

What's on in Term 1, 2020 at Family Support Network

South Lismore Playgroups with Karen Free to attend

(41 Wilson Street) 10.00am to 12 noon
Wednesday and Fridays during school terms
Phone 6621 2489 to find out more information or just drop in. A free morning tea and craft activity are provided, to share with your child. All families with children under school age are welcome to join us.

Nimbin Playgroups with Caz Free to attend

(Building E, Lilly Pilly Place, 81 Cullen Street car park in Sibley St)

Fridays 10.00am to 12 noon during school term.
Phone 6689 0423 email nimbin@fsn.org.au or just drop in. A free morning tea and craft activity to share with your child are provided.

Start Together Groups

Support for parents from pregnancy, up to children 3 years of age helping them achieve their developmental milestones.
Share your experiences of parenthood while playing with a range of educational activities.

Babies Group for parents, from pregnancy to children 3 years of age, healthy morning tea provided.

Lismore Thursdays During School Term
1pm to 3pm at 41 Wilson Street, South Lismore
Ages 0- 3 years

Nimbin Tuesdays During School Term
10am to 12 noon at 81 Cullen Street, Nimbin
Ages 0-5 years

Holiday Fun!

Join us for a family fun day at Lismore's Heritage Park!

Thursday 23rd JANUARY 2020

11.30AM to 2PM

FUN ACTIVITIES FOR THE WHOLE FAMILY,
REFRESHMENTS & BBQ PROVIDED.

Bring your Hat and Sunscreen, your friends & family are welcome, too!

Please RSVP for catering 02 66212489.

Parenting Groups FREE to attend

Circle of Security with Kelly

Circle of Security teaches new ways to understand children's needs and behaviours. *Secure children have greater self-esteem, increased empathy, enhanced school readiness, better relationships, more emotional intelligence.*

Tuesdays from 11th February 10am to 12.30 pm
8 Week Program

Held at 41 Wilson Street, South Lismore. Morning tea included. RSVP to 6621 2489.



123 Magic with Gudrun

Magic & Emotion Coaching introduces parents to the emotional development of their children and provides strategies to strengthen relationships and make parenting as enjoyable as possible.

Thursdays 12th March
10am to 12.30 pm
3 Week Program

Held at 41 Wilson Street, South Lismore. Morning tea included. RSVP to 6621 2489.



HEALTHY LUNCHBOX WORKSHOP

Parents and children are invited to come along to this interactive workshop, lunch will be provided with opportunity to participate in the preparation.

Wednesday 22 January 2020

10am to 12noon

Held at 41 Wilson Street, South Lismore. Morning tea included. RSVP to 6621 2489.

Facilitated by Health Promotion Officer—Healthy Eating Active Living Team

Family Support Network Term 1 Newsletter

Ongoing Improvements for South Lismore Playgroup

Over the Christmas and New Year period a new kitchen was installed at our South Lismore premises, mostly for the benefit of our playgroups, baby groups and parenting classes. However, our School Holiday Workshop participants who made bird feeders and learnt about what to include in a healthy lunch box were the first to enjoy the benefits of the new kitchen.

The new kitchen would not have been possible without the support of ClubGRANTS and the James Frizelle Foundation via Northern Rivers Community Foundation. Both organisations provided generous grants to bring this project to life. With their generosity we have been able to install a larger kitchen with a lot of additional space, a new oven, cooktop, fridge and microwave.

The new kitchen will allow Family Support Network to educate children and parents on the benefits of healthy eating and to continue to provide families who attend with delicious and healthy food. Our receptionist Michelle lovingly prepares platters of fresh seasons fruit, vegetable and cheese for everyone attending our playgroups and baby groups.

Some of our staff were also able to help with the improvements. Karen our program officer and Brad our general manager had a great time getting involved. They pooled their skills and successfully removed the old kitchen and painted and prepared for the installation.



New Kitchen

Family Support Network would also like to thank the teams of trades people that assisted in the installation. Chris from Top-Crete Designz did an amazing job installing the kitchen. David from Brightway Lighting & Electrical and Mick from Lismore City Plumbing also did a great job to get the project finished.

More Improvements to Come. Can You Help?

We are always looking for community sponsors to help improve the experience of families attending our services. Next on our wish list is to have the building painted. If you know any painters that are willing to volunteer their time please let us know. Thank you.



Family Support Network inc
30 Wyrallah Road, East Lismore NSW
(on-street parking via Cottee Street)
Ph 6621 2489 Fax 6621 5208
Email: admin@fsn.org.au
Web site: www.fsn.org.au
Open 9am to 4pm Monday to Friday
Wednesday - open 9am to 1:30pm



LGBTIQ Diverse people are welcome at our Lismore, South Lismore and Nimbin centres.

www.welcomehere.org.au



HEALTHY LUNCHBOX WORKSHOP

In preparation for return to school the Family Work Team hosted a Healthy Lunchbox Workshop on Wednesday 22nd January at FSN's South Lismore premises.

