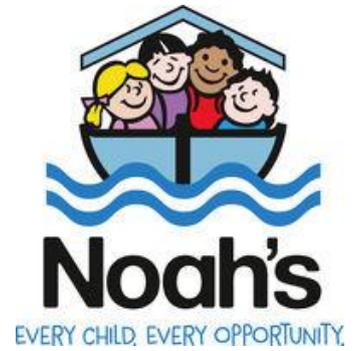


NOAH'S NEWSLETTER



We are relaunching our Kids Supporters Program and would love for you to join the Club!

Our Kids Supporters sign up to donate at least \$30 per month towards running our essential programs.

The NDIS has completely changed our funding and we are finding it more challenging than ever to run all our important programs.

Our regular donors are the backbone of our organisation and allow us to plan ahead to give children the best opportunity to thrive.

Contact us today for a no-obligation chat about signing-up as a Kids Supporter.

MINISTER VISITS NOAHS

State Minister for Early Childhood Education, Sarah Mitchell, and Member for South Coast, Shelley Hancock, recently visited Noah's to talk about our Little Steps Program and take a tour of our Nowra Centre and Mundamia Early Learning Centre.

This was a great chance to show them the important work we do and to talk about some of our services that need support.

They also re-announced some funding that Noah's received through the Start Strong Pathways Program (October 2018 to June 2020) to help fund Little Steps as well as the Young Yarns Program, both programs targeting children from 0-3 by supporting their families to access early childhood education.

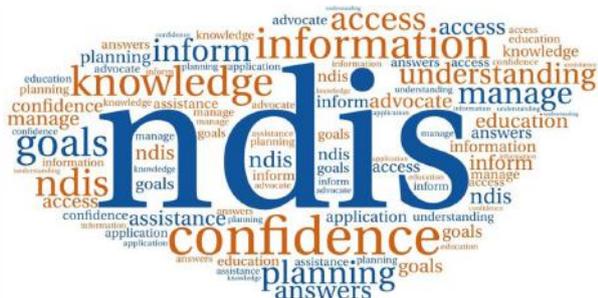
Thanks to Sarah and Shelley for visiting and for the fantastic funding that will benefit children and families in the Shoalhaven community.

NDIS UPDATE

We are urging all families to please keep in touch with us and other service providers when your child's NDIS Plan expires and you have a new Plan created.

Unfortunately we don't receive any other notification of this process and if we are not aware if it can cause billing issues.

This is especially relevant if you have an early review of your child's Plan.





MESSAGE FROM THE CEO

Welcome to our first newsletter for 2019. It's certainly been a busy start to the year ensuring that children and families are connected with the services and programs that will help them to reach their potential.

Many children are currently having their NDIS Plans reviewed which is a great opportunity to reprioritise. Please make sure you keep in touch with us when your child's plan is being reviewed so we can make important updates to our billing systems.

It's been a great start to the year for our Mundamia Early Learning Centre families. We have had lots of children return to our service from last year and have welcomed some new families too. The children are really enjoying learning about parts of the body and the weather with their Educators.

Mundamia staff recently hosted a 'Explore the Mundamia Curriculum' event and this was a great chance to connect with families and to share some insights into what happens in our Centre.

I recently attended the Children's Services Forum in Sydney where the State Minister for Early Childhood Education and other MPs spoke about their platform in relation to early childhood education which is particularly relevant with this month's state election.

I have also been dedicating time to learn about the new State Government reforms to how children facing vulnerabilities are supported. This is definitely an area where we can all work towards achieving better outcomes for children and I look forward to further applying the principles behind these reforms to our work here at Noah's.



We were thrilled to recently host the Minister for Early Childhood Education, Sarah Mitchell, who came to see our Little Steps playgroup first-hand. It was a great opportunity to showcase this important service and get some positive feedback.

One of our other valuable services, the Start-Up Program, has faced an uncertain start to the year with a lack of funding meaning the service may not be able to continue.

