



# SPOCAAS News

Volume Three - Issue 4 - 2011

A Committee of Community Living & Respite Services Inc

Welcome to SPOCAAS News!

I became associated with SPOCAAS a few years ago quite by chance. I would have to say that these are probably the most feisty, inspiring parents, mostly women, I have met in years. There is an acceptance of the differences in their children, spiced with their desire to create opportunities to minimize these differences.

Just this week I met 2 young boys at the Botanic Gardens, who were on an outing with a volunteer carer from the Echuca Specialist School. What a credit these boys were to themselves and how well they blended into their surroundings. WELL DONE to all involved!!

Services for children and their families are growing rapidly in our community thanks to the emergence of the SPOCAAS organisation and to the liaison of the that organisation with Community Living & Respite Services. I applaud the vision and determination of both organisations.

“OPTIMISM” looks for the best in every situation. The upside of every downside. The yes in every no. Cultivate it!! It will bring you friendship and success, health and wealth, love and laughter. IT'S THAT KIND OF WORD!! - *Fran Galvin*



Community Living  
& Respite Services Inc.

## HIGHLIGHTS

Websites and The Talk PlayConnect	
Research Opportunities	Pg 2
Adults on the Spectrum Joining the Committee	Pg 3
Library	Pg 4
Theory of Mind Social Skills	Pg 5
Health Services	Pg 6
Parents Retreat Invite	Pg 7
Calendar of Dates	Pg 8

## CONTACT SPOCAAS

PHONE (03) 5480 2388 FAX (03) 5480 6860

OFFICE 26A PERCY ST ECHUCA POSTAL PO BOX 979 ECHUCA VIC 3564

Email [spocaas@clrs.org.au](mailto:spocaas@clrs.org.au) Web [www.clrs.org.au](http://www.clrs.org.au)



## IMPORTANT CHANGES

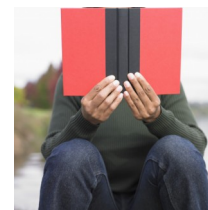


**Monthly Monday Morning Tea** has now been moved to  
**Tuesdays with Coffee Club** at Alexander House,  
242 High St Echuca.

Child care will still be available at Coffee Club  
Please see the calendar of dates on the back page.  
A new flyer will be developed and circulated shortly.

## NEED A BREAK?

Then page 7  
might interest you.





## Irresistible Gluten Free Show

<http://www.glutenfreefoodshow.com.au/>

Discover hundreds of prepared **gluten free foods** including breads, pasta, biscuits, cakes, small goods, ice-cream, ready-to-eat meals, confectionary, breakfast cereals, cook books, snack ideas and more. It's all here at the **Irresistible Gluten Free Show**. No other event provides you with a broad information base covering:

[Coeliac Disease](#) : [Gluten Intolerance](#) : [IBS](#) : [Lactose Intolerance](#) : [Fructose Malabsorption](#).

**Show Details:** Sat 24th September - Sun 25th September 2011 at Melbourne Convention and Exhibition Centre, 10am - 4pm

**Ticket Prices:** Adult: \$20 : Concession\*: \$16 (12 - 16) : Under 12: Free (no ticket required)

## Autism Merchandise

If you are looking for Autism resources, Community Living & Respite Services inc has a small selection of books, equipment and awareness items for sale. Community Living and Respite Services is located at 26A Percy St Echuca.



## PlayConnect Echuca : Fridays



The Echuca Region PlayConnect Playgroup is held every **Friday** morning during school term time, from **10am until 12midday**. This playgroup is aimed at families with a child or children with an Autism Spectrum Disorder (ASD) or ASD traits. **A diagnosis is NOT necessary and NEW FAMILIES are most welcome**. Please call Elissa Plumridge at CLRS on 5480 2388 or email [eplumridge@clrs.org.au](mailto:eplumridge@clrs.org.au) for more details.

## Research Opportunities

1. **Alfred Psychiatry Research Centre (MAPrc)** is currently conducting a research project that is investigating sensory processing (hearing, vision, touch) in Autism Spectrums Disorders (ASD). They are looking for participants aged between 10-60, with a diagnosis of High-Functioning Autism or Asperger's Syndrome. For more information, please contact Dr. Peter Enticott (Chief Investigator) on (03) 9076 6594 or via email [P.Enticott@alfred.org.au](mailto:P.Enticott@alfred.org.au)
2. **Deakin University** is currently conducting a variety of research projects.
  - The Female Profile of Autism: Ages between 12 to 18 years, receive a free IQ assessment. Contact Ivanna Cox at [iac@deakin.edu.au](mailto:iac@deakin.edu.au)
  - Autism & Fashion: Ages between 10 to 15 years. Contact Contact Iskra Galic at [igal@deakin.edu.au](mailto:igal@deakin.edu.au)
  - Girls with Autism & Friendship: Ages between 10 to 16 years and their parents. Contact Alex Head at [alex.head@deakin.edu.au](mailto:alex.head@deakin.edu.au)
  - Assisted reproductions (IVF) and Autism:contact Mark Stokes at [mark.stokes@deakin.edu.au](mailto:mark.stokes@deakin.edu.au)

