

What's on in Term 4, 2020 at Family Support Network

DUE TO COVID, REGISTRATION FOR PLAYGROUP IS MANDATORY AND NUMBERS ARE LIMITED.

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 to register your attendance. A free morning tea for children and craft activity are provided, to share with your child. All families with children under school age are welcome to join us.

DUE TO COVID, REGISTRATION FOR PLAYGROUP IS MANDATORY AND NUMBERS ARE LIMITED.

Nimbin Playgroups with Kelly

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 66212489 to register your attendance. A free morning tea for children 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 for babies provided. Thursday 1-3pm

Lismore Thursdays During School Term.
Thursdays 1pm to 3pm at 41 Wilson Street, South Lismore
Ages pregnancy – 3 years

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

Parenting Groups FREE to attend.
Due to COVID, numbers are limited and morning tea is not available.

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.

Thursdays from 15th October to 3rd December
10am to 12.30 pm
8 Week Program
Held at 41 Wilson Street, South Lismore. RSVP to 6621 2489.

Engaging Adolescents with Gudrun

How to have those 'tough conversations' with your teenager while deepening and strengthening your relationship. For parents & carers of teens.

Monday 23rd November to 7th December
3 Week Program
10am to 12.30 pm
Held at 41 Wilson Street, South Lismore. RSVP to 6621 2489.

Triple P with Gudrun

Triple P can help you:

- Build a positive relationship with your child.
- Help your child develop to their full potential.
- Use discipline strategies that work.
- Take care of yourself as a parent.

This group is recommended for parents & carers of children aged 2 to 12 years.

Mondays from 19th October to 16 November
5 Week Program
10am to 12.30pm

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

123 Magic with Courtney and Sharon

123 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 3rd to 17th of November
10am to 12.30 pm
3 Week Program

Family Support Network Term 4 Newsletter



Family Support Network inc.

Ongoing Improvements to South Lismore Playgroup

New Raised Garden Beds kindly made by Geoff Parry—Donating his time in the construction of these beds to allow for children to learn the art of gardening, planting herbs, vegetables and flowers, and tending to them as they grow. It is fun, educational and rewarding for our playgroup children.

Additionally our lovely General Manager and his partner donated plants and their time over the weekend to help make our back garden a calming and inviting shaded area.

Thank you also to Bunnings for donating part of the soft fall around the picnic eating area.



LOOKING
GOOD



Family Support Network started offering face to face groups again at South Lismore and Nimbin at the start of Term 3. These properties were permitted to open again due to an extensive COVID Safety Plan that was required to be approved by NSW Government.

To assist us to continue to stay open during COVID restrictions and provide services to the community FSN has made the following changes and are asking for your help;

1. For all group activities you will need to call and register each week before you attend. If you have not registered unfortunately you will be denied access to the group.
2. Food and drinks can no longer be served to adults. We will continue to provide individual plates for food to children. For each parent attending please bring your own water/drinks.
3. Social Distancing – When visiting any of FSN facilities please keep 1.5m distance between you and other adults at all times.

During parts of the COVID restrictions when the buildings were not in use, we took the time to start updating the properties to improve the experience for families attending our services. We will continue to make improvements and updates to Nimbin will occur during the October School Holidays.

We are so pleased to see many families return to our services and are again enjoying the smiles of lots children.



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.

Nimbin Playgroup

Term 3 saw Nimbin Playgroup up and running again after being in lockdown due to COVID restrictions. It has been wonderful to see families back at playgroup enjoying the space again. The children are constantly exploring the toys and puzzles and love story time .

I would like to thank the Nimbin playgroup families for continuing to follow our guidelines on COVID restrictions to keep everyone safe. These have been uncertain times for all of us and it has been lovely to see families supporting each other.

It has been a pleasure to see the children get so much delight out of attending playgroup on Tuesday and Friday.

Family Support Network would like to thank Carolyn (Caz) for keeping in contact with our Nimbin families during COVID lock down and for facilitating the playgroups in Terms 1 & 2.

We would also like to say a big Welcome Back to Kelly who is now running the playgroups again.



South Lismore Playgroup

We were so pleased to see the Playgroup re-open for Term 3 after the long lock down period due to COVID. We have thoroughly enjoyed seeing all our amazing families again and a lot of new families joining us also.

We were lucky enough to have a visit from the Lismore Library who came and talked to our parents and shared a story and sang some songs with us.

We also had a visit from STEPS (Statewide Eyesight Preschool Screening) The children were very relaxed while doing this screening as it was in a familiar environment and also had a great health professional doing the screening.

I have enjoyed watching the families form connections and supporting each other again in our COVID safe environment. The children I believe have been enjoying the messy play of glue and paint again also.

We are lucky to have such a great back yard, allowing the children imagination to go wild in the cubbie house or the sand pit.



SUPPORTING FAMILIES DURING COVID

Despite the restrictions posed by COVID 19, Family Support Network has continued to provide quality services to families.

Between late March and early July workers were, for the most part, working from home with limited face to face engagement with families. Phone contact was, nevertheless, maintained with families throughout this time. This ongoing contact was greatly appreciated to reduce feelings of isolation, to debrief and to bounce off ideas with workers.

When needed some workers were available to meet briefly with families to offer much needed reassurance.

Workers were also involved in the distribution of Activity Packs to provide play and learning activities for children of all ages.

During the height of the restrictions Playgroups and Parenting Programs were cancelled but have now returned to their usual schedules. Current COVID restrictions place limits on numbers attending these programs and all our venues have introduced COVID safe procedures. Families have greatly appreciated returning to our much valued services and programs and willingly follow the safety measures in place.

Front line workers have creatively met the challenges of the changed working environment and are inspired by the resilience and courage of the families they work with to meet the challenges presented by the COVID pandemic.

The ongoing collaborative working relationships we have established with the local service sector is a further strength that has driven us along. Together we have supported one another to guide our client families through these difficult and changing times. In the process we have learnt a lot.

Here is a brief sample of the overwhelmingly positive feedback received from families during COVID:

Life savers great way to get everyone connected and cheered kids

Awesome service – wonderful

Thoughtful and exciting, not expected

Didn't feel forgotten

Helpful when needed

Keeping the kids busy with other ideas from the packs.

Fantastic service for a small town. Vital for supporting families.

Tackling anxiety in our children/ from the inside out!

'No Scaredy Cats' Parenting Program.

Once again our 'No Scaredy Cats' parenting program was a huge success. Delivered recently over three weeks in Term 3, the program was received with enthusiasm by group participants.

The 'No Scaredy Cats' parenting program combines theory and practical strategies to support parents to take a preventative role in the development of anxiety in their children. At the same time, parents learn proven ways to help their children manage their own anxiety.

The 'No Scaredy Cats' program was developed by Michael Hawton of Parentshop, based here in our own Byron Bay. It is an evidence-based program with proven strategies to help reduce anxiety in children, while building their resilience. A recipe that can help our children tackle whatever 'curve balls' come their way in life.

Amongst the feedback provided, parents stated that they have a better understanding of how to help their children manage their anxiety, with 'many new and refreshing ideas, both big and small, to help with the flow of family life'.

So keep an eye out for the next 'No Scaredy Cats' program and we welcome *your* feedback!

