

# Family Support Program – St George Newsletter

Last week I attended a terrific Conference in Sydney. I usually 'go away' at least once a year and this year was absolutely terrific. The theme of the conference was Happiness and it's Causes (and god knows I need all the Happiness I can get).

A quote I wrote down

*"Nourish your mind, spirit and your soul with at least as much attention as you give your body. What you take in, what you pay attention to, will closely reflect the quality of what you give out".*

Remember to take time out for your self during the day.

The week beginning Monday the 2<sup>nd</sup> July, Jean the Family Worker will be doing the rounds and visiting all the families I work with. The aim of her visit is to get feedback from you as to how you see the Plans are going and any other information you feel you wish to impart to her. Jean cannot answer specific questions about process and procedure and will pass on those to me so that I can get the answer back to you. I suppose it is a bit like doing a survey in person.

I will be phoning all families next week to book dates and times. So far the Itinerary tentatively looks like this:

<b>Date</b>	<b>Place</b>	<b>Appointment Times (Tentative)</b>
Monday 2 <sup>nd</sup> July	Goondiwindi	12pm & 2pm (possibly one late a/noon apt)
Tuesday 3 <sup>rd</sup> July	Goondiwindi	9am
Tuesday 3 <sup>rd</sup> July	St George	3pm
Wednesday 4 <sup>th</sup> July	St George	9am & 10.30am
Wednesday 4 <sup>th</sup> July	Roma	3pm
Thursday 5 <sup>th</sup> July	Roma	9am & 11am
Friday 6 <sup>th</sup> July	Meandarra	11am & 1pm

As there is a lot of area to travel it will be important that Jean can see you on the above days. If this is not possible I will get her to do a phone interview with you. Again I will be phoning you all next week to book times.

That brings me to seeing you all mid July to do up the new Plans for July to December 2007. Remember when thinking of the needs for the next six months, we will be looking at where you are wanting to go on to in terms of your child's needs the Plan is built around. From there, we look at the siblings/rest of the immediate family's needs in terms of how the disability affects the family. The whole purpose of the Plan is to build around the disability and what can be done to enhance your child/rens ability in relation to their development.

HELP! HELP! HELP! I do need assistance in getting the Web Site up and running. Is there anyone out there who can look at other Web Sites and make suggestions?

Could you please look at the enclosed sheet and mark the information that you already have in the Reference Folder that I have given to you. I need to check up to see where every one is at in terms of what you have and what I need to send out. Enclosed is a stamped self addressed envelope. Please return the form a.s.a.p.

Cheers.....*Pauline*