



NEWSLETTER

Term 1 2024

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, 2024

PlayAbility has a new website. This is very exciting for us because we now have an opportunity to showcase the range of services available, including the one-off group programs, with our new logo and look. Please check it out regularly for updates, offerings and schedules.

We have been in the new Inclusion Hub for 3 months now. Many families accessing Early Intervention have joined in the fun group activities and these will continue to grow. Please let us know your ideas as groups are great for social skills and are an efficient way to use your funding.

Our new rooms and play gym at the Hub are beautiful spaces for creative play and to explore new ways to support development. Whilst providing individual sessions in preschools and schools will continue to be a priority, centre-based sessions can be great for both parents and children. Please let us know if you would like to try a term of centre-based sessions and experience for yourself.

Our family support team have been preparing for the new year too. Pop-up playgroups are being planned in term breaks outside of the regular Eden, Cobargo and Bega schedule. The Pregnancy, Birth and Beyond program will also begin in February. All playgroups are free for families with young children. Please check the website for the schedule.

Join our committee and make a difference

As a community based organisation, PlayAbility is overseen by a volunteer management committee. This committee plays a vital role in overseeing our purpose in the community.

We are currently seeking new members to increase the numbers and diversity of people representing the community.

If you have skills in governance, fund raising, business management or simply want to play a role in guiding this wonderful organisation please get in touch.

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.

School access and opportunities

PlayAbility has a long history of working closely and collaboratively with preschools and schools to foster children's development. For a long time we were the only provider.

Times have changed, with NDIS funding there is now a surge of providers vying for access to classrooms. With each provider working differently in respect to the school environment, policies and communication styles, teachers are overwhelmed.

Consequently, schools and preschools are making decisions about access for all providers to reduce disruption. Some are restricting access completely at the start of the school year, limiting access to specified windows of time through the day, or creating special rooms.

We all want the best for your children. Working in natural environments, such as schools, is best practice when conducted collaboratively with mutual respect. We understand that this model is great for parents and carers juggling multiple responsibilities.

However, the challenge is that with restricted access we may not be able to support your child's development as well as we would like to at school.

If this is a concern for you we are open to new opportunities.

We have two wonderful centres; Bega and Eden. Centre based sessions before or after school are a chance to explore new experiences and try something different like our play gym, sensory play rooms or a cooking session.

We have group sessions too, and plenty of resources for individual sessions to target skills.

Please visit the website for new programs or get in touch with us to talk about options.

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
Holly Suitor-Fogarty—Specialist Teacher
Catherine Brown—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.



Book your FREE
Parent
Consultation to
see how we can
help your child



PLAY THERAPY

Play Therapy is an effective child centred technique used in child counselling or psychotherapy to assist children with their emotional development, behavioural challenges and making sense of their lived experiences or trauma. Play Therapy meets the child at their level of communication, instead of asking them to use adult communication that is still unfamiliar. Abundant research supports its effectiveness to treat a whole host of child emotional and behavioural issues.

PlayAbility has limited availability in their Play Therapy program in 2024

Contact PlayAbility on
64961918 to book a
consultation with Val to see if
Play Therapy is right for your
child



TERM 1 GROUP ACTIVITIES

CRAFT GROUP

Where: BEGA

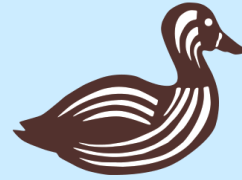
When: Every Monday

Time: 3.30pm—4.30pm

Expression of interest

RSVP to Phil

0438 453 480



COOKING GROUP

Where: BEGA

When: Every Wednesday

Time: 3.30pm—5.00pm

Expression of interest

RSVP to Phil

0438 453 480

EARLY CHILDHOOD DEVELOPMENT GROUP

Where: BEGA

When: Every Monday and Friday

Time: 9:30am-11:30am

Expression of interest

RSVP to Holly

0427 993 650



PRICE

PlayAbility group activities are charged to your child's NDIS Plan and are sold as a package of 10 weeks during the school term. Please contact us on 6496 1918 for further information.

