

NOAH'S NEWSLETTER



SHOALHAVEN BUSHFIRE CRISIS

The bushfires over the Christmas and New Year period had an immeasurable impact on the Shoalhaven region.

So many people have been affected by this natural disaster and the devastation in the region will take a long time to recover from.

We were very grateful for the patience and understanding shown by our families when our Nowra office faced an extended closure due to the University locking down the campus while the bushfire threat remained. Thankfully none of our offices were harmed by fire.

We are so mindful that the fire situation may have affected some of our families, not just through direct loss of property but also through the emotional toll that such a terrible event can take.

We are here to help and we care deeply about our Noah's families. Please speak up if you need any assistance or support.



HELPING CHILDREN TO CRACK THE CODES OF FRIENDSHIP

Noah's is offering an innovative new program in 2020 - the Secret Agent Society. This award-winning program is designed to help children aged 8-12 years crack the code of emotions and friendships and to help them feel happier, calmer and braver.

Two of our Noah's therapy team have undergone special training to offer this program for our NDIS clients. The program uses a fun computer game model and is especially beneficial for children with Autism, Asperger's Syndrome, anxiety disorders, ADHD and anger management difficulties.

While they're having fun developing 'secret agent' skills, children learn how to recognise and manage their own feelings, cope with change, detect other people's emotions, talk and play with others and deal with bullying.

If you think your child would benefit from the Secret Agent Society, please call us on (02) 4423 5022 for more information.



MESSAGE FROM THE CEO

Welcome to our first newsletter for 2020. It will be difficult to forget the start to this year with such widespread devastation and disruption to our region. I do hope that everyone who has been affected is getting the help and support they need.

2020 will be an exciting year for Noah's with the introduction of some new programs and enhancements to the services we already offer children and families.

Secret Agent Society is such an exciting program and one that we are so proud to be bringing to the Shoalhaven for the first time. It's a 'game changer' for children in the 8-12 year age group who struggle to make and maintain social connections. We are very excited about the positive impact this will have on young people in our Noah's community.

This year we are hoping to enhance our partnerships with Universities and take on more student placements within our organisation. These kinds of arrangements benefit everyone, ensuring we keep up with best practice and helping to nurture the next generation of allied health professionals.

The launch of our Yarning Circle was a very important milestone in our Noah's history, further extending our connection with our Aboriginal community and the Indigenous traditions and culture of the Wandj Wandj Wandinian traditional custodians and our wider community. The bushland surrounding our Nowra building is so precious and provides unique opportunities to connect to country and culture.

In January, early childhood therapy teams attended Key Worker training, giving them more information about this best-practice therapy model for children aged 0-7 years who have difficulty in more than one area of development.

Best practice for these children and their families is to have a main therapist, known as a Key Worker by the NDIS. Your Main Therapist works with you to coordinate your child's therapy and help implement any recommended strategies. This is considered the most effective early intervention model to help children achieve their goals under the NDIS.

Noah's is excited to be continuing to grow this model in 2020 for the benefit of children and families.

The past few years have been challenging in many ways for Noah's with the transition to the NDIS. We are starting to see the 'light at the end of the tunnel' and 2020 is shaping up to be a great year with many opportunities to help improve the wellbeing of children and families.

As always, we love feedback from families as it helps us to reflect and improve and ensure we are providing the kinds of services you really want and need.

Alice Lans, CEO



Congratulations to Sue Redman who has reached the milestone of 25 years working at Noah's Inclusion Services. Sue is a dedicated and very valued member of our team and we are so proud of her wonderful achievement.

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)

BEHAVIOUR SUPPORT CLINIC

Noah's has launched an innovative new Behaviour Support Clinic to help families gain a deeper understanding of their child's disability and how it affects their behaviour and to develop individualised parenting strategies to improve daily life.

The clinics are the perfect chance to access some practical advice that is specific to the situation and needs of your family. We focus on the positives and many parents report that even by changing a few small aspects of the way they interact with their child they have seen vast improvements in the harmony of the family home.

