now we're talking Speech Pathology & Psychology

NEWSLETTER

DECEMBER 2026



Welcome to our end of year Newsletter! It's been a busy and exciting 2026 for Now We're Talking. In the past 12 months, we've welcomed many new team members and families. This year we've continued to grow our services across Speech Pathology and Psychology to meet increasing demand. This has included the addition of our wonderful expanded downstairs gym space in Woods HQ and also the addition of another 2 new clinic rooms upstairs! Please read on for more updates.....



Contents:

- Clinic closure dates
- Invoicing
- NDIS changes
- Our terms and conditions
- NO WAITING LIST!
- How to make the most of January
- Occupational Therapy services
- **New** Swallowing/ Feeding Service
- **New** Baby sensory program
- Our January Special interest groups

www.nwtsp.com.au

0409 849 748
admin@nwtsp.com.au

Unit 1 & 2/ 2A Akuna Drive,
Williamstown North

HOUSE KEEPING

CLINIC CLOSURE DATES

Now We're Talking will close at **4.00pm on Friday 18th of December** and reopen on Monday 4th of January. Our phones will be unattended during this closure, meaning messages will not be checked. Emails will only be checked intermittently during this time. We encourage you to discuss any January scheduling issues with our Admin team prior to closure to avoid cancellation or no show fees. We are open and continuing to see clients on their normal schedules throughout January. If you are taking time away, please ensure this is disucssed with your clinician before the end of the year.

INVOICING

We ask that all outstanding invoices are settled prior to the 19th of December. As an ongoing reminder, we kindly ask that you include the **invoice number** in the description if making a direct transfer. With many payments being received it does aide in our admin team being able to correctly allocate your payment to the correct invoice.

NDIS CHANGES

We appreciate that the NDIS climate is changing often. If your plan has recently been updated we kindly ask that you advise us of any changes so we can best support you.

OUR TERMS AND CONDITIONS

Our Terms and Conditions for cancellations, overdue invoices and pausing services remain the same, however we encourage you to make sure you are familiar with our terms when engaging with our services.

We will be firm with our cancellation policy in 2027.

Please expect to receive an updated consent form to read and re-sign at the beginning of 2027.





CURRENTLY NO WAITING LIST FOR SPEECH PATHOLOGY SERVICES!

We are able to support the following:

Literacy and Learning, Early Language, Language (expressive and receptive), Articulation, Voice, Swallowing, Social communication skills, supporting our neurodiverse population, AAC devices, Childhood Apraxia of Speech, Cleft Palate, Situationally non-speaking, Emotional regulation, stuttering and a few new programs which you can read about below!

We also have immediate availability with our Psychologist Melinda for assessment, and a short wait for psychological support for current clients.

OTHER IMPORTANT INFORMATION

MAKING THE MOST OF JANUARY

Our clinic reopens on 4th January 2027 and clinicians are still working over January as normal. Appointments are scheduled as per your normal cycle. If you plan on being away for multiple sessions, as per our terms and conditions, please allow us plenty of notice of any absences. You will hear from your speech pathologist in the coming weeks rregarding appointments for 2027 and what they recommend to make the most of January.

DIFFERENT WAYS WE CAN SUPPORT YOU IN JANUARY

- Completion of NDIS Reports, School transition reports or summary reports
- Progress summary including helpful tips for your child's new classroom teacher
- Creation of 8-12 week therapy plans- these are highly recommended.
- Parent meeting session to discuss goals and plans for 2027
- Adding in additional sessions to create an intensive block.
- Booking in extended sessions- these can occur in community e.g. supermarket, at home or at the playground to work on transitioning the clinic learnt skills.
- Our school holiday Special interest group programs
- Booking in updated assessments. This is a fabulous time to participate in updated assessments, with the flexibility to pick a time when your child is rested. The assessment and report can take up to two weeks, and will be complete in time for the school year or kindergarten year beginning .
- Creating homework resource packs for you to do your own sessions at home/ on holiday, or a social story in preparation for their 2027 transition.

OUR OCCUPATIONAL THERAPISTS

We currently work very closely with two independent Occupational therapists.
Olivia, our director, has met with each of them to ensure they align with Now We're Talking Values.
These OT's exclusively take on NWT clients.
If you would like to be considered for OT support, please speak with your clinician and we can add your child on to the Expression of Interest list and inform you of the process.





NEW SWALLOWING SERVICES

Sophie Lacey offers specialised speech pathology assessment and therapy for infants, toddlers and children experiencing feeding, eating and swallowing difficulties.

