



INTERNEWS

Summer 2010

***Get snapping over the Holiday Season!
enter The Interchange Photo Competition***

I know there are many fantastic moments shared between volunteers and the children and young people they are linked with. It is my guess that many of these moments are caught on camera.

Part of our work at Interchange is to raise awareness of the need for respite for families caring for children with disabilities; the value of community based models of support; and the fantastic contribution made by our volunteers.

With this in mind, we are always looking for photos representing the fun, friendship and community participation which are the hall mark of our Service. You can help us to promote the work of Interchange and provide more support to children/young people and their families.

We are inviting you to enter your pictures into the **Interchange photo competition** to win Westfield vouchers, including \$100 for first place, \$50 for second place and \$25 for third place.



Please send photos to Interchange SA, 20 Boskenna Avenue, Norwood 5067 or email to marg@interchangesa.org.au. As a condition of entry we are requesting consent to use the photos in promotional material to promote the work of Interchange.



***The Board and Staff team of Interchange would
like to wish all of you a very Merry (and safe)
Christmas and a Happy New Year.***

***The office at Norwood will be closed from
Monday 27th December and reopened on
Tuesday 4th January, 2011.***

Children's Programs

There aren't enough words to express my appreciation to the Day family for being Stephanie's host family. Stephanie loves them so much and looks forward to every minute she can spend with them. Being with children who are as wonderful and sweet at Gemma and Eboni has helped Stephanie's progress and her lifestyle in so many ways. She has been able to experience so many things that we can't go to as a family and has come out of her shell, expressing a lovely outgoing personality. Stephanie loves to dance and sing, and she has learnt this from Gemma and Eboni. She is the child she is today because of the time she has spent with her host family.

Stef always includes Libby, Snowy and the girls when she counts out her family and really feels a part of them. Libby and Snowy are so patient with her and have been a great support for myself and her sister Georgia, who is severely autistic. The difference they have all made to our lives is huge and there would never be enough words to describe how much they have improved the quality of Stephanie's and our whole family life. They are saints in our eyes and represent what Interchange families are all about.

**From Rochelle, Stephanie and Georgia—
with love.**



What has been most encouraging for us this past year is the amount of positive feedback we receive from both host and natural families. It is all too easy to sometimes focus on unmet need and the scarcity of volunteers and 'forget' that, over the years we have kick-started so many successful links and have truly helped to make a difference. We say 'kick-started' because it is the quality and commitment of our amazing volunteers that is the heart of our programs—it is they, and not us, who so much enrich the lives of children in their care. An increasing number of our host families have been with us for many years and have had the pleasure and satisfaction of seeing 'their child' grow and achieve through childhood to young adulthood. That the links so often continue beyond Interchange truly shows the success of what we have set out to do—a somewhat contrived start has ended in a mutually sustaining and enduring friendship. An outstanding example is Richard Gates, the first Interchange child linked with a host family at age 8. Richard, now in his early 30's still retains contact with his host mum and dad.

We have now been with Interchange for a very long time! Chris for 22 years and Gail for 21 years. While there are arguments for and against such a long commitment a definite plus has been the enduring relationships we have forged with our families and constancy for them of our support and a 'certain wisdom' we have garnered together through the years in relation to the intellectual disability/volunteer arena.

We wish all our families a joyful Christmas and peace and happiness in the New Year.

Chris and Gail



Teen Programs

The Teen program has recently had the pleasure of hosting Jyoti Sharma as a work experience student. Here is a brief interview between Barb and Jyoti.

B: Tell us a bit about where you are from?

J: I'm from Nepal from a little town called Butwal in the western part of Nepal.

B: Who is your family?

J: I have mum, dad, younger brother and sister.

B: Why did you choose to come to Adelaide?

J: I thought it was a nice, quiet place to live in compared to London. I was living in London from 2006-2008. I came to Adelaide to study Community Welfare Studies in particular.

B: So what year of your studies are you currently completing?

