

March, April and May 2018 Newsletter

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Pop Up activity in the Park



March, April and May 2018 Newsletter



Communities for Children is funded by the Australian Government Department of Social Services.

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Welcome to the March edition of the Communities for Children (CfC) Onkaparinga newsletter. Autumn has arrived and we are into our third month of the year.

With children back at school many of the after school activities are up and running again across the community.

Congratulations to Holly who has gained a new position within the State Government. Holly has been with AnglicareSA for over 2 years and she will be greatly missed. Not only by the CfC team and Anglicare SA but also by many community members and service providers, she has been an integral part of the CfC team. We wish her all the very best as she starts her new role.

There was a great deal of excitement in the air in Ramsay Place, Noarlunga Centre when Communities for Children Onkaparinga in partnership with Country Arts SA Hopgood Theatre held their inaugural Southern Children's Festival. This was the sixth Communities for Children FREE Child Friendly event celebrating children within our community. Over 1,000 children and their families attended the event and enjoyed the opportunity to sing and dance to the music, have their faces painted, the twisting of a balloon or two and spend time with the animals from the animal farm.

The Communities for Children team have planned a range of activities during the April school holidays. All of these activities are FREE, information about these is on page 7

Keep an eye out for fliers as details of the April school holiday fun is finalised. If you aren't on our database please email cfc@anglicaresa.com.au with your details.

We look forward to seeing you very soon at another Communities for Children Onkaparinga activity or event.

We hope you enjoy reading this newsletter.

Did you know......

Communities for Children has a database specifically for community members to receive flyers and information for family fun days/children's activities and local events directly to your email. We will not pass on your details and you will not be sent spam or junk mail. We look forward to seeing you at our next event.

Please send an email to register your interest at :-

cfc@anglicaresa.com.au

Our January School Holiday Activities

Surfing at Moana

The water was perfect for surfing at Moana Beach in January. Over 90 Children participated in the free two hour surf sessions run by Surf Culture Australia. Sessions included learning new skills, a few wipe-outs, laughter and a lot of fun for everyone.





Pop up in the Park

During the January school holidays Communities for Children partnered with Centacare Mobile Family Connections playgroup - Aldinga, Uniting Communities Kid's & Dads*- Morphett Vale, Learning Together, O'Sullivan Beach Children's Centre and Taikurrendi Family and Children's Centre to provide three Pop up in the Park activities. Over 3 days almost 100 participants had fun with nature, kites and face painting. We are already planning some more for the April school holidays so keep a look out for the fliers.





communities

for children
onkaparinga

ANGLICARESA

Communities for Children school holiday activities are funded by the Australian Government Department of Social Services

Communities for Children Onkaparinga Activities

Lego Design Group South Aldinga Asperlutely Autsome

Lego Design sessions for children with Autism Spectrum Disorder (ASD) and their siblings.

Come along and show your creativity and meet others who enjoy Lego building.

Recommended for children aged 5 - 12. Younger siblings can stay and play with Duplo under supervision of their parent or carer.

Saturday mornings:

3 March

17 March

31 March

10.30 to 12pm Aldinga Beach Children's Centre Evans Street, Aldinga

> REGISTER by calling Meg on 0422 407 855



ANGLICARESA

Mobile Family Connections (MFC) play & chat playgroup Centacare

Playgroups at four convenient locations for families with children aged 0 - 5.

Playgroup offers play opportunities and ideas, family support, and information about services and free events within your local community.

Aldinga Wednesdays 10 to 11.30am John Nicholl Reserve, Storey Avenue, Aldinga Beach

Seaford Meadows
COMING SOON
Thursdays
10 to 11.30am

Noarlunga Thursdays 1 to 2.30pm Ramsay Place, Colonnades

Sellicks Beach
Fridays
10 to 11.30am
Sellicks Community Hall, William
Eatts Reserve, Riviera Road,
Sellicks Beach

For more information call Centacare on 8215 6310

Boyz Biz The Smith Family

An after school mentor support program providing opportunities for boys aged 8 - 12 to participate in a range of recreation and leisure experiences in a supportive environment.

Boyz Biz is a program run at schools within the Communities for Children site for students attending that school.

For more information contact The Smith Family on 8382 7587

Still Minds Healing Psychology

Delivered in local schools this program increases resilience and emotional empowerment of children who participate in it.

