



**It's Outstanding
October!**

We trust this newsletter finds you well, and for all intents and purposes, enjoying the downhill slide to the end of the year.

NDIS NEWS

Here's a quick line-up of what's making NDIS News this month!



Claims Time Limit

The grace period for submitting claims that are older than 2 years is almost over. From 2 Oct 2025, claims older than 2 years will be rejected, so if you have any, submit them now.

Art & Music Therapy

From November '25, prices for Art & Music Therapy will be revised from \$193.99 per hour down to \$156.16 per hour. This brings prices in line with those outside of the NDIS.

Planning Changes

Starting in mid-2026, the NDIS will be introducing changes to the way Planning takes place, based on feedback from the disability community. More details will be coming soon.

**Claims Time
Limit**

**Art & Music
Therapy**

**NDIS Planning
Changes**

IMMEDIATE AVAILABILITY




one
Central Health

Multiple locations
Private or NDIS
Telehealth

Psychology Support available now



Books are OPEN - call TODAY!

SCHOOL HOLIDAY GROUPS

October School
HOLIDAYS

Wk 1: *Cooking* | *Teen Girls Group*

Wk 2: *Cooking* | *Teen Mixed Group*

THEY'RE HERE!

**OCTOBER HOLIDAY
GROUP ACTIVITIES**

LIMITED spots left -
we're so glad you
can join us!

[Click Here for the Schedule of Activities](#)

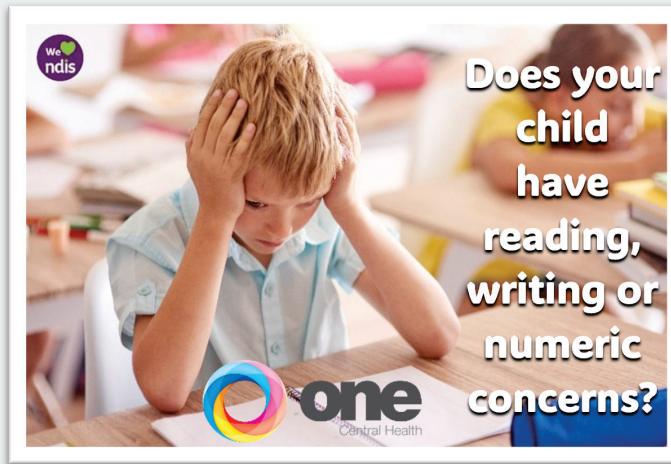
SPECIFIC LEARNING DISORDERS

Is your child struggling at school and at risk of falling behind?

Dyslexia - reading/
comprehension

Dysgraphia -
writing/ written
expression

Dyscalculia -
mathematics/
numeracy



EARLY intervention is key, so call us if an SLD is required!

JOIN US ON SOCIALS!

If you haven't yet joined us socials, you're definitely missing out! It's where we keep you updated with all things OCH, including:

HOLIDAY GROUPS

BLOGS

CLINIC CLOSURES

EXCITING EVENTS

**NEWSWORTHY
ITEMS**

So scan the QR code now - we'd love to have you join us!

BLOG ALERTS

What Are Social Skills?

What is Echolalia?

UPCOMING CALENDAR EVENTS

**World Mental Health
Day - October 10**

A day for promoting mental health advocacy and educating the public.

AND JUST FOR FUN

COFFEE DAY ☕

CHAMPAGNE DAY

HALLOWEEN 🎃

IMPORTANT CLINIC REMINDERS

TELEHEALTH

Telehealth could be an option for you - please call us to discuss your individual needs.

THANK YOU FOR YOUR SUPPORT

Call Us: Mon - Fri; 9am - 5pm

Clinic Open Hours: Mon - Fri; 9am - 5pm

Email Enquiries: admin@onecentralhealth.com.au

Mailing Address: 24/257 Balcatta Road, Balcatta, WA, 6021



ONE CENTRAL HEALTH

Copyright (C) 2025 One Central Health. All rights reserved.

You are receiving this email because you are a current client of One Central Health or have recently completed an assessment with us. Here is where we keep you updated with news and events you may be interested in.

You may unsubscribe at any time.

[Unsubscribe](#)

