



# ST LUCY'S SCHOOL NEWSLETTER

In the Catholic Dominican tradition. A community enriched by difference;  
inspiring learning for a life of purpose

JOY | COMMUNITY | COURAGE | TRUTH



## FROM THE PRINCIPAL

Dear Parents,

### Orientation Season:

We have been enjoying the opportunity of holding the New Family Orientations for our new students this week in readiness for 2021 especially in Kindergarten and Year 7.

### New Parents' Picnic:

Unfortunately, due to Covid restrictions not measurably relaxing, we are unable to hold our usual New Family Picnic this year. We will see if we can reschedule at some stage early next year to enable the important social connections among our new families and students to be established.

### Dads' Dinner: Off Campus:

Dads and friends from St Lucy's and St Edmund's who have indicated their attendance already are gathering for an informal dinner at West Pymble Bowling Club, Prince Of Wales Drive, West Pymble on this Friday 6 November from 6pm. Due to Covid restrictions we have been unable to meet at our respective schools in recent terms so this is a great opportunity to gather and share notes on the remarkable year that 2020 has been for us all.

### Annual Parent Survey:

Each year we send out a Survey to all our families asking you for feedback on the year that has been and what you would like to suggest for the year/s ahead.

I would urge you to take the time to complete this Survey as it assists us with reviewing all our practices and assists with planning ahead.

The Survey should take you no longer than 15 minutes to complete. The information gathered is greatly valued as we reflect as a Staff and a Board on the results to continually improve our School.

<https://www.surveymonkey.com/r/G9MDWWS>

David Raphael  
Principal

MOVING TOWARDS **K-12**  
06 November 2020

## TERM 4

**Friday 13 November**  
Remembrance Day Liturgy  
9.00am

**Year 6 Graduation**  
Thursday 26 November  
10.30am

**Wednesday 9 December**  
Term 4 concludes for students



## PERMISSION FORMS REQUIRED FOR UPCOMING SCHOOL VIDEO

Dear families, we have an upcoming school video being filmed on 24/25 November. Any families that are happy for their child to be filmed and included in our school video would need to circle **yes** to use on our **website, social media platforms and promotional material**. Please see form below and send in by next week. Any child that has not got permission will not be able to be included. Its an exciting day for the students and we would love the opportunity to include as many students as we can to show how wonderful St Lucy's is.

### PERMISSIONS 2020



Please sign the following Permissions. In the case of excursions, these notes are to cover incidental outings (eg going to Mass, visiting the local shops or park etc). This does not involve public transport or the use of school or private vehicles. For all other excursions you will receive a separate note giving specific details of the outing. Please complete and return to school as soon as possible. Please contact us with any queries.

#### PERMISSION TO USE A CHILD'S PHOTOGRAPH:

At certain times throughout the year, our students may have the opportunity to be photographed or filmed for our school publications, such as the school's newsletter, website, Facebook and other social media. We also on occasion take photographs of our students for promotional material.

I give permission for a photograph/video of my child to be used in the agreed publications without acknowledgement, remuneration or compensation.

I understand and agree that if I do not wish to consent to my child's photograph/video appearing in any of or all of the publications, or if I wish to withdraw this authorisation and consent, it is my responsibility to notify the school in writing.

#### PERMISSION TO CALL AN AMBULANCE:

I give permission for St Lucy's to call an ambulance in case of an emergency involving my child.

CHILD'S NAME: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

*School Newsletter	Yes	No
Classroom Use	Yes	No
St Lucy's Website	Yes	No
St Lucy's Facebook	Yes	No
St Lucy's Instagram page	Yes	No
St Lucy's Linked-In page	Yes	No
**Promotional Material	Yes	No

**Please circle your preference.**

CHILD'S NAME: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

\*newsletter uploaded on Skoolbag & St Lucy's website

\*\*including promotional videos

#### PERMISSION TO VISIT LOCAL AREA:

I give permission for my child to be taken on excursion to the local area (eg Church, shops, park). This will be within walking distance and will not involve public or private transport.