Increases the students abilities to relax, make friends, meditate, manage their feelings, think positively, be happier and be more grateful.

For more information contact Allie on 0402 158 108



The programs above are Communities for Children activities funded by the Australian Government Department of Social Services

Communities for Children Onkaparinga Activities

Siblings in Focus After School Social Group Junction Australia

After School Social Group for 5 - 12 year old siblings of children with special needs, disabilities and/or chronic illness.

Locations and Times:

Aldinga

Wednesdays 3.30 to 5pm weekly Seaford

Thursdays 3.30 to 5pm weekly

Hackham

Fridays 3.30 to 5pm fortnightly

Siblings in Focus also facilitate a School holidays Sib Works Activity for 8 - 12 year olds siblings.

Sib Works is run over two days at Hackham from

10 to 3.30pm

For more information contact Tanya on 8186 6944 or 0409 800 785

The Garden Relationships Australia

An infant/toddler group for children 0 - 4 years and their parents to share positive experiences and exploration through play, music and movement.

For more information contact Kerryn on 8245 8100

Stage Sparks Carclew

Performance workshops in theatre, dance and circus suitable for curious beginners and aspiring artists. Come and enjoy a relaxed fun atmosphere and discover a bunch of new skills.

Term 2

8 week Theatre program

For more information contact Tess on 8267 5111

The MIX Asperlutely Autsome

ASD can be a confusing place to be when you are trying to fit in. Come along to our MIX of parents, carers, mentors, kids, siblings and volunteers where we will share our areas of interest, take on the new and explore the old. Encouraging kids aged 10 - 14 to share what matters to them and why.

Mondays: 5 to 6.30pm

5 March

12 March

19 March

26 March

Wardli Youth Centre, 13 McKinna Road, Christie Downs

> REGISTER by calling Meg on 0422 407 855

kids & dads* Uniting Communities

A group for children aged 0 - 12 and their *fathers/father figures to engage in fun social activities supporting positive parenting and family relationships.

Held at four locations:

Aldinga

3rd Sunday of the month 9.30 to 12pm

Seaford

1st Saturday of the month 9.30 to 12pm

Hackham

Wednesdays - during school term 3.30 to 5pm

Morphett Vale

Tuesdays - during school term 3.20 to 5pm

For more information contact Malcolm on 8202 5212 or 0437 232 124







The programs above are Communities for Children activities funded by the Australian Government Department of Social Services

Children's Art Exhibition



Could your child's art be in the 2019 Communities for Children Calendar?

Children throughout the Onkaparinga area are invited to participate in a 'Children's Voice' state-wide Communities for Children art project. Children will be asked to draw their vision of 'What is Important' to them. During March and April Communities for Children staff will be visiting schools, kindergartens and centres that would like to be involved. If you would like further information about the project or to have your

child, program, class or school involved please contact Belinda on 8392 3183.



All art work gathered from the Onkaparinga area will be displayed at Woodcroft Library on Sunday **May 20th** from **1pm to 4pm** as one of a number of state-wide exhibitions. We invite you to come along to view Onkaparinga's young artists and vote for your top three pieces of art.

The artwork with the highest community vote will be included in the 2019 Children's Voice calendar, just like Katie, aged 8, who features in May of the 2018 calendar.





For more information please contact Belinda on 8392 3183.



What is Important to Me Children's Art Display is a Communities for Children activity funded by the Australian Government Department of Social Services

Up and Coming CFC School Holidays & Trainings

April School Holiday Fun

Ride A Bike Right

Learn to Ride and Riding Right Sessions are for school aged children to gain skills and learn to ride safer. Each session includes skills for balance, braking, spatial awareness and awareness of others.

At each session children are required to wear closed in shoes. Please bring your bike and helmet; there are limited bikes and helmets available at each session for children without a bike.

Ride a Bike Right will run in the following 4 locations:

Aldinga Community Centre and Sellicks Community Hall on the 16th of April.

Morphett Vale East Primary School and Huntfield Heights Primary School on the 17th of April.

Bookings are essential. Please contact Belinda on 8392 3183 or bpollard@anglicaresa.com.au

Cupcake Making Session - Gluten and Dairy Free

Does your child have dietary needs?

