# Transcript – NDIS Story – Starfish Nippers

JANET: I’m Janet Jones. I’m the co-founder of Starfish Nippers. I’ve been running the Starfish Nipper program now for eight years.

Starfish Nippers is a program for children and young adults with a disability and they all are involved in the Nipper program.

I had a friend who had a child who didn’t come down to the beach because they had a disability and couldn’t get involved. So, we set up this program to make sure everyone could be involved on the beach.

NATALIE: Henrietta’s been involved with Starfish for four years now and it’s been really important.

JAMES: A lot of the kids haven’t really done a lot of stuff on the beach and this is sort of opening it up for them. They seem to be having a great time with it and it gets them outside of their comfort zone.

CAMERON: Chloe has been doing Starfish Nippers for two years and in that time her whole physical strength and confidence has improved out of bounds.

JANET: Nippers is all about life saving skills, beach awareness and safety on the beach. It’s all inclusive, so everyone in the Nipper program goes down to the beach together.

It’s very important for all our children to be safe on the beach, so all the activities are modified to the abilities of the children involved.

NATALIE: Henrietta learned CPR yesterday.

JOE: I love surfing and swimming.

JEREMY: I did running with Matt and do some push-ups.

ALICE: Wading. Paddling.

JAMES: These kids now just feel like they’re a part of this bigger community and it’s a very inclusive environment.

NATALIE: As a family, we come down to the beach and everybody is active.

JANET: It’s so awesome to see our Starfish Nippers on the beach. Growing in confidence and also making lots of friends and connections on the beach.

MATT: I’m not only Jeremy’s trainer, I’m also his mate. We’ve had a lot of fun over these eight years.

JANET: Starfish Nippers started here at Anglesea and we’re very, very excited that it’s expanded to other clubs around Victoria and Australia now.

Our kids are the same, and want to do fun things like the others are doing.

JOE: Starfish makes me happy.

CHLOE: Starfish making me happy.

ALICE: Happy!