



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term 1 2024, Issue 29

About School-Link

Aims of the School-Link Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

Emergency Department Postcard

Encouraging communication with school following a presentation to the Emergency Department.



Mindfulness and Calming Activities

A collection of easy to implement activities designed to support the wellbeing of students.

These activities can be practiced by individuals, small or large groups, young children, teenagers and adults. They may be used to refocus when moving from one activity to the next or to de-stress in the middle



A Teachers Guide: Supporting the Wellbeing of Primary School Children

The Teacher's Guide provides intervention strategies to support a Primary School student demonstrating behaviours of concern.



Circulation

- Principal
- Deputy Principals
- Counsellors
- Head Teachers
- Year Advisors
- HT Welfare
- LS Team
- SSO
- PD/H/PE
- Staff Room
- Students

ISLHD School-Link Website

Resources from NSW School-Link teams:



Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

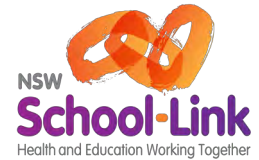
Email: david.bunder@health.nsw.gov.au

Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

Email: Johanne.Sneddon@health.nsw.gov.au

School Wellbeing Expo Days



What is an Expo Day?

Expo Days are whole of school events in which local organisations who support children, young people and families are invited into a primary or high school to assist in the promotion of the day's theme, display their service and engage students with activities.

Expo Days take what is known as a 'soft entry' approach to service engagement, designed to engage the student in a low key, fun way when they are amongst peer groups, reducing stigma and perceived negativity of service engagement.

Broadly Wellbeing Expo Days promote:

- Strategies to remain healthy and happy
- How and where to seek help if needed

Why have a Wellbeing Expo Day?

Wellbeing Expo Days focus on the wellbeing of students and staff.

Choosing an Expo Day theme enables schools to provide a clear message to the student body improving chances of creating positive change.

The Expo Day theme may be any topic the school considers that students could benefit from exploring, example themes are:

- Mental health awareness
- Positive healthy relationships
- Help-seeking behaviours and accessing support

Benefits in Hosting an Expo Day

For the students

- Promote conversation and educate students on the topic chosen as the day's theme
- Connect students with support services available to them and family members in their school and local community
- Introduce students to help-seeking strategies for themselves and their friends
- Challenge negative attitudes and stigma in relation to mental health and wellbeing

For the school

- Promotion of a topic of importance to the school, in an open and non-threatening way
- Opportunity for staff to connect with and increase knowledge of services
- Efficient way for a school to engage many services and build relationships with them
- May encourage students who need support to request it
- Improved chances of student engagement with support services

For the invited services

- Expo Days provide a platform for a service to create service awareness for students and staff
- Being involved in an Expo Day can provide opportunities for services to network and learn from other local services
- Soft entry engagement can improve attendance to the service and limit early disengagement

The Illawarra Shoalhaven School-Link Program can provide further information on setting up an Expo Day and advice on services to contact.

Contact School-Link on: david.bunder@health.nsw.gov.au / Johanne.Sneddon@health.nsw.gov.au

Staying Connected When Emotions Run High

An intervention for Families & Carers

This **FREE** workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Relationship difficulties.
- Changing emotions and strong overwhelming feelings that can make communication difficult.
- Sometimes behaves in a way that makes them a danger to themselves or others.

(Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all.)

Workshop presented by,
Dr Annemaree Bickerton & Toni Garretty
Family & Carer Mental Health Team,
Illawarra Shoalhaven Local Health District.



Details: Tuesday 13th February 2024
9:30am- 3:30pm (Please arrive between 9am and 9:15am for registration).

Venue: Port Kembla Golf Club
Golf Place, Primbee NSW

Cost: FREE for Families & Carers
(Morning Tea & Lunch provided)

Registration Essential. Please ensure you register your attendance via the QR code or link. Registration will be confirmed through Eventbrite.

This workshop will be strictly adhering to COVID-19 rules and regulations, specified by the NSW Health Department.

Scan the QR Code to register



<https://www.eventbrite.com.au/e/staying-connected-when-emotions-run-high-port-kembla-tickets-772698059697>

Registration is essential - please ensure your registration is confirmed and bring your e-ticket to the workshop.

