



## FROM THE PRINCIPAL

Dear Parents,

### St Dominic's Day:

A great day of celebration was held today as we marked St Dominic's day as part of our St Lucy's Catholic charism. A liturgy followed by face painting, disco dancing and other fun activities were held for the students, as well as mufti and the traditional celebratory sausage sizzle. This visit by the Knox Pipe Band proved to be a hit yet again. Enjoy the photos on page 3.

Dominic challenged the established church thinking of his times and deliberately met people in their ordinary day of work and leisure, in pubs and on the road, caring for the poor and downtrodden. He had a particular ministry to the outcast women who were marginalised because of their profession of faith by creating a safe house for them called Prouille. His followers were encouraged to be university educated so they could preach from a position of knowledge. He was a man ahead of his times who modelled himself on Christ's example.

### Sacrament of Reconciliation:

Last Thursday, 7 students received the sacrament of Reconciliation. The central theme of this lesson was: Growing in God's Love. Our Parish Priest, Fr Kelvin Lovegrove presided, and we were so excited to welcome family and friends to this special event.



## Go Matildas!



NSW is with you.

**18 August 2023**

## TERM 3 DATES

**Friday 25 August**

Book Week Parade

**DRESS-UP PARADE  
(PRIMARY)**

**CRAZY SOCKS  
(SENIOR)**

**Wednesday 30 August**

Father's Day Liturgy 9.30am

**Friday 15 September**

P&F Trivia Night 6.30-9.00pm

**Friday 22 September**

Last day of Term 3

Principal: Mr David Raphael

[www.stlucys.nsw.edu.au](http://www.stlucys.nsw.edu.au)

Ph: 9487 1277

### Men's Night:

The Men's Group had a very full discussion when they met at St Edmund's last week. The challenging topic was 'Moral Injury' but the beer and pizza was also welcome.

Moral injury describes the challenge of simultaneously knowing what care a person needs but being unable to provide it due to constraints that are beyond one's control. We discussed examples of difficult decisions that dads had to make for their child over the years and the stress it has caused. We discussed the fact that self-blame can be a very substantial part of anxiety and is a component of self-directed emotions like guilt. Blaming oneself is a common response to having a traumatic experience. This is especially true even when the traumatic event occurs through no fault of their own. One example raised was how powerless one dad felt not being able to help his child from ongoing pain.

The group also felt that self-compassion (being kind to yourself) can help break the cycle of self-blame. Of course, the topic is also very applicable to our mums too. Being kind to self is so vital as we navigate the challenges that life serves up at times.

Our next Men's Night is on 2nd November at St Lucy's from 6.30pm.

### Parents and Friends Meeting:

About 20 parents attended the meeting earlier this week online and in person. The major topic was the Bishop Anthony's unfolding vision for disability education in the Diocese and the proposed implementation of this vision by Catholic Schools Broken Bay (CSBB). The CSBB is establishing the Eileen O'Connor K-12 special needs school at Tuggerah on the Central Coast over the next decade or so and in the meantime rolling out 'support classes' in particular locations in their schools.

Students and parents in our satellite locations are the most affected by this very recent news from CSBB. High level discussions are taking place between St Lucy's, represented by the Trustees of St Lucy's Dominican Education Australia and our Board, with the CSBB and Bishop Anthony about these important matters of lease arrangements and the continuity of our satellite program at Prouille and in the northern beaches. St Lucy's remains committed to serving the needs of families of children with disabilities in all our settings and assisting families with any transitions to the next best setting of choice. It is hoped that more information will be available in due course as discussions continue.

David Raphael  
Principal

## Important Assisted School Transport Dates for the Remainder of 2023

**Until Friday 15 September 2023 – please submit new student applications for transport in the remainder of the 2023 school year to Leigh Hibbert – [enrol@stlucys.nsw.edu.au](mailto:enrol@stlucys.nsw.edu.au)**

**From 18 September 2023 – Friday 17 November 2023 – the Department will only consider variations to transport for the remainder of 2023 if they are changes in permanent residence or contact details.**

Please contact Leigh Hibbert if you have any questions or concerns regarding Assisted School Travel Program.

Kind regards,

Leigh-Ann Hibbert  
Enrolments Officer



**15 September**  
6.30pm-9.00pm

*Trivia*  
**NIGHT**



Dear Parents, Carers and Friends,

On Friday 15 September, St Lucy's P&F will be holding a Trivia Night for St Lucy's families and friends.

There will be Trivia and games for all to enjoy on the night with funds raised for St Lucy's P&F.

Our Online Auction will end at this event, raising funds for our High School Tech Bundles.

