



Editorial

Hello WISH Supporters!

Well the year is going fast and here at WISH we are preparing for another busy 6 months.

The WISH AGM is on the 21st September, so pencil that in your diaries.

There are more informative training workshops available, including the very popular "dealing with the media" training. See page 20 for more details.

WISH is producing an E-news which should be hitting your E-mail Inbox by August. Watch out for that!

This issue is dedicated to Children and the support services in WA for parents facing issues with their children and children facing issues in life.

A new addition to the newsletter is the Self Help Group Profile on page 16. I hope you enjoy reading about the ups and downs of this remarkable grandparent self help group. If your group would like to share their experiences for other groups to grow and learn from please contact me for further details.

The next edition will focus on 'Self Help and Health Professionals'. Has your group or organisation had success when dealing with health professionals? If so, we would love to hear from you. Please submit any articles by the end of August. Until next issue . . .

Keep Smiling,

Alison Morse

Promotions and Administration Officer
Email your suggestions: alison@wish.org.au



The **News Exchange** is the triannual newsletter of the Western Institute of Self Help (WISH) Inc, and is distributed free to all WISH members.

Editor	Alison Morse
Research	Vicki Davies Melva Marshall Jeanette Lunghi
Contributors	Vicki Davies
Proof Reading	Jeanette Lunghi
Printer	WISH In-house publication

Advertising Rates

<i>1/2 Page article:</i>	
Non Commercial Members	Free
Community Orgs	\$44.00
Commercial Groups & Orgs	\$55.00
<i>Flyer Inserts in Newsletter:</i>	
Self Help Group Members	Free
Not for Profit Members	\$27.50
Non Member Groups & Orgs	\$33.00

Contents

From the Executive Officers desk	3
Feature Articles	
Children hold a special place in everyone's heart	4
Help for Children - Wanslea Family Services	5
Self Help Groups, Support Groups and Support Services throughout WA	6-7
Friendly Schools Friendly Families Bullying Prevention Program	8
Self Help Groups, Support Groups and Support Services throughout WA	9-13
Community Group Link Funding for Child's Play	14
New Self Help and Support Groups	15
Self help Group Profile Grandparents Rearing Grandchildren	16
WISH Office News FREE to a good Home AGM & Board Vacancies	17
Regional Roundup WISH in Rural Western Australia	18
Services and Information	19
Coming Events	20
Calendar of Events—WISH Training	21
Check out these Websites	22
WISH's Services	23

When I think of self help groups and children I automatically think of parent-run groups for children experiencing issues around health, disability, multiple birth, grief etc.

SIDS and Kids for example started as a self help group and has grown into a service that has become a household name.

In the many years I have been involved with WISH I have not found a group run for and by children per se. In defining the age of a 'child' there are many variations. In some cases a child is classified as a person who is under 19 or a full-time student up to the age of 24. On the other hand a parent would most likely tell you that no matter what age their offspring is, they still view them as their child.

If we think of young children under the age of 12, it is unlikely because of the logistics and their level of maturity to see them running a group. However we are finding that there are many young people in their teens that are successfully running self help groups.

The Chrysalis Group for example was started by and for young sufferers of Chronic Fatigue Syndrome. It operated in Perth for many years under the umbrella of the ME/CFS support group. It eventually closed after the participants moved into adulthood and found that they no longer needed the group.

I also heard recently of the Perth Young Christian Students organisation which is run by and for secondary students. It has the specific task of education and formation of the student body through ongoing action and reflection. Through this, students develop an understanding of the world and of their own value and role in society. Here it seems is one self help group that could be of great value perhaps in saving our future generation especially in dealing with issues around youth suicide and eating disorders.

In the main however, groups relating to children are run by parents. There is a myriad of health conditions and rare syndromes for which fortunately there is now support.

Some years ago a couple of women met with me at WISH to discuss starting a group for parents of children with a rare genetic condition. They relayed a distressing event where one woman was told by hospital staff to take her baby home to die as it wouldn't survive. Fortunately she made contact with these women after hearing of the group's existence. As a result one of the families from the group provided much needed support during this difficult time. I understand that this child is still living now and has been attending school.

The Kalparrin Centre in Perth is another success story. As a group of parents who have children with disabilities they have provided respite camps for parents, information on a wide range of health conditions affecting children as well as other practical and emotional support to families.

Compassionate Friends is another well-known international self help group that assists families toward the positive resolution of grief following the death of a child of any age. The group provides support to siblings as well as parents.

These are just some of the many groups available to support children.

As a result of these groups the plight of many families has been eased due to sharing of strategies, listening and caring.

If you would like to find a group for a specific issue or would like to start one please contact the WISH office. If you have access to the internet you can also search for groups via our online Directory at www.wish.org.au.

Vicki Davies
Executive Officer



Children hold a special place in everyone's heart

Children hold a special place in everyone's heart, and their growth and development are important to all. Think back to your own childhood what are the memories that you have? I remember camping near the beach playing squiggles in the sand with my Dad. I must have been about 6. I always recall this memory fondly. I always knew I had his undivided attention and love.

What are the memories you would like your children to have?

It is the memories of the time spent with our family having fun that stay with us for a lifetime. It is also during these times that children learn so much about themselves and the world around them. It is here that they develop their self esteem, their view of the world, and gain an understanding of their place in their family.

New research has now been undertaken that demonstrates what many parents and caregivers have understood intuitively. To put the research simply, loving everyday interactions – cuddling infants closely or singing to toddlers, help children to learn. These new studies into the development of the brain from birth have shown that these interactions and the security that they provide help the child's brain to make the vital connections required. The research has also shown that there are "windows of opportunity" for specific types of learning. An example of this is vision, which begins rapidly forming at 2-4 months and peaks in intensity at 8 months. Whilst for language development the window of opportunity is the first 10 years.

These studies make it apparent that these early environments of appropriate stimulation and loving care are vital for the child's development.

Adult behaviours not only influence the developing brain and early physical development but also the development of values and attitudes, learning about other people, how we are all different.

As adults, we shape our community through the values and attitudes we promote and tolerate. Children's early experiences influence their relationships, attitudes, beliefs and values. The experiences we give our children will stay with them forever. Think about how much children learn about interacting with others by watching the way their parents and other significant adults in their lives interact.

Reflect on your own acceptance of difference. How tolerant are you of the points of view of other people? How patient and flexible are you in accommodating different customs, beliefs and cultural traditions? How much do you respect and value individuality? How do you talk about and describe others who are different from you? "Accepting difference" means understanding how we are alike, how we are different and treating everyone with respect and understanding regardless of the difference.

Children need to learn that to be different is okay.

If a parent or caregiver notices an area of learning that may not be developing as usual, then early intervention can help the child develop to their full potential. It is through this early intervention the environment can be adjusted to provide the appropriate modelling or the extra stimulation that will aid the child's development.

We have a range of groups and services listed in our directory to aid parents and caregivers in their roles. Some of these are

- **Autism Association of Western Australia Inc** Provides direct intervention, consultancy, professional development, employment services, group homes, respite, early intervention services, school age services. Phone: 9489 8900, Web: www.autism.org.au
- **Down Syndrome Association of Western Australia Inc** Supports families to develop the potential of their sons/daughters with Down Syndrome, enabling them to live a valued life in the community. . Phone: 9358 3544, Web: www.dsawa.asn.au
- **The Kalparrin Centre** - Parents of Children with Disabilities Inc Provides practical and emotional support for families of children with special needs in order to assist them in achieving a better quality of life. Phone: 9340 8094, Web: www.kalparrin.org.au

- **Limbkids Support Association Inc** Provides support for children who have congenital or acquired limb differences. Provides telephone counselling, visits, meetings, resources, social outings, mentoring program, modified musical instrument hire, etc
Ph: (07) 5533 9754, Web: www.limbkids.asn.au
- **Parent Help Centre & Parenting Line** - Provides telephone information, advice and referrals and one-to-one counselling to parents of children aged 0-18 years
Phone: 9272 1466
- **Domestic Violence Children's Counselling Service (DVCCS)** - Provides help to children and their families through Supported Accommodation Assistance Programs. Services available to children who have witnessed and/or experienced domestic violence. Phone: 9328 1888
- **Birth Defects Registry of WA** - To collect accurate and up-to-date information on birth defects among children born in WA.
Phone: 9340 2735
- **Centrecare** - Provides free advocacy, counselling and support to families, couples and individuals, as well as training, mediation and employee assistance programs.
Ph: 9325 6644, Web: www.centrecare.com.au
- **Communicare Inc** - Provides family support services throughout metropolitan Perth. Includes children's services, family support programs and employment services.
Ph: 9451 9777, W: www.communicare.org.au
- **Shenton Child and Adolescent Centre** - Offers a free and confidential service providing assistance to children and adolescents aged 0 to 18 years and their families, who have emotional or behavioural problems. Phone: 9381 7055

A child may also exhibit a behaviour that is inappropriate, or overly react when they feel they have made a mistake. Often these behaviours are learnt from within their environment and a change within their environment can create change in the child.

Some parents may have concerns about their behaviours and how these may be influencing their child's development. Below is an example list of self help groups to assist, please call 9228 4488, or visit www.wish.org.au for a full range of support services and groups available.

- Parents Without Partners (WA) Inc
- Solo Mothers and Their Children WA, SMCWA
- Even Keel Bi-Polar Disorder Support Assoc.
- ARAFMI Mental Health Carers & Friends Assoc.
- Anxiety Self Help Association Inc (ASHA)
- Parent Drug Information Service - Drug & Alcohol Office
- Alcohol & Drug Information Service (ADIS)

Help for Children

Children who have parents with a mental illness can now get help from Wanslea.

The new counselling and support program gives children a forum where they can express their thoughts and feelings, and understand what's happening for them and their parent.

Clinical Manager Jenny Terry said she meets the children, usually in their own home, after discussion with the parents.

"Children don't really understand much about mental illness," she explained. "They usually feel guilty, and believe that it's their fault. I help them to make sense of their situation. It's a mix of counselling and information sharing. I use child friendly words and play, such as puppets."

"Children in these situations face quite a few challenges. They live with a parent whose life can be very unpredictable and uncertain. And they can be quite isolated."

The program, funded by the WA Health Department, is for children aged 8 to 16.

WANSLEA Family Service promotes community, family and individual development through partnerships and services.

Children's services include family day care and in-home child care.

Family services include Crisis Support Program for families experiencing an unexpected crisis, Creating Stronger Families to strengthen parenting skills and Keeping Families Together: working with families to prevent children from being placed outside their own home.

Other services include GrandCare: a combination of services that provide advice and support to grandparents who have been left to care for their grandchildren, and Reunification: a program providing support to parents and families of children in care, in the interest of reuniting the family.

Wanslea Family Services
Phone: 9245 2441
Hours: 8.30am-5pm Mon-Fri
Email: support@wanslea.asn.au
Web: www.wanslea.asn.au

Empowering Kids

CREATE is an Australian not-for-profit organisation that seeks to empower children and young people placed in out-of-home care through a combination of direct service provision and systemic advocacy. CREATE is the only organisation of young people in care, with and for young people in Australia. CREATE is their organisation.

CREATE offers a wide range of programs and activities aimed at connecting and empowering children and young people in out-of-home care and making positive change within the out-of-home care sector.

“CREATE exists to not only break down feelings of isolation and loneliness but also to empower children and young people to be involved in decisions which affect their lives by encouraging community and friendships, building skills and help in bringing about positive change in the care system for the future.” (David Hill, CREATE National Patron)

Phone: 1800 655 105
Email: create@create.org.au
Web: www.create.org.au



Multiple Birth

The Perth & Districts Multiple Birth Association (Inc) is a non-profit, self-help organisation. The Association also belongs to the Australian Multiple Birth Association.

The association provides various services, such as:

- Expectant Parent Meetings, with a panel of parents. These are designed to give information to parents these are held bi-monthly.
- Hospital Visits for mothers of multiples
- Parent Contacts & Help Register
- Books, Pram and Breastfeeding Pillow Hire
- Coffee Groups, Social Events & Newsletters
- Multiples in School Contact – for those families experiencing challenges or wanting information
- Special Needs Contacts for families who have specific issues. This situation can create issues that are unique to multiple birth families. There are also bereavement contacts.

Phone: 9340 1536
Opening Hours: Saturdays 12pm to 2.30pm
Email: pdmba@hotmail.com
Web: mbawa.org.au

Mercy Family Centre

If You ... Need a break from housework & family pressures, Would like someone to talk to, Need some new interests, Enjoy other people's company, Need support with a problem, Have pre-school children, or Have skills to share on a voluntary basis. Then contact Mercy Family Centre. We may be able to help one another. Services at the Centre are offered as a result of community needs and interest.

We Offer

- Playgroups
- Cancer Support Sessions
- Women's Social Support Groups
- Post Natal Depression Support Group
- Recreational Groups-eg. Arts & crafts
- Personal Development Courses
- Solo Parent Support
- Child Minding Facilities
- Aboriginal Support Programs
- Children's activities, including, after school activities & programs, sleepovers, weekend camps and outings

Phone: 9342 4181

Solo Mums (WA)

To work for improvements in social, economic and legal status of all solo mothers and their children.

Act as an initial point of contact for solo mothers in order to provide information and refer them to appropriate agencies.

Solo Mums aims to ensure that children of solo mothers have a fair start in life and to recognize these families as a positive family unit. To promote understanding and acceptance and to advocate for their interests.

Would you like to be part of an email list that keeps single mothers in WA informed and up-to-date on issues, policies, research, debates and media relevant to Solo Mums, our families and our rights? Email: solomotherswa@hotmail.com

Solo Mothers and Their Children WA (Inc.)
SMCWA
Phone: Kim 9203 6280



Serves gifted children, their parents, teachers and a range of others who work in the field of gifted education. GATCA is about recognizing, and providing for, the special needs of gifted children. Membership is open to all those wishing to ensure that children of high ability are supported socially, emotionally and intellectually at home and at school.

GATCA WA services include:

- Information about giftedness and gifted children
- Social events and educational activities
- Seminars and workshops focussed on the needs of parents or teachers and schools
- Visiting experts and guest speakers
- Library, newsletter and website
- Counselling and advice to parents via a telephone enquiry service
- Referrals and Information about conferences

Phone: 9487 0122
Email: gatca-wa@gatcawa.org
Web: www.gatcawa.org



A.S.C.A

Advocates for Survivors of Child Abuse (ASCA) is an Australian national not-for-profit organisation, dedicated to promoting the needs of men and women who have experienced the trauma of childhood abuse.

Child abuse includes sexual, physical and ritual abuse, as well as emotional abuse and neglect, and can occur within families, in the community or in institutions.

Many thousands of Australians suffer from the effects of abuse. Some may be unaware of its impact on their sense of well-being, their family, personal relationships and their work. They may not have attributed certain health problems or behavioural issues to their childhood abuse.

ASCA provides help & information for those who have suffered abuse in the past, and are struggling with its effects in the present.

Phone: 9355 5398
Email: perth@asca.org.au
Web: www.asca.org.au

ISA

The Incest Survivors' Association Inc (ISA) an association for survivors, friends of survivors, and those affected by incest and childhood sexual abuse. The Association has been providing a counselling and support service to the community since 1984. ISA was the first non-government organisation to deal specifically with child sexual abuse and post-traumatic stress disorders in later life.

Over the past two decades, ISA has been conducting talks, lectures, workshops for professionals, contributing papers to seminars and conferences, and generally awakening community consciousness to the plight of victims of sexual assault, both intra and extra-familial.

Reaching out can be difficult. The staff at ISA can offer a hand to you in support of your healing process.

Phone: 9227 8745
Email: isa@global.net.au
Web: www.isa.asn.au



Foster Care Association

Services include:

- A telephone support and referral service
- Support at case conferences and meetings
- Information, referrals and advocacy
- Facilities for contact visits
- Literature and videos
- Books and articles are available on loan
- Day and weekend training workshops
- Input into training organised by the Dept for Community Development or other agencies
- Certificates and Badges of Appreciation, presented to Foster Families, based on the length of time they have been fostering
- "Certificates in Training" presented to foster families for training modules they have completed
- Social activities for foster families
- Liaison with government and private agencies about policy and practice issues

Phone: 9388 1911
Email: admin@fcawa.com.au

Friendly Schools Friendly Families Bullying Prevention Program

The Friendly Schools & Families Program (FS&F) is a comprehensive whole-of-school resource for teachers, schools administrators, parents and students to effectively reduce bullying.

For the past 5 years researchers from Edith Cowan and Curtin Universities Child Health Promotion Research Unit (CHPRU), have been conducting empirical research to determine the most effective strategies to reduce and prevent bullying.

The research was conducted in three major stages:

Stage one – A comprehensive review of all available evidence and consultation with national and international researchers and practitioners working to address school-related bullying.

Stage two – A four-year randomised group trial (2000-2003) involving 2,000 students

Stage three – A three-year randomised group trial (2002-2004) involving over 4,000 students and two of their parents/carers.

While the ultimate goal of this Program is to reduce bullying and enhance social skills in primary schools, it also aims to build schools' capacity to respond to bullying and to empower teachers, parents and students to cope more effectively with these situations.

The Friendly Schools & Families Program targets four levels:

- 1. Whole school** – policies and procedures for managing bullying, creating a friendly school ethos and identifying components of the physical environment and contribute to bullying.
- 2. Classroom** – creating a common understanding of bullying and how to cope effectively whilst simultaneously building empathy and social skills of students.
- 3. Staff capacity** – empowering staff to use problem-solving approaches to prevent and manage bullying incidents, including the Method of Shared Concern.
- 4. Family** – providing strategies for schools to increase parents' knowledge, attitudes and skills to talk with their children about bullying and how to cope effectively should it occur.

Due to the successful outcomes of this program and the lack of evidenced-based bullying reduction resources available to schools in Australia, the CHPRU carefully refined the research materials and made them available for purchase. The new Friendly Schools and Families program is the first available school bullying prevention program that has been empirically tested in Australian schools.

To find out more about these evidence-based materials or to read more about this research please visit the website www.chpru.ecu.edu.au or contact the Centre by phone (08) 9273 8268 or email chpru@ecu.edu.au.

Source: ICCWA – Injury Control Council of Western Australia
December 2005 Edition. Information provided by Professor
Donna Cross Director, Child Health Promotion Research Unit
Edith Cowan University, Western Australia.



Meerilinga provides services in the following key areas:

- Participation** - involving children in the decision making process
 - Support** - for organisations advancing the development of young children
 - Advocating** - for the well-being of WA's young children
 - Services** - for parents/families, industry professionals and students
 - Research** - into world wide trends in policy and practice as it relates to children
 - Best Practice** - contributing through significant project outcomes
- Phone: 9489 4022, Web: www.meerilinga.org.au

Multicultural Children's Resources



Non-profit, community based resource and advisory service facilitating and implementing culturally and linguistically inclusive practices in Commonwealth approved children's services in WA. ECCRU's workers provide support to staff working with families and children from CALD backgrounds. Services include resource and reference books relating to cultural diversity and inclusive practices in children's services, cultural background information, videos, training resources and a wide range of multicultural play resources (children's bilingual books, multicultural puzzles, posters, games, musical instruments, music tapes, dolls, etc.

Phone: 9443 4323

Web: www.multicultural.online.wa.gov.au/eccru



"CLAN WA will strengthen family life by encouraging healthy relationships, effective parenting, support networks and community participation."

CLAN WA provides three main programs of support for families:

Family Skills - A low cost, high quality service which provides short courses for parents encouraging healthy relationships, effective parenting, and community participation.

Family Support service - A free and confidential home-visiting program offered to families with children aged 0-12 years.

Parent Link Program - A free and confidential home-visiting program for families with children under the age of 6.

Phone: Head Office 9228 9006

Web: www.clanwa.com.au

Safety Houses



The Safety House Program is an organised preventative method of protecting children. The program is community-based and its aim is to provide a safer environment for children in transit to and from school. This is achieved through establishing a network of Safety Houses in an area where children can go if they require help or protection.

Phone: 9271 7622

Web: safetyhousewa.org.au

Make a Wish

The Foundation spreads magic and joy to over 4,000 children and young people with a life-threatening illness across Australia by granting their most cherished wishes.

Phone: 1800 032 260

Web: www.makeawish.org.au

Muscular Dystrophy

The Muscular Dystrophy Association of WA (Inc.) (MDA) is dedicated to the provision of services to people with muscular dystrophy and allied neuromuscular diseases, increasing community awareness and to funding scientific research into a cure or preventative treatment.

Phone: 9382 2700

Web: www.mdawa.asn.au

Support in Belmont

Belmont Districts Family & Individual Support Association (Inc.) Provides support and information to improve the quality of life for families with developmentally disabled children, and individuals within the local community.

Phone: 9479 4872

Kids Are Kids - Therapy & Education Centre Inc

Provide specialised speech pathology occupational therapy and physiotherapy services to children aged 0 - 13 years. Also run a Government funded Early Intervention Service for children aged 0 - 6 years who have a disability. They run individual and group sessions and parent workshops.

Phone: 9313 6566

Web: www.kidsarekids.org.au



Playgroups are for everyone

Playgroup WA (Inc) is a not-for-profit organisation which supports the formation and development of playgroups. There are hundreds of playgroups in WA, providing fun and learning for babies and young children as well as a welcoming environment for parents and caregivers.

Families have the opportunity to make new friends, share information and gather ideas. Held regularly and open to everyone, playgroups are a valuable way of enriching neighbourhoods and bringing benefits for the whole community.

A playgroup is a group of parents, caregivers and their young children who meet together regularly for interaction and fun.

Playgroups are for children from birth to 5. Playgroups usually meet on the same day every week and will last for about two hours.

Playgroups are run by the members themselves and meet in a variety of venues depending on the needs of the group and the availability of suitable premises. Playgroups are informal and non-threatening. They link families in local communities.

The difference between playgroups and paid childcare is that in a playgroup the parent or the caregiver stays with the child interacting with them through play to encourage learning and social skills.

Freecall 1800 171 882
Web: www.playgroupwa.com.au

Playsafe

PlaySafe Advisory Association Inc is a small advisory organisation dedicated to making play environments safer and more interesting for children and young people of varying ability levels. PlaySafe advisors are available for site visits and safety checks, advisory meetings, community consultation, children's workshops, play environment planning (metro and country), supervision work, lectures and workshops and advice on home and play areas.

Phone: 0412 242 142
Web: www.playsafewa.org



Ngala's State-wide services include:

- Ngala Helpline
- Parent Education Groups (Metro based)
- Centre Consultations
- Home Visits
- Day Stay
- Overnight Stay Program
- Early Childhood Care and Learning Centre
- Regional Services
- Hey Dad WA

Child Health Advocates

Association for the Welfare of Child Health (AWCH)

A national, non-profit organisation of parents, professionals and community members who work together to ensure the emotional and social needs of children, adolescents and their families are recognised and met within hospitals and the health care system in Australia.

Phone: 1800 244 396, Web: www.awch.org.au

Association for the Welfare of Children in Hospital (AWCH) Inc

Offers support and promotes the emotional wellbeing of children and adolescents in health care before, during and after hospitalisation. Also offers a hospital familiarisation program for schools to help allay fear through education in a safe environment.

Phone: 9340 7800

Kids Cancer Support Group (Perth) Inc

Provides support to parents and sufferers to improve the quality of life for patients and families in the hospital ward by liaising with members of the oncology team and other professionals.

Phone: Sue 9341 7310

Drug Free ADHD

DFADS (Drug Free Attention Deficit Support) Group is a not for profit community group working to promote awareness of credible drug free alternatives to psycho-stimulant medication for the treatment of attentional deficiencies, including ADHD, which enable children to thrive and learn.

DFADS works to

- provide support and information to families seeking a drug free approach to the management of attention deficiencies, including ADHD
- Participate in the setting of policies for the management of attention deficiencies, including ADHD
- Protect the rights of children to grow, free from unnecessary biochemical interferences.

We: Listen to one another; Share experiences; Share information and Share coping strategies.

Phone: Judith 9311 4310

Selective Mutism

My child is a loving and intelligent individual! However, in social situations, my child often becomes mute and cannot utter a sound.

"Why doesn't this child talk?"

My child has an anxiety disorder called Selective Mutism. Most selective mute children have social phobia, which begins to explain their difficulty interacting in social situations. My child often has difficulty smiling and making eye contact with people. This is not because my child is unhappy, purposely ignoring you, or trying to get attention. It is not due to willfulness, stubbornness or manipulation. It is because of anxiety and fear that can literally make it impossible to speak.

Selective Mutism Network is a Self Help Group for parents of children with Selective Mutism. They offer mutual support through the opportunity to share experiences and information with others who are in a similar situation.

Phone: WISH for details 9228 4488

Web: www.selectivemutism.org

Adoption Jigsaw

Adoption Jigsaw WA provides a range of search and support service to reunite families separated by adoption or fostering.

The services offered include

- Understanding
- General information and community education
- contact register
- Support through searching and contact
- Mediation
- Discussion groups
- Individual counseling
- Resources

Services available to adult adopted and fostered people, birth and foster parents, adoptive parents and relatives.

Understanding and support from people with real experience in adoption search and reunion with over three thousand reconnections

Phone: 9381 2221

Web: www.jigsaw.org.au

Restoring hope to grieving children

Rainbows supplies peer support programs for children who have experienced the loss of someone close through marriage breakdown, death or other life altering crisis. e.g. accident/terrorist attack.

Grief is an expression of love. It is a normal human reaction to a significant loss. But frequently children are not able to express their grief verbally, so it surfaces in their behaviour, schoolwork, as a physical ailment or it affects their emotional development. Even those children who appear to have adjusted well are often struggling inside with the churning emotions of grief.

Rainbows provides the guidance children need to work through their grief.

A grieving child needs someone who cares

Phone: Kerri 9243 0422

Web: www.rainbows.org

Children with Special Needs

Resource Unit for Children with Special Needs Inc (RUCSN)

Provides direct support services, resources and training to help care-givers, parents, families and students to understand and meet the needs of children with a wide range of additional needs. (SEIT) sponsored by RUCSN, is a service specific to Aboriginal and Torres Strait Islanders for children with disabilities.

Phone: 9388 7577, Web: www.rucsn.org.au

Solo Mums - Mothers' Special Interest Group

Offers support and information to women from pregnancy and birth until early years. Provides an opportunity to network with other solo mums in a safe and friendly environment. Please call the Nurse Manager, Parent Education Department for meeting times or further information. Phone: 9382 6351

ABACAS

Applied Behavioural Analysis - Children & Supporters (ABACAS) provides telephone support and information for families of children with autism spectrum disorders and developmental delay. Phone: Kate 9246 3097

Learning Disabilities

Greenwood Parent Support Group for Children with Learning & Attentional Disabilities supports families of children with learning disabilities and ADD. Provides information to professionals and family members. Meetings held during school term on the second Tuesday of each month. Phone: Glenda 9448 5091

Lend an Ear

Lend an Ear - Parents & Carers of Children with a Disability is a support group for carers of children or adults with a disability. Provides self help support and fellowship. Phone: Tina 9277 5320

School Volunteers

The School Volunteer Program Inc encourages and trains volunteer mentors to assist young people in schools who have difficulty in coping with normal education standards; to assist young people to achieve their full potential by developing improved life skills, thereby enhancing their quality of life; to promote the value of seniors and retired people in our community and breakdown the barriers between the generations. Phone: Chris 9205 1533

Parents of Children in Trauma (POCIT)

Provides telephone support to people and parents whose children have experienced any form of trauma, including victims or witnesses of crime, experiencing natural disasters, life threatening diseases or having been involved in an accident. Phone: Jane 0417 180 819

Helping All Little Ones (HALO)

Advocates for children in the community. Provides protection, comfort, empowerment and support for children and assists family members and members of the community affected by parenting issues. Phone: 0414 283 147

Dislocation of Hips

STEPS - Dislocation of Hips provides telephone support for parents whose child may suffer from clicky hips, Congenital Dislocated Hips (CDH) or hip displaisure. Offers practical support and ideas for dealing with a child in plaster/splint. Phone: Leonie 9419 1298



Cleft Pals

Cleft Palate and Lip Society (Cleft Pals) provides parents with information, support and specialized feeding equipment. Provides new parent kits and morning teas to help parents and their families cope with what can be a stressful time.
Phone: Neeva 9401 3920

Spina Bifida

The Spina Bifida Association of Western Australia Inc provides support for individuals with spina bifida and their families. Services include brochures/posters, educational and information services, free advice, advocacy, group meetings, newsletter, home visits and training workshops/seminars.
Ph: 9346 7520 W: www.sbawa.asn.au

Parenting Service

The Community Parenting Service Provides parents and care givers who have children aged 0-18 years. An on-site library facility of books and videos, parenting information one to one sessions, parenting workshops and advice.
Phone: Cannington 9351 8266

Advancement of Brain Injured Children of WA

Association for the Advancement of Brain Injured Children of WA (AABIC) is a support group for families with a brain injured member undertaking various rehabilitation treatment programs and subsidising approved alternate therapies. Provides necessary equipment, an incontinence pad scheme, library books, toys and a family support officer. Phone: 9447 3590

Childlimbs

Supports families with children with limb deficiencies regardless of cause or extent. Regular social meetings, resources & telephone support service available. Ph: Karen 9381 0157

Heartkids

Heartkids (WA) Inc provides support and hope to children and the families of children with congenital and/or acquired heart disorders. Shares information to ensure parents are well informed and supported and better able to cope with the day-to-day management of their child.
Ph: Fran 9340 7996, W: www.heartkidswa.org.au

Cystic Fibrosis

Cystic Fibrosis Association of WA Inc contributes to the social, physical and emotional well-being of those affected by Cystic Fibrosis and assists in the promotion of research.
Ph: 9346 7333, Web: www.cysticfibrosiswa.org

Keep Kids Active

Bluearth Institute provides programmes and information about the role of physical activity in healthy living. Also to train teachers in the 'best practise' delivery of physical activity in schools.
Phone: 0411 587 772, Web: www.bluearth.org

Bilingual Families

Bilingual Families Perth promotes and supports the needs of children, parents and grandparents of non-English speaking backgrounds to maintain the use of the other language in the home. Services include information and education, workshops, advocacy and group meetings.
Phone: Irma 9443 9796
Web: www.geocities.com/bilingualfamilies



Funding for Child's Play

Many groups have some wonderful ideas for activities that will improve the lives of the children with whom they are involved. There are many sources of possible funding available. Below are just some examples.

Early Years Strategy

The Government has a commitment to support families, carers and communities as a process to improve the wellbeing of children now and into the future. This process has selected a number of localities (early years sites) which are able to apply for grants for any amount up to \$35,000.

The number of early years sites increase on a regular basis and a group is established to discuss, listen and suggest possible activities which will assist the children in the localities.

More information about this can be found at http://www.community.wa.gov.au/Resources/NotForProfitFundingAndGrants/Grants/EarlyYears_Grant.htm

Lotterywest

Lotterywest supports a range of time-limited community development projects that improve the well-being of a community and help address important issues.

"Community" can be defined as either people who are linked because they live in or come from a particular geographic area or because they have a common interest or connection. For example, Aboriginal youth, young mothers, people from the same cultural or ethnic background, gay and lesbian youth, people who have a disability.

Support can be provided for:

- Time limited operating costs such as wages, administrative costs, professional fees, travel and other expenses
- Capital costs (on a one-off basis), depending on the length of the project
For further information have a look at <http://www.lotterywest.wa.gov.au>

Telstra Kids Funds

The purpose of this fund is to provide funds for activities that a Telstra employee's child is involved in. If you are a permanent Telstra Group employee you can apply for a grant of up to \$1,500 to support an organisation or activity with which a child in your immediate family is involved.

Telstra's Kids Fund supports a broad range of initiatives and projects including education, sports and recreation, arts and culture, environment, social issues and disability programs. This program is aimed at benefiting communities and does not provide funding for individual children.

Telstra's Kids Fund grants aim to fund special activities and programs. Preference will be given to activities or programs which are over and above the usual activities of the group. For enquires please contact telstrafoundation@team.telstra.com

Gordon Reid Foundation

Gordon Reid for Youth Grants support initiatives that: Address key issues facing young people, aged 12 – 20, in a community. Create ongoing and positive links between young people and the rest of the community. Initiatives should ideally involve a new service or activity rather than simply expanding an existing service. We welcome proposals for projects that develop partnerships between agencies or organisations in a community. Grants may be provided for project operating costs such as wages, research, rent, travel and other expenses for up to three years. Projects must be self-supporting.

The types of projects that have been previously supported include: employment of a youth development worker, community music workshops, and piloting a 'voucher' system to provide access to recreational pursuits.

Non-profit community groups and local government authorities that provide services to young people can apply for funding.

For further information please contact Executive Officer
Gordon Reid Foundation for Youth
Email: community_funding@lottery.wa.gov.au

New Self Help & Support Groups



PLWHA (WA)

PLWHA (WA) Is a group for people who are HIV positive, regardless of gender or sexual orientation. It is to be a casual social meeting in a safe environment where members can express their feelings in a confidential environment. The meetings are held out of work hours and the aim is to encourage personal wellbeing and empowerment.

Contact can be made via WISH 9228 4488 or email info@wish.org.au



Ehlers Danlos Support Group

A group is in the process of starting for people who have been diagnosed with Ehlers-Danlos syndrome. People with this syndrome have hypermobile joints (very loose joints) from birth and throughout life. Some people may have fragile skin, and a tendency to sprains, while others have fragile blood vessels with a tendency to bruising or blood vessel rupture.

If you would like to contact this group this can be done through WISH on 9228 4488



FROGS

FROGS is short for Fibromyalgia Resources Organisation and Group Support. A self help group for people who have been diagnosed with Fibromyalgia. This is a painful and debilitating condition which is life limiting and causes social isolation.

For more information call Celia on 9386 6738



Friedreich Ataxia

A new group is about to start for the parents of children with this degenerative disorder of the nervous system and muscles. Friedreich's Ataxia is a relatively rare inherited disease of the nervous system characterised by the gradual loss of coordination. This condition is caused by degeneration of nerve tissue in the spinal cord and of nerves that extend to peripheral areas such as the arms and legs.

If you would like to know more about this group please contact Melva at WISH on 9228 4488 or by email cdo@wish.org.au

Grandparents Rearing Grandchildren

A new feature of our newsletter will be a profile of self help groups. We hope that you find these interesting, motivating and helpful. For this edition we are focussing on the Grandparents Rearing Grandchildren WA (Inc)

This group was developed through several community organisations becoming aware of a number of grandparents that were rearing their grandchildren and struggling with many issues.

With the help of a community service support group in the northern suburbs the group was initiated.

These grandparents range in age 50–85 but are mainly in their 60's-70's and have unique difficulties with rearing children. We all know that raising children is not easy for anybody. Imagine, you are now no longer employed, have a limited income, physically are no longer at your peak, yet are expected to provide the grandchildren with all the same standards as their peers (sport, technology, brand name clothing etc.) On top of this often these children and the grandparent/s will have been faced with some emotional event, for example death of the parent (and the grandparent's child) or parents unable to care for their children due to illness or addiction. It is often a time of crisis and the child/ren and the grandparent/s may require extra support to get them through these times.

Grandparents Rearing Grandchildren WA (Inc.) meet twice a month and each meeting has a different purpose. One meeting is around the running of the group, e.g. discussing and responding to letters, organising means to lobbying politicians, whilst the second meeting is a coffee morning held in a private home. These coffee mornings attract regular attendees from a membership of 64. Members come from all over the metropolitan area but particularly from the northern suburbs. The group is also very open to assist new groups get established in other areas of Perth.

The group is now extending its service by having a resource centre in Mirrabooka. The Northern Districts Legal Service have kindly offered office space on a Thursday between 11am and 2pm for people to ring or drop by and discuss any concerns that they may have. The group is keen to raise their knowledge of these issues and has held 2 seminars in the past. This has been able to inform 84 different agencies of the group and their issues that need to be addressed within the community. The group believes that they have helped to create changes for the better, an example being that they are now able to access day care for young children.

The ability to talk to other grandparents that are going through or have been through similar experiences is one of the major reasons for being a member, to talk to people who offer support and understanding.

This group started with the help of some community organisations, to meet their own needs and is now creating beneficial changes for themselves and others in a similar situation.

If you would like to contact Grandparents rearing Grandchildren WA (Inc) please ring Bruce on 9344 2594.

Melva Marshall

Community Development Officer

Greatest Achievement

- 2 seminars held attracting 84 different agencies
- raising awareness within governmental departments and other agencies of the specific needs of the members.
- Changes are being noticed e.g. access to day care for carers of young children.

FREE to a good home

We have been kindly donated some computers printers and scanner and other resources to be passed on to a self help group/s.

We have

- 2 Pentium computers old but operationally suitable for basic word processing etc. with monitors, keyboards and mice (can be separated)
- 2 laser jet printers with accompanying software
- 1 scanner with software
- 1 pedestal fan
- 1 mobile whiteboard

These will be offered to the first groups to contact us, so be quick to get your name on these.

We would require you to come to the office to pick them up as soon as possible as they taking up office space. Please ring Jeanette on 9228 4488 Mon–Thur 9.00am-4.00pm

WISH would like to thank Playgroup WA and everyone who donated equipment.

AGM & Board Vacancies

WISH ANNUAL GENERAL MEETING

Thursday 21st September 2006

12.30pm - 1.30pm

335 - 337 Pier Street, Perth (opposite Perth Oval)

Delicious Light Luncheon Provided

WISH cordially invites you to the 2006 Annual General Meeting. The following is a list of vacancies on our Board of Management. WISH welcomes interested parties to nominate for these positions. For more details regarding the WISH Annual General Meeting or Board nominations please call Vicki at WISH on 9228 4488.

2006/2007 Board Vacancies:

- Chairperson
- Secretary
- Ordinary member - 3 positions

Nomination forms and a formal invitation will be sent out soon.

WISH in Rural Western Australia

WISH has always been a state-wide service, but one of the organisation's dreams has been to support regional areas more effectively. In 2003 WISH began the process by meeting with self help groups and service providers in Bunbury to identify needs and challenges with the ongoing development of groups in the region. Following these initial consultations a very successful South West Regional Forum was held in 2004 where key issues raised at the initial consultations were discussed and workshops held. These issues included—Making information that supports the development of groups more accessible, the need to build the profile of self help in the community and with professionals and the need for groups to be able to self manage. Further visits to the region were unable to take place until recently. Our aim now is to develop a model that will help us work more effectively with both groups and service providers in the region. We are currently in the first phase of what we believe may be a 3 year project in developing such a model. At present we are concentrating on the South West Region.

As the new Community Development Officer at WISH I travelled to the region in March to familiarise myself with the services available. On my second trip, just completed in June, I met with existing self help groups to learn how we could further assist them in developing and maintaining their self help groups and perhaps others in the region.

On the first excursion south I met with 8 service providers and government representatives including

- Harvey Cancer Support and Family Support Program
- Collie Family Centre
- South West Women's Health and Info Centre
- City of Bunbury Community Development Officer
- Disability Services Commission Bunbury
- South West Counselling Inc. Busselton
- Milligan House
- Bunbury Regional Library

One of the key issues that came from this trip was the need for a greater awareness of self help in rural and remote areas of WA and a greater awareness of the services and support WISH offers.

We also talked about how, with the total range of our joint resources, we could support self help and support groups. There are many great venues and community organisations at the local level that are keen to assist self help and support groups. If you are looking for a venue in the South West region, consider the family centres, churches and the Bunbury Regional Library when the new library is built. The Library is keen to offer space to self help groups. The new facility will provide access to private space in a venue that will be non-identifying, thus assisting in maintaining confidentiality.

On my most recent visit I met with the following self help groups:

- Lymphoedema Support group Bunbury
- South West Attention and Related Support Group (SWARDS) Bunbury
- South West Adoption Support Group Busselton
- Caring Friends Busselton
- South West Multiple Birth Assoc. Bunbury
- Post Polio Support Group Busselton
- South West Epilepsy Group Bunbury
- Breast Cancer Support Group Collie

We discussed their concerns and gathered ideas on ways to be able to better help self help groups in Rural and Remote areas. Many great ideas were suggested and our endeavour now is to see how we can implement them effectively. Please watch this space as we develop these ideas further.

During this trip I was also able to visit and support the development of a new group for people who have lost their partners. This group should be starting shortly. If a self help group of this nature would interest you please contact the office for the contact details.

If you have any ideas on how we can better serve your area please let me know. I can be contacted by email cdo@wish.org.au

Melva Marshall

Community Development Officer

Child Resources

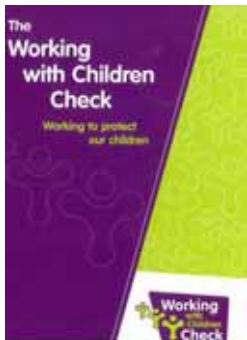


Protecting Children from Abuse and Neglect. Working together to promote safety and wellbeing of children and young people. A 4 stage process: Prevention, Early Intervention, Protection and Care.
Child Abuse Services WA
9223 1111 or 1800 199 008

Creating Safe Environments for Children - Organisations, Employees and Volunteers

Includes: Vision, Principles, Guidelines for building child-safe organisations, Risk assessment, Information, Consultations, Implementation and Review.

Phone: DHCS 13 34 27



Working with Children Check (Criminal Record Checking) Act, Legislation to help protect our children. This is a new system of checking those who work or volunteer with children, in an effort to prevent unsuitable people working with children.
Phone: 6217 8100

Getting Started - Information about child support for separated parents

What is the Child Support Scheme? About the Child Support Agency, Your Options, CSA collection, How is it calculated? Working with CSA.
Phone: 13 11 07



Road Safety - It's not Childs play. A guide for parents with children under 5. Why children behave the way they do in traffic, How to guard you children in traffic.
Phone: 1800 621 372

First Signs - Auslan for hearing babies and toddlers. First Signs Course, Auslan, Benefits, Bridging communication, How to start.
Phone: WA Deaf Society 9441 2677



Is your child safe?

"How to keep your kids safe" Protective Parenting workshops - A tool kit for safety

Attend a Protective Parenting Workshop and learn the skills to equip your child for a lifetime of safety. The Protective Behaviours Program in Western Australia is coordinated by Protective Behaviours WA Incorporated. Training workshops are conducted during the year in Perth and throughout Western Australia.

Call Andrea on 0409 071 068 or email pbwainc@hotmail.com to secure your place at the Protective Behaviours Training Workshops (Basic, Intermediate, Advanced and Parent Workshops available).

Adult Learners Week Grants

Adult Learners Week is part of an international festival of adult learning. This year it is being held from the 1-8 September. The department of Education and Training is providing grants to help community based, not-for-profit, non-government organisations holding adult learning activities during this week.

Grants of between \$100 - \$500 will be available for local events some examples are photography workshops, dancing lessons for people with a disability, introducing permaculture, car maintenance workshops for women in remote regions. These are just ideas be creative and think of something new and interesting.

There are also grants for \$1000-\$2500 which will be available for community events involving 2 or more organisations working together. Other organisations that you may like to approach are the local government, church group, local school, telecentre, a Registered Training Organisation.

For further information have a look at the website, www.adultlearnersweek.org or phone 1300 453 276.

WISH Training

WISH is planning a full training program for 2006, starting with these exciting workshops relating to communication skills and working with the media. These workshops should prove to be interesting and informative for self help and support group members, service providers and the general community.

Event: FUNDING Have a project - find some funding
Date: Wednesday 30th August 2006
Time: 9:00am – 12.30 pm
Facilitator: Melva Marshall - Community Development Officer - WISH

There is a range of funding sources out there but how can we find out about them. How do we give our funding application the best chance. This workshop will be an introduction to finding possible funding sources, how to apply and what needs to be considered for smaller projects fundraising might be more appropriate. Bring along one fundraising idea to share.

Event: Making a difference through the Media
Date: Tuesday 26th September 2006
Time: 9:00am – 1:00pm
Facilitator: Tony Serve

Long-time journalist and media advisor Tony Serve is keen to assist self help groups make the most of all media opportunities. The media can be a gold mine or a mine field, bring along your real issues and work on them with Tony. This could include using the community notices, getting on air or an article in the press. This is an opportunity to develop real skills, using real situations working with networks and resources that will help you be heard.

This is the second time this workshop has been offered, a quote from a participant upon completion is below.
"This is just to let you know how much we appreciated the workshop and how much we learnt from Tony Serve. It was a wonderfully satisfying workshop and we thank everyone involved."

Venue: WISH Training Room, 335-337 Pier St EAST PERTH
Cost: Affiliate Members/Self Help Groups _____ Gold coin donation
 Associate Members _____ \$5.00 GST inc
 Non WISH Members _____ \$10.00 GST Inc

Bookings Essential!

Places are limited! Contact WISH to reserve your seat at these exciting workshops.

***Phone: 9228 4488
 9am - 4pm Mon- Thurs***

Fibromyalgia Support & Education Group, Mandurah
Meets first Wednesday of every month 12:30pm - 3pm
All Welcome

Lung Impaired Support Association, Nedlands
Meets first Wednesday of every month 1 pm
With a variety of Guest Speakers

Calendar of Events

*30 Jul National Stepfamily
Awareness Day*

Beyondblue
Phone: 1300 131114
Web: www.beyondblue.org.au

Relationships Australia WA Inc
Phone: 9489 6363
E: info@wa.relationships.com.au
Web: www.relationships.com.au

MensTime (Kinway)
Phone: Alex 9263 2050
Email: alexk@anglicarewa.org.au
Web: www.menstime.com.au

Atwell Family Support Service
Phone: 9414 6011
E: Isharman@cockburn.wa.gov.au
Web: www.cockburn.wa.gov.au

**Australian Family
Association (AFA) WA**
Phone: John 9321 2333
Email: afawa@msn.com
Web: www.family.org.au

July 2006

*1 Jul – 31 Jul Purple Ribbon
Month - to prevent child abuse
and neglect*

**Advocates for Survivors of
Child Abuse (ASCA)**
Phone: 9355 5398
Email: perth@asca.org.au
Web: www.asca.org.au

**CAAMHAG: Child Abuse and
Adult Mental Health Action Group**
Phone: 0419 945 603

Incest Survivors' Association (ISA)
Phone: 9227 8745
Email: isa@global.net.au
Web: www.isa.asn.au

Protective Behaviours WA Inc
Phone: 0409 071 068
Email: pbwainc@hotmail.com
Web:
www.protectivebehaviours.50megs.com

Allambee Counselling Inc
Phone: 9535 8263
Email: help@allambee.org.au
Web: www.allambee.org.au

*09 Jul - 15 Jul
National Diabetes Week*

Diabetes Australia - WA
Phone: 9325 7699
Email: info@dawa.asn.au
Web: www.dawa.asn.au

*16 Jul - 22 Jul
National Glaucoma Week*

Glaucoma Foundation for Australia
Phone: Perth office 9445 7244
E: jsaunders@glaucoma.org.au
Web: www.glaucoma.org.au

*30 Jul – 25 Aug
Pituitary Awareness Week
(PAW)*

**Australian Pituitary Foundation
(WA Branch)**
Phone: Kevin 9380 4979
E: kgilliam@churchlands.wa.edu.au
Web: www.pituitary.asn.au

*23 Jul - 29 Jul
Speech Pathology Week*

**Western Australian Speak Easy
Association Inc**
Phone: 9225 4111
Email: seawa@speakeasy.org.au
Web: www.speakeasy.org.au

**Telethon Speech & Hearing Centre
for Children WA (Inc)**
Phone : 9387 9888
Email: speech@tsh.org.au
Web: www.tsh.org.au

**Western Australian Spasmodic
Dysphonia Support Group**
Phone: Lyn 9478 3382
E: melita.brown@health.wa.gov.au

*28 Jul
National Schools Tree Day*

**Planet Ark Environment
Foundation**
Phone: (02) 9251 3444
Web: www.planetark.com/trees

Conservation Volunteers Australia
Phone: Linda 9336 6911
Email: perth@cva.org.au
Web:
www.conservationvolunteers.com.au

July 28
Challenging Behaviour with
Autism Spectrum Disorder
Workshop
Ph: 9489 8900

30 Jul National Tree Day

**Planet Ark Environment
Foundation**
Phone: (02) 9251 3444
Web: www.planetark.com/trees

Urban Bushland Council Inc
Phone: 9420 7207
Email: ubc@iinet.net.au
W: www.members.iinet.net.au/~ubc

WISH Annual General Meeting
Thursday 21st September 2006
12.30pm - 1.30pm
335 - 337 Pier Street, Perth
(opposite Perth Oval)

August 2006

4 August
Working with students with
Autism in mainstream schools
Workshop
Ph: 9489 8900

September 2006

7 September
Communicate Effectively
Workshop
Ph: Better Hearing 9510 1577

15 September
DART Quiz Night
Ph: Susan 9272 8729

20 September 3-5pm
Grant Info Seminar
Shire of Mundaring Civic Room
Ph: Marlene Walker 9340 5270

October 2006

29 Oct - 1 Nov
From Babies to Blokes: The
Making of Men" Conference
Ph: MAN 9218 8044
Web: ww.man.org.au

Check out these Websites

Self Help

National Mental Health Consumers Self Help Clearinghouse United States

<http://www.mhselfhelp.org/>

OCD - UK (live chat and more)

<http://www.ocdforums.org>

Beyond blue message board for depression

<http://www.beyondblue.org.au>

Depression - Live chat and message board for depression

www.depressionet.com.au

Anxiety Panic Support

www.anxietypanicsupport.com

Rare or Genetic Disorders

<http://www.disabilityresources.org/RARE.html>

Group Issues

Womens Grants

www.women.wa.gov.au

Contact a Family - for Families with disabled children

www.cafamily.org.uk/groups

Children

Information about bullying

www.bullyingnoway.com.au

Perth site for children

www.perthchild.com

Parents Paper

www.kidsinperth.com

Exceptional Parents (source for parents with special needs children)

www.eparent.com/

Special Child (information, personal stories, message board for parents with special needs children)

www.specialchild.com/index.html



kidshelponline.com.au

Groups Online

Autism Spectrum Disorders On-line Support Group

<http://health.groups.yahoo.com/group/WAASupport/>

Provisional Outreach Program for Autism and Related Disorders - Canadian

www.autismoutreach.ca

Women on Farms Discussion Forum

www.rrr.wa.gov.au

Our Kids (e-mail pals system for parents with special needs children)

www.our-kids.org/

Brain Talk Community Forums

<http://brain.hastypastry.net/forums/>

Government

Information for Parents

www.eddept.wa.edu.au

Info for families

www.families.gov.au

Disability Services Commission

www.dsc.wa.edu.au

Department for Community Development

<http://www.community.wa.gov.au/>

Government Services for Families

www.families.gov.au/

HealthInsite (Quality Health Information)

www.healthinsite.gov.au

Child Support Agency (CSA)

www.csa.gov.au

Cybersmart Kids Online

www.cybersmartkids.com.au

Education Portal - Parents & Carers

www.education.gov.au/.../11

Obesity Guidelines Website

obesityguidelines-index.htm

Online Services (Centrelink)

www.centrelink.gov.au/.../index.htm

Raising Children Network

www.raisingchildren.net.au

New and Existing Group Development

- WISH provides practical, personal support and information for individuals involved in new and existing self help support groups.
- Group issues and development
- WISH Directory of Self Help and Support Groups
- Media and publicity
- Promotion of self help and support groups
- Pamphlet production and website services
- Workshops and information forums
- Meeting facilities and equipment hire

Telephone Information Line

This unique service links callers including allied health workers, service providers, media personnel, students and community members to self help support groups and other community support services listed in our extensive database. To access WISH's Information Line simply phone 9228 4488 or 1800 195 575 for country callers between 9am-4pm Monday to Thursday.

Publications

- Publications and resources are available on issues relating to self help and support groups.
- The 2005 edition of the WISH Directory of Self Help and Support Groups (incorporating Community Organisations) 770 entries and almost 1100 contacts. It lists a range of support services in both metropolitan and regional Western Australia
- Self Help Group Starter Kit
- How to Promote Your Group
- WISH's newsletter the "News Exchange"

Website

The revamped WISH website is a one-stop resource for self help group members, services providers, educational institutions, health professionals, students and the wider community. www.wish.org.au The WISH website contains an: Online Directory of Self Help and Support Groups (incorporating community service organisations), Past issues of the WISH News Exchange Newsletter, Group support and resources, Information, News, Events and lots more

Information Forums

WISH conducts Information Forums with the aim of educating the wider community including health and allied professionals, students, existing self help groups and interested community members as to the virtues of self help.

Resource Centre

The Centre includes group/organisation newsletters, brochures, journals, videos, training manuals, and other information to assist in self help group development.

Facilities and Equipment Hire

We have a fully equipped, air-conditioned training room that accommodates up to 25 people available at our East Perth offices. WISH also offers the hire of our 'Toucan' multi-panelled fabric display boards.

Contact Details

Telephone: (08) 9228 4488
Rural Freecall: 1800 195 575
Email: info@wish.org.au
Web Site: www.wish.org.au
Postal Address: PO Box 8140 Perth Business Centre WA 6849
Actual Address: 335-337 Pier Street EAST PERTH WA 6004



NEWS EXCHANGE
Print Post Approved
PP 602669 00311

SURFACE
MAIL

POSTAGE PAID
Perth Business
Centre WA 6849

If undelivered return to:
Western Institute of Self Help (WISH)
PO Box 8140
Perth Business Centre WA 6849

INSERT ADDRESS LABEL
HERE

CONTACT DETAILS

Telephone: (08) 9228 4488
Rural Freecall: 1800 195 575
Fax: (08) 9228 4490
Email: info@wish.org.au
Website: www.wish.org.au
Hours: 9am-4pm
Mon -Thurs
Postal Address: PO Box 8140
Perth Business
Centre
WA 6849
Actual Address: 335-337 Pier Street
East Perth WA
(opposite Perth Oval)



The WISH NEWS EXCHANGE is published in Western Australia by the Western Institute of Self Help (WISH). The views expressed in this newsletter, enclosed flyers or inserts are not necessarily those of the Editors or the Western Institute of Self Help (WISH).

COPYRIGHT: Reproduction of the WISH articles is encouraged as long as the source is acknowledged. Should an article already state an acknowledgement then it is essential that you make contact with the original publisher.