

LIGHTHOUSE

HEALTH AND EDUCATION

Shop BG09, Moonee Market
Moonee Beach, 2450

www.lighthousehealthandeducation.com.au

163 Pound Street
Grafton, 2460

January, 1 2022

Vol. 2

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Christmas celebrations were held at Woolgoolga Brewing Co. this year.

Getting out of the office and bringing our families together to celebrate the massive year that was 2021!

A WORD FROM THE PRINCIPAL

Hello! and Happy New Year!

Jane Franke

What a feeling it is to be back in the practice after a fairly restful family filled Christmas/New Year break. Here's hoping you took some time for yourself too! I am certainly eager and ready to embrace the new year and all that lies ahead despite the challenges currently being highlighted in our midst.

Medicare announced in mid-December the continuation of Telehealth options for clients, in addition to an extension of the COVID+10 rebates which really is a recognition of the benefits mental health services provide to members of our community in need of psychological support. It is also in-line with the range of platforms available to NDIS participants which is wonderful to see.

Here at LHE we are looking forward to welcoming 2 new psychologists to our team in Feb:

Grafton: Clinical psychologist, Ashley Alford.

Grafton & Moonee Beach: experienced provisional psychologist Hugh Harman.

Like all team members, Ashley and Hugh will be providing face to face services to vaccinated clients and telehealth services to unvaccinated clients.

We hope together, we can do even more within our community than we were able to achieve in 2021

STARTING THE NEW YEAR WELL

Do you want to start the new year well?
Here's my personal opinion - one that's served me well over the last decade!

New year resolutions really don't stand the test of time.

Why?

There's a couple of reasons:

1. We underestimate how long it will take to change our behaviour;
2. We often set big, audacious longer-term goals for ourselves and focus so much on the substantial effort required to make such changes that we become overwhelmed instead of focusing on the smaller steps along the way;
3. Overwhelm tends to narrow our focus and we then have a tendency to fall into the 'all or nothing' thinking trap, which often results in one slip up or oversight leading us to abandon our well-intentioned resolutions.

So, here's a suggested alternative:

1. Set goals you would like to achieve that give you purpose and direction in your day to day life, reducing the risk of you being swept up in the unintentional and mundane.
2. Book in time or activities to look forward to throughout the coming year. Be that a regular catch up with a special friend, a short get-away or scheduling in a commitment to yourself for simple pleasures.
3. Cultivate hope. Where there is hope there is a way forward. When we lose our sense of hope we can easily lose our way. Cultivating hope in the little things (or big things) is so important for good mental health.

GET TO KNOW OUR TEAM



WHAT IS THE I CAN READ SYSTEM?

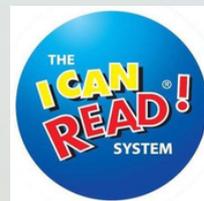
The I Can Read System is the perfect head start for those with reading difficulty to help them achieve their true potential.

The System is the culmination of years of work and research by Australian Educational Psychologists Antony Earnshaw and Annabel Sargent and taught at Lighthouse Health and Education by Wayne Franke, a qualified primary and secondary teacher with a Masters in Education.

The I Can Read System seeks to empower students to take control of their own reading progress and is easy and fun for both children and adults.

I Can Read is an excellent way to ensure school readiness for a child with the Little Bears programme providing preschool literacy lessons including phonological awareness, phonics and the ability to process sequences of sounds in words. Starting for students as young as 3.5yrs.

Lighthouse Health and Education is a registered provider for the Creative Kids program (NSW) with all school age students eligible to redeem the \$100 Creative kids voucher with us to support their reading and creative writing skills.



This month, we'd like to introduce Vanessa, fondly known as Ness.

Ness is our part time "Client Services Extraordinaire" who works alongside Louise at our Moonee Beach practice and as Administrative Lead for the Grafton practice. Joining the team in the early days (May 2018) Ness has seen it all, yes, the good, the bad and the ugly and she still keeps coming back! She provides a customer service second to none, with her calm, collected, solutions focused approach, its no surprise most emails come in addressed directly to her! Ness keeps the psychologists motivated on their big days with chocolate treats in the back office and a kind word or two in their ear and ensures the Management Team are up-to-date with all matters behind the scenes.