

SNUG



Special Needs Unlimited Group

A residential program for families of children with special needs

SNUG Information Pack and Referral Form

The SNUG Program aims to help support rural families by assisting with access to specialist health care while allowing the whole family to have a holiday experience and an opportunity to meet other families in a similar situation.

We therefore invite the whole family to attend one of our residential camps for rural families with a special needs child, at Myuna Bay near Newcastle.

What does SNUG offer families?

We aim to:

- Arrange medical appointments which are identified by families and medical carers as desirable, and assist you to attend these appointments
- Provide accommodation and meals for the whole family during your stay at Myuna Bay
- Provide access to recreational facilities at Myuna Bay for the whole family
- Support your visit with the assistance of a team of trained volunteers to assist during your stay at Myuna Bay

Additional support provided by the SNUG Program:

In line with the Family Action Centre philosophy of strength based practice, our program includes:

- Activities for families to get to know each other so that enduring support networks can be formed
- A range of fun activities for special needs children and their siblings
- Information to improve knowledge of, access to, and use of, disability services
- Assistance with family coping skills

Volunteers:

Volunteers come from a variety of backgrounds. Some are students at various stages of study in programs such as Speech Pathology, Special Education, Social Work and Occupational Therapy. Other volunteers are local community members who may have a child of their own with special needs, or have a background in health and/or education.

All volunteers have attended a tailored and comprehensive training program. All volunteers have undergone required Working with Children and Criminal Record Checks. The role of the volunteers is to assist families with care and supervision of children at Myuna and during medical appointments, and provide other support as required.

Day to day administration:

The day to day running of the program is conducted by the Family Action Centre which is part of the University of Newcastle. The Family Action Centre has a long history of providing innovative community programs and volunteer training. These programs include the Home-Start, Caravan Project and Boys in Schools. Additional information is available at <http://www.newcastle.edu.au/centre/fac/>

SNUG is guided by a steering committee made up of representatives from local medical and allied health specialists, Family Action Centre personnel, representatives from various faculties at the University of Newcastle and Hunter New England Health as well as Families Supporting Families (a local support group made up of parents of children with special needs). Financial assistance has been provided by the Steve Waugh Foundation.

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Why Myuna Bay?

Myuna Bay provides great facilities in a lovely setting and close enough for access to Newcastle medical facilities. The facility also has a track record of successfully providing accommodation for people with disabilities. Further information including pictures and a map is available on the Myuna Bay website at <http://www.dsr.nsw.gov.au/myunabay/>

Where is it?

Myuna Bay Centre is located on 156 hectares of bushland on the shores of Lake Macquarie, 40 minutes south of Newcastle and 90 minutes north of Sydney. See map on page 4.

Accommodation:

The accommodation provided for the camps is lodge style accommodation, with common meal and activity areas and private bedrooms. Features of the lodge include

- Comfortable ground level lodge which is wheel chair accessible.
- Large enclosed common area with TV's and DVD players
- Tea and coffee facilities, refrigeration and microwave.
- Large covered verandas.
- Private bedrooms which are either
 - ◊ 2 single beds with en suite with disabled access
 - ◊ or oversize single bunk beds (4 people per room) with en suite.

(These rooms will be allocated to best support the mix of families attending the camp)

- All bedrooms have fans, with air-conditioning in the main common room.
- Laundry facilities are also available within the lodge

Additional supplies such as tea, coffee milk, laundry detergent and pegs will be supplied by SNUG

The SNUG program aims to provide additional requirements such as appropriate seating, lifters etc as identified as required by families. This will depend upon availability and will be negotiated with families on an individual basis.

Meals:

The camp is fully catered with meals available at the dining hall. Diabetics and vegetarians are catered for. Additional and /or special dietary requirements can be catered for with sufficient notice.

Activities provided by Myuna Bay centre which can be accessed without a recreation officer present include tennis courts, swimming centre pool, mini golf, beach volleyball and cricket nets. SNUG will aim to provide equipment such as racquets, balls and other additional equipment for use by families.

The SNUG Program aims to hire a trained recreational officer from Myuna Bay during the stay to allow the children to access extra supervised activities such as archery, canoeing etc which are deemed to be appropriate for the age and ability mix of children attending the camp.

Smoking and alcohol policy:

SNUG camps are alcohol free. Smoking is not permitted anywhere in buildings, sleeping areas or outdoor eating areas at Myuna Bay. Dedicated smoking areas are provided.

Other information: Pets are not permitted. Car parking is available and valuables can be locked in the Centre safe. A coin operated pay phone is available outside the administration office.

Things to bring:

Pillow slip and flat sheets or sleeping bag (doonas and pillows are provided).

Towels (beach and bath)

Covered shoes for activities plus extra pair for water activities

Appropriate clothing, sun hat

Sunscreen, torch

Toiletries and medications

Documentation which may include Medicare Card, Health Insurance details, Enhanced Primary Care documentation and referrals

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How can I be part of the SNUG Program?

Families, as well as GP's and other health workers, can make a referral for a family to attend a SNUG camp using the referral form on page 4.

