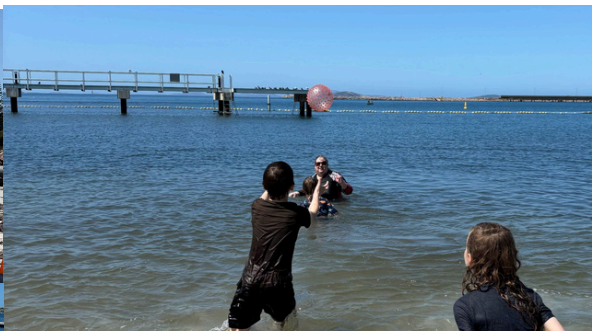


NOVEMBER 2025

CAPACITY CONNECTIONS NEWSLETTER

THIS MONTH

- Remembrance Day - 11/11
- All about puberty workshop - FREE - 12/11
- Edge of the Bay - Community event - 6/12
- We will be closed from 20/12 - 5/1 for Christmas

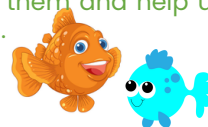


Realise Ability News

We love getting to know the other adults that are involved in your child's life. If they are going to be involved in pick ups, drop offs or sessions with your child, please make sure to introduce us and update us with their name and contact details.

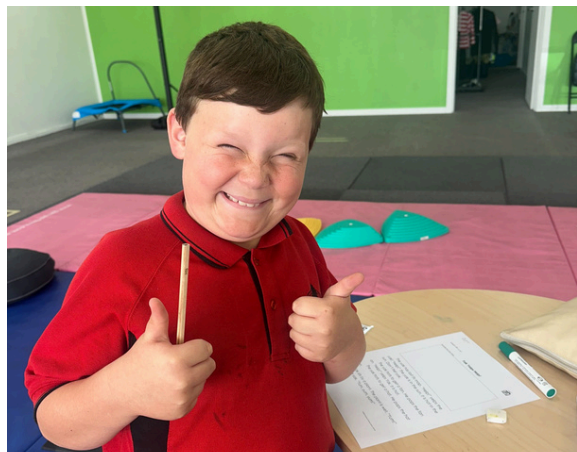


We have some new friends in reception. Thank you Micah and Reuel for the awesome job creating our aquarium. It is very relaxing to watch our new friends play. Come in and meet them and help us give them names.



Spotlight on Jett!

Jett is a real character to hang out with. When he first joined RA he didn't use words to communicate and often couldn't come into sessions or go to school. Jett has worked so hard and we are so proud of him. This week Jett wrote the team an entertaining story and always makes us smile with his cheeky greetings and sense of humour. Jett's spelling, handwriting, focus and concentration are all helping him reach the stars. Well done, Jett We love seeing you smashing those goals!



THERAPY FOCUS

Summer Moves

Summer is the perfect time for kids to get active, explore, and move their bodies in fun ways. Movement helps build strength, coordination, and confidence — and it doesn't have to look like "exercise." Think games, adventures, and water play!

Try setting up a backyard obstacle course, jumping through sprinklers, or creating a "movement challenge" where kids hop, crawl, and balance their way through. Family walks, beach trips, or playground adventures are great ways to mix movement with connection. Even small bursts of activity — dancing to favourite songs or helping with gardening — all count.

If it's too hot outside, bring the movement indoors: build a fort, do animal walks, or play a "freeze dance" game in the living room. The goal is simple — keep it fun and flexible so kids stay motivated and enjoy moving their bodies every day.

Active play is great for physical health — and it also supports focus, emotional regulation, and sleep. So this summer, get moving together and make it playful!



Website of the month

safeandsound.org.au

for autism, dementia and intellectual disability. If a member goes missing, the emergency services can access all relevant information about them easily.

Quote of the month

*Believe
you can
and
you are
halfway
there*

PHYSIOTHERAPY MATTERS...

Physiotherapy isn't just about sports injuries or sore muscles — at Realise Ability, it's a vital part of supporting healthy development, confidence, and everyday function. For children with autism or other challenges, physiotherapy can make a big difference in helping their bodies feel strong, calm, and ready to take on the day.

Physiotherapists look at how a child moves, balances, and uses their muscles for all kinds of daily activities — from sitting at a desk to playing with friends. Many children with autism or emotional regulation challenges have differences in body awareness, posture, or coordination. Strengthening their core muscles (the tummy, back, and hips) can improve sitting posture, balance, and even handwriting!

Movement also plays a huge role in mental health. Physical activity helps release feel-good hormones, supports better sleep, and gives children a positive outlet for stress or big emotions. For many children, regular movement and body-based strategies can be just as important for regulation as talking or sensory tools.

Through fun, play-based activities, physiotherapy helps kids build the strength, confidence, and coordination they need to move, learn, and live well — both in their bodies and their minds.

Check out the full blog online on our website