



NEWSLETTER

Term 2 2020

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Welcome to Term 2 2020

As I am writing this many children will have begun returning to school and places for recreation such as parks will begin opening soon. This will bring a sigh of relief to both children and parents as we emerge from the restrictions and begin to get back to some of our old routines. Here at PlayAbility we are in the early stages of returning to regular services with all programs aimed to be up and running by term 3.

For the past two months Early Intervention has delivered most services through telepractice. This has meant phone calls, emails and face to face sessions over Zoom. Whilst this may seem like a big shift it has actually been a pleasant surprise for families and keyworkers. It is a different approach because it means children can enjoy engaging activities safely in the comfort of their own home. We expect many families to continue telepractice once centre based sessions are available, especially those that have to travel.

The Family Support team responded to the changes by establishing a similar online/telephone family support service based on family needs and technology available. Please see page 2 & 3 for more details. They have also been busy creating a Virtual Playgroup. This can be accessed via our Facebook page or our website for current and new families. There are craft activities, cooking, stories and songs all presented by members of the team. This way families and children can still stay connected with us as well as having some ideas and activities to enjoy at home through the day. It has been fun learning all these new ways to support families at this time and look forward to expanding our online resources into the future.

Whilst we look forward to seeing you all again in real life we also hope that what we have learned will help us all stay connected across the shire in new and interesting ways.

Geoff Johnston, PlayAbility CEO



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/Playgroups/Mobile Resources
- Page 4 Early Intervention & Therapy Supports



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.

Welcome to PlayAbility Family Support



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

Who we are:

PlayAbility Family Support Team **empower** children and their families to achieve real and measurable improvements in **education**, **development** and **health**. This is achieved through strength-based programs focused on creating a world where children feel **connected** to their identity, **community** and **culture**.

NEWS FLASH!

Family Support are excited to start creating and distributing resource packs for families. These packs will include cooking, craft, story and song activities in conjunction with the Virtual Playgroup content. Please contact us if you would like to receive these resources.

What we do:

- Mobile toy and parenting resource service
- Getting ready for big school
- Navigating the NDIS
- Supported Playgroups
- Referrals to other services
- Paperwork for housing, Centrelink, care and education
- Home visits
- Connecting you to parenting groups
- Transport assistance
- Attending appointments

Temporary Changes

Supported Playgroups and Toy Truck visits have been temporarily postponed due to COVID 19 restrictions but 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 normal playgroups across the shire, we are excited to announce that our **Virtual Playgroup is now 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. We miss seeing all of your faces, but in the meantime you can still see us by following this link: <https://www.facebook.com/groups/629362487845522/> or search 'PlayAbility Virtual Playgroup'. The content is also available on our website for people who don't have Facebook. Get in touch with us for the password to access the page.

The virtual playgroup will continue until normal playgroups resume and potentially into the future. For information on the mobile Toy Truck or if you require resources please contact us to arrange a drop off/pickup.

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



Mobile Parenting Resource Service Timetable TERM 2

The Toy Truck is currently not operating. If there is a resource you would like to borrow, please contact PlayAbility 6496 1918 to arrange pick up/drop off

PlayAbility has some exciting changes coming to the Toy Truck when it is back on the road. Watch this space to see what's coming!

Below is a sneak peek.



Aunty Kim has been hard at work creating beautiful resources to use when our Supported Playgroups return



Playdough

What you'll need

2 cups plain flour

1 cup boiling water

1/2 cup cooking salt

2 tbs Vegetable oil

4 drops lavender essence (optional)

Rosemary Sprig and Flowers from your garden (optional)

Now time to get messy

Combine ingredients into a bowl

Slowly add water and mix

Knead the dough

Have fun!

Use the rosemary and flowers to play and create



PlayAbility Virtual



Check our page daily at 10am for new posts.

Songs, stories and activities from our home to yours.



Makayla singing 'open shut them' on PlayAbility's virtual playgroup page



Early Intervention & Therapy Supports

Welcome to Term 2

The end of Term 1 saw many changes within our community as we all prepared to lockdown at home to keep our families safe from the spread of Covid-19. In response to the coronavirus pandemic, PlayAbility has shifted to doing telepractice sessions. These sessions use video calls on a phone, tablet, or computer so that we can continue working with children while reducing the chance coronavirus will spread in our community. At first I thought of telepractice sessions as inferior to face-to-face sessions, but there have been a lot of positive consequences, including:

- For some children, working via telepractice has led to increased focus and more practice.
- For other children, telepractice has given us a better understanding of day-to-day life at home, meaning that we can support parents to target goals in more practical ways.
- Telepractice does not require travel, which means more of a child's NDIS funding can be allocated to therapy.

All of my telepractice sessions look different, depending on what suits the child. In some sessions, we draw or play Lego and share our creations while making up stories or practicing speech. In other sessions, we play board games on the screen that can be made quickly to target specific goals and do shared writing activities. In very different sessions, young children have enjoyed moving around the garden while we practice counting, colours, and making up songs. Although the risk of coronavirus will decrease, I can see the benefit to continuing many sessions via telepractice. Besides this, video calling is likely to become increasingly common in education and work, so it is worth teaching our children to do it well.



Rowan Cox, Speech Pathologist

NDIS Plan renewal

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

There have been some changes to plan renewals due to COVID-19 contact us, EACH 1300 003224 or have a look at the NDIS website for more info .

Policy Review

We are currently reviewing *Service Agreement* and *Telepractice* policies. 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.

NEW STAFF

The Early Intervention team welcomes two new team members— Specialist Teacher Amanda Bradfield and Physiotherapist Jamie Goodman. We are excited to have their combined skills and enthusiasm on our team.

Our Team

Suzie Hides—Manager/Teacher
Karyn Thomas—Specialist Teacher
Rowan Cox—Speech Pathologist
Karin Champagne—Specialist Teacher
Annastasia Norris—Specialist Teacher
Phil Power—Allied Health Assistant
Kerrin Braithwaite—Psychologist
Coralie Pickering—Specialist Teacher
Martina Israel—Occupational Therapist
Amanda Bradfield—Specialist Teacher
Jamie Goodman—Physiotherapist
Fran Boverly—Sector Capacity Building Support Project Officer

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 our website.