



NEWSLETTER

Term 1 2022

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 1, 2022

Dear families,

I hope at this point in the new year your family has settled into a routine with schools starting back. All our staff are back on board after the holidays and services are quickly building up. Scheduling and arranging for supports to establish the routine for the year is much of our work at the moment so please get in touch so we can give you the best options to match your needs.

This year is a big one for PlayAbility as we plan the purchase, development and relocation to our new centre in Parker Street, Bega. When completed the family support team will have their own place for meeting with families and groups and our Early Intervention and Therapy teams will move into the main building. This will be a purpose built facility for families to access speech pathology, occupational therapy, physiotherapy, specialist teachers and more.

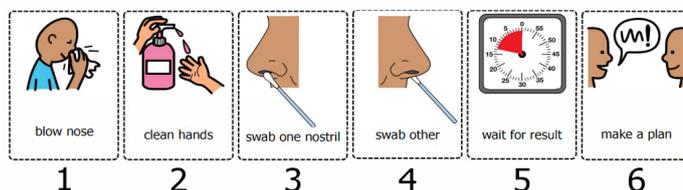
The start of the year also means staffing changes. Some staff naturally leave to take on new paths and new staff who come on. The transition of staff from the service can sometimes be a surprise to children and families who have been connected with them and we will endeavour to make this as smooth as possible. New staff coming on board take some time to build up a caseload which means there is often a gap in services for some families. We will do our best to keep each family up to date and provide options but if you have not heard from us for a while please get in touch.

Thanks to the state and federal governments through the Bushfire Local Economic Recovery Fund we are very excited that soon we will be able to have a hub for modern facilities and services in Bega, and staging point to reach families across the north of the shire.

Kind regards,
Geoff Johnson
CEO

For more visual support and examples on how to do a Rapid Antigen Test visit the link below:
[Visual-Schedules-RAT.pdf](#)

Rapid Antigen Test
Using a Nasal Swab test



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.

How to use alcohol-based hand rub



THIS POSTER REFERENCES THE WORLD HEALTH ORGANIZATION'S HOW TO HANDRUB POSTER. NIHM/RIC
Australian Government National Health and Medical Research Council | WORKING TO BUILD A HEALTHY AUSTRALIA

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

- Page 2-3 Family Support/ Playgroups/Mobile Resources
- Page 4 & 5 Early Intervention & Therapy Supports
- Page 6 Meet Our Staff

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 1 PLAYGROUP UPDATE

With so much still unknown moving into 2022, we ask that you go slow, be patient and watch this space! We will keep you updated on face to face playgroups throughout Term 1.

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.

While we await the return of 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.

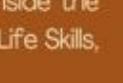
MOBILE TOY VAN

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 or Activity Resource Packs please contact **Sarah on 0437 075 215 for more information.**



"Thank you for delivering the Activity Packs ... they are a good way for me and (my child) to have fun together and develop good communication skills ... I can recognise his growth in being able to engage the activities compared to when we first started."



Don't forget to go on an adventure with your family to find our Story Stones! Our stones are located on Yuin Country at:

- APEX PARK, BERMAGUI
- BUNDIAN WAY, EDEN
- PARKER ST PARK, BEGA

If you happen to find one of our stones we encourage you to post a photo to your socials with the hashtag #LMCMW



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.



New activity



PlayAbility Bega Valley, NSW

Admin · 1h · 🌐

📖 STORYTIME 📖

Hello everyone,

Today our story is 'Change Starts With Us' by the wonderful Sophie Beer 🌟

"From saving water to ditching the car, there are many small changes we can make to help save our

BEAUTIFUL PLANET" 🌈🌈🌈🌈🌈🌈

Don't forget to go on an adventure with your family to find our LOVE Story Stones! Our stones are currently located in Bermagui on Yuin Country. If you happen to find one of our stones we encourage you to post a photo to your socials with the hashtag #LMCMW

Have a beautiful day,

Makayla.

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.

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



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 page 2 for details about their services or ring our office on 6496 1918 and we can put you in touch with Kylie Eldridge-Spires the Family Support Manager.

