

Newsletter of IDEAS



12TH WIDE ANGLE

FILM FESTIVAL

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Editorial - *Diana Palmer* **IDEAS Executive Officer**

Welcome to this edition!

As we go to print, people with disability are being given the opportunity to tell their story. People who feel they have been mistreated by Disability Service Providers can let the Government know via the Disability Royal Commission at www.disability.royalcommission.gov.au or phone 1800 517 199.

At the same time we have the Federal Government asking for input from people with disability about how the NDIS is working for them and the issues they are facing. This is a Review of the NDIS Act and the new Participant Service Guarantee. Details can be found at bit.ly/ndis-act. You can contact the Department of Social Services on 1300 653 227 and ask to talk to someone about how you can contribute to the Review of the NDIS Act.

We encourage you to contribute to both reviews, to have your say and be heard. Sharing real stories from people with disability is the most powerful way to help our Government to understand what is really important to you. This includes how they have still not solved the problems with the NDIS and the world-leading system that people with disability were hoping for.

As an Information provider, IDEAS is again disappointed with the outcome of the latest ILC grant round, that being the National Information Program. Whilst we welcome the projects that have been funded (as they could build our depth of knowledge of various disability types and specialities), none will provide a national information system for people with disability within the next three years. At the conclusion of this round of funding, it will be 10 years since the Productivity Commissions' original report stated, "That there was a need for a national information service to support the rollout of the NDIS."

The Federal Government has failed to deliver its election promise of a National Information Service through the Disability Information Gateway (DIG). We call on Minister Ruston to keep that promise for people with disability so there is somewhere for them to access independent information. This will enable them to gain the information they needed to make informed decisions about their daily living. Best wishes for the festive season and the holiday period. Enjoy this edition.

Regards,
Diana

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Christmas Lunch List



Celebrating with family and friends over the festive season, sharing a meal and exchanging gifts is customary in our society today.

For people who are feeling lonely, are perhaps isolated from family or just having a tough time, Christmas and the holiday period can be a difficult and traumatic time of year. Relocation to a new area, loneliness, depression and grief can all be reasons we find it difficult to socialise at this time of year.

By their very nature, Community Christmas lunches are designed to be welcoming and non-intrusive, allowing participants to engage in the event as much or as little as they want. Some people enjoy the opportunity to chat and laugh, others may want to sit alone quietly and enjoy their meal.

Included in this newsletter is an ***insert listing events in various locations***, both in major cities and in some regional areas. The events listed are on Christmas Day, Wednesday December 25, 2019 unless otherwise stated. We advise you to contact the service you're interested in attending directly to be certain it is open and offering meals.

This list isn't exhaustive and if there isn't an event listed near you, contact your local council or charity organisations, or call us for free on 1800 029 904 to find out if there is a similar event in your area.

Being with others and sharing a meal can lift your spirits and make you feel connected and part of the community. If you need urgent support, contact Lifeline on 13 11 14. If life is in danger call 000.

CWA Extends Assistance Due to Donations



The Country Women's Association (CWA) of NSW is continuing its Drought Aid grants thanks to donations given from organisations and the public. \$300,000 from the Dick Smith Foods Foundation has been allocated to the CWA of NSW for these grants as well as \$50,000 from National Australia Bank (NAB) with ongoing donations from the public and Coles Supermarkets. Dick Smith Foods has also donated \$300,000 to the Queensland CWA. "Grant payments will be made up to a maximum of \$3000 per individual applicant and/or household and are available for farming businesses that are drought-affected and reliant on farming as their primary source of income."

"We are very grateful for this support and look forward to being able to assist even more families" State President, Annette Turner said. The CWA of NSW is pleased to be able to help those affected by drought by assisting with household expenses such as groceries, vehicle maintenance, school, electricity, rates, and telephone, dental and medical bills. These grants help people with the household needs and expenses they have right now.

Many NSW regions are experiencing some of the driest conditions in recent memory after record-low rainfall and a warmer-than-average autumn, and NSW President Annette Turner said an increasing number of farmers are on the financial brink. "We can't make it rain but we can try to ease a little of their short-term financial pain," Mrs Turner said. See below for details on how you can apply.

COUNTRY WOMEN'S ASSOCIATION (CWA) CONTACT DETAILS

 02 8337 0210

 www.cwaofnsw.org.au/droughtaid

 www.ideas.org.au/26255

Information sourced from CWA

Emily Dash: Disability Advocate



Emily is a 23-year-old actor, writer, speaker and disability advocate focussing on social inclusion. A graduate of the University of Sydney she achieved first class honours in sociology and has become an artist, actor, filmmaker and public advocate for people with disabilities. Emily lives with cerebral palsy.

Her most recent production was *Freefall*, which presented the concepts of individuality and love with all of their associated problems and pain.

Emily played Carmen, a wheelchair user who made her way onto the stage with her carer Eleni played by Liz Diggins, following her carrying a cord. The scene was set in a beach house and a friendship emerged between Carmen and Millie. An unexpected turn of events saw the group revising their relationships, friendships and their plans for the future. The complexities of loving someone and the questions about love, desire and death were presented in a playful yet candid manner.

