



NEWSLETTER

Term 4 2021

Phone: 02 6496 1918 Email: admin@playability.com.au

Post: PO BOX 501, Eden, NSW, 2551

Website: www.playability.com.au NDIS ID 4050003241

Welcome to Term 4, 2021

Dear families,

I hope you are well. At PlayAbility we appreciate the challenge of keeping up with all the changes at the moment and are doing our best to arrange programs to meet your needs. To help keep everyone well we are doing the following under our CovidSafe plan.

- As an essential service there is no requirement for parents to show proof of vaccination.
- Asking keyworkers and family support workers to phone before sessions or meetings to go through the standard screening questions - symptoms, contacts and case locations.
- Asking parents to reschedule if they or their child is feeling unwell.
- Asking for face masks to be worn by visitors (over the age of 12) indoors. Staff and parents /carers can remove their mask if it is necessary to show a full face to communicate with a child, or if there is an exemption.
- Using the Services NSW QR code (or sign in sheet), hand sanitizing and checking temperatures.
- Using the standard 1.5m social distancing.
- Scheduling one family at a time for inside sessions.
- Sanitising surfaces following each session.

Although schools have gone back many are not accepting visitors, including us. Please talk to your keyworker or family support worker if you would like to work through another option or if you would prefer an outside session or meeting rather than an inside session.

Your health and safety is important to us so please call 6496 1918 if you have any questions.

Thanks for your understanding and have a fun and safe term 4.

Case locations and exposure sites can be view at:

<https://www.nsw.gov.au/covid-19/stay-safe/case-locations/exposure-sites>

- [Page 2-3 Family Support/ Playgroups/Mobile Resources](#)
- [Page 4 Early Intervention & Therapy Supports](#)
- [Page 5-6 3 Skills Children Gain from Learning about Their Brain](#)

Don't forget to check our website. You can access all our timetables or send us a message from your computer, tablet or phone.

www.playability.com.au



Our Services

- ◆ Early Intervention and Therapy Supports for children aged 0- young adult with an NDIS plan.
- ◆ Advice and referral service for families with questions or concerns about their child's development.
- ◆ Supported playgroups for families with children aged 0- school aged in the Bega Valley.
- ◆ Indigenous family support and supported play sessions, service/ support linking and transport assistance.
- ◆ Mobile Toy and Parenting Resource Service.

Notice of Annual General Meeting

PlayAbility Inc. is convening our Annual General Meeting.

The meeting will take place via Zoom. At 6.30pm on Tuesday the 16th of November, 2021.

Due to Covid-19 members may attend and vote by using technology as outlined in the information from the NSW Department of Fair Training. [Associations and Co-operatives | NSW Fair Trading](#)

Please contact PlayAbility's office on 02 64961918 if you would like more information or require assistance to access Zoom.

Nominations and RSVP's by 12 November, 2021 to admin@playability.com.au, 02 64961918 or PO Box 501, Eden, NSW, 2551. RSVP's will be essential as you will need to be provided with a Zoom link.

We wish to acknowledge the Traditional Owners of the land and waters of the Bega Valley and pay our respects to Elders past, present and future.



Welcome to PlayAbility Family Support



Who we are:

PlayAbility Family Support is an all-inclusive service. Our aim is to **empower** children and their families to set and **achieve** real and measurable goals in **education, development (wellbeing, social & emotional) and health**. These family-centred goals are achieved through strength-based programs focused on creating a world where children feel connected to their **identity, community and culture**.

What we do:

Mobile Toy and Parenting Resource Service
School transition programs and school collaboration
Navigating the NDIS and access
Supported Playgroups (Outdoor reconnect play session)
Supported Community groups
Referrals to other services
Internal referrals to Early Intervention Specialists
Paperwork and support letters for housing, Centrelink, care and education.
Home visits
Connecting families to parenting groups
Transport assistance
Attending appointments (Dr, Dentist, EYAT, CIFTS, EACH)
Development and implementing collaborative Family Planning



Kylie Eldridge-Spires, Family Support Manager Phone: 0427 677 066

Term 4 Playgroup Update

Supported Playgroups have been temporarily postponed due to COVID-19 restrictions, however our Family Support team are still very much here to support you and your family.

If you need to have yarn you can contact us via call, text, email or Facebook messenger. Although we are currently unable to deliver our usual playgroups across the Yuin Nation, our Virtual Playgroup is still up and running! This is a safe space for PlayAbility families to stay in touch and keep us connected as a community through fun and educational videos and resources. You can find us on our Facebook group - PlayAbility Virtual Playgroup. The content is also available on our website: www.playability.com.au just click the Virtual Playgroup tab and get in touch with us for the password to access the page.