**Date: Friday 15 September • Time: 6.30-9.00pm**

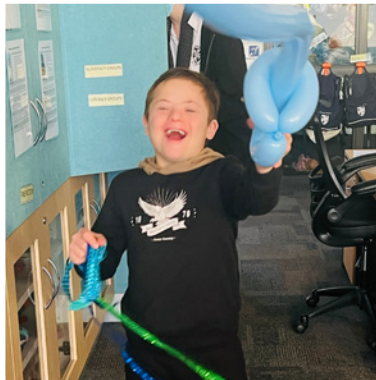
**BYO: Food and Drinks • Cost: \$27.50 per person • Why not book a table of 8?**

Please book tickets via the QR code or this link: <https://www.trybooking.com/CKRBK>

We would love to see you there.



# CELEBRATING ST DOMINIC'S DAY





# CELEBRATING ST DOMINIC'S DAY





# Go Matildas!

On Wednesday, St Lucy's students and staff got behind the Matildas, wearing green and gold and celebrating the team making the semi final.







# ST LUCY'S SCHOOL ONLINE AUCTION

St Lucy's is fundraising for technology for the High School building allowing our students to communicate through technology.

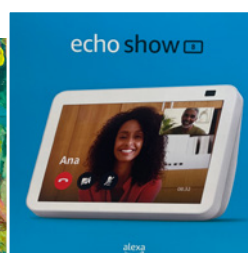


Support St Lucy's School by bidding on fantastic prizes in our online auction.  
Stock up for Christmas presents and support St Lucy's School.  
Auction closes on Friday 15 September at 8.30pm.

## DONT' MISS OUT!!!



### VIP BEHIND THE SCENES TOUR FOR 10 PEOPLE AT TARONGA ZOO!



AND MANY MORE  
PRIZES TO BID ON!

### Register via Browser

Go to [galabid.com/stlucys](http://galabid.com/stlucys)  
Click on the 'Register' button  
and follow the instructions to  
complete registration.

### Register via TEXT

Text: stlucys and your full name  
To +61 458 678 678  
Example: stlucys John Smith  
Follow the registration link you  
are sent by text from GalaBid.

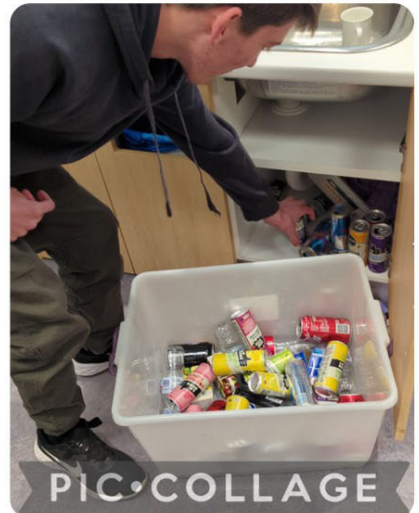
### Or scan the QR code:





# HIGH SCHOOL HIGHLIGHTS

Year 10 Waratah students working on their Me at School and Work ITP goals. Some students are working on collecting recycling and sorting items while others are picking up deliveries from the purchasing coordinators room (Maria) and delivering items to different parts of the school using a map.





# HIGH SCHOOL HIGHLIGHTS

Year 8 students working hard referring to their shopping lists whilst shopping at Coles, researching different Biomes in Geography, loving their interaction with and management of, their own newly developed worm farm in technology mandatory and sorting and classifying their collection of recycling in science!





# FAMILY PLANNING NSW PUBERTY, SEXUALITY and RELATIONSHIPS EDUCATION ONLINE



Following on from the Puberty webinar last year, we have organised Family Planning NSW to hold an online Puberty, Sexuality and Relationships information session for St Lucy's parents on Wednesday September 20th from 6pm to 8.00pm.

Family Planning have kindly offered this free of charge. The workshop is specifically designed for parents of children with a disability.

The aim of the session is to increase parent knowledge and confidence when providing sexuality support for their young person with a disability.

Please RSVP via the TryBooking link:

**<https://www.trybooking.com/CKUOR>** by Monday 4th September. Your attendance will be confirmed via email after this date with a Zoom link to the meeting included.

Any queries please contact Louise Jamieson at [louisej@stlucys.nsw.edu.au](mailto:louisej@stlucys.nsw.edu.au)

<b>Date:</b>	Wednesday 20 September 2023
<b>Time:</b>	6.00pm – 8.00pm
<b>Book via:</b>	<a href="https://www.trybooking.com/CKUOR">https://www.trybooking.com/CKUOR</a>
<b>RSVP:</b>	by Wednesday 4 September 2023
<b>Venue:</b>	Online (Zoom link to follow via email)

The transition from childhood to adulthood can be a difficult time for parents and carers of children with intellectual disability. Parents and carers are often concerned about how to prepare the child for puberty. There may be anxiety about how to minimise the child's vulnerability as they develop new relationships with their peers.