J: I'm at the end of my second year at Cambridge International College, so I'm nearly finished my course.

B: What has been the most interesting part of your work experience at Interchange?

J: Everything has been really interesting here but the most fascinating has been going out on home visits and meeting some of the young people.

B: What are your plans for the Christmas holidays?

J: I'm going back home to visit everyone. This involves a flight to Singapore, then flight to Kathmandu. From there it is a 30 minute flight to Butwal or a 5 hour drive.

B: Tell us a little about your hobbies, or interests outside work?

J: I like to visit new places, music, going to the movies, surfing the net and spending time with friends.

B: What do you hope to do in the future?

J: At the moment while I am studying I have also been working at Rest Haven, Mitcham. I love my work there as I come from a nursing background. I used to work as a Registered Nurse in Nepal and London. I would like to have some experience in the community field and would hope to work in this area in the future.

All of us here at Interchange have really appreciated Jyoti's hard work and great input into the Teen program and we wish her well in her future endeavours.



**Gavin
(incognito)
at the Interchange
picnic
in October**

HATCHED AND MATCHED

Rachel matched with Bianca

Sophie matched with Alice

**Emily matched with Michelle, Alexander,
Rohan and Dominic**

Johan matched with Sonja

Tayla matched with Monique

Hugo matched with Kevin

Corey matched with Nathalie

William matched with Lucy and Ryan

Eloise matched with Amanda

Beau matched with Ashley

Stefanie matched with Aiden



My Perfect South Australia for People with Disabilities

Today on International Day of People with Disability, Kelly Vincent MLC is thrilled to launch Dignity for Disability's "My Perfect South Australia for People with Disabilities" Word and Visual Art competition.

The competition offers \$2000 in prizes and encourages people living with disabilities, their families, carers and supporters to express their ideas as to a perfect South Australia for people with disabilities.

'This competition idea essentially comes from my own love of words and art, and my belief that they are powerful tools in shaping the world around us' said Ms Vincent.

'We've all heard of "unmet Needs" where people are waiting for essential services like mobility aids, accommodation and respite, but what exactly does that mean for people and their lives and what is the perfect solution?

'Today is a day of celebration and this competition is about celebrating people with disabilities as part of our world. However, it is also about their struggles and frustrations and gives people a chance to express their perfect South Australia for people with disabilities in a way that we may not have heard or seen before.'

'It's about breaking the mould, and giving people with disabilities a different kind of voice—one that the Government cannot ignore.'

Entrants may use word or visual arts to express their ideas and entries close on 20 February 2011. Winners will be announced on 20th March 2011, one year to the day of the historic election that saw Kelly Vincent elected as South Australia's youngest and first ever Member of Parliament to use a wheelchair.

Further information and a competition entry form can be found at d4d.org.au



PAKA is Parents Assisting Kids with Autism. Started in 2007, by a small group of parents, PAKA has a focus on funding social development programs for kids with Autism Spectrum Disorders aged 8 -18.

PAKA is not a support group - although as parents and friends we support each other. What we do is volunteer our spare time and energy to raising funds for programs which create 'success, friendship and safety' for children with autism and Asperger syndrome.

PAKA programs are run through Autism SA and PAKA is a sub committee of Autism SA. All monetary donations to PAKA are donations to Autism SA and are tax deductible.

For further information about PAKA, please contact Nadia on 0400 703 099 or Kylie on 82934407 or email Amanda at paka@autismsa.org.au.

PAKA Programs

Since 2007 PAKA has funded

The **PAKA North East Boys Social Skills Group** and contributed \$20,000 to the **Telstra Foundation iModeling Project** as a project partner. PAKA is also a partner of the **PAKA SOKA** project, a soccer skills project for children with Autism Spectrum Disorder funded by the Commonwealth Bank Staff Community Fund and the Rotary Club of West Lakes. In 2008 PAKA joined with the Glenside Lions to establish the **PAKA Glenside Lions Girls Social Skills Group**.