Mobile Toy Van

Toy Van visits are temporarily postponed due to COVID-19 restrictions, however if you require resources from the library please contact us to arrange a drop off/pickup.

Activity Packs

Our families have been loving our fortnightly Activity Pack delivery! Inside the packs you will find Creativity, Cooking, Sensory, Fine and Gross Motor, Life Skills, Music and movement, Logical Thinking, and Science activities. For those who are interested in accessing our Virtual Playgroup of Activity Resource Packs please contact Sarah on 0437 075 215 for more information.



Health Message

To keep everyone safe it is required by our organisation that you do not attend any of our services if you are experiencing

- symptoms of COVID-19 and/or if you:
 - - **Have been in contact with a confirmed case of COVID-19**
 - - **Are a close or casual contact at a current case location**
 - - **Are awaiting COVID-19 test results.**
- Our Team will follow the same requirements and will not visit your home or attend the work space if they meet any of the above.

Let's work together to keep each other healthy and safe!



Bumble Bee Breaths

- Known as Bhramari in Pranayama practice.
- Pranayama being the control of the breath in Yoga.
- Sitting comfortably with your legs crossed, breath in through your nose, then with fingers in your ears hum out your exhalation. The lovely comforting resonance of this has a calming effect and done with eyes closed can make it even more peaceful.



Welcome to PlayAbility Family Support



PlayAbility Virtual Playgroup

Check our page for weekly posts of Nature play, cooking and stories from our home to yours.



Referrals—

for service providers, NDIS plan managers/ coordinators please use the referral form on our website.

www.playability.com.au/referrals-forms

We can also link you up with our family support team. Please see pages 2 & 3 for details about their services or ring our office on 64961918 and we can put you in touch with Kylie Eldridge-Spires the Family Support Manager.

SPRING IS IN THE AIR

Sunflower competition

Can you grow the tallest sunflower? Pick up your sunflower seeds from the PlayAbility office in either Bega or Eden, bring a click lock bag, container or jar along to collect them.

Don't forget to join our "PlayAbility Sunflowers" page on Facebook to add your photos and videos.

Tips for growing a sunflower

Spring or early summer is the best time to plant your sunflower, the soil is starting to warm up, and it's the best time to sow sunflower seeds.

Flowering time is about 8–10 weeks.

If you're sowing seeds in a garden bed, you should aim to place them about 60cm apart and 2cm deep. Before you plant, enrich the soil with some compost and give the soil a turn with a pitchfork so it is loose.

Staking sunflowers

As your sunflowers grow, they will become top heavy and need staking. This will also protect them in high winds or in the rain.

Pests

You can spread a 10cm layer of mulch around them, which will help you keep the soil moist and will also prevent weeds from growing nearby. Snails and slugs love to eat young sunflower seedlings so it's a good idea to spread some snail and slug pellets in the early growing weeks.

Pruning

If you're looking to save the seeds to re-plant, you can prune 10cm below the flower heads. You should then be able to remove the seeds with a fork. To protect the seeds from birds, you may need to cover the flowers with bird netting before they are ready.

For the full article please see the link below:

[How To Plant And Care For Sunflowers - Bunnings Australia](#)



PlayAbility Term 4 Group Activities

Zoom Activities:

- Thursday 3:45-4:45pm
Zoom Kahoot Trivia with Mya

Face-to-Face Activities:

- Monday's 3:45- 4:45pm
Craft Group with Phil
PlayAbility Bega
- Tuesday's 3:45-4:45pm
Sports Group- Eden soccer fields
- Wednesday's 4-5pm
Sports Group- Bega hockey fields
- Wednesday's 3:45-4:45pm
Art/Craft Group
PlayAbility Eden
- Thursday's 4-4:45pm
Yoga- Bega CWA Hall
- Thursday's 4-5pm
Games Group- Cobargo showground

Things you need to know:

Price:

PlayAbility group activities are charged at \$51.80 to your child's NDIS plan. This price covers the 1 hour group and any resources or travel.

RSVP:

If your child would like to attend any of these activities please RSVP to Brooke via text (0428045907) or email (brookeh@playability.com.au). Please include your child's name and what activity they would like to attend.

Feedback

PlayAbility welcomes and values your feedback. It is a vital component of our monitoring and review process and enables our service to evolve and improve.

If you are unhappy with any part of your service, you have the right to make a complaint. Talk to your key worker, email, text or write a letter to us or complete a feedback form and place it in the feedback box at either our Bega or Eden centres.

Feedback can be anonymous and you are welcome to have an advocate during any part of the process. Please ask any staff member for a copy of the Feedback and Complaints policy or you can find it on our website.