Emily was an advocate for Youngcare a not-for-profit organisation creating choice and independence for young people (aged 18 – 65) with high care needs by providing fully accessible and age-appropriate living spaces, grants for equipment and home modifications and support through a national phone line. She now does contract work for Youngcare keeping a check on the disability sector, drafting written submissions and providing advice on policy updates within the sector.

EMILY DASH CONTACT DETAILS

 Twitter: @EmilyDash2

 Facebook: facebook.com/EmilyDashArtistAdvocate

Information sourced from pact.net.au

Quiet Hour



Quiet Hour provides a low sensory shopping experience by reducing noise, lighting and distractions in participating supermarket stores across Australia. Both Coles and Woolworths have rolled out Quiet Hour initiatives across many of their stores. Coles partnered with Autism Spectrum Australia (ASPECT) in 2017 to develop the initial program to help support customers who are, or have family members who are on the autism spectrum.

Following a successful trial period in NSW and ACT this year, Woolworths now also offers their low-sensory Quiet Hour to customers in more than 260 stores across Australia. The program is designed to reduce anxiety and sensory stress for customers with specific needs, including autism, by providing a quieter and less stimulating environment in store.

Coles customers with sensory processing disorders can access their local stores with lowered lights, minimised sounds (no radio and lowered checkout volume) and distractions (no trolley clearance, shelf stacking or PA announcements) between 10:30 and 11:30 am on Tuesdays, provided this suits their schedules.

Woolworths will lower lights, turn down music and radio, and turn off oven buzzers for one hour a week, also on Tuesdays between 10:30am and 11:30am. While Coles and Woolworths should be applauded for this initiative, it is worth noting that in limiting the implementation of sensory sensitive adaptations to only one hour a week, Quiet Hour creates its own set of anxieties. Having a time limit (and only one out of more than a hundred opening hours a week), may not suit everyone or be long enough for peoples individual needs.

ASPECT CONTACT DETAILS



1800 277 328



www.autismspectrum.org.au



www.ideas.org.au/66552

Fire Safety: Bush Fires and Safety in the Home



It's that time of year again and with the relentless drought that Australia is in at the moment, we should all take some time to make some changes to ensure that our homes, pets, and selves are safe during the high fire danger season. People with disability and older Australians need to take particular care to prepare and plan for the worst-case scenario, as there can be added levels of difficulty for these groups to evacuate safely.

Bush Fire Season

How Fireproof is your Plan?

The NSW Rural Fire Service has a useful guide for making a bush fire survival plan. By taking just 20 minutes to go through the guide and discuss and plan with your family, you are improving your chances of survival in the event of an emergency situation. Should you stay? Should you go? These are things you need to decide before disaster strikes.

It's a simple fact. If you and your home are well prepared, you stand a better chance of surviving a bush fire. This year marks the ten-year anniversary of the Black Saturday bushfires where 173 people died in country Victoria.

To find out if your plan is up to the task, go to www.myfireplan.com.au and answer a few questions online, download a copy of the guide or contact IDEAS on 1800 029 904 and we can post you a copy or alternatively, you can contact the NSW Rural Fire Service (see on page 10).

How do you know if there are bushfires near you?

If there are fires in your area, it is a good idea to keep tuned in to your local ABC radio or news channel. As the official emergency broadcaster, ABC is your most reliable media source in emergency situations. ABC Emergency is an online hub where all emergency warnings issued by the national broadcaster are collected. Know what the different warning levels mean and know what you are going to do based on those warnings ahead of time. It's important to plan ahead!

ABC Emergency

Radio: Tune to your local ABC Radio or stream online via ABC Listen

Frequency finder: reception.abc.net.au

Web: www.abc.net.au/emergency

There are also some excellent smartphone apps available that can keep you advised and informed about bushfires in your region.

- Fires Near Me NSW
- Fires Near Me Australia
- Emergency +

The Fires Near Me apps plot all currently active fires on a map with graded warnings depending on the severity of the fire and the situation at hand. The app can advise app users of bushfires nearby, and the level of threat from fire. There are three levels: Advice (blue), Watch and Act (yellow) and Emergency Warning (red).

AIDER Program

There are programs, such as the NSW Rural Fire Service AIDER program, that are run to help you prepare your home by reducing bushfire hazards as well as changing smoke alarm batteries. Contact NSW RFS or your local fire station (not an emergency number) so Fire and Rescue NSW can assist you.

Eligibility

Older people and people with disabilities who have limited home support from family, friends or other support systems who live in homes that are deemed at risk. Check with NSW RFS for full eligibility criteria.

This one-off service can help you by:

- Removing leaves, sticks and fallen branches from your property
- Mowing or slash long grass
- Cleaning gutters
- Trimming branches from around and overhanging the home

Fire safety in the home

Smoke alarms

Always make sure that your smoke alarm is working. Smoke alarms do save lives! Once a month, test your smoke alarm batteries. To do this, press and hold the small Test button, usually found on the face of the smoke alarm, for at least five seconds until you hear the beeps. It is also a good idea to regularly dust off or vacuum your smoke alarm every 6 months, or twice a year. Once a year, you should replace lead or alkaline batteries. You should replace all smoke alarms with new 10-year lithium powered smoke alarms every ten years.

Do you have a fire evacuation plan?

