

# NOAH'S NEWSLETTER



## SCHOOL HOLIDAY FUN

Huge thanks to all children who have attended our school holiday workshops so far.

We have been running these workshops since Easter and they have been a fabulous addition to our services, not only giving our children a chance to have fun but also teaching them important social skills, motor skills and improving their problem-solving abilities.

The sessions have included lego and board game club, science workshops, yoga and fitness groups and craft and jewellery-making classes.

The children have loved the chance to have some school holiday fun and it was great to see many families forming connections - both kids and parents/carers - through these groups.

Look out for the school holiday workshops in future and join in the fun!

Huge thanks to those people who donated to our recent Tax Appeal. It was a timely opportunity to reach out to our community to help fund some of our programs while also giving people an opportunity to claim a donation on their 2018-2019 tax return.

You can make a donation anytime at our website [www.noahs.org.au](http://www.noahs.org.au). We have a new online system for donations and we are also inviting our community to sign up to our Kids Supporter Club as regular donors too.

Your support is invaluable to us and means we can provide more and improved services for families - thank you!

## NDIS UPDATE

All families received an email recently advising that the NDIA has released a new price guide from 1 July which impacts hourly rates, travel charges and cancellation charges. Details can be found at <https://www.ndis.gov.au/providers/price-guides-and-information>

The funding in your child's existing plan will be adjusted to reflect indexation and the changes in the price limits. If you have any concerns about the increased costs impacting your budgeted supports, please contact your ECEI planner, Local Area Coordinator (LAC), Support Coordinator or Plan Manager. Of course, you are also always welcome to contact us here at Noah's and we will always do our best to help you.

Noah's remains committed to providing you with an excellent, evidence-based service, when and where it is most beneficial, to ensure every child has every opportunity to thrive.





## MESSAGE FROM THE CEO

Welcome to our newsletter which marks the middle of 2019. It's been a busy year at Noah's and we have really enjoyed working with your child and family.

Thanks to everyone who took the time to complete our recent NDIS survey. The results have given us a real insight into the experiences of families and how Noah's can ensure you are as well-supported as possible.

Our organisation has been dramatically changed by the introduction of the NDIS and it would be easy for us to get bogged down in this when the most important issue is providing the best access to services for children in the community with disabilities.

It comes as no surprise that around 45% of people find navigating the NDIS processes and paperwork 'difficult' or 'very difficult'. 85% of people think that accessing the NDIS should be more simple or straight-forward for families.

Over half of respondents are frustrated with waiting lists and nearly as many wish there was less red-tape and more consistency in information from and about the NDIS and how it affects their child.

Your feelings towards the NDIS are clear and we are grateful to have that formal feedback so we can continue to advocate on your behalf. We are in regular contact with the NDIS and will pass on feedback and work with them to drive positive change.

Noah's rated very positively in the overall satisfaction for our services, with many families taking the time to leave positive and constructive comments and ideas for the future.

It's always so reassuring to hear that we are meeting and exceeding the expectations of many families. But we also pay close attention to the less positive feedback and take the opportunity to review and improve the way we work within key areas.

One key area we have identified where improvements can be made is when talking to families about their child's NDIS Plan. We know this is a complicated issue that often brings frustrations. We are all learning together and strive to simplify processes and support families as much as possible.

We are always mindful of the frustrations families already face with the NDIS and are continually looking for ways to ease the burden and make your lives that little bit easier.

Our services in the Illawarra are expanding and we now have a new headquarters in Port Kembla. It is great for our Illawarra team to have a base and to be able to provide increasing numbers of families with services. Thank you to the Noah's staff in this area for your hard work and enthusiasm.

Fundraising remains a vital part of our activities and I am so grateful for the community support we receive. With the way our revenue is structured now under the NDIS, sadly some of our key programs are unfunded by the Government and community support is more important than ever.

