

Plain Language Newsletter

December/January News

In recognition of reconciliation, Enable WA acknowledges the Traditional Custodians of country throughout Australia and their connection to land, sea and community.

Enable WA pays respect to Elders past, present, and emerging, and extend that respect to all Aboriginal and Torres Strait Islanders people today.

Welcome to 2026!

- Thank you to all our participants, families and staff for being part of the Enable WA community.
- Our goal is the same: to give supports that respect you and help you live the life you want.
- We're looking forward to another year of working and learning together.

Shared Spoon Cooking Classes - Starts Tuesday 6th Jan

- For Peel participants who want to learn easy, healthy meals.
- Cost: \$5 per class. Bring a container for leftovers!
- When: Tuesday 6th Jan, 12:30pm – 2:30pm
- Where: Waratah Community Church, 748 Old Coast Road
- What's cooking: Chicken meatballs, rice, and sauce

New Blog - Managing New Year's Goals

- Start the year without too much pressure.
- Tips on how to manage your goals.
- Apps you can use to stay on track.
- How Enable WA can help you reach your goals.

Read the blog here: <https://www.enablewa.org.au/blog>

End of Year Parties

- Thanks to everyone who came to our parties!
- Coordinators and support workers did a great job organising.
- Photos from events will be shared soon online.

Specialist Disability Accommodation (SDA)

- SDA homes make daily life safer, easier, and more comfortable.
- They give you independence and choice.
- Current homes available:
 - Loxton Street, Dudley Park – 1 home
 - Karnup – 1 home (male 50+)
 - Beldon – 1 home (male 50+)
- Talk to our team if you want to explore other options or upcoming homes.

Gracetown Beach Matting

- Our therapy team helped make the beach more accessible with new matting.
- Now more people can enjoy the Gracetown Swimmers Beach this summer!

Fun Activities - Free & Accessible

Get outdoors

- Play Trails (City of Stirling): Explore bushland with quizzes and challenges via a free app
- Kings Park: Flat walks, guided walks, tree trails, outdoor summer activities
- South Perth Foreshore & Bunbury Estuary: Accessible paths, playgrounds, and space to relax

Museums & culture

- WA Museum Boola Bardip: Free craft and hands-on activities
- Regional museums: Free holiday programs in Bunbury, Geraldton, and more

Libraries & community

- Libraries: Free LEGO, story time, crafts, and workshops
- Community centres: Free yoga, mindfulness, and cultural activities

Tips

- Search “[Your council] school holidays” for events near you
- Check Hey Hubble and Strength Heroes for ideas
- Look for Kids Access All Areas vouchers for arts and culture

Share What You're Up To

- We love seeing what participants, support workers, and therapy teams are doing.
- Send photos or stories to your Coordinator or email hello@studio42.com.au
- Follow us on Instagram for updates

Special Days in January

- Sun 4 – World Braille Day
- Sun 18 Jan – Sun 8 Feb – Midsumma Festival
- Mon 26 – Australia Day (Public Holiday)
- Tue 27 – Holocaust Remembrance Day

Help Others Find Enable WA

- Leave a Google review if we've supported you or your family.
- Your feedback helps other families learn about our services.

Client Advisory Group

- Join our group to help make decisions for Enable WA.

Find out more here: <https://www.enablewa.org.au/client-advisory-group>