Children as young as 3 years can come along and make and decorate their own cupcakes. Each child will make 6 cupcakes and all cupcakes will be gluten and dairy free!





Cupcake Making sessions will run for 1.5 hours and will be held at Gourmet Gluten Free Bakery, Acre Avenue, Morphett Vale on Monday 23rd of April.

★ Watch out for the flyer that will be sent out through our Communities for Children email database

Family Face Painting Play Time Session

Join us for a free session of fun with your child during the April school holidays. Have fun with your child while learning some simple, relaxing and fun face painting ideas!

Each session requires that one parent or special adult attends with each child, it is highly recommended that you wear clothing that can get messy.

Face Painting Play Time sessions will run for one hour and will be held at Fancy That on Beach Road, Beach Road, Christies Beach on Tuesday 24th of April.

★ Watch out for the flyer that will be sent out through our Communities for Children email database

Please note: children must be accompanied by an adult at all times during these three activities.







Communities for Children activities are funded by the Australian Government Department of Social Services



What's On Southern Onkaparinga

Seaford Library

Wednesdays

Lego Club

3.30 to 4.30pm

Aged 5 +

Parental supervision required.

Magic the Gathering

2.30 to 4.30pm

Aged 13 +

Fridays

Make It Do it Club

3.30 to 4.30pm

Aged 5 - 12

Parental supervision required.

Contact Seaford Library on 8384 0044 for more information

Aldinga Community Centre

Mondays

PALS

3.30 to 5pm

Girl Guides

5.30 to 7.30pm

Call Linda 8384 8963

Tuesdays

Playgroup in the Garden

10.30 to 11.30am

For information call 8556 5940

Sellicks Community Hall, Riviera Road

Saturdays

Gotta Dance

Saturday Mornings

Call Karena on 0401 906 289

Aldinga Library

Mondays

Chess Club

3.30pm during school term

All ages. Free.

<u>Tuesdays</u>

LEGO Adventure Club

3.30 to 4.30pm during school term
All ages. Free.

Wednesdays

Maker Lab

Tinker with technology

3.30 to 4.30pm

during school term. Free

Aged 8 +

Thursdays

Story Time

10 to 10.45am during school term Preschool age children. Free.

Fridays

Baby Time

10 to 10.45am during school term

For parents and babies. Free.

Saturdays

STEM Club @ Aldinga

9 to 11am fortnightly

Design, build & program your own microcontroller projects.

Aged 8 +

First session free. \$10 for subsequent sessions.

Contact Aldinga Library on 8384 0022 for more information

Aldinga Beach Children's Centre

Mondays

Cuppa, Connect, Create

9.15 to 11am

Child and Family Health Services Clinic

services Clinic

9 to 11.30am

MyTime

12.30 to 2.30pm

Free crèche.

OzHarvest

Free food from 2.30pm

Tuesdays

Playgroup at the Children's Centre

9.30 - 11am

Acorn Program

9.30 to 11.30am

OzHarvest

Free food from 2.30pm

Wednesdays

Bringing up Great Kids

12.30 to 2.30pm

7 March to 11 April

Thursdays

Immunisations

9.30 to 11.30am

Child and Family Health Service Drop In Clinic

9 to 11.30am

For information call 8557 6208





anglicaresa

Aldinga, Sellicks Beach, Seaford, Moana, Port Noarlunga,

Maslin Beach, Port Willunga and Silver Sands

Our Big Backyard Christies



Our Big Backyard Christies has been developed over the last two years. Local children, parents and key stakeholders have been consulted on where they enjoy playing including adults who have been a child in Christies and this has informed the development of the map and the activity sheets.

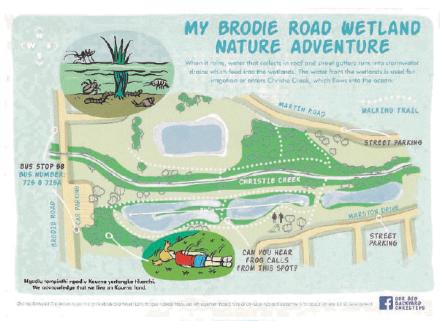
There are 6 activity worksheets and a map that are currently available from AnglicareSA, 111 Beach Road, Christies Beach.