CHILD'S NAME: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_



## Westfield Local Heroes

**Congratulations Ava for  
your success as a 2020  
Westfield Hornsby Local Hero!**

Thanks to Ava, St Lucy's School will be awarded a \$10,000 grant from Scentre Group to build raised garden beds as well as a custom built bike shed and garden shed.

### SENSITIVE SANTA PHOTOGRAPHY

Westfield Hornsby are offering a Sensitive Santa experience so that families can visit our Christmas wonderland and have their photo taken in a relaxed environment, tailored to children with sensory challenges. Bookings are essential for our Sensitive Santa sessions. Book here now to secure a time that is convenient for you. Please note, there are no walk-ins available:

<https://www.westfield.com.au/hornsby/event/6PrRkoXeVu5qiOwpLtNyeO/sensitive-santa-photography>

### LAST DAY OF CANTEEN

Dear families, the last day of canteen this term will be Monday November 23, 2020.

Thanks,

Kylie and Sarah

### CONGRATULATIONS

A big congratulations to Mia Laime from the Moon Class and Oscar Jessup from the Asteroid Class whose Cheerability Team just won first place in the State Championships in their category of cheerleading! We are so proud of their efforts so far and wish them all the best for the Nationals later this month. Go Mia and Oscar!

Siobhan O'Neill

Classroom Teacher



### PAPER RAFFLE TICKETS FOR ST LUCY'S SCHOOL - PLEASE RETURN BY 13 NOVEMBER

**ST LUCY'S SCHOOL 2020 RAFFLE**  
Please support St Lucy's School by purchasing tickets in our raffle

**TICKET PRICES:** 1 for \$10 • 3 for \$25 • 7 for \$50 • 15 for \$100

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Company: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please support St Lucy's School by purchasing tickets in our raffle to raise funds to develop a playground suitable for K-12 students with disabilities. Draw on 2nd December 2020 at St Lucy's School at 11:00am. Ticket prices: 1 for \$10 or 3 for \$25 or 7 for \$50 or 15 for \$100. Tickets only available for sale in NSW. Extra tickets available online until midnight 30/11/20 at [www.rafflelink.com.au/stlucyschool2020](http://www.rafflelink.com.au/stlucyschool2020). Winners will be contacted by phone & published on the school website: [www.stlucys.nsw.edu.au](http://www.stlucys.nsw.edu.au)

**ST LUCY'S SCHOOL 2020 RAFFLE**  
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**1ST PRIZE:** Hisense 75" 4K UHD TV (valued at \$1,895)

**2ND PRIZE:** 2 nights at Headlands in Austinmer Beach (valued at \$800)

**3RD PRIZE:** Bunnings Garden Hamper and gift cards (valued at \$475)

**4TH PRIZE:** Facials & Nutrimetics Hamper (valued at \$550)

**5TH PRIZE:** Nintendo Switch (valued at \$460)

**6TH PRIZE:** Board Game Hamper (valued at \$450)

**7TH PRIZE:** Little Girls Toy Hamper (valued at \$400)

**8TH PRIZE:** Star Wars Hamper (valued at \$300)

**9TH PRIZE:** Boys Action Hamper (valued at \$300)

**10TH PRIZE:** Projector and screen hire package (valued at \$285)

**11TH PRIZE:** Glasshouse Hamper (valued at \$195)

Dear St Lucy's Community,

Please ensure all sold or unsold paper raffle tickets are returned to the school by Friday 13th November.

Don't worry if you haven't been able to sell the tickets, we just require all paper tickets returned for auditing purposes.



