

Allied Health Annual Report 2016

Occupational therapist: Johanna de Kort 0.3 FTE

Speech Pathologist: Tara Anderson 0.3 FTE

The allied health staff share specialised knowledge that supports Children's Centres staff in identifying children at risk of developmental delay and support staff and parents in promoting children's optimal development. Speech Pathologists assist with all aspects of communication including development of speech, language, literacy, signs, symbols and gestures and can also assist with issues around eating and drinking. Occupational Therapists support children's optimal participation in performance of daily activities. This may involve strengthening of play skills, fine and gross motor skills, concentration, self care and self-regulation skills. This is achieved by providing adaptations to the environment, modification of tasks, opportunities to practice skills, educating and supporting others to support children in these tasks.

This year the Speech Pathologist and Occupational Therapist have been involved in:

- Play and Move Monday Playgroup (see images next page) – Baking, seasonal nature exploration and using natural materials, transition strategies and use of some Kurna words continue to be a focus in this playgroup. In 2016, we had 62 families attend with 81 children. Most children attended regularly, but there were many who came for an occasional session. Parents attending with their children mostly consisted of mothers, however we also had some fathers and grandparents attend regularly. Families identified themselves from a variety of different cultures including Aboriginal, Italian, Croatian, Polish, Swedish, English and Chinese. A survey of playgroup families in term 2 revealed 12/14 parents were very satisfied with the playgroup and two other families saying they were satisfied, with comments reflecting the friendly and relaxed atmosphere and variety of activities. All families reported feeling welcomed at playgroup and all felt they were at least sometimes or often inspired to do activities at home, especially baking. Suggestion for change included having more musical instruments and activities to suit all ages (babies to 4 year olds). With growing numbers an ECW joined as a helper in Term 4 and this assisted Tara and Johanna in their efforts to be more available to talk with families and observe children. A highlight in 2016 included lighting the fire for our Winter term conclusion which gave an opportunity for preschool children to connect with the playgroup space.
- Circle of Security – Parenting - An 8-9 week parent support program. Tara and Johanna ran this group together in T2 and Tara again in T4 with Anna (FSC).
- Bringing up Great Kids – a 6 week parent support program. Tara ran this group with Anna in Term 1.
- Workshops/Inservices – Joint inservice to ECW's and crèche staff in June and Tara gave a brief talk to Young Mums playgroup on language development
- Toileting stands (OT). The OT set up a toileting stand in the front foyer during kindy drop off and pick up once this year. The stand had several activities and had detailed information and flyers for parents. It gave parents an opportunity to meet the OT and provided an opening to discuss and raise any concerns they may have about toileting.
- Resource Development (book purchases, speech sound card box for preschool, information handouts). In Term 4, Johanna co-worked with Mandy Seyfang and Megan Coad in developing the "Big Feelings" package designed for staff of all Children's Centres across the state.
- Individual Consultations (screenings, referrals, short term intervention). Johanna saw 31 clients in 2016, while Tara had 7 pre-booked individual contact sessions.
- Supporting Preschool staff – ideas, resources, advice eg around toileting, sensory support, using speech sound programs. In term 3, Tara spent extra time on the floor in the preschool space to observe and learn how the preschool operates.

What we did in playgroup 2016



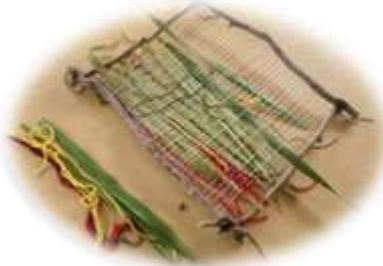
Seasonal flowers and produce



Nature crafts – pressing leaves and flowers, weaving grasses, sensory leaves (strong smelling oils eg lavender, blue gum, rosemary) planting seeds, leaf rubbings



We did lots of baking and cooking and tried lots of new foods together including damper, pizza, fruits, chai tea, pumpkin soup and shortbread biscuits



Rice/bean sensory exploring box and play



We painted sticks, decorated pinecones, made lots of collages and painting, constructed with recycled packaging, and made ribbon sticks



We made a winter fire



Family Service Coordinator Report 2016 : Anna Becker

A focus of my work during 2016 was centred around relationships with individuals, families and their connectedness to each other and our Centre. In particular I focused on parent- child relationships and the importance of our children's secure attachment and their social and emotional wellbeing.

Snap shot of 2016:

- Co-facilitation of *Circle of Security Parenting* program with Allied Health colleagues and partnership with Centacare,
- Facilitation *Bringing Up Great Kids* with Allied Health colleagues and partnership with Uniting Communities: Family Mental Health Support Service,
- Developed and co- facilitated the *Being Dad* program with Community Health Onkaparinga,
- Provided support, advocacy and counselling to individuals and families,
- Completed Infant Massage training and facilitated one on one and small group sessions.

Community Development Coordinator Report 2016: Darjana Nickolic

Highlights of 2016

During 2016 there have been positive developments in our efforts to engage with men in our community with the intention to support their lived experience in their roles as dads/stepdads/grandfathers/uncles. Our ongoing commitment and partnerships with services has seen an increase in referrals and participants. The Being Dad program has received recognition as a meaningful parenting program for our community and as a result Anglicare has funded the program for a term in 2017.

A significant focus of 2016 was to establish a partnership with a trusted financial counselling service to provide outreach support to community. Taikurrendi collaborated with Uniting Communities to bring to families the opportunity to have access to weekly free and confidential support at Taikurrendi. The service has been well received by community and will continue to be offered throughout 2017.

Taikurrendi has supported a grassroots initiative driven by three passionate women from diverse backgrounds. Their vision was to establish a group where women from multicultural backgrounds could gather together to learn, share, connect, celebrate culture and have fun. Multicultural Women's Gathering focuses on building the capacity of our culturally and linguistically diverse population to feel and be more connected, confident and capable within their community and have a greater sense of belonging. The group has grown to 20 registered women from 17 diverse cultures coming together weekly.

Taikurrendi recognised that as a centre there needed to be greater investment in connecting with families from when their children are infants and toddlers. In addition to our core parenting programs Circle of Security and Bring Up Great Kids, we partnered with a number of organisations and services to provide information sessions focusing on children's sleep, nutrition, attachment, emotions, brain development and behaviour as well as an infant massage program and post parental separation support program for children. We also worked to strengthen our relationship with services such as Strong Start, Coolock House and Flinders Medical Centre, Uniting Communities, Centacare and Anglicare to support families to connect with Taikurrendi and other community services.



Data

In 2016 we collaborated with 26 government, non-government, private service providers and non-for profit organisations to deliver programs at Taikurrendi.

We hosted eight family days.

As a centre we were involved in the planning and attending 13 community events

We supported eight families involved with Department of Child Protection to spend family time weekly/fortnightly/monthly at the centre.

Our centre reflected a diversity in culture, with 19 different cultures enjoying the space and place together throughout the year.

In relation to parenting programs, 32 families participated in Circle of Security parenting program, 29 in Bringing Up Great Kids and 5 engaged in infant massage.

Our playgroups welcomed 146 families in to our space, many of which came through our doors weekly throughout the year.

Need for Improvement

Taikurrendi is working towards a collaborative approach with SA Health with the goal to be more responsive to community needs in respect to access to children's health services.



In term 4 we asked children, families, community and service providers to offer us some feedback to gauge connection and feelings about our site and service provision.

The responses were collated in this graphic. The larger the word the most frequent the feedback.

For us it highlighted the strong relationships that we have with our community and the sense of belonging that Taikurrendi fosters.