

Volume 1, February/March 2012
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**Maria's
Message****HAPPY NEW
YEAR TO YOU
ALL!**

2012 is shaping up to a year jammed packed with wonderful opportunities for you to connect with other fellow Carers and your local Carer Support Centre in the North.

FIRST.... I would like to extend a warm welcome to all our new Carers that may be reading the Pulse of the North for the very first time. I look forward to meeting up with you during the coming year.

Secondly, 2012 sees us sadly saying goodbye to Judy Gory our Telephone Support Volunteer. It's only been through Judy's dedication and perseverance that NCN's telephone support program has grown over the past three years. Judy's commitment has been greatly received and appreciated.

As we say goodbye to Judy, we welcome two new students from the Australian College of Applied Psychology, Megan and Wendy. Both will be undergoing placement with NCN until June with a key focus on providing telephone support, undertaking group work and to catch up with as many of you as possible during their time with us.

NCN has kick started the New Year with a Mystery Trip which took place on January 31st. The day was enjoyed by both Carers and Staff.

Support groups resume in February, details are listed inside. Also promoted in this issue is the Carer Day Out to the seaside on Friday 24th Feb and the upcoming retreats, so don't forget to put your names down!

This issue also provides an opportunity to link into the "ALL ABOUT ME" six week FREE program for Women Carers focusing just on YOU! The program will commence on Wednesday March 7th from 10am - 12noon at Northern Carers Network, bookings are essential by contacting NCN on 8284 0388.

Just a gentle reminder, if you are finding things difficult and feel you need a break please don't hesitate to contact one of our friendly Carer Support Coordinators. They can provide support and or arrange respite for you. If you feel you need professional counselling, Jo Sperou our resident psychologist will be available Wednesdays fortnightly, at Northern Carers Network commencing January 25th.

"Knowing what to say is not always necessary: just the presence of a caring hand makes all the difference." (Unknown)

Don't forget to love yourself as much as the person you care for! Love Maria xxx



In Memory of
~ DAVID WILKINSON ~
A Fellow Trooper

It is with much regret I announce the death of our much loved colleague and friend David Wilkinson. David passed away peacefully in his sleep on Wednesday the 18th of January at 7.30pm at the Lyell McEwin Hospital.

Our David was passionate about his involvement in Carer Support and loved working with the Backroom Boys (men's group), Saturday Kids, Tons Of Fun , Break thru Young Carers Program and taking care of your loved ones when you needed a break.

His generosity and willingness to support those in need was witnessed by all who knew him. David will be sadly missed and on behalf of all at Northern Carers Network I send our condolences and loving thoughts to his Mother Pauline, sisters, brother and family.

Love to all Maria x

NOTICEBOARD

Northern Carers Network REMINDER

COUNSELLING SERVICES

**These will be held on Wednesday
afternoons commencing on 25th January
2012.**

**Session times are:
2.00pm - 3.00pm
3.00pm - 4.00pm
4.00pm - 5.00pm**

**For more information please see the
December/January Newsletter of
contact NCN on 8284 0388**

Mens Mystery Retreat

**To be held 10th - 12th February
Please contact Network if interested**

CARER'S CAFE

*Join fellow carers for a coffee and chat
and share experiences and knowledge. A
family member or friend welcome.*

Dates and venue as follows:

**Women's Health Service
Hutchinson Rd, Gawler East
(opposite Gawler Hospital main entrance.)
Monday 6th Feb: 1.00pm -3.00pm.**

**Please Ring NCN to advise attendance or ring
Louise for further information.**

The views expressed in this newsletter are those of the individual authors and not necessarily those of the Northern Carers Network.

The Northern Carers Network is committed to the protection of private information. A full copy of all NCN policies are available by contacting us on 8284 0388 or visiting our website,



News from the Board



Happy New Year to all of our Carers and their Families.

In December last year, Northern Carers had 4,700 Carers registered, which was a 20% increase over the previous 12 months. We know that a number of our Carers look after more than one person, e.g. many of our younger Mums who are caring for a child also care for an aged parent. It is a good idea to have both

persons registered with the Network.

