



WHAT'S THE BUZZ



News on NDIS Reviews

We've recently received news that the timeline for NDIS plan reviews is likely to be completed over a series of months.



Given the large number of people included in the upcoming rollouts, and the large number of individuals due for plan reviews, the NDIA is scheduling these reviews over an extended period.

If you or your child are coming up to twelve months since your plan was implemented, or your last plan review, don't be alarmed if you are invited to have an early review or if you haven't received a date leading up to your plan's anniversary. We encourage you to let the NDIA know if you are not ready for a review. We also encourage you to let the NDIA know if your funds will need to be topped up should the review date be delayed, as we would expect that your plan's budget will be adjusted to accommodate.

Our Care Centre is here if you need support for your plan review. When you receive notification of your NDIS plan review, call our Care Centre on 1300 277 600.

Member Spotlight—Alexander

Tell us about yourself?

My name is Alexander Gilbert and I am 13 years old. Although I have Cerebral Palsy and need a wheelchair to get around, I live a very exciting and full life and have lots of different interests. I live with my Mum, Dad and 17-year-old brother Thomas. I go to St Joseph's School in Hawthorn and am part of the leadership group in Year 6 as one of the Arts Leaders.

Member Spotlight Continued

What are your interests?

I have lots of interests but my passion is music. I love all kinds of music, from Elvis to Johnny Cash, Adele to Michael Buble, and even though I am 13 I still love The Wiggles. I go to lots of shows and musicals with my family, and get a real thrill out of seeing live performances. I've met many of the artists who I've seen perform and they've all been very nice to me. As Arts Leader at school I am responsible for helping all the students have access to the things I enjoy the most, like music. Apart from music I do the RDA horse riding program at Collingwood Children's Farm every week, I love swimming at the pool and beach, and going to the footy to watch the Pies play at the MCG. To be honest, I don't watch a lot of the game but I just like the excitement of the big crowd, the team songs and everyone cheering for their team.



What is your greatest achievement, or the thing you are most proud of about yourself?

My greatest achievement is that every day I overcome adversity with a smile on my face and I love to make people happy. My family also organised for CPEC to be the official charity of the Melbourne Marathon because of me, and over ten years they have raised well over a million dollars to help other children with Cerebral Palsy and their families.

What is the most important thing people should know about you?

Although I have a disability which makes many things in life harder to do, it doesn't stop me from living life to the full and enjoying myself. I don't think about what I don't have, instead I am happy with what I do have, and am very grateful for all the people who love and care for me. People should know that I will try anything and believe that I will enjoy a long, exciting and happy life despite the difficulties I face.

Community Meeting



The Centre of Research Excellence in Cerebral Palsy (CRE-CP) are inviting individuals with cerebral palsy, their families and carers to an upcoming community meeting.

The meeting will include updates on a variety of research projects being carried out within the CRE-CP. There will also be an opportunity to participate in a discussion on current and future research directions.

This is an important meeting to ensure research is relevant and beneficial to the future of people with cerebral palsy.

The community meeting is being held on Thursday March 15th from 10AM to 12PM followed by lunch from 12PM to 1PM, at the Murdoch Children’s Research Institute (MCRI) at The Royal Children’s Hospital, Melbourne. To register head to <https://fs30.formsite.com/crecp/form1/index.html>.

Stem Cell Study

A new “Reference Group” is being formed to shape decisions about stem cell research priorities and projects.



Researchers around Australia in conjunction with the Cerebral Palsy Alliance Research Institute are looking for people with cerebral palsy, as well as family members, or carers of people with cerebral palsy to be involved to shape the Stem Cell Research Program. The Reference Group would meet two times a year, with additional meetings if required.

For more information contact Megan Finch-Edmondson on mfinch-edmondson@cerebralpalsy.org.au or (02) 5526 3868.

Join FitSkills



Do you have FitSkills or do you want some? FitSkills matches a young person with a disability who wants to improve their health and well-being through exercise with an exercise mentor. Participants and mentors meet twice a week at one of the 8 FitSkills gyms and workout together for an hour. The program runs for 12 weeks and is part of a research trial designed to support young people with disabilities to become more active. If you’re aged 13-30 and your cerebral palsy is classed as GMFCS I-III (mild-moderate), then you may be eligible to take part in the trial.

FitSkills aims to overcome the barriers to accessing physical activities by providing an appropriate and accessible exercise program. Research has shown that most people with cerebral palsy do not meet the recommended amount of daily physical activity needed to maintain their health and wellbeing. Increased exercise significantly improves long-term health and wellbeing outcomes, so supporting our members to have better access to physical activities is important to us here at CPSN.


This is why CPSN is one of 7 community-based organisations that have partnered with researchers from La Trobe University, Australian Catholic University and Deakin University as part of a trial to implement the *FitSkills* program.

More information is available at <http://fitskills.trekeeducation.org> or by contacting Claire on 9479 2328 or c.willis2@latrobe.edu.au.



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 Cerebral Palsy Support Network acknowledges the support of the Victorian Government

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strength through connection

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