Martina from Health Promotions presented information and demonstrations on lunchbox ideas and keeping food fresh while at school.

Children and parents interacted in the preparation of lunchbox food before sitting down to enjoy their creations in a happy and relaxed environment. Sushi sandwiches, zucchini and corn fritters, sushi cucumber and fruit kebabs as well as a range of other snacks were a hit with all ages.

There was lots of involvement from the school aged children who expressed their enthusiasm for what they will take in their lunchbox when school goes back.

Families NSW Events

Over the next 6 months Family Support Network will be holding 3 special events design to help parents and families to make better connections within our community. More information will be on our website soon about these event which will include a Young Parents Pamper Day and an Open Day at South Lismore.

Fruitopia 2019

Fruitopia Fair Day is a family friendly and inclusive event hosted in September, by Tropical Fruits. We shared our goodies including fairy bread and made 'calming glitter bottles' with our guests.



Amber said *"It feels good to be among our LGBTI community on a Sunday, sharing an activity and a snack. Caz was enthusiastically telling parents about our new group, No Scaredy Cats. It was a very dry day with a lot of smoke in the air, the crowd felt smaller than previous years. The dog show was a good laugh!* Courtney, Caz, Amber & Sarah made up the team on the day.

Nimbin Playgroup

This year Nimbin families attended playgroup and delighted in watching their children explore and learn through play. The children love using their imagination in the kids kitchen and cook up some delicious meals for their parents. They also enjoy doing art and craft and taking home their beautiful creations. This term we had a visit by Michelle a Speech Pathologist who was able to share valuable information with those families in attendance.

South Lismore Playgroup

Playgroup provides a safe, open-minded and supportive space for families to come and share their experience of parenting. Each term we have looked at a different part of the child and parents development. Parenting fact sheets are available for parents to discuss and take home with them on topics such as what to expect your child to do at this age, early literacy and numeracy, language development strengths as a family.

Here are 6 great reasons to attend a supported playgroup

- Through play and socialising with other children their age, they develop both their social and emotional skills. This includes learning about empathy, managing their feelings, sharing, friendship and developing the ability to keep negative emotions under control.
- A lot of friendships are established through playgroup, not only between children, but between parents as well. One of the things that families love is that playgroup helps them to meet new people and extend their social life. Playgroup might be a family's first social network that is about them as a group.
- Socialisation and play in the early years are your child's first important steps towards becoming ready for preschool or school. Through playgroup, your child will learn to interact with others, get used to a routine and experience activities such as story time and sharing morning tea. Playgroup is a great way to help children build independence and experience group activities common to day care, preschool and school.
- The environment and activities at playgroup provide your child with experiences that enable them to manage stress and adapt to change. It offers them opportunities to explore, invent, reason and solve problems.
- Free healthy Morning Tea.
- Guest speakers. Providing guest speakers enables parents to seek advice they may have been looking for, in a relaxed environment.

School Holiday Fun—Craft Activity

Families were invited to participate in art workshops in the October School Holiday period

The first workshop involved parents and children creating a Hanging Planter.



On the 2nd of October Kelly, Gudrun and Marcus ran the school holiday activities. 20 children ranging from ages 1 to 9 and 10 parents participated in the activities. The activities that we ran on the day were hanging pot plants and macramé hangers. We set up activity tables and made an area for the children to collect their utensils needed to make the hanging pot plants. We also set up a macramé station on a mat in the shade as an extra activity for the parents and older children. Most of the families arrived by 10am, once the parents and children had settled in Marcus gave the parents and children a demonstration on how to make the hanging pot plants with the assistance of a mother. After Marcus gave the demonstration the children and parents got their hands dirty and started the process. Once the families were settled into the process Marcus started a macramé workshop with 6 parents and two kids while Kelly and Gudrun assisted with the hanging pots. The children got very creative and really enjoyed selecting the plants they wanted and the design of their hanging plant. It was also positive to see some of the children tying a knot for the first time and working together with their parents. The parents also really enjoyed learning how to macramé, some of the parents said they would utilise this at home and found it very relaxing and rewarding. Michelle, as always made a lovely morning tea consisting of fresh fruits, club sandwiches and homemade scones with jam and cream, they were a big hit. After morning tea the children played together in the sandpit and cubby house while the parents had a catch up together. Some of the older children made an obstacle course at the end of the morning, while the other children made some more hanging plants. The day overall ran very smoothly, the children, parents and the workers really enjoyed themselves.

Regards Marcus Luckel (workplace student)

Fun times at South Lismore Playgroup

