

NOAH'S NEWSLETTER



MENTAL HEALTH MONTH - LOOK AFTER YOURSELF & OTHERS

This month is Mental Health Month and it's a great time to think about your own mental health and check-in on those around you. We know that even the most resilient person can be affected by life events or stress and that one in five Australians are living with a mental health condition like anxiety or depression.

The COVID Pandemic has taken a huge mental toll on us all. Missing friends and family, worrying about finances and job security, homeschooling children and feeling scared for the future are all factors that have led to many of us feeling stressed and anxious during 2020 and 2021.

Feeling happy and positive 100% of the time is not realistic for most people - that's why it's vital to learn some tools to help yourself and others when the going gets tough.

Take time this month to consider the things that help you to feel good. They don't have to be things that take a long time or cost money - they might be as simple as a walk around the block or a warm bath. Find ways to build these things into your life, knowing that this will improve your mental health significantly over time.

Most importantly, never struggle alone. There is no harm or shame in asking for help, either from a friend or loved one or a medical professional. Here at Noah's we are always ready to be a listening ear and offer support and guidance - reach out if you need help.

"If you take care of your mind you take care of the world", Arianna Huffington



Care for others



Take a break



Keep in touch



Eat well



Accept who you are



MESSAGE FROM THE CEO

Welcome to the Term Four 2021 edition of the Noah's Newsletter. As we distribute this newsletter, we are preparing for life to return to a 'new normal' after another significant lockdown period due to COVID.

I would like to acknowledge the significant impact that lockdowns have had on families in our Noah's community. Having children learning from home and isolated from their networks is a huge burden for any family but particularly when your child has additional needs.

I hope that the return to your usual routines goes smoothly and your family is able to remain well despite COVID continuing to circulate in our community.

Noah's continues to help families and adjust to the new COVID normal. The 'reopening' of NSW will be exciting but will also bring challenges as we adjust to new ways of doing things. One thing we have learnt over the past couple of years is that our community is strong and resilient and together we will continue to thrive.

We have a 95% vaccination rate among our staff and the safety and wellbeing of our Noah's community is our top priority. We will continue to follow Government advice and recommendations for our disability and early childhood sector.

Thank you for your understanding and patience in these unusual times.

We are very excited to have welcomed some new Directors to our Noah's Board in recent times. All volunteer Board members are a treasured part of our organisation and help to make a positive difference to the work we do.

Hayley Carter is a Noah's parent and holds an important position within the local education system. She joins the Board with fresh ideas and perspectives and we look forward to benefitting from her experience.

Paul Brown is a local business person and long-time supporter of Noah's. He brings to the Board significant business experience and great compassion and appreciation for what we do.

Please join me in welcoming Hayley and Paul to our Board. We look forward to working with them both.

We are launching our new Noah's website in the very near future so be sure to keep an eye out for that. It's a much-needed update which features a great new layout and loads of useful information. Follow us on Facebook to be the first to know when it goes live.

As always, we welcome feedback on the new website and any aspects of our work. Your opinion is important to us and helps us to help families.

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)

NOAH'S CHALLENGE 2021 POSTPONED

Unfortunately we have postponed the Noah's Challenge for the second year running due to COVID.

We had a great event planned to coincide with our 40th Anniversary, so it was a sad day when we had to call it quits for 2021.

We would like to sincerely thank Scott Baxter from Regional Strata NSW who has stayed signed on as the Platinum Sponsor and NowChem who converted their sponsorship payment to a donation with the promise of joining us as a sponsor once again when the event is rescheduled.

We thank them for their ongoing generosity, support and understanding at this challenging time.

We look forward to rescheduling the event once it is safe. There will be lots of fun in store to make up for lost time!



Scott Baxter of Regional Strata NSW (L), pictured with Thelma and Owen Ison, organisers of the Country Music Campout



John Lamont, Managing Director of NowChem (R) with the NowChem team at their sponsor checkpoint at the 2019 Noah's Challenge



THE PARENT ROOM

The Parent Room has two upcoming sessions for parents and carers.

Transition to School (via Zoom)

Wednesday 20 October 2021

10am - 12 noon

Learn some valuable information and tips to help make your child's transition to primary school a positive experience for everyone.

Reframing Disabilities, Noah's Ulladulla

Wednesday 27 October 2021

1pm - 3pm

Come together and learn about the support offered by Reframing Disabilities and opportunities to connect with other families.



