



2011

NATIONAL CARER CONFERENCE

Welcome to this special edition newsletter highlighting and reflecting on the success of the 2011 Life Without Barriers National Carer Conference, held over the weekend of 1 – 3 April 2011.

It was our privilege to be amongst 300 carers from across Australia and New Zealand who attended the conference in Brisbane. Over the three days carers shared their stories, heard from experts in the field, and together workshopped strategies to support the different needs of the people in our care.

The conference was also an opportunity to celebrate the important role, you, our carers, play in the lives of children and young people. Saturday night provided the perfect opportunity for some well-deserved celebrations, with great food and fantastic entertainment provided by 'Madame Rosebush' and local Brisbane band Lush.

Opportunities such as the Carer Conference are so valuable in enabling you to connect with other carers, share your experiences and gain strength and skills from specialists in the field as well as each other.

We would like to say a huge thank you to those who attended the conference for your time, energy and contribution. We look forward to bringing together carers from across Australia and New Zealand in another two years to celebrate your role and learn from your lived experience.

Sincerely,



Ray Dunn
CEO



Claire Robbs
Deputy CEO, Operations

This Carer Conference newsletter replaces the May 2011 edition of Connections.

Friday 1 April 2011

OFFICIAL LAUNCH AND WELCOME RECEPTION

The Official Launch and Welcome Reception provided a fantastic start to the Conference with carers, VIP guests and government officials gathering to hear an interesting keynote address from Linda Apelt, Director-General of the Department of Communities in Queensland, a moving Welcome to Country from Shannon Ruska, and a special address from Life Without Barriers' Chairman, Terry Lawler.

Master of Ceremonies

**Stephen Owen, Senior Project Officer
Life Without Barriers**



We were very lucky to have Stephen Owen, who is currently working as a Senior Project Officer in the Claremont Office, as our MC for the conference.

Stephen has worked in the Human Services sector for 12 years commencing his career in America working at a wilderness based Therapeutic Treatment program for teenage boys in Tennessee before moving to Queensland.

While in Queensland, Stephen worked on the Gold Coast and in Brisbane managing youth and disability services before coming to Life Without Barriers just over 3 years ago. Stephen has held a number of roles with Life Without Barriers including senior management positions in Queensland and, most recently, after moving back to his home state of Tasmania, project roles within the Emerging Business Unit. Stephen is currently involved in supporting the implementation of new Disability Day Services in Launceston and Hobart.

Welcome to Country

Shannon Ruska, Yuggera Tribal Group

The official Welcome to Country was performed by Shannon Ruska of the Yuggera tribal group which incorporates a large area, from the mouth of the Brisbane River near the Brisbane International Airport finishing on the south side of Esk to the Great Dividing Range near Warwick and Toowoomba.

Shannon performed a traditional song that was both moving and beautiful.





Chairman's Address

Terry Lawler, Chairman, Life Without Barriers

Terry Lawler, Life Without Barriers' Chairman made a special announcement to carers at the Official Launch and Welcome Reception.

▲ L to R: Stephen Owen – Conference MC, Rob Herbert – LWB Carer, Ray Dunn - LWB CEO, Professor Clare Tilbury – Chair of Carol Peltola Children's Research Fund, Linda Apelt – Director-General, Department of Communities QLD, Terry Lawler – LWB Chairman, Claire Robbs – LWB Deputy CEO, Operations.

I would like to welcome carers and other distinguished guests, staff and volunteers, supporters and friends to the 2nd Life Without Barriers National Carer Conference.

The focus of this event is to help the helpers – thanking you for the wonderful care you provide to children everyday. Children who need our nurturing, our care, our love, our guidance.

Children in care have had a difficult start in life and it is our job to give them a better chance. A chance for better education, better health, connections to their community and people around them who love and care for them.

That's your job – and we thank you for doing it so well. We thank you for giving this next generation the very best chance of a better life.

I would also like to give a heartfelt thanks to our supporters – our funders and sponsors – they help us deliver services to almost 5000 vulnerable people across Australia and New Zealand each year.

I hope you enjoy the Carer Conference. I hope it gives you a chance to catch up with old friends

and meet new friends. I hope it gives you some resources and knowledge to help you in the important work you do. I hope you get a rest and have a chance to enjoy some time out.

I look forward to sharing the conference with you.