Tips for making a house fire evacuation plan:

1. Check your smoke alarms
2. Find two ways out
3. Plan for everyone (including your pets)
4. Have a backup plan
5. Choose a meeting place
6. Involve all family members in planning

Silly Season

With Christmas, also known as the silly or festive season, coming around quickly, keep in mind that although Christmas and fairy lights are beautiful and create a magic in the air over the festive season, they can also be a hazard if not looked after or checked properly.

Did you know?

A Queensland grandmother has campaigned for outdoor Christmas light displays across the country to be switched to still mode on December 23 so that her grandchild and others with epileptic photosensitivity, where flashing lights can induce epileptic seizures, can be involved and included in this annual community based activity.

NSW AIDER PROGRAM CONTACT DETAILS

-  1800 679 737
-  aider@rfs.nsw.gov.au
-  rfs.nsw.gov.au/plan-and-prepare/aider
-  www.ideas.org.au/95501

Information sourced from NSW RFS

NDIS now funds disability-related health supports

As of October 2019, additional disability-related health supports are available to purchase using NDIS funding. To access these supports you must be an NDIS participant and your need for these supports must directly relate to your functional impairment, be ongoing and provided by the NDIS.

The NDIS will now fund disability-related health supports for participants who need help to manage a range of medical needs including those related to continence, respiratory care, nutrition, wound and pressure care, difficulty swallowing (dysphagia), diabetes, podiatry and epilepsy.

Your local State Health system is still responsible for all acute and post-acute care (e.g. hospital and Hospital in the Home) and chronic health conditions not related to a participant's disability, diagnostic, palliative or time limited (non-ongoing) conditions. Most participants will get disability-related health supports included in their NDIS plan at their next plan review. In the meantime, the National Disability Insurance Agency (NDIA) will contact people likely to be eligible via letter, email, SMS or phone over the coming months.

Access to disability-related health supports will not stop during this period of transition. Information packs for participants, providers and the health sector are available from the NDIA, which has also released an Operational Guideline and updated Price Guide and Supports Catalogue to support the implementation of additional disability-related health supports.

NDIS CONTACT DETAILS

 1800 800 110

 www.ndis.com.au

 www.ideas.org.au/71366

Information sourced from the NDIA



WAFF CHRISTMAS and SUMMER



Wide Angle Film Festival (WAFF)

WAFF is an important annual Australian cultural event that shares the lived experience of people with disability with the broader community. The Festival is a response to the absence of people with disability on our screens and fills this gap with enthralling films that receive high praise as they traverse the continent. The suite of access offered with every screening means that WAFF is an event many more Australians can enjoy together.

WAFF's international and Australian award-winning short films demonstrate the diversity of the lived experience of people with disability, the richness of their stories and the extent of their capacity as filmmakers. The 12th WAFF includes stories about the life and working world of a female drag queen, an ex-soldier who makes prothesis, a refugee who became an award winning artist, an action hero with mobility disability who recovers a wallet thieves stole from a woman he'd like to date and an extraordinary visual representation and poetic description of synaesthesia from a woman who lives with it.





The 12th WAFF begins its nationwide, year long tour of Australia on the 18th of November with eight brand new programs of films.

These include:

The WAFF Public Program (60 mins) for adults with disability, their families and carers and the wider community.

The WAFF Children's Public Program (50 mins) is a fun program of short films made by children with disability, or with the participation of children with disability, which caters for children aged five to twelve years, their families, carers and the wider community.

The WAFF Primary School Program (20 mins) includes both professional award-winning films and films made by children and comes with a teaching program aligned to curriculum.

The WAFF Early Learning Centre (ELC) Program (3 mins) is a film made by pre-schoolers and comes with a teaching program aligned to curriculum.

The WAFF Corporate Program (40 mins) is screened at public and private sector organisations for staff.

WAFF360° (duration varies) comprises professional art house films exploring edgier more challenging content than the Public Program and screens for adults with disability and their friends aged 25 - 40 years.

The WAFF Conference Program (duration varies) is a bespoke curation of films suitable for a conference environment.

WAFF Outdoor Digital Program (30 mins) is a bright, action packed program of films under three minutes, curated for public spaces. WAFF Outdoor Digital Program offers accidental encounters with extraordinary short films that challenge and excite.



WAFF CHRISTMAS and SUMMER



Access is a significant part of the WAFF experience and is expanded further every year. The access offered for the 12th WAFF includes:

- Open captions for people who are Deaf or have low hearing
- Audio description for people who are blind or have low vision
- Introductions, adjusted sound and light levels, social story and a quiet space for people with autism or other sensory disability
- Flashing light free screenings and venues for people with epilepsy
- Reserved seating near door, friendly greeting, triggers list and quiet space, for people with anxiety or post-traumatic stress disorder
- Stickers to indicate that they would prefer not to interact for people with social phobia
- Stickers for guests to indicate that they would appreciate assistance
- Lifts, ramps, wheelchair parking, access audit from public transport drop off points to venue and disabled toilets for people with mobility disability
- iPads with communication apps and low technology communication boards for people who don't speak

IDEAS Newsletter readers are invited to contact jacqueline@bardicstudio.com.au to suggest ways in which access could be extended further for the 13th WAFF. With your contribution this festival will continue to reach more Australians.