Our Big Backyard Christies aims to:

- Be a low cost/ free activity for families
- Increase positive experiences in our local natural environment
- Share local assets and knowledge
- Increase physical activity
- Strengthen family relationships- encouraging parents to play with their children



Our Big Backyard Christies is a collaborative project coordinated by key stakeholders in the Onkaparinga region including Adelaide and Mount Lofty Ranges Natural Resources, (NRM Education team) the City of Onkaparinga, ten local DECD primary schools, kindergartens and Children Centres, Communities for Children Onkaparinga Anglicare SA and other local organisations.





Communities for Children is funded by the Australian Government Department of Social Services

Southern Children's Festival

In February this year, over 1000 local community members attended a brand new festival especially for children held in Ramsay Place at Noarlunga Centre.

Headlined by popular children's singer Peter Combe, the one day festival also featured performances by Sea Star Rock, The Funny Farmers and Mickster The Trickster.

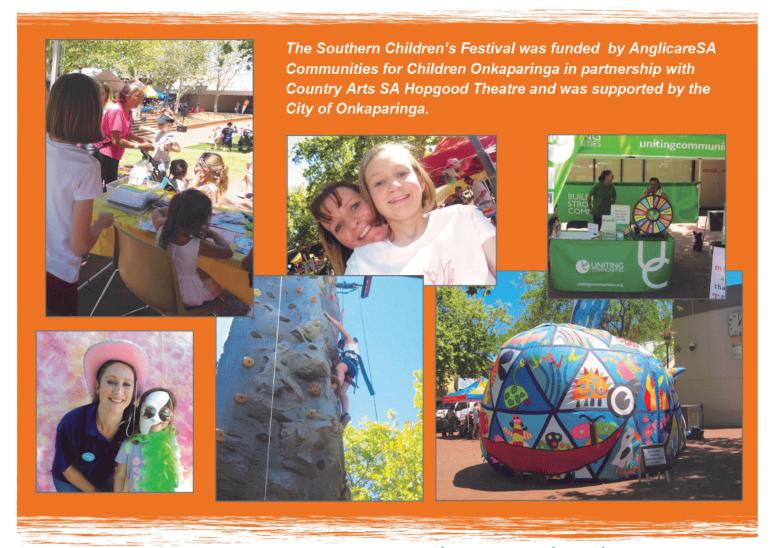
The festival was an opportunity to celebrate children here in our community and it reflected the things that children tell us that they really enjoy doing with their families.

It was AnglicareSA's Communities for Childrens sixth Child Friendly event and the fourth event that we partnered with Country Arts SA.

The Southern Children's Festival provided an opportunity for families in the area to come together and increase their sense of belonging within their community.

Throughout the day families enjoyed a range of activities to suit every age and interest such as Kondoli the Whale, Country Arts SA's DanceXtend Jungle Gym, an animal farm, balloon twister, giant games, craft tables and stalls by local organisations, children's hand print art making, a smoothie making station, book readings, a sensory and quiet area, a photo booth, face painters and even a rock-climbing wall.





Nominate your local child friendly business for an Award

www.surveymonkey.com/r/ChildFriendlyAwards2018

Follow the link above to put your favourite child friendly business in the running for an award or nominate your own business and be recognised as child friendly!

Winning Businesses Receive...

- Attendance at the family friendly Awards ceremony event at AMF Bowling.
- Promotion through Communities for Children Onkaparinga and partner agencies as a child friendly business. (Type and amount of promotion is solely at the discretion of Communities for Children Onkaparinga)
- An award from Communities for Children Onkaparinga recognising excellence in creating child friendly work or business environments.
- Communities for Children Onkaparinga Child Friendly Charter membership.



For more information please contact our friendly Child Friendly Project Worker on:

E: C4Cchildfriendly@anglicaresa.com.au

P: 8392 3176



What's On Central Onkaparinga

Taikurrendi Children and Family Centre

Mondays

Play and Move Playgroup

9.30 to 11am

Tuesdays

Multicultural Women's Gathering

9.30 to 11.30am

Financial Counselling

9 to 2pm

Call 8202 5010 to book

Being Dad

12 to 2pm

Nunga Mi: Mimini's Playgroup

12.30 to 2.30pm

CaFHS Drop in Clinic

9.30 to 3.30pm

Call 1300 733 606

Wednesdays

Black is Beautiful & Rapped in Culture

10 to 2pm

Call 8243 5733

Thursdays

Dads with Daughters

10 to 12pm

Baby Playgroup

1 to 2pm

Fridays

Community Playgroup

9 to 10.30am

For more information please call 8186 1102

Woodcroft Morphett Vale Neighbourhood Centre

Mondays

Community playgroup

10 to 11am

\$3 per child

Bookings essential

Wednesdays

P.A.L.S. Kids Club

3.30 to 5.30pm.

