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**NORTHCOTT'S SUPPORTER KIT**

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## About Northcott Disability Services

Northcott Disability Services was established as The NSW Society for Crippled Children in 1929 by the Rotary Club of Sydney in response to the growing number of children left with the effects of illnesses such as polio and tuberculosis.

Today, Northcott provides support and services to more than 6000 individuals and families across NSW and the ACT. Northcott provides close to 70 services across a broad range of disabilities including physical, intellectual, sensory, acquired and degenerative disabilities, as well as challenging behaviours.

Some clients with rarer or lesser known disabilities find Northcott to be the only provider of appropriate support and services.

Northcott's purpose is to build an inclusive society. This is achieved by assisting people with disabilities to develop their skills, achieve their goals - including their potential for independence and ability to participate in their communities.

Northcott provides services from 31 sites across metropolitan, regional and rural NSW. There are offices in regional NSW including; Coffs Harbour, Dubbo, Newcastle, Dapto, Penrith, Queanbeyan, Tamworth and Wagga Wagga.

## Funding and our supporters

Our supporters allow us to be there for families that have a child with a disability. With services available from birth through to adulthood, Northcott Disability Services is able to work not only with the child, but the whole family, including siblings and grandparents. We couldn't do it without our supporters, both financial and non-financial.

The community contributes approximately one third of our total income. Our supporters include individuals, corporations, staff within a company, service clubs, fundraising groups, hotels and clubs.

The following outlines ways that you can help by coordinating a fundraising event or activity on behalf of Northcott Disability Services.

Another way to get involved is to join one of our existing auxiliaries and fundraising groups who play a significant role in generating much needed funds for our services. If you have an interest in undertaking a fundraising initiative for Northcott or joining one of these groups, call our Fundraising Department on (02) 9890 0100.



## Services and Programs

A leading service provider for people with disabilities in NSW, Northcott Disability Services offers a range of quality programs which promote a genuinely inclusive society.

Some of the services we provide are as follows:

### Accommodation

**Northcott's Transitional Accommodation Services** provide short to medium term housing (six to 24 months) and opportunities for the development of independent living skills for adults with a physical disability. These include; **Merrylands Independent Living, Woodbine Transitional Service, and Northcott Housing Links.**

### Employment

**Jobmatch** assists people with disabilities to gain employment in the open labour market. The key focus areas are career guidance and planning, learning how to write resumes and applications plus developing interview and presentation skills. Once in a position, the new worker receives ongoing support to maintain sustainable employment. This includes on the job support to assist them to learn the role and settle into the position.

### Community Participation/ Post School Options Programs

**Community Participation (CP) and Post School Options (PSO)** programs operate from Northcott's community based facilities. These include Roselands, Penrith, Parramatta, Coffs Harbour, Dubbo and Tamworth. The CP and PSO programs assist young adults with a disability to develop the skills they need to work towards their goals, increase their independence and participate as valued and active members of the community.

### Individual and Family Support

**Early Childhood Support Service** provides therapy, education and family support to families that have a child with a disability. The program is designed to promote the child's strengths and abilities to maximise their readiness for school.

**Metropolitan & Regional Individual & Family Support Services** assist families to access generic and specialist community resources in metropolitan and regional NSW. The service offers support with integration into school and the community and provides counselling and specialist advice in times of need. Group programs are also run that offer clients and their families a variety of opportunities to meet with others who may share common concerns and experiences.

**Northcott Intensive Family Support (Nepean)** provides intensive, short-term support to children and young people with a disability aged 0-17 and their families where there is a risk of out of home placement and/or family breakdown.

**Adult Outreach** - is staffed by community workers and occupational therapists who offer information, learning opportunities and practical assistance to adults with a physical disability and their families who are concerned with the issues of everyday living.

**Illawarra Case Management** staff coordinate care and provide support for people with disabilities in their local communities.

**Macarthur Case Management** provides intensive support to children 0-18 years with complex needs.

**The NSW Paediatric Spinal Outreach Service (PSOS)** is a joint project of the SpineCare Foundation and Northcott. The team provides services to children and young people aged 0-18 years, who have a spinal cord injury as a result of trauma or disease.

**Western Sydney Therapy Service** (Cumberland/Prospect and Nepean) provides speech therapy and occupational therapy to children 0-18 years who have significant and/or complex needs.



## Specialist Services

**Computer Assistive Technology Services (CATS)** provides information, advice and support regarding technology options for people with disabilities. Assistive technology offers people with disabilities increased independence in the areas of computer access, communication and access to everyday appliances at school, home and work. CATS is staffed by speech pathologists and occupational therapists with a high level of expertise in assistive technology.

**Family Resource Links (FRL)** program aims to strengthen connection between communities and families in the Macarthur area who have young children (0-8 years) with disabilities or developmental delays by providing access to community services and support networks.

## Recreation

Northcott Recreation Services provide information and support to children and adults with physical disabilities who live in the Greater Metropolitan Sydney region, enabling them to participate in recreational and leisure activities of their choice. The service helps participants establish social networks and special interests groups that in turn promote enhanced independence and social confidence.

## Respite

**Flexible Respite Metropolitan North** provides a broad range of high-quality, flexible, support responses tailored to meet the needs of individuals with disabilities, their families and carers. Services may include day support, holiday respite support and community participation and recreation. There are two programs operating in Northern Sydney and one program in Cumberland / Prospect.

**Flexible Respite Northern Sydney – Ageing Parent Carers** provides a broad range of high quality, flexible support responses to meet the needs of individual's with disabilities and their families and carers. The service works closely with other service providers and in particular those preferred by individuals and their carers, to deliver a well-coordinated response.

**Flexible Respite South West Sydney and Flexible Respite Macarthur** provide a broad range of high quality, flexible support responses tailored to the needs of individuals with disabilities aged 0-65 and their families. Northcott has three Flexible Respite services in South West Sydney.

**Flexible Respite South West Sydney** provide a broad range of high-quality, flexible support responses tailored to meet the needs of carers for people with disabilities and frail aged people.

**Leisure Access** gives young adults with disabilities a break from their everyday routine by providing opportunities for them to participate in leisure activities of their choice.

**Metropolitan Centre Based Respite** programs offer a much-needed break to families and school aged children with disabilities on weekends and during school holidays. Northcott has Centre Based Respite Houses in Sydney at Karingal and Roselands.

**Regional Centre Based Respite** is also located in Wagga Wagga and Tamworth. The services combine recreation and social opportunities with 24hour professional care.

**OOSH Out Of School Hours Vacation Care**, based at Mainsbridge Special School Liverpool, is a long day recreation program for young people with a moderate to severe intellectual disability during the school holidays.

## Northcott Equipment Solutions

**Northcott Equipment Solutions** provides **sales**, expert advice and **service** of products which allow people with disabilities to achieve greater mobility, independence and freedom, are all in one organisation. This provides an efficient and complete customer service - second to no other mobility equipment outlet.

## Northcott Spina Bifida Group

Run by Northcott Disability Services, the Northcott Spina Bifida Group provides support and information to individuals with spina bifida and their families living in NSW and the ACT.



Services include:

- Supporting members by facilitating contact between families and individuals.
- Producing a bi-annual publication, *Torque* magazine
- Distributing information to families, teachers and the general public.
- Conducting an annual Spina Bifida Awareness Week campaign (1-7 September)
- Subsidising the purchase of incontinence aids and equipment
- Maintaining a fully accessible holiday home at Budgewoi on the Central Coast

### Regional Services

Northcott Disability Services has 10 Regional Centres offering a range of services which aim to deliver a support system for people with disabilities, their families and carers throughout regional and rural New South Wales and the outer fringes of the Greater Sydney Metropolitan Area. Northcott has offices at Coffs Harbour (Northern NSW), Dapto (Illawarra Region), Dubbo (Western NSW), Liverpool (South West Sydney), Macarthur (Campbelltown/Camden/Picton areas), Newcastle (Hunter and Central Coast Regions), Penrith (Outer Western Sydney/Blue Mountains), Queanbeyan (Southern NSW), Tamworth (New England/North West Region) and Wagga Wagga (Riverina/Murray Region).

