

# Let's TALK

# Kalparrin

Incredible Kids

Newsletter DECEMBER 2015

## Merry Christmas

The Board of Management and Staff of Kalparrin would like to wish you a very happy and relaxing Christmas and a truly wonderful New Year

The Kalparrin Office will be closed from 3pm on Friday 18th December 2015.

Kalparrin will re-open on Monday 4th January 2016

## Parent NDIS Engagement Evening

The NDIS is fast approaching!

It will officially commence for Kalparrin in July 2016. As part of its significant reparation processes Kalparrin will be seeking to better understand from parents and families using our service how we can optimise the services we provide to meet the needs and expectations of children and families under the changing funding and service environment of the NDIS.

To assist this process the Board of Management plan to run a 'Parent Engagement Evening' to hear first hand, about the types of services families feel they need in the NDIS.

It is anticipated that this evening will be held in mid February 2016.

Kalparrin will send out some information closer to the date.

You can register to participate in the evening by emailing an expression of interest to [ceo@kalparrin.com.au](mailto:ceo@kalparrin.com.au)



## About the NDIS

As many families will know the State Government announced in September that the National Disability Insurance Scheme will commence roll out in Victoria from 1st July 2016 and Kalparrin is in the region to be rolled out first (being Banyule, Nillumbik and Whittlesea, Yarra and Darebin).

This is exciting news for us!

Kalparrin is NDIS ready and is finalising the preparation of significant resources to assist parents and carers to begin the move into the NDIS. These resources will be released over the next few months.

A special Transition Program has also been developed by Kalparrin to assist in maintaining connection and services for parents whose children transition to school in 2016 but will then be eligible to come back for service from Kalparrin when the NDIS starts.

Kalparrin Key Workers will be speaking with families over in the first few weeks back about this Transition Program.

In the meantime, should you need specific advice please contact your Key Worker who will be only too pleased to assist you.

Kalparrin ECIS  
(Early Childhood Intervention Service)  
1 Kalparrin Avenue, PO Box 93, Greensborough  
Vic 3088 Phone +61 3 9435 8311  
Email [info@kalparrin.com.au](mailto:info@kalparrin.com.au)  
[kalparrin.com.au](http://kalparrin.com.au)  
Kalparrin is a registered charity



Visit our website: [kalparrin.com.au](http://kalparrin.com.au)

### Message from Jenny Mikakos State Minister for Families and Children

It is a privilege to send you (Kalparrin) my personal thanks for your support throughout 2015 and to wish you every happiness for the season and the year ahead.

I have had the pleasure of meeting many dedicated individuals working across Victoria's children, family and youth services.

This year we made a difference in the lives of many children and we created new hope for vulnerable children and families. With your help, we have started on the road to reforming our child protection and out-of-home care system and making the early years a key part of our vision to make Victoria the Education State.

I know the commitment and hard work of dedicated people like you in our community services and early childhood sectors often means personal sacrifices throughout the year. I hope this Christmas includes some extra time for you and those in your organisation to celebrate with family and friends.

I wish you all and all your families a relaxing and joy-filled time over Christmas and a happy New Year.

Jenny Mikakos MP  
Minister for Families and Children  
Minister for Youth Affairs

### MyTime

**Kalparrin MyTime sessions are held each fortnight on Tuesdays and Fridays, 9.30 - 11.30am.**

MyTime is a federally funded program aimed at creating time and space for parents and carers of children with additional needs to come together and support each other through the sharing of experiences and information.

Kalparrin is a registered My Time program provider and currently hosts two My Time groups predominantly comprised of mothers of children with additional needs. Child care is provided as part of My Time to ensure those attending have some rare and precious time to themselves to socialise and connect with others.