Policy Review

We are currently reviewing Epidemic/Pandemic policy. 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.



SUMMER HOLIDAY FUN

with Early Intervention & Therapy Supports



CRAFT DAY

Nick and Eric made lots of wonderful creatures.



LEGO DAY

with Fran, Georgie, Jeron and Cade. We built houses, trains and mazes.



PIZZA PARTY



Daniel improvised, using a pot to roll his dough instead of a rolling pin (we didn't have one). Fran and Katie were quite impressed.

Nick proudly showing his pizza he made with his Mum.

COCORA BEACH TREASURE HUNT

Cade, Caiden and Bastien with their treasure they found.





PLAYABILITY GROUP ACTIVITIES

PRICE

PlayAbility group activities are charged at to your child's NDIS plan. This price includes the 1 hour group session, any resources or travel.

Craft group: \$51.80

Little Ninja's: \$64.66

CRAFT GROUP

Where: BEGA

When: Every Monday

Time: 3.45pm—4.45pm

Expression of interest

RSVP to Phil

0438 453 480

LITTLE NINJA'S

Gross motor group

For children aged 6 years and under.

Where: EDEN

When: Every Tuesday

Time: 10am—11am

RVSP to Jamie

0437 125 717

CRAFT GROUP

Where: EDEN

When: Every Wednesday

Time: 3.45pm—4.45pm

Expression of interest

contact Brooke

0428 045 907

GETTING TO KNOW OUR NEW STAFF

Pauline Mendes

How long have been part of the PlayAbility team?

October 2021

What does your job entail?

Providing oversight and support to the Allied health team, Physiotherapists, Allied health Assistants, Speech Pathologists. Working together with the EI and Family Support teams towards effective outcomes for children and families.

What is a typical day like?

Face to face sessions with parents and children, Great chats with team members; lots of incidental learning about Playability and the NDIS with staff in the office. A mix of online and face to face staff meetings, Appreciating and learning about the novel ways colleagues use to keep the children engaged in play.

Favorite memory from work?

Staff growing & nurturing their sunflowers!

What do you like most about your job?

Being privileged to be allowed to be part of other people's lives.

Where are you from?

I was born in Mumbai – city of 14 M people. My family emigrated to Melbourne, Australia in 1971, when I was 11 years old. I have since lived in Melbourne, London and then in the Bega Valley since 1984.

Where did you go to school?

Primary years in Mumbai, Secondary & Tertiary years in Melbourne.

What do you like to do when you aren't working?

Growing vegetables, flowers, ornamental gardening, bushwalking with friends, Playing the ukulele with friends, travelling to faraway lands when I could Entertaining/cooking for friends and family.



Georgie Begg

How long have been part of the Play Ability team? Not long! I

started at the end of 2021.

What does your job entail? As a Speech Pathologist I help children (younger and older) to increase their skills and confidence with communicating and connecting with others. Sometimes this is with making the sounds in words (Speech), other times with thinking skills needed to learn words or put them into phrases (Language) or helping children connect and interact with others with non-verbal communication (social communication) or communication aid (AAC).

What is a typical day like?

Its hard to say. I'm either doing session at the Bega or Eden centres or home visits. I'm also about to start doing sessions at some of the local preschools and schools so each day varies a lot. My main goal each day is to connect with families in one way or another and help provide supports they need.

What's a common question you have to

answer? What do Speech Paths actually do? A lot of people have heard of Speech Pathology, but many are surprised to hear about all the different areas we look at. Speech pathology is a new-ish profession and our role keeps evolving and expanding quickly. Officially we work in the areas of Speech, Language, Stuttering, AAC, Voice and Swallowing. Unofficially behaviour, mental health, relationships, literacy and education are also areas we dabble in – as all these areas require, or are affected by, communication skills.

What do you like most about your job? Helping people to connect – with family, friends, peers, school and the community. Sometimes this involves learning to do new things but it often also involves identifying strengths and problems solving how to get the most value out of the skills a person already has.

Where are you from? Lismore (NSW Far North Coast) originally. As an adult I've also lived in Brisbane, Spain and Melbourne before coming to this area.