For further information about Northcott and the services we provide, please go to [www.northcott.com.au](http://www.northcott.com.au)



## How You or Your Group Can Help

The following are some ideas on how you can help support Northcott Disability Services.

### Give your existing event a Northcott flavour

Do you or your organisation already host a sports day, breakfast, lunch, dinner or an annual event? Why not introduce a fundraising element with proceeds going to helping the clients that Northcott Disability Services support. You could invite customers, clients and families to support your initiative.

Some events you could consider turning into fundraisers include:

- Sporting events
- Annual dinners, luncheons or breakfast
- Trivia or film nights
- Conferences
- Team Building retreats
- Product launches

### Hold a fundraising event at your organisation

Casual or Mufti Days are an easy way to raise funds where staff/students/members donate a gold coin to wear casual clothes to work or university. Simply wear casual clothes OR choose a colour to represent Northcott Disability Services such as orange or blue or make it fun by setting some guidelines for everyone to wear a favourite piece of clothing such as a hat.

You might like to pick a particular area of Northcott Disability Services to support such as Recreation or Respite, please see a summary of our programs on page 3 or go to [www.northcott.com.au](http://www.northcott.com.au). There is also an opportunity for a Northcott Disability Services spokesperson to come and address your organisation and give a talk on Northcott and what we do.

### Sponsorship

Northcott Disability Services have a number of sponsorship opportunities with attractive benefits for your company or organisation. These include:

- Spina Bifida Awareness Week from 1-7 September
- Our School's Program that facilitates fundraising for Northcott in Schools and increases awareness
- Northcott's Cricket Legends Lunch – Now in its 13<sup>th</sup> year and attracts over 400 professionals and cricket legends
- Carnivals held for our school aged clients – There are four carnivals held throughout the year which include swimming, athletics, wheelchair football and wheelchair soccer
- Mothers, Fathers, Siblings and Grandparent weekends – For carers of people with a disability to give some well deserved pampering, fun and time out
- Northcott's 80<sup>th</sup> Anniversary events in 2009!



### **Morning or Afternoon tea**

This is an opportunity to get your colleagues or friends together to tell them about Northcott Disability Services. Your guests make a donation to Northcott Disability Services in exchange for tea/coffee/hot chocolate. You may even ask some volunteers to bring in some cakes or muffins and these can be available for an extra donation.

### **Employee and other Individual Giving Programs**

Staff within companies fundraise through their social club or via payroll deductions. By making a donation of as little as \$2 a week that is automatically deducted from your pay you will in effect be giving \$104 p.a. tax deductible donation. If you can persuade your employer to make a matching gift, together you can sponsor a child at one of Northcott's respite houses for a weekend. If you are interested in involving your company in some way can contact our Fundraising Department on (02) 9890 0100.

### **Collection Tins**

Northcott Disability Services can provide a collection tin for loose change and donations. They can also be used for fines for such things as being late or other criteria relevant to your organisation!

### **Gifts in Kind**

Northcott Disability Services regularly needs gifts in-kind to include venues for fundraising events, food and beverage for events, items to be used as auction or raffle including holidays, gift vouchers, accommodation packages and signed memorabilia.

Gifts in Kind can be an efficient way of giving and do make an enormous difference to Northcott Disability Services. If you have any goods or services you would like to donate, please contact our Fundraising Department on (02) 9890 0100.

### **Volunteering**

Volunteers are needed to assist us in our fundraising and awareness efforts, administration support, as well as helping out at Recreation Carnivals and Northcott's International Day of People With a Disability Celebrations. For further information about volunteering, please contact our HR department on (02) 9890 0100.

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**For more information on how you can help please contact Northcott's Fundraising department at:**

Northcott Disability Services  
1 Fennell Street  
North Parramatta NSW 2151  
Ph: (02) 9890 0100  
Fx: (02) 9683 2827



[www.northcott.com.au](http://www.northcott.com.au)