



**Reminder**—All clients should have their own hat & sunscreen in their bag at all times, for whenever we go outdoors, now that it is summertime. UV radiation is very high, even on cloudy days. We need to be Sunsmart! Thanks.



**Parent/Carers Luncheons** are a regular feature this year. The next one will be on Thurs., 8<sup>th</sup> Mar. at 11:30 a.m. at Blarney Stone Irish Pub, 22 Ballarat Rd., Yarraville. Contact Roslyn on 0409 018 141. Come along, meet new friends, & get involved in this vital new group!



**February Birthdays**—We have only one special birthday for this month. Congratulations to Natalie A. at Altona, who had her 21<sup>st</sup> Birthday this month!



**Saturday Respite Program**—Over the past two Saturdays, clients have enjoyed outings to a car show in Bacchus Marsh & the Werribee Zoo. The following are the next planned outings: Feb. 18<sup>th</sup>-movies & lunch; Feb. 25<sup>th</sup>-bowling & lunch; Mar. 3<sup>rd</sup>-music therapy. If you live with your family & are not already on the respite list, but are interested in the respite program, please contact Tina Mason, Respite Coordinator on 9034 2101 or 0400 440 986.

**Report:** The Respite group enjoyed the Car Show at Bacchus Marsh on the weekend. There were vintage cars & motorbikes on show, & also very big trucks.

**Report:** Clients really enjoyed the African drumming & seeing the animals “up close & personal”!



**Autism Course**—LaTrobe University Living with Disability Research Group is presenting a 2 day course on Understanding & Supporting Children and Adults on the Autism Spectrum on Thurs. & Fri., 29<sup>th</sup> & 30<sup>th</sup> March. For more information, contact Kerri Finlayson on 9749 5803 or email [K.Finlayson@latrobe.edu.au](mailto:K.Finlayson@latrobe.edu.au)



**Braybrook On-site Gardening** group would appreciate donations of plant cuttings for use in their program. If you can help, please send them in plastic in an envelope to Suzanna. Much appreciated.



### **Growth & Development Study**

The University of Ballarat invites all parents to complete an on-line questionnaire about the influences of growth & development when parenting an adult child with a disability or developmental delay. For more information, contact Katherine Meddis, Master of Psychology (Clinical) on 0422 651 697 or by email at [katherinemeddis@students.ballarat.edu.au](mailto:katherinemeddis@students.ballarat.edu.au)



### **Literacy/Numeracy Chuckles!**

What has 2 big ones on the weekend, 3 small ones on Tuesday, Wednesday & Thursday, & disappears on Monday & Friday?

The letter 's'.

What did the '0' say to the '8'?

Nice belt!