



Welcome to Term 3, 2024

# NEWSLETTER

Term 3 2024

Phone: 02 6496 1918 Email: [admin@playability.com.au](mailto:admin@playability.com.au)

Post: PO BOX 501, Eden, NSW, 2551

Wow! I never imagined I would be writing the CEO report for PlayAbility. I am thrilled to have been given the opportunity to take on the (Acting) CEO role while Geoff is on long service leave. Reflecting on my journey, it's incredible to think about where I started back in 2010 and where I am now.

PlayAbility has been a cornerstone of the Bega Valley community for over 35 years, and I believe its longevity can be attributed to four key areas that resonate deeply with me:

### **Community-Based, Non-Profit Organization**

PlayAbility's foundation as a non-profit, community-based organisation aligns with my personal beliefs and values. Our mission to support and uplift local families creates a sense of purpose and fulfillment that drives our entire team. It's more than just work; it's a commitment to making a tangible difference in the lives of our community members.

### **Diverse Range of Services**

One of the unique strengths of PlayAbility is the diversity of services we offer. By combining NDIS-based services with our Family Support services, we can provide holistic support to families. This comprehensive approach ensures that we meet the varied needs of the children, young people, and families we serve, fostering resilience and growth across different life stages.

### **Commitment to Trauma-Informed and Culturally Safe Practices**

We are steadfast in our commitment to trauma-informed and culturally safe practices. Understanding the backgrounds and experiences of those we support is crucial in creating a safe and nurturing environment. Our team is trained to recognise and respond to the effects of trauma, ensuring that every interaction is grounded in empathy and understanding. This approach not only aids in healing but also empowers individuals to build positive futures.

### **Safe and Inclusive Spaces**

Creating a safe and inclusive space where positive self-identity is fostered and encouraged is at the heart of PlayAbility's philosophy. We strive to provide environments where children, young people, and adults can express themselves freely and feel valued for who they are. This inclusivity extends beyond physical spaces to our programs and activities, which are designed to promote self-esteem, confidence, and a sense of belonging.

As I step into this role, I am filled with gratitude for the incredible team at PlayAbility and the families we serve. Our shared dedication to these core values has not only sustained us but has also made us a pillar of support in the Bega Valley community. I look forward to continuing this journey with all of you, working together to build an even brighter future for PlayAbility and the families in our community.

Warmly,  
Suzie



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.

## 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.



**BROOKE AND BABY MAISIE ENJOYING LASAGNA FROM THE COOKING GROUP**

## Term 2 GROUP FUN



**CRAFT GROUP GOT CREATIVE! HOW COOL ARE THE MINI PLANT POTS!**



**WELL DONE TO THE COOKING GROUP WHO MADE A VARIETY OF DIFFERENT MEALS THIS TERM**







# DONATE NOW!

## LET'S CREATE A BRIGHTER FUTURE!

GIVE A LITTLE, HELP A LOT

PlayAbility can now accept donations through our website!

Your donation will go straight into improving services for children and families in the Bega Valley

DONATIONS OVER \$2 ARE TAX DEDUCTIBLE



VISIT OUR WEBSITE  
[www.playability.com.au](http://www.playability.com.au)

CONTACT US  
02 64961918



At PlayAbility we are dedicated to make sure all children, and their families have equal access to social and disability supports without discrimination, irrespective of race, language, religion, ethnic origin, ability or other status. Your generous donation can make a significant impact.

If you would like to donate or find our more please scan the QR code or click the link to our website:

[PlayAbility Inc | Registered NDIS provider](#)



## 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 Sutor-Fogarty—Specialist Teacher  
Catherine Brown—Specialist Teacher  
Brooke Russell—Development Specialist (On Maternity leave)  
Phil Power—Early Childhood Specialist  
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.





## 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 of trauma. Play Therapy meets the child at their level of communication, instead of asking to use adult communication that is still unfamiliar. Abundant research supports its effectiveness to treat a whole host of child emotional and behavioural issues.



