shower floor as it will be slippery. Rinse thoroughly **before walking on the surface.**

For cleaning the bathroom sink or bathtub, dampen the surface and then sprinkle bicarb soda on it lightly. (Store in a flour shaker for easier use). Using a damp cloth clean and wipe with a fresh damp cloth or rinse with water.

Cleaning the Kettle

If your kettle gets a dark build up this is any easy way to clean it. Put 1 cup of white vinegar in the kettle, fill with water and add 1 teaspoon of bicarb soda. Boil the kettle and let sit for an hour before boiling a second time. Watch it during the boiling because it may boil over. Pour the water mix down the sink (it will freshen drains), rinse kettle, fill with fresh water and boil and **discard water before using.**

Deterring Ants

Ants are deterred by peppermint oil. Add a few drops to the mop water or put a few drops on a damp cloth and wipe over kitchen benches. Ants are also deterred by a mixture of equal parts of black paper and bicarb soda. Just sprinkle it where you want to deter them.

Cleaning Tiled and Lino Floors

A cup of white vinegar in a bucket of hot water is an excellent floor cleaner. Just mop as normal. It is recommended that lino floors only be cleaned with this as it prevents deterioration of the lino.

Cleaning Windows

½ a cup of vinegar in a bucket of warm water is excellent for cleaning windows and mirrors. Use either a lint free cloth or newspaper to buff dry. Really dirty windows can be cleaned with simple soapy hot water. **Wipe dry with a lint free cloth.**

Cleaning Surfaces such as Walls

Add 1/4 a cup of vinegar to a spray bottle and fill with water. Spray on surface, leave 15 seconds and wipe clean. Great for handprints on doors, sliding doors, kitchen **cupboards, kitchen shelves etc.**

Unblocking Drain; Freshening up a Smelly Drain

Pour half a cup of bicarb soda down the drain, pour a cup of white vinegar down after it and quickly pour a full kettle of boiling water after it.

Vinegar in the Wash

A cup of vinegar to the rinse cycle in the washing machine is a great clothing softener. Add a cup of vinegar during the wash cycle to remove urine or seat smell.

Oven Cleaning

To clean the oven all is needed is bicarb soda, water and elbow grease. Mix a paste of water and bicarb soda. Apply to the oven walls and racks, leave sit for half an hour and then scrub with a damp cloth. Wipe clean.

Happy Chemical Free Cleaning!!!

Jacqui Ross

Invitation to the defence special needs family.

Christmas party.

[Rsvp-sue 47735624 or sro17781@bigpond.net.au](mailto:sue47735624@bigpond.net.au)

When: Sunday 7th December 2008

Where: Townsville mini golf & fun park- (kings road)

Time: 5pm -8pm

2 hours of mini golf and unlimited rides

From 5.15pm-7.15pm.

Food will be served approx 6.30pm.

Hope you can come:-

Rsvp by Thursday 4th December required for catering and staffing on the night.