# Embracing Ministries (3)

#### An initiative of the Anglican church of Canberra and Goulburn



Meeting Sensory Needs

Recently, I read an article by Mark Arnald on sensory needs for kids with additional needs and disability. I thought it would be good idea to share this information as many churches or Sunday schools would not think about providing a 'Sensory box' for kids who need to fulfil their sensory needs, and it's such a simple idea. All of us, adults or children, whether we have special needs or not, are sensory creatures. We all have senses that at times are under-responsive (hyposensitive), or overly responsive (hypersensitive). As such, we regularly, often subconsciously, try to 'balance' our sensory systems. Sometimes, this can take the form of sensory 'seeking', where we are trying to activate our senses in any way possible. How many times have we seen children swinging their feet, tapping their fingers, twirling their hair, biting their nails, tapping their pencil, or clicking their pen? Maybe some of these are sensory seeking actions that

Often, in a children's or youth work setting, or at home with our own children, there can be times when children need sensory input and this can lead them to search for something to help them to regulate their senses. In the absence of anything to support them, they

we do too!

may end up becoming distracted and disengaged, or even find the sensory input they need by using one of their peers as a fidget/fiddle item!

Providing a range of fidget or fiddle toys can be an effective part of the resource toolkit for children and youth ministers in church settings, or for families. It offers children and young people safe ways to meet their sensory needs. So let's think about what things you might include in your 'Fiddles (Sensory) box'.



Each child or young person will, like us, have a favourite item that they will choose from the Fiddles box; something that meets their sensory needs and helps them. You don't need to go to specialist shops to buy fidget toys. I often buy sensory/fidget toys for **Embracing Ministries from the** dollar shops. Having a selection of different items in vour Fiddles box will ensure that you have something for everyone and if more than one child wants the same thing, well most items are inexpensive so adding more than one to the box should not be difficult. The variety of things to include can be up to each children or

youth minister, or family and their children/young people.

## Cancellations and Postponments

Sadly, we had to cancel a few events in February due to Covid

Due to the vulnerability of the residents at the Benedictine Abbey the sisters have closed the cottages for retreats until further notice. As a result, the 'Time out for Mums' retreat was cancelled. As soon as the Abby re-opens, we will book a weekend for a retreat.

Also, our appreciation dinner scheduled for 5<sup>TH</sup> February will be postponed until later in the year.

## Morning Prayer Lent 2022

Prayer is a gift from God – God who loves us far beyond what our minds can ever comprehend. Prayer is another of God's many expressions of His love for us. As we prepare for the season of Lent, I would like to offer a time of prayer and chat over Zoom on **Tuesday mornings at 10 am.** This will begin after Ash Wednesday on Tuesday 8th March.

After Morning Prayer, we will have a time to catch up and chat.

If you would like the link, please feel free to call or text Andrea 0404256714

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# Embracing Ministries Caring for Families 8 Friends

On Tuesdays Rev Andrea will be available to make home and hospital visits. This is for anyone who would like to connect pastorally either in person or over zoom.

### **Ladies Day Retreat**

I have a hundred reasons why I convince myself that I shouldn't go to the Women's Day retreat. Last time the voices won, and I stayed home. Later, when I heard the glowing reports from other Mums about how wonderful it was, I feel a pang of regret. "Oh well," we say, "maybe next time." This Sunday I made the extra effort, and I am one of the ones sharing happy stories and sharing how glad we are that we attended. I loved all the speakers, especially Tenille. She helped me to rethink things and to reflect when I got home. Thank you Embracing Ministries, I had an amazing relaxing day. Looking forward to the next one.

Embracing Ministries Revd Andrea de Vaal Horciu 0404 256 714

Bank Details: Anglican Investment Development Fund (AIDF)

BSB: 702 389 Account: 0520 9842

Art for

#### **Heart and Mind**



An amazing day, with wonderful women! The Gathering was a peaceful place to retreat. I set up my "Art for Heart and Mind" gear: Visual diaries of all sizes, a variety of pencils, textas and cravons. I also had a range of activities set up to allow each woman to find the best mindful and relaxing type of drawing for them. As I observed women sitting and colouring and drawing all around, I smiled. Women in the garden; in the main meeting room and others in my art room. My dream for "Art for Heart and Mind" was realised! It was so precious for me to be able provide a safe space for women to engage so keenly with their drawing materials. Thank you, Embracing Ministries, and Andrea, for inviting me to join the retreat for women who are raising a child, or more, with numerous disabilities. A super special day.

with love from Deirdre Herrmann

We are excited to introduce Tenille Abell. She is the Senior Manager for Therapeutic Services at Anglicare South, West and ACT (she also oversees the implementation of the Sanctuary Model – an evidence-based model for trauma-informed care provision).



Tenille has a Master's degree in Clinical Family Therapy, and post graduate qualifications in developmental psychiatry and adult learning.

Tenille presented at the Women's Day Retreat about 'The Importance of Self-care'. When we are in caregiving roles we need to replenish ourselves physically, psychologically and spiritually – so that we can continue to do the important work we do. Self-care practices are not necessarily big gestures, but daily 'micro-habits' and routines that enable us to remain healthy and resilient in the face of stress. Self-care is not self-indulgent - rather it is recognising that we need to put the oxygen mask on ourselves, before we can support others to do the same. For more information on self-care you can go to Anglicare | Sanctuary