Policy Review

We are currently reviewing Mandatory Reporting Guidelines and Worker Screening Checks. If you would like to participate in our policy review please email admin@playability.com.au to receive a copy or ask any of our staff.

Our Team

- Suzie Eruera** - Manager/Teacher
- Pauline Mendes** - Therapy Supports Manager
- Karyn Thomas**—Specialist Teacher
- Karin Champagne**—Specialist Teacher
- Louissa McPherson**—Specialist Teacher
- Bronwyn Gallagher**— Specialist Teacher
- Fran Bowery**—Preschool Inclusion Support Officer
- Rowan Cox**—Speech Pathologist
- Jamie Goodman**—Physiotherapist
- James Dedman**—Physiotherapist
- Katrina Hansen**—Physiotherapist and Yoga Teacher
- Catherine Brown**—Specialist Teacher
- Phil Power**—Allied Health Assistant
- Brooke Hansen**—Allied Health Assistant
- Sophie Revington**—Therapy Assistant
- Sonia Evans**—Therapy Assistant

3 Skills Children Gain from Learning about Their Brain

by Lizzie Gavin, CCC-SLP, TSSLD

Most children by age 3 are able to label the various parts of the human body and describe their functions. Feet are used for walking, eyes are for seeing, mouths are for eating and talking, and so on. However, the concept of the brain and its utility is sometimes glossed over by parents and teachers because, frankly, it can be difficult to explain. But your child is never too young to be aware of the brain and the power it has.

Studies show that when a child is aware of the function and power of their brain, they build individuality and foster greater control over thoughts, feelings, and actions.

Teaching children about the brain at an early age lays the groundwork for strong self-awareness and emotional intelligence. It empowers them to feel a sense of control over what they learn and how they learn.

Children who understand their brain learn to accept challenges and feel that it is in their power to overcome them.

Empowerment!

As children get older, having an understanding of the brain will help them become self-advocates in and out of school.

For example, their brain may learn better with visuals, or need a quiet environment to understand a lecture. If they know this about themselves, they can advocate for themselves. This will not only help children become successful in school, but it will teach them to take control of their own learning, a skill that is needed throughout life.



Teach your child that...

Every person has a unique brain which gives them their own special skills and talents. The brain makes certain activities very easy for some and while other activities are more challenging. Everyone's brain works and learns differently – and that's okay. For example, you can teach them that while their brain may struggle with math or reading it excels in art or music. Their brain is always changing and is capable getting stronger, just like the muscles in their body. Their changing brain can always learn new skills and overcome new challenges.

Perspective Taking

For all children, particularly children with language or learning disabilities, learning about the brain will help them develop empathy and perspective taking skills. If a child learns that each person's brain has different thoughts and feelings, they can understand their peers' perspectives more easily. If they know that each brain is unique and has a varied set of strengths and weaknesses, it will be easier for them to understand that their peers may have their own talents and limitations.

Children with strong social awareness, or awareness of the perspectives of others, are more successful socially and academically. Perspective taking skills are critical for success in social activities, such as conversations, pretend play, and conflict resolution.

Academic skills, such as group work, reading comprehension, persuasive writing, etc. also require strong perspective taking skills.

Self-regulation

It's important to teach children from a young age that sometimes everyone's brain gets overwhelmed with strong feelings, whether they are feeling tired, distracted, angry, excited, etc. Learning how the brain works helps children regulate their bodies and their brains when they are having strong or uncomfortable feelings.

Lessons on the brain also help children develop a vocabulary to verbalize what they are feeling and what they need in an effective way. Instead of crying, whining, or shutting down, children who understand the brain can express that they don't understand the lesson, are distracted by their peer, or simply need a 5 minute break.

How can I teach my child about the brain?

While this may seem like a topic that is more suited for older students, it's important to start teaching this concept and using 'brain vocabulary' when children are young.

Children learn words when they hear adults using them, so around 3 or 4, you can start to reference the brain in your conversations.

You don't need to be an expert on neurology to help your child develop a basic awareness of their unique and powerful brain. You can simply reference the brain in your conversations with your child, particularly when discussing your mental states.

Begin by using phrases such as, "my brain is thinking..." or "your brain is thinking..." when chatting about how each of you is feeling. Use this language in reference to story characters when you are reading a book or watching a show together, or if they notice someone having a strong feeling.

Ask them what they think that person's brain is thinking about or feeling. By using this vocabulary, you are calling attention to the very skill that you want them to develop: an understanding that all people have brains, and everyone's brain creates unique thoughts, feelings and opinions.