



NEWSLETTER

Term 4 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 4, 2023

Our new Inclusion Hub is now open!

Funded by the NSW State and the Australian Government, the ribbon was officially cut and plaque unveiled by Kristy McBain MP and Ella Mary Dunn on October 4.

The Inclusion Hub has 3 clinic/play rooms, a big room with a kitchen for groups, and a large play gym for supporting gross motor development. We are very proud of this exciting new space and look forward to showing you around.

Supporting children at school and in the community is still our core work for many children. However, there are many benefits to centre based supports. In a room with the child and parent/carer we are able to follow and guide the child's play, without distractions, and work through strategies with the parent/carer present that we may not have been able to otherwise.

Sessions in the gym are a fun way for children to develop their balance and body awareness. Obstacle courses, swings, games and other apparatus build the strength and confidence your child needs to be able to concentrate better and feel more emotionally balanced.

Talk to your early childhood specialist or therapist about how centre based sessions including play in the gym can be a part of your routine to support your child's development.

New fence

Club Bega has generously supported the building of the front fence at the cottage with \$2500 injection of funds. Thanks Club Bega! We look forward to your ongoing support in the future as other needs arise.



From left to right: Geoff Johnston CEO, Ella Mary Dunn and Kristy McBain MP

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.

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.

Inclusion Hub Grand Opening



Inclusion Hub Grand Opening



NDIS billing update

As a not for profit organisation it is in our best interests to provide a great service that enables you to get the most from your child's NDIS plan whilst making enough income to keep doing what we do.

At this point in time we are evaluating the services we provide, to ensure we are claiming what we can, reasonably and sustainably, within the NDIS rules.

These are some items you may find appearing in your statements from term 4:

- Preparation and research. Specialists put time into looking up current information and strategies specific to a diagnosis or developmental area and prepare strategies to match your child's preferences and the environment (school, centre or home).
- Making Resources. Prior to sessions we need to photocopy, laminate, collate and generally prepare quality activities before a session.
- Conversations, or capacity support interactions. Delivering a personalised service based on a trusting relationship is important to us. Please be aware that our specialists need to claim for their time when the conversation is about supporting you, understanding your challenges and discussing how to best support your child at home or school.



In all cases we will be able to share the resources and/or provide a clear explanation about why we have claimed the time we have taken. This is to ensure transparency and to give you piece of mind that we only claim for the time it takes to improve the quality of our service to you and your child.

Early Intervention and Therapy Supports

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 Suitor-Fogarty—Specialist Teacher
Rowan Cox—Speech Pathologist
Brooke Hansen—Keyworker
Phil Power—Keyworker
Sonia Evans—Allied Health Assistant (On
leave)
Melissa Shannon - Allied Health Assistant
Hannah Lenthall—Allied Health Assistant
Valerie Schmid-Oke—Play Therapist

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.



Good news stories!

We needed new car seats in Family Support to provide transport for families to and from events and appointments. Fran contacted Jane from the Women's Resource Centre and she was able to provide us with two good quality car seats, in addition to the 3-in-1 Activity Center, a baby carrier and pram.



When looking through the big shed at the Eden office a while ago, we noticed some wooden furniture that would have been a great addition to the children's indoor and outdoor play spaces during Playgroups, however they needed a lot of work including sanding back and painting.

Fran contacted Lou from the Men's Shed who advised that he and the other volunteers would be happy to repair and make them look loved again. Thanks to Angie and her husband for delivering the furniture to the Men's Shed, then collecting the pieces and returning them to Eden where they are now getting lots of use by the children.



Repaired and painted wooden fridge

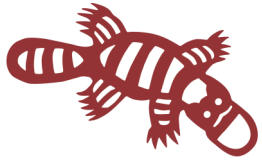


Repaired and painted dolls bed

Sarah and Fran were successful with the application for the NAIDOC Week literacy grant - the theme for NAIDOC Week in 2023 was **'For our Elders'**. As a result, we held three events:

- 1) NAIDOC Community event – 7th July 2023—PlayAbility assembled 2 marquees - the first marquee functioned as a virtual story tent and the second marquee functioned as an information/activity tent.
- 2) Eden Elders Family Playgroup 28th August - This was a great success with 32 people attending - 16 children and 6 grandparents.
- 3) Cobargo Elders Family Playgroup 29th August 2023—This was also a great success with 22 people attending - 11 children and 3 grandparents.

At both Elders Family Playgroups, we displayed newly purchased playscapes and read the Sally Morgan books 'Thank you Rain' and 'The River'. Both books are about the importance of connecting to country. All of the families were offered a story book to take home. The books purchased were displayed and many parents were interested in borrowing them from the Toy Truck.



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.

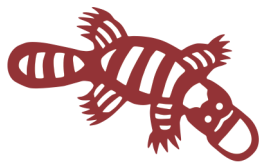


Referrals

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



**SUPPORTED
PLAYGROUPS**
TERM 4, 2023

Our Playgroups provide a safe and
inclusive environment to
PLAY LEARN GROW SOCIALISE



EDEN PLAYGROUP

Monday 10 am – 11.30 am

PlayAbility Centre

3 Crown Lane, Eden

COBARGO PLAYGROUP

Tuesday 10am – 11.30 am

Cobargo Apex Park

BEGA PLAYGROUP

Wednesday 10am – 11.30am

PlayAbility Cottage,

35 Parker St, Bega

ALL families with children aged 0–6 are
welcome, encouraged and accepted.

Call our office on 6496 1918





MOBILE TOY LIBRARY AND PARENTING RESOURCE SERVICE

TIMETABLE, TERM 4, 2023
ALL VISITS 8.45- 9.30AM

FREE SERVICE

| Monday | Tuesday | Wednesday |
|--|---|--|
| 16 th October Little Nippers | 17 th October Sapphire Neighbourhood | 18 th October Candelo PS |
| 23 rd October MTK | 24 th October Bermagui PS | 25 th October Rocky Hall PS |
| 30 th October No toy truck | 31 st October Cobargo PS | 1 st November No toy truck |
| 6 th November Little Nippers | 7 th November Little Yuin | 8 th November Candelo PS |
| 13 th November No toy truck | 14 th November Sapphire Neighbourhood | 15 th November Rocky Hall PS |
| 20 th November MTK | 21 st November Bermagui PS | 22 nd November No toy truck |
| 4 th December Little Nippers | 5 th December Little Yuin | 6 th December Candelo PS |
| 11 th December MTK | 12 th December Bermagui PS | 13 th December Rocky Hall PS |

IF YOU SEE US OUT AND ABOUT, POP OVER FOR A CHAT!
FOR MORE INFORMATION, CALL OUR OFFICE 6496 1918



STEAM is here for Term 4!

Where: PlayAbility Inclusion Hub
35 Parker St Bega

When: Weekly on Wednesdays at 3.45-4.45pm
Commencing 18th October for 9 weeks

*Enrolments are for the term and \$51.80 will
be billed weekly to your NDIS plan.
Contact Bronwyn on 0428083039
or bronwyn@playability.com.au to sign up!*



Science
Technology
Engineering
Art
Mathematics





Contact



Pregnancy, Birth and Beyond

Commencing: Thursday the 12th
of October, 2023

Time: 10:00am—11:30am

Where: PlayAbility, 35 Parker St,
Bega

Tal Core - PlayAbility
0428 081 361
talco@playability.com.au

Jackie Wishart - Campbell page
0477 086 972
jacqueline.wishart@campbellpage.org.au

Sonya Spencer - Katungul
02 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 women 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