



Spring into
September



**It's Super
September!**

September means Spring has
sprung, and brings with it
sunny blue skies, warmer
weather and flowers to enjoy!

NDIS NEWS

The NDIS have created a new **Easy Read** booklet to help families understand what **QUALITY SUPPORT** for children looks like.



Example of Content

- ✓ What are Quality Supports?
- ✓ What can Providers do?
- ✓ The rules Providers must follow
- ✓ How to choose a new provider

Quality Supports for Children

REMINDER - NO WAITLISTS



GENERAL PSYCHOLOGY

- ✓ Mental Health support in clinic or via TELEHEALTH
- ✓ We cater for both Private and NDIS patients.

OCCUPATIONAL THERAPY

- ✓ Therapy at school, clinic or home.
- ✓ Functional Capacity Assessments available ongoing



If you have a referral or any of these in your Plan, get in touch today.

SCHOOL HOLIDAY GROUPS



Get ready to book
your spots in our

**OCTOBER HOLIDAY
GROUP ACTIVITIES**

Starting Tuesday

30th Sept 2025

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

ARE YOU THINKING ABOUT PBS?

This 'whole of life' support can help with, amongst others:-



- Complex Behaviours
- Build Independence
- Better participation
- Safety for everyone
- Quality of Life

We have Registered Practitioners providing PBS Support.



We'd like to say.....

Happy Father's Day

To all the wonderful fathers and father-figures in our lives. May you all have a special day.

AN IMPORTANT REMINDER

It's important to ask.....

R U OK?

**Because a
conversation could
change a life!**

12 September 2025

GIVING BACK TO THE COMMUNITY

GIFT A NIGHT OFF THE STREETS - FUNDRAISER

This winter, our team of clinicians and admin staff held a 'Soup Day' fundraiser in support of this often - overlooked cause.

**ONE CENTRAL HEALTH
SOUP DAY**

Whilst we were able to enjoy a hot bowl of soup made by some super special team members, we all made a donation to the Vinnies, and One Central Health has matched the total.

IT'S WHAT WE DO TO GIVE BACK TO OUR COMMUNITY

UPCOMING CALENDAR EVENTS

BLOG ALERTS

**How to Support Your Child's
Speech**

**Supporting Your Kids At School -
Simple Tips From Our OT**

AND JUST FOR FUN

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](#)