Every couple of years the Network is audited by Home and Community Care to make certain that we are operating properly and efficiently and that grant money is used correctly. In November 2011, HACC did their audit and we were graded with a perfect score. Congratulations Maria and her Staff for a job well done. We are held in high regard by Service Providers, especially considering the small number of Staff that we have.

Georgie Sperou, Chairperson.
January, 2012

Carers Action Group

Come and have your say on

**Friday 23rd March
10.00 am - 12 noon**

At

Northern Carers Network
130 Peachey Road, Davoren Park

Morning tea will be provided

Bookings essential on 8284 0388

New Program for Women in the Caring Role

ALL ABOUT ME

Join us for a program that's especially about you!

Come and celebrate and explore

what makes you feel good about yourself.

Meet new friends, share ideas

and try new things

starting Wednesday 7th March 2012

from 10.00am - 12.00noon

for six consecutive weeks

The location at Northern Carers Network
Please call NCN to register your interest on 8284 0388

CARER SUPPORT GROUPS - FEBRUARY/MARCH 2012

OPEN SUPPORT GROUPS

COFFEE 'N' CHAT

NCN Meeting Room, Davoren Park
Held 3rd Tuesday of the month, 10am - 12noon
Next Meetings: February 21st, March 20th
Phone Brenda at NCN for details

GAWLER CARERS GROUP

Sport & Community Centre, Nixon Tce., Gawler
Held 4th Tuesday of the month, 10am - 12noon
Next Meetings: February 28th, March 27th
Phone NCN for details

THE PALMS

The Palms Residential Village,
Lot 11 Supple Road, Waterloo Corner
Held 1st Wednesday of the month, 1.30pm-3.30pm
Next Meetings: February 1st, March 7th
Phone Chris & Pauline at NCN for details

TTG CARER SUPPORT GROUP

Tea Tree Garden Village,
1075 Grand Junction Rd., Hope Valley
Held 3rd Thursday of the month, 10am - 12noon
Next Meeting: February 16th, March 15th
Phone Brenda at NCN for details

MENTAL HEALTH SUPPORT

ESSENCE OF HOPE

Grenville Hub, Playford Boulevard, Elizabeth
Held 2nd Tuesday of the month, 7pm - 9pm
Next Meetings: February 14th, March 13th
Phone Louise at NCN for details

HOPEFUL HORIZONS

Paddocks Neighbourhood Centre,
Cnr. Bridge/Kesters Road, Para Hills West
Held monthly on Tuesday mornings as advised
Next Meetings: February 14th, March 13th
Phone Louise at NCN for details

MEMORY LOSS SUPPORT

GRENVILLE MEMORY LOSS

Grenville Hub, Playford Boulevard, Elizabeth
Held 4th Thursday of the month, 1pm - 3pm
Next Meetings: February 23rd, March 22nd
Phone Brenda at NCN for details

REACHING OUT SUPPORT GROUP

Helping Hand Centre, Shackleton Ave., Ingle Farm
Held 1st Thursday of the month, 10.30am-12.30pm
Next Meetings: February 2nd, March 1st
Phone Brenda at NCN for details

'OUR GROUP' MEMORY LOSS SUPPORT GROUP

Jack Young Centre, Orange Ave., Salisbury
Held 1st Friday of each month, 2.00 - 4.00pm
Next Meetings: February 3rd, March 2nd
Phone Brenda at NCN for details

PARKINSONS SUPPORT GROUPS

PLAYFORD PARKINSONS

Resthaven Therapy Services,
16 Gillingham Road, Elizabeth
2nd & 4th Wednesday of the month, 11am-12.30pm
Next Meetings: Feb 8th, 22nd, March 14th, 28th
Phone Brenda at NCN for details

SALISBURY PARKINSONS

Jack Young Centre, Orange Ave., Salisbury
Held **every Friday**, 10am - 12noon
Phone Ian 8262 6942 or Brenda at NCN for details

