

AUGUST 2022

ABILITY NETWORK CLIENT

COVER PHOTO BY MICHAEL

Newsletter

August Edition

Hello and welcome to our August Newsletter

It was fantastic to attend and see many of our clients and staff participate at the "Christmas in July" function last month, a lovely opportunity to also meet some of our families who were in attendance.

Later this month, we are having a morning tea for those within our Aged Care service. I personally look forward to meeting some of you.

We have welcomed a couple of staff to our Ability Network family. Firstly Jarrod Tindall to the Management team, Jarrod has accepted the role of team leader for Early Intervention & Therapy Services. Jarrod is a familiar face within this service area, and is a fantastic asset to our Organisation. I encourage you to reach out to Jarrod to assist you in your service needs.

We are happy to advise we are now working with Christine Haslam who is our competency based Registered Nurse. Christine is on board to independently assist us in the training and competency of all staff. It is a priority for us to keep updating our skills as we deliver a service that meets your needs.

We have another busy month ahead of us for everyone at Ability Network.

Besides focussing on the importance of updating the training for all staff, the Management and staff are also taking extra precautions with the recent increase of COVID cases in our Community, providing regular updates and supplies (masks, Sanitizers, wipes, disinfectants) across our organisation. We have taken extra steps as we try to keep

everyone safe, we want to continue activities within our service areas, however making sure it is in a COVID safe environment.

We are also focussed on updating some administration processes as well. The staff may discuss this with you in the coming weeks. I thank you in advance for your cooperation as we work through updating our files.

We thank you for your participation within Ability Network, It brings great joy to witness first hand the enjoyment and interaction shared amongst you. Please always feel free to reach out if you have any ideas to improve our services or if you wish to meet up with either myself or your service coordinator.

I hope you have a fantastic month, take care
Annie Crasti – Operations Manager.



Out & About



Five Minutes with

We did an interview with Tianna last week to find out what she loves about spending time at Ability Network.

How long have you been at Ability Network?

2 Years

What is your favourite group activity?

Cooking and Fun Friday

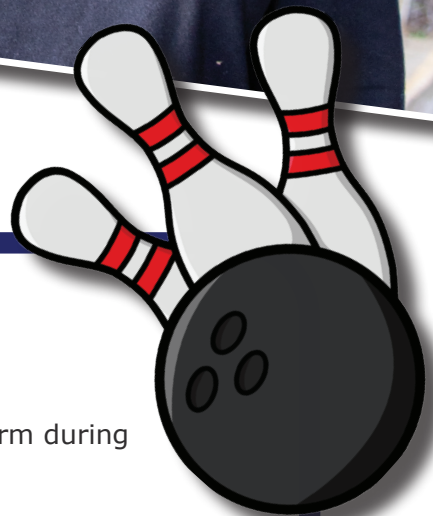
Why do you like to come to our group programs?

To see my friends

Who are your friends here? Cody, Jimmy, Paige, Dan, Hannah

What are some of your goals? Working with dogs. Big dogs, small dogs and tiny puppies.

Something I have achieved/ am proud of? Better cooking skills



Groups and STA

Shout out to the spectacular Master Chefs that have been baking up a storm during their programs. The centre smells divine and makes everyone hungry.

Build a bear and competition Ten Pin Bowling have been the last 2 Fridays. Great day out, everyone enjoying themselves. Make sure you let your co-ordinators know if you have any suggestions for fun friday.

Next bowling date is 26/8/22.

With Covid starting to make the rounds again it is important we keep ourselves safe. Please stay home if you are unwell, wash hands frequently and wear a mask if you can

Also a reminder that STA is available for single nights or weekends for participants that have this available in their funding. - Kristie Reid

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Office Number Ina Drive • 02 6341 3575 • Office Number Berowra St. • 02 6342 2161

Early Intervention

Speech Pathology continues each Tuesday and Wednesday
Occupational Therapy – continue with face to face every Thursday.

Telehealth is providing a great option for those needing/or waiting for Allied Health supports.

Also a reminder that these services, as well as Psychology are available to Adult NDIS Participants via telehealth.

