



Application 5172 Details

Description

Autism Carers Wellbeing Retreat- Pilot Program

Application Type

Category 1

Category

Category 1

Amount Requested \$

\$12,000.00

Submitted

Yes

Created

14/04/2018

Updated

13/05/2018

Files

ACN ANNUAL REPORT 2017.pdf

Summary**Q1 Project Name**

Autism Carers Wellbeing Retreat- Pilot Program

Q2 Brief Project Description (100 character maximum)

The Carers Retreat is designed to provide restorative benefits in a relaxing and supportive environment for parents and caregivers of children with Autism. Designed to overcome the many chronic stressors associated with raising a child with ASD, including sense of isolation, behavioural challenges, fatigue, impact on family relationships and feelings of not doing enough. Opportunities exist for non judgemental social support, a good nights sleep, share experiences and establish relationships with other parents, and in the case of couples- each other.

Q3 Please provide an outline of your project (250 words)

The Parents Retreat is based on the successful Retreat Program designed and run by leading expert in Autism Spectrum Disorders Dr. Barry Prizant from Brown University in the US. The program has been running for over twenty years and research indicates long lasting benefits including not only the sharing of resources but also the strengthening of marriages and family relationships and the development of new coping strategies which enables a renewed sense of energy and purpose upon returning home. One/ Two Nights Stay: Parent Carer Full Group Welcome Three Discussion and Activity programs with three sessions run concurrently, each with one or two facilitators Closing Circle activity- with follow up six months from end of retreat weekend requesting parent/ carer feedback Discussion/ Activity strands may include but are not limited to: 1) Specific Issues relating to raising a child with ASD (communication, emotional regulation, strengths and challenges) 2. Issues relating to personal experiences and coping- dealing with agencies, schools, post school options 3) Issues and activities relating to self care and self nurturance including yoga, aromatherapy, team building, outdoor sport and recreation activities

Q4 Which of the following local community priorities below does your project address?

A4 - Aged, Disability or Youth Services

Q5 Who will your program benefit?

People with disabilities

Q6 Approximately how many local resident recipients will your project benefit?

As a pilot program 16 parent/carers to gain direct benefit from and their children on returning home plus local business's for accommodation/ cabins, recreation activity providers, local food producers. If successful then potentially project expansion

Q7 Approximately how many local resident volunteers will be involved?

up to 10

Q8 Will ALL the ClubGRANTS funding you have requested be spent within the Local Government Area in which you are applying?

Yes

If not, approximately what percentage will be spent outside the local area?

Q9 What is the proposed commencement date and completion date for the project? Commencement date:

19/10/2018

Completion Date

13/04/2019

Q10 Can your project be broken down for part-funding? If so, how?

No

Q11 Will your project still be viable if you receive less than the requested amount?

Yes

Q12 Has your organisation received funding from another club in the past 12 months?

| Name of Club | How much was received? | When was the funding recieved? | Purpose of Funding |
|--|-------------------------------|---------------------------------------|-------------------------------|
| Club Merrylands Bowling and Guildford Leagues Club | 3450 | 2017 | Cumberland Autism Active Kids |
| Club Rivers | 4950 | 2017 | Cooking Club |
| Wests Ashfied | 4950 | 2017 | Music Therapy |
| City of Sydney RSL | 2750 | 2017 | Sydney Social Family Days |

Does your project have any other sponsors? If so, who and for how much?

NO

Q13 Project budget

| Income Description | Income Amount | Expenditure Description | Expenditure Amount |
|---------------------------|----------------------|---|---------------------------|
| Hawkesbury Clubs Grants | 12000 | 16 Parent/ Carers -Accommodation, Meals and Activities | 8800 |
| IK aides support | 540 | 4 Facilitators x 4- Accommodation & Meals | 2200 |
| | | Session Leader 4 leaders x 3 sessions x 90min @ \$50 per hour | 900 |
| | | Session helpers 4 aides x 3 sessions x 90min @ \$30 per hour | 540 |
| | | Admin, promotion, | 100 |

Q14 Please provide your organisations banking details. (If you have an auspice, please provide that organisation's details)

Commonwealth Bank - Autism Community Network

Account Name

Autism Community Network

Account Number

10417253

BSB No:

062234

Q15 Note to applicants: only complete this section if you have received funding over the past three years.

| Year Received | Amount Received | Purpose of funding | Report Submitted (Y/N) |
|----------------------|------------------------|-----------------------------------|-------------------------------|
| 2017 | 2750 | Sydney Social Family Days | Y |
| 2017 | 4950 | Music Therapy | Y |
| 2017 | 4950 | Cooking Club | Y |
| 2017 | 3450 | Cumberland Autism Active Kids | Y |
| 2016 | 5600 | Fit & Friendly Sutherland | Y |
| 2016 | 2357 | Ryde Arts About Autism Club | Y |
| 2016 | 5300 | Hurstville Fit & Friendly | Y |
| 2016 | 5300 | St. George Art Club | Y |
| 2016 | 5300 | St. George Cooking Up Life Skills | Y |
| 2015 | 5600 | Fit & Friendly Sutherland | Y |