DISCLAIMER: The information and content of this newsletter could include inaccuracies, errors or omissions. S.P.O.C.A.A.S does not endorse or suggest any of its contents are suitable for your situation. Using any of this information is at your sole discretion & all liability for any claim or damages that may result are hereby disclaimed. Some material on in this newsletter may include or summarise views, standards or recommendations of third parties. The inclusion of such material is not an endorsement by SPOCAAS and is not an indication of SPOCAAS commitment to any particular course of action. Links provided to internet sites are provided for the user's convenience and do not constitute endorsement of the information at those sites. SPOCAAS accepts no responsibility for material contained in any site that is linked to this internet site. SPOCAAS representatives provide parent to parent support through shared experiences and available resources. People should obtain appropriate professional advice relevant to their particular circumstances.



## Adults on the Spectrum



SPOCAAS *regular space*, for adults on the Autism Spectrum

The 2010 Echuca Autism Research Project identified a gap in services for Adults on the spectrum. Are you an adult on the Autism Spectrum? Would you be interested in forming a social group or do you have a different idea? If you would like to contact SPOCAAS with your thoughts on what would help you if it was available locally, please email



[support4adults@clrs.org.au](mailto:support4adults@clrs.org.au)

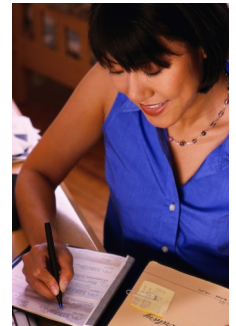
Have you seen the resources for adults in the SPOCAAS Library?



## Do you have something to contribute to SPOCAAS News?



Are you someone with something to say about Autism Spectrum Disorders? SPOCAAS News provides an opportunity for those involved in the Autism Community to share information, ideas and stories. If you have something positive or proactive to say or contribute, we'd love to hear from you!



Contributions to SPOCAAS News must be the original work of the contributor, or must be accompanied by permission of the author to redistribute. Ideas sourced from any articles, websites or publications must be referenced appropriately. For further information, or to share your ideas for SPOCAAS News, please contact the SPOCAAS News team via email, [spocaas@clrs.org.au](mailto:spocaas@clrs.org.au) or via phone 5480 2388 and leave a message for a SPOCAAS representative to contact you.



## Thoughts of the Month



This morning, the sun came out and his happy grin made me shine inside.  
If we can hold on, the sun will come out again and the possibilities are endless.  
But you have to believe it.



Children learn more from what you are  
than what you teach.  
(*Rishika Jain's Inspirations*)



## Interested in joining the SPOCAAS Committee?



SPOCAAS has a volunteer Executive Committee of SPOCAAS Member representatives and one CLRS Board of Management representative. The committee meets monthly. SPOCAAS Committee positions are 12 months in duration and nominations are taken in October each year. The new SPOCAAS Executive Committee starts in November of each year. All nominations are collected by the CLRS Board of Management representative for endorsing, and where the number of nominations exceed the number of committee positions, a vote takes place. If you are interested in joining the committee, we encourage you to submit your nomination in October and attend the Committee Meetings on October 11th and November 8th 2011.



## Indigo Dreams CD Series



A beautiful series of CDs designed to support relaxation and decrease stress, anger and anxiety.

Use the CDs to support relaxation and the building of positive self-esteem; with beautiful stories, uplifting and calming music and wonderful strategies / techniques that form a part of all the CDs.



The complete range offers something for every member of the family and after listening to them you're likely to want your very own copies!

Lovely listening for anyone who needs some peaceful time out or a boost of 'feel good'!