Start-Up is one of our key programs which brings together a multi-disciplinary team to assess children with developmental concerns. Children are often given a diagnosis or connection to other relevant services which is invaluable as we know how important early intervention is to the outcomes of a child.

As this newsletter is published we are in talks with potential sponsors for this program with this hope of continuing it for the benefit of our community. Please be in touch urgently if you can help.

I would like to say a huge thanks to our community supporters for working in partnership with us. Quite regularly we have a wonderful delivery of a donation to our offices and it's always so welcomed and valued. The latest donation from Disability Assistance for the Shoalhaven Inc (DASI) was a very generous addition to our budget for 2019. I thank them for their ongoing support.

Working in partnership with the community is one of the favourite parts of my role as it adds so much value to Noah's.

Lastly, I urge you to be in touch with your ideas and suggestions for NDIS services or programs that will help your child and family to thrive. We strive to meet the needs of our families and would love to hear from you. We are also in the process of updating and reviewing our policies so if anyone has a particular interest in policy development please let me know as it would be great to have some parent input into these documents.

Alice Lans, CEO

CONTACT US

Have feedback on this Newsletter? Or would you like to discuss our services or how we can help your family?

P: (02) 4423 5022

E: Nowra@noahsark.nsw.edu.au

F: [Facebook/noahsAUS](https://www.facebook.com/noahsAUS)

NOW AND NEXT PROGRAM

SEEKING EXPRESSIONS OF INTEREST FOR TERM TWO FOR THIS AUSTRALIAN FIRST PROGRAM DESIGNED BY PLUMTREE

The Now and Next Program help parents and carers of a child with a disability or developmental delay to develop skills to achieve positive outcomes for their child, family and self. Participants choose outcomes and work towards them with new clarity and purpose. Now and Next is family-centred, based on strengths and takes into account how adults like to learn.

The program is delivered in eight sessions of 2.5 hours held over eight weeks. Through fun and engaging activities, you will:

- Set a vision and goals for your child, family and self-using Pictability©, a unique vision setting experience
- Learn to apply the principles and tools of positive psychology to achieve better outcomes for your child, family and self
- Learn how to use our 'goal to action' strategy
- 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 positive 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 an e-book that documents your progress
- Build a network of support

The first of its kind in Australia, this invaluable program provides a safe environment where families can share their stories, build a support network and be empowered to take charge of their family's journey.

To learn more or register for this program at Noah's in term two, contact Debra Jefferis. Sessions will be held on Tuesday mornings 10am-12.30pm from 14 May to 2 July (8 sessions) at Noah's.



follow us on facebook

The best way to stay in touch with what's happening at Noah's is to follow us on Facebook. Here you'll find all our updates, news and links. Join us today!



UPCOMING EVENTS

Noah's is also hosting a range of other upcoming special events that will help you in your caring role:

Grandparents as Carers Support Group

This new group will assist all grandparents who are in the primary carer role - held the first Monday of each month at 9.30am at the Mind the Gap Building near Noah's.

Women's Health Talk

Come along and learn how to look after your health and wellbeing - held on Thursday 30 May at Noah's.

SELF CARE AND MINDFULNESS

We encourage all parents and carers in our Noah's community to set aside time to care for themselves within busy family life.

Finding the unique self-care routine that works for you and your family is important. Whether it's time-out for exercise or a trip to the local coffee shop, setting aside time for reading or relaxing or enjoying a sleep-in on the weekend, find what makes you feel refreshed and make it a priority.

We also recommend exploring mindfulness in your day-to-day life. Mindfulness simply means paying attention to the present moment.

You can start to explore mindfulness while walking, driving or brushing your teeth. Focus on your feelings and surroundings in that exact moment without worrying about the past or future.

It can help greatly with managing stress and can help you to concentrate, relax and be more productive.

Many mindfulness resources are available online and helpful apps can be downloaded to expand your mindfulness over time.

ULLADULLA OFFICE GETS A MAKEOVER

The Noah's office at Ulladulla recently had a makeover thanks to the generosity of some of our valued community supporters. A Working Bee was held where Bunnings Ulladulla staff and members of the HMAS Albatross 816 Squadron helped to bring the tired office back to life.

Much of the inside of the building was given a fresh coat of paint and the 816 Squadron did an amazing job of clearing out the overgrown gardens, pruning and mulching.

Bunnings Ulladulla supplied a lot of the paint and equipment that was needed on the day which was a huge help. Other local businesses and individuals also helped out to make the day a huge success.

We are hoping to do some further work on improving our outdoor space and would love to hear from you if you could help by donating your time, materials or cash to keep this project going.

We are so fortunate to have the support of the community and our Ulladulla Working Bee was a great example of working together to improve facilities for local children and families.



DASI DONATION

Many thanks to our friends at Disability Assistance for the Shoalhaven (DASI) for their recent donation of \$10,000 to Noah's Inclusion Services.

This amazing community group has been generously supporting Noah's for many years, working tirelessly to improve the lives of children with a disability and their families in the local area.

2019 PRIZE POOL

We are restocking our prize pool for 2019 and we would love to hear from you if you have something great to donate.

Donated prizes allow us to maximise our fundraising efforts through raffles or at one of our fundraising events throughout the year.

Call us on 4434 5022 if you or your business has something special to contribute to our cause.

BEHAVIOUR SUPPORT PROGRAM

Noah's Behaviour Support is a teaching and support program for families experiencing difficulties managing the behaviour of their children aged 2.5 to 7 years old. The program is based on positive parenting research that shows that a child's difficult behaviour can often be altered by changing the way parents/carers respond.

The program consists of five stages that families move through at their own pace and according to their own needs.

- 1. Parent Support** - Parents/carers meet with a qualified Noah's team member to discuss their child's behaviour and their areas of concern. Families are given strategies to trial at home.
- 2. Observation** - Children and their parents/carers are observed interacting together for up to six sessions. Noah's staff work with them to determine what might be causing the behaviour issues and how best to manage them.
- 3. Skill-building** - Parents/carers identify which strategies might work best for them with the Noah's team and commit to practicing these new parenting skills with supervision over two or three sessions per week.
- 4. Intensive support** - Parents/carers practice putting together new skills with their child in a one-on-one setting with the Noah's team on-hand for support.
- 5. Taking it to the real world** - Parents/carers are supported through one-on-one coaching sessions (without their child present) to help them successfully transfer all their new parenting skills to their home.

The program has a range of free resources for parents at www.noahsark.nsw.edu.au. Noah's Behaviour Support Program costs \$70 per term and payment plans are available for families facing financial difficulties. For more information please call us on 4423 5022.



GET TO KNOW US



By Amy Hall

I am a Key Worker in Behaviour Support and have been working at Noah's since January. I am also a Early Childhood Educator and have spent the last ten years working as a Special Education teacher.

My work is varied and is based around individual needs of children and their families. Sometimes it's at the Noah's centre where we can use the big OT room to focus on gross motor activities, sometimes it's at home where the child can work on fine motor skills, speech and language skills and other times it's at the child's school or preschool, where I can join them in their learning spaces in social groups working on areas of self and emotional regulation.

The best moments working for Noah's have been watching the joy on children's faces when they achieve something special. I have learned so much about so many things from the families I work with. They have little gold nuggets of wisdom that I love to recycle with other children in different settings.

I love that the work Noah's does is meaningful and appreciated by our families. I also enjoy seeing gorgeous native wildlife every day at work - like kangaroos, kookaburras, parrots and lorikeets. It always reminds me how lucky we are to live in this beautiful part of the world.

Outside of work, I love to potter away in my garden, hang out with my family and have adventures exploring new places. I also enjoy reading and collecting books and am planning to eventually build a mini library in our home.

I look forward to meeting you all soon.

Amy

SPECIAL THANKS TO OUR COMMUNITY SUPPORTERS:



Slingsby Holdings