

TERM 1 2026

# NOAH'S NEWSLETTER



Have you seen our Key Word Sign of the Week videos shared on Instagram and Facebook?

Presented by Zoe Dyball, Speech Pathologist from our Eurobodalla Team, these videos feature one word or phrase each week to help our community build their key word sign 'vocabulary'.

Key word signing is a really great way to support communication, especially for children and people with additional needs affecting their communication abilities.

The videos are also saved on our Noah's website at [noahs.org.au/children/keywordsigns](https://noahs.org.au/children/keywordsigns) - creating a library of words to learn and share.

Another great resource is the Key Word Sign Australia social media accounts where useful signs for words and phrases are regularly shared.

## KEY WORD SIGN OF THE WEEK



The Shoalhaven Child and Family Interagency is a group of organisations dedicated to the healthy development of children and the wellbeing of families in the Shoalhaven region.

One of the projects that the group is dedicating time to this year is Moments that Matter. Each month a topic relevant to families is identified and useful information is shared via the Noah's Facebook page.

February is all about nurturing literacy and topics ahead in 2026 include emotional regulation, encouraging play and building social skills.

Make sure you are following the Noah's Facebook page to explore the Moments that Matter content which is posted every Monday night to help parents learn, be connected and put some really useful tools in their parenting toolbox.





## MESSAGE FROM THE CEO

We know that this time of year can be overwhelming for some families. Heading back to school and adjusting to new routines, teachers and social dynamics can be tricky for all children but especially for those with additional needs.

To all the parents supporting their children through the physical and emotional demands of this time of year - we see you and are here for you. We acknowledge and appreciate how physically and emotionally demanding it can be for you too, especially when you're advocating for your child's needs and inclusion.

## MEET THE NOAH'S TEAM

I'm Kirsty Lynch and I work as a physiotherapist at Noah's in the Shoalhaven and Illawarra.

Prior to working at Noah's, I worked as a paediatric physiotherapist for six years in Melbourne but I have moved to the area to study Medicine at UOW while I continue to support children and families through my work at Noah's.

I am very much enjoying being part of the Noah's team. It's a great community with everyone working together to help children achieve their goals. The families and staff really make it a great place.

My favourite moments working at Noah's have been when children achieve a skill they have been wanting to but didn't think they could. Specifically the split second when their eyes widen and they feel happy and proud - it's the best!

If your child has physiotherapy goals as part of their NDIS Plan, reach out as I would love to work with your family! We have availability for physio at the moment, so it's a great time to come on board. I am friendly and always wear a smile and I look forward to hopefully meeting you soon.

When I am not working or studying I enjoy running, cooking, going to the beach or watching a good movie.

Our Noah's Team are looking forward to another great year working with local families and our community. It was wonderful to see staff returning to work after the Christmas break full of ideas and inspiration and ready to offer the guidance and support that we are so well known for.

I would also like to take this opportunity at the start of the year to thank our Noah's Board for their continued commitment to Noah's. Their vision and guidance is crucial to the success of Noah's and we thrive with their support which they generously offer on a voluntary basis.

And to those reading this who are representing our community supporters, thank you for continuing to partner with Noah's to provide the best therapy, education and support services. We could not do this without your generosity.

As always we welcome your feedback and suggestions relating to any part of our services. Please reach out to share your thoughts or discuss your needs.

Alice Lans, CEO

Physiotherapist appointments now available to help your child achieve their NDIS Goals

With our experienced Noah's Physiotherapist, Kirsty Lynch

**Noah's**  
EVERY CHILD. EVERY OPPORTUNITY.

*Kirsty Lynch, Physiotherapist*



# Growing Together

## A Community and Family Support Program in the Shoalhaven

Growing Together is a program for families in the Shoalhaven who would benefit from extra support and guidance throughout their child's developmental journey.

Our program supports families with children under eight years of age who may need help understanding and responding to their child's behaviour as they grow and learn. We walk alongside families, providing practical support, referrals and connections to community services and resources.

