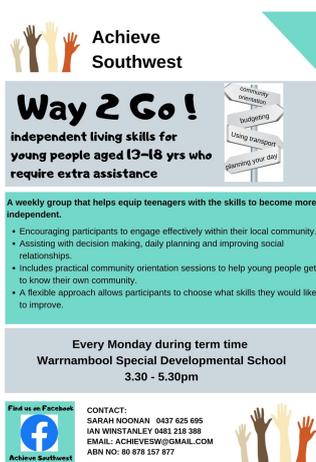




# Achieve Southwest

## newsletter one

Thank you for reading the first Achieve Southwest newsletter. We thought a newsletter would be a good idea so we can tell people about what we do. So in this first edition you will find below details of the regular groups we run after school during term times. On page two you'll find details of our exciting summer program. Follow the clickable links to our website. Please get in touch if you, or someone you know, would like to join our groups. Thanks again!



**Achieve Southwest**

### Way 2 Go!

independent living skills for young people aged 13-18 yrs who require extra assistance

A weekly group that helps equip teenagers with the skills to become more independent.

- Encouraging participants to engage effectively within their local community.
- Assisting with decision making, daily planning and improving social relationships.
- Includes practical community orientation sessions to help young people get to know their own community.
- A flexible approach allows participants to choose what skills they would like to improve.

Every Monday during term time  
Warrnambool Special Developmental School  
3.30 - 5.30pm

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## WAY2GO

Our Way2Go Club runs weekly and is specifically designed for teenagers to help equip them with the practical as well as social skills they need to become more independent at home and in the community. We incorporate a mixture of practical community orientation sessions with theory-based sessions and role playing in a structured, supportive environment.



DO YOU ENJOY ART? DO YOU LIKE MUSIC? THEN THIS GROUP COULD BE FOR YOU!

### THE ART AND MUSIC CLUB!

EVERY TUESDAY  
WARRNAMBOOL  
SPECIAL  
DEVELOPMENTAL  
SCHOOL  
3.30 - 5.30PM

A NEW ACTIVITIES BASED GROUP, RUNNING IN TERM TIME, FOR YOUNG PEOPLE WHO REQUIRE EXTRA ASSISTANCE. MEMBERS WILL BE ABLE TO DEVELOP THEIR SKILLS IN THE FOLLOWING AREAS:

- SOCIAL PARTICIPATION
- COMMUNICATION
- SENSORY STIMULATION
- EMOTIONAL REGULATION
- FINE AND GROSS MOTOR SKILLS

ALL IN A SUPPORTIVE AND CARING ENVIRONMENT

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## ART AND MUSIC

Our popular Art & Music Club is a structured activities-based group which runs weekly during term times. Members of our club work on skill development, creativity and emotional regulation through art, music and games, whilst having fun and making friends! It currently runs every Tuesday but we are about to start a second night on a Thursday.



Are you ready for?

### GAME ON!

An after school sports group for young people who require a little extra assistance

- 👉 Learn new skills in a structured and supportive environment
- 👉 Increase confidence in group settings
- 👉 Improve social skills
- 👉 Help with self-regulation
- 👉 Improve gross motor skills
- 👉 Get fit and have fun!

NDIS funded participants welcome

Every Monday during term time  
3.15 - 5.15pm  
Warrnambool Special Developmental School

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## GAME ON!

Game On is a new after school sports based group. The group will be run by a local sports coach and will offer participants a fun, structured and supportive environment. The group will enable participants to learn new skills, increase confidence in a group setting and improve their social skills. They will also get fit and have fun! The group will run each Monday at WSDS.



# GALLERY



## Our Summer Program!

Achieve Southwest Presents

### Summer Art Music club

7th-9th & 14th-16th January, 2020  
Warrnambool Special Developmental School

Achieve South West along with Tania Ross (BPsychSci) are excited to present a unique Summer Holiday Program for school aged participants incorporating Art Music and Mindfulness. The program will take place at the Special Developmental School over two three-day sessions. Participants will have a fun filled day while developing skills in the following areas:

- Social participation
- Communication
- Sensory stimulation
- Emotional regulation
- Creativity

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Achieve Southwest Presents

### Drum Beat

7th-9th January, 2020  
Warrnambool Special Developmental School

DRUMBEAT: Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts.

The proven outcomes of the DRUMBEAT program include:

- Increased mental wellbeing
- Increased knowledge and understanding of relationship issues
- Reduction in psychological distress
- Reduction in antisocial behavior
- Reduction in reportable school based behavioral incidences
- Improved self-regulation
- Increased social and emotional learning
- Increased empathy

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Achieve Southwest Presents

### Summer Rock school

14th-16th January, 2020  
Warrnambool Special Developmental School

A new, unique and exciting opportunity for young people who require extra assistance. Three days of learning to sing and perform your favourite song backed by a live band of talented local musicians. At the end of the program you will play a live gig in front of family and friends!

- Learn new skills!
- Increase your confidence!
- Increase social participation!
- Express your emotions!

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We are excited to present a unique Summer Holiday Program for school aged participants who require extra assistance. Incorporating Art, Music and Mindfulness, the program will take place at WSDS over two three day sessions. Participants will have a fun filled day while developing skills in areas such as Social Participation, Communication, Sensory Stimulation, Creativity and Emotional Regulation. All in a friendly, supportive and caring environment.

Achieve Southwest is pleased to be able to offer this unique three day course over the summer for young people who require extra assistance. The course will be run by two Drumbeat accredited facilitators. Through the use of rhythm and music Drumbeat helps increase mental well-being, reduce psychological distress, helps with reducing behavioral incidences and promotes social and emotional learning. And its great fun at the same time!

Achieve Southwest is super excited to be able to offer young people who require extra assistance this new summer program. Three days of learning to sing and perform your favourite song backed by a live band of talented Warrnambool musicians. At the end of the program you will have the opportunity to perform your song at a live gig in front of your family and friends. Just let us know in advance what song you would like to sing!

Please get in touch if you, or someone you know, would be interested in participating in our groups. You can do this by contacting us direct, visiting our facebook page or by following the links to our website. Most of our participants are funded by the NDIS scheme. Non NDIS rates are available.

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