To assist parents and carers through this challenging time, Family Planning NSW delivers information sessions on supporting children and young adults with disability in the areas of sexuality and relationships. The two hour session includes information on:

- Preparing for puberty changes
- Decision making and safety
- Private and public
- Sexuality and disability
- Useful resources
- Tips for talking about sex and answering tricky questions

The sessions also provide an opportunity for parents to ask questions and discuss their concerns in a supportive environment with experienced health education professionals.





## STAR OF THE WEEK PRIMARY AWARDS



### STAR OF THE WEEK (WEEK 4)

Aconite	Max Torbarac	Grevillea	Aris Peri
Azalea	Maddox Wong-See	Jasmine	Liliana D'Silva + Nash Cameron
Bluebell	Axel Maloney	Magnolia	Blake Roberts
Buttercup	Caitlyn Shin	Orchid	William Fitzgibbon
Camellia	Natalie Eng	Peony	Talha Tanzeel
Cosmos	Caleb Frizelle	Sunflower	Kaitlin Sinnott
Firethorn	Julian Mrvica	Tulip	Sophia Dixon
Frangipani	Daisy Bradbury	Violet	Sebastian Murray
Freesia	Daniel Shim		

### STAR OF THE WEEK (WEEK 5)

Aconite	Rose White	Grevillea	Max Macgugan
Azalea	Ruby Daddia	Jasmine	Liliana D'Silva
Bluebell	Annabelle Zabulic	Lotus	Ava Szalay
Buttercup	Maye Akra	Magnolia	Tyler Miller
Camellia	Noah Pereira	Orchid	Alsher Manlapao
Cosmos	Sasha Lipworth	Peony	Sanad Shahriar
Firethorn	Lachlan Childs	Sunflower	Chloe Elder
Frangipani	Brydi Mara	Tulip	Alex Crowley
Freesia	Ryka Kanogia	Violet	Luca Cohen



## HIGH SCHOOL MERIT AWARDS

### MERIT AWARDS WEEK 4

Acacia	Christian Ding	Iris	Poppy Botheras
Anemone	Daniel O'Connor	Marigold	Joshua Gill
Aster	Nick Antoun	Waratah	Lucas Vizcaino Lua
Clover	Tayla Tobin	Zinnia	Isabella Chen
Gardenia	Charli Dimmick		



### MERIT AWARDS WEEK 5

Acacia	Jai Watson	Iris	Sofia Shepherd
Anemone	Abigail O'Keefe	Marigold	Hugh Weschler
Aster	Joey MacDermid	Waratah	Gidon Budai
Clover	Branson Atkins	Zinnia	Karuka Uthayakumaran
Gardenia	Bradley Chien		



# WALKING FOR ST LUCY'S SCHOOL

[www.givenow.com.au/cr/caminowalkstlucy](http://www.givenow.com.au/cr/caminowalkstlucy)



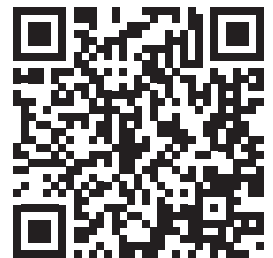
Support Bob and Moira while they walk the Camino Trail to raise funds for St Lucy's School playground.

In 2017 Moira and Bob Starkey walked the 804km Camino from France to Spain to raise funds for St Lucy's School where Oliver their grandson attends. During their last walk, they raised over \$16,000.

This time Moira and Bob are walking 308km for Oliver as another part of the Camino and the target is to raise \$20,000 to go towards a purpose-built playground. If you wish to support them on their journey please donate by visiting <https://www.givenow.com.au/cr/caminowalkstlucy> or by scanning the QR code on this flyer.

Please follow them on their Facebook page '[CaminoStarkey](#)' for daily updates where they will be joined by their mascot Lucy Bear!