As you may know, our long standing CEO, Ray Dunn, has decided to move on – and from September this year Claire Robbs will become CEO. I would like to take this opportunity to thank Ray for making his vision for Life Without Barriers a reality.

Through his entrepreneurial vision and skills, Ray has grown Life Without Barriers into one of Australia's most significant not-for-profit providers, delivering care and support services to children, young people, adults, families and communities across Australia and New Zealand.

I would like to acknowledge and thank Ray for his passion and contribution to Life Without Barriers and the legacy he will leave, and I would like to congratulate Claire on her appointment as CEO from September 2011.

Friday, 1 April 2011

◀ NSW carer Rob Herbert presenting a picture, drawn by a child in care, to Ray Dunn.



During his address Terry called upon one of our long term carers and members of the Life Without Barriers National Carer Consultation Group, Rob Herbert to present a picture, drawn by a child in care, to Ray. Below is part of the speech Rob made.

A man was walking on a deserted beach one cold winter day and to his surprise he observed a young boy standing in the middle of thousands of starfish that had been washed ashore. As the man watched, the boy started picking up the starfish and, one by one, was throwing them back into the water. As the man approached he asked the boy what difference he thought he could possibly make amongst the thousands of starfish. Picking up another starfish and throwing it, the boy replied, "Made a difference to that one!"

Ray, you remind me of the attitude, the heart of that young boy. He wasn't deterred by the size of the problem, he saw that he could make a difference to 'The Ones'.

What makes you stand apart, was that you built an organisation that enabled hundreds of others to help 'The Ones' and in the process gave hope

to hundreds of young people who otherwise could be destined for a difficult life.

A side benefit to that is that hundreds of carers have been introduced to the satisfaction that comes from helping those less fortunate than ourselves.

As a result of the innovations to the industry made by this organisation the carer role is very different and considerably better.

On behalf of all carers, past and present, those here at the conference and those at home, a great big thank you.

*We would like to give you this gift drawn by a young lady currently in the care of LWB, which we hope not only reminds you of us, 'the carers', but also of the fact that you, **Ray Dunn**, have made a difference.*

Thank you.

The whole conference was an amazing experience. I was very moved by hearing stories from some of the carers. ABSOLUTELY amazing wonderful people!

*Sharon Gollan, Board member,
Life Without Barriers*

Keynote Address

**Linda Apelt, Director-General,
Department of Communities QLD**

Linda Apelt was appointed as the Director-General of the Department of Communities in March 2009. Linda is committed to fostering strong communities where all people are safe, valued and empowered to participate in everyday life, wherever they live, and whatever their circumstances. We were privileged to hear Linda's keynote address at the Official Launch and Welcome Reception.

Linda began her address by expressing her appreciation for the valuable work of foster carers.

"Our foster and kinship carers truly demonstrate the caring values that we want to see in our communities, volunteering their time, opening their homes and making sacrifices in their own lives, all to care for others. The valuable work that foster and kinship carers are doing every day, in communities across Australia, is cause for celebration," she said.

Linda focused on a number of key initiatives that are being implemented in Queensland to support children in care and their carers. These initiatives range from a program to reduce the impacts of abuse, neglect, violence, and broken attachments through early intervention, through to Indigenous support services that employ trained Aboriginal and Torres Strait Islander workers to improve the attachment between children and parents.

On behalf of the Board and Executive of Life Without Barriers we thank Linda for her time and attendance at the 2011 National Carer Conference.



◀ *Bill Grant, Board member, Life Without Barriers, Rob Neale, CEO, New Hope Coal, John Dean, State Director WA, Life Without Barriers*



SATURDAY 2 April 2011



Professor Matthew Sanders, Professor of Clinical Psychology and Director of the Parenting and Family Support Centre, University of Queensland

Matthew Sanders is a Professor of Clinical Psychology and Director of the Parenting and Family Support Centre at the University of Queensland. He is also a visiting Professor at Oxford University, Manchester University, University of South Carolina, Glasgow Caledonian University and The University of Auckland.

As the founder of the Triple P-Positive Parenting Program, Professor Sanders is considered a world leader in the development, implementation, evaluation and dissemination of population based approaches to parenting and family interventions. Triple P is currently in use across 22 countries worldwide, in 16 languages, with 58,000 practitioners delivering the intervention to over 7 million children.