**Thanks to the Elsie Murray Trust, here are some of the new titles in the SPOCAAS library**

- My Child Has Autism, Now What?
- Siblings and Autism
- Theory of Mind and the Triad of Perspective
- Asperger Syndrome and Social Relationships
- Foundation Role Plays for Autism
- Choices Game: Staying Safe in Social Situations
- Getting the Picture
- Asperger Syndrome - What Teachers Need to Know 2ed
- Life and Learning with Autistic Spectrum Diffability DVD
- One and Only Sam
- How to Find Work that Works
- Wishing On the Midnight Star: My Asperger Brother
- Haze
- Buster and the Amazing Daisy
- Of Mice and Aliens: An Asperger Adventure
- David's Secret Soccer Goals
- Everyday Education: Visual Support
- Basic Pathfinder Mind/Body Techniques (DVD)
- Marching to a Different Tune: Diary about an ADHD boy
- Lovable Liam Series (6 Book Set)
- Pedro's Whale
- Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent
- You're Going to Love This Kid!: Teaching Students
- How Everyone on the Autism Spectrum, Young and Old, can...: become Resilient, be more Optimistic, enjoy Humor, be Kind, and increase Self-Efficacy
- The Out-of-Sync Child
- The Asperger's Answer Book
- Engaging Autism
- The Out-Of-Sync Child Has Fun
- Ten Things Every Child with Autism Wishes You Knew
- Embracing Asperger's
- Beginner's Guide to Autism Spectrum Disorders
- Social Communication Cues for Young Children
- Making Sense of Social Situations
- Understanding Fragile X Syndrome
- 60 Social Situations and Discussion Starters
- Social Skills for Teenagers and Adults
- Aspies on Mental Health: Speaking for Ourselves
- Set for Success
- Autism and Loss
- Myriad Gifts of Asperger's Syndrome
- Teacher Assistants Big Blue Book of Ideas
- Developing Social Skills
- Putting The Pieces Together
- Teach me to play CD
- Preparing for Success DVD
- Understanding & Working with Autism DVD
- Intricate Minds DVD Understanding Classmates who think differently
- Astronaut Training: A Sound Activated Vestibular-Visual Protocol (book & CD)
- Core Concepts in Autism (Book & CD)
- Indigo Dreams Relaxation CD's
- Asperger's, Autism and Girls DVD
- Creative Therapy for Children with Autism, ADD
- A is for Autism F is for Friend
- Asperger's in Pink
- Understanding Death and Illness
- Exploring Feelings Anger
- Adam DVD
- Snow Cake DVD
- Imagine having Asperger's Syndrome (DVD)

## Something of Interest?



*Life Lessons with Horses™*

*Equine Assisted Growth & Learning  
Animal Assisted Therapy*

### We incorporate:

- Sensory activities
- Relaxation strategies to help increase self concept & reduce stress
- Leadership & confidence building sessions
- Activities to help clients improve locus of control, decrease hostility & aggression
- Activities which help to improve Communication, Social/Emotional & Motor skills
- Animal Companion sessions

**Contact:** Jenny Kennedy

Tel: 03 5484 3193 Mob: 0448 317 694

Email: [lifelessonswithhorses@hotmail.com](mailto:lifelessonswithhorses@hotmail.com)



See us on our facebook page  
'Life Lessons with Horses'

## Theory of Mind

### Putting Yourself in Others' Shoes: Helping Children with ASD Understand Theory of Mind

*Presented by: Kerry Robertson, Autism Partnerships*

Hosted by Community Living & Respite Services Inc  
ASD Case Consultant Practitioner for Loddon Mallee  
& the Autism Project Working Party

Understanding that the minds of others are different to your own mind, Theory of Mind, is believed to underlie many of the difficulties encountered by individuals with ASD. This workshop will illustrate specific skills that can be taught with the aim to begin to help children and adolescents with ASD develop a functional, meaningful understanding of Theory of Mind. The strategies discussed will be suitable for children of all ages with higher verbal and cognitive abilities.

#### **ECHUCA**

##### **Session One**

Thursday 1<sup>st</sup> Sept 2011

7.00pm – 9.30pm

OR

##### **Session Two**

Friday 2<sup>nd</sup> Sept 2011

10.00am – 12.30pm

##### **Venue**

Clocktower Apartments

Anstruther St Echuca

#### **BENDIGO**

##### **One Session Only**

Thursday 1<sup>st</sup> Sept 2011

10am-12.30pm

##### **Venue**

145 Crook St Strathdale

#### **COST**

Professionals \$120

Families accessing HCWA \$120

Families \$20

**RSVP required by 5pm 24th August 2011.**

Please call Community Living & Respite Services Inc on 5480 2388 or email [admin@clrs.org.au](mailto:admin@clrs.org.au).