With some of our biggest fundraisers for the year coming up - the Noah's Berry Cup and the Noah's Challenge, I am urging all families within the greater 'Noah's Family' to find a way to get involved and support us.

As always, I welcome your feedback on anything you read in this newsletter or any aspect of your dealings with us. Your opinions and ideas are important to us.

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](mailto:Nowra@noahsark.nsw.edu.au)**

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

# SUPPORTING POSITIVE BEHAVIOUR

The Parent Room recently held a Supporting Positive Behaviour Workshop for parents and carers, presented by our Behaviour Support Practitioner, Amy Hall.

Dozens of parents and carers attended and heard a range of insights into why children behave the way they do and what they do to encourage positive behaviour within their family.

They learnt that what is sometimes seen as misbehaviour, is more of a stress response. The behaviour is a bi-product of the brain not coping. Stressed children can present as irritable, unfocused, explosive, clingy, needy, aggressive, quick to anger, oppositional, overly teary, hard to motivate or overly sensitive.

Some of the main source of stress and anxiety in children are:

- Hurried, over-scheduled daily life
- Absence of healthy love and attachment
- Too much pressure on children to perform
- Stressed parents
- Not enough calm, solo time
- Poor sleep patterns
- Too much stimulation from TV, toys, devices or adult instructions
- Lack of consistency and routines
- Too much social change or social dislocation
- Shaming Language
- Threats of abuse or violence
- Death and Loss

Parents can support children to regulate their emotions by helping them to understand what's going on in their bodies when they are stressed and how they can make themselves feel better.

Having routines and consistency can be so helpful as it means children spend less time wasting vital energy figuring out if they are safe. When young children can recognise predictable patterns, they can start to develop empathy and act in an intentional ways.

Here are some top tips to use when communicating with your child:

- Catch your children being good and provide targeted, labelled praise
- Praise and encourage cooperative behaviour
- Provide effective instructions
- Try to understand your child through their eyes
- Choose what behaviour you will respond to - don't just react
- Check your own emotional regulation before you 'flip your lid'
- Teach new skills where possible
- Plan ahead
- Be consistent, fair, firm and flexible

Look out for more Behaviour Support workshops and programs for families in the future. If you have any queries please contact Amy Hall by phoning Noah's on (02) 4423 5022 or email [ahall@noahsark.nsw.edu.au](mailto:ahall@noahsark.nsw.edu.au).



## CONNECT WITH NOAH'S IN TERM 3

Now is the perfect time to get involved in some of our excellent Noah's Programs. We would love to see you soon.

### MY TIME

*Thursdays 10am to 12pm  
at Nowra and Ulladulla*

The My Time Program for parents and carers with a child who has a disability, chronic medical condition or developmental delay. Come along to share in some fun activities, gain valuable information and enjoy networking with other families.

### LITTLE STEPS PLAYGROUP

*Tuesdays 10am to 11.30am at Nowra  
Wednesdays 9.30am to 11am at Ulladulla  
Fridays 9.30am to 11am at Sanctuary Pt*

Little Steps is our early education supported playgroup for children aged 0-5 years who are not attending pre-school or daycare.

Please RSVP by phoning (02) 4423 5022.

## CONGRATS AND THANKS



Our very best wishes to two of our key Noah's staff who have recently celebrated career milestones. Cindy Griffiths has now been working at Noah's for 25 years and Marg Sutherland has been providing services in the Wreck Bay community for 20 years.

We congratulate both of these wonderful women and thank them for the incredible contribution they have made to our organisation and to our community. We are very proud to have them both on our team.

# NAIDOC WEEK

This year's NAIDOC Week theme was **Voice Treaty Truth – Let's work together for a shared future**. Local NAIDOC events were held at Wreck Bay, Nowra and Ulladulla, with Noah's in attendance to support the Aboriginal community and promote our local services.

Noah's has a range of programs for Aboriginal families and groups within our community, including Koori Kids Together, Aboriginal Family Playgroups and the SWAY Program. We want children in Aboriginal communities to be empowered and to be able to make the most of every opportunity in life.

We will do a feature story on our Aboriginal programs in an upcoming edition of this Newsletter.



# NDIS OPT-OUT

As part of our upcoming Certification Audit, which is a requirement of the NDIS Quality and Safeguards Commission as a registered provider under the NDIS, Noah's Inclusion Services will be providing an external auditor with a sample of our client records.

All clients of Noah's Inclusion Services are automatically enrolled in the audit process, which means you may be contacted by the audit team for an interview, and/or may have your files, records or plans reviewed by an auditor. This review is to make sure that we are complying with the NDIS Practice Standards and upholding all our responsibilities.

As a client, you have the right to opt-out of this process at any stage. Contact us should you wish to opt-out or if you have any concerns.

We have undergone the first stage of the audit process and will be completing the next stage between 30 September and 2 October, 2019. If any parents are interested in being a part of our policy review and development process, please call us on (02) 4423 5022.

## SPECIAL THANKS TO OUR COMMUNITY SUPPORTERS:



# GET TO KNOW US



By Izzie McNeill

I am a Speech Pathologist and have been working at Noah's since April.

I work with children of all ages and conduct sessions at Noah's, at schools and preschools and in the child's home. I work on a range of things with clients, including early communication skills, language stimulation and development, speech sound production, social communication skills, stuttering, voice quality, pitch or loudness and swallowing.

I also work with children who are assisted by augmentative or alternate ways to communicate, including children who use sign language and those who use a device to communicate. I love incorporating the work I do into fun play activities for the children so hopefully they're enjoying themselves and learning at the same time.

My favourite moments are building relationships with the children and families that I work with. I absolutely love when children are happy to see me and excited to come learn and play.

The best thing about working at Noah's is being surrounded by such an incredible team of people who are passionate about the work that they do and who genuinely care about the children that come here.

Outside of work, I love to sing, read and spend time with my family and friends.

*Izzie*

## FUNDRAISING SPOTLIGHT

# COUNTRY MUSIC CAMPOUT KINDNESS

The 8th Annual Country Music Campout was held in April with it being heralded as the 'best and biggest yet'.

With an amazing line-up of country music talent, the event not only entertained but it has supported a number of local charities, including Noah's, over the years.

Noah's was very lucky to once again be a beneficiary of this popular event. We are extremely thankful to Owen and Thelma Ison and their family for once again supporting us.

The couple hope 2020 will be the year they finally achieve their long held dream of topping 400 caravans at the 21-acre Millbank Road property.

Congratulations and huge thanks to the Ison family for their generosity.

# SAVE THE DATE NOAH'S CHALLENGE SUNDAY 3 NOVEMBER

The Noah's Challenge is back again in 2019 and we would love to have you join in the fun!

The Challenge will be held on Sunday 3 November at Moorhouse Park, the same venue as last year on the banks of the Shoalhaven River.

Gather together your family and friends to join in the fun of this fabulous event and help us to raise much-needed funds for our Noah's programs at the same time.

More information will be released soon but please save the date!



## BERRY NOAH'S CUP

We are excited to announce that the 19th annual Berry Noah's Cup will be held on Saturday 28 September 2019 at Kembla Grange Racecourse.

VIP Tickets are \$110 each, including:

- Entry into racecourse
- Buffet lunch and afternoon tea
- Three drink vouchers
- Race book
- Return coach transport from Nowra, Bomaderry, Shoalhaven Heads, Berry, Gerringong or Kiama

Feature races are:

- The Noah's 'Berry Cup' Sponsored by Slingsby Holdings Kevin Robinson Memorial Cup Sponsored by Illawarra Turf Club
- Jim McGee Memorial Cup Sponsored by Regal Lodge Stables

For more information or to purchase tickets call Noah's on (02) 4423 5022 or Mary on 0491 150 467.



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!