Matthew was a special guest speaker at the 2011 Carer Conference and provided a perfect mix of entertaining and informative material, interlacing cutting-edge research with amusing snippets that we could all relate to.

Professor Matthew Sanders Keynote Address

There is a clear and important need to make high-quality training programs for foster carers widely available. Research shows that a stable, predictable and nurturing family environment bolsters the resilience of children in care and reduces the negative effects of being in care. Family stability is best viewed as a goal process of positive caregiving that helps promote healthy development and children are more likely to develop trusting relationships with care-givers in stable, positive environments. Children who have consistent and positive relationships with their parents are more likely to have positive behaviours and lower levels of illness. Yet despite this, relatively few options are available for foster carers in terms of parenting support available to them.

The child welfare system must ensure safe and stable family environments for children in foster care. The key to this is to ensure that foster carers are well trained, supported and have ready access to high-quality programs that work in promoting positive family experiences for foster children. The challenge is to improve support for carers by listening to what carers say and responding to the needs they identify as important to the foster care role. "Taking Care Triple P" is a variant of the Triple P-Positive Parenting Program and seeks to do precisely this by responding to the needs of foster carers. Our initial research indicates that carers feel unprepared and desire more training in things such as:

- How to manage children's difficult behaviour
- Understand why children react the way they do
- How to build healthy positive relationships with children in care
- How to look after yourself



Triple P suggests simple routines and small changes that can make a big difference to your family.

Professor Matthew Sanders

Carers have highlighted the need to treat each child as an individual and not work off a set formula. The main goal of Taking Care Triple P is to establish a process whereby parents are taught skills to change their own behaviour and become independent problem solvers in a broader social environment that supports parenting and family relationships. To this end, investment in parenting programs for all parents makes good sense as through better parenting we can ensure a future generation of healthy, happy, capable children and young people.

Professor Matt Sanders was brilliant! I could have listened to him for hours – great to hear! I really enjoyed his presentation – easy to listen to and constructive!

Life Without Barriers Carer

The Changing Face of Caring Keynote Address

**Claire Robbs, Deputy CEO, Operations,
Life Without Barriers**

Below is an excerpt from Claire's keynote address.

I met a very impressive young man yesterday who had had a long, hard journey in care. He'd had a hard time before he came into care as a toddler and then had many many different placements. This young man was an inspiration to me. He was proud that he had friends and a job and a car. He had turned up to meet me dressed smartly and he spoke articulately and confidently, and it made me reflect on the fact that despite all the change and sophistication and complexity of our sector... the needs of kids have remained largely the same, to be loved and nurtured, to be safe, to have friends, to learn, to have hope and plans for the future.

It's our role to help them to realise that they are worth caring about... that they are worth caring for... and that they are worth it.



Saturday, 2 April 2011

▼ *Jim Crowe, Life Without Barriers NZ Trust, Bill Grant, Life Without Barriers Board member and wife Ros*



The conference was a fantastic opportunity for us to reconnect with our fabulous foster carers and take a moment to appreciate the wonderful work that they do.

Melinda Clarke, National Manager, Life Without Barriers



◀ *Cathy Blanks, National Clinical Nurse Consultant, Life Without Barriers, Mark Blanks, Life Without Barriers Executive and Deirdre Thompson, National Clinical Services Practitioner, Life Without Barriers*

▶ *Kylie Gwynne, Life Without Barriers Executive and Clare Tilbury – Chair of Carol Peltola Children's Research Fund*

◀ *Members of the National Carer Consultation Group with Ray Dunn, CEO and Claire Robbs, Deputy CEO, Operations*

▼ *Claire Robbs, Deputy CEO, Operations, Life Without Barriers, Sarah Layne, young person presenter, Ray Dunn, CEO, Life Without Barriers*



CONFERENCE DINNER

The conference dinner was, for many, the highlight of the social program. Life Without Barriers carers, staff and members of the Board and Trust were frocked up for the evening and enjoyed a three course meal and fantastic entertainment.

A very special guest, 'Madam Rosebush', provided a humorous and lively performance with a satirical piece on the valuable and difficult job of caring. She brought the room to their feet with a sing-along to 'Simply the Best', in celebration and appreciation of the role carers play and was also given a standing ovation at the end of her performance.

Carers were treated to a live, local band, Lush, and didn't waste any time getting on the dance floor.