**For more information**, please contact Elissa Plumridge  
[eplumridge@clrs.org.au](mailto:eplumridge@clrs.org.au) or Linke Smedts-Kreskas  
[lsmedts@clrs.org.au](mailto:lsmedts@clrs.org.au)



## CLRS News



## Social Skills

*Since December 2010, 20 local young people have participated in a Social Skills program!*

Thanks to the Echuca Workers Club, Carer Support Services and the Newsboys Foundation for generous support that has assisted in these programs being delivered.

Future programs will be provided subject to available funding and interest. If you are interested in your child / young person participating in a Social Skills group, please contact Donna McManus at Community Living & Respite Services Inc, at 26A Percy St Echuca, by phone on 5480 2388 or by email [dmcmanus@clrs.org.au](mailto:dmcmanus@clrs.org.au) to register your interest.

## Occupational Therapy Services

**Kaitlyn Bourke**, Occupational Therapist with *Kids in Sync*, is now seeing clients in Echuca. Kaitlyn is a registered provider of services through the **Helping Children With Autism** (FaHCSIA) program and a registered Medicare provider. Call Kaitlyn for an appointment on 0439 485 500

**Kate Hill** is an Occupational Therapist based in Moama. Kate is a registered Medicare provider and a registered HiCaps Provider (Private Health Insurance). Call Kate for an appointment on 0448 864 216

## Speech Therapy Services

**Rebecca Amy**, Speech Therapist, is a registered Medicare provider based at the Echuca Sports Medicine Clinic. Call Rebecca for an appointment on 0457 930 508

**Celeste Plant**, Speech Therapist with SCOPE, is now seeing clients in Echuca. Celeste is able to provide services through the **Helping Children With Autism** (FaHCSIA) program. Call Celeste for an appointment on 5823 5744

**NEW: Ruth Glanville**, Speech Therapist, is a registered Medicare and HiCaps (Private Health Insurance) Provider and has recently been approved to provide services through the Helping Children With Autism (FaHCSIA) program. Ruth is based at [N8] Health in Nish St. Echuca. Call Ruth for an appointment on 54822 988

## Psychologist WANTED

Community Living & Respite Services Inc (CLRS) is looking to support a Psychologist with ASD speciality or experience to service the Echuca region. In 2010, a Project was undertaken by CLRS to gather statistics and determine the needs of families and individuals managing Autism Spectrum Disorders in Echuca and the surrounding district. At the completion of the project a Working Party was formed in order to try and meet these needs, and the Working Party has since supported Speech Therapists and Occupational Therapists to offer therapy services in Echuca. CLRS is now looking to offer this support to an ASD experienced psychologist who would be willing to provide services to Echuca on an ongoing basis. CLRS is able to offer office space (free of charge for a period of 6 months) as well as free advertising of services through local and regional networks. If you are interested in potentially providing services in Echuca, or in finding out more about the ASD Project Working Party, please contact Elissa Plumridge by phone 03 5480 2388 or by email [eplumridge@clrs.org.au](mailto:eplumridge@clrs.org.au)

## Helping Children With Autism Services NOW AVAILABLE in Echuca!

### Ask your GP about an Enhanced Primary Care Plan:

This will allow you a Medicare rebate for 5 sessions with an Allied Health Professional (includes Medicare registered Occupational Therapists & Speech Therapists)

### FaHCSIA, Helping Children With Autism Early Intervention assistance funding package

The early intervention funding under the Helping Children with Autism (HCWA) package is aimed at providing increased access to early intervention for children aged zero to six with an ASD. The funding supports the delivery of multidisciplinary evidence based early intervention to facilitate improved cognitive, emotional and social development prior to a child starting school.

**Families are encouraged to access HCWA early intervention services in addition to early intervention services that their child is already receiving.**



## SPOCAAS PARENTS RETREAT 2011

**Fri 21<sup>st</sup>/Sat 22<sup>nd</sup> Oct - Sun 23<sup>rd</sup> Oct**

If you are looking for a weekend away without the children at minimal cost, then this weekend might be for you! Spend some time with other parents or do your own thing. It's your weekend of leisure! Take the mini bus or drive yourself.

**Places are strictly limited and places will be filled on a "first in basis".**

### What is included in the cost?

- ❖ One or two nights accommodation: location to be decided
- ❖ Travel if you choose to get there on the mini bus. Bus will depart Echuca on Saturday morning.
- ❖ Breakfast on Saturday and/or Sunday
- ❖ Lunch on Saturday \*
- ❖ Dinner on Saturday \*



### So how do you participate in this weekend?

1. Be a SPOCAAS parent or carer
2. Fill in the attached registration form and return with your payment marked attention Linke/SPOCAAS to Community Living & Respite Services Inc offices at 26A Percy Street Echuca or via post to PO Box 979 Echuca Vic 3564

### **RSVP is required by August 12 or earlier if possible**

so we can reserve rooms and families can receive confirmation of their place. Please let us know which night (s) you will be staying so the maximum number of families can enjoy this opportunity.