**WE ARE LOOKING  
FOR A VOLUNTEER  
TOY CLEANER**



Can you spare any time to help our FREE toy truck service by cleaning and sanitising the toys? If you can please contact Suzie on [suzieh@playability.com.au](mailto:suzieh@playability.com.au) or call 0436 359 253

FIND A  
VIDEO OF  
CUTE  
ANIMALS  
ONLINE

WRITE DOWN  
3 NICE THINGS  
ABOUT YOURSELF

STEP OUTSIDE  
FOR SOME FRESH  
AIR

DRINK  
SOME  
WATER

**5 MINUTE  
SELF-CARE**

@ STACIESWIFT

LISTEN  
TO A SONG  
THAT MAKES  
YOU  
SMILE

BOOK THE  
APPOINTMENT  
YOU'VE BEEN  
PUTTING OFF

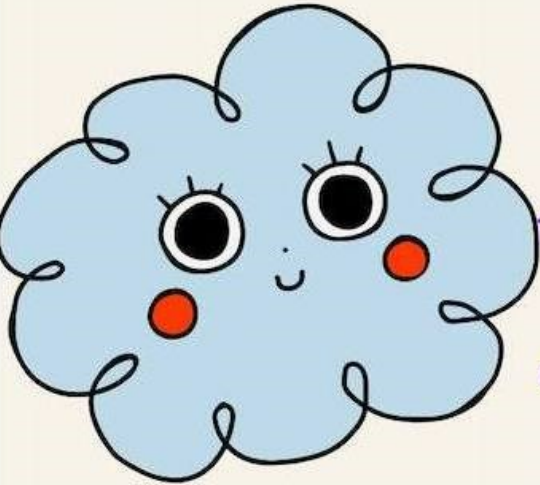
DO A SHORT  
MINDFULNESS  
BREATHING  
EXERCISE



# We Have an Occupational Therapist

We now have an Occupational Therapist! Sessions will be billed through your child's NDIS Plan. We only have them for a short amount of time so if you are interested please contact us:

[admin@playability.com.au](mailto:admin@playability.com.au) or 02 6496 1918

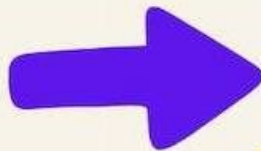


Occupational therapists help children to take part in everyday activities, movement and learning. This includes activities like climbing and walking, drawing and writing, getting dressed and helping around the home. Occupational therapists also help children to play with others.

**BOOK NOW!!**

-WSLHD

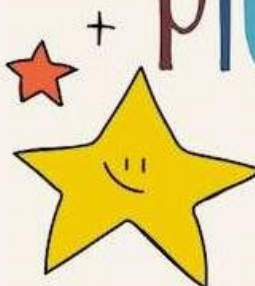
FROM THE  
26TH OF  
AUGUST



TILL THE  
15TH OF  
NOVEMBER



 @PlayAbility Bega Valley, NSW  
 @playability.inc  
[www.playability.com.au](http://www.playability.com.au)  
02 6496 1918  
[admin@playability.com.au](mailto:admin@playability.com.au)







### COOKING GROUP

This past term we have enjoyed yummy smoothies and made choc chip biscuits, sushi, tuna bake, spaghetti carbonara and pumpkin soup. The children have really enjoyed cooking a variety of different meals each week.

Where: Bega

When: Wednesday

Time: 3:30pm - 5:00pm

Expression of Interest

Phil 0438 453 480



### CRAFT GROUP

This past term we made lots of fun art including 3D postcards for the Spiral gallery competition, circular weaving bowls, a tiger coaster and a flag banner. Well done to all the children.

Where: Bega

When: Monday

Time: 3:30pm - 4:30pm

Expression of Interest

Phil 0438 453 480



### EARLY CHILDHOOD DEVELOPMENT GROUP

Where: Bega

When: Every Monday

Time: 9:30am - 11:30am

Expression of Interest

RSVP to Holly

0427 993 650



### ACTIVE GAMES GROUP

has started this term. We love Captains coming, balloon racquet, balancing on objects and popping bubbles, boule, sock wrestle, dodge ball, racing kippers, ball thief, ice cream and volcanoes.

Where: Bega

When: Tuesdays

Time: 9:30am - 10:30am.

Expression of Interest

Any 8 + year olds interested in joining in the fun please contact Phil 0438 453 480 or Shae 0427 498 457.



### 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.





# 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.

[Referrals to PlayAbility Inc](#)

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.







# Family Support update

Family support at PlayAbility runs a variety of playgroups in Eden, Bega and Cobargo; and we lend toys to children across the Bega Valley from our busy toy truck. We also offer Individual Family Support for those families who need a little helping hand when things become too much. Parenting can be a difficult and sometimes overwhelmed job for us all. Claire Benjamin and Stephanie Inwood support parents by meeting with them in their homes, in public places like parks, and at our PlayAbility centres. Stephanie and Claire assist parents with making and attending appointments, navigating the NDIS as well as liaising with other agencies such as housing, schools, preschools, medical practices and Centrelink. Aside from this important practical support, Stephanie and Claire also help parents to find ways to care for themselves. Caring for small children can become exhausting if we don't look after ourselves.