## RELIGIOUS EDUCATION AND PASTORAL CARE

**Grandparents are as good as gold  
Reminding me of the days of old  
Always greeting me with a hug  
Never cross or mean or smug  
Delighting in the words I say  
Proud of me in every way  
Always with me when I'm glad  
Rocking me gently when I'm sad  
Every tear is given care  
Never ending love is always there  
Telling tales both true and tall  
Super special one and all!**

Last Friday, we gathered ahead of All Saints Day to give thanks for the many saints that are our grandparents! We feel that these special people are saints in the lives of the St Lucy's children because they love and accept them for who they are, and demonstrate great faith and belief in recognising their grandchildren's gifts and ensuring they can live by them in a true and honest way.

We held a special liturgy within our classrooms, with some classes continuing the focus with some themed activities to enhance the meaning for their students. A special thank you to the Aquarius Class staff for preparing our beautiful liturgy.



## SAVE THE DATE: FAREWELL FAMILY MASS FOR FR DAVID RANSON

We recently received the news from our wonderful Parish Priest, Fr David, that he will be leaving Holy Name Parish, Wahroonga at the end of this year. We have been so blessed having Fr David as our pastoral leader these past number of years, and will be forever grateful for all that he has engaged with throughout his journey with us. His presence, understanding, care, kindness, responsiveness, compassion and advocacy are just some of the many values we have come to know and love about him.

To express our gratitude, we ask that you come and join us for our St Lucy's Family Mass on Friday 27th November at Holy Name Church Wahroonga from 5.30pm. If you wish to attend, please use this trybooking link: <https://www.trybooking.com/BMQCG>. We will also present Fr David with a farewell gift from the community at this time. If you would like to give Fr David a card/gift of your own, please feel free to drop it to the school for us to pass onto him. Alternatively, you can hand this to him at this special Mass.



## LAST FREE SHOPPING TRIP FOR 2020!

Our fourth and final shopping trip, kindly provided by our friends at C3 Church, will take place on Wednesday 11th November. Helen will meet all who are attending at their C3 Cares Warehouse at 10am. The warehouse is located at 108 Silverwater Rd, Silverwater. Due to COVID-19 regulations, it is encouraged that those attending wear a mask, and that all who want to go along MUST register via the following link by Friday 6th November: <https://www.trybooking.com/events/landing?eid=670485&> If you have any questions, please don't hesitate to send me an email.

Wishing you peace and blessings!

Vanessa Dillon

Classroom Teacher - REC



## STAR OF THE WEEK AWARD



### STAR OF THE WEEK (WEEK 3)

Aquarius	Josiah Wormald
Asteroid	Dylan Ainscow
Calypso	Mia Morrissey & Taylor Tobin
Eclipse	Matilda Owler
Galaxy	Zef De Bruin
Luna	Jordan Szeto
Mars	Andrew Chibika
Meteor	Hugo Le Roy

Moon	Daniel Harwood
Nova	Owen Davis-Brown
Pulsar	Jackson Pardey
Saturn	Jacob Hillard
Star	Rocco Knox
Stardust	Sydney Cameron
Titan	Samara Macklin
Venus	Edward Price

### STAR OF THE WEEK (WEEK4)

Aquarius	Max Torbarac
Asteroid	Alex Squires
Calypso	Ante Maric & Beau Lyall
Eclipse	Madison Garcia & Arlo Tombolato
Galaxy	Stephen Tarantilis & Connor Anderson
Luna	Stella Shen
Mars	Oscar Osborne
Meteor	Oliver Zawodny

Moon	Sam Nemcich
Nova	Sebastian Murray
Pulsar	Liam Duggan
Saturn	Samuel Lewis
Star	Uriel Cheah
Stardust	Joshua Garrett & James Deasy-Kennedy
Titan	Samara Macklin & Livia Maltby
Venus	Matthew McArthur



# LESS THAN 4 WEEKS TO GO...DON'T MISS OUT!



## ST LUCY'S SCHOOL



Please support St Lucy's School by purchasing tickets in our 2020 raffle to develop a playground suitable for K-12 students with disabilities.

