LEARN MORE ABOUT THE NDIS

As the National Disability Insurance Scheme (NDIS) is being progressively rolled out in the Shoalhaven in the 2017/2018 financial year, it means that some children and families will start to receive services through NDIS funding sooner than others. It can be a frustrating time for some when you are waiting to have your plan approved, and not having all the information or answers can be overwhelming.

To help support you through these changes and to provide you with the latest information, Noah’s will be hosting a number of NDIS Information sessions in May and June.

We invite you to come along to these sessions which will be specifically tailored to children aged 0-18 years old, and you can learn about how to plan for your child and be ready with your First Plan.

Please book in with Debra Jefferis via email djjefferis@noahsark.nsw.edu.au or call 02 4423 5022 for more information. Please be sure to check venues and times carefully before booking.

NDIS INFORMATION SESSIONS:

Thursday 25 May
NDIS information session - NOWRA
Presented by Meg Sweeney from PDCN (and fellow parent) - open to everyone
Times: 10:30am and again at 6pm

Wednesday 7 June
NDIS information session - NOWRA
Presented by NDIS, Uniting – open to everyone
Time: 12.30pm

Thursday 8 June
NDIS information session - ULLADULLA
Presented by NDIS, Uniting – open to everyone
Times: 12.30pm

Thursday 22 June
NDIS information sessions - NOWRA
Focusing on Early Childhood Early Intervention 0-6 years - open to everyone
Times: 10.30am and again at 6pm

LOCATIONS:

NOWRA:
Noah’s Building (303), Shoalhaven Campus, University of Wollongong
George Evans Road, Mundamia
NSW 2540

ULLADULLA:
158 Green Street, Ulladulla
NSW 2539
MESSAGE FROM THE CEO

It has been a flying start at Noah’s as we have launched in to 2018! We are now well and truly in the second half of the 'transition into the NDIS' year and it has meant a number of exciting new opportunities for us. As we go through this period of rapid and intense change to NDIS funded services, it is sometimes helpful for us to think of the wisdom of an ancient Greek Philosopher who is believed to have said “The only constant in life is change”. While there are some ongoing challenges, we are confident that the outcomes brought about by the NDIS will be positive and that we are doing everything we can to make it as smooth as possible.

Our staff are always busy holding NDIS planning meetings with families of children who are under 7 while continuing programs for children who have not yet transitioned. We have added our STEPS program which is part of our Early Childhood Early Intervention (ECEI) Transition Provider role with the NDIS as a way of being a ‘first point of call’ for families who have concerns about their child’s development. This program allows us to support parents and carers to know which pathway will best meet the needs of their child and their family. As well as having many new families access our services, it has been wonderful to have a number of families of older children return to Noah’s to use their NDIS funding after being supported by Noah’s when they were younger.

Our Parent Room program has been highly successful in providing parents and carers with knowledge and support. They say 'knowledge is power' and as one of our goals is to ‘empower’ families, we feel this program is critical for our parent and carer community. The feedback from parents attending this program has been very positive, and in fact, we recently presented a session on ‘Fussy Eating’ which you can read about, along with some helpful mealtime tips, in this issue of our newsletter.

One of the main factors that has helped us remain positive and innovative this year is that our links with the broader community continue to stay strong with a number of very generous supporters, allowing us to continue programs which would otherwise not be possible. We are very grateful. You can read about some of the great fundraising that has been happening in the past few months on page 4. We also rely heavily on our volunteers in all capacities and would like to acknowledge the enormous contribution they make to our organisation at our Volunteers Morning Tea in which will be held in May - stay tuned!

Alice Lans, CEO

UPCOMING DATES

4th MAY
MyTime commences - a parent/carer support group

7th MAY - 15th JUNE
Now and Next - Nowra (see 'Now and Next' for more details)

15th MAY
Transition to School Professional Development Day at Kiama Pavilion (registration $80)

31st MAY
The Parent Room - choosing a school, negotiating meetings, introducing your child and making a smooth transition

CONTACT US

Have feedback for us on our newsletter? Or want to get in touch with us about something you have read?

P: (02) 4420 5522
E: Nowra@noahsark.nsw.edu.au
F: Facebook/noahsAUS
THE PARENT ROOM PRESENTS

STRATEGIES FOR Fussy EATING

A recent session held in The Parent Room in late March introduced ‘Strategies for Fussy Eating’ which was presented by Noah’s Speech Pathologist, Shona Hojem. Here is the low down for those that might have missed it...

There are may reasons children refuse to eat, or limit their intake. Behavioural reasons in the child or the parent are not the only reason for mealtime challenges. Always check medical needs and physical skills as well.

HELPFUL MEALTIME TIPS:
- Have regular routines with meals, with distractions limited or removed.
- Offer a variety of foods but don’t bust the budget.
- Don’t offer the exact same food for every meal - work on variety so that the child’s food range does not narrow further.
- Introduce new foods gradually. Think about new foods that are similar to ones the child already eats so they are not too challenging.
- Model ways to try new foods including a tongue taste, a sniff, a taste and remove (spit out) - this means that the child is not trapped with a mouthful of food they can’t manage.
- Use positive language rather than negative labelling e.g. “that’s a big flavour for you!”, “oh, you are still learning about the taste”, “that felt surprising in your mouth”.
- Aim to teach the child to identify him or herself as someone who tries things (food included) rather than focusing on eating.
- Enjoy other activities with your child - not just at mealtime
- If every meal is a battleground, get someone involved to help you.