For enquiries please email:
familyandcarer@stride.com.au

Proudly sponsored by:

STRIDE For better
mental health





Illawarra Shoalhaven Local Health District

Go4Fun

A FREE 10-week program for children aged 7-13 and their families.



It's free and run after school for 10 weeks.



Learn about healthy eating and keeping active.



Fun games and lots of goodies.

- ★ This program is for children above a healthy weight. A parent, grandparent or carer must attend.

Join in the fun in Term 1!

Nowra

Starts 14th February, 2024
Wednesdays
3:30pm - 5:30pm

For questions or to register:



1800 780 900



go4fun.com.au

Scan to register





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It's free and run after school for 10 weeks.



Learn about healthy eating and keeping active.



Fun games and lots of goodies.

- ★ This program is for children above a healthy weight. A parent, grandparent or carer must attend.

Join in the fun in Term 1!

UOW Sports Hub
Starts 10th February, 2024
Saturdays, 9am - 11am

Warilla Community Centre
Starts 13th February, 2024
Tuesdays, 4pm - 6pm

For questions or to register:



1800 780 900



go4fun.com.au

Scan to register



Australian

Kookaburra Kids

Foundation

**ONLINE
CONNECT
CHATS**

**ACTIVITY
DAYS**

CAMPS

**MENTAL
HEALTH
EDUCATION**

Australian Kookaburra Kids Foundation's clinically designed, free programs are delivered by trained leaders and volunteers to combine mental health education with fun! Our approach breaks down barriers to deliver more effective programs, foster connections, build resilience and teach positive help seeking behaviours and stress coping strategies.

Through camps, activity days and online connect sessions, we provide a unique stepped care model to young people aged 8-18 years who are impacted by family mental illness.

To learn more about us visit

kookaburrakids.org.au

To learn more about us visit



**EMPOWERING YOUNG PEOPLE TO
THRIVE BEYOND THE IMPACTS OF
FAMILY MENTAL ILLNESS.**

FREE CARER EDUCATION PROGRAM 2024

Organised by the Illawarra Shoalhaven Local Health District Carer Program

FREE Carer Education Program - information to help people providing support to a family member or friend because of illness, disability, mental health issues or who is frail &/or aged.

ULLADULLA

HealthOne Ulladulla, Tuesday 5, 12 & 19 March

CORRIMAL

Corrimal Community Centre, Wednesday 1, 8 & 15 May

KIAMA - For carers supporting someone with disability

Kiama Integrated Care & Community Centre,
Wednesday 19, 26 June & 3 July

SHELLHARBOUR

Shellharbour Civic Centre, Wednesday 14, 21 & 28 August

BOMADERRY

Bomaderry Bowling Club, Wednesday 16, 23 & 30 October

Morning tea and lunch included

Sessions run 9.30am-2.30pm one day per week over three weeks

For information or to register (book early as places are limited):

Ulladulla, Kiama and Bomaderry contact Kellie on
0422 004 119 or email ISLHD-CarersProgram@health.nsw.gov.au

Corrimal or Shellharbour contact 4253 4501 or email Evelyn at
ISLHD-CarersProgram@health.nsw.gov.au

If you need help with respite call Carer Gateway 1800 422 737

CARER EDUCATION TOPICS

Ulladulla, Corrimal, Bomaderry, Shellharbour For all carers

The free-three day Carer Education Workshops provide information on services and supports, planning ahead, and carer health and wellbeing. There is the opportunity to meet other carers, with morning tea and lunch provided.

WEEK 1

- Welcome and introductions
- Overview of caring role and impacts of caring
- Value of respite and other community support
- Carer Gateway
- Caring smarter not harder
- Home modification and maintenance

WEEK 2

- Centrelink financial information
- Legal planning ahead
- Advanced Care planning
- Grief and loss
- Relaxation

WEEK 3

- Stress management
- Carer health and wellbeing
- Seniors Rights Service
- National Disability Insurance Scheme
- Advocacy
- Review and evaluation

For people providing support to a family member or friend because of illness, disability, mental health issues or who is frail and/or aged.



2024 ULLADULLA CARER EDUCATION PROGRAM

Organised by the Illawarra Shoalhaven Local Health District Carer Program

FREE Carer Education Program - information to help people providing support to a family member or friend because of illness, disability, mental health issues or who is frail &/or aged.

This three day workshop includes information on:

- Services and supports
- Planning ahead
- Health and wellbeing
- Opportunity to meet other carers

DATES: | **Across three consecutive Tuesdays**
5th,
12th, &
19th March

TIME: | 9.30am - 2.30pm

VENUE: | HealthOne Ulladulla,
Corner South Street & Princes Highway, Ulladulla

For more information or to RSVP

RSVP to Kellie Sale or contact for more information
ISLHD-CarersProgram@health.nsw.gov.au or 0422 004 119

Lunch provided, please advise of dietary requirements upon RSVP

For Carer Respite please call Carer Gateway on 1800 422 737

CARER EDUCATION TOPICS

Ulladulla, Corrimal, Bomaderry, Shellharbour For all carers

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WEEK 1

Welcome and introductions
Overview of caring role and impacts of caring
Value of respite and other community support
Carer Gateway
Caring smarter not harder
Home modification and maintenance

WEEK 2

Centrelink financial information
Legal planning ahead
Advanced Care planning
Grief and loss
Relaxation

WEEK 3

Stress management
Carer health and wellbeing
Seniors Rights Service
National Disability Insurance Scheme
Advocacy
Review and evaluation

For people providing support to a family member or friend because of illness, disability, mental health issues or who is frail and/or aged.





CIRCLE OF SECURITY™

Free 4 Week Accelerated Parenting Program

A 4 week relationship based Parenting Program for parents and carers of children aged 0 to 8 years. The course focuses on how parent/child relationships can be strengthened, by providing strategies for helping caregivers become more attuned and responsive to their children's emotional needs.

Southern Youth and Family Services invites you to **learn new ways to understand your child's needs and behaviour** and to **learn unique and effective ways to respond to these needs and behaviours.**

COS Registered

Parent Educator:

Kristin Nisbet

Sessions:

Thursdays 10.00am – 12.30pm

22nd & 29th February, 7th & 14th March

Cost:

Free to Shellharbour Council residents

Location:

33 Pioneer Drive Oak Flats, NSW 2529

RSVP:

Thursday 15th February 2024

Contact:

Kristin 0409306534 or 42958774

knisbet@syfs.org.au



**Southern Youth and
Family Services**



FREE PARENTING GROUP

ALBION PARK RAIL PUBLIC SCHOOL, SCHOOL AS COMMUNITY CENTRE

CIRCLE OF SECURITY

0-5 Years – Term 1, 2024

This 8-week Program focuses on building relationships between parents and children. The idea of a Circle of Security helps parents understand their child's need for security as well as their child's need to explore. This helps with understanding the emotional needs of children and improves behaviour and self-esteem.

All families, including those experiencing stressful events, divorce, conflict, mental health issues, disability or adoptive parents will benefit from this Program.

You Will Learn

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

When and Where

The Group runs over 8 sessions during School Term 1, 2024

- Thursday's from 9:30am to 11:30am
- 8 February to 21 March 2024
- Albion Park Rail Schools as Community Centre
Tongarra Rd
Albion Park Rail

Bookings Essential To register

- Email karan.jorgensen@familyservices.org.au or
- Phone 0455 892 092
Or 1800 372 000 Option 5
- Free limited child minding available www.familyservices.org.au

Do you have a State Debt?

We may be able to help you pay off your fines with a Work & Development Order

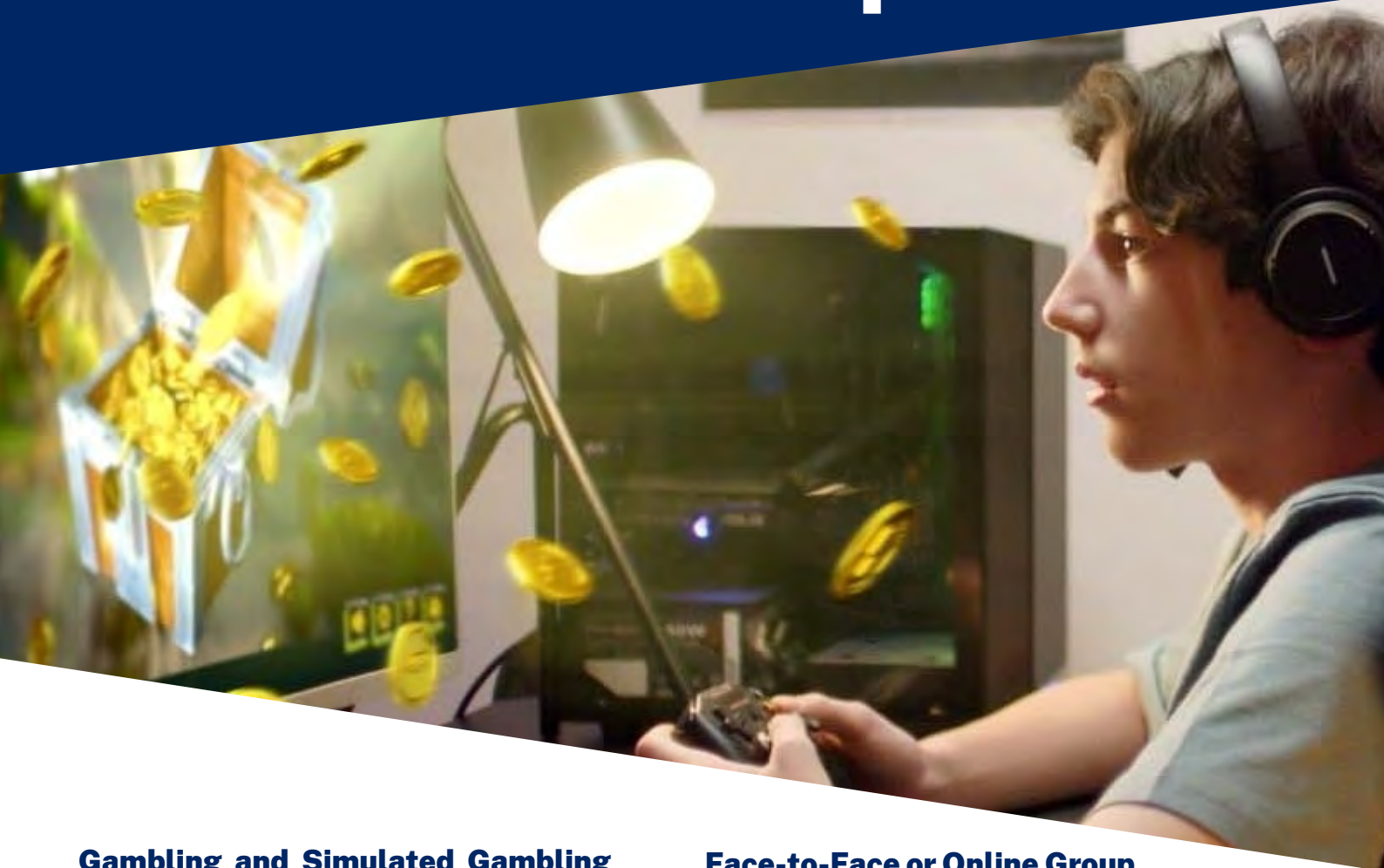


Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children



Family Services Australia

GambleAware Parents Workshop



Gambling and Simulated Gambling Can Harm Children

This free workshop will educate parents and carers about the connection that exists between gaming and simulated gambling.

With the increased accessibility of online gaming and simulated gambling featured in online games, children are at a higher risk of experiencing gambling harm.

Key Learning Objectives

- Gain knowledge of how young people are affected by gambling harm and the links to gaming
- Understand the major influences on young peoples gambling behaviours
- Learn strategies to help prevent young people from being affected by gambling harm

Face-to-Face or Online Group Sessions

This workshop is 1 hour in length and can be delivered face-to-face or online. The workshop will cover the following topics:

- Gaming and young people
- Gambling and simulated gambling
- Gambling advertising
- Parental influence
- Support services

To Register Your Interest

**Call Joseph Lyons on
0436 944 701 or email
lyonsj@missionaustralia.com.au**

GambleAware

Illawarra & Southern NSW

gambleaware.nsw.gov.au

1800 858 858





Southern Youth and Family Services

Resourcing Adolescent and Families Team (RAFT)

The RAFT Program targets 12 to 17 years inclusive who are at risk of leaving home or who have been out of home for up to six weeks and their families. The focus is on intervening as early as possible to maintain or restore family relationships and maintain young people's engagement in education, training, employment, and the community.

Contact: 4221 7764 (Wollongong)
0412 999 968

4295 8775 (Shellharbour)
0412 999 967

4448 2477 (Shoalhaven)
0423 820 505

Family Counselling Project

This Project targets children and young people aged 0 to 17 years inclusive who are vulnerable, disadvantaged, homeless or those at risk of disadvantage or homelessness as well as their families. Support can also be provided to young parents. The Project focuses on assisting young people to face issues causing problems in their lives and will work towards reconciliation where family relationships have broken down. The Project is flexible and uses several methods to deliver services including case management.

Contact: 4221 7766 (Wollongong)
0400 499 234

4295 8777 (Shellharbour)
0412 999 965

Newly Arrived Youth Specialists (NAYS)

This Program assists young people aged between 12 to 21 years inclusive who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and their families, who have migrated to Australia in the last five years. Priority is given to those who have entered Australia on humanitarian visas.

Contact: 4221 7765

0427 496 204

Child Adolescent and Family Service (CAFS)

CAFS supports families with children and young people, aged 0 to 17 years inclusive, where the child or young person is:

- Showing early signs of emerging, or are at risk of developing, mental health issues.
- Are affected by the mental health issues of another family member.

The service has a primary focus on the child or young person while working in a whole of family context. The focus is on improving their wellbeing and enabling them to better participate in their communities and reach their full potential.

This Service is offered in the Wollongong and the Shellharbour - Kiama Statistical Areas:

Contact: 4221 7762 (Wollongong)
0421 634 537

4295 8773 (Shellharbour - Kiama)
0423 885 938

Parenting Program

The Parenting Program supports vulnerable children, aged 0 to 12 years inclusive and their families. The focus is on the achievement of positive outcomes in child development, behaviour, safety, physical and emotional well-being, the child parent relationship, and childcare competency. This Service is offered in the Shellharbour LGA only.

Contact: 4295 8774 (Shellharbour)

0409 306 534

Homeless Youth Assistance Program (HYAP)

The HYAP Program assists young people 12 to 15 years inclusive who are homeless or at risk of homelessness. HYAP aims to restore family relationships and reconnect young people with family and wider support networks, and to facilitate transition to appropriate long-term solutions.

Contact: 4221 7763 (Wollongong - Shellharbour)

0427 404 159

0408 350 218

Group Programs

- Resourceful Adolescent Program for Adolescents (RAP-A) aimed to the prevention of depression and enhanced resilience in young people.
- Resourceful Adolescent Program for Parents (RAP-P) aimed to increase parental/family protective factors and understanding of adolescence.
- Circle of Security Parenting Program aimed to enhance the attachment security between parents and their children (aged 0 – 12 years).
- Cool Kids Program teaches children (aged 7+) and their parents' practical skills on how to better manage a child's anxiety.

USE YOUR SCHOOL'S STUDENT WELLBEING BOOST TO BUILD STUDENT WELLBEING WITH THE PEER SUPPORT PROGRAM

The Student Wellbeing Boost means that every school in Australia will receive government funding to put towards student wellbeing. The aim of the funding is to address impacts on student wellbeing caused by disruptions to school due to COVID.

Use your Student Wellbeing Boost to embed a culture of Peer Support

Peer Support is more than just a program: it's a whole-of-school approach to mental health and wellbeing. It's embedding a school culture that puts relationships at the core of everything. It's embracing a wellbeing strategy that is universal, strengths-based, preventative, and holistic.

Use your Student Wellbeing Boost to:

- Implement and run the Peer Support Program.
- Build wellbeing through student voice by training your SRC coordinator.
- Enhance your student wellbeing strategy with the support of a Peer Support expert.
- Embed a culture of wellbeing with educational talks delivered to staff, students and parents/carers.
- Train your entire staff in the Peer Support approach with a tailored workshop delivered at your school.



Sophie Sedgwick
Wellbeing Education Consultant

☎ 0402 271 893
✉ sophie@peersupport.edu.au
🌐 www.peersupport.edu.au

Peer Support is backed by 50 years of research and practice

Peer Support schools experience a range of benefits, including:

- Improved wellbeing across the whole school community.
- Positive relationships across peer groups and cohorts.
- Students who are empowered to take personal responsibility.
- Students who are better equipped to manage life's ups and downs.

The Peer Support Program is evidence-based, cost-effective, and has long-term impact on the mental health of students and school culture.

New to Peer Support?

Register today to receive staff training, access to all our online resources, & more.

REGISTER NOW



STRIDE For better mental health

Family and Carer Mental Health Program

A mental health condition not only affects the individual but those closest to them. If your focus is on someone else's wellbeing, it's sometimes easy to forget you could do with a bit of extra support too.

With the family and carer support program you can learn skills that support you on your caring journey that focus on self-care and the overall mental health and wellbeing for both the carer and the loved one.

We provide:

- Individual and group programs
- Tailored support for family
- Compassion and practical advice
- Monthly support groups
- Carer self care events
- Education and training workshops
- Assistance to develop a network of people going through similar issues

Key Program Features:

Educational Workshops: Covering a range of topics, from understanding common mental health concerns to effective communication strategies, the program offers engaging, informative and educational sessions.

For Family and Carer support please contact:

Nowra Office
52a Worrigeer Street

Wollongong Office
2/36-42 Auburn Street

☎ 02 4422 1547

☎ 02 4229 7254

Or email familyandcarer@stride.com.au

Wollongong Safe Haven

An alternative to the emergency department for individuals experiencing suicidal and/or emotional distress. There is no age limit, no appointment is required as it is drop in, and no medical card is required.

Stride Mental Health's Safe Havens are completely accessible to the community with no referral or diagnosis required to visit. Guests can call to make an appointment or walk in to receive support. Facilitated by Peer Support workers with lived experience in mental health, Safe Havens provide a safe space for guests to take a moment, and access support using evidence-based findings from research to help support people, whilst respecting and valuing all that is unique and singular about their experience.

Stride's Peer Support Workers assist guests to use sensory tools and create take-home strategies that work for their lives. The spaces are designed utilising a sensory modulation approach; this means they are designed with a focus on inviting and tactile experiences that help guests ground their senses.

Safe Haven Wollongong is open from 2 pm to 10 pm from Wednesday to Saturday and is located at: **55 Uranga Parade, Wollongong NSW.**

✉ wollongong.safehaven@stride.com.au
☎ 0401 561 164

Safe Haven is a NSW Health Towards Zero Suicides initiative delivered in partnership with **STRIDE** For better mental health





WOLLONGONG MENTAL HEALTH HUB

Dedicated to providing support, and fostering mental wellness in the community, Wollongong Mental Health Hub provides a range of services to empower the Wollongong community in their mental health journey.

Wollongong Mental Health Hub offers a welcoming environment where the community can access mental health support from peer workers and clinicians.

Walk-ins welcome, or appointments can be made by contacting us at:

wollongongmentalhealthhub@stride.com.au or 02 8358 5838

2/36-42 Auburn Street, Wollongong NSW 2500

This service is supported by funding from COORDINARE – South Eastern NSW PHN through the Australian Government's PHN Program. This service is delivered by Stride.

STRIDE

For better
mental health

NDIS Support Coordination and Recovery Coaching

Navigating support systems for mental health can be challenging. That's why Stride Mental Health offers NDIS Support Coordination, a service designed to guide you through the National Disability Insurance Scheme (NDIS) process.

Stride's dedicated Support Workers work closely with you to help you access the appropriate services and funding available through the NDIS, from securing therapy sessions, educational support, or community resources.

In addition to NDIS Support Coordination, Stride Mental Health provides Recovery Coaching to empower families on their mental health journey. Recovery Coaching is a collaborative and strengths-based approach that focuses on building resilience and fostering positive change. Through this supportive partnership, Stride aims to equip families with the tools and skills necessary to navigate challenges, promoting a healthy and thriving environment. If you're seeking guidance and support, consider exploring our NDIS Support Coordination and Recovery Coaching services at Stride Mental Health.

☎ 1300 00 1907 | ✉ NDIS@Stride.com.au



Book in with a doctor today

headspace Wollongong offer a free GP service for 12-25 year olds, specialising in youth mental health and sexual health.

All you need to do is call to book an appointment on 4220 7660 and have access to a valid Medicare card number.

To find out more about the types of services headspace Wollongong's GPs provide, contact the centre via phone or email.

