



NEWSLETTER

Term 4 2020

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Welcome to Term 4 2020

Soap Flake Slime

Slime is a great sensory activity and perfect for all ages

Ingredients

1 cup Lux Flakes

3 cups boiling water

Optional: food colouring, glitter, sequins etc

Method

Mix together the soap flakes, food colouring and water.

Use beaters to whisk the mixture together

You can play with it immediately after it cools down but if you leave it overnight it becomes slimy and oozy.

Hints:

Add plastic toys, cups, anything that's easy to wash.

Slime lasts for ages so if you keep it clean you can store it for another play.



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.

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PlayAbility Virtual Playgroup

Check our page daily at 10am for new posts.

Songs, stories and activities from our home to yours.

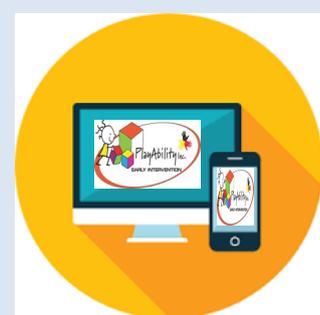


Referrals—

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



www.playability.com.au/referrals-forms



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, Aunty Kim, Erin and Makayla

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
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

Playgroups will return in January 2021 (craft pack deliveries will continue until this happens)

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, our **Virtual Playgroup is still up and running!** The virtual playgroup will continue until normal playgroups resume next year and potentially into the future.

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.

Mobile Parenting Resource Service Timetable TERM 4

Toy Truck visits are 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 require resources from the truck please contact us to arrange a drop off/pickup.



Early Intervention & Therapy Supports

Welcome to Term 4

The Early Intervention team welcomes Emma Weaver and Brooke Hanson to our team. See below for more information on Emma and Brooke.

Service Agreements can now be emailed and signed electronically. We hope this helps in making the Plan Renewal process a bit smoother and quicker for our families.

Group Activities

Jamie and Brooke have started Soccer Groups in Eden and Bega. The group of 8 children meet up once a week for a variety of ball games and fun! The Bega group have named themselves the Unicorn Buddies. The Eden group have named their team the Eden Dinosaurs.

Christa has been working towards putting together a Music Group, which will start from Early Next Year. See the next page for an article from Christa on the benefits of music and childhood development.

Brooke Hanson

Brooke is an Allied Health Assistant specialising in Occupational Therapy and Physiotherapy. Brooke will be working under the supervision of Jamie and is looking forward to meeting our clients and families.



Emma Weaver

Emma is a speech pathologist, she joins Rowan in PlayAbility's team of Speech Pathologists. Emma will be providing Telepractice sessions and centre sessions once a month.



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.

Scan the QR to complete a Feedback, Complaints and Compliments Form Online



Policy Review

We are currently reviewing *NDIS Plan Management* and *Hygiene* 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.

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 .

Our Team

Suzie Hides—Manager/Teacher
Karyn Thomas—Specialist Teacher
Karin Champagne—Specialist Teacher
Christa Forsyth—Specialist Teacher
Amanda Bradfield—Specialist Teacher
Phil Power—Allied Health Assistant
Brooke Hansen—Allied Health Assistant
Rowan Cox—Speech Pathologist
Emma Weaver—Speech Pathologist
Martina Israel—Occupational Therapist
Jamie Goodman—Physiotherapist
Karen Urquhart—Social Worker
Fran Boverly—Sector Capacity Building Support Project Officer



Early Intervention & Therapy Supports

The Benefits of Music to Childhood Development:

1. Improved Language Skills- Music helps children learn to talk clearly and increases their vocabulary. It can help children practice producing sounds in fun ways.
2. Social and Emotional Skills- We often use music to connect and music can be a special way to bond. Through music we can also build confidence and self-esteem in our children and help them learn skills such as sharing and taking turns. As we make music together we teach children about working together. Do you know our bodies respond to rhythm? Some songs can rev up or calm down our young ones as they tune in to the beat. Children can learn the words to describe emotions in songs. Some songs lend themselves to expressing emotions through movement as the song might sound angry, sad, or peaceful.
3. Cultural Awareness- Music can be a strong way to learn and share about cultures. When we share with our children our songs from our background, it can be away of connecting and sharing who we are.
4. Motor Skills- Music is often combined with movement with young children. It can be an excellent way to develop fine and gross motor skills as we roll, crawl, jog, hop, skip and clap along. Simple items can become instruments when a child taps or shakes them. Music and movement activities can strengthen balance and coordination skills as well as core stability.
5. Thinking Skills- Music has benefits for memory. It teaches us patterns and discrimination (noticing differences) and allows us to practice symbolic thinking (one thing representing something else like pretending my finger is the caterpillar in the song).
6. School Readiness- Songs can teach skills and concepts like numbers, colours and letter sounds, providing lots of practice to get them into our long- term memory.
7. Music can be performed! Sometimes children need a time to shine and many children love to share their music with friends and family.

Music is a gift. It's a gift we can offer our children and one that gives back. Here's some ideas to try:

- 1) Try putting on some upbeat music when it's time to clean up and dance and tidy together. Then put on a calming song and have a cuddle.
- 2) Try singing simple instructions to your child. Make up a tune to 'Sit down, Shoes on'. (If you don't know what tune use Mary Had a Little Lamb- Sit down, Shoes On, Shoes On, Shoes On. Sit down, Shoes On, We're Going to Nana's House.) You may find your child responds well.
- 3) Sing or play a song that is special to you. Tell your child the story about why the song is special.
- 4) Children's songs are easy to access now. Try searching on Spotify or getting the ABC Listen app. Help your child to do movement with the songs.

References:

1. <https://novakdjokovicfoundation.org/importance-music-early-childhood-development/>
2. <https://www.zerotothree.org/resources/1514-beyond-twinkle-twinkle-using-music-with-infants-and-toddlers>

Christa Forsyth

El Specialist Teacher