A big thankyou to Yalbillanga Boori for hosting our Transition to school group.
This is a welcome partnership between our organisations.

Starting school is a significant milestone in any child and family's life. For families of children with developmental delay or disability, transition to school requires additional thought, timing and support to make the process as smooth and as positive as possible.

Why do I need a transition to school program?

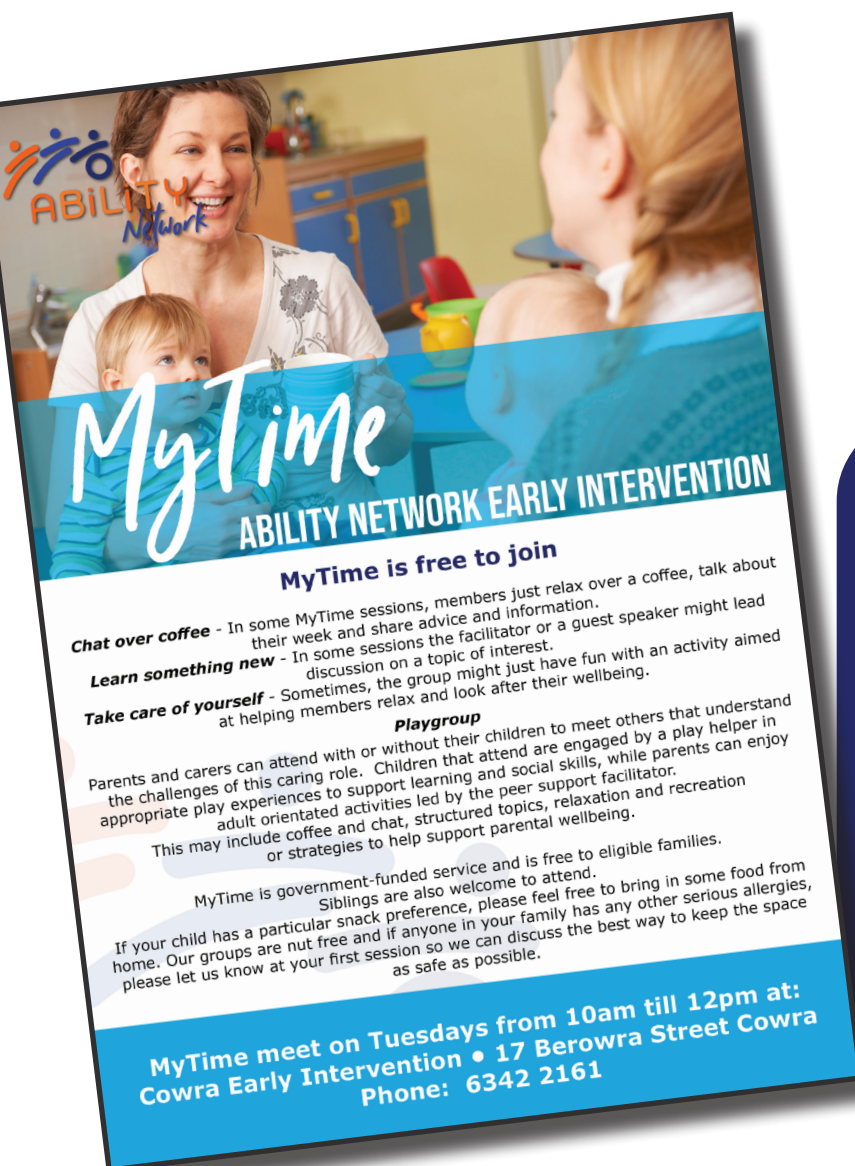
The Transition to School Program helps families with the transition of their child with additional needs into Kindergarten 2023.

What will the program cover?

- Fine and gross motor development
- Name writing exposure and practice
- Numbers 1-10 exposure and practice
- Social skills and play
- How to follow a routine in a structured setting
- Following explicit instructions
- Personal hygiene and safety at school
- How to transition between activities
- Critical thinking and problem solving skills
- Emotional regulation at school.