Good news stories!



Late last year we received \$500 from the Commonwealth Bank in Eden as part of their Comm Bank Community Donation program and bought a new trampoline.



Thank you to the Deneve family for the beautiful donation of tables, chairs and dolls. Karin Champagne our developmental specialist has repainted the room to create a warm and welcoming space for children, parents, grandparents are carers.



This is a photo of our Breakfast meeting with Chrysanthi McManus a teacher with over 30 years of experience, who works in the Kindergarten at Mumbulla school.

She spoke with us about the 'Importance of Play' and shared how play is fostered and implemented into the curriculum.

She spoke about creating safe, predictable and repetitive routines for children and the importance of building relationships and trust with them.

Chrisanthi said that careful observation helps us to understand and meet the needs of the children we care for.

Staff were very absorbed by her presentation and we thank her for her time, passion and inspiration.



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



**SUPPORTED
PLAYGROUPS**
TERM 1, 2024

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



OUR
MEETING
PLACES



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

Discover our wide range of toys for all ages.
If you see us out and about, pop over for a chat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5th February TOWAMBA Playgroup 10.30 – 11.30	6th February BEGA Sapphire Neighbourhood Service Playgroup, 10.30 – 11.30	7th February ROCKY HALL Preschool 9 – 10am	
12th February Spencer Park, MERIMBULA 10 – 11.30	13th February Colombo Park, BEMBOKA 10.30 – 12	14th February Apex Park, BERMAGUI 10 – 11.30	
19th February EDEN Playability Playgroup 10.15 – 11.15	20th February COBARGO Playability Playgroup Apex Park 10.30 – 11.30	21st February BEGA Playability Playgroup 35 Parker St 1 0.15 – 11.15	
26th February BEGA Glebe Park Bunyarra Drive 10-12	27th February EDEN Endeavour Park, Endeavor Court 10-12	28th February TATHRA Playgroup 10.30 – 11.30	
4th March TOWAMBA Playgroup 10.30 – 11.30	5th March BEGA Sapphire Neighbourhood Service Playgroup 10.30 – 11.30	6th March ROCKY HALL Preschool 9 – 10am	
11th March Spencer Park, MERIMBULA 10 – 11.30	12th March Colombo Park, BEMBOKA 10.30 – 12	13th March Apex Park, BERMAGUI 10 – 11.30	
18th March EDEN Playability Playgroup 3 Crown Ln 10.15 – 11.15	19th March Apex Park COBARGO 10.30 – 11.30	20th March BEGA Playability Playgroup 35 Parker St, BEGA 10.15 – 11.15	21st March PAMBULA Envision Education. 9.30-10.30
25th March BEGA Glebe Park Bunyarra Drive 10-12	26th March EDEN Endeavour Park, Endeavor Court, 10-12	27th March TATHRA Playgroup 10.30 – 11.30	
EASTER MONDAY	2nd April Sapphire Neighbourhood Service Playgroup, BEGA 10.30 – 11.30	3rd April ROCKY HALL Preschool 9 – 10am	
8th April Spencer Park, MERIMBULA 10 – 11.30	9th April Colombo Park, BEMBOKA 10.30 – 12	10th April Apex Park, BERMAGUI 10 – 11.30	END OF SCHOOL TERM

For more information, call our office on 64961918



PREGNANCY, BIRTH + BEYOND

A small and collaborative playgroup for children 0-5 years and their families that aims to strengthen connections within childhood and parenting.

ACCESS is by referral via any of the collaborating organisations.

TIME & LOCATION changes with the program but in the main -

THURSDAYS 10-1130am

@ PLAYABILITY COTTAGE,
35 Parker Street BEGA.

QUESTIONS?
Please contact -

PlayAbility
02 64961918

Campbell Page
0477086972

Katungul ACRH&CS
02 64920532