Inclusion guidelines

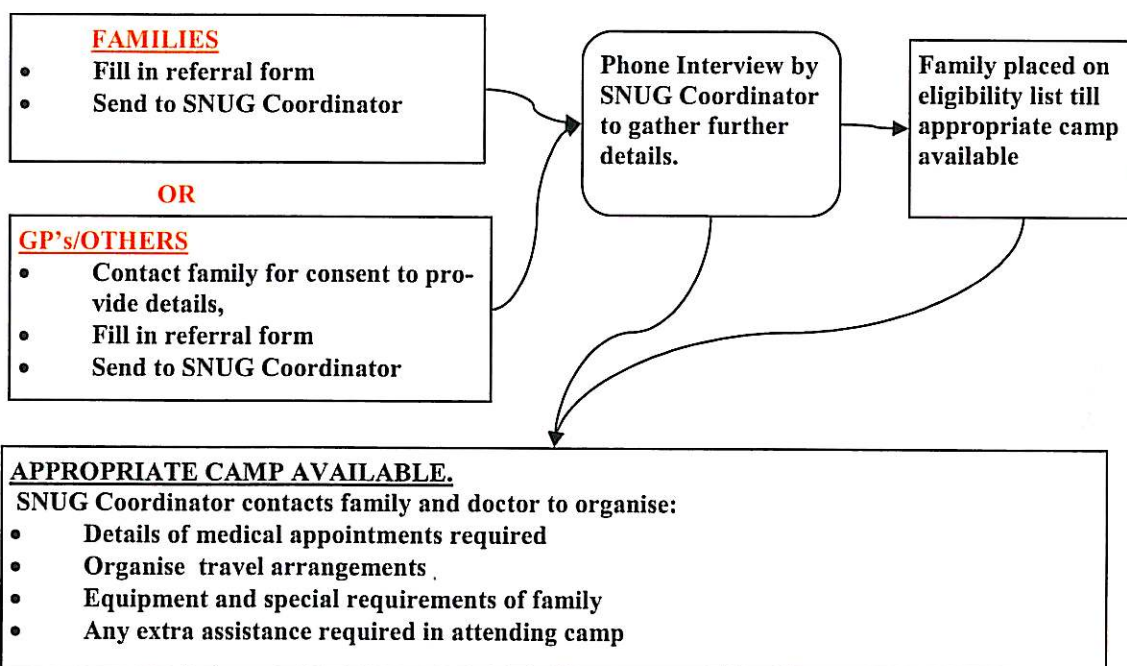
To help gauge whether families might be suitable for inclusion in the SNUG Program the following guidelines have been developed. Please note that families do not necessarily have to fit all of the guidelines.

Guidelines:

- Caring for a child or children with disabilities
- Experiencing difficulty accessing/coordinating medical, dental or allied health resources or services
- Having difficulty accessing or coordinating family holidays

The referral process for families fitting the majority of these criteria are:

Either the family or health worker fill out the referral form and send to SNUG Coordinator



For any further information on the Program, or to obtain further copies of the referral form, please contact:

Heather Hawes
SNUG Program Coordinator
Family Action Centre
University of Newcastle
Callaghan NSW 2308

Phone 024921 5241
Fax to 02 4921 5724
Email: snug@newcastle.edu.au

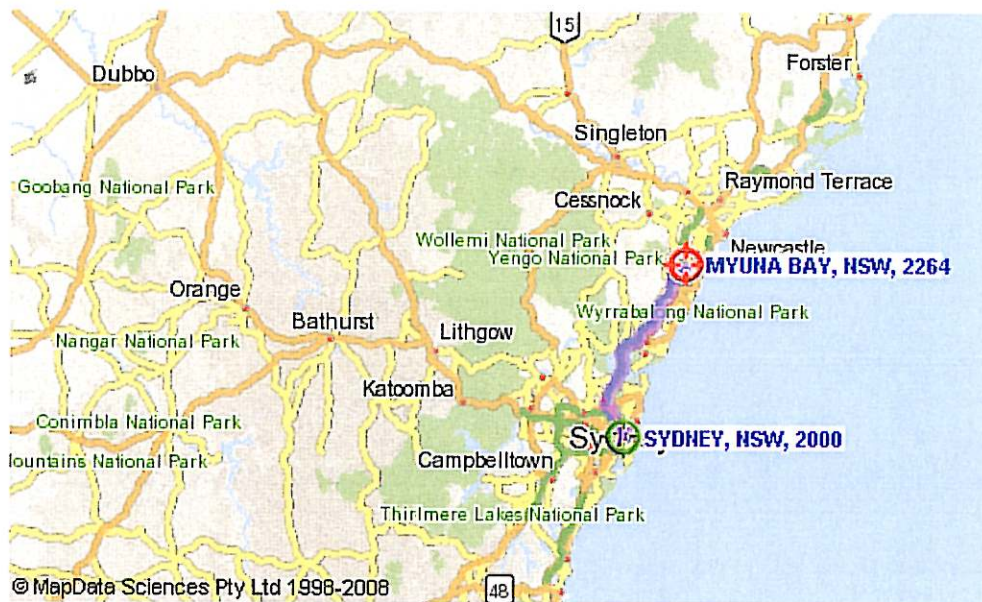
Further details of the SNUG Program including FAQ's can be accessed at <http://www.newcastle.edu.au/centre/fac/snug/>

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Location of Myuna Bay Sport and Recreation Centre



Location of Myuna Bay Sport and Recreation Centre in relation to John Hunter Hospital, Newcastle



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