WIDE ANGLE FILM FESTIVAL CONTACT DETAILS

 02 8084 4769 or text to 0409 779 504

 elisabeth@bardicstudio.com.au

 bardicstudio.com.au

 www.ideas.org.au/95520

Information sourced from the WAFF



Food Safety tips for Summer and the Holidays

1. Don't leave leftovers out on the bench for longer than two hours
2. Throw out foods that have been left out of the fridge for more than four hours
3. The safest way to defrost food is in the fridge or the microwave
4. Use your Esky with ice or ice bricks to keep meats and other foods cold at barbecues and picnics
5. Wash hands with soap and warm water and dry hands thoroughly before handling food and immediately after handling raw meat
6. Avoid cross contamination by preparing and storing raw meats separately from cooked and ready-to-eat foods
7. Use separate cutting boards and knives for each type of food, for example raw meat, fish, vegetables and cooked foods.
8. Do not store food too long, even in the fridge. Keep for a maximum of 3 days
9. Keep perishable foods hot (above 60 °C) or cold (below 5 °C)
10. Stick to the 'use by' date and storage instructions on the packet, smell or taste are not reliable warning signs.

HEALTHY WA CONTACT DETAILS

 healthywa.wa.gov.au/Safety-and-first-aid/Food-safety

Information sourced from WA Health Department



WAFF CHRISTMAS and SUMMER



White Christmas Rocky Road



4 cups (600g) white chocolate (melts or broken up block)

3 tablespoons vegetable oil

$\frac{3}{4}$ cup (105g) pistachios, chopped

50g mini marshmallows

$\frac{1}{2}$ cup (100g) red glace cherries, halved

$\frac{1}{4}$ cup (20g) shredded coconut

Optional

Turkish delight, chopped

Method:

Grease and line a 31cm x 26cm sweet roll pan, allowing a 2cm overhang at both ends. In a medium bowl, combine white chocolate and oil. Add pistachios, marshmallows, cherries, and coconut. Stir until well combined.

Press the mixture into the prepared pan. Refrigerate for 3 hours or until firm.

Cut into slices. Keep stored in the refrigerator.



Kim's Nana's Christmas Shortbread

This is my Nana's shortbread recipe. I make several batches (feeling sick after as I eat half the mixture!) prior to Christmas and package up to give as gifts (placing shortbread into glass jars).

- 340g butter
- 110g icing sugar
- 3 ½ cups plain flour
- 2-3 tablespoons cornflour

Method:

Beat butter and sugar to a cream then add the flour and cornflour.

Roll out ¼ inch thick and using shapes (Christmas decorations or hearts or diamonds) cut into small sized biscuits.

Cook for one hour in 180 degrees (or 160 degrees fan forced).





WAFF CHRISTMAS and SUMMER



Things to do if you're Lonely

The festive season is a time for celebration, sharing, giving and being with family. Unfortunately for many people this isn't the case. There are more than two million Australians who feel isolated at this time of year according to the Salvation Army. This doesn't have to be the case and we want to share some options that are available to help this Christmas. If you don't have anyone, if you're lonely or just want something to do, here are some options:

Community Visiting

One of the best ways to share the Christmas spirit is spending time with those people who may have few visitors during the year. Various Community Visitor Schemes match trained volunteers with seniors in nursing homes or in their own homes. The aim is to combat feelings of loneliness and isolation that so many people experience and which is magnified at times such as Christmas and holidays where families traditionally gather. The benefits are twofold with those receiving the visitors feeling cared for and those visiting feeling the good vibes of connecting with others and giving their time freely.

Searching www.ideas.org.au for terms such as community visiting, visiting programs, elderly visiting and friendly visiting will bring up a range of services. Contacting a local neighbourhood centre may also provide suitable services.



Loneliness at Christmas

While many people who have busy lives appreciate the quiet and alone time of holidays, others are overwhelmed with loneliness. There is a wide range of websites offering tips to avoid or lessen these feelings. If possible, connecting with family and friends may be the starting point, planning an activity so the day or weekend isn't frittered away may help, exercising either alone or inviting a friend for a walk, or



asking for help to string some Christmas lights or do some gardening may all assist someone to feel cared for and less lonely.

Christmas Community Choirs

Choirs on the City: Martin Place Sydney

A variety of choirs will be performing, see the link below to find details for each day.
whatson.cityofsydney.nsw.gov.au/events/choirs-in-the-city-martin-place

Sydney Christmas Children's Concert

Sat 30 November, 2019 7.30pm – 9.30pm. This is a free event.

The site is accessible, and hearing loop is available. There will be bike parking. Pets are permitted, but the event can become crowded.

Prince Alfred Park, Chalmers St Surry Hills

Senior Christmas Concerts

There are three locations for the Senior Christmas Concerts. Information on how to access tickets are available on the NSW Seniors Festival website:

www.seniorsfestival.nsw.gov.au/events/christmas-concerts

Wagga Wagga

Date: Wednesday 20 November 2019

Times: 10:30am and 2pm

Location: Wagga Wagga Civic Theatre, Burns Way (off Tarcutta Street)

Dubbo

Date: Tuesday 26 November 2019

Times: 10:30am and 2pm

Location: Dubbo Regional Theatre, 155 Darling Street, Dubbo

Tamworth

Date: Thursday 5 December 2019

Times: 10:30am and 2pm

Location: Tamworth Capitol Theatre, Level 1, Centrepont, 374 Peel Street

Other cities and regional towns may have performances so check with council websites or keep an eye out for advertisements in the local paper. There are often free mall or shopping centre performances, and Carols by Candlelight events.



WAFF CHRISTMAS and SUMMER



Sensory Friendly Christmas Shopping

Christmas can be a difficult time of year for families with children who have sensory issues. Here are some tips to try and make Christmas for all families and people who are affected by sensory issues just a little bit easier.

Shopping

These days we are lucky to have unlimited access to online shopping, so if going to the shops and trying to fight through the Christmas crowd is completely out of the question it is still possible to have a great variety of items and shops to choose from.

You can always go for some late night shopping when things are a little quieter and less hectic. Most big chain stores extend their trading hours over the Christmas season. So avoid the rush and head out to do some shopping an hour before they are due to close for the day. If you are after some great sensory friendly gifts check out the following websites:

- sensorytools.net
- bit.ly/senseabilities.com.au
- www.sensoryoasisforkids.com.au
- sistersensory.com.au
- happysenses.com.au





Sensory Gift Ideas

Here are some examples of different types of sensory toys. Educational, weights, fidget and chew style gifts are some of the most popular:



Sensory Friendly Santa at Westfield

It's that time of year again when we plopp our kids down on a stranger's lap and tell them to "say cheese!" In all seriousness though, while a visit with Santa is a Christmas tradition, for many kids it can be anything but an enjoyable experience. This is especially true for kids with special needs—and that's what makes sensory-friendly Santas popping up across the nation such a welcome new trend for the holidays.

Westfields are offering Sensitive Santa so be on the lookout for one near you. Alternatively, ask at your local Westfield. Sensory-friendly Santa photo sessions run before stores open, have no background music or spotlights and will be wheelchair friendly.

Bookings are essential. Once dates and times are set at Westfield stores, IDEAS will upload them to our online events calendar with their locations. See our contact details below for more information.

Other malls and locations also offer Sensory Friendly Santa Meet & Greets so be on the lookout in your area.

IDEAS EVENTS CALENDAR CONTACT DETAILS

 1800 029 904

 www.ideas.org.au/events/find-an-event

 www.ideas.org.au/23057

Disabled Surfers Association of Australia (DSA)



With 16 branches covering NSW, QLD, WA, VIC, SA, and New Zealand, the Disabled Surfers Association of Australia (DSA) began in 1986. Run entirely by volunteers who love what they do, it is the only registered charity not for profit organisation in this sector.

The DSA sets worldwide best practice for disabled surfers. It started as a partnership with Innovative Care Solutions to design the world's best beach wheelchair, the "surf n turf" all-terrain wheelchair.

Catering to anyone willing to have a go and including all classes of disabilities, the aim is to foster a renewed interest in surfing while finding friendship and support. "Smiles on dials" is their catch-cry.

The DSA promotes unique, safe and happy surfing events, and anyone, beginner or former surfer, child to senior, with any disability – ranging from asthma to paraplegia is welcome.

Yearly membership assists in the provision of insurances and special equipment such as aquatic wheelchairs, soft longboards and rash vests to get participants in the water and having a good time. All surfing equipment is supplied.

Visit the DSA website for more information on locations in which they operate and check out there events list at: disabledsurfers.org/events-calendar/

DISABLED SURFERS ASSOCIATION CONTACT DETAILS

 disabledsurfers.org

 www.ideas.org.au/6432

Information sourced from Disabled Surfers Webiste

Accessible Beaches - NSW South Coast



The South Coast of NSW includes the region of Eurobodalla which extends from South Durras down to Tilba Tilba in the south. Within this region, there are many beautiful beaches and pristine waterways.

To enhance the experience for people with disability, beach wheelchairs are available at a number of locations. They provide improved access to the beach, with both children and adult sized options to ensure children in particular have access to and are included in a range of activities such as playing in the waves and exploring rock formations usually found at the ends of a beach.

The following beaches have wheelchairs available:

Batemans Bay SLSC - Clubhouse George Bass Drive, Malua Bay.

Phone: 02 4471 2416

Batehaven - One adult and one child chair are available for hire at Clyde View Holiday Park opposite the shopping centre at Batehaven. Phone 02 44724224

Broulee Surfers SLSC - SLS Club southern end of Heath Street, Broulee.

Phone 02 4471 6657

Moruya SLSC Clubhouse - Charles Moffitt Drive, Moruya Heads

Phone: 02 44742674

Narooma SLSC Clubhouse - Main Beach, Willcocks Avenue, Narooma

Phone: 02 44761745

Tuross Beach Holiday Park - Bookings are required.

Phone: (02) 44738236

For more information on accessible activities visit the website below.

SOUTH COAST TRAVEL GUIDE CONTACT DETAILS

 www.southcoasttravelguide.com.au/accessible

Information sourced from the South Coast Travel Guide

Mashblox - Meet Alix O'Hara



Mashblox® is both an assistive tech for anyone who struggles with cutlery, and also a world-first infant obesity intervention research aid, by supporting self-regulation and mindful eating of safe textures from babies' first exposure to solid foods.

What is Mashblox?

