

### Autism/Asperger's Family Network Group

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

**When:** Thursday, 27 April 2017 – 12:30pm – 2:30pm

Join us for lunch. Children are welcome to join us. A chance to relax and share support and information.

Subsidised cost by Aspire and The Together Program

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

### Albury/Wodonga Home Schooling Family Network Group

**Where:** Regent Cinemas, 456 Dean Street, Albury

**When:** TBC

An evening for parents at the Gold Class Cinema.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

### Dad's Group

**Where:** Wodonga Tenpin Bowling, 2 Sanyo Drive, Wodonga

**When:** Wednesday, 19 April 2017 – 7:00pm

Join us for a dinner and an evening of bowling.

Subsidised cost by Aspire and The Together Program

Please RSVP for planning purposes; Phone Glenn Rowbottom on 0412 084 537 or email [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:** Regent Cinemas Albury, 456 Dean Street Albury

**When:** TBC

Please register your interest if you wish to attend a Gold Class Cinema Session including preferred dates and whether day or evening session.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

## Attention Deficit/Hyperactivity Disorder and/or Operational Defiant Disorder and Related Conditions – Support Group

**Where:** Hovell Tree Park, South Albury at the Wood Fire Oven

**When:** Wednesday, 12 April – 4:00pm – 6:30pm

Join us at the Aspire Family Easter BBQ

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

## Sole Parents Network

A social networking group for sole parents of children with Autism Spectrum Disorder and related conditions. Typical events will include outings, friendship, and support for those in this often challenging and isolating combination of parental roles.

**Where:** The Star Café, Albury

**When:** Thursday, 30 March 2017 - 10:30am

Details of the April to be decided at this meeting

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)



**Family Easter BBQ**

**When:** Wednesday 12 April 2017  
**Where:** Hovell Tree Park  
**Meet at the BBQ's near the Wood Fired Oven**  
**Time:** 4:00pm to 6:30pm

- Family fun
- Meet others
- A visit by the Easter Bunny
- Easter Egg Hunt
- No Cost

**RSVP:** Wednesday 5 April 2017  
**Aspire Support Services 02 6058 4000 or [sue.pringle@aspiress.com.au](mailto:sue.pringle@aspiress.com.au)**

## Healthy Mothers Healthy Families Support Group – Albury Wodonga

**Where:** TAFE National Environment Centre, 97 Ettamogah Road, Thurgoona

**When:** Monday, 10 April 2017 - 9.30am

Organic Farm Tour – “Special Event”

Come and discover a local working organic farm. They have sheep, pigs, chickens and so much more. Learn some principles that can use in your own backyard.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

We are also having a Walking Group – you are invited to bring the kids with their bikes and scooters during the school holidays. The walk will be at a gentle pace. Morning tea will be provided afterwards.

**Where:** Meet at Kremur Street Boat Ramp in West Albury

**When:** Thursday, 6, 13, 20, 27 April 2017 – 10:00am

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

## Aspire Family Network Group

**Where:** Regent Cinemas Albury, 456 Dean Street Albury

**When:** Friday 28 April or Saturday 29 April 2017

Please register your interest if you wish to attend a Gold Class Cinema Session. Bookings will be made at the start of the week – **tickets are limited**

Please RSVP for planning purposes; Phone Katrina Redcliffe: 0408 999 797 or Aspire 0260 584000 or email [reception@aspiress.com.au](mailto:reception@aspiress.com.au)

# Picnic in the Park

*celebrating world autism day 2017*

To celebrate this year's world autism day (April 2nd) The Little Black Duck would like to invite you to join us for a picnic in the park.

Bring your own picnic\* and blanket and enjoy some great family friendly activities we have planned for the day, including an Easter egg hunt! So come and spend the day (or as long as you want) with members of our amazing community, meet other families and enjoy some fun activities!

\* Please keep picnics nut, sesame and raw egg free. Thanks for your understanding

**Date:** Sunday April 2nd 2017

**Time:** 10.30am - 4.30pm

**Location:** Les Stone Park, Wodonga

**Planned activities, times and cost**

- ◆ 10.30 - 11.30am: Easter egg hunt (per participant - \$2 tld members/\$5 non-members)
- ◆ 12.00-12.30pm: Chocolate Egg and spoon race
- ◆ 1.00-1.30pm: 3 legged race
- ◆ 2.00-2.30pm: Sack race
- ◆ 3.00-3.30pm: Tug-of-war
- ◆ 4.00-4.30pm: Raffle draw



head over to  
[www.thelittleblackduck.com.au](http://www.thelittleblackduck.com.au)  
or [facebook.com/ablackduck](https://facebook.com/ablackduck)  
for more more details and event updates

**BETTER START PROGRAM** 

## ARE YOU RECEIVING BETTER START?



**You are invited to a Carers NSW Moving Forward Workshop**

Come along to a free information session, meet other parents and discuss:

- Transition from Better Start to NDIS
- Transition to school and school supports
- Financial assistance
- Supports and services in your area

Previous participants have said ...  
"Very engaging and resourceful"  
"Great to meet other parents and share our stories"

Interested but can't make it? Please let us know.

**WHEN:**  
Wednesday 29 March 2017  
10.00am - 2.00pm  
(please arrive at 9:45am)

**WHERE:**  
Albury Entertainment Centre  
Elizabeth Room  
525 Swift St, Albury

**RSVP:** Registrations essential.  
To register contact Emma Howden  
on (02) 9280 4744 or email:  
[betterstart@carersnsw.org.au](mailto:betterstart@carersnsw.org.au)

Morning tea & light lunch will be provided, please advise of any dietary requirements or allergies

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[www.carersnsw.org.au](http://www.carersnsw.org.au) contact@carersnsw.org.au CARER LINE 1 800 242 636 PO Box 785 North Sydney NSW 2059

## Fathers Weekend Away to Melbourne

### Expressions of Interest

Join us for a relaxing time with other dads.

**When:** 5 – 8 May 2017 (options of 3 nights)



**Accommodation:** Pegasus Hotel

Travel down to Melbourne by train at a time of your choice. Please see below for the scheduled games

Please RSVP for planning purposes; Phone Glenn Rowbottom on 0412 084 537 or email

[growbottom@bigpond.com](mailto:growbottom@bigpond.com)

#### Round 7 Friday, May 05

 v  St Kilda v  
GWS Giants

ES  
7:50PM

#### Round 7 Saturday, May 06

 v  Collingwood v  
Carlton

MCG  
2:10PM

#### Round 7 Saturday, May 06

 v  Western Bulldogs v  
Richmond

ES  
7:25PM

#### Round 7 Sunday, May 07

 v  Melbourne v  
Hawthorn

MCG  
3:20PM

## 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, 4 May 2017

Thursday, 29 June 2017

Thursday, 20 July 2017

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.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspire.com.au](mailto:reception@aspire.com.au)

## NDIS and ME

NDIS and Me – 3<sup>rd</sup> Series with NDIS and ME Project Coordinator: Elizabeth McGarry

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

**When:** Thursday, 11 May 2017

10:30am to 1:00pm or 6:30pm to 9:00pm

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email [reception@aspire.com.au](mailto:reception@aspire.com.au)