Learning Outcomes

- To understand the routines and practices a school setting
- To build confidence and skill in communicating with others
- To build a sense of independence
- To develop the foundations of self-help skills, including hand and finger strength, control, using language, planning and sequencing
- To introduce children to the range of emotions that may be felt as they move to their new school environment, including developing an understanding of each emotion and the language to express the emotion.



MyTime
ABILITY NETWORK EARLY INTERVENTION

MyTime is free to join

Chat over coffee - In some MyTime sessions, members just relax over a coffee, talk about their week and share advice and information.

Learn something new - In some sessions the facilitator or a guest speaker might lead discussion on a topic of interest.

Take care of yourself - Sometimes, the group might just have fun with an activity aimed at helping members relax and look after their wellbeing.

Playgroup

Parents and carers can attend with or without their children to meet others that understand the challenges of this caring role. Children that attend are engaged by a play helper in appropriate play experiences to support learning and social skills, while parents can enjoy adult orientated activities led by the peer support facilitator.

This may include coffee and chat, structured topics, relaxation and recreation or strategies to help support parental wellbeing.

MyTime is government-funded service and is free to eligible families.
Siblings are also welcome to attend.

If your child has a particular snack preference, please feel free to bring in some food from home. Our groups are nut free and if anyone in your family has any other serious allergies, please let us know at your first session so we can discuss the best way to keep the space as safe as possible.

**MyTime meet on Tuesdays from 10am till 12pm at:
Cowra Early Intervention • 17 Berowra Street Cowra
Phone: 6342 2161**

My Time

**MyTime meet on Tuesdays
from 10am till 12pm at:
Cowra Early Intervention
Starting on August 23rd**

RECIPE OF THE MONTH

Master Chef rocked this Rocky Road Recipe.

Rocky Road

200 g milk chocolate (7oz)
50 g dark (50%) chocolate (1.8oz)
1/3 cup Allen's Ripe Raspberries candy (or similar) (notes)
3/4 cup, packed marshmallows (15 medium)
1/4 cup peanuts
5 small shortbread cookies

Method:

Line a loaf tin, roughly 10x20cm / 4x8 inch, with baking paper.
Cut the jellies and marshmallows in half.
Roughly cut the cookies to a small bite size. Set aside.
Finely chop the milk chocolate and dark chocolate then combine in a large bowl.
Microwave on high for 30 seconds. Stir well and repeat another 2-3 times – stirring really well between each until it's just melted. Don't overheat.

Add the raspberries, marshmallows, peanuts and cookie pieces to the chocolate and mix well.
Tip into the prepared tin and nudge it into the corners.
Place in the fridge to set for about 2 hours to set firm again. Cut into slices and serve or wrap to give away.



THIS MONTH'S STAR OF THE MONTH IS

Super STAR

Brad M.



Brad has been working on being patient, using his manners, being respectful and kind.

Well done Brad!

Aged Care

The cold weather is well and truly upon us and we would like to take a moment to remind our clients that our dedicated support workers can assist you in getting a nice warm stew brewing.

They can spend a little extra time during your service to help peel and chop those vegies and prepare a meal. If shopping for ingredients is what you need, then give us a call in the office and we can have a chat about assisting you with shopping activities.

Taking care of ourselves is the most important thing and we encourage all of our clients to touch base with your GP if you are not feeling well during the cold months. If you need help getting to your appointments, we may be able to assist you. The flu season has had an impact on our team, meaning a lot of them have been recovering at home. We expect this to continue throughout winter, so we ask for your

patience and understanding when we call to re arrange your service where needed.

Our administration hub in Kendal Street has been busy with the addition of Cass to our Aged Care admin team. Cassie will be assisting in a dual role which will see her divide her time on the filed assisting clients and in the office assisting me. Cass may be in contact with you from time to time on my behalf and she is excited to get to know all of our wonderful clients.

We are continuing to expand our service in Cowra and we have welcomed two more clients to our Cowra base in the last 2 weeks. This will bring us to a total of 50 clients in the Cowra area with more waiting to join our services. We are so proud of our team in Cowra and the amazing work they have been doing.

Jamie-lee Fairly – Service Coordinator.



Happy Birthday!
to all our August and
September Birthdays!