**TO DONATE**  
**SCAN QR CODE**



HELP US RAISE:



Moira and Bob will be walking from Leon to Santiago de Compostela between Tuesday 5 September and Saturday 23 September. Below is their itinerary:

- Day 1: Leon to Mazarife – 21km,
- Day 2: Mazarife to Hospital – 15km,
- Day 3: Hospital to Astorga – 16km,
- Day 4: Astorga to Rabanal – 20km,
- Day 5: Rabanal to Acebo – 16km,
- Day 6: Acebo to Ponferrada – 16km,
- Day 7: Ponferrada to Cacabelos – 14.5km,
- Day 8: Cacabelos to Villafranca – 9.5km,
- Day 9: Villafranca to Vega – 16.5km,
- Day 10: Vega to O Cebreiro – 11.5km,
- Day 11: O Cebreiro to Triacastela – 20.5km,
- Day 12: Triacastela to Sarria – 17km,
- Day 13: Sarria to Portomarin – 22km,
- Day 14: Portomarin to Ventas – 13.5km,
- Day 15: Ventas to Palas de Rei – 11.5km,
- Day 16: Palas ed Rei to Melide – 14.5km,
- Day 17: Melide to Arzua – 14.5km,
- Day 18: Arzua to O Pedrozo – 20km, and
- Day 19: O Pedrozo to Santiago de Compostela.



## Love in every step couple take

Grandparents trek 804km to aid Oliver's learning

Caryn Metcalfe

**GRANDPARENTS** Moira and Bob Starkey set off on a walk on July 9 to raise \$20,000 for St Lucy's School, Wairoa.

The couple, who admit they are no spring chickens, started their 804km Camino de Santiago walk from St Jean Pied de Port, with plans to complete the fundraising journey within 42 days.

The Maunly pair have been posting about their journey on Facebook, encouraging people to donate to their cause, which will help their grandson Oliver Whitaker, of Wairoa, and his schoolmates.

**Since being at St Lucy's, Oliver has learnt to make friendships within the school**

Since being at St Lucy's, Oliver has learnt to make friendships within the school which has changed his world," she said. "Keep track of the Starkeys' journey by searching CaminoStarkey on Facebook, or donate at [caminowalkstlucy](https://www.givenow.com.au/cr/caminowalkstlucy) or [caminowalkstlucy](https://www.givenow.com.au/cr/caminowalkstlucy).

abilities will be able to go and express themselves freely through the arts."

St Lucy's caters to primary-aged children with intellectual disabilities from all religious backgrounds.

Oliver's mum Zoe said the school had been a wonderful experience for him.

"Since being at St Lucy's, Oliver has learnt to make friendships within the school which has changed his world," she said.

"Keep track of the Starkeys' journey by searching CaminoStarkey on Facebook, or donate at [caminowalkstlucy](https://www.givenow.com.au/cr/caminowalkstlucy) or [caminowalkstlucy](https://www.givenow.com.au/cr/caminowalkstlucy).





Dinner on the Table is a social enterprise, “changing daily lives, one dinner at a time,” gifting delicious, healthy, home-style meals to families living with disability. The founder Rachel Golding is a former postdoctoral fellow, researching family and disability.

Rachel knows that families where one member has a disability often face greater daily challenges with fewer resources. She also recognised that in spite of significant difficulty, many families living with disability thrive. Less clear was what makes a difference.

Having a good dinner prepared for you impacts you financially, socially, emotionally, and perhaps most importantly, frees up more time! While universally beneficial, perhaps these advantages might be even more pronounced amongst households where a family member has a disability. This is why Dinner on the Table uses part of its profit to gift meals to families living with disability. All meals are made from scratch, contain quality ingredients and are the same dinners proudly fed to their own families.

Dinner on the Table take the hassle out of sorting out dinner and they look forward to continuing to cook for the St Lucy's School community.

If you would like to know more about St Lucy's partnership with Dinner on the Table, or simply have one task taken away from your day, please email Justine Spurrs, [familysupport@stlucys.nsw.edu.au](mailto:familysupport@stlucys.nsw.edu.au)

Follow the links below to learn more about the thinking behind Dinner on the Table.

<https://www.dinneronthetable.com.au/pages/about-us>

<https://www.facebook.com/ACurrentAffair9/vid-eos/1578666752293900/>

<https://www.lyndeymilan.com/interview-with-rachel-golding-from-dinner-on-the-table-2/>







## 2023 MARIST SONY FOUNDATION CHILDREN'S HOLIDAY CAMP

**St Joseph's College, Mark Street, Hunters Hill**  
**Friday 8 December to Monday 11 December 2023**

The 2023 Marist Sony Foundation Children's Holiday Camp, aims to provide a free four-day residential camp for children between the ages of 7 to 16 with special needs. Allowing parents and carers four days of respite.

### CAMP INFORMATION:

- The camp can accommodate approximately 25 campers.
- Whilst at the camp, volunteer senior students from St Joseph's College Hunters Hill, Loreto Normanhurst and Marist Sisters' College Woolwich will be allocated as carers and personal companions for the duration of the camp. Each volunteer has been interviewed and selected with great care.
- Volunteer students are supported by staff from each school.
- Medical facilities of the highest standard are available at St Joseph's College Health Centre. The camp will be staffed by a team of volunteer registered nurses on a 24 hour basis, ensuring all medical needs will be catered for.



### FOR FURTHER INFORMATION PLEASE CONTACT

Jasmine Khalifeh | [jkhalfieh@joey's.org](mailto:jkhalfieh@joey's.org) / 02 9816 0912  
Or click [here](#) for a camp application form

## CAMP PROGRAM

### Day 1 Friday 8 December

- Arrive at the College and unpack
- Lunch
- Fun Activity: Painting and Swimming
- Afternoon tea
- Fun Activity: Swimming
- Dinner
- Magic Show
- Bedtime

### Day 2 Saturday 9 December

- Breakfast
- Fun Activity: Visit to Tarban Creek Reserve
- Lunch
- Fun Activity: Drumming
- Pizza and Movies under the Stars
- Bedtime

### Day 3 Sunday 10 December

- Breakfast
- Fun Activity: Craft
- Camp Fair with rides, face painting and a jumping castle
- Fun Activity: Swimming
- Dinner
- Dance
- Bedtime

### Day 4 Monday 11 December

- Breakfast
- Fun Activity: Christmas cooking
- Christmas Party with Santa and presents
- Farewells







# Guardianship and Estate Planning for people with a disability

## Wednesday 6 September 6-8pm

Lawyers from Coleman Greig, Stephen and Lara will be running a general information session for our families who want to learn more about the definition of Guardianship and NCAT financial management. They will also discuss Special Disability Trusts and their uses and alternatives.

**Where:** St Lucy's School. Enter via gallery.

**Time:** 6.00pm-8.00pm

To attend, please book via trybooking:

**<https://www.trybooking.com/CKCCQ>**

*Face to face or online option available.*

**RSVP BY: 28 August • Cost of \$20 per person**

Family members and carers over 18 are welcome. Limit of 4 people per family.

If viewing the session online, you will be emailed the teams link after booking.





## TRANSITIONING FROM SCHOOL

can be hard for everyone involved, especially if your child displays challenging behaviours, or behaviours of concern.



**Plus is a day program for people with complex behaviours** with a wrap-around team of Behaviour Support Practitioners. We've helped many young people and their families navigate the NDIS planning process and acquire the Behaviour Support funding they need to thrive in post-school environments.

In school, your child may have had a behaviour support plan written by psychologists or specialists employed by the school, and specifically tailored to the classroom environment. When school ends, their world will change just when they need the support the most.

### Plus clinical

Our Behaviour Support Practitioners, part of Plus Clinical, understand how hard the transition is, and have capacity now to discuss your person's post-school behaviour support needs.

For more information about our practitioners or to make a booking go to: [www.plusdisability.com.au/plus-clinical](http://www.plusdisability.com.au/plus-clinical)

### Plus day program

If your child's post-school journey is still unclear, that's ok! We'd love to give you a tour of Plus' day program and speak with you about a program tailored to their goals, interests and support needs.

Give us a call on 1300 166 715 or email: [cel.frenchsforest@plusdisability.com.au](mailto:cel.frenchsforest@plusdisability.com.au) or go to: [www.plusdisability.com.au](http://www.plusdisability.com.au)

**"Finally we have found a place, post school, where Lili really belongs!"**

Margaret  
(mum of Plus participant)

Plus is a social enterprise empowered by Fighting Chance. Fighting Chance builds social businesses to create a truly inclusive economy where people with disability have unbridled access to opportunity, dignity and prosperity.

Empowered by  
**FIGHTING CHANCE**



At Plus, we believe that with the right support, everyone can participate in society and make their contribution.

We are introducing a suite of allied health and clinical services, specialising in people with complex behaviours.

These services wrap around our life skills day program and can be accessed on an individualised, hourly basis. You do not have to be a Plus day program participant to become a Plus clinical client.

Our services includes:

- POSITIVE BEHAVIOUR SUPPORT
- OCCUPATIONAL THERAPY (COMING SOON)
- SPEECH PATHOLOGY (COMING SOON)



### POSITIVE BEHAVIOUR SUPPORT

Person-centred and evidence-based, our positive behaviour support service aims to shift the dial for people living with complex behaviours, so that they can realise their potential and participate fully in society.

We believe that establishing exceptional rapport is the key to unlocking improvements in quality of life, while minimising behaviours of concern.

### CONTACT US

T: (02) 9905 0415

E: [hello@plusdisability.com.au](mailto:hello@plusdisability.com.au)

W: [plusdisability.com.au/plus-clinical](http://plusdisability.com.au/plus-clinical)

Unit 5a, 10 Rodborough Rd, Frenchs Forest

Plus is a social enterprise empowered by Fighting Chance. Fighting Chance builds social businesses to create a truly inclusive economy where people with disability have unbridled access to opportunity, dignity and prosperity.

Empowered by  
**FIGHTING CHANCE**

## Champions LIFE SKILLS

Founded in 2015, we are a boutique disability support organisation servicing Sydney from the North Shore, Inner City, Western Sydney & Northern Beaches

**TRANSITIONING**  
to life after school

**CREATING**  
solid foundations & friendships for life

**DEVELOPMENT**  
of adaptive & functional life skills

Our philosophy is to help create the best life for your Champion! We strive to always encourage and support your child while transitioning from school to the outside world! In what can be a daunting time, our inspiring mentors are there to help and create a supportive, warm and fun environment to give your Champion the best possible experience entering their adult life.

### What We Offer

SUPPORT, ENCOURAGEMENT, ACTIVE, FUN, LEARNING, LIFE SKILLS, EXCITEMENT

- Door to door pick up/ drop off services
- Encouraging environment
- Social interactions
- Permanent week day support
- Weekend support
- Weekend events

- Overnight respite
- Holidays weekends local / interstate
- Life skills (cooking, general cleaning, cash handling, speaking with cashiers)
- Self organisation
- Interaction skills

We encourage parents to share their overall goals for their Champions and we strive to work on the individual skills, goals & outcomes you wish to see!

**We would love to hear from you!**

Our friendly team are here to answer your questions and help you navigate the next steps for your Champions future - get in touch with us today:

[admin@championslifeskills.com](mailto:admin@championslifeskills.com) | 0408 222 299

Visit Us:  
[championslifeskills.com](http://championslifeskills.com)

[Facebook](https://www.facebook.com/ChampionsLifeSkills) ChampionsLifeSkills [Instagram](https://www.instagram.com/championslifeskills) @championslifeskills



## Hearts to Homes

*From our hearts to your homes*



### About H2H

Hearts to Homes is a registered NDIS provider for services under the NDIS (National Disability Insurance Scheme). We provide a range of high-quality services in which we are able to specialise in supporting all those living with disabilities.

Our focus is to cater to all individuals whether they require homecare services, socialising or supporting our clients to become more independent. All services can be tailored to our client's needs.

### Our Team

Our team is made up of compassionate and dedicated staff who will assist in all ways possible and provide the adequate supports catering to the specific needs of each client in order for them to reach their NDIS goals.

### H2H Services

- Assist Access & Maintain Employment
- Assist Life Stages, Transition & Support
- Assist Personal Activities
- Assist Travel & Transport
- Home Modification
- Assist with Daily Task/Shared Living
- Innovative Community Participation
- Household Tasks
- Participation in Community, Social & Civic Activities
- Group/Center-Based Activities
- Supported Independent Living/SDA



Registered  
NDIS Provider



## WE BUILD ON YOUR GOALS

CONTACT US TO FIND OUT HOW WE CAN ASSIST YOU

Sydney | Adelaide | Rural, SA

# 1300 328 043

[rural@heartstohomes.com.au](mailto:rural@heartstohomes.com.au)

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

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 enquiries and decide whether a service is suitable for your child and your family.



# AQUA FITNESS FOR YOUNG ADULTS WITH A DISABILITY

## ACTIVE MOVES

45 MINUTE  
SESSIONS  
PERSONALISED  
PROGRAMS



**WELCOMING YOUNG ADULTS THAT LOVE THE WATER  
WHO ARE LOOKING FOR IMPROVED HEALTH AND  
WELLBEING AND WILL BENEFIT FROM A FUN SOCIAL  
WEEKEND ACTIVITY**

**CARINGBAH ACTIVE MOVES  
CHERRYBROOK ACTIVE MOVES  
KENSINGTON ACTIVE MOVES**

**NEWCASTLE CITY ACTIVE MOVES  
MT ANNAN ACTIVE MOVES  
VALENTINE ACTIVE MOVES**

**NEW ACTIVE MOVES LOCATIONS OPENING SOON**

Work with an Exercise Physiologist to design a personalised aquatic fitness program for individual or small group 45 minute sessions



**JOIN US! REGISTER ONLINE**  
[myrainbowclub.org.au/register/](https://myrainbowclub.org.au/register/)

[myrainbowclub.org.au/active-moves](https://myrainbowclub.org.au/active-moves)

RainbowClubAustralia

**ACTIVE MOVES**

delivered by

**rainbow  
club**



# AIM SENSORY Day Program

The AIM Sensory Program runs Tuesdays, Wednesdays and Thursdays all year. This program caters for adults living with a moderate to severe intellectual disability and is built to engage individuals in various sensory stimulating activities. A large focus of this group is to further enhance social skills through spending time together as a group and accessing the community.

## Tuesday



Tuesday's are all about connecting with each other through fun and interactive Music Therapy sessions

## Wednesday



Focused on movement and wellbeing, Wednesday's are all about exploring different ways to be active

## Thursday



Focused on expression through creative outlets through a range of different modes throughout the term!



"Jasper has been attending The Support Society this year. Im so appreciative of the smooth transition Olivia and her team have provided between school and the big world. Jasper loves The Support Society- I feel like he is going off with support workers who are about his age- doing things that his peers would do, bush walks, museums, fruit picking and more! The Support Society provide fantastic care and support for Jasper. He is always so happy to go and I know he is given care and support to be his best self. Cant recommend enough!"

- Polly, Jasper's Mother

Expressions of Interest: Get in touch today!



[olivia@supportsocietysocietyaus.com.au](mailto:olivia@supportsocietysocietyaus.com.au)



0416089940

# STRIVE Skills Day Program

The Support Society's STRIVE Skills Program for over 18's, run from Narrabeen Community Centre, is designed to work on building social and independence skills through fun and engaging activities. We have a large focus on being active members in our community through purposeful volunteer work. We run Tuesday, Wednesday & Thursday 9am-3pm.

## Tuesday



We spend our morning volunteering at OneMeal, which entails building sustainable herb gardens, general maintenance and packing of goods to be distributed to those in need within our community. After that, we grab our chefs hats and get to planning meals, using money skills buying ingredients & cooking lunch!

## Wednesday

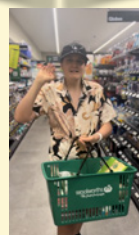


Focused on movement and wellbeing, Wednesday's are all about exploring different ways to be active, including kayaking, tennis, bush walks and more. Each month has a roster of sports and activities that we are learning, all picked by our clients. Once we have moved our bodies, we all head to the local cafe for a healthy juice or smoothie together!

## Thursday



Focused on expression through creative outlets, on Thursdays we attend a local dance class in the morning and then continue on to a drama class in the afternoon. We are working towards putting on an end of year production, combining dance & drama.



Expressions of Interest: Get in touch today!



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# TOWARDS INCLUSION NORTHERN SYDNEY MULTICULTURAL DISABILITY EXPO & PANEL DISCUSSION

Meet your local community services  
EVERYONE WELCOME

LEGAL SERVICES

ADVOCACY

NDIS

YOUTH

PEER SUPPORT

MENTAL HEALTH

CARERS

COUNSELLING

FAMILY

TRAINING & EDUCATION

Wednesday 30 August 2023

Crows Nest Centre  
2 Ernest Place, Crows Nest  
Light refreshments provided



To Register:

Book yourself a spot by [clicking here](#) or scanning the QR code.  
Spaces are limited for Peer Talks.



Join us for a drop-in day at Northcott Hornsby.

If you are looking to gain new skills for independence or become work ready, come along and take part in our programs for the day to find out how we can support you.

During these interactive sessions, you will be able to:

- See our Life Skills, Skills 4 Life and Work & Study Skills programs in action.
- Participate in activities.
- Get to know your strengths.
- Explore your goals.
- Meet the Northcott team and make new friends.

Date: Tuesday 29 August

Times:

10.00am – 12.00pm

1.00pm – 2.30pm

4.30pm – 6.30pm

Location: Northcott Hornsby, Shop 3/2 William St, Hornsby NSW 2077

Cost: Free. Click on QR Code to register!







## Skills for Life at Sunnyfield

Skills for Life is a suite of foundational capacity building programs that have been designed to support people with disability to improve their essential life skills.

Each programs has a range of tools to aid and support program delivery, learning and development.

### Skills for Life programs aim to:

- Strengthen communication skills
- Develop critical thinking and problem solving skills
- Increase social engagement
- Improve confidence and self-awareness
- Assist with decision making and making good choices





# MAKING THE TRANSITION FROM CLASSROOM TO WORKPLACE A BREEZE

Sunnyfield's School Leaver Employment Supports (SLES) help young people with disability aged 16+ prepare, look for and gain meaningful employment. With your NDIS goals at the centre of every decision, together we develop an individual vocational plan, tailored to the supports you need.