Gold coin donation

Saturdays

Little Picassos

8.45am

more information please call 8384 0070

Wardli Youth Centre Christies Downs

<u>Tuesdays</u>

The Arvo Club

4 to 5.30pm

Aged 8 - 14. \$2 per week

Sing

4 to 5pm

Aged 8 - 13. \$80 per term

Wednesdays

Broad Strokes & Big Ideas

4 to 5.30pm

Aged 8 - 15. \$5 per week

Cooking for Kindness

3.45 to 5.15pm

Aged 8 - 12. \$40 per term

For more information please call 8186 5133

O'Sullivan Beach Children's Centre

Mondays

MyTime

9.30 to 11.30am

Crèche provided.

Oz Harvest Free Groceries

Available Monday afternoon.

Tuesday

Baby time

1.30 to 2.45pm

Breastfeeding support group

1st Tues every month

10 to 12pm

Wednesday

Learning Together Playgroup

9 to 11am

Child and Family Health

Services

9 to 12pm

To book call 1300 733 606

For information call 8382 2850

City-Wide

Thursdays

Kuyarnapinthi Fishing group

Join Isaac Sumner to explore and fish the rivers and beaches around Pt Noarlunga

4 to 6pm

Ages 8+

For more information please call Emma on 0414285707



Noarlunga, Christie Downs, Christies Beach, Morphett

Vale, Hackham, Hackham West, Huntfield Heights and O'Sullivan Beach

What's On Central Onkaparinga

Hackham West

Children's Centre

Mondays

Learning Together Sing & Move 10 to 10.45am

Occupational Therapy & Speech
Pathology

Drop in's welcome.

Tuesdays

MyTime

9.30 to 11.30am
Free crèche—booking required

Our Time

12 to 2pm (fortnightly)

Wednesdays

Surviving and Thriving Playgroup

10 to 11.30am

Thursdays

Feeling Connected

9.30 to 11am (fortnightly)

Family Friendly Fitness

9.30 to 10.30am (during term only)

Saturdays

Saturday Family Playgroup

10 to 11.30am (during term only)

Harmony Day Play Space

Tuesday March 20

1 to 3pm

Enjoy a selection of cultural tastings to celebrate our cultural diversity. Play activities for children and adults.

Free but RSVPs are needed for catering

For information call 8382 6161

Community Connections Hackham

Tuesdays

Playgroup

9.30 to 11am

Under 5 years old, \$10 per term

Financial Counselling

9.30 to 2pm

Carer Peer Support Group

12.45 to 2.45pm

Oz Harvest Free Groceries

Available Tuesday afternoons

Thursdays

Playgroup

9.30 to 11am

Aged 5 and under. \$10 per term

more information please call 8186 6944

Hackham West Community Centre

Mondays

Play gym

Aged 0 - 3; 9.45 to 10.30am

Aged 3+; 10.45 to 11.30am

Cost \$2 per session

Tuesdays

Baby Playgroup

10 to 11.30am

For more information please call 8384 1065

Noarlunga Library

Tuesdays

Ignite Your Writing

Fortnightly on Tuesdays

4 to 5pm

Ages 10+

during school term

Wednesdays

Codecraft

4 to 5pm

Ages 8+

Discovery Club for Pre-schoolers

Ages 3 - 5

Saturdays

Anime Club

Last Saturday of each month

11 to 1pm

Ages 12+

Contact Noarlunga Library on 8384 0655 for more information







Noarlunga, Christie Downs, Christies Beach, Morphett Vale, Hackham, Hackham West, Huntfield Heights and O'Sullivan Beach

cfc Program Update: Focus on Seaford

"kids & dads*" - new Seaford location

Free activity for children (aged 0-12) and their fathers, step-fathers, grand-fathers, uncles or mentors. Come along and participate in fun activities together, eat some healthy (and yummy!) food, learn some new skills and build relationships with other families in your community.