Our experienced Noah's team is dedicated to empowering, educating and encouraging parents through evidence-based parenting strategies that support the whole family to grow and thrive together.

The Growing Together program supports families by:

- Building understanding of child development and behaviour
- Coaching and mentoring families with practical advice and guidance
- Supporting advocacy for children within educational and early learning settings
- Connecting families with peer and community support networks
- Encouraging family wellbeing and connection and growing parental confidence

We welcome families with children who may find early learning environments challenging, have low-level additional needs or simply need support to build confidence. We also support parents who may be experiencing vulnerability or hardship.

Growing Together is tailored to meet each family's unique strengths, challenges and goals. An NDIS Plan is not needed to access this program and it is provided free of charge through funding by the Department of Communities and Justice.

Session days and times will be arranged in collaboration with individual families.

**Please phone  
Noah's Inclusion Services  
for more information  
on (02) 4423 5022**



**Noah's**  
EVERY CHILD.  
EVERY OPPORTUNITY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years</p>	<p>Gubidja Wurrangalali Gooyoong Playgroup 9.30am-11.30am Cullunghutti Playgroup for Aboriginal children 0-5 years in conjunction with Cullunghutti</p>	<p>PlayConnect Playgroup 10am-11.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns</p>	<p>Burri Burri Playgroup 10am - 12pm Gerringong Public School Playgroup for Aboriginal children 0-5 years</p>	<p>Little Steps Playgroup 9.30am-11.30am Noah's Sanctuary Point Playgroup for children 0-5 years who don't attend other care</p>
<p>Billima Booris Playgroup 9.30am-11.30am Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years</p>	<p>Little Steps Playgroup 9.30am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care</p>	<p>My Time 9.30am - 11.30am (not held every week) Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs</p>	<p>Gudjaga Waradaba Playgroup 10.30am-12.30pm Noah's Nowra Playgroup for Aboriginal children 0-5 years in conjunction with Waminda</p>	<p>For more information or to book into any of these programs, please phone (02) 4423 5022. To learn more about Noah's Inclusion Services, visit <a href="http://noahs.org.au">noahs.org.au</a> or follow us on Facebook or Instagram.</p> <p><b>Other Noah's Programs</b> (contact us for availability):</p> <ul style="list-style-type: none"> <li>Growing Together</li> <li>Family Support and Training</li> <li>Parent Connect</li> <li>SWAY Program</li> <li>PEERS Program</li> <li>Secret Agent Society</li> <li>SOS Feeding Program</li> <li>Circle of Security</li> </ul>
<p>Gugunyal Bagan Playgroup 9.30am-11.30am Noah's Ulladulla Playgroup for Aboriginal children 0-5 years</p>	<p>My Time 10am-12pm (not held every week) Noah's Ulladulla Peer support group for parents/carers of children with additional needs</p>	<p>My Time 9.30am - 11.30am (not held every week) Noah's Batemans Bay Early Intervention group for children 3-6 years with an NDIS Plan</p>	<p>Little Steps Playgroup 9.30am-11.30am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care</p>	
			<p>Jump In Early Intervention Group 9.30am-11am Noah's Batemans Bay Early Intervention group for children 3-6 years with an NDIS Plan</p>	
			<p>My Time / Parent Connect Sessions (not held every week) 10am-11.30am/12pm Noah's Nowra Peer support group for parents/carers of children with additional needs</p>	

**NDIS Services by appointment**  
(contact us for availability)

- Plan Management
- Key Worker (0-7 years)
- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Social Work
- Psychology
- Behaviour Support

**Noah's Centres:**

Nowra
Ulladulla
Sanctuary Point
Eurobodalla
Illawarra (no groups this term)

## Noah's Inclusion Services Groups Timetable Term 1 2026

These are our Noah's Group Programs for Term 1 2026. Please check the description and location to see if they are suitable for your family.

Call us on (02) 4423 5022 if you would like any further details or to book a place.