Sunday 3 April 2011

CLOSING ADDRESS

Ray Dunn and Claire Robbs closed the conference and discussed some important messages they identified when talking to and listening to carers. Below is an excerpt of the address.

From our end at LWB, there are some important messages that have come from this conference. You reinforced that we all need to be clear on how the care team works most effectively, and that key to this is valuing carers as equal members of the care team. We know that there are many pressures on our foster carers and their families – managing challenging behaviours, building strong relationships, getting respite, having access to information and equipment and understanding the decision making process around each young person.

Together, we heard the importance of being sensitive to the needs of Aboriginal and Torres

Strait Islander children in our care, and recognising that we all play a role in bridging the gap. We know that for you to feel supported, we need to provide you with opportunities to build connections with other carers. We must also support, where possible, the ability for children and young people in our care to have a relationship with their birth families. Life Without Barriers will continue to engage and build the carer community voice across the organisation. We need to build our capacity to respond quickly to inquiries from potential carers and first and foremost, work together to care and support children in foster care.



WORKSHOPS AND PANELS

Around 50 LWB personnel from across Australia and from New Zealand, particularly Supporters of Carers (SOCs) and Managers, Carer Support, were invited to be presenters of the eight workshops and four panels at the conference. Each panel and workshop team had a carer representative from our National Carer Consultation Group or our National Carer Peer Support Program co-presenting on the topic.

The presentations provided up-to-date material and lively discussions on a range of issues relevant to carers. The four panels included:

The Changing Face of Caring
Caring for the Carer
Working as a Team
Caring for those in our Care

Carer delegates attended all eight workshops throughout the conference period. The workshops provided specific information about key topics including:

Improving our Understanding of Australia's First People
Transitions
Achieving Placement Stability
Communicating Effectively – Know Your Style
The Impact of Trauma on Attachment
Responding to Disclosures and Reporting Harm
Promoting and Maintaining Family Connections
Looking After Yourself and Your Relationships



Below is a brief excerpt of each workshop. A CD of all workshop presentations and handouts will be available soon.

To obtain a copy, contact Tanya Bouma on tanya.bouma@lwb.org.au



Improving our Understanding of Australia's First People

Life Without Barriers carers have made a commitment to the values fundamental to our organisation including Reconciliation. This workshop, led by Kerri Clarke, our National Reconciliation Project Manager, focused on sharing the history of Australia's Indigenous people so carers of Aboriginal or Torres Strait Islander children can effectively support the child or young person placed in their care.

This was an important and valuable workshop that will assist carers to help children to learn from the past and make a better future.

Overall, the carer participants in this workshop were very interested and wanted to learn more in order to be able to support the Aboriginal children in their care to connect with their culture.

Transitions

Carers are constantly working towards goals and outcomes for children and young people. This forward movement brings change as goals are achieved.

Transitions can include when a child returns home, moves onto grandparents or when a young person moves towards independence. These changes often require carers to manage significant emotions as they both celebrate the achievements of the child, young person and their family yet grieve for their loss. Support for carers is essential at times of transitions and this workshop provided information to assist carers through these periods of change.

Sarah Layne, our young person presenter, kindly agreed to be part of this workshop and carers really valued hearing about Sarah's lived experience.



Achieving Placement Stability

The majority of children and young people referred to Life Without Barriers have experienced multiple placements. Each placement represents another loss for that child or young person even if it has been a positive experience. The LWB model of care in practice has demonstrated that maintenance of a stable placement is a necessary prerequisite to achieving the goals in the case/care plan.

Without a sense of comfort and security that placement stability achieves, children are not in a space to move forward to achieve their life goals. This workshop aimed to identify the essential strengths in a placement that increase the likelihood of ongoing success. It explored techniques and strategies to break the cycle of behaviours, attitudes and feelings that children exhibit and which place stress on the care environment. In particular, the workshop focused on the needs of children/young people with a disability and the needs of children/young people with a mental health condition.



► Mark Zentgraf, Director, Emerging Business Unit, Life Without Barriers



I would like to thank LWB and organisers for a very informative and interesting conference. I enjoyed meeting new people and making new friends. Thanks so much for a wonderful weekend.
Life Without Barriers Carer

Workshops

Communicating Effectively – Know Your Style

Carers are regularly required to attend a range of meetings related to the needs of the child or young person in their care. Meetings can be with large groups of people or one-on-one with a doctor or caseworker, with other Life Without Barriers team members or with a range of external professionals such as meetings at school.