Seaford Ecumenical Mission (Cnr Grand Boulevard and Main Street)

1st Saturday of the month (March 3rd, April 7th, May 5th, June 2nd) 9:30am – 12pm

For more information about "kids & dads*" activities in Seaford, Aldinga Beach, Hackham or Morphett Vale contact Malcolm on 0437 232 124 or email malcolmd@unitingcommunities.org







Healthy Hearts, Healthy Homes



Would you like to have a better relationship with your partner?

Would you like to feel safe and confident to talk about issues at home?

We just need to communicate better.



How often do you say this about your relationship? But what does this really mean? "Healthy Hearts Healthy Homes" is a fun-filled and practical workshop, based on 20 years of relationship research and presented by experienced relationship counsellors.

Who is it for? "Healthy Hearts Healthy Homes" is suitable for couples or individuals who are keen to learn to improve the key relationships in their lives.

Where is the next one? The next "Healthy Hearts. Healthy Homes" is being held on Monday the 9th April 6.30pm at AnglicareSA's Outer Southern Hub, 111 Beach Road, Christies Beach. Bookings can be made by phoning Georgie on 8186 8900.

Can it be run at my venue? Please contact Joy Ephraums on 8186 8900 if you would like the workshop to be run at your community centre or facility.

This program is funded by the Australian Government Department of Social Services

CfC Calendar Art

why is Children's Voice important

Children feel listened to.

We can see their experience, from their point of view. When children are involved, plans are more successful.

Summer —Age 4

My family is important to me because I love them because they go camping with me.





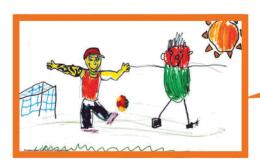
Maeve —Age 7

My family is important to me because you need company and people to keep you safe.



My family is important to me because they're very loving and warm.





Seth —Age 7

Soccer is important to me because I enjoying playing and exercising.



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Communities for Children school holiday activities are funded by the Australian Government Department of Social Services

How to make Salt Dough

Salt dough is easy to make. You could paint your salt dough decorations with acrylic paint and decorate with coloured ribbons and some alitter.

What you'll need:

1 cup salt

2 cups plain flour

1 cup water

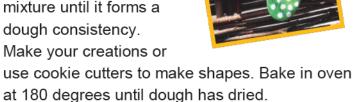
an oven

acrylic paints and varnish/polyurethane spray (optional)

Website Reference: https://playandgo.com.au/index.php/makesalt-dough-recipe/

What to do:

Mix dry ingredients, add water and stir. Knead mixture until it forms a dough consistency.



Tips

The amount of time needed to bake depends on the size and thickness of the salt dough creations. Salt dough shapes can also be air dried. Once dry, you can decorate with paint.





What you'll need:

- 2 cups plain flour
- 2 cups rolled oats
- 2 cups desiccated coconut
- 1 1/2 cups brown sugar
- 1 cup butter
- 4 Tbs golden syrup
- 2 tsp bicarbonate of soda
- 2 Tbs boiling water Biscuit trays



Chewy Anzac biscuits

What to do:

- 1. Preheat oven to 160°C (140°C fan-forced). Lay baking paper over the biscuit trays ready to go.
- 2. Put the flour, oats, coconut and brown sugar into a mixing bowl and stir well with a wooden spoon. Smash out any lumps in the brown sugar.
- 3. Put the butter and golden syrup in a saucepan over low heat, stir regularly with a wooden spoon until melted through. Remove from heat.
- 4. Mix the bicarbonate of soda and water together and add to the butter mixture in the saucepan.

It will bubble and froth. Quickly add the frothy mixture to the dry ingredients in the mixing bowl and mix everything together really well.

- 5. Roll the mixture into balls about 2cm round. Place on the biscuit trays roughly 5cm apart. Wash and dry your hands and then flatten down the balls well.
- 6. Put into the oven for about 10 minutes. Remove and cool on wire racks.

Website Reference: https://www.kidspot.com.au/kitchen/recipe s/chewy-anzac-biscuits-3991

March 2018

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