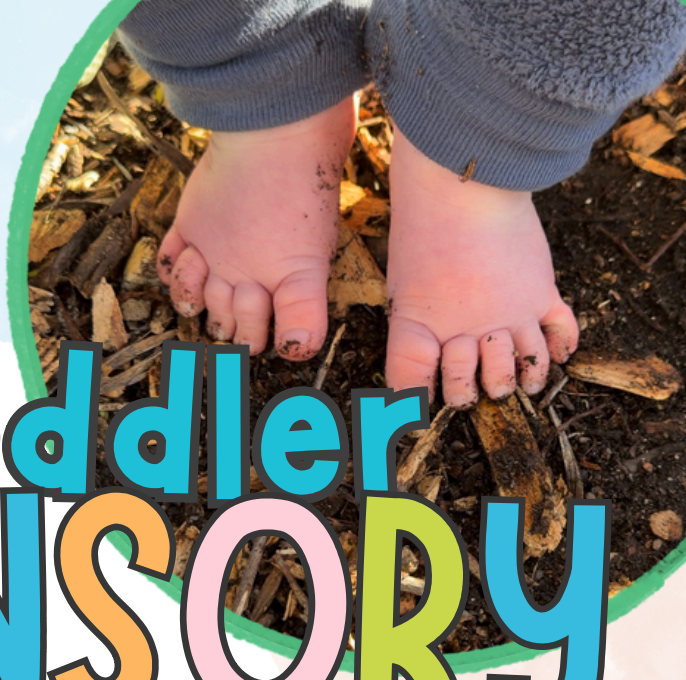
She can support children who have difficulty developing the skills needed to eat and drink safely and efficiently, as well as children experiencing food refusal, highly selective eating, sensory-related feeding difficulties and distress during mealtimes.

We assess and support infants, toddlers and children experiencing:

- **Starting solids and texture progression:** Difficulty moving from milk feeds to purées, mashed foods, soft lumps, finger foods and family meals.
- **Oral motor and chewing difficulties:** Difficulty biting food, moving food to the chewing surfaces, coordinating jaw and tongue movements, or breaking down food before swallowing.
- **Gagging and vomiting during meals**: Frequent gagging, retching or vomiting when eating, particularly when progressing to more complex textures.
- **Food pocketing and difficulty managing food:** Holding food in the cheeks, prolonged chewing, spitting out partially chewed food or difficulty clearing food from the mouth.
- **Feeding and swallowing difficulties (dysphagia):** Coughing, choking, wet or gurgly vocal quality during or after eating or drinking, or other concerns about swallowing safety and efficiency.
- **Selective eating and food aversion**: Eating a very limited range of foods, strong preferences for particular textures, brands or food presentations, and avoidance of unfamiliar foods.
- **Sensory-related feeding difficulties:** Difficulty tolerating particular food textures, smells, tastes or appearances, or distress when touching or interacting with food.
- **Feeding refusal and mealtime distress:** Turning away from food, refusing meals, becoming upset when food is offered, prolonged mealtimes or anxiety associated with eating.
- **Delayed self-feeding and drinking skills:** Difficulty progressing towards age-appropriate finger feeding, utensil use or cup and straw drinking where feeding and oral motor skills are contributing factors.
- **Complex feeding difficulties:** Feeding concerns associated with developmental differences, disability, medical conditions, Paediatric Feeding Disorder (PFD) or Avoidant/Restrictive Food Intake Disorder (ARFID)

now we're exploring

Baby Sensory & Early Development Program



Baby + Toddler SENSORY classes

NEW

Run by Speech Pathologists

TUES/WED/THURS

9.20 – 9:50AM
STANDERS/ WALKERS
AGE: 12 – 18 MONTHS

10:00 – 10:30AM
TUMMY TIME / ROLLERS
AGE: 0–6 MONTHS

10:40 – 11:10AM
MOVERS /CRAWLERS
AGE: 6 - 11 MONTHS

FIRST SENSORY CLASS OF IT'S KIND
THIS UNIQUE 8 WEEK PROGRAM, BOASTS IMMERSIVE WEEKLY THEMES ENGAGING THE SENSES, COMBINED WITH EARLY LANGUAGE COACHING FROM OUR EXPERIENCED SPEECH PATHOLOGISTS.





TERM ONE

01/02 TO 26/03

$240 PER 8 WEEK TERM
6 PER CLASS MAXIMUM
BOOK ONLINE
WWW.NWTSP.COM.AU
OR EMAIL
ADMIN@NWTSP.COM.AU

now we're talking Speech Pathology & Psychology

January Holiday Program

SUMMER PARTY

Cooking, games and craft!

11th + 12th January

Ages: 5–12 Years

Cost $660

NDIS Funding can be used

Time: 9:00am – 12:00pm

For enquires or to book contact
Now We're Talking
call - 0409 849 748
EMAIL - admin@nwtsp.com.au

A non-refundable 20% deposit is required to secure your place

POW!

January Holiday Program

Disney & MARVEL

Adventure Academy



January 18, 19, 20– 2027

Ages: 7–12 Years

Cost $990 – *NDIS Funding can be used*

Time: 9:00am – 12:00pm



FOR ENQUIRES OR TO BOOK CONTACT
NOW WE'RE TALKING
CALL – 0409 849 748
EMAIL – ADMIN@NWTSP.COM.AU

A non–refundable 20% deposit is required to secure your place



LITTLE LEARNERS



Preschool Stay and Play



Led by Speech Pathologists, this interactive program is packed with exciting games, hands-on activities, creative crafts and imaginative play designed especially for little ones to learn and engage with peers.



DATE: Friday 15th January

Ages: 4-5 Years

Cost $330 - NDIS Funding can be used

Time: 9:00am - 12:00pm



For enquires or to book contact

Now We're Talking

Call - 0409 849 748

Email - admin@nwtsp.com.au



A NON-REFUNDABLE 20% DEPOSIT IS REQUIRED TO SECURE YOUR PLACE

MERRY CHRISTMAS

We also take this opportunity to thank you for your continued support and for being part of our growing community. We're proud to walk alongside your family and look forward to helping you reach your goals in months ahead.

From our NWT family to yours, we wish you a wonderful Christmas and a relaxing start to 2027.