**11 WONDERFUL PRIZES TO BE WON!**

### 1ST PRIZE HISENSE 75" 4K UHD SMART TV



Hisense 75" 4K UHD Smart TV (2020)

- Ultra HD Panel (3840 x 2160)
- VIDAA 3.0
- HDR10,
- 100 smooth motion rate

Donated by Bunnings Thornleigh

### 2ND PRIZE 2 NIGHTS AT HEADLANDS



2 nights accommodation for up to 2 guests in a one bedroom apartment at Headlands in Austinmer Beach.

Donated by Steve Crowe

### 3RD PRIZE BUNNINGS GARDEN HAMPER



Includes:

- \$300 Bunnings gift Card
- 80L Wheelbarrow
- Garden blower
- 1 Spade & 1 kids shovel
- garden gloves & hats
- watering can
- seedlings & trowl bulbs
- mega coir garden soil

Donated by Bunnings Thornleigh

### 4TH PRIZE FACIALS & NUTRIMETICS HAMPER



• 5 facials

- Hamper pack including: Eye mask, Silk pillow case, body cream, body satin, bathing bar, intensive lip treatment, Loofa shower gel, OLC wipes, Beauty Bag

Donated by Dalal D Baumgartner

### 5TH PRIZE NINTENDO SWITCH



Includes:

- Nintendo Switch
- Joy-Con Neon Blue
- Joy-Con Neon Red
- Joy-Con Neon Straps
- HDMI Cable
- Switch Dock
- Joy-Con Grip
- Switch AC Adapter

Donated by Sarah Threlfo

### 6TH PRIZE BOARD GAME HAMPER



Kindly donated by Hasbro

Board games including:

- Monopoly junior, Monopoly Ultimate Banking, Cluedo Clue Lost in Vegas, Jenga, Mon Petit Art, Rata tat Cat, Guess Who Cluedo, Uno, Risk Mastermind, Fantastic Gymnastics, 3D Puzzle, Educa Puzzle 3000

### 7TH PRIZE LITTLE GIRLS TOY HAMPER

FurReal Cubby Curious Brown Bear, Baby Alive Doll, Play dough Preschool FUNdamentals Box, Play-Doh My Little Pony Ponyville Pies Set, Play-Doh Kitchen Creations, Play-Doh Plus 8-Pack for Decorating, Frozen Figurine (donated by Hasbro).

### 8TH PRIZE STAR WARS HAMPER

Star Wars: Monopoly Board Game, Rey Starkiller centrepiece, Clone Wars Action Figure Pack, Evolution The Legacy Collection figurines, Revenge Starfighter, Lightsaber (donated by Hasbro).

### 9TH PRIZE BOY'S ACTION TOY HAMPER

Nerf, Delta Trooper, Iron Man, Captain America, Bumble Bee Vision AR Experience, Optimus Prime Voice Changer (donated by Hasbro).

### 10TH PRIZE PROJECTOR & SCREEN PACKAGE

Projector/screen Package with 2 EV Speakers (1 night's hire). This package is used for a family event or a kids party watching a movie (donated by Element ICT)

### 11TH PRIZE GLASSHOUSE HAMPER

Glass House Candle, Fragrance Diffuser and body lotion (donated by TerryWhite Chemmart Hornsby).

Drawn on 2nd December 2020

**1 Ticket for \$10 | 3 Tickets for \$25 | 7 tickets for \$50 | 15 tickets for \$100**

To purchase tickets, please visit: [rafflelink.com.au/stlucysraffle2020](https://rafflelink.com.au/stlucysraffle2020) or scan the QR code







# CREATIVE ARTS NEWS

Our Creative Arts Studios are alive with energy and imagination! Please enjoy some highlights from this week and last.

Creative Arts sessions are designed to inspire connection and creative thinking. Students learn technical skills related to the art form while exploring their class themes from their Science, History and Geography units, through the Arts, to further consolidate their learning.

Students are now spending their class Music or Dance sessions to prepare for our End of Year Concerts. Please don't forget to send in your permission forms for this (letter sent to you by David Raphael).

Theatre Project students are currently filming their new production of Scenes From a Restaurant. Due to Covid-19 restrictions, students will not perform a live show but are working very hard on their scene work each week. We look forward to showing you some of it!



## Ku ring gai EXPLORATION Art Exhibition

We will be entering 2 series of artworks, 'The Discovery of Colour and Movement' and 'The Discovery of Space' into the Ku ring gai EXPLORATION Art Exhibition. Here are some of the works:



If you are interested in your child joining an after school project in 2021, please let me know via email. The after school projects are:

Theatre Project – Mondays 3.00 – 4.30/4.45

Dance Project – Tuesdays 3.00 – 4.15

Art Project – Wednesdays 3.00 – 4.30

Alessandra Picone

Head of Creative Arts





# FAMILY SUPPORT

## PARENT CHRISTMAS TO DO LIST...



Dear St Lucy's community,

Here is a list of services and links that can assist you through the Christmas holiday period.

The first list has services with availability, the second is a general services list you may try. "We will email you this information with a blank calendar for you to use in planning over the holidays.

Please get in contact if you need support over the holidays.

Jonathan Carey

Family Support Worker • Mob: 0456 681 710

## Services who currently have capacity this Christmas 2020/21 Holiday Period

### CatholicCare Brookvale Lorikeets Holiday Camp

Dates available: 04/01/2021 - 22/01/2021

Contact: Lynn Murphy or Olivia Bucknell ON 9488.2500 for further details

### Jaybelle Care

Contact: Jessica Hokin • 0423 202 588 • jaybellecare@gmail.com

### PCYC Hornsby (Not Special Needs)

Michaela Pendleton • MPendleton@pcycnsw.org.au

### Ability Options - Northern Beaches Interchange

Contact Jayne Parums – Support Coordinator Group and Individual Support.

Jayne.parums@abilityoptions.org.au • 0437 422 121 or

email nbiservicet@abilityoptions.org.au • phone 8976 2865

### Luz All Abilities

Availability: During all school holidays • 9am to 3pm (optional extra hours) • 10 spots available

Contact: Jayne Parums – Support Coordinator Group and Individual Support.

Jayne.parums@abilityoptions.org.au • 0437 422 121 or email nbiservicet@abilityoptions.org.au phone 8976 286

### Hands and Feet Camp

Availability: Weeklong camp 10th-15th January. For kids and teenagers aged 7-18 with intellectual disabilities

Contact: Reuben Torrance • 0426 797 382 • reuben@handsandfeet.com.au

### Holiday Camp - Catholic Care

Availability: During school holidays 14/12/20 to 18/12/20

Weekend recreational programs for young kids (5Y/o to 14 Y/O) every weekend Inc 19/12/20

Individualised support and holiday camp for St Lucy's kids on 10th and 11th December (small group of St Lucy's kids) January 5th to January 22nd 2021. Capacity currently open for bookings. Max capacity 12 kids

Contact: Camilo Castano • Holiday Camp Team leader • 9488 250

### Wheelchair Sports, Programs and Camps – Northern Sydney

[www.wsnsnsw.org.au/sports/](http://www.wsnsnsw.org.au/sports/)





