



Sylvanvale Supports

PEOPLE PASSION POTENTIAL

Our passion
is supporting you
to achieve your goals



TABLE OF CONTENTS

	Page
WE'RE HERE FOR YOU	3
WHAT WE OFFER	4
Supported Independent Living	4
Community Cooperative Living	4
Community Hubs	5
Caringbah Craft Centre	5
Sutherland Garden House	5
Sutherland Community Hub	6
Adventurer's Club	6
Sylvanvale Clinical Services	7
Something Extra	7
Enterprising Women	7
Sylvanbeats	7
Flexible Support	8
Planning and Support Coordination	8
Children's Services	9
Mikarie Child Care Centre	9
Supported Playgroup	9
OUR LOCATIONS	10
WHAT PEOPLE ARE SAYING ABOUT US	11
OUR STORIES	12
Andre's New Home	12
Frank's Green Thumb	14

2 Mikarie Pl Kirrawee NSW 2232
PO Box 29 Sutherland NSW 1499
Sydney Australia

T 1300 244 577 | F +61 (02) 9521 3610
E customers@sylvanvale.com.au | sylvanvale.com.au

WE'RE HERE FOR YOU

Sylvanvale is committed to providing high quality, customer focused service to the people we support and their families.

Founded in 1947 when a group of parents united to form an organisation that would give their children a better quality of life, Sylvanvale now supports more than 750 children and adults throughout the Sydney metropolitan area and Blue Mountains to live and participate in the community, as they choose.

Our team is flexible, experienced and love what they do. We work in partnership with you to ensure you have the support you need, when and where you want it.

Sylvanvale is a registered National Disability Insurance Scheme (NDIS) service provider and we offer a range of services to meet your needs.



WHAT WE OFFER

Sylvanvale offers a wide range of services tailored to meet your individual needs and goals.



Supported Independent Living



Sylvanvale offers a range of **Supported Independent Living (SIL)** options across 28 locations in the greater Sydney region. Our beautiful homes are staffed 24 hours a day, 7 days a week. We have several different offerings including shared houses, self-contained units and two and three bedroom villas.

Each location is staffed by employees who understand that every person is an individual with unique goals and support needs.

Area (LGA):

- Blacktown
- Blue Mountains
- Camden
- Campbelltown
- Canterbury-Bankstown
- Cumberland
- Fairfield
- Hills Shire
- Penrith
- Sutherland Shire
- Wollondilly Shire

NDIS Support Category:

- Core
 - Assistance with Daily Life
- Capital
 - Home Modifications and SDA



Community Cooperative Living



Sylvanvale **Community Cooperative Living (CCL)** is ideal for adults (18 years and over) wanting to live independently but with access to individual or shared support, if and when it's needed. It is available for, and managed by, tenants with disability living independently in a Specialist Disability Accommodation complex.

Community Cooperative Living runs separately to your regular individual support services.

Area (LGA):

- City of Rockdale

NDIS Support Category:

- Core
 - Assistance with Daily Life
- Capital
 - Home Modifications and SDA



Community Hubs



Caringbah Craft Centre



At **Caringbah Craft Centre**, our qualified staff and skilled tradespeople work alongside each participant to build beautiful wooden toys

in a safe and friendly environment. The enterprise hub is well-suited to people who enjoy getting hands-on, developing their skills and meeting new people. No previous experience is needed – just a willingness to learn and have fun.

Area (LGA):

- Sutherland Shire

NDIS Support Category:

- Core
 - Assistance with Social and Community Participation



Sutherland Garden House



Our Community Hub at **Garden House** in Sutherland is a unique space that includes a permaculture garden, outdoor kitchen, chickens and geese.

Garden House centre-based program is best suited to a person who:

- Enjoys the company of others
- Enjoys being in the garden and the outdoors
- Enjoys arts and craft.

Area (LGA):

- Sutherland Shire

NDIS Support Category:

- Core
 - Assistance with Social and Community Participation

WHAT WE OFFER



Community Hubs



Sutherland Community Hub



Sutherland Community Hub offers a wide range of indoor and outdoor activities in a centre-based environment. Our sensory, cooking, exercise, creative, relaxation and garden zones ensure there is something for everyone.