Carers attend case care planning meetings, education support meetings, medical appointments, and meetings with therapists or clinicians. Most communication in meetings is by face-to-face contact, but communication can also include email, letters, reports, or in communication books. One of the essential elements in good communication is being prepared and understanding our own communication style. This workshop aimed to increase carers understanding of their own communication style, allow carers to gain insight into their strengths and weaknesses and to assist them to develop more effective communication strategies.

The Impact of Trauma on Attachment

All carers hope to make a difference for the children and young people in their care. It can be frustrating and painful when progress seems slow. This workshop aimed to provide carers with an understanding of attachment theory to explain the effect of traumatic experiences in early life on emotional and behavioural development in children and adults.

Carers found this workshop informative and interesting. They were provided with a sensory kit to examine the importance of distraction as a behaviour strategy.

The workshop also provided some practical information on how to react when children first enter care.

Responding to Disclosures and Reporting Harm

Carers are often very clear about their responsibilities to report harm but many feel less certain about identifying harm. Some children make a verbal disclosure but many share by behaviour, drawing or some other form of communication. Identifying harm and risk of harm is a particular challenge for carers of children or young people who have a disability and who do not communicate verbally. It is also challenging for carers of children and young people with a mental health condition adversely affecting their ability to relate to and engage with others. This workshop provided information and strategies to inform carers about the signs of abuse or indicators of harm to assist in identification.



Promoting and Maintaining Family Connections and Identity

Children learn from the time they begin to talk that characteristics like their gender, their skin colour, their language and their name puts them in a certain group that defines a particular family, sex, and cultural group. Our first indicator of who we are and how we feel about ourselves comes from what our parents and relatives tell us and how they respond to us. Parents and other relatives like grandparents teach children what is expected of them, the family's values and beliefs, what language is spoken, who is related to who and the stories about the family's history.

This workshop focused on providing strategies to assist carers to locate and collect information about a child's family history.



Looking After Yourself and Your Relationship

Carers are very good at looking after others but need reminding to look after themselves. Effective carer support involves a range of strategies to prevent stress and burn-out for carers and additional support at times of extra pressure.

While self care is an essential element in prevention it is more than avoidance of stress. Self care is about building capacity and resilience. Resilience is also important for carers' own children. The importance of considering the emotional wellbeing of the carers' children needs a greater focus. This workshop explored ways in which the children of carers' could be better prepared and supported, ways carers' relatives and friends can be assisted to better understand the caring role and identified the reasons why self care is so necessary. The workshop presenters also provided information about the range of strategies and techniques available to carers to ensure ongoing emotional wellbeing.

Feedback from this workshop focused on respite and the importance it has in the care-giving relationship.

I would like to thank carers for sharing some of their stories with me, having a laugh, and generally unwinding with other like-minded people. I thoroughly enjoyed meeting the many new people and yes, you are "Simply the Best"

*Sue Gordon, Board member,
Life Without Barriers*

► *Sue Gordon,
Board member,
Life Without Barriers*



CONFERENCE FEEDBACK



The feedback we have had from Life Without carers and personnel that attended the conference has been overwhelmingly positive, and highlights the importance of the event.

Thanks everyone for a fabulous weekend. It was certainly a very positive and optimistic conference. Carers felt they were being heard. The airport was buzzing as everyone was flying out. The feedback was amazing. Everyone was on such a high. The weekend surpassed everyone's expectations. Congratulations to everyone and thanks.

*Kia ora kou.
What a fantastic weekend. We were so privileged to be able to meet, share and bond with other carers. Thank you all for taking excellent care of us and making us feel so welcome.*

My husband and I would like to express our thanks for sending us on the conference. We would recommend attending to other carers, as it was informative and it is always good to learn something new. It was great to meet other carers. We particularly enjoyed the keynote speakers and loved celebrating our anniversary with Madam Rosebush, haven't laughed so much in ages!!!!

*Fabulous conference!
You all did an AMAZING job pulling together such an ambitious event. I marvel at your boundless energy, positivity and enthusiasm, which set such a lovely tone for the conference and underpinned its success.*



Thank you to everyone that provided feedback. This valuable information will be taken into consideration when developing the 2013 National Carer Conference.

CARER L&D PROGRAM

The content provided at the conference links into the Life Without Barriers' Carer L&D Program.

This program provides foster carers with a range of unique learning modules suited to their length of experience. These units have been designed to address the particular needs of the children and young people referred to Life Without Barriers for placement. Several modules are offered specifically to carers of Aboriginal and Torres Strait Islander children and young people.

Across five stages, 50 learning and development modules are available to carers, beginning prior to approval and placement, continuing through their first year as carers and throughout subsequent years.

While some modules are compulsory for all carers, elective modules are also available, so carers can specialise as they gain more experience in the role. Five competency based modules are also in development to complete the program at Mastery level.

For more information about this exciting program please contact the National Carer L&D Project Manager via learning@lwb.org.au



It was a privilege to be the MC for the conference. It was clear everyone had a great time and got a lot out of the excellent sessions. It is always inspiring to spend time with so many dedicated foster carers and hear many amazing stories about the kids they care for.

*Stephen Owen,
Senior Project Officer,
Life Without Barriers*



CARER LOYALTY PROGRAM

The conference was a great opportunity to provide information to carers about the benefits of the Carer Loyalty Program.

Life Without Barriers provides a discount and loyalty program to carers to assist them with the financial costs of caring for a child or young person. Each of our carers could have access to:

Corporate Benefits

A range of tangible and meaningful corporate discounts on a comprehensive range of products and services provided by our numerous partner product and service providers. The discounts are exclusive and are not available to our provider's customers through their normal retail channels.

These benefits are aimed at helping carers get more out of their disposable income, especially on high cost items.

Lifestyle Benefits

Carers are offered a comprehensive range of lifestyle benefits available through the use of the benefits card. The benefits card offers carers substantial savings on groceries, petrol, dining, accommodation, entertainment, tourist attractions, video hire, cinema and theatre tickets and much more.

Shopping Benefits

The shopping discount part of the program is designed to help carers get more out of their family income, especially in respect to household purchases. This service is a comprehensive telephone and on-line shopping service that provides guaranteed lowest price discounts on over 30,000 items from leading brand names. The goods range from perfumes to whitegoods, Hi-Fi's to TVs, computers to VCRs. The purchase prices of goods are generally around 75% to 80% of RRP.

VIP Benefits

The premium ticketing service provides access to premium seating, event waitlists, stay & see packages, gift vouchers and more to sporting, theatre, musicals, concerts, opera and family entertainment events.

For more information about these great benefits contact Tanya Bouma on: Phone 02 9508 4111 Mobile 0488 297 371.

The highlight of the conference was the quality and involvement of our carers and our Life Without Barriers employees. We have a great team!

Tony Deegan, Board member, Life Without Barriers



Sponsors

Life Without Barriers would like to thank our sponsors and donors. Without their support and partnership, we would not have been able to produce this worthwhile event for our carers.



I would like to thank all the LWB carers and the LWB team of managers and personnel who supported me in my role as Conference Organiser for this year's conference. It has been a wonderful experience for me and I was greatly supported by the Conference Management Committee. I was so pleased to read the very positive feedback provided by our carers and look forward to being involved in an even "bigger and better" conference in 2013!

*Anne Wemyss, Senior Project Officer,
Life Without Barriers*

▼ Conference Management Committee





I know I speak for all of us from Aotearoa (NZ), thank you from the bottom of our hearts. We all arrived home safely and are still buzzing over our experiences. Ma te Atua, e mannaki, e tiaki koutou, mo ake tonu. May God watch over and take care of you all forever and ever. Can't wait until the next one..... Naku noa'.

Life Without Barriers Carer

It was a great privilege to attend Life Without Barriers' second Carer Conference and see firsthand how all the work behind the scenes translates into fantastic outcomes for the children in out-of-home care. This is an important event that provides support to our carers who open their homes and hearts and dedicate their lives to children and young people.

*Loretta Perry, State Director NSW/ACT,
Life Without Barriers*

The conference this year was a great success, building on the experience of the inaugural conference two years ago. It was a great deal of fun, with carers and staff making the most of the opportunity to socialise and meet lots of new people over breaks and the dinner events.

*Jane Longbottom,
State Director SA,
Life Without Barriers*

Life Without Barriers
 Australian National Office
 352 King Street
 Newcastle NSW 2300
Phone 61-2 4033 4500
Fax 61-2 4927 5113
Email info@lwb.org.au
www.lwb.org.au

