There’s an old saying: “It takes a village to raise a child.” Australian parents often feel they have to raise their children all by themselves, especially if they don’t have friends or relatives nearby. No-one can do everything alone, and we all need help sometimes.

One of our main values at Noah’s is ‘Collaboration’ and for the most part this means working with families, not only for the sake of the child and providing them with services and the support they need, but also helping parents and carers look after themselves.

Our parent resources can be found on the Noah’s website. Our first tip for parents and carers is all about looking after yourself (see right: Tips on Looking After Yourself).

"You can’t pour from an empty cup. Take care of yourself first"
MESSAGE FROM THE CEO

It’s hard to believe that we’ve already reached the half way mark for 2018 and things don’t look like they will be slowing down any time soon.

The start of June saw some wonderful celebrations in our region for NAIDOC Week and attending the NAIDOC Day at Nowra Showground was a shining example of the strength within our Shoalhaven Aboriginal Community. Our stall at Noah’s provided plenty opportunities for some stamping / painting and making some ‘yarn snakes’

As always, we are heavily supported by volunteers of all kinds and almost all of our programs are supported in some way by unpaid helpers. We really couldn’t function without them. Noah’s enjoyed thanking them for their efforts and celebrating what we’ve achieved together at our Volunteers Morning Tea in May.

One of the major updates at Noah’s recently is the news regarding the outcome of the NSW Early Childhood Early Intervention (ECEI) Partner in the Community Role. Noah’s has provided these services for the past 12 months in a short term ‘Transition Role’. Over the last 12 months the team at Noah’s has worked very closely with the National Disability Insurance Agency (NDIA) to transition over 400 children to the National Disability Insurance Scheme (NDIS). We have also provided over 460 families with some short-term support services, linking some to other services within the community and providing education and support. The team at Noah’s have enjoyed fulfilling this very important role.

The NDIA recently awarded the Tender for the long-term Early Childhood Partners to deliver the ECEI approach in NSW to 5 organisations across the state. Lifestart has been awarded the Illawarra Shoalhaven area, which commenced from 1 July 2018.

Lifestart are currently planning, recruiting and setting up these services in partnership with the NDIA. Their role includes working with families of children under age 7 to provide some short-term intervention and assessment, provide information to families about services and to support eligible children to access the NDIS. To find out more contact Lifestart on 1300 953 390 or ring us at Noah’s on 4423 5022 for more information or to answer any questions.

It is important to us that families understand that Noah’s will keep working closely with our community to promote the inclusion of all children and young people. We are also passionate about supporting families in our local area to give our children every opportunity to thrive. At Noah’s we will be continuing to provide the following NDIS registered services and non-NDIS services for children and families in the Illawarra, Shellharbour, Kiama and Shoalhaven areas.

- NDIS registered services for children 0-17 years who have NDIS plans include; Individual Therapy, Multi-disciplinary therapy, Early Childhood Intervention/ Transdisciplinary Key Worker, Specialist groups, Behaviour Management, Plan Management, Support Coordination.

- Non-NDIS services including; Start Up (multi-disciplinary developmental and diagnostic assessment), Managing Children Program, Playgroups, Mundamia Early Learning Centre, Aboriginal specific educational programs, The Parent Room, MyTime and Information Support.

We look forward to the start of the second half of the year with some new playgroup and Aboriginal Programs and supporting families who are using NDIS plans.

Alice Lans, CEO

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 is a place to connect with parents having similar experiences; learn and get practical, relevant information about local services, supports, the NDIS, how to prepare for the NDIS and navigate the system. It is a great opportunity to talk things over with people who also have children with a disability or additional needs but are outside your usual networks.

The most recent Parent Room session saw parents learn about transitioning their child to school. This can be an anxious time for any parent, so doing your research and being prepared is so important so that you find the right fit for you and your child. Below are just a few of the questions that were discussed:

**How can I decide what the right school is for my child?**
Don't be afraid to shop around and visit more than one school. Talk to others about their experiences, and look out for information days and events where you can get a good idea of the school culture and environment. Make an appointment with the school principal before your child starts.

**What is the best way to approach a school?**
Try to make a good first impression! Introduce your child with all of their best qualities so that the school can see your child first, not their disability. Drop off an introduction page about your child to the school before your appointment so they can get to know what your child likes, dislikes, where they excel, what their triggers are, etc.

**What is the best way to build relationships with the school?**
It is important to get involved with the school your child attends - you can do this by joining the P&C, help in the school canteen, sports carnivals or reading in class, or attend working bees and school camps. Be known. Be useful. Be involved.