#### Who Can attend

Any parent, grandparent, or other carer of a child with a disability or chronic medical condition who is up to the age of 16. **Cost:** Free

**Childcare:** Free childcare available (booking required)

**Where:** Kalparrin  
1 Kalparrin Avenue,  
Greensborough (lots of free parking)

#### How to join

Call Angie our My Time Co-ordinator and KeyWorker on  
(03) 94358311  
angiekristens@kalparrin.com

### New MyTime Group



## MyTime

*supporting parents of  
children with disabilities*

A new MyTime group coordinated by Kalparrin is being started to be run over 8 weeks, in each term,

At: Diamond Valley SDS  
14 Brentwick Drive  
Greensborough

On: Thursday 10.00am- 12.00pm .

CHILDCARE PROVIDED

**For more info or to register  
Phone: 9432 1022**

### MyTime & Dads Can 2016

Thank you to everyone who joined our MyTime & Dads Can groups.

We hoped you enjoyed it and that we see you again next year.

MyTime and Dads can will be up and running again in February 2016.

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# KEY WORKER PROGRAM TERM 1 2016

- There are a range of service delivery options for term 1 2016.
- Please talk through these options with your Key Worker in relation to meeting your child and family's goals in the coming year.
- To maintain the quality of our group programs places will be limited.
- Those who do not get into the program of their choice for term 1 will be given first priority for these programs when offered again

## **MORE THAN WORDS™ PROGRAM**

- Parent participation in the Autism-specific *More Than Words™* Program
- 9 session program focusing on developing communication for children with ASD
- Parent education groups at Kalparrin as well as individual parent-child sessions at home
- Face to face contact with your Key Worker once a month
- Ongoing Key Worker supports via phone and email contact

## **BEHAVIOUR SUPPORT PROGRAM**

- 10 week *Stepping Stones Positive Parenting Program (PPP)*
- Focusing on developing your skills in managing a range of different behaviours with your child
- Parent education groups at Kalparrin as well as individual phone consultation sessions
- Face to face contact with your Key Worker once a month
- Ongoing Key Worker supports via phone and email contact

## **HYDROTHERAPY PROGRAM**

- 5-6 week block of 30min Hydrotherapy sessions with Kalparrin Hydrotherapy teachers
- Face to face contact with your Key Worker fortnightly
- Ongoing Key Worker supports via phone and email contact

## **KEY WORKER OUTREACH PROGRAM**

- Fortnightly visits from your Key Worker to a community based location (eg. home visit, kinder visit, child care visit, shopping centre, playgrounds etc)
- Ideal for children beginning kinder to assist with settling into the preschool environment and helping preschool teacher/s develop their skills in working with your child

**LOOK FORWARD TO NEW AND EXCITING GROUPS THROUGHOUT 2016!**

Visit our website: [kalparrin.com.au](http://kalparrin.com.au)

# 'Set 4 School' Group

## Fine & Gross Motor Skills Group



### WHAT IS IT?

A block of group sessions to work on developing your child's gross motor skills (ball skills, balance, coordination and posture), and their fine motor skills (handwriting, scissor skills) and self help skills crucial for Prep in 2016.

### GET SET FOR SCHOOL !

**HOW MUCH IS IT?**  
\$110 per session

**NOTE:** HCWA or Better Start funding can be used to fund this group.

Alternatively a Mental Health Care Plan from your GP will reduce the cost

### WHEN IS IT?

Christmas School Holidays.  
10am-11:30am on Tuesday 12<sup>th</sup> & Thursday 14<sup>th</sup> January and Tuesday 19<sup>th</sup> & Thursday 21<sup>st</sup> January – attendance at all four sessions is highly recommended.

### WHAT TO BRING?

A drink bottle, and enthusiasm to participate and learn!

Call 9435 8311 to register!

Further enquiries:

**Renee MacKay**  
Therapy Services Manager/OT

**Rachel O'Farrell**  
Occupational Therapist



# MUSIC THERAPY PROGRAM

## WHAT IS IT?

Music therapy is a therapeutic approach to developing communication, motor skills and engagement through interactive musical activities.

Kalparrin now has Registered Music Therapists (RMT) joining our Therapy Services team!

## HOW WILL MY CHILD AND FAMILY BENEFIT?

- Many children have an innate love of music and movement- using this passion can help motivate a child to engage with others, develop communication skills and work on motor skills through the rhythm and action songs
- Develop communication skills
- Turn taking and requesting
- Teach new skills by pairing a new skill with its own musical cue
- Music therapist can also write lyrics about a specific behaviour you are wanting to teach (eg. Teeth brushing) and increase your child's engagement in learning through song
- Perfect way to establish and maintain family connectedness

## WHAT WILL THE SERVICE LOOK LIKE?

### Group Music Therapy

Groups of 4-6 children focusing on developing communication, engagement, participation and imitation skills. Can also be a great way to transition your child into community based music programs



### Individual Music Therapy

Targeted 1:1 sessions in the home environment. Focusing on your child's individual needs



### Supported Music Lessons

For those families who wish to harness their child's love of music and develop their musical skills. Individual music lessons with a RMT will ensure your child's individual needs are understood, their musical gifts appreciated and developed in a targeted, developmentally appropriate way.



## HOW WILL THE SERVICE BE FUNDED?

- Privately funded and/or
- Through *Helping Children with Autism* funding packages

# MUSIC THERAPY

## Meet the Team

### **JOSH BIRCH, Registered Music Therapist**

I'm a registered music therapist (RMT), and completed my Master of Music Therapy at the University of Melbourne. I've been passionate about music since an early age and am proficient on saxophone, piano, guitar, viola and clarinet. From the age of 15, I have been working towards a career in music therapy with a view to supporting children with special needs. I have a profound interest in music's unique capacity to realise a child's full potential, and am driven to reveal a young person's natural and individual abilities. I look forward to getting to know the Kalparrin community and working with your children!

### **VANNIE IP-WINFIELD, Registered Music Therapist**

I'm a Registered Music Therapist as well as an experienced music teacher. I have a Master's in Music Therapy, a Graduate Diploma in Mental Health Science and I've published and presented at various journals and conferences. My practical experience ranges from Early Childhood (community setting) to Aged Care. I am very excited to have completed accreditation in an innovative new program, 'Music Together Within Therapy'. It is very popular in the US and resonates with my own philosophy that all children are musical and can achieve basic music competence, as well as providing the opportunity to prepare your child for future music tuition. Family involvement is essential to the program and to me. I am a mother of two very musical boys (6 yrs and 1yr old), and helping you make music with your child is truly my passion!



# HOLIDAY

## Social Skills Group

### WHAT IS IT?

A social skills group for children entering prep and grade one in 2016. The program will be run by Renee MacKay (Occupational Therapist) and Teigan Leonard (Psychologist).

### WHEN IS IT?

The program runs for four sessions, each lasting 1 ½ hours.

- Monday 11<sup>th</sup> January at 2pm
- Wednesday 13<sup>th</sup> January at 2pm
- Monday 18<sup>th</sup> January at 2pm
- Wednesday 20<sup>th</sup> January at 11:30am

### HOW MUCH IS IT?

- \$110 per session
- Can be covered by HCWA and Better Start funding
- Medicare rebates are available through a Mental Health Care Plan

### WHAT WILL MY CHILD LEARN?

We will be using a modified version of *Incredible Flexible You*, a Social Thinking Curriculum.

The focus of these sessions will be on flexible social thinking and social problem solving. Children will learn about their own thinking and that of others to help them make better decisions when in the midst of social play and interaction.

The group will also provide you with information and strategies that can be used within your child's natural environments.

### HOW DO I REGISTER MY CHILD?

Please contact [Renee MacKay](#) to register your child for the program:

Phone: 9435 8311

Email: [reneemackay@kalparrin.com.au](mailto:reneemackay@kalparrin.com.au)