NOAH’S CELEBRATE WORLD DOWN SYNDROME DAY

Families and staff helped celebrate World Down Syndrome Day (WDSD) on Saturday 26th March at Noah’s with a beautiful morning tea and playdate.

WDSD is officially held on the 21st March each year and helps raise awareness of what Down Syndrome is, what it means to have Down Syndrome and how people with Down Syndrome play an important role in our lives and communities.

Thank you to everyone who came and supported the event.

BECOME A KIDS SUPPORTER TODAY AND MAKE A DIFFERENCE.

$30 a month is all it takes to become a Kid’s Supporter and help us to ensure that the children who need therapy receive it, and families receive the best information they need to help their kids.

For more information please contact us on (02) 4423 5022 or email Nowra@noahsark.nsw.edu.au
FUNDRAISING SPOTLIGHT

CHARITY GOLF DAY RAISES OVER $20K FOR NOAHS

A huge thank you to the Shoalhaven Heads Hotel/Motel for organising another successful Golf Day event which helped raise funds for Noah’s. The day and night was a massive success that rose over $20,000.

The two day event, held on the 23rd and 24th November 2017 saw teams of golf enthusiasts come together for an action-packed program featuring a $20k hole-in-one competition, charity dinner function with entertainment and Calcutta auction of players, and a fun-filled day of golf at the scenic Shoalhaven Heads Golf course.

5 teams finished within a stroke of each other with The Bluey Everest Team coming out on top as the overall winner on the day.

The night before was a superb evening of entertainment for the 85 people who attended. Attendees enjoyed a team auction and a great local seafood spread.

Noah’s would like to thank the Shoalhaven Heads Hotel/Motel who run this event annually, and to all the people who supported the event.

Photo credit: Richard Miller.

COMMUNITY SUPPORTERS

JETTS NOWRA GET MOVING FOR NOAHS

A big thank you to our corporate partner, Jetts Nowra who raised $200 for Noah’s Inclusion Services through their Heart Health Challenge held in February.

The Heart Health Challenge was run in conjunction with the National Heart Health Awareness month and saw 20 participants focus on improving their cardiovascular related measurements including aerobic fitness, blood pressure, waist to hip ratio and body fat percentage.

The winner of the Challenge, Cathy, lost over 6% body fat and over 20cm, as well as improving her fitness and blood pressure. As a group, they lost over 200cms and over 60kg in the 4 weeks. $10 from the challenge fee was donated by each participant, which meant $200 was raised for Noah’s Inclusion Services.

Jetts also raised $190 for Noah’s from a raffle they ran during the Jetts Open Day on the 24th February. Well done to the team at Jetts and thanks again for your continued support of Noah’s.

Thinking about hosting your own fundraiser? Whether it’s a gala dinner for 100 people or a morning tea for ten - we would love to hear from you!
PROGRAMS

MY TIME

MyTime is a new program at Noah’s, commencing in Term 2, which provides support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic medical condition.

The group will run from Mundamia for 8 weeks each term, and will include a range of activities, coffee and chat sessions, and guest speakers. Term 2 sessions will commence on Friday 4th May.

Free childcare will be provided while parents attend the group session each Friday morning from 9:30am-11:30am.

For more information contact Aimee Heald on (02) 4423 5022 or email aheald@noahsark.nsw.edu.au

NOW AND NEXT

Noah’s are delighted to be hosting the Now and Next program - presented by trainers from Plumtree - for families and carers of young children. The program helps parents and carers to develop skills to achieve positive outcomes and work towards them with new clarity and purpose.

Now and Next is a fun and engaging program where you will be able to:

- Set goals for your child, family and self using Pictability, a unique vision setting experience.
- Learn how to use our ‘goal to action’ strategy to achieve your goals during the program
- Reflect on your child, personal and family strengths using the Now and Next Mindfulness colouring-in book
- Identify your signature strengths and how to use them to achieve personal outcomes
- Learn how to create positive relationships with professionals
- Learn how to improve your child, family and personal well-being
- Use an iPad to create a personalised e-book that documents your progress

Details:

COST: Free
TIME: 8 x 2.5hr weekly sessions, Monday 7th May to Monday 25th June, 6pm-8:30pm
LOCATION: Noah’s Inclusion Services, Noah’s Building (303), Shoalhaven Campus, University of Wollongong, George Evans Road, Mundamia NSW

For more information or to register your interest contact:

Stacey Touma
Stacey@plumtree.org.au
www.plumtree.org.au

Debra Jefferis
djefferis@noahsark.nsw.edu.au

GET TO KNOW US AT NOAH’S

Say Hello to Debra Jefferis...

Debra is Noah’s Family Information Support Coordinator and has been for the past 7 years. Debra is responsible for providing information, support, and linking into other services, and co-ordinating and hosting The Parent Room information sessions each month, as well as co-ordinating the Family Disability Support Program and event for families with school ages children.

Debra came to Noah’s 17 years ago as a parent with her son. She volunteered for 6 years on the Committee as Secretary and helped with fundraising, before coming on board as an employee.

Debra loves being part of the Noah’s family and helping out families in the community - “I really enjoy connecting and supporting families, and learning something new every single day”: