



# NEWSLETTER

Term 3 2020

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## Welcome to Term 3 2020

In line with the NSW Health guidelines during the Covid 19 pandemic, PlayAbility has implemented a range of protocols to minimise the risks of infection to clients, families, staff and the community.

Providing continuity of services is very important to us and we have developed a Covid Safe plan. We thank everybody for being patient and cooperative during this time as we practice strict cleaning protocols, screening, hand sanitising, temperature checking and limitations on the number of people attending each centre at a time.

Through term 3 Early Intervention will be providing limited sessions in both Eden and Bega centres. Home visits, community visits and tele practice sessions will continue. If your Key worker has not yet discussed the best option for you and your family this term, please give them a call.

We have had fantastic feedback from the Virtual Playgroups. This will continue throughout term 3. If you would like help signing in or would like a resource pack delivered please give us a call. More information about the virtual playgroups can be found on page 2 and 3.

## 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

## How to use alcohol-based hand rub

STAYING HEALTHY | 5TH EDITION | 2013

1 A hand rub should take 20-30 seconds or until your hands are dry.



Apply alcohol-based hand rub to hands, then rub



palm to palm,



back of hands,



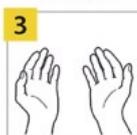
in between fingers and back of fingers,



around thumbs and



tips of fingers.



Once dry, your hands are clean.

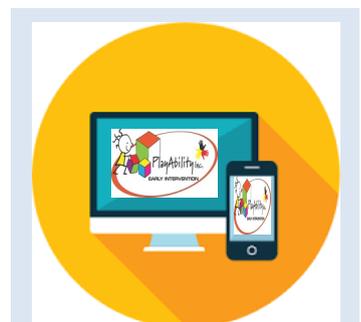


### Referrals—

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



[www.playability.com.au/referrals-forms](http://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](http://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, CIFS, EACH)
- Development and implementing collaborative Family Planning



## 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, our **Virtual Playgroup is up and running!** The virtual playgroup will continue until normal playgroups resume 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.

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

# Mobile Parenting Resource Service Timetable TERM 3

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.

## PlayAbility Virtual Playgroup



Check our page daily at 10am for new posts.



Songs, stories and activities from our home to yours.

## NEWS FLASH!

Family Support are excited to be creating and distributing resource packs for families. These packs include stories, songs, cooking, sensory, craft activities and more, this is all in conjunction with the Virtual Playgroup content.



NATIONAL ABORIGINAL AND  
TORRES STRAIT ISLANDER  
**CHILDREN'S DAY**  
**4 AUGUST 2020**



**This is an opportunity for the whole community  
to celebrate our children.**

Due to the current situation we will be celebrating a little differently this year. We have decided to raffle off 2 beautiful snakes made by our very creative and talented Aunty Kim, as well as 4 bags filled with handmade resources, local native bush tucker seeds, a book and more.

For your child's name to go into a hat draw to win one of these awesome prizes please send us a photo of your child's artwork by Friday 14th August. (stencils will be provided) Winners will be announced on our Facebook page Friday afternoon, prizes will then be delivered the following week.

**If you are not a member of PlayAbility and would like join our Virtual Playgroup page on Facebook and go into the running to win one of these prizes please contact us on the number below.**

Or follow this link to register online:

<https://www.facebook.com/groups/62936248784522> or search Facebook for 'PlayAbility Virtual Playgroup'.

Ways to enter:

Email: [ambers@playability.com.au](mailto:ambers@playability.com.au)

Text: 0499 042 118



We are the Elders of tomorrow,  
**HEAR OUR  
VOICE**



**#EldersOfTomorrow**



# Early Intervention & Therapy Supports

## Welcome to Term 3



Hello children and families, my name is Karen. I've joined the team as a Social Worker. I'm happily beginning to meet children and families who come through the door at PlayAbility. I come with a background in disability services, aged and community health and in child and family counselling services. I have worked with families at times of major hurdles and am always inspired by the determination and courage of children and families to live their best lives - despite the ups and downs (and messiness!) of family life. I hope to meet and offer support to parents and carers who already attend PlayAbility for Family Support or Early Intervention services. If you are interested in talking to someone in a safe and confidential space, you are very welcome to make contact with me. You can get more info about Social Work support by calling the Office or you can talk to your child's Key Worker who can help link you with me for a phone, in person or zoom chat! I look forward meeting more of you and your families soon. *Karen Urquhart—Social Worker*

### What is a physio?

A physiotherapist is a movement specialist. They can assess, treat and sometimes diagnose a range of musculoskeletal, cardiovascular, respiratory and neurological conditions. Often we treat acute or chronic pain, movement and physical impairments resulting from injury, trauma or illness. We aim to assist with management, patient education, physical intervention, rehabilitation, disease prevention and health promotion. For children, we mainly look at movement in regards to development but is often closely interlinked with the child's function as a whole. *Jamie Goodman—Physiotherapist*



### 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 Compliment Form Online



### 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 *Rights and Advocacy* and *Inclusion* policies. If you would like to participate in our policy review please email [admin@playability.com.au](mailto:admin@playability.com.au) to receive a copy or ask any of our staff.

### Our Team

Suzie Hides—Manager/Teacher  
Karyn Thomas—Specialist Teacher  
Rowan Cox—Speech Pathologist  
Karin Champagne—Specialist Teacher  
Anastasia 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  
Karen Urquhart—Social Worker