One way to do this, is to recognise, learn about and boost our five natural happy chemicals. There is dopamine, which is released as we achieve a goal, and it motivates us to seek new things in life. Serotonin is released when we feel confident in the world, respected by others and believe in ourselves. Oxytocin is released when our expectations are met. In other words, trust in ourselves and others triggers oxytocin. Endorphins can be released through laughter and stretching our bodies (we don't need to skydive). The last one, cortisol, actually feels bad because it's job is to warn us of threats or just to let us know that the happy chemical time is over. However, if we learn to recognise and accept cortisol as a normal part of life, and not something to get rid of, we make better decisions and therefore more happy chemicals follow.

Sometimes, self-care can feel like another job on the never-ending list of things to do. But finding little moments to notice these happy chemicals and finding ways to structure our lives to promote them, is vital for our overall well-being and the ability to care for our children. As Debbie Pincus (a psychotherapist who created the Calm Parent program) says, "the greatest gift you can give your children is to nurture yourself so that you will not need them to do that for you. Give to yourself today and every day. You and your kids will benefit."







# Welcome to PlayAbility

## Family Support



### SUPPORTED PLAYGROUPS Term 3, 2024

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 Service Term 3

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

MONDAY	TUESDAY	WEDNESDAY
July 29 EDEN Playability Playgroup 10.30 – 11.30	July 30 Toy Truck and Playgroup EDEN Endeavour Park, Banks St Eden 10-12	July 31 BEGA Playability Playgroup Parker St Bega 10.15 – 11.15
August 5 Spencer Park, MERIMBULA 10 - 12	August 6 Colombo Park, BEMBOKA 10.30 - 11.15	August 7 Apex Park, BERMAGUI 10 – 11.
August 12 TOWAMBA Playgroup 10.30 – 11.30	August 13 BEGA Sapphire Neighbourhood Service Playgroup 10.30 – 11.30	August 14 ROCKY HALL Preschool 9 – 10am
	August 20 KIAH Hall Playgroup and ToyTruck 10.30am-12pm	August 21 TATHRA Playgroup 10.30 – 11.30
August 26 Eden Playability Playgroup 10.30 – 11.30	August 27 Toy truck and Playgroup EDEN Endeavour Park, Banks St Eden 10-12	August 28 BEGA Playability Playgroup Parker St Bega 10.15 – 11.15
September 2 Toy Truck and Playgroup Spencer Park, MERIMBULA 10 - 12	September 3 Colombo Park, BEMBOKA 10.30 – 11.15	September 4 Apex Park, BERMAGUI 10 – 11.
September 9 TOWAMBA Playgroup 10.30 – 11.30	September 10 BEGA Sapphire Neighbourhood Service Playgroup 10.30 – 11.30	September 11 ROCKY HALL Preschool 9 – 10am
	September 17 KIAH Hall Playgroup and ToyTruck 10.30am-12pm	September 18 TATHRA Playgroup 10.30 – 11.30
September 23 Eden Playability Playgroup 10.30 – 11.30	September 24 Toy Truck and Playgroup EDEN Endeavour Park, Banks St Eden 10-12	September 25 BEGA Playability Playgroup Parker St Bega 10.15 – 11.15

For more information, call our office on  
64961918





# Pregnancy, Birth and Beyond

Pregnancy, Birth and Beyond is a small and supported playgroup for families with young children that is offered as a collaboration between PlayAbility, Campbell Page and the participants themselves.

Fundamentally, what we do and how we do it is shaped by the ideas and values of the participants.

Over the past month, that has meant that we have been celebrating birthdays! We have had no less than three birthday parties since the start of May. All of them different. And all of them fun.

We celebrated one birthday at the Eden PlayAbility, with pizza-making and a very-chocolate chocolate cake. Another at the Wolumla Kindigym, with somersaults and cupcake decoration. The most recent at Bega PlayAbility, with glow-in-the-dark play and an aeroplane cake. We are becoming better and better at blowing out the candles on cakes! And then eating them!

Though it may not sound like it, we have also done things that do not involve cake.

Some of us went to Narooma for the Car Restraint Program delivered by NSW Transport and NSW Police, in conjunction with NSW Health, and then headed over to the breakwater to see the seals.

We have since started some first aid training that relates specifically to parenting.

Most of the time, we just gather. In a park. At the beach. Or at one of the PlayAbility centres. Because the most important part of what we do as a group is come together and share a handful of hours.

Thank you to all of the families. For all of it.