STROKE SUPPORT GROUP

INGLE FARM STROKE

Helping Hand Centre, Shackleton Ave., Ingle Farm
Held 3rd Monday of the month, 1pm - 3pm
Next Meetings: February 20th, March 19th
Phone Brenda at NCN for details

RELINQUISHED CARERS SUPPORT

CHANGING LANES

Held 3rd Wednesday of the month,
Various times and locations depending on activity'
Next Meetings: February 15th, March 21st
Phone NCN for details

GAWLER CARERS GROUP

Sport & Community Centre, Nixon Tce., Gawler

This group is held on the 4th Tuesday of the month, from 10am - 12noon. Carers are welcome to bring a friend along on their first attendance if desired. Transport and respite is available if needed. For more information please contact the Network on 8284 - 0388

CARER SUPPORT GROUPS - FEBRUARY/MARCH 2012

PARENTS/FAMILY SUPPORT

AUTISM / ASPERGERS

Hope Central, 51-53 Goodman Rd, Elizabeth Sth.
1st & 3rd Tuesday of the month, 9.30am - 11am
Next Meetings: Feb 7th, 21st, Mar 6th, 20th
Phone Chris or Louise at NCN for details

CARERS TAKE A BREAK

Salisbury East Neighbourhood House,
28 Smith Road, Salisbury East
3rd Wednesday of the month, 9.30am - 11.30am
Next Meetings: February 15th, March 21st
Phone Gina at NCN for details

CARING PARENTS GROUP

Child Development Unit, Meeting Room,
Lyell McEwin Hospital, Elizabeth Vale
(Free creche available - remember to book)
Held 2nd Monday of the month, 10am - 12noon
Next Meetings: February 13th, March 12th
Phone NCN for details

INTERGENERATIONAL SUPPORT GROUP

Karrendi School, 15 Bradman Rd, Parafield Gdns
Held fortnightly on Wednesdays, 3.30pm - 6pm,
during school terms
Phone Jenny at NCN for details

SHARED TIME (formerly 'OUR TIME GROUP')

Hope Central, 51-53 Goodman Road, Elizabeth Sth,
2nd & 4th Friday in school terms, 10am - 12noon
Next Meetings: Feb 10th, 24th, March 9th, 23rd
Phone Chris or Pauline at NCN for details

REACH FOR THE STARS

NCN Meeting Room, Davoren Park
Held 2nd Wednesday of the month, 7pm - 9pm
Next Meeting: February 8th, March 14th
Phone Chris or Pauline at NCN for details

TONS OF FUN - Children with Special Needs

Hewett Primary School Art Room 0314, Kingfisher
Drive, Hewett (Building behind Community Centre)
Held fortnightly on Thursdays, 3.15pm - 5.30pm,
During school terms only
Phone Gina at NCN for details

TONS OF FUN - Parent/grandparent/carer time

Held 4th Thursday of the month, 10am - 12noon
Phone Gina at NCN for details and/or venue

DID YOU KNOW?

Respite and transport are available so that you can attend and take part in support group meetings. For more information or bookings please ring the Network on 8284 0388.

MEN'S/WOMEN'S SUPPORT GROUPS

BACK ROOM BOYS

NCN Meeting Room, Davoren Park
1st & 3rd Monday of the month, 10am - 12noon
Next Meetings: Feb 6th, 20th, March 5th, 19th
Phone NCN for details

MALE CARERS

Phone NCN for details if required

SALISBURY EAST WOMEN'S

Neighbourhood House, 28 Smith Rd, Salisbury East
Held 2nd Wednesday of the month, 10am - 12noon
Next Meetings: February 8th, March 14th
Phone Gina at NCN for details

ABORIGINAL SUPPORT

EMU - ELDERLY MIMINIS UNITED

(Aboriginal Grandparents & Carers)
Elders Village, Swallowcliffe Rd, Davoren Park
Fridays Monthly during school terms, 11am - 2pm
Phone Sharon at NCN for details

SALISBURY GRANNIES GROUP

Marra Dreaming, 22 Commercial Rd., Salisbury
Held 2nd Monday of the month, 11am - 2pm
Phone Janice at NCN for details

CALD SUPPORT GROUP

(Culturally & Linguistically Diverse)
Bi-monthly outings 9.30am - 2pm
Phone Jenny for details

VIETNAMESE MUM'S SUPPORT GRP

Karrendi Primary School/Play Group
15 Bradman Road, Parafield Gardens
Held 1st Monday of the month, 10am - 12noon
Next Meetings: February 6th, March 5th
Phone Jenny at NCN for details

YOUNG CARERS SUPPORT GROUPS

YOUNG CARERS & SIBLINGS ('breakthru')

For young people aged between 7 & 18 years who provide care/support/respite for a family member.

Gawler (Tons of Fun) - Gawler Community House,
2 Scheibener Tce, Gawler

Salisbury - Twelve25, 17 Wiltshire St., Salisbury

Playford - The Platform, Northern Sound System
Building (behind Skate Park), Elizabeth

Monthly Meetings - program available

Phone Shana for details



Health and Wellbeing

PROTEIN ... Helps boost your metabolism

Muscle gain and fat loss are very hard goals to achieve through exercise alone. The key to achieving optimal results is to combine exercise with proper nutrition and supplementation. If you are about to embark on a battle to shed excess kilos, reducing your carbohydrate intake and upping your protein can help maintain muscle mass and keep your metabolism firing.

Protein Helps Metabolism

High protein diets will maintain your metabolism unlike many conventional or calorie restricted diets on the market. Try having one meal a day as low-carb, such as a meat and three veggie meal using lean cuts of meat and as many non-starchy vegetables as you can eat.

Whey protein powder is also a good protein source and a shake in the morning and post exercise is a good way to achieve your protein requirements.

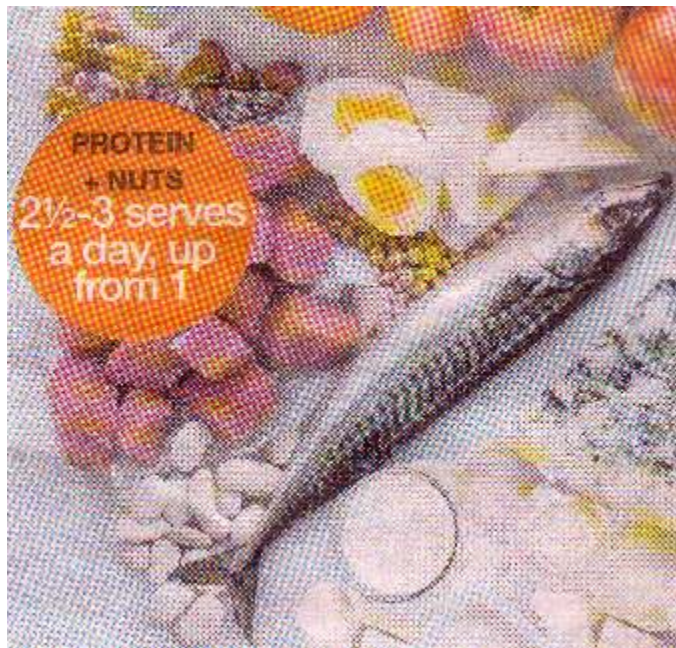
More Efficient Weight Loss All Day Long

Gaining strength and muscle doesn't occur during a workout, but afterwards when you are resting and recovering. After a workout protein breakdown increases, protein synthesis slows and muscle energy levels are depleted. Unless you nourish your body with appropriate foods and supplements, this will result in muscle loss. A good post-workout supplement containing amino acids and simple carbohydrates can help you build and maintain muscle mass, effectively raising your metabolism and assisting in more efficient fat loss every minute of the day.

Post-Workout Supplements

When looking for post-workout supplements, check with your doctor or healthcare professional to find the right products for you. If you are already taking medications for other complaints such as high blood pressure, diabetes, heart disease etc., you will need to get professional advice to prevent unwanted side effects or medicines interacting with one another.

Extract from an article by Jennifer Riddel, Clinical and Sports Nutritionist for Healthy U, Healthy Life Magazine 2011



ZOO ACCESSIBLE ADVENTURE DAYS

PARAQUAD SA and Adelaide Zoo are pleased to announce

that SA Water have agreed to sponsor

the 2012 **SA Water Zoo Accessible Adventure Days**,

which will be staged from

10am to 4pm daily

from Friday 23rd to Monday 26th March 2012

at Adelaide Zoo.

For your information,
the prices for 2012 will be \$11 entry for people with disability
and free entry for their Carer, and a discount for the families and
friends of
people with a disability attending the event with them:

- Adults \$26.00 (usually \$31.50)
- Concession \$20.00 (usually \$22.00)
- Child \$15.00 (usually \$18.00).

For enquires or bookings please contact Paraquad SA on **8355 3500**



Fitness Loop Orientation Sessions

The Salisbury Recreation Precinct now boasts a 1km fitness loop. Utilising a portion of the Little Para Trail, the fitness loop incorporates a central activity hub with outdoor fitness equipment to challenge upper, lower and core strength such as a chest press, chin ups and a sit up bench. Distance markers are located every 100m around the loop as well as small break away stations with addition equipment. This fitness loop is the perfect opportunity for those looking to get fit!

Want to learn how to make the most of this new fitness loop?

The City of Salisbury is offering free orientation sessions with a qualified fitness professional through its 'Living Well in the Living City' healthy initiatives program. These sessions will be tailored for all levels of ability.

Orientation Sessions

Thursday 9 February, 2012, 9.30am - 10.30am

Thursday 16 February, 2012, 9.30am - 10.30am

Bookings essential.

Please call Jim or Cathie on 8406 8251 to register your interest.

WONDER YEARS RETREAT

In the Barossa Valley

For women who are caring for an adult with a disability,
chronic illness, or who is frail aged

Friday 30th March until Sunday 1st April 2012

Do you want to get back in touch with yourself,
have time to dream,
make new friends or reminisce with old friends,
chill out and escape from all your cares.

If so then this is the retreat for you!

So pack your bags and join us ready for a great experience away.

COST \$25.00 pp

BOOKINGS ARE ESSENTIAL

Please contact Chris or Pauline on 8284 0388
Transport and respite provided if required



Expression of Interest

Men's Mystery Retreat

Would you like a weekend away?

Why not take some time out for yourself!

Are you actively caring for an Adult
who is living with a disability, chronic illness or is frail aged?

Please contact Chris or Pauline on 8284 0388

Transport & Respite provided if required.

Date of Retreat - 10th until 12th February 2012





CARER DAY OUTS



SEASIDE TRIP

Come with us for a relaxing day beside the seaside.

Stroll along the beach, or if you are brave enough you could even go for a swim.

Alternatively, browse the shops, grab a cuppa or an ice cream, and then enjoy a lovely luncheon.

Friday 24th February 2012 - Cost: \$20.00 per person

Pick up		Drop off	
Gawler BP	9.00 am	Saints Rd.	2.30 pm
NCN	9.30 am	NCN	2.45 pm
Saints Rd.	9.45 am	Gawler BP	3.00 pm



PRYERS ON THE FLEURIEU

Join us for a musical day of fun and live entertainment

Morning tea and lunch provided

Special cost of \$10.00 per person

Wednesday 28th March 2012

Pick up		Drop off	
Gawler BP	8.30 am	Saints Rd.	3.30 pm
NCN	9.00 am	NCN	3.45 pm
Saints Rd.	9.15 am	Gawler BP	4.00 pm

Due to the popularity of our Carer Day Outs, priority will be given to people who are actively caring. Relinquished carers are welcome to attend up to 1 year after they are no longer actively caring, then they will be placed on the reserve list and contacted if there is space available. Please inform reception of this when you book in. Transport to & from pick-up points at discretion of NCN. If you are unable to attend after making a booking please notify the Network as soon as possible in order to let carers on the reserve list a chance to go.

North and West Metro Respite and Carelink Centre invite carers of a person with dementia to a free interactive session presented by Active Ageing Australia, followed by lunch and an introduction to creating a storybook on the life of the person they care for

Carer Activity Day
Are you a carer for a person with Dementia and live in the northern or western region of Adelaide?

Storybook
Create a collection of information about the life of the person you care for, their achievements and challenges. Use it as a conversation starter, a resource and to help those who come into the home to provide care. It can be as creative as you both feel

Active Living Links —
Keeping active to enjoy life
For people living with dementia and family members Active Living Links is an activity program and DVD to keep your body and brain active. Active Living Links is designed to be used as often as you like in the comfort of your own home. Each carer will take home a copy of the DVD

When: Tuesday 21st February 10:30am to 2:30pm
Where: Sunnybrae Function Centre Tikalara St Regency Park

Numbers are strictly limited RSVP! by Wednesday 15th Feb:
To North and West Metro Respite and Carelink Centre on 8346 8328. Please discuss with staff your dietary requirements, or if respite in your home or transport to and from the venue is needed to enable you to attend

All activities, lunch and DVD will be provided free of charge

COMMONWEALTH RESPITE & CARELINK CENTRE NORTH AND WEST METRO ADELAIDE

CARER FORUM



EVENT DETAILS

WHEN
Wednesday 15th February 2012
10.00am to 2.00pm

WHERE
Enfield Community Centre
540 Regency Road, Enfield
(Off road parking available)

Morning tea and a light luncheon will be provided.

CONTACT
To book, please call 8346 8328 and ask for Kay, Sue or Tom.

If you require respite support and/or transport to attend, please discuss with staff.

NAVIGATING THE SERVICE PROVIDER NETWORK

COME AND HEAR ABOUT:


- How to identify relevant services for your particular circumstances;
- Being empowered to make your needs known to service providers;
- Case management and how it works;
- Planning your approach to an agency; asking the right questions;
- Accessing a case manager and maintaining the relationship;
- Planning for a time of transition (e.g. school to work, work to retirement) and what's out there to assist;
- Information and contact details (take aways) of services providers working in the disability, ageing and mental health fields;
- How to navigate websites and information services for what you need.



LinkingCare Wesley Gowdin | 77 Gibson Street, Gowdin SA 5007 | PO Box 406, Hindmarsh SA 5007 | lcwb@ucwb.org.au | www.ucwb.org.au

Club Unity

DISCO




MUSIC BY DJVIC

DISCO DATES
15/12
16/01
13/02
13/03
10/04
08/05
05/06
02/07
30/08
27/09
24/10
21/11

For young adults with disability,
7.00PM - 10.00PM
11.00
Create the community connections that Disabled Australians need

EVERYONE'S HAPPLES FAMILY WELCOME CARERS FREE!

For more information phone: 83560180

 Government of South Australia
Department of Social Services
Disability SA

Commonwealth Respite & Carelink Centre Planning in Partnership Program CARER FORUMS 2012

PLANNING IN PARTNERSHIP

- for carers who are growing older and wanting to plan for the future care of a son or daughter (or other younger person) with a disability.
- Series of 6 consecutive weekly groups which cover different, relevant topics.
- Groups commencing on Wednesday 29th February, 10am to 1pm at a South Plympton venue.

NAVIGATING THE SERVICE PROVIDER NETWORK –
Wednesday 15th February, 10am to 2pm. Enfield venue. See separate flyer.

A Forum ‘Navigating the Service Provider Network’ for employed carers - Monday 19th March, 5.30 to 7pm followed by a meal – venue at Walkerville. See flyer for content.

LIVING WITH CHALLENGING BEHAVIOURS (associated with Autism Spectrum Disorders- and other difficult behaviours - all ages)

- Tuesday 13th March, 10am to 2pm – lunch.
- Practical, hands-on strategies to assist you maintain the most effective relationship where there are difficult behaviours.

FINANCIAL PLANNING/ISSUES FOR CARERS

- Wednesday 11th April, 10am to 2pm.

BOOKINGS ESSENTIAL TO ALL THE ABOVE. ENQUIRIES AND BOOKINGS: PLEASE CALL KAY, SUE OR TOM ON 8346 8329.



Carers Sharing

ART THERAPY

Hi fellow carers I am sharing with you the art therapy experience. Since about July this year I've been going to the art therapy, some may have seen it in the newsletter as therapeutic art. I have no art skill at all but I wanted to try something that helps me to relax or as I put it 'to thaw the brain' as it's been spinning for years with all the stresses of caring. I have found art therapy really relaxing and enjoyable, and something I look forward to going to, as when it comes to me, the carer, there's not much else out there that's for ME.

What we do at art therapy is expressing our feelings through art, now that doesn't mean you need to be a skilled artist, it's not that at all. It can be expressing yourself in colors or swirly patterns, which could interpret how you feel, eg you are just going around in circles.

So fellow carers I invite you to come and try art therapy. You will be in the company of fellow carers who understand the emotional impact of caring.

Yours in caring ☐

Sherallee Andrew



START THINKING LIKE A SWAPPER

Swap Big for Small

- Don't overcrowd your plate
- Think twice before going back for seconds
- Eat slowly to give your stomach time to signal it's full
- Share a dessert rather than have your own

Swap Often for Sometimes

- Swap fried food for fresh
- Swap fizzy drink for water
- Swap take-away for home-made
- Eat less 'sometimes' food

Swap Sitting for Moving

- Walk and deliver a message rather than email
- Take the bike for short trips instead of the car
- Park the car further away and enjoy a short walk
- Get off the bus one stop earlier and walk the rest of the way

Swap Watching for Playing

- Don't just watch sport - get out and get active!
- Meet friends for a walk instead of coffee and cake
- Get outdoors with the family - go to the park or for a bike ride
- Swap a family movie for bowling



USEFUL CONTACT NUMBERS		
	Commonwealth Respite & Carelink Centres	1800 052 222
	Carers SA: Carer Counselling Service	1800 242 636 www.carers-sa.asn.au
	healthdirect Australia: 24hr Health Advice	1800 022 222 www.healthdirect.org.au
	Crisis Care (Families SA)	131 611 www.families.sa.gov.au
	Lifeline	131 114 www.lifeline.org.au
	Australian Red Cross	1800 246 850 www.redcross.org.au
	Cancer Helpline	131 120 www.cancer.org.au
	Lyell McEwin Hospital	8182 9000
	Domiciliary Care	8193 1234 www.domcare.sa.gov.au
	Seniors Information Service Hotline	1800 636 368
	Aged Rights Advocacy Service	1800 700 600 www.sa.agedrights.asn.au
	Financial Ombudsman Service	1300 780 808 www.fos.org.au
	Welfare Rights Centre SA Inc	1800 246 287 www.wrcsa.org.au
	Adelaide Metro Infoline:	www.adelaidemetro.com.au 1300 311 108
	Legal Services Commission of SA	1300 366 424 www.lsc.sa.gov.au
	Public Trustee	1800 673 119 www.publictrustee.sa.on.net

The Aspergers Awareness Project Video

A video featuring children with Aspergers is now available online. This video hopes to promote awareness of Aspergers to as many people as possible. You can view the video several ways:

Website - <http://whatisaspergersvideo.org/>

You Tube - <http://www.youtube.com/watch?v=C03b3xUfED4>

There are instructions at the end of the video on how to share the video online if you're not sure about this. Also you can click on other Asperger related topics if desired.

**ARE YOU INTERESTED IN GETTING IN TOUCH WITH YOUR
CREATIVE SIDE
THEN CONTACT LOUISE ON 8284 0388**