**Send your RSVP to [admin@clrs.org.au](mailto:admin@clrs.org.au) or by calling CLRS reception on 5480 2388**

### **Location & itinerary will be forwarded to those attending**

SPOCAAS PO Box 979 Echuca Vic 3564

E: [spocaas@clrs.org.au](mailto:spocaas@clrs.org.au) P: 5480 2388

In Person at 26A Percy St Echuca

\* Lunch and Dinner costs will be limited to a maximum amount per head, dependant on how many attend



# DATES: June & July 2011

Please note that some events are to be confirmed (TBC) and details are subject to change.  
It is advised that you are on SPOCAAS email list to ensure you are kept informed of changes.

August 2011		September 2011	
<b>Tuesday 2nd</b> 9.30am –11.30am 7pm—8pm	<b>SPOCAAS Coffee Club</b> > Morning Coffee Club with MyTime at Alexander House with Child care available. RSVP please > Evening Coffee Club at Echuca Hotel (no meal)	<b>Tuesday 6th</b> 9.30am –11.30am 7pm—8pm	<b>SPOCAAS Coffee Club</b> > Morning Coffee Club with MyTime at Alexander House with Child care available. RSVP please > Evening Coffee Club at Echuca Hotel (no meal)
<b>Saturday 6th</b> Time to be decided	<b>SPOCAAS Pamper Day</b> Details being circulated to those that are attending. All positions now filled	<b>Wednesday 7th</b> 10-11am	<b>Tatura Coffee Club</b> 115 Hogan St Tatura
<b>Tuesday 9th</b> 7pm-9pm	<b>SPOCAAS Committee Meeting</b> 24 Percy St Echuca	<b>Tuesday 13th</b> 7pm-9pm	<b>SPOCAAS Committee Meeting</b> 24 Percy St Echuca
<b>Wednesday 7th</b> 10-11am	<b>Tatura Coffee Club</b> 115 Hogan St Tatura	<b>Tuesday 20th</b> 9.30am-11.30am 7pm-8pm	<b>SPOCAAS Coffee Club</b> > Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please > Evening Coffee Club at Echuca hotel (no meal)
<b>Tuesday 16th</b> 9.30am-11.30am 7pm-8pm	<b>SPOCAAS Coffee Club</b> > Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please > Evening Coffee Club at Echuca hotel (no meal)	<b>Tuesday 30th</b> 9.30am-11.30am 7pm—8pm	<b>SPOCAAS Coffee Club</b> > Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please > Evening Coffee Club at Echuca hotel <b>with meal</b> . RSVP please
<b>Tuesday 23rd</b> 9.30am-11.30am 7pm—8pm	<b>SPOCAAS Coffee Club</b> > Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please > Evening Coffee Club at Echuca hotel (no meal)	<b>Coming in October 2011</b>	
<b>Tuesday 30th</b> 9.30am-11.30am 7pm—8pm	<b>SPOCAAS Coffee Club</b> > Morning Coffee Club & MyTime at Alexander House with Child care available. RSVP Please > Evening Coffee Club at Echuca hotel <b>with meal</b> . RSVP please	<b>Tuesday 18th,</b> <b>7.30pm</b>	<b>Community Living &amp; Respite Services Annual General Meeting (AGM)</b> Details TBA
		<b>Friday 21st/ Sat22nd—Sun 23rd</b>	<b>Parents Retreat</b> Invitations circulated. Places limited



## RSVP's & Enquiries

Email: [spocaas@clrs.org.au](mailto:spocaas@clrs.org.au) Phone: 5480 2388 and leave a message SMS text: 0428 382 668

### Child Care

- SPOCAAS Morning Coffee Club provides onsite child care provided fee free by MyTime & Community Living & Respite Services Inc.
  - ❖ Please introduce your child to child care staff on arrival.
  - ❖ Please bring a drink and snack for your child.
- SPOCAAS Evening meetings, Special Events and Committee Meetings are Child Free unless otherwise specified.

### Venues

- SPOCAAS meets for Evening Committee Meetings at CLRS Offices 24 Percy St Echuca.
- SPOCAAS Morning Coffee Club meets at Alexander House, 242 High St Echuca and Evening Coffee Club meets at Echuca Hotel High St Echuca.
- Please check newsletter/invitations for venue details for programs you wish to attend.