



One foot forward



Looking for love?



Time to wake up



Find us on
facebook

PAWESOME!!

LOOKING FOR PARTICIPANTS



LOVE on the spectrum

We are looking for participants for Series 2 of Love On The Spectrum for ABC TV

We are looking for single people, who are on the autism spectrum and are interested in dating - as well as anyone who is open to dating someone on the spectrum.

You may have no history of dating, or you might be an experienced dater, feel free to get in touch and say hello.

We are also looking for people in relationships, you may have just started seeing each other or you may have been together for years.

As with the first series, we aim to make an honest, sensitive and insightful documentary.

We are keen to hear from a range of people - we are hoping to represent the great diversity of the autism spectrum.

If you or someone you know might be interested in speaking with us, please send an email with a brief description of yourself (and a photo) to: lots@northernpictures.com.au

**Our company has produced many award-winning television documentaries.
You can find out more about us here: www.northernpictures.com.au**

TRILBIE WALKS FOR BLACK DOG INSTITUTE

TRILBIE Bermingham isn't one to do things in halves and this October she plans to be apart of the "One Foot Forward" walk for mental health and the Black Dog Institute.

With 90% of disabilities invisible and many more related to mental health, Trilbie's walk during arguably the toughest year for many in living memory, is now more important than ever.

"I'm walking to support mental health research," Trilbie said.

"This October, I'll be walking to make a difference to the lives of people touched by mental illness and suicide," she said.

"I'm fundraising to raise money for life-changing research into treatment and prevention of mental illness, as well as vital support services."

Did you know that 1 in 5 people experience symptoms of mental illness each year? In fact, every day in Australia, 8 people will die from suicide. Many are men.

"Mental illness can be debilitating and can have a devastating impact on not only those living with it, but those around them," said Trilbie.

"Every donation will make a big difference!"

With COVID-19 the front and centre of many a political focus and it's impact on people and their mental health, the fear is areas such as mental health will lack funds and resources moving forward.

"It would mean so much to me if you'd support my walk this October," said Trilbie.

There's never been a more important time.

To donate to Trilbie Bermingham's "One Foot Forward" walk for mental health campaign please go to the link below -

<https://www.onefootforward.org.au/fundraisers/trilbiebermingham/one-foot-forward?fbclid=IwAR3cNX-6V1AkAohMb5Pybwp-gwEds-GE6IX1J9wTCQJVCx2XltwkIVHlrrnnU>

Well done Trilbie from everyone at Currajong!



Trilbie has supported numerous causes in the past including The World's Greatest Shave.

There's always something going on at



TOP (L-R): Heather makes a break; Bonny waits for the ball; Jay flies around on his scooter while Joey has a milkshake; Action Jackson, Jye, Timbo and Paul take a car ride; BELOW: Wade and Mark watch the football fun from under the shade.



Submit your event or story to us for our weekly newsletter by emailing us at - dane.millerd@currajong.org.au or via our Facebook page or our website - <https://currajong.org.au/contact/>





OUT OF THIS WORLD

Art Competition

\$3000
IN PRIZES

It's time to **launch your imagination** in our **2020 Challenge Community Services Art Competition!** People with disability of all ages, and young people in foster care throughout NSW are invited to enter using **"Out of this World"** as their inspiration.

For competition details, please visit our website
www.challengecommunity.org.au

Key Dates:

Entries Open: Now!

Exhibition Opens: Tuesday 1 December | 11am-4pm

International Day of People With Disability &

Voting Day: Thursday 3 December | 11am-4pm

Presentation Day: Thursday 10 December | 11am-12:30pm

Artworks will be on display at Ray Walsh House, 437 Peel St, Tamworth
from 1 December 2020 to 4 January 2021

Entries Close Friday 13 November

For more information please contact Challenge Marketing
on (02) 4918 1413 or email marketing@challengecommunity.org.au

SCAN ME



CHALLENGE
Community Services



TIME TO WAKE UP



WAKING PEOPLE UP: Former Currajong Disability Services support worker Alex Lee is out waking people up to the dangers of narcolepsy.

ALEX Lee left Currajong some time ago now but there's no secret or surprise many are still connected to and fond of one of our favourite former staff.

Now she is focusing on putting her efforts into raising awareness for Narcolepsy; a condition she battles.

"World Narcolepsy Day was last week and awareness raising efforts were made to identify issues as so many Narcolepsy symptoms are often excused or misdiagnosed, sometimes for years, sometimes forever," Alex said.

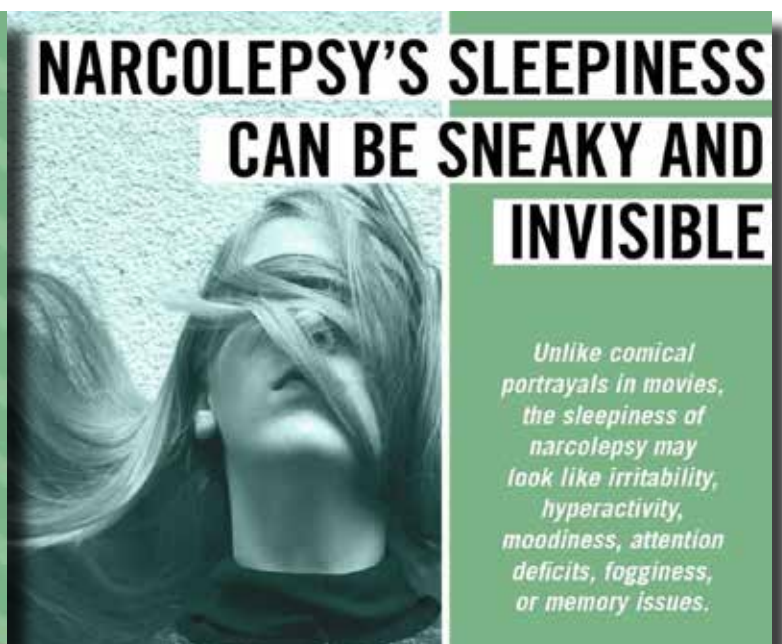
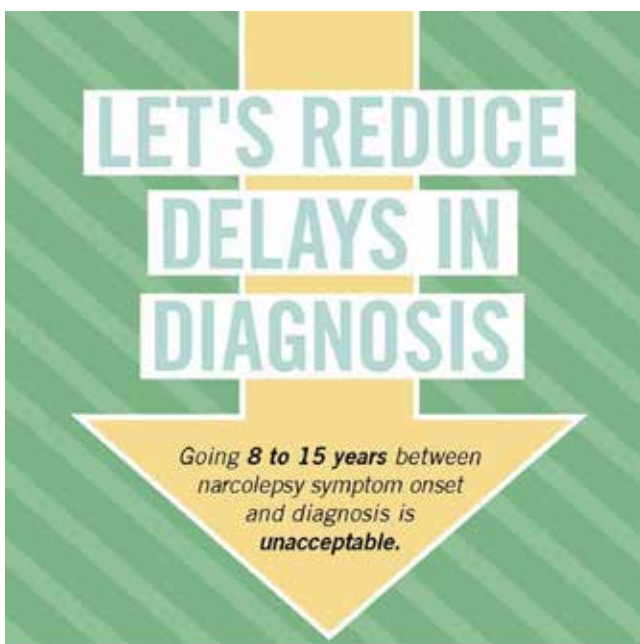
"You don't have to just 'endure' and 'soldier on' without seeking the right support."

Narcolepsy is a chronic neurological condition that impairs the brain's ability to regulate the sleep-wake cycle and affects about 1 in 2,000 people, or 3 million people worldwide.

Symptoms vary by person and may include sleepiness during the day, sudden episodes of muscle weakness often triggered by emotions (called cataplexy), sleep paralysis and confusing hallucinations around sleep.

"It is vital as the greater community can also learn more about another invisible illness and gain better understanding and acceptance."

Great stuff Alex!





Empowering Autism Families



WE NEED YOUR HELP!!

Autism Awareness Australia is developing a digital tool kit called Autism: What Next? It will be a central hub to help individuals and families navigate the diagnostic process and support them in that first year.

For decades, one of the most common issues in autism has been the lack of quality information and guidance available to parents and individuals seeking and receiving an autism diagnosis.

We are looking for rural and regional parents and carers of autistic child/ren to join our design groups and tell us about your experiences, review our content and website design to help inform this project which will make the process easier for families and individuals in the future.

Zoom calls will be held Wednesday 7 OR Thursday 8 October, 2020 at 10 - 11am.

To thank you for your time and input we will be offering \$50 cash transfer for each zoom call attended.

To register please email events@autismawareness.com.au

**For further information read
[more.https://autismwhatnext.paperform.co/](https://autismwhatnext.paperform.co/)**



help us celebrate national headspace day

It has been a tough year and what better way to bring a bit of fun and colour then by celebrating National headspace Day.

**Wear green, host a morning tea or activity, share the 7 top tips for a healthy headspace, and tell us all about your event
@headspacedubbo**

when
Wednesday 21st October 2020

where
Your school, business or community group

register your event
<https://bit.ly/3bTuwpM>

for more information contact Amy:
phone - 0429 062 264



Life with opportunities

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mail@currajong.org.au or contact us via
our Facebook page or our website for all
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<https://currajong.org.au/contact/>



**Find us on
facebook**

Are you aged 12-24, living in regional NSW and ready to speak for young people in your area?



BECOME A MEMBER OF THE 2021 REGIONAL YOUTH TASKFORCE



Applications are now open for next year's Regional Youth Taskforce, an advisory group to the NSW Government about everyday issues facing young people in regional and rural NSW.

Two representatives from each of the nine NSW regions will be selected to join the taskforce and share their experiences and ideas for programs, services and infrastructure to improve life in the regions.

It's easy to apply – simply fill out the online form and create a short video on your phone about who you are and the most important issues facing young people in your part of the world.

To find out more and submit an application, go to nsw.gov.au/regional-nsw/regional-youth-taskforce.

Program of events for National Carers Week 2020

	Sunday 11 October	Monday 12 October	Tuesday 13 October	Wednesday 14 October	Thursday 15 October	Friday 16 October
10.30 – 11.30 am	Carer Survey results and welcome to Carers Week (release on Facebook)		Sector Panel discussion: <i>What is the Aged Care Royal Commission doing for carers?</i>	Strength and Balance with Stephen Gammack from Soulfit	Carer Panel: <i>Caring in 2020</i> with Georgie Gardner	Art workshop: Nourish and Flourish with Sally Swain
12 – 1pm					<i>wecare: Caring for the carers</i>	
12.30 – 1.30 pm				Carers + Employers webinar: Developing a carer friendly workplace		
2 – 3pm		Tai- Chi with Stephen Procter	Webinar: Recognising and Supporting Young Carers	Mindfulness Meditation with Stephen Procter	Gentle breath meditation with Stephen Gammack	Music by Miriam Lieberman and her trio - thank you to carers

Carers across NSW are invited to join us for any sessions they may be interested in.

You will require access to a computer with speakers (a microphone and video camera are a bonus). Sessions are delivered using Zoom conferencing.

Please [click here](#) for more information and to register your attendance to attend online.

Carers NSW will send you instructions about how you can join the session on confirmation of your registration.

Sessions will be recorded so they can be viewed from our website after the event.

**Looking for an
NDIS provider?**



CURRAYONG
DISABILITY SERVICES