*Remember, you are the expert on your child.*

---

**WHAT IS THE PARENT ROOM?**

The Parent Room is a place to connect with parents having similar experiences; learn and get practical, relevant information about local services, supports, the NDIS, how to prepare for the NDIS and navigate the system. It is a great opportunity to talk things over with people who also have children with a disability or additional needs but are outside your usual networks.

**UPCOMING DATES:**

**LEARN MORE ABOUT THE NDIS**
Thursday 30th August - 10:30am & 6pm
Presented by NDIA and LAC

**TO BOOK IN:**
Email Debra Jefferis on djefferis@noahs.nsw.edu.au or call (02) 4423 5022.

---

If you have a particular topic you would like for THE PARENT ROOM, please let us know! The Parent Room is for YOU, so we love to hear your suggestions.
NOAH'S CHALLENGE: SAVE THE DATE

Noah's Challenge: The Amazing Race
Sunday 21st October 2018
Moorhouse Park, Scenic Drive, Nowra

Noah's Challenge is on again in 2018, and we are very excited to bring you 'The Amazing Race' again after a successful event last year. Keep an eye out on our Facebook page for announcements of when registrations open and for more information.

Noah's Challenge is currently seeking Sponsors for the 2018 event. If you own or work in a local business who might be interested in sponsoring the event, please email Cindy Griffiths at cgiffiths@noahsark.nsw.edu.au for a Sponsorship Proposal.

HORIZON CREDIT UNION SUPPORTS NOAH'S

Horizon Credit Union presented a cheque to Noah's recently after collecting cash and in-kind donations from staff. Thank you to the team at Horizon Credit Union for your support of Noah's.

Pictured: Cindy Griffiths from Noah's, accepting a cheque from Branch Manager, Scott Weir.

COMMUNITY SUPPORTERS:

[List of community supporters]
Meet Aimee Herald, a Direct Support Worker at Noah’s. Aimee first came to Noah’s in 2017 when she completed an 8-week placement during her university course. She loved it so much, she has continued working for Noah’s.

Aimee enjoys a varied role. She looks after the MyTime program (See page 2.) which is a free program for parents and carers who care for a child with a disability or other medical conditions, as well as the ‘It’s My Life’ program, which is a self-advocacy program for local high school students who live with a disability. Aimee also helps facilitate planning meetings and writing NDIS plans under the Early Childhood Early Intervention (ECEI) scheme.

“My favourite thing about working at Noah’s is definitely the people. We have such an amazing team of committed and passionate people who bring so much joy and energy to Noah’s.”

Aimee keeps busy when she isn’t working at Noah’s looking after her two beautiful daughters, playing netball, and is in her final year of her Master’s degree studying Speech Pathology. Aimee hopes to graduate at the end of this year.

START UP
Noah’s Start Up program is where help and support begin.

It is a program that new families to Noah’s can access if they have a child under school age with difficulties in more than one area of development, so that they can be assessed by a team of professionals.

This program is very unique, and Noah’s prides itself on being able to offer a service that allows your child to be properly assessed by not just one professional, but a team of experts.

This team consists of a Speech Pathologist, Occupational Therapist, Early Childhood Special Educator, Psychologist and Child Care Worker who work with you and your child once a week over a five week period. Your child is assessed in a realistic environment where the child can be observed on their own, and how they interact with other children, carers, toys and activities to determine the intervention and strategies that best suit you and your child.

At the end of the program, the results and recommendations of the assessment will be explained to the parent or carer, and further assessment or therapies may be recommended.

If you are interested in learning more about the Start Up program, or are looking to have your child assessed, please contact us on (02) 4423 5022.

GET TO KNOW US AT NOAH’S
Say Hello to Aimee Heald
Meet Aimee Herald, a Direct Support Worker at Noah’s. Aimee first came to Noah’s in 2017 when she completed an 8-week placement during her university course. She loved it so much, she has continued working for Noah’s.

Aimee enjoys a varied role. She looks after the MyTime program (See page 2.) which is a free program for parents and carers who care for a child with a disability or other medical conditions, as well as the ‘It’s My Life’ program, which is a self-advocacy program for local high school students who live with a disability.

Aimee also helps facilitate planning meetings and writing NDIS plans under the Early Childhood Early Intervention (ECEI) scheme.

“My favourite thing about working at Noah’s is definitely the people. We have such an amazing team of committed and passionate people who bring so much joy and energy to Noah’s.”

Aimee keeps busy when she isn’t working at Noah’s looking after her two beautiful daughters, playing netball, and is in her final year of her Master’s degree studying Speech Pathology. Aimee hopes to graduate at the end of this year.