Since the Behaviour Clinics commenced in late October 2019, we have seen 16 families across multiple clinics in the Illawarra, Nowra and Ulladulla.

We are now taking bookings into these clinics for 2020. Limited spots are available, so please call (02) 4423 5022 for more information.

MY TIME TO SHINE

Noah's My Time sessions in Nowra and Ulladulla are the perfect way for parents and carers of children with a disability, chronic illness or developmental delay to connect with other parents and enjoy some fun activities.

Pictured is the Ulladulla My Time group celebrating Christmas. Don't they look like a fun bunch! We'd love to see you at a My Time session in 2020.



We also have a support group for grandparent carers of grandchildren with a disability - contact us for more information

CONNECT WITH NOAH'S IN TERM 1

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.

*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!*



YARNING CIRCLE

We recently held the official opening of the Yarning Circle which has been created in bushland close to our Noah's Nowra building.

A yarning circle is a harmonious, creative and collaborative way of communicating to encourage responsible, respectful and honest interactions, build trusting relationships, foster accountability and provide a safe place to be heard.

The use of a yarning circle is an important tradition within Aboriginal culture and Torres Strait Islander culture. It has been used by Indigenous peoples from around the world for centuries to learn from a collective group, build respectful relationships and to preserve and pass on cultural knowledge.

The opening of the Noah's Yarning Circle formed a part of the SWAY Networking Yarn Up with local participating early learning centres. The evening included a Smoking Ceremony, bushwalk and cultural learning with Jacob Morris, Uncle Sonny Simms, Matt Simms, Charlie Ashby, Mel Harpur, Erin Smart, Erin Hampton and Marg Sutherland. Eileen Kalucy and Jo Blackburn from Royal Far West and the SWAY developers also attended this special occasion.

SWAY is an oral language and early literacy program based on local Aboriginal language and stories within the early learning environment. Words in local Aboriginal language are shared throughout learning experiences, creating an awareness and appreciation of the Aboriginal language and culture. Noah's has been instrumental in establishing this program in local pre-schools and early learning centres.



GET TO KNOW US



By Sophie Bell

I am the new Occupational Therapist at Noah's. I am originally from Noosa, QLD. I studied Occupational Therapy Honours at the University of the Sunshine Coast. I moved to this area with my partner who works in the Navy at HMAS Albatross.

My passion has always been paediatrics and a friend recommended working at Noah's. I am so excited to work here as it seems to be a wonderful team and there is a lovely family feeling within the centre.

For me, the best part of being an OT is seeing the joy on a child's face and being part of a life-changing chapter in their life story. When families see me at Noah's they can always expect a smile from me and a comfortable place to be themselves.

When I am not working I love spending my time at the beach with my dog and partner, surfing and relaxing.

I look forward to meeting you and your family soon.

Sophie



CUPITT'S CONCERT

Our friends at Cupitt's Winery held an amazing Australia Day concert to raise money for our Noah's Aboriginal Programs.

Seven-piece band Soul Tonic kept the crowds entertained with their signature soul, funk, R&B and Motown hits. It was a beautiful day and great for the community to come together after the bushfire crisis.

They raised over \$6000 on the day that will make a real and positive difference. Huge thanks to Cupitt's Winery and Soul Tonic.



OUR NAVY FRIENDS

We are so lucky to have our wonderful friends in the Navy 816 Squadron. Before Christmas we put a call-out for helpers to do a garden makeover at our Nowra centre and this awesome crew turned up with big smiles and ready to work. Thank you!



ARCHER HOTEL

The Archer Hotel had a vision of creating a family fun day in their carpark and it definitely turned out to be a fantastic day.

There was music and market stalls, displays from local community services and even an outdoor ice-skating rink!

The Archer Hotel Social Club handed over a \$2000 cheque to Noah's on the day. We greatly appreciate their kindness and generosity.



SPECIAL DELIVERY

The lovely ladies at the Catholic Women's League made a special delivery to Noah's just before Christmas - six beautiful prize hampers for us to use in our raffles and trivia nights in 2020. What a beautiful gesture from such a kind group.

With thanks to our major community supporters