4220 7660

headspace@gph.org.au



Connect: [headspace.org.au](https://www.headspace.org.au)

Build resilience to the Cycle of Anxiety- Childhood Anxiety seminars for K-6 teachers and parents



Teachers	Parents & Carers
<p>Do you recognise these....</p> <ul style="list-style-type: none"> • Students who seek excessive reassurance- <i>Can I use a blue texta? Is this the right book? Am I doing this the right way? Can you check this?</i> • Or students who avoid activities they used to participate in- <i>sport, performances, school carnivals?</i> 	<p>Does your child...</p> <ul style="list-style-type: none"> • Continuously ask you “What If” questions- <i>What if the bus is late? What if it rains? What if my friend isn’t there?</i> • Always think of the worst-case scenario • Become very upset at changes in routine

Wayahead Mental Health Association NSW delivers **Small Steps: Childhood Anxiety seminars** to school communities across NSW. We have a range of seminars to suit your school community- both face to face and online via Zoom.

Small Steps: Separation Anxiety (preparing for big school- 60 minutes)

For Early Stage 1, Stage 1 teachers and support teachers; for Kindy orientation in Term 4 or Kindy- Year 2 parents in Term 1

Small Steps: Childhood Anxiety K-6 (90 minutes)

For K-6 teachers and support staff; for K-6 parents/carers at any time of the year

Small Steps: Transition to High School (60 minutes)

For Stage 3 teachers and school support staff; for parents/carers of Yr. 5 and 6 students

Seminar topics:

- common anxiety disorders facing children
- how to maximise protective factors to reduce the impact of childhood anxiety
- how to use a Small Steps plan with anxious children
- strategies that work to build resilience to the cycle of anxiety

For more information, please contact monique.brunello@wayahead.org.au



fasstt
The Forum of Australian Services
for Survivors of Torture and Trauma

WITNESS to War



A national multilingual telephone hotline for people affected by overseas conflicts.

We have over 30 years of experience assisting survivors of war and refugee trauma.

We are here to listen to your concerns and provide information about available support.

We can also help you connect to services that can assist you and your family.

Free call 1800 845 198

Monday to Friday across Australia

ACT, NSW, VIC, TAS: 10am - 7pm

South Australia: 9:30am - 6:30pm

Queensland: 9am - 6pm

Northern Territory: 8:30am - 5:30pm

Western Australia: 7am - 4pm

We can talk with you in the following languages:

ARABIC | HEBREW

DARI | UKRAINIAN | ENGLISH

and in other languages with an interpreter

This service is offered by



COMPANIONHOUSE.ORG.AU



NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors

STARTTS.ORG.AU



MELALEUCA.ORG.AU



QPASTT.ORG.AU



STTARS.ORG.AU



MRCTAS.ORG.AU/PHOENIX-CENTRE



FOUNDATIONHOUSE.ORG.AU



ASETTS.ORG.AU



Kids Time Playgroups

Make Way For Play



Free fun weekly play sessions for children aged birth to 5 years and their families/carers. All playgroups 10am to 12 during school terms.

Play sessions include morning tea, fun play and learning activities, and parenting and community information.



Monday

Bellambi Neighbourhood Centre
Cawley Road, Bellambi

Tuesday

Warrawong Children's Family Centre
13 Greene Street, Warrawong

Wednesday

Berkeley Neighbourhood Centre
Winnima Way, Berkeley

Bundaleer Community Centre
Northcliffe Drive, Warrawong

Aboriginal/Torres Strait Islander Playgroups:

Thursday

Koonawarra Public School
Byamee St, Koonawarra

Friday

Berkeley Neighbourhood Centre
Winnima Way, Berkeley



For more information, please call us on 4275 8575
Playgroup operates during school terms



