



NEWSLETTER

Term 1 2020

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

Post: PO BOX 501, Eden, NSW, 2551

Website: www.playability.com.au NDIS Provider NSW
Disability Service Standards Certification Number:
HDS40118

Welcome to Term 1 2020

It's a new year and PlayAbility is ready!!! We are looking forward to continuing to provide Early Intervention and Family Support Services to families across the Bega Valley. We understand for some families it has been a stressful start to the year, we are here to help if you need any extra support or information.

Many of our Early Intervention sessions have already commenced and our Playgroups and Mobile Parenting Support Service will be up and running from February (more information for these is on pages 2-3)

Term 1 can be tricky for many families (parents and kids alike) with children returning to school after the holidays or starting school or preschool for the first time. New routines and expectations, such as sitting still, following instructions and concentrating, can be hard work for some kids and sensory processing difficulties can make it even harder. Sensory processing is how our brain makes sense of the world around us and difficulties occur when our brain can't make sense of what is happening and subsequently can't determine what it needs to do to keep us feeling calm and in control. This can cause frustration and emotional/behavioural breakdowns and disrupt the development of skills needed for school, such as concentration and following instructions.

For lots of kids, activities that include movement or deep breathing can help their brains make sense of the different sensations and help to keep them calm. Some ideas to try at home (and maybe at school)

- Using straws to blow light items such as ping pong balls across the table
- Blowing bubbles in a cup of water
- Kangaroo jumps or bear walks across the yard or room
- Helping with tasks which involve pulling or pushing, eg. taking sheets off the bed or using a wheelbarrow

To all the kids returning to school or starting for the first time; have fun with friends and a successful year of learning.

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

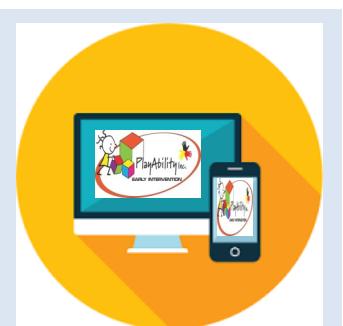
www.playability.com.au/referrals-forms

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.

• Page 2-3 Family Support/Toy Truck Timetable

• Page 4 Early Intervention & Therapy



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

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.



"Let Me create My world"

Strength based programs for children and their families, focusing on the importance of creating a world where children feel connected to their community and culture allowing each individual to create their world.



Our Family Support Team (L-R) Sarah, Amber, Kylie, Mahala, Kim, Erin and Makayla

Welcome to PlayAbility Family Support

We receive funding from the Federal and State government to provide supported playgroups and the mobile parenting resource service (Toy Truck) for all families with young children in the Bega Valley.

We also receive funding to support our local Indigenous families with young children from birth until your youngest child is well established in school. We run supported play sessions and can assist families to access services like childcare, Drs and Specialists, Centrelink etc. We can also support you and your children with transitioning to school. We can assist with transport to appointments and our play sessions while supporting you to build your access to transport.



PlayAbility Playgroup Times and Location

Cobargo:

Mondays 10-11.30am
@ Cobargo Preschool

Bermagui:

Tuesdays 10.30am-12pm
@ Dickinson Oval

Bega:

Wednesdays 10-11.30am
@ Bega Seventh Day Hall

Eden:

Thursdays 10.30am-12pm
@ Eden PlayAbility Office

PlayAbility playgroups provide an opportunity for children and their families to socialise in a relaxed environment and engage in imaginative play, cooking and craft activities. We also conclude our sessions with a group story and song time - come and see what's in the dilly bag!



Everyone welcome. For more information call Makayla on 0428 083 039

If you have any concerns about your child's development we can put you in touch with our early intervention team or early childhood nurses through Katungul or community health. Please give me a call for more information about any of our services and I can put you in touch with one of our project officers in your area.

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

Women's Group Eden

Every Tuesday 10am—2pm

Lunch included

At the Church in Moorhead Street, Eden

Come along and have a yarn, share a meal and take part in a variety of activities.

The Women's Group is run by FACS Eden Place Project supported by Katungul and PlayAbility

Mobile Parenting Resource Service Timetable TERM 1

Eden PlayAbility

Playgroup

3 Crown Lane Eden
Thursday 10.30 - 12.00pm
12th March
2nd April

Bega PlayAbility

Playgroup

Seventh Day Adventist Church,
31 Upper Street Bega
Wednesday 10.00 to 11.30am
5th February
11th March
1st April

Merimbula Tura

Kindergarten

44 Sapphire Coast Drive,
Merimbula
Monday 8.30-9.30am
24th February
16th March
30th March

Bermagui PlayAbility

Playgroup

Dickinson Oval
Tuesday 10.30 - 12.00pm
4th February
11th February
18th February
25th February
3rd March
10th March
17th March
24th March
31st March

Rocky Hall Preschool

1325 Big Jack Mountain Rd
Dates to be confirmed

*Special thanks to
Pambula Wholefoods for
their support of
PlayAbility and the Eden*



Bemboka Preschool

Town Hall—Corner of Loftus &
Adams Streets
Friday 8.30 - 9.30am
7th February
13th March
3rd April

Cobargo and Pambula locations
will not be running this term. If
you would like to arrange to
borrow resources from the
truck please call the
PlayAbility office 6496 1918



For further information please phone the
PlayAbility office on 6496 1918 or visit
www.playability.com.au

Returns

Toys and resources can be
returned to either Bega or Eden
PlayAbility offices or any of
our Playgroups. If you are
unable to return to these
locations or would like
additional resources
throughout the term, give the
PlayAbility office a call
on 6496 1918





Early Intervention & Therapy Supports

Welcome to Term 1

Welcome back for 2020! We have some new staff joining our team:

- ◊ Coralie Pickering - is an early childhood/primary teacher who will be working Monday—Wednesday based in our Bega Office
- ◊ Fran Uebergang - an early childhood teacher—who will be coordinating the Preschool Sector Capacity building program
- ◊ And we welcome back our Occupational Therapist Martina who has returned from Parental leave and will be working Mondays in Eden.