Choose from a daily program of activities or classes. Our hub also offers a range of community activities in the evenings and weekends, with a range of community partners.

Area (LGA):

- Sutherland Shire

NDIS Support Category:

- Core
 - Assistance with Social and Community Participation



Adventurer's Club



Sylvanvale's **Adventurer's Club** offers support for individuals to participate in and enjoy their community as a social group. We host an exciting program of in-community activities for those who love to be out and about, leaving from the Multi-Purpose Centre in Sutherland every weekday.

Area (LGA):

- Sutherland Shire

NDIS Support Category:

- Core
 - Assistance with Social and Community Participation



Sylvanvale Clinical Services



The **Clinical Services Team** at Sylvanvale provides therapy services for people of all ages and abilities.



We offer individual or group therapy services including: Occupational Therapy, Individual Skills Development, Clinical Psychology, Behaviour Support, Counselling, Speech Pathology, Assessment and Training, and Supported Playgroup.

Our approach is flexible; we can provide therapy services when and where you need them.

Area (LGA):

- Greater Sydney
- Blue Mountains

NDIS Support Category:

- Capacity Building
 - Improved Daily Living
 - Improved Health and Wellbeing
 - Improved Relationships

Something Extra



Enterprising Women is a social enterprise that makes and sells handcrafted products including soaps and succulent gardens. It empowers women with disability to develop their creative talents and build friendships.



Sylvanbeats



The crowd-pleasing **Sylvanbeats** is an all-abilities Cajon Drumming group that rehearses every Friday and performs at events. New members are always welcome, and no previous drumming experience is necessary.

Area (LGA):

- Sutherland Shire

NDIS Support Category:

- Core
 - Assistance with Social and Community Participation

WHAT WE OFFER

Flexible Support



Flexible Support is ideal for adults (18 years and over) wanting individual support that they can tailor to their own needs and goals.

Sylvanvale's Flexible Support services are available when and where you choose in the Sutherland Shire.

Area (LGA):

- Sutherland Shire

NDIS Support Category:

- Core
 - Assistance with Daily Life
 - Assistance with Social and Community Participation
 - Capacity Building
 - Increased Social and Community Participation
-



Planning and Support Coordination



Our experienced **Support Coordinators** can help you to navigate the disability service and support system, to activate your NDIS Plan, secure services and prepare for your plan review.

Our team can assist with preparing SIL and SDA applications, coordinating your schedules of support and service agreements, sourcing clinical supports, plan managers, holiday supports and more.

Area (LGA):

- Greater Sydney
- Blue Mountains

NDIS Support Category:

- Capacity Building
 - Support Coordination
-

WHAT WE OFFER



Children's Services



Mikarie Child Care Centre



Mikarie Child Care Centre is a multi award-winning long daycare centre located in Kirrawee. As the only childcare centre in the Sutherland Shire that provides early education and quality care to children with and without a disability in one setting, it is unique. Our centre operates 7am to 6pm, Monday to Friday, for children aged 6 weeks to 6 years.



Area (LGA):

