



NEWSLETTER

Term 2 2023

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 2, 2023

One of the reasons play based interventions are so successful is that children learn and develop when they are relaxed and engaged in fun activity. Play creates positive relationships and provides an opening to apply strategies to support communication, social, motor, cognitive and self help skills.

This social model of support is different from the medical model which take a 'treatment' approach towards specific areas of delay. The medical model also overlooks the key ingredient: ***supporting the capacity of parents and caregivers to help their child.***

The social model is best practice worldwide and is called the Keyworker model in Australia. Typically, this model is used by community not-for-profit providers such as PlayAbility because it is harder to implement and not as profitable as the medical model. The keyworker model engages parents and caregivers and is responsive to their needs as well as the child's.

Teachers have been delivering this model of support for decades, ideally with input from Allied Health Professionals who are always in short supply. In cases where children have a condition which requires assessment or intensive therapy, referrals are made.

Children are complex and their areas of need are influenced by the people and environment around them. The Keyworker model works because it takes a long term holistic approach to supporting the child both directly and through the family.



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.
 - ◆ NDIS Plan Management.

• Page 2—5
Family Support
Playgroups timetable
Mobile toy & parenting
resource van

• Page 6— 7 **Early**
Intervention & Therapy
Supports

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, CIFS, EACH)
- Development and implementing collaborative Family Planning



For more information please call our main office on 6496 1918

Don't forget to check our website. You can access all our timetables or send us a message from your computer, tablet or phone.



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 above for details about their services or ring our office on 6496 1918.



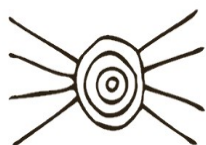
Welcome to PlayAbility Family Support



PlayAbility Supported Playgroups

Term 2, 2023

OUR MEETING PLACES



- Eden
PlayAbility Centre, 3 Crown Lane
Monday's @ 10-11:30am
- Cobargo
Cobargo Park
Tuesday's @ 10-11:30am
- Bega
PlayAbility Cottage, 35 Parker St
Wednesday's @ 10-11:30am



Our playgroups provide a safe and inclusive environment to

PLAY LEARN GROW SOCIALISE

Please bring a water bottle and a piece of fruit to share.

ALL families with children aged 0-6 are welcome, encouraged and accepted!

For more information, call our office on 64961918.





MONDAYS

1st May
Pambula Preschool

8th May
Eden Long Daycare

15th May
Merimbula-Tura Kindy

22nd May
Little Nippers

29th May
Pambula Preschool

5th June
Eden Long Daycare

12th June
Merimbula-Tura Kindy

19th June
Little Nippers

TUESDAYS

2nd May
Cobargo Preschool

9th May
Little Yuin

16th May
Sapphire Playgroup

23rd May
Bermagui Preschool

30th May
Cobargo Preschool

6th June
Little Yuin

13th June
Sapphire Playgroup

20th June
Bermagui Preschool

WEDNESDAYS

3rd May
Rocky Hall Preschool

10th May
Bandara

17th May
Candelo Preschool

24th May
Rocky Hall Preschool

31st May

7th June
Bandara

14th June

21st June
Candelo Preschool

If you see us out & about, pop over for a yarn!
For more information, call our office on 64961918



Contact



Pregnancy, Birth and Baby Program

Commencing: 4th May 2023 for
12 weeks (excluding school
holidays)

Time: 10:00am - 11:30am

Where: Playability, 35 Parker St
Bega

Sarah Sweeny - Playability

0437075215

Sarabs@playability.com.au

Jackie Wishart - Campbell Page

0477086972

jacqueline.wishart@campbellpage.org.au

Sonya Spencer - Katungul

6492 0532

sonyas@katungul.org.au



About the Program

The Pregnancy, Birth and Baby Program is a free 12-week program (excluding school holidays) that targets woman in the last trimester of their pregnancy through to baby turning 8 months old.

Dads are also welcome to come along.

The program will continue to rotate every 12 weeks and is a collaboration of Playability, Campbell Page and Katungul with support from the following organisations.

Brighter Futures

Sapphire Neighbourhood Services
Department of Communities and
Justice

Women's Domestic Violence
Court Advocacy Service
South East Regional Hospital -
mental health and midwife units

The Pregnancy, Birth and Baby program aims to:

- Support parents to develop parenting skills
- Connect parents to the community
- Parents are empowered with increased confidence to care for their baby
- Promote healthy outcomes and lifestyle choices for parents and their baby
- Provide support, education and information to help strengthen parent-child relationships
- Provide weekly health and weight checks for baby

Content

A range of topics will be covered in the program including:

Breastfeeding and / or Bottle Feeding

Nutrition and introducing solids

Settling your baby

General fitness post birth

Health, Wellbeing and self-care

Financial tips

Positive parenting

Healthy relationships

Child development and wellbeing

Emotional support when living away from friends and family

Responding to the needs of your baby

Early Intervention & Therapy Supports

**GROUP
ACTIVITIES
TERM 2- 2023**



MONDAY'S Craft Group (over 7's) 3:45-4:45pm
PlayAbility Bega: 21 Church St

TUESDAY'S STEM Group 3:45-4:45pm
PlayAbility Eden: 3 Crown Lane

WEDNESDAY'S STEM Group 3:45-4:45pm
Seventh-Day Adventist Hall Bega: 31 Upper St



PLEASE CLICK ON THE LINK TO THE GROUP
REGISTRATION FORM TO REGISTER YOUR INTEREST OR
CONTACT BROOKE ON 0428045907 OR
BROOKEH@PLAYABILITY.COM.AU FOR MORE
INFORMATION!
GROUPS WILL START WEEK 2 OF THE SCHOOL TERM, WILL
RUN FOR 9 WEEKS AND WILL BE BILLED WEEKLY TO YOUR
CHILD'S NDIS PLAN.

[Group Registration Form \(jotform.com\)](#)

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.

Our Team

Suzie Eruera - Early Childhood Support
Manager / Specialist Teacher
Pauline Mendes - Therapy Support
Manager / Speech Pathologist
Karin Champagne—Specialist Teacher
Lucy Gollan—Specialist Teacher
Sue Hill—Specialist Teacher
Angie Russell—Specialist Teacher
Anna Maslen—Specialist Teacher
Holly Sutor-Fogarty—Specialist Teacher
Rowan Cox—Speech Pathologist
Brooke Hansen—Keyworker
Phil Power—Keyworker
Sonia Evans—Allied Health Assistant
Sophie Revington—Allied Health Assistant
Melissa Shannon - Allied Health Assistant



CRAFT GROUP FUN