The beginning of the year is always a time of planning and goal setting for the upcoming year. Over the next few weeks Keyworkers and therapists will be taking time to meet with families to set goals and complete Individual learning Plans for the children and families they work with.

Why is planning important?

Planning is an integral part of what we do at PlayAbility, we know from experience that the time parents spend thinking; talking and making plans can have a positive impact on outcomes for children. Why? Because plans help parents, and those working with them – the ‘team around the child’- to stay alert to the many opportunities for learning, throughout the day. Planning is not a once-off activity but is something you can do regularly so that you are on track with what is important to your family and child. It can be easy to say ‘we have done a plan, now that’s finished, and we can get to work with action’. However, it is much more effective to see planning as an ongoing process that helps to keep everyone’s time and energy focused on the most important things that will make a difference.

There are different aspects of planning that can help you to keep focused on the big picture while working on the small steps towards getting there.

• Vision

Your vision is the way you would like life to be in the future, for your child, your family and yourself. Having a vision helps to ensure that your plans are truly yours and that they take into account the big picture. Your vision will remind you what is most important to you so that you can put your energy and resources where they count the most. It will also guide you when you work with professionals so that you are more confident in your partnership with them and can get the best out of their expertise.

• Goals

Goals are statements of what you are aiming for. When planning, you will develop both long-term goals and short-term goals. These have different purposes.

Long-term goals provide direction over a longer period of time. For example, the goals you set with your NDIS planner will be for a period of twelve months – a long time in the life of a child.

Short-term goals set out the smaller steps you need to take to reach your long-term goals.

Your short-term goals should be achievable in one to two months. When you achieve them, you can set more short-term goals, building up step-by-step until you reach your long-term goal. Short-term goals are very specific and tell everyone involved exactly what you are looking for. They are an important part of deciding what action is needed to get things happening. They can help you and your team to measure progress and decide whether we are all on the right track.

• Outcomes

Outcomes are the results of what you do. When you achieve a goal, that is a great outcome for all the hard work you have done – something to celebrate! Sometimes you may find that you have achieved positive things that you hadn’t really planned for, and these bonus outcomes can be super exciting!

• Evaluation

How do you know if you are on the right track? Evaluation is an important part of the ongoing planning process, ensuring that everyone is working on what is important to you. Together with the professionals you are working with, it is helpful to pause from time to time to look at how things are going. As a team, you can acknowledge what’s going well and, when things are not going so well, problem-solve this constructively together. A few minutes spent evaluating at the end of a session can make all the difference to what happens next.

Please take the time to book a planning session with your Keyworker or therapist. Happy Planning!!!!
Suzie Eruera,

Early Intervention and Therapy Supports Manager





Early Intervention & Therapy Supports

Policy Review

-Referrals

-Eligibility and Access

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.

NDIS Plan renewal

If you have a NDIS Plan review coming up, get in touch with us early so we can prepare any reports you may need to take along with your child's planning meeting. If you would like additional support preparing for the meeting or at the meeting please speak to your key worker or Suzie.

Our Team

Suzie Hides—Manager/Teacher

Karyn Thoms—Specialist Teacher

Rowan Cox—Speech Pathologist

Kate Hanlon—Speech Pathologist

Anastasia Norris—Specialist Teacher

Phil Power—Allied Health Assistant

Kerrin Braithwaite—Psychologist

Martina Israel—Occupational Therapist

Psychology appointments

Kerrin will be available for Psychology sessions in mid March.

If any EI clients would like to book a session with Kerrin please talk to your key worker, our EI manager Suzie or contact the PlayAbility office 6496 1918.



PlayAbility welcome

Brains = Behaviour

to Merimbula!!

Wednesday 19 Feb 2020 @ Merimbula Golf Club 9am-4pm

Allison Davies is a multi-award winning Registered Music Therapist using music to support brain function and reduce anxiety (for you AND your children) and teaching you how it's done!

She is creator of Brains = Behaviours and The Brain Care Café. A Tassie girl and storyteller, she shares her lived experience of autism and sensory processing disorder.

Allison teaches how you can be your child's own therapist by ditching behaviour management and switching to brain care.



This day long workshop is for parents, carers, allied health therapists, school teachers, family day care workers, disability support workers, anyone involved in the support and care of children and teenagers.

More info: ahoy.jenni@bigpond.com

Cost: \$35 pp. Includes lunch (wraps and sandwiches, GF and veg available)

Register: Direct deposit to PlayAbility BSB 641800 ACCOUNT 037105622

For payment details include: Surname Initial BB eg SmithJ BB.

(Registrations close midnight 16.2.20)

Homepage: www.allisondavies.com.au Facebook: <https://www.facebook.com/allisondavies.com.au/>

This workshop is supported by a 2019 Mumbulla Foundation Grant

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 not happy with any part of your service, you have the right to complain to us. 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