Run 3 days a week over 48 weeks, SLES builds foundational skills to set you up for job success!

## **Employability Skills**

Gain knowledge on the expectations and responsibilities of being an employee. Understand punctuality, workplace behaviour, goal setting and presentation.

## **Workplace Skills**

Deep dive into teamwork, communication, time management, conflict resolution as well as the basics of numeracy and literacy so you can tackle any work task.

## **Travel Training**

Learn what transport options are available to you and how to safely travel from your home to your workplace with confidence and independence.

## **Work Experience**

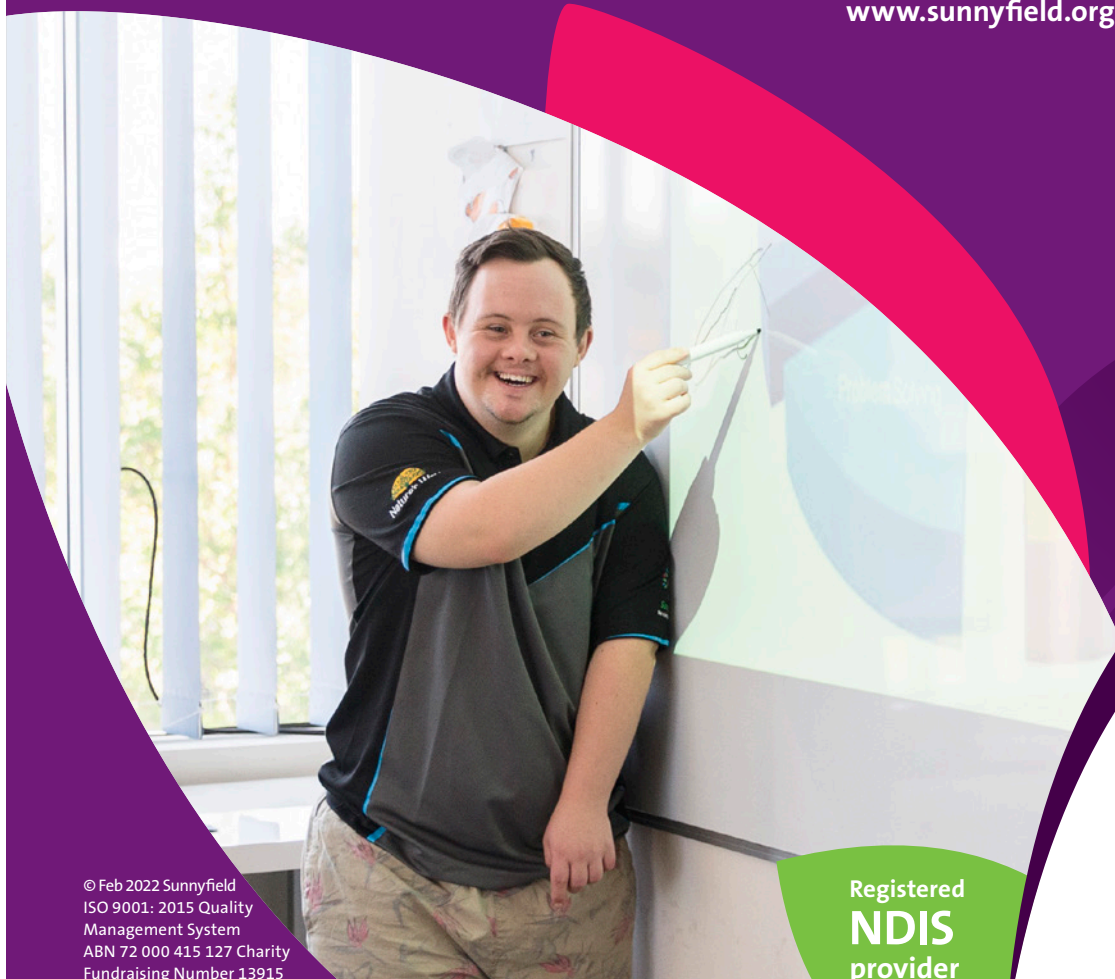
Put practice into play. Supported work experience gives you exposure to various work environments and roles, so you're fully prepared before entering the work force.

Expressions of interest are now open. Start the conversation today

T 1300 588 688

E [enquiries@sunnyfield.org.au](mailto:enquiries@sunnyfield.org.au)

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



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Registered  
**NDIS**  
provider



**Sunnyfield**  
For a brighter future

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 enquiries and decide whether a service is suitable for your child and your family.