Noah's Inclusion Services - Term 1 2024 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Koori Kids Together 9am-3pm (Monday - Wednesday) Gudgahjhamia and Jervis Bay Preschool Identify and support Aboriginal children	Gubidja Wurrangalali Gooyoong (Cullunghutti Playgroup) 9.30am-12pm Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years	PlayConnect Playgroup 9am-10.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns	Little Steps Playgroup 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care	Little Steps Playgroup 9.30am-11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care
Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years	My Time 9.30am – 11.30am Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs	My Time 10.30am - 12.30pm Noahs Sanctuary Point Peer support group for parents/carers of children with additional needs	My Time 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs	
PlayConnect Playgroup 9.30am – 11am Noah's Nowra Playgroup for children 0-5 years with Autism or development concerns	Little Steps Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care	PALS Playgroup 9.30am – 11am Noah's Ulladulla Supported playgroup for all children and families in conjunction with Playgroup NSW	Connection to Our Backyard 10.30am-12pm Noah's Nowra Play and language group for preschool age children with a NDIS Plan	Other Noah's Programs (contact us for availability): Be My Best Behaviour Support Peer Mentoring (for parents) The Parent Room SWAY Program PEERS Program SOS Feeding Program Start Up Multidisciplinary Assessment Clinic Secret Agent Society Circle of Security NDIS Services by appointment (contact us for availability) Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology (current clients) Behaviour Support
Jump In Early Intervention Group 9.30am – 11am Noah's Batemans Bay Early intervention group for children 3-6 years	My Time 10am-12pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs			
Bilima Boori's 9.30am-12pm Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years	Language for Learning 1pm-2.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan			
Build & Connect 4pm – 5pm Noah's Moruya Social skills group for children 8-12 years with a NDIS Plan	Build & Connect 3.30pm – 4.30pm Noah's Batemans Bay Social skills group for children 8-12 years with a NDIS Plan			
Snapshot Drama Group 4pm – 5pm Noah's Batemans Bay Drama group for children with a NDIS Plan	Connection to Our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with a NDIS Plan			

Noah's Centres:

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



GROUP/PROGRAM/SERVICE	DESCRIPTION	OTHER INFO
NDIS Services - Individual	<ul style="list-style-type: none"> Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology Behaviour Support 	<ul style="list-style-type: none"> For ages up to 18 years Available at Noah's, home or education and community settings Costs (charged to NDIS Plan) are according to the NDIS Price Guide Waiting lists exist for some services Limited access to some services in some locations
NDIS Services - Groups	<ul style="list-style-type: none"> Groups offered are as listed in the timetable Groups vary each term according to time of year and demand 	<ul style="list-style-type: none"> Costs (charged to NDIS Plan) are according to the NDIS Price Guide Waiting lists exist for some groups
Be My Best	Be My Best is for families who are experiencing difficulties managing the behaviour of their child/ren ages 2.5 to 7 years.	<ul style="list-style-type: none"> Non-NDIS Program Intensive Program (Nowra only) - parents commit to 2-3 sessions per week on Mon, Tues and/or Thurs for around 10 weeks Coaching Program available at Nowra and Ulladulla Contact us for more information, including costs and availability
Start Up	Start Up is a developmental assessment program for families with a child under school age who is not meeting milestones	<ul style="list-style-type: none"> Non-NDIS Program Contact us for more information, including costs and availability
Playgroups	Noah's runs a series of playgroups for families with infant or pre-school age children <ul style="list-style-type: none"> Playgroups for Aboriginal families Little Steps (for children who do not attend other early childhood education services) PlayConnect (Supported Playgroup) PALS Playgroup (Supported Playgroup for all abilities) 	<ul style="list-style-type: none"> Non-NDIS Program Contact us for more information or to register
Carer Support Services	<ul style="list-style-type: none"> My Time The Parent Room Peer-to-Peer Mentoring 	Contact us for more information or to register
Early Childhood Early Learning Services	<ul style="list-style-type: none"> Mundamia Early Learning Centre SWAY (language and literacy program for early childhood services based on Aboriginal culture) Koori Kids Together (targeted support for pre-schools and schools in Wreck Bay/Jervis Bay Territory) 	Contact us for more information or to register

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) - Phone: (02) 4423 5022
Noah's Ulladulla: 158 Green Street Ulladulla - Phone: (02) 4455 1318
Noah's Illawarra: 41 Willinga Road Flinders - Phone: (02) 4288 8024
Noah's Sanctuary Point: 48-52 Paradise Beach Road Sanctuary Point - Phone: (02) 4423 5022
Noah's Batemans Bay: 1a Melaleuca Crescent Catalina – Phone (02) 4472 6939
Noah's Moruya: 2809 Princes Highway Moruya – Phone (02) 4472 6939

Bookings are essential for all groups

Timetable is subject to change

Some groups and programs do not run during the school holidays