

## **Autism/Aspergers Family Network Group**

**Where:** La Maison Café, 40 Lincoln Causeway Gateway Island

**When:** Thursday 9 February 10.00am – 12.00 noon

Guest speaker: Paige Summerfield – Advocate with DAIS from 10.30am

*'Disability Advocacy and Information Service (DAIS) provides advocacy to people with a disability when they have been discriminated against because of their disability. This presentation provides information about Human Rights, What to do if you experience discrimination and what DAIS can do to help. Also included is information on other services DAIS provide and how to access the service.'*

Please bring along any suggestions for meeting topics or speakers and information that you may have to share.

Morning Tea Provided – drinks at own cost

Contact Aspire on 02 6058 4000 or email [sue.pringle@aspiress.com.au](mailto:sue.pringle@aspiress.com.au)

## **Albury Wodonga Home Schooling Family Network Group**

**Where:** Wonga Wetlands, Riverina Highway Splitters Creek

**When:** Thursday 16 February 9.45am – 11.45am

Please bring a hat and sunscreen

Activities will be provided for the children with John Hawkins

Morning Tea available – please let us know of any dietary requirements

Please RSVP to Aspire on 02 6058 4000 or email [sue.pringle@aspiress.com.au](mailto:sue.pringle@aspiress.com.au)

## **Dad's Group**

**Where:** Brady's Railway Hotel, 450 Smollett Street Albury

**When:** Thursday 23 February – 6.30pm

Join us for a relaxing meal

Subsidised cost by Aspire and The Together Program

Please RSVP Glenn Rowbottom: 0412 084 537/[growbottom@bigpond.com](mailto:growbottom@bigpond.com)

220 Borella Road

Albury

PO Box 7374

East Albury NSW 2640

Tel 02 6058 4000

Fax 02 6058 4050

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

[reception@aspiress.com.au](mailto:reception@aspiress.com.au)

## Albury Wodonga Down Syndrome Family Network Group



**Where:** Bean Station Café, 1/46 Elgin Blvd Wodonga

**When:** Saturday 11 February - 10.30am

Please RSVP contact Aspire 02 6058 4000 / email [sue.pringle@aspiress.com.au](mailto:sue.pringle@aspiress.com.au)

## Attention Deficit/Hyperactivity Disorder and/or Oppositional Defiant— Disorder & related conditions Support Group

**Where:** Aspire Support Services – Conference Room, 220 Borella Road Albury

**When:** Wednesday 8 February – 10.00am – 1.00pm

Morning Tea Provided

Please RSVP Glenn Rowbottom: 0412 087 537 or Aspire 0260 584000 / [sue.pringle@aspiress.com.au](mailto:sue.pringle@aspiress.com.au)

**February sees the commencement of two additional support groups at Aspire. Both new groups are supported by Aspire, the Victorian HACC PROGRAM and Carers NSW *togetherprogram*.**

## Sole Parents Network

A social networking group for sole parents with children on the autism spectrum and children with related conditions. Typical events will include outings, friendship, and support for those in this often challenging and isolating combination of parental roles'.

This new group is facilitated by Renee and Jane, two local sole parents with a child on the spectrum.

The initial meeting will be an informal get together to establish the direction of the group.

**Where:** River Deck Café

**48 Noreuil Parade, South Albury**

**When:** Thursday 23 February 11.00am

Please RSVP Aspire on 02 6058 4000 or email [sue.pringle@aspiress.com.au](mailto:sue.pringle@aspiress.com.au)

## Healthy Mothers Healthy Families Support Group – Albury Wodonga

Following on from last year's Healthy Mothers Healthy Families workshop, this group will meet on a regular basis to explore health and wellbeing activities for mothers of children and adults who have disability.

The group will be facilitated by Katrina Redcliffe (and Sue Pringle behind the scenes).

The initial meeting will be an informal get-together to establish the direction of the group.

**Where:** Hovell Tree Park, South Albury

**When:** Thursday 9 February - 9.30am

Please RSVP for catering purposes. Morning tea will be provided. Please bring clothing suitable for walking.

Telephone Aspire on 02 6058 4000; Katrina Redcliffe - 0408 999 797 or email [sue.pringle@aspiress.com.au](mailto:sue.pringle@aspiress.com.au)

## Aspire Family Network Group

This is a general support group covering all disabilities everyone welcome

**Where:** The Bended Elbow, 480 Dean Street Albury

**When:** Friday 3 February – 12 noon

**Meal subsidised by Aspire Support Services and the Together Program**

Please RSVP Katrina Redcliffe: 0408 999 797 or Aspire 0260 584000 / [sue.pringle@aspire.com.au](mailto:sue.pringle@aspire.com.au)

## TalkAbility™

### THE HANEN PROGRAM FOR PARENTS OF VERBAL CHILDREN ON THE AUTISM SPECTRUM

Aspire Early Childhood Intervention are now taking expressions of interest for an upcoming TalkAbility program.

TalkAbility is a program for parents of high-functioning verbal children with social communication challenges, including children who have a diagnosis of Autism.

What parents learn in the TalkAbility Program:

- Help your child have effective back-and-forth conversations
- Encourage your child to pay attention to the social messages people send non-verbally
- Model the language your child needs in order to talk about his feelings and those of others
- Help your child interact with other children and make friends

This evidence-based program, which was developed by The Hanen Centre, is well known around the world. TalkAbility is led by a Hanen Certified speech pathologist who has received specialised training from the Hanen Centre.

For more information or to register your interest please contact Rachael Boehm on (02) 6058 4000 or [rachael.boehm@aspire.com.au](mailto:rachael.boehm@aspire.com.au)

## AMAZE NDIS Workshops

For anyone who expressed interest in the AMAZE Autism related NDIS workshops, the dates of the workshops confirmed with AMAZE this week are:

**Where:** Aspire Support Services, 220 Borella Road Albury

**When:** Thursday 2 March

Thursday 4 May

Thursday 29 June

Thursday 20 July

The workshops will run from 10.00am to 12.00noon with registration from 9:45am

The workshops will be presented by Pamela Gatos - Coordinator Community Engagement Project (NDIS) at AMAZE.

## Get More Skills: Good Life Workshop

A workshop for people with disability, their families and carers.

- Practise speaking up and setting goals
- Get ready for the NDIS
- Take home tools to help you plan



**Albury Workshop – Thursday 2 February**

**10am – 2.30pm**

Commercial Club Albury

618 Dean Street, Albury, NSW 2640

Register now! Limited spaces available!

 1800 144 653

 [info@mychoicematters.org.au](mailto:info@mychoicematters.org.au)

 [www.mychoicematters.org.au](http://www.mychoicematters.org.au)

Workshops are fully accessible. We can provide support to ensure everyone can come. Lunch will be provided.

Find out more [www.mychoicematters.org.au](http://www.mychoicematters.org.au)

## Speak Up!

Training by the NSW Ombudsman



Learn to:

- Know what you like and don't like
- Know when you want change
- Know when things are not right
- Know what to do when you feel unsafe
- Talk to someone you trust
- Speak up!

Date: 8 March 2017

Time: 10.00-12.30pm (morning tea included)

Venue: Aspire Support Services, 220 Borella Road, Albury NSW

People with disability, carers, support staff – all welcome!

For more information

• call 02 6058 4000

or

• email [trevor.cowell@aspiress.com.au](mailto:trevor.cowell@aspiress.com.au)

RSVP by 27 February 2017 to [reception@aspiress.com.au](mailto:reception@aspiress.com.au)



**VITASOY Milk  
available from  
Aspire Support Services,  
220 Borella Road Albury**

**NO COST**

- **Almond Milk – Barista and Original**
- **Coconut Milk - Unsweetened**
- **Oat Milk - Unsweetened**
- **Soy Milk - Reduced Fat and Calci Plus**



Aspire has movie vouchers available for customers and families. The \$13 Regent Cinema vouchers give you unrestricted access to all Village sessions.

Movie vouchers are available for purchase from  
4 Footmark Court, Wodonga or  
220 Borella Road, East Albury.

## YOUR INFORMATION

Aspire is now moving towards a paperless office and we are seeking assistance from our readers. If you would prefer to receive your correspondence via email please

Email your full Name and email address to [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

Or contact Sharne on Phone: 02 6058 4000

Email: