



NARBETHONG NEWS

7th March 2017

NARBETHONG P&C

P&C meeting and AGM

A reminder that the next meeting will be held on Tuesday 14th March at 9.30am. All are welcome.

IGA Greenslopes sausage sizzle

Helpers are needed on Saturday 25th March. Please call the office ladies if you can help.

YOGA PROGRAM

Move, Stretch and Play with our children

No one is ever too young (or too old) to start the practice of yoga. It has become a popular desire for parents to find a yoga class for their children. We explored the basic principles and benefits of participation in yoga programs and believe our students would receive value from the program. Yoga helps to teach children discipline, calming techniques, a sense of confidence, improving body strength, balance and co-ordination, improving focus and attention. Yoga is fun and it fosters imagination. Children learn to inhabit their bodies with greater efficiency and awareness.

Most children are natural yogis. Yoga therapy speaks the universal language of touch, especially for body awareness and calming. Yoga lends itself to a visual curriculum, with postures inspired from nature or familiar objects. Moreover, yoga fosters creativity. As a child's body follows verbal instructions to come in different poses like dog, cat, butterfly, tree, their imagination soars.

Sharing yoga with our kids in a non-competitive, supportive environment is a gift that will serve children into adulthood.

It is such a delight to see our therapist and teachers working with the children in yoga sessions. We have purchased yoga mats, yoga books for children and resources for our staff on yoga. Stay tuned for more updates on yoga!

BIRTHDAYS

Congratulations to the following students who are celebrating their birthdays this fortnight or have already done so this year.

| | |
|-----------------|---------------------------|
| Matthew Suthers | 27 th February |
| Belsem Musa | 5 th March |

TIP OF THE WEEK

By Chaeyon and William who sourced, recorded, put into text on the computer, and saved the document.

My tip is put 1 rubber band on the shampoo bottle and 2 rubber bands on the conditioner bottle so you know what to use when you're washing your hair.

IMPORTANT DATES

| | |
|-------------------------|---------------------|
| P&C Sausage Sizzle | Saturday 25th March |
| Easter Celebrations | Tuesday 27th March |
| Last Day Term 1 | Friday 31st March |
| Good Friday | Friday 14th April |
| Easter Monday | Monday 17th April |
| 1st Day Term 2 | Tuesday 18th April |
| Narbethong Trivia Night | Saturday 13th May |

BRISBANE NDIS PARTICIPANT READINESS WORKSHOPS

Dear friends and supporters of CRU,

We have finalised dates and locations for most of the National Disability Insurance Scheme (NDIS) Participant readiness workshops in the Brisbane area until the end of June. The NDIS will start to roll out in the Brisbane City Council local government area from 1 July 2018. As the NDIS rolls out in other parts of Queensland, we are



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able to draw on the experiences of people who are going through the access and planning process now.

We are continuing to offer our short workshops The NDIS: Getting Informed and Sharing Practical Strategies for people with disability and their families. We have also opened a small number of sessions to workers and service providers in recognition of the important role they have in assisting people to prepare and transition to the new scheme. There will be two sessions for workers on Friday 21st of April.

These workshops are funded by the Queensland government so there is no cost to attend, however registrations are essential. As always, please pass this information on to other people you know who may benefit.

Getting Informed (2.5 hrs) & Sharing Practical Strategies (2.5 hrs)

Tuesday 28th March, Sherwood Services Club, Corinda

Thursday 27th April, Belmont Services Club, Carina

Saturday 27th May, Space @ Kenmore, Kenmore Hills

Getting Informed only (2.5 hrs)

Tuesday 14th March, Mount Ommaney Special School young families

Friday 17th March, South Brisbane – workers & service providers fully booked – waiting list only

Tuesday 11th April, South Brisbane – evening session - Auslan interpreters

Friday 21st April, South Brisbane – workers & service providers morning workshop

Friday 21st April, South Brisbane – workers & service providers afternoon workshop

Thursday 4th May, Coopers Plains Library

Friday 19th May, Calamvale Special School families with school aged children

Saturday 20th May, Nundah Library

Saturday 17th June, Coopers Plains Library

We do have some capacity to run a small number of additional sessions. If you have a group that is interested, please get in touch.

There will be Auslan interpreters at our Getting Informed evening workshop on Tuesday 11th of April. CRU can access Auslan and other language interpreters for our NDIS Participant Readiness workshops. If an interpreter would make it easier for you to attend and participate in a workshop, please let us know.

Save the Date for the return of our popular forum Real Stories of the NDIS: New Opportunities for a Good Life which will be in Brisbane on Saturday 3rd June. This one-day forum showcases stories by and about people with disabilities and their families who are using the NDIS. We have launched some videos from our 2016 forums which are on our Good Life website.

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open up your world
at your local library

Sensual pleasures of the garden

Bulimba Library

Explore methods to stimulate the sensual elements of your garden – smell, touch, sound, taste and sight. Learn how to boost your senses, memory and use of your garden during this fun and interactive workshop. Presented by Paul Plant, editor of subtropical Gardening magazine.

Saturday 8 April*
10.30am-12.30pm

*Bookings essential.

Call Bulimba Library on
(07) 3407 8223 for more information.

For more events at Bulimba Library visit
www.brisbane.qld.gov.au/libraries or pick up a copy
of *What's On in Libraries*.



Dedicated to a better Brisbane