

SEPTEMBER  
EDITION

# Inclusion at Playgroup NSW

## Finding a Playgroup

Our Inclusion Educator, Katy, has teamed up with [EACH](#) to create a short video about finding a playgroup.



EACH provides a range of health, disability, counselling and mental health services across Australia. The video covers:

- Types of playgroups
- Supports available through Playgroup NSW
- FAQ about starting with a new playgroup

Watch it [HERE!](#)

## Inclusive Play Event in Wagga Wagga

For our families in the Wagga Wagga and the surrounding area, we are holding an Inclusive Play morning on Wednesday, 7th September.

We'd love to see you all there! Please [HERE](#) for more information.

**We ensure play is inclusive,  
accessible and proportionate to  
the degree of need.**

**The Strategic Plan can be  
accessed [here](#).**



## Sydney Playgroup Visits

Our Inclusion Educator, Katy, has been out and about over the past few weeks visiting some of our fabulous playgroups in the Sydney Metro area.

Our inclusion educator Katy can organise some wonderful things to support you with inclusion at your group.

- Bring along a fun and inclusive sensory activity
- Talk to you and your families about our Inclusion Training
- Talk with volunteers and carers about ways we can support all of our children and families
- Talk one on one with any families who might like some extra support or ideas on where to obtain some specific support for their child or family



**Contact Katy Howland  
Inclusion Educator:**

**E: [khowland@playgroupnsw.org.au](mailto:khowland@playgroupnsw.org.au)  
P: 0498 244 449**

We would love to see a lot more of you so if your playgroup is in Sydney Metro and you would like to organise a visit, please let us know! If your playgroup is located outside the Sydney metro area, we are still here to support you so please get in touch.



# PALS Inclusive Playgroups

## (For children with and without disability)

Have you heard about our PALS (Play and Learn Supported) Inclusive Playgroups?

We have a number of PALS groups available for you to attend both in person and online:

- Nature Play at Mt Annan Botanic Garden
- Ability Fit Play- online and in Cardiff
- Dance Play- online

Some new and exciting PALS playgroups are on their way soon! Check out the PALS Flyer [HERE](#).



Please contact Tracy Ellem  
[tellem@playgroupnsw.org.au](mailto:tellem@playgroupnsw.org.au)

OR

Katy Howland  
[khowland@playgroupnsw.org.au](mailto:khowland@playgroupnsw.org.au)  
for more information

OR

Register your interest today  
[HERE](#)

## Inclusion Training Update

Our free Inclusion Training will be closing for enrolments very soon. Please contact us today to register your interest as soon as possible so you don't miss out!

The training provides an introduction to Inclusion and covers topics such as :

- welcoming families with additional challenges
- talking about disability
- setting up your space to support all children

It's completely free, all online and you can do it at a time that suits you and we are happy to help should you need support.

## Register NOW

Contact Katy Howland, our Inclusion Educator:

E: [khowland@playgroupnsw.org.au](mailto:khowland@playgroupnsw.org.au)

P: 0498 244 449



## Families looking for support

Is your family thinking about joining a playgroup, and would benefit from some support to get involved?

Are you already attending one of our playgroups and would like extra assistance? Are you a playgroup volunteer and want some additional support or training in inclusion?

Get in contact with Katy now!

# What is Inclusion?

**Inclusion can mean many things and can involve many domains of our lives, however Playgroup NSW see the importance of our role in advocating and raising awareness of Inclusion.**

Our hope is to embed in our practice ways we can (irrespective of age, disability, gender, religion, sexual preference, or nationality) support the access and encourage everyone to participate fully in all aspects of our activities or service in the same way as any other members of the community do.

Parenting and/or caring for those who may have additional needs can be very rewarding. However, it also often means investment in more time, money and resources for the individual themselves, their parent/ carer and others involved such as health, education, social connections/ supports.

This then can add strain and stresses in all areas of one's life and it is important to know how and where you can access supports.

Playgroup NSW offers many different programs to support parents/ carers, families, children at different times in their journey.

## **This month's feature program: MyTime**

Recently, Playgroup NSW won the tender to continue and expand its reach with this valuable program. MyTime is a support group for parents and carers of children 0 to 18 years old who have developmental concerns disability and or chronic medical conditions.

We continue to work with our team and many different partner services to help us reach as many families in need throughout NSW and ACT.

**Some of the services we tap into as ways to support you are;**

- NDIS and local area coordination services such as [Uniting Home-LAC](#) and [Northcott NDIS early childhood](#). These partners often visit our groups as well as share online learning tools to help you navigate the NDIS
- [Carers NSW](#) are a great resource to support and advice for you as a carer
- [Carer Gateway](#)
- [Other Programs and services](#) also support those who work or offer peer support, they do this in offering groups to network with others in the field, invitations to collaborate on research and policy reform, and support by giving grants/financial aid and support to a carer centric event held in the week of Sunday 16 - Saturday 22 October 2022.



[www.mytime.net.au](http://www.mytime.net.au)

# Resources and information

## [Source Kids](#)

## [EACH Early Intervention resources for families](#)

## [Lifestart resources for parents and carers](#)

## [CYDA Inclusion in Early Childhood Webinar series](#)

## [Play and Learn Together](#)

# Who is Playgroup NSW working with around inclusion?

## Reimagine Australia

<https://re-imagine.com.au/>

## EACH (Port Macquarie, Newcastle, Campbelltown)

<https://www.each.com.au/child-youth-family-services/>

## Lifestart (Sydney, Nepean Blue Mountains, Illawarra Shoalhaven, Central Coast)

<https://www.lifestart.org.au/services/>

## Intereach (Rural)

<https://www.intereach.com.au/service/early-childhood-approach-ndis/>

## Perform-Ability

<http://www.perform-ability.com/>

## Australian Botanic Garden Mt Annan

<https://www.australianbotanicgarden.com.au/>

## Ability Fit

<https://www.abilityfit.com.au/>

## South Eastern Community Connect

<https://www.secc.sydney/>

## Carer Gateway

<https://www.carergateway.gov.au/>

## Cerebral Palsy Alliance

<https://cerebralpalsy.org.au/>



## From the PGNSW Team

Share My Ability is an all-ages sensory activity centre, located at Jamisontown, near Penrith.

<https://sharemyability.org.au/>