## GENERAL HOLIDAY PROGRAMS & RESPITE SERVICE LIST

ABA Link Supersitters – Sydney Metro	<a href="mailto:supersitter@abalink.com.au">supersitter@abalink.com.au</a>
Autism Spectrum – Australia Wide	<a href="http://www.autismspectrum.org.au">www.autismspectrum.org.au</a>
Active Opportunities – Sports Program, Northern Suburbs	<a href="http://www.activeopportunities.org.au">www.activeopportunities.org.au</a>
Care Centric	<a href="http://www.carecentric.com.au">www.carecentric.com.au</a>
Catholic Care – Disability Services	<a href="http://www.catholiccaredbb.org.au">www.catholiccaredbb.org.au</a>
Cerebral Palsy Alliance – Disability Services	<a href="http://www.cerebralpalsy.org.au">www.cerebralpalsy.org.au</a>
Danceability - Eastern Suburbs	<a href="http://www.danceability.com.au">www.danceability.com.au</a>
Early Ed - North and Western Sydney	<a href="http://www.earlyed.com.au">www.earlyed.com.au</a>
Football4All – Northern Suburbs	<a href="http://www.activeopportunities.org.au">www.activeopportunities.org.au</a>
GymAbility – Gymnastics, Northern Suburbs	<a href="http://www.hornsbyrslgymnastics.com.au">www.hornsbyrslgymnastics.com.au</a>
Hills Swimming – Western Sydney	<a href="http://www.hillsswimming.com/">www.hillsswimming.com/</a>
Hire Up – Online Support Search	<a href="http://www.hireup.com.au">www.hireup.com.au</a>
Homecare Heroes – Disability Service, Sydney	<a href="http://www.homecareheroes.com.au">www.homecareheroes.com.au</a>
Jaybelle – Disability Service, Northern Sydney	<a href="mailto:jaybellecare@gmail.com">jaybellecare@gmail.com</a>
Kickability – Special Needs AFL, Pennant Hills	<a href="mailto:juniorvicepresident@pennanthillsjaafc.com.au">juniorvicepresident@pennanthillsjaafc.com.au</a>
Learning Links – Northern Suburbs and Northern Beaches	<a href="http://www.learninglinks.org.au">www.learninglinks.org.au</a>
Lifestart – Across Sydney	<a href="http://www.lifestart.org.au/">www.lifestart.org.au/</a>
Lifestyle Solutions – Disability Service, Sydney	<a href="http://www.lifestylesolutions.org.au">www.lifestylesolutions.org.au</a>
Luz Services – Individual & Group Service, Northern Sydney	<a href="http://www.luzallabilities.com.au">www.luzallabilities.com.au</a>
Magic Mania – Magic Show, Sydney City	<a href="http://www.magicmania.com.au">www.magicmania.com.au</a>
Northcott – Disability Service, Western Sydney	<a href="http://www.northcott.com.au">www.northcott.com.au</a>
Northern Beaches Interchange – Holiday & Vacation,	<a href="http://www.nbi.org.au">www.nbi.org.au</a>
NWDS – Disability Service, North West Sydney	<a href="http://www.nwds.org.au/activities----supports">www.nwds.org.au/activities----supports</a>
NWSF – Football for all Females, Sydney	<a href="http://www.nwsf.com.au">www.nwsf.com.au</a>
Rhythm Works Dance – Inner West Sydney	<a href="mailto:info@elevateperformingarts.com">info@elevateperformingarts.com</a>
Sahara School Holidays – Vacation Care, Western Sydney	<a href="mailto:s.zgolak@saharaservices.com.au">s.zgolak@saharaservices.com.au</a>
Sense Rugby – Northern Suburbs	<a href="http://www.senserugby.com.au">www.senserugby.com.au</a>
Rainbow Club – Swimming, Northern Suburbs	<a href="http://www.rainbowclubaust.com.au">www.rainbowclubaust.com.au</a>
Reach Up – Individual & Group, Northern Suburbs	<a href="http://www.reachup.org.au">www.reachup.org.au</a>
You Should Be Dancing! – Northern Beaches	<a href="http://www.youshouldbedancing.com.au">www.youshouldbedancing.com.au</a>
Unisson Art Class – Terrey Hills	<a href="mailto:Fergusonhello@unisson.org.au">Fergusonhello@unisson.org.au</a>

## CAMPS

Wheelchair Sports, Programs and Camps – Northern Sydney	<a href="http://www.wsnsf.org.au/sports/">www.wsnsf.org.au/sports/</a>
Sony Camps - Book 1 year in Advance (Sydney)	<a href="http://www.sonyfoundation.org">www.sonyfoundation.org</a>
Marist Sony Foundation Children's Holiday Camp	<a href="mailto:maristcamp@joeys.org">maristcamp@joeys.org</a>
Start Up Kidz – Disability Camps, Sydney and Regional NS	<a href="http://www.startupkidz.com.au">www.startupkidz.com.au</a>

## EMERGENCY CONTACTS

In an Emergency	Call 000 or go to a hospital emergency
NSW Police (non-emergency)	131 444
Mental Health Line	1800 011 511
Parentline	1300 1300 52 <a href="http://www.parentline.org.au">www.parentline.org.au</a>
Carer Gateway Contact Centre	1800 422 737 <a href="http://www.carergateway.gov.au">www.carergateway.gov.au</a>
Kids Helpline	1800 55 1800
Lifeline	13 11 14
Beyond Blue	1300 22 4636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>

## CARER GROUPS AND ONLINE SUPPORTS

**Conversations with Carers** – Online and Phone Support (Northern Sydney Local Health District)

Tel (02) 94629488 m. 0434323411 | [Mary.BeijerinckGooley@health.nsw.gov.au](mailto:Mary.BeijerinckGooley@health.nsw.gov.au) | [www.nscarersupport.com.au](http://www.nscarersupport.com.au)

### **Parent Support Group (Forestville and Norther Beaches)**

For families in the Forestville area and the wider northern beaches regarding started by the ACN. The monthly support group is being run by a volunteer called Amanda Perry The meeting is held at the Forestville RSL, and the next one is scheduled for this Sunday 8 Nov from 2pm to 4pm. Group benefits families with younger kids on the spectrum, but anyone is welcome.

Amanda Perry: 0415 257 388

### **Ability Options (Northern Beaches Interchange)**

**Our Kookaburras playgroup** is for our under 5 years old's and runs like a playgroup. This year we have a speech pathologist who will be attending the group to read stories and connect with families.

**Our Carers Café** is for families and carers to connect and share stories in a quiet and private space. This is run by our dedicated Art Therapist who provides a variety of activities for the day.

For more information contact your friendly team on (02) 8976 2850 or [nbiservice@abilityoptions.org.au](mailto:nbiservice@abilityoptions.org.au)

### **MyCareSpace (Community Ogranisation)**

(Lends a hand to people in our community that need help such as getting groceries, walking a dog, picking up a parcel and chat on the phone

The MyCareSpace Team | [www.mycarespace.com.au](http://www.mycarespace.com.au) | 1800 670 014

## USEFUL SEARCH ENGINES

[www.disabilitysupportguide.com.au](http://www.disabilitysupportguide.com.au)

(Disability Support Guide is a gateway to connect Australians living with a disability, their families and carers with disability support providers through our industry-leading suite of resources including the Guide to Disability Support, [DisabilitySupportGuide.com.au](http://DisabilitySupportGuide.com.au) and [TalkingDisability.com.au](http://TalkingDisability.com.au)

[www.clickability.com.au](http://www.clickability.com.au)

(Clickability is an Australian disability service directory that features ratings and reviews from the people who actually use the services)

[www.ideas.org.au](http://www.ideas.org.au)

(Information on Disability, Education and Awareness Services provides accurate and verified information to help people with disability live full and independent lives)

[www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

(Speech Pathology Australia is the national peak body for the speech pathology profession in Australia. Speech pathologists are University trained allied health professionals with expertise in the assessment and treatment of communication and/or swallowing difficulties)

[www.otaus.com.au](http://www.otaus.com.au)

(Occupational Therapy Australia is the peak professional body representing the interests of Occupational Therapists across Australia. We can help locate Occupational Therapists in your area)

Disclaimer: While we are aware of and are happy to let you know about support services, we are not endorsing these services and cannot promise you that the services are suitable for your child or family's needs. It is up to you to make your own inquiries and decide whether a service is suitable for your child and your family.