- Sutherland Shire



Supported Playgroup



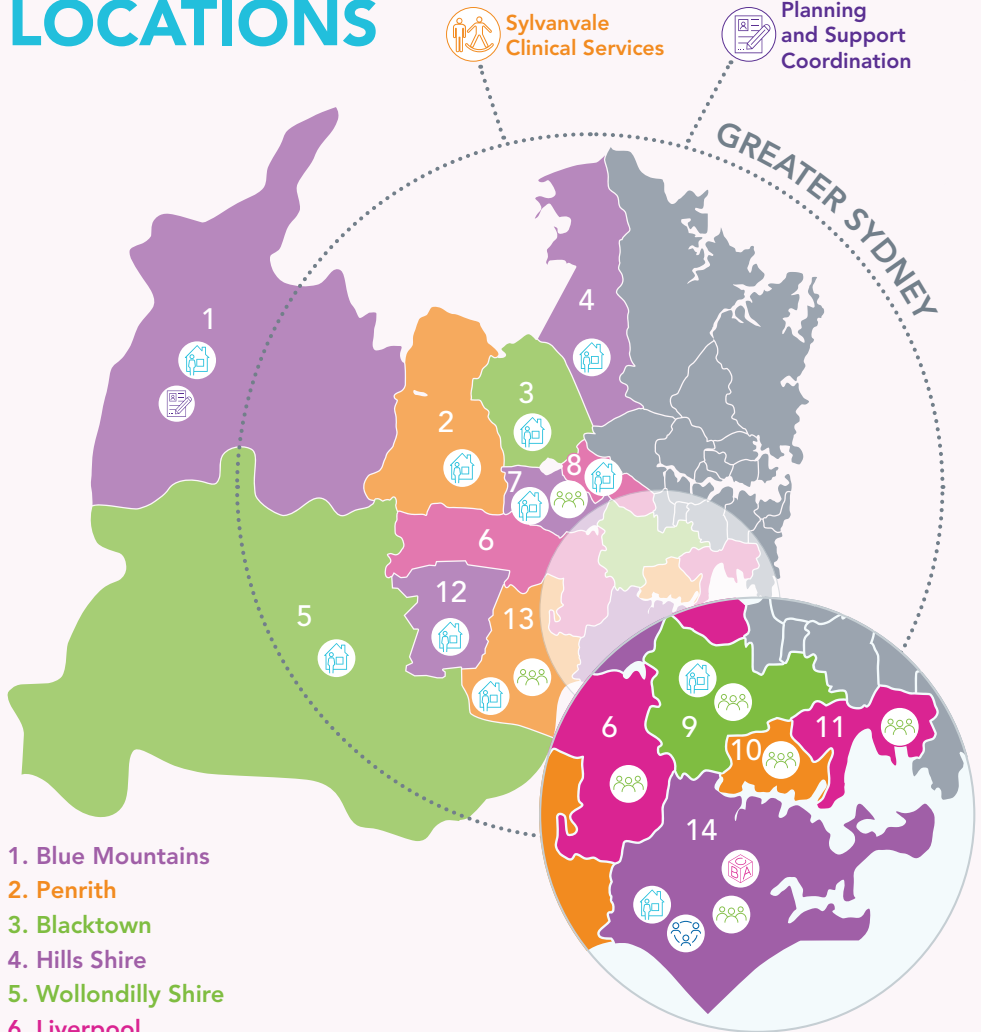
Our free **Supported Playgroup** at Mikarie Child Care Centre offers children aged 0-5 who may not be meeting their developmental milestones, and their families, an exciting and inclusive environment. The weekly playgroup provides access to early childhood educators and therapists in a stimulating setting.

- **Days:** Every Friday
- **Time:** 10am-11am OR 11:30am-12:30pm
- **Location:** Join us at Mikarie Child Care Centre – 2 Mikarie Place, Kirrawee NSW
- **Cost:** Free
- **RSVP:** 1300 244 577 or playgroup@sylvanvale.com.au
Bookings are essential

Area (LGA):

- Sutherland Shire

OUR LOCATIONS



- 1. Blue Mountains
- 2. Penrith
- 3. Blacktown
- 4. Hills Shire
- 5. Wollondilly Shire
- 6. Liverpool
- 7. Fairfield
- 8. Cumberland
- 9. Canterbury-Bankstown
- 10. Georges River
- 11. Bayside
- 12. Camden
- 13. Campbelltown
- 14. Sutherland Shire

 Supported Independent Living

 Children's Services

 Community Hubs

 Independent Living and Social Support

WHAT PEOPLE ARE SAYING ABOUT US

“

I would like to say a big thank you to Sylvanvale for their constant support in my life over these past couple of years.

”

“

Our daughter loves Sylvanvale and cannot express how grateful she is for Sylvanvale's services.

”

“

Our son is blown away with the excellent standard of support and personal care.

”

“

Always such professional and ongoing support by my sister's team at Sylvanvale.

”

“

I have been very impressed by their willingness to actively learn about my daughter by listening, asking questions and suggesting options.

”

“

It's very satisfying to be part of an organisation that strives to make a difference both directly and indirectly to people in need.

”



OUR STORIES

ANDRE'S NEW HOME

Sylvanvale's unique mix of skills and capability has helped Andre to thrive in his new home.

As soon as Andre stepped into the Sylvanvale residential property in Western Sydney, he knew it was the one. "We'll take it!" he exclaimed.

Andre's new home would be very different to many of the places he'd lived during his adult life, having spent a number of years living in and out of boarding houses.

Andre's new Sylvanvale home offered him his very own villa and courtyard in a modern, spacious and purpose-built property. His home also provided shared common areas – another plus for Andre, who has a social and colourful nature.

He quickly made friends with his housemates and grew very fond of the house cat, "Harry".

Andre also thrived on the routine his new home offered him and the new activities on offer. He began to go for daily walks and reconnected with his cultural roots, learning to make delicious curries.

In his new home, Andre began to access the services of Sylvanvale Behaviour Support Practitioner, Michael.

Michael worked with Andre, his support team and his family to develop skills and strategies to help regulate Andre's behaviour if he was feeling angry or upset. One such strategy was encouraging Andre to take a deep breath.



“Michael has a really good insight into Andre. He understands where Andre is coming from. It’s a definite plus,” says Cara.

The support Andre has received in his new home has brought positive changes to his interactions with the environment around him. As someone who thrives on boundaries, Andre now has the structure he needs to relax and just be himself. Andre can finally feel at home.

“

MICHAEL HAS A
REALLY GOOD
INSIGHT INTO ANDRE.
HE UNDERSTANDS
WHERE ANDRE IS
COMING FROM.

OUR STORIES

FRANK'S GREEN THUMB

The relationship between Frank and his support team has helped him rediscover his remarkable talent for vegetable gardening.

Vegetable farming is in Frank's blood. The son of two Maltese immigrants, Frank spent his youth growing up on his parents' farm in Blacktown. As an adult, he followed in his family's footsteps, working as a farmer for 15 years.

But life threw challenges at Frank, and he decided to move into Supported Independent Living in the Blue Mountains.

During those first few years, Frank had a break from vegetable gardening, but was missing it.

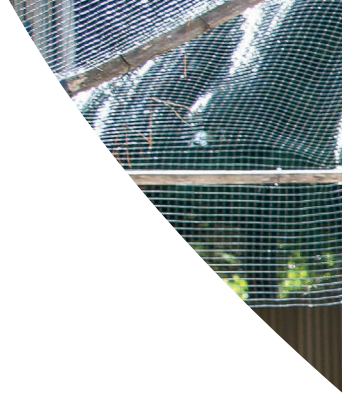
In 2014, Frank started his journey with Sylvanvale. After learning about Frank's passion for vegetable gardening, his support team worked closely with him to start a garden of his own.

Every afternoon, Frank tended to the gardens, and cooked freshly picked vegetables for his evening meals. He made sure his produce was in season and, with the support of staff, researched recipes which could incorporate his ingredients.

Under Frank's care, the gardens flourished. A year after moving in, two large greenhouses were set up for Frank at a nearby Sylvanvale property.

Meanwhile, his plants continued to produce more and more vegetables each season.

This year alone, Frank's gardens grew 564 cherry tomatoes, 680 button squashes, 177 zucchini, 86 figs, 73 eggplants, 464 banana chillies and 56 capsicum! The plants respond so well to Frank's green thumb that even





when some crops are out of season, they continue to yield fresh produce.

A kind-hearted gentleman, Frank is always generous with his produce, sharing it with residents at Sylvanvale properties in the Blue Mountains.

“It feels very satisfying,” said Frank.

Sylvanvale continues to support Frank to achieve his goals and nurture his unique talent.

“

FRANK'S
SYLVANVALE
SUPPORT TEAM
WORKED CLOSELY
WITH HIM TO
START A GARDEN
OF HIS OWN.

Find out more at **sylvanvale.com.au**

 facebook.com/sylvanvale

 twitter.com/sylvanvale

 linkedin.com/company/sylvanvale

 youtube.com/sylvantube

 instagram.com/sylvanvale



sylvanvale.com.au



For people with
hearing or speech loss
TTY: 1800 555 677

Speak and Listen: 1800 555 727



For people who
need help with English
TIS: 131 450

Find out more at **sylvanvale.com.au**

T 1300 244 577

E customers@sylvanvale.com.au