Noah's Inclusion Services – Term 4 2021 Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>Young Yarns Playgroup 9.30am - 12pm 172 Shellharbour Road, Warrilla Playgroup for Aboriginal children 0-5 years</p> <p>Sanctuary Point Aboriginal Playgroup 9.30am – 12pm Sanctuary Point Youth and Community Centre Playgroup for Aboriginal children 0-5 years</p> <p>Skill Building Group 10am – 11.30am Noah's Nowra Language skills for pre-school age children with NDIS Plan</p> | <p>Koori Kids Together 9am – 1pm Gudgahjhamiamia, Wreck Bay Identify and support Aboriginal children with additional needs</p> <p>Cullunghutti Aboriginal Playgroup 10am – 12pm Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years</p> <p>My Time 10am – 12pm Noah's Ulladulla Peer support group for parents/carers of children with special needs</p> <p>Little Steps Playgroup 10.30am – 12pm Noah's Nowra Playgroup for children 0-5 years who don't attend other care</p> <p>Secret Agent Society (SAS) 2.30pm – 4pm Noah's Nowra Social skills group for children 8-12 years</p> <p>Social Language Group 3.30pm – 4.30pm Noah's Nowra Language and social skills for primary age children with NDIS Plan</p> | <p>Koori Kids Together 9am – 3pm Gudgahjhamiamia and Jervis Bay Preschool Identify and support Aboriginal children with additional needs</p> <p>Start Up 9am - 10.30am or 12.30pm – 2pm Noah's Nowra/Ulladulla Developmental/Assessment Program for children 0-5 years</p> <p>Little Steps Playgroup 9.30am – 11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care</p> <p>PEERS Social Skills Group 3pm-4.30pm Noah's Nowra Social skills group for teens 13-18 years</p> <p>Social Language Group 3.30pm – 4.30pm Noah's Nowra Language and social skills for primary age children with NDIS Plan</p> | <p>PlayConnect Playgroup 9.30am – 11am Noah's Ulladulla Playgroup for children 0-5 years with Autism or developmental concerns</p> <p>Early Intervention Group 9.30am – 11.30am Noah's Nowra Communication, physical, social and play skills for preschool age children with NDIS Plan</p> <p>My Time 9.30am – 11.30am Sanctuary Point Youth and Community Centre Peer support group for parents/carers of children with special needs</p> <p>My Time 10am – 12pm Noah's Nowra Peer support group for parents/carers of children with special needs</p> <p>Secret Agent Society (SAS) 2.30pm – 4pm Noah's Ulladulla Social skills group for children 8-12 years</p> | <p>Little Steps Playgroup 9.30am – 11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care</p> <p>Ulladulla Aboriginal Playgroup Playgroup for Aboriginal children 0-5 years Ph: Mel Harpur 0447 272 354</p> |
| <p>Some programs are only available to children with an NDIS Plan and in discussion with their regular therapist</p> <p>Other Programs offered at Noah's by arrangement:</p> <p>Be My Best Behaviour Support Program Peer Mentoring (for parents) Parent Room Sector Capacity Building SWAY Program</p> <p>NDIS Services offered at Noah's by appointment:</p> <p>Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology (current clients) Behaviour Support</p> | | | | |

For more information about Noah's Groups, Programs and Services or to book phone (02) 4423 5022 or visit www.noahs.org.au
Follow us on Facebook for the latest news and updates

Noah's Nowra: 69 George Evans Road, Mundamia (UOW Shoalhaven Campus), Ph: (02) 4423 5022
Noah's Ulladulla: 158 Green Street, Ulladulla, Ph: (02) 4455 1318
Noah's Illawarra: Flagstaff Road, Port Kembla, Ph: (02) 4423 5022

PLEASE NOTE: Some programs are currently full – contact us to discuss waiting list options
 Bookings are essential for all groups, programs and service and timetable is subject to change
 Some groups and programs do not run during the school holidays

GET TO KNOW US

I'm Lisa Courtney and you'll often find me on the front reception desk at Noah's Nowra. Even though I started recently, I am not technically new as I worked at Noah's years ago. My oldest son, Sebastian, has Autism and was receiving services through Noah's in the old building in town. Once he was off to school I started working at Noah's and helped with the move to the University Campus.



I then decided to leave Noah's and return to nursing. After a few years nursing and as COVID became an ongoing pressure on the health system I decided to return to administration and I was lucky enough to get a role back working at Noah's - a place I truly love!

I enjoy seeing all the friendly, smiling faces at the front desk and learning many new things in my role. I especially love seeing the therapists working with children and the special bond they have. Being the Mum of a child who has been through so much in his own journey with ASD, I know and value the real difference that therapy can make to a child's life.

I like bringing a little sparkle to the office and you might see me rocking some crazy colours or touches. When I am not at work I create intricate face painting designs and share them with family and friends to cheer them up. I also enjoy drawing, painting and watching movies with my three wonderful children. A fun fact about me is that I am an identical twin!

I look forward to seeing you all at Noah's soon.

Lisa Courtney

\$40 FOR 40 YEARS

We are asking our community to support the continued work of Noah's Inclusion Services through our \$40 for 40 years campaign. Visit noahs40for40.raisely.com to make donation today

With thanks to our major community supporters

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