# CARERS CAFÉ AT THE LOUNGE

A place where parents and carers of someone with a disability share experiences and form friendships.



EVERY SECOND FRIDAY OF THE MONTH  
NEXT GROUP MEETS ON

For more information contact our friendly team on  
8976 2850

[nbiservice@abilityoptions.org.au](mailto:nbiservice@abilityoptions.org.au)



NORTHERN BEACHES INTERCHANGE

## Kookaburra Playgroup

Play.Learn.Connect

A supported playgroup for  
children 0-5 with additional needs

RUNNING EVERY SECOND WEEK FROM 10AM-12PM IN  
CROMER.

KOOKABURRA PLAYGROUP IS A PLACE WHERE  
BABIES, TODDLERS AND PRE-SCHOOLERS ARE  
ENCOURAGED TO ENGAGE IN CREATIVE AND  
IMAGINATIVE PLAY, SOCIAL ENGAGEMENT, MUSIC  
AND MOVEMENT. THE FUN AND ENGAGING PLAYGROUP  
IS ALSO A GREAT PLACE FOR MUMS, DADS AND  
CARERS TO CATCH UP OR MAKE NEW FRIENDS.

For more information contact our friendly team  
on 8976 2850 or  
[nbiservice@abilityoptions.org.au](mailto:nbiservice@abilityoptions.org.au)



CatholicCare  
Northern Beaches



## LORIKEETS HOLIDAY CAMP

FOR 5 - 18 YEAR OLDS

Come and make some friends and join in our great  
excursions with our experienced staff



9.00am - 4.00pm

5 January - 22 January 2021

5 April - 16 April 2021

28 June - 9 July 2021

20 September - 1 October 2021



Arranounbai School  
5 Aquatic Drive  
FRENCHS FOREST

Holiday program activities may include:

- Ferry rides
- Taronga Zoo
- Picnic/park days
- Reptile Park
- BBQ/park days

We can support on a 1:1 or 1:2 NDIS ratio (daily price exclusive of excursion costs and resources).

FOR ALL  
ENQUIRIES:

P: (02) 9488 2500  
E: [lynn.murphy@catholiccaredbb.org.au](mailto:lynn.murphy@catholiccaredbb.org.au)  
W: [catholiccaredbb.org.au](http://catholiccaredbb.org.au)

## Online Conversations with Carers 2020/2021

Join us for a series of monthly online Carer chats, we will discuss  
various aspects of being a Carer. The free online talks provide a  
great opportunity to connect with other Carers, share, and laugh  
and learn. Monthly conversations with Carers will commence on  
Friday 6/11/2020.

*It takes a Village to help raise a child, or to help care for a vulnerable person  
and their invaluable Carers. Let's create that Village together.*

Check out monthly webinar topics on [www.nscarersupport.com.au](http://www.nscarersupport.com.au) and  
[www.facebook.com/NSLHDCarersupport](https://www.facebook.com/NSLHDCarersupport)

Monthly Dates are the First Friday of the month at 10:30 via Zoom

November 6<sup>th</sup>, December 4<sup>th</sup> 2020, and then in 2021

February 5<sup>th</sup>, March 5<sup>th</sup>, April 2<sup>nd</sup>, May 7<sup>th</sup>, June 4<sup>th</sup>, July 2<sup>nd</sup>, August 6<sup>th</sup>,  
September 3<sup>rd</sup>, October 1<sup>st</sup>, November 5<sup>th</sup>, December 5<sup>th</sup>

Zoom details: Join Zoom Meeting

<https://zoom.us/j/91217651712?pwd=WHZnVkpwZWd4Ty9WQWlyZ0tNMmpEQ1Q9>

Meeting ID: 912 1765 1712 Passcode: 6q9y5J



NSLHD Carer Support Service