It is a simple item that is made out of BPA-free and toxin-free medical grade silicon, which means they are 100% safe. It is a hollow cube with an opening in one end. The silicon is soft allowing it to be squeezed, chewed and played with safely.

They are designed to be filled with food and allow anyone who struggles with cutlery and even children to self-feed. For example, let's say a Mashblox is filled with mash potato, a baby can hold onto it and squeeze, suck and eat the food all on their own rather than being spoon fed. Same goes for a person with a disability, who wants to have the feeling of independence but might not be able to feed themselves with cutlery. They can do this with Mashblox.

Where did Mashblox come from?

Mashblox was created by young entrepreneur, Alix O'Hara. Here is a blurb from her website explaining how the idea came to life:

“Mashblox was inspired by watching a toddler with an apple. He'd take a bite or two, then drop it, and it'd bounce and roll on the ground, very much like a ball... then the toddler would pick up the apple to eat again while all covered in dirt.

He repeated this until his father took it off him, and it occurred to me that food and play were the same concept at that age. There had to be a way to combine children's tendencies to play with their food, and to explore the world through their mouths for less messy and more hygienic feeding. Hollow silicone building blocks seemed the perfect solution. Voila, Mashblox was born.”

About Alix

Alix recently wrote a Power Blog article (that was published on the IDEAS website) about her journey to create Mashblox and how she has overcome her disability during the process.

“I had an unfortunate childhood, resulting in Post-Traumatic Stress Disorder and eventually leading me to two periods of homelessness in 2014 and 2016. I didn’t find out about my teenage diagnosis or what this meant for my predisposition to everything from major depression to anxiety until I was twenty-seven, and I’ve only recently come to recognise it as an “invisible disability”.

You can read more about Alix’s story on the IDEAS website at:
www.ideas.org.au/power-blog/mashblox-meet-alix-ohara

MASHBLOX CONTACT DETAILS

 1300 MASHBLOX (1300 6274 2569)

 mashblox.com

 www.ideas.org.au/95504

Information sourced from Mashblox Website and provided by Alix O’Hara.

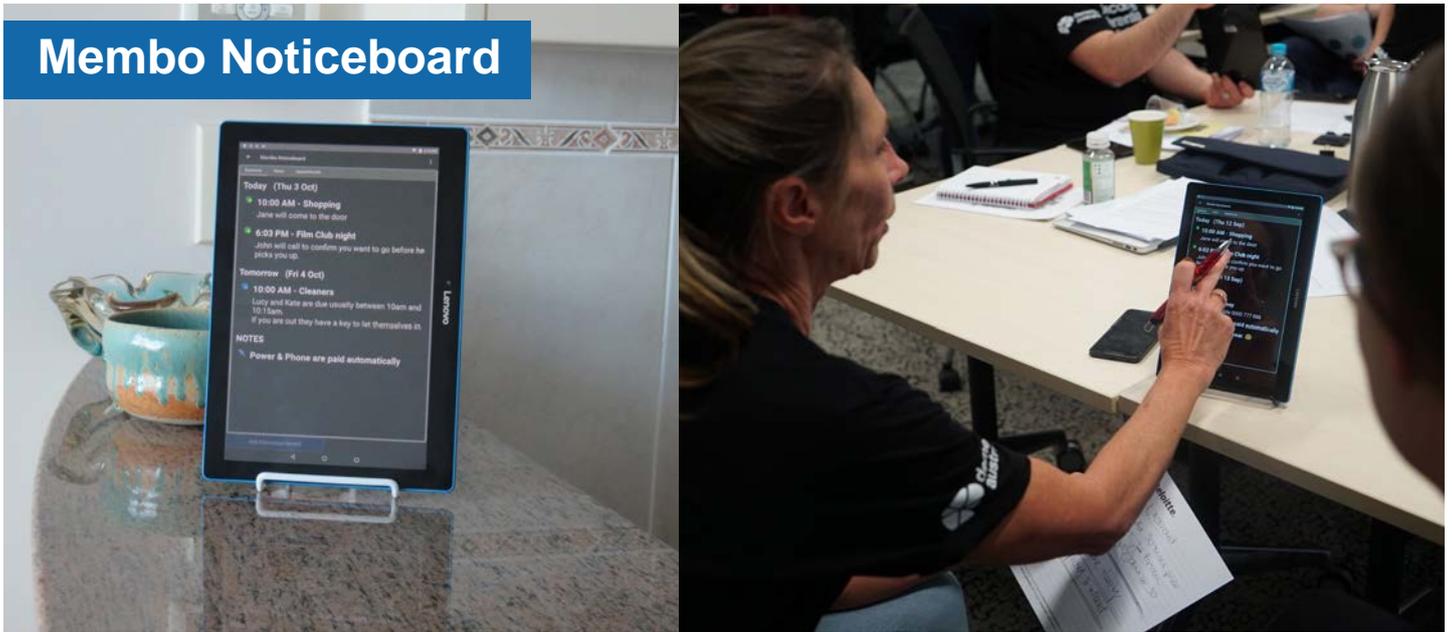
Stay On-Time!

Utilise your NDIS funding to help you stay on-time with important medicines and personal care tasks.



Contact TabTimer and we will help you stay on-time with Assistive Technology.
visit: www.TabTimer.com.au or call: 1300 TAB TIMER (1300 822 846)

Membo Noticeboard



‘Need is the mother of all invention’ and clearly this device is the result. A married couple were navigating the practicalities of caring for ageing parents with the additional twist of one parent living in New Zealand. They wanted their loved ones to be kept in the loop of family business and activities.

The Membo Noticeboard is a system developed by Mark and Anne-Louise Underwood. The Membo Noticeboard is a device where information can easily be uploaded, updated and accessed by those who have been given permission to do so.

Some of the features included in the Membo Noticeboard are:

- the capacity for a user to view the device at any time and as often as needed;
- the information can be shared and displayed on multiple devices;
- family members and other people such as carers can be given permission to either just view, or to view and update information;
- photos, appointments and notes can be uploaded on-the-run from mobile phones and tablets;
- medical and other confidential information can be stored but not displayed;
- important flash messages can come across the screen for a certain period of time eg a fire drill;
- attendance notes can be left by service providers eg the cleaner, and newsletters or other information from care facilities can be displayed.

MEMBO NOTICEBOARD CONTACT DETAILS

 www.membonoticeboard.com

 www.ideas.org.au/95505

Information sourced from Membo Noticeboard website

Dawn Clocks



Time, it's one of those things that either you want to know, don't have enough of or are running late with.

It gives many people a focus and the absence of it can be disorientating especially if there are no common markers such as the start or end of a working day.

Assistive technology such as the Dawn Clock is a simple concept offering a range of features that can have a positive impact on the lives of many. It is designed to foster independence, and enhance the quality of life of people living with dementia and Alzheimer's disease, and their carers and families. Its main intention is to build a stronger connection to time and keep a focus on daily activities, enabling people to stay at home longer or to feel more in control of their day. An additional benefit for carers is the relief from feeling they are constantly reminding their loved ones to do common tasks every day.

The range of features offered include a number of medication alarms; a selection of 'lifestyle' alarms such as time for meals, time to get dressed, time to shower; a variety of language options; automatic dimming between 7pm and 7am; the retention of programmed settings after a blackout and three display modes (screen options).

Dawn Clocks are available to purchase directly from the manufacturer via their website.

DAWN CLOCKS CONTACT DETAILS

 www.dawn-clocks.com

 www.ideas.org.au/90009

Information sourced from Dawn Clocks

Summer Gig Guide



Looking for ways to get out and have fun this summer? Summer music festivals are a great place to see and hear a whole range of music artists in one go. Here are some of the access and inclusion features of some stellar upcoming music festivals.

Festival X (18+)

Featuring: Calvin Harris, Alison Wonderland, Lil Pump, Steve Aoki and more.

Brisbane Showgrounds, Friday 29 November 2019

The Royal International Convention Centre is wheelchair accessible on both levels with accessible bathrooms, and designated car parking spaces are located on ground level. Wheelchairs are also available on site.

Sydney Showground, Saturday 30 November 2019

As part of the Sydney Olympic Park, the Sydney Showground adheres to the Sydney Olympic Park Authority's access and inclusion policy. All spaces including temporary events are made accessible either by design or with accessible matting. Accessible and ambulant bathroom facilities are on site.

Melbourne Showground, Sunday 01 December 2019

Melbourne Showgrounds is a fully accessible venue providing inclusive access for people with disabilities to buildings and facilities, equipment, information and trained staff, addressing the needs of all patrons of the venue.

More info & tickets: www.ticketmaster.com.au/festivalx

Falls Festival

Featuring: Peking Duk, Of Monsters And Men, John Farnham, Dope Lemon, Vera Blue, Halsey, Vampire Weekend, Disclosure, G Flip, #1 Dads, and more.

- **Lorne, Victoria (18+) – 28 - 31 December 2019**
- **Marion Bay, South Australia (all ages) – 29 - 31 December 2019**
- **Byron Bay, New South Wales (18+) – 31 December 2019 - 2 January 2020**
- **Fremantle, Western Australia (18+) – 4 - 5 January 2020**

There is wheelchair access at all Falls festival events, however, keep in mind the East Coast events (including Marion Bay) are remote farms so the terrain is sometimes uneven. For more information regarding special access arrangements, email info@fallsfestival.com and the event organisers will do everything they can to meet your needs. Let them know which event you are attending and describe the level of care required. Once onsite, please inform gate staff of your requirements and you will be directed to the most suitable event and camping areas.

More info & tickets: www.fallsfestival.com

Inland Sea of Sound - Mount Panorama, Bathurst, NSW. 28 – 29 February 2020

Featuring: Missy Higgins, Killing Heidi, Mama Kin Spender, Thando, Timberwolf, 19 Twenty and more.

The site is generally flat and relatively level and accessible parking will be located near the field entry. Companion cards will also be accepted for carers attending with a person with disability.

More info & tickets: www.inlandseaofsound.com.au

Festival of the Sun - NRMA Port Macquarie Breakwall, Port Macquarie, NSW. 12th - 14th December 2019. 18+ (accompanied kids under 12 free).

Featuring: Methyl Ethel, Briggs, Julia Jacklin, Trophy Eyes, Lime Cordiale, Baker Boy, Amyl & the Sniffers, Tired Lion, Boo Seeka, I Know Leopard and more.

Accessible amenities block in camping grounds and limited accessible on-site accommodation.

More info & tickets: www.fotsun.com

Spilt Milk - Commonwealth Park, Canberra, ACT. Sat 23 November 2019 and Victoria Park, Ballarat, VIC. Sat 30 November 2019. 18+.

Featuring: Allday, Arno Faraji, Binee, Choomba, Chvrches, Confidence Man, Dom Dolla, Groove City, Illy, Juice Wrld, Psychedelic Porn Crumpets, and more.

The event is fully accessible, with accessible toilets available.

More info & tickets: www.spilt-milk.com.au

Field Day - The Domain, Sydney, NSW. 1 January 2019.

Featuring: Tyler, the Creator, Disclosure, Skepta, Playboi Carti, RL Grime, Hayden James, Pnau and more.

There will be an accessible drop-off point at the event. There will also be accessible toilets available on site. There is accessible access to the mainstage viewing platform. The platform will be next to the front of house tower at the mainstage and has a ramp for wheelchair access.

More info & tickets: www.fieldday.sydney



A Day on the Green: Blood Moon Tour 2020

Featuring: Cold Chisel, Paul Kelly (Geelong only), Birds of Tokyo, Magic Dirt, The Detonators (Yarra Valley only).

Disability accessible toilets, parking and viewing areas are available at all venues.

Please Note: a day on the green shows are held at wineries. Therefore, there are some sloped and uneven areas. Please call Ticketmaster's Accessible Seating Line if you have Wheelchair, Companion Card or Special Needs booking requirements.

- **All Saints Estate, Rutherglen Victoria. Tuesday 7 January 2020**
- **Rochford Wines, Yarra Valley, Victoria. Friday January 10, 2020**
- **Mt Duneed Estate, Geelong, Victoria. Saturday Jan 11, 2020**
- **Heifer Station Wines, Orange, NSW. Saturday Feb 1, 2020**
- **Sirromet Wines, Mount Cotton, Queensland. Saturday Feb 8, 2020**

More information: www.adayonthegreen.com.au

Tickets: 1300 446 925 or mail.bookings@ticketmaster.com.au

What's On: Nov - Dec

14 Nov - 2019 The Me Too Movement

Centennial Hall Sydney Town Hall, 483 George Street, Sydney, NSW

Contact: www.sydneypeacefoundation.org.au

19 Nov - Healthy Kids Bus Stop - Goulburn

Goulburn Public School, Bourke St, Goulburn NSW 2580

Contact: www.royalfarwest.org.au/programs/healthy-kids-bus-stop/

20-21 Nov - Festival of Inclusion

University of Sydney and Sydney Olympic Park, Sydney, NSW 2000

Contact: cds.org.au/event/festival-of-inclusion

22 Nov - Seniors & Disability Expo - Melbourne

Melbourne Convention & Exhibition Centre, South Wharf, Melbourne, VIC 3000

Contact: www.melbournedisabilityexpo.com.au

29 Nov - An Evening Under the Stars

Ayers House, 288 North Terrace, Adelaide SA 5000

Contact: 08 8375 2000 or communications@orana.asn.au

29 Nov - Wagga Wagga Dance Party

Kyeamba Smith Hall, Bourke Street, Wagga Wagga NSW 2650

Contact: 02 6921 9225 or swie@rdas.org.au

3 Dec - International Day of People with Disability (IDPwD)

Celebrate by hosting an event or attending one near you! There are hundreds of events across the country celebrating the day. Visit www.idpwd.com.au for a full list of events, plus more information on this years theme!

3 Dec - Disability Sport and Recreation Festival

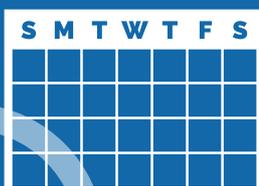
Crown Riverwalk, Melbourne, VIC 3000

Contact: dsr.org.au/about-the-festival

7 Dec - Disabled Surfers Central Coast Smiles on Dials

Umina Beach, Sydney Ave, Umina Beach NSW 2257

Contact: 0416 332 166 or pmaniskas@hotmail.com

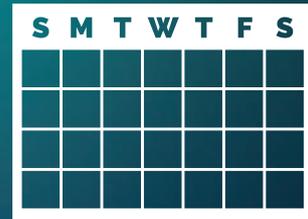


To find more events in your area, visit the IDEAS Website and browse the Events Calendar

www.ideas.org.au/events/find-an-event



3 December
**International Day of
People with Disability**



Visit idpwd.com.au
to find an event
near you!



**Did you know you can get the
Newsletter in Email and Audio?**

**Disability Infoline
1800 029 904**

Text: 0458 296 602 - LiveChat: www.ideas.org.au

**Disability Information
Free, Accurate & Independent**

IDEAS is a free telephone information service for people with disability, their family, carers and other supporters.

Ask us the questions, we give you the answers and you make the decisions.

IDEAS accepts selected advertisements and articles for the Newsletter of IDEAS, although this does not provide an endorsement of these actual services or products. You should always consult with a health professional before making a decision based on your individual needs. IDEAS gratefully acknowledges funding from the NDIS, the Australian Government through the Home & Community Care Program & the New South Wales Government FACS (Families and Community Services Department).