



## Welcome

Forbes Children's Centre for Early Childhood Development and Parenting is an integrated early years service in which early childhood professionals, other professionals, families and the local community work together to meet the needs of children and families.

Children's Centres support children's development, health, learning and wellbeing. Forbes Children's Centre offers programs and services for families in partnership with a number of organisations and agencies identified through discussions with the community and families.


Forbes Children's Centre provides a caring, inclusive and welcoming environment where children can engage in their learning and families can access a range of services to meet their needs or participate in a variety of programs.

Forbes Children's Centre is Breastfeeding Friendly and is situated on the site of Forbes Primary School.

Forbes Primary School is a KidsMatter school. The KidsMatter framework provides proven methods, tools and support to help work with parents and carers, health services and the wider community, to nurture happy, balanced kids.

Forbes School and Children's Centre is diverse, drawing from a range of families who come from linguistic, socio-economic and cultural backgrounds. The community is justly proud of its diversity, it's commitment to meeting the current and future needs of students and to participatory decision-making where staff, students & parents work together to meet goals.



 Forbes Children's Centre and Primary School at 80 Thomas Street, South Plympton, SA. 5038 (Just off Marion Road. Turn at the lights nearest the Forbes Shopping Centre)

**Forbes Children's Centre for Early Childhood Development and Parenting**

Phone: 8293 9000 Fax: 8351 0470

## Services and Partners:

**Sessional Preschool** for children, up to 15 hours per week, in the year prior to starting school, Monday to Friday 8am – 4pm where vacancies permit.

**Long Day Care Child Care** Limited vacancies available. Please contact the Children's Centre for further information.

**SA Health Services** CaFHs Clinics and programs for mums, dads and carers of children.

**Child Protection** programs for eligible children and their families.

**Learning Together At Home** A family home visiting program for eligible families in the inner south west.

**Develop Occupational Therapy** Assessment and intervention by appointment

**Aboriginal Family Support Services** Strengthening Aboriginal families.

**Anglicare** Supporting the important role of parents

**Governing Council** Get involved in the decision making processes of the centre. Ask us how!

**Volunteers** welcome. Please contact the centre.

**Tours:** Scheduled tours of the centre are conducted regularly; please contact the centre for date and time details.

## **Public transport to Forbes Children's Centre and Primary School:**

**Marion Road:** (from City or Marion Shopping Centre) Take Bus number **M44** and get off at **Stop 15 Marion Rd.** Walk to 80 Thomas Street

**Glenelg or Unley:** Bus number **190** get off at **Stop 15C Raglan Avenue.** Then walk for about 5 minutes to 80 Thomas Street

## **Current services and program timetable:**

Please see inside and timetable on back page or visit:

[www.forbescc.sa.edu.au/](http://www.forbescc.sa.edu.au/) or [www.forbes.sa.edu.au](http://www.forbes.sa.edu.au)

## **Forbes Primary School**

Phone: 8293 4343 Fax: 8297 0604



# DAD FACTOR

Fathers have a unique role in the emotional, psychological, social and physical development of their children.

Dad Factor is a **seven week** course for fathers, grandfathers, uncles & other male carers that aims to emphasise the important role that Dads play in the lives of their children, and to assist participants in developing their own parenting style.

**When: Wed 10<sup>th</sup> May to 21<sup>st</sup> June Time: 6.00 to 8.00pm**

**Cost: Free. To book please call George on 8392 3100**

Forbes Children's Centre is a **Little Big Book Club** community partner providing age-specific resources to families to support reading with their children.

**Contact a staff member for more info or to access your free book pack**

## Afternoon Music Fun for Everyone

Singing and dancing fun for infants and young children under the guidance of an experienced facilitator. Bring your little one (or your grandchild) along for a lovely afternoon of singing, dancing, movement, rhyming and interactive fun!

**Every Wednesday 1.30 – 2.30pm**

Facilitated session from 1.30 – 2pm

Then 30 minutes of free play in the parent cafe)

**Cost – Free. ALL WELCOME**



## CaFHS Clinic

A Child & Family Health Service clinic each Wednesday offering:

- feeding, settling, child development support
- parenting support and information to parents & carers
- up to date health information for parents and their children.

**Please contact CaFHS for more information**

Forbes Children's Centre appointments available Wednesday mornings

**Appointments 1300 733 606**

**Parent Helpline: 1300 364 100**

website: [www.cyh.com](http://www.cyh.com)



## Music Fun for Everyone

Singing and dancing fun for infants and young children under the guidance of an experienced facilitator. Bring your little one (or your grandchild) along for a lovely morning filled with singing, dancing, movement, rhyming and interactive fun!

**Every Wednesday from 10am – 11am**

(Facilitated session from 10 to 10.30

Then 30 minutes of free play in the parent cafe)

**Cost – Free. ALL WELCOME**



## Little Bookworms Storytime

Story and craft session for children under 3yrs. Each session is based on a theme with a story and craft activity to complement and encourage participation and further exploration of language.

**Every Thursday 9.30 – 10.30am**

**Cost: Free ALL WELCOME**



### 7 Week Parenting Program

**"Being a parent may be the hardest job on the planet"**

The COS-P approach gives parents clear choices in parenting. When your child feels more secure their behaviour will change.

Circle of Security invites parents to explore and develop a shared understanding of:

- The Circle of Security as a roadmap for understanding and responding to our children's needs
- The impact of our own experiences of being parented on our parenting
- The steps involved in building security with our children.
- New ideas for supporting our children's big feelings and behaviour to connect.
- Understanding our struggles & successes with our children.

**Mondays 10am - 12 midday**

**Starts 8<sup>th</sup> May at Sturt Street Children's Centre**

**Bookings Essential Call Bronwyn on**

**0428 163 109 or 8231 3100**

## Family Services Coordinator

Contact Shelly, or Tanieka (our new Family Services Coordinator), at the centre for confidential assistance in dealing with challenges affecting your family.

**Free individual or family counselling by appointment**  
**Call 8293 9000**

## Toilet Training Workshop

**Why a workshop on toileting?**

A chance to discover ideas to help your child learn to go to the toilet

**Who's it for?**

Anyone who wants to toilet train their child. This includes children with special needs

Presented by Develop OT

**Monday 19<sup>th</sup> June**

**10am-12pm**

**Cost – Free**

**Free crèche (limited spaces –**

**Please book early) Bookings**

**Essential 8293 9000**

**ALL WELCOME**

## Food for families

Pushed for time?

**Let us do the cooking for you!**

Come in and purchase a delicious, nutritious meal for a very reasonable price!

**Please ask our front desk staff today**

Available fresh or frozen for your convenience

**1 \$11.00 Meal feeds approximately**

**2 adults and 2 children**

**Prices subject to change please check with reception**

## Are you interested in gaining a Cert 3 as part of your SACE?

**(South Australian Certificate of Education)**

**We are in discussions with Hamilton Adult Campus to offer the opportunity to gain your SACE, which could include a Certificate 3 qualification, starting Semester 2, 2017!**

Study will be mostly online, and normal school fees will apply, but we are hoping to offer a free crèche for a once a week lesson at Forbes if you have young children. Interested?

**Please call Merridee at the centre on 8293 9000 if you haven't already gained your SACE and would like more information!**



### Plympton South Peer Support Group

For Mums, Dads and Carers of children (up to 16yrs) with a chronic illness, disability or developmental delay.

Morning tea provided.

**Tuesdays 9.30 – 11.30am.**

**Resumes Tuesday 9<sup>th</sup> May**

**Contact: Silvana on 0488 151 789**

**for more information**

Free crèche available for children 0-5yrs

**Bookings Essential Cost: Free**

# Circle of Security Playgroup

Join us for a playgroup to practice using the Circle of Security to help your child 'going out' and 'coming in' whilst meeting their needs around the circle. The group will be supported by trained leaders experienced in practical use of Circle of Security tools.

This group will build on your understanding of the Circle of Security and how to apply it with your children.

(Prior attendance at a Circle of Security Parenting Course is a pre-requisite to attend this playgroup)

**Thursdays 11<sup>th</sup> May to 29<sup>th</sup> July**

**Time 10am – 12midday**

**Cost: Free**

**Enquiries to Shelly or Tanieka welcome: 82939000 (limited spaces available)**

## Developmental Play Sessions & School-age Play groups

Develop OT groups - Focussing on pretend play, socialising, being in a group and trying new tasks.

Crèche for siblings available.

**Referral and Enquiries Welcome**

**Call Alison: 0403307019**



Assessment & Intervention appointments and groups for children who show functional difficulties, incl. developmental delays, disorders & disabilities.

We provide assessment and intervention to children of all ages and their families from hospital inpatient, outpatient and community based services. **Bookings Essential**

**Please call Sonya 0418 857 137**

**or Alison 0403 307 019 for a friendly chat about what we can offer or more information and fees**



**Join us on Facebook!**

"Like" us to check out our happenings

[www.facebook.com/forbeschildrenscentre](http://www.facebook.com/forbeschildrenscentre)

or check out our website:

[www.forbescc.sa.edu.au](http://www.forbescc.sa.edu.au)

## If your child is a FUSSY EATER

Then you need to come to our "FUN WITH FOOD" sessions

3 interactive sessions for parents of children aged 8 months to 4 years.

Come along and find out how to help your child learn to eat a variety of foods.

For the 1<sup>st</sup> session a free crèche is offered so you can learn about helping your child, then sessions 2 and 3 you will be with your child, exploring how to make mealtimes fun!

Presented by Helen Chalklen, Occupational Therapist and Maria Parente, Speech Therapist

Monday 26<sup>th</sup> June, 3<sup>rd</sup> July and 10<sup>th</sup> July  
9.45am-12 midday

Bookings Essential 82939000

Cost – Free Plus free crèche available (Limited spaces – Please book early)



## Multicultural Women and Children Group

Our mums and grandmothers meet every Wednesday from 10.45 to 12pm during school terms to cook, play, have fun, practice English, learn new skills and chat!

Supported by CaFHs Universal Home Visiting Nurses and an Occupational Therapist from Develop OT

Cost: Free. No need to book - just come along – Fruit snack provided

Resumes 3<sup>rd</sup> May  
**ALL WELCOME.**

## Join our Saturday Playgroup

Can't get to a usual weekday Playgroup?

Looking for somewhere for your toddler or pre-schooler to have fun on a Saturday morning?

Come to Playgroup to meet others, and let your child explore painting, cooking, play dough, puzzles, singing and stories.

**9.30am – 11.30am in the Toddler Room at the Children's Centre**

**Continues through the school holidays, but please call the centre or check Facebook for exceptions**

**Cost \$2.50 per family**

**Fruit provided.**

**ALL WELCOME**

## Art Classes for kids!

Children will be taught basic skills by an experienced artist using multiple mediums and featuring Chinese Ink Painting.

For ages 4-7yrs accompanied by their parent

**Thursdays from 4<sup>th</sup> May**

**4.30 – 5.30pm**

**Cost: \$15 per week**

**Bookings Essential: 8293 9000**

**All Welcome**

## FIRST AID FOR MUMS, DADS AND CARERS

3 Hours of practical

"what do I do when **!This!** happens"

Would you know what to do if your child needed CPR?; or if your child was choking; had a head injury; was bleeding; burnt themselves; had a convulsion; came into contact with, or swallowed poison; