

GSNV October Update

Fundraising and Grants for Community Organisations

The GSNV will be hosting the last of our 2001 seminars on Monday 8 October, from 7pm to 9.30pm in the 10th Floor Conference Rooms. The topic is Fundraising and Grants for Community Organisations, and the guest speakers are Rhonda Galbally AO and Dani Blanden. More details can be found in the attached flyer. RSVP now!

Gathering of the Clan at the Quiet Man

You are invited to a strictly social night at the Quiet Man Irish Pub in Racecourse Road, Flemington. We'll be there from 5.30pm onwards on Friday 9 November. This is an opportunity for adult members of the GSNV to meet for a Guinness and good conversation. Irish jigging is optional.

Collective of Self-Help Groups (COSHG) Workshops

There will be a workshop on the theme of "Support" on Saturday October 27, from 10am - 4pm, in Carlton. Topics will include ways that group members can support each other, including active listening and skills for supporting over the telephone. Facilitators of the sessions will be Lera O'Connor from the Anti-Cancer Council and Eilís Hughes from the GSNV. Cost will be \$10 (or \$5 if you have a Health Care Card or similar level of income). BYO lunch. It is essential to book your place. Please contact COSHG on (03) 9349-2301 or coshgmelb@yahoo.com.au. Our recent workshops have been on weekdays. We are holding this one on a Saturday and hope that members of self-help groups who are at work on weekdays will be able to join us for this workshop.

Another workshop will be held for people involved in starting a group, people thinking about starting a group, people taking on new responsibilities (for example being a committee member or convenor) or groups that are thinking about doing things in a new way. This workshop will be held on Saturday 13 October at the COSHG office in Carlton. Please telephone (03) 9349-2301 for more information.

Hereditary Spastic Paraparesis

One of our members is interested in starting an Australian support group for Hereditary Spastic Paraparesis. If you know of someone who would be interested in joining this group, please contact us in the GSNV office on (03) 8341-6315.

Metachondromatosis

Do you or someone you know have the bone disorder metachondromatosis? Would you like to contact others with this condition? Please contact us in the GSNV office on (03) 8341-6315.

Realising the Potential

Don't forget the Down Syndrome Association information forum and AGM to be held at Latrobe University on Sunday 14 October. Please contact DSAV on (03) 9486-2377 for more information.

Carenet

Carenet offers families local voluntary assistance to help the siblings of kids with a serious illness continue "their stuff" even when it is extremely difficult or impossible for mum/dad to extend themselves to do this. The type of help offered includes ensuring activities such as sporting practice/activities continue, meals at home can take place, and so on. Richard at Carenet can be contacted on (03) 9533-2533 or richard@carenet.org.au, for more information.

APIN AGM

The Australian Primary Immunodeficiency Network will be holding their AGM here in the 10th Floor Conference Rooms on Sunday 14 October from 2pm to 4pm. For more information contact Ruth on (03) 9887-5151.

New Pharmaceutical Benefits Scheme Website - www.health.gov.au/pbs

The Commonwealth Government's Pharmaceutical Benefits Scheme (PBS) endeavours to ensure Australian residents have access to necessary medicines at an affordable price. Most medicines available on prescription are subsidised under the PBS. The new PBS website is now set up, so if you're interested in finding out about patient co-payments, the safety net threshold, proof of identity when purchasing pharmaceuticals, and why some medicines cost more than others, then you should enter from the Consumer Information entry point. Information on the listing of medicines on the PBS or recent recommendations of the Pharmaceutical Benefits Advisory Committee can be found at the major entry point Listing Drugs on the PBS.

Yooralla to open a new respite facility in Northern region

The Department of Human Services has funded Yooralla to open a new 5 bed respite facility in Reservoir. It is expected to commence operation in November. If you are caring for a young person who:

- is aged between 15 and 24,
- has an intellectual disability and/or a mild physical disability,
- lives in the Northern Metropolitan Region,

then you may be eligible to use this service. Information on this service can be obtained in Arabic, Cantonese, Hungarian, Italian, Vietnamese and Greek. Please contact Helen Sinclair on 9899-2766.

Access Expo 2001

Access Expo is Australia's most comprehensive exhibition of products and services for disability, rehabilitation and our ageing community. This event has diversified greatly in the past few years to incorporate a series of seminars as well as a diverse adapted sport & recreation demonstration schedule. It offers fresh solutions to people's individual needs. An exciting program of seminars, workshops and events and demonstrations will complement exhibits presented by national and international manufacturers, suppliers, retailers, government departments, disability organisations and service providers. It is being held from 25th to 27th October at the Royal Exhibition Building in Nicholson Street, Carlton. For more information contact Julie Stein on jstein@paraquad.asn.au or 9415-1200, or visit <http://www.paraquad.asn.au/expo/expo.html>

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Caroline's Big News

Caroline Bowditch, one of the GSNV co-ordinators recently announced her engagement and will be leaving us in July 2002, as she is moving to the UK to get married.

Next GSNV Committee Meeting

The next meeting will be held at 6pm on **Wednesday 21 October**, in the conference rooms on the 10th floor of the Royal Children's Hospital. All members and other interested parties are welcome to attend.

For more information on anything you've read here, please contact Eilís or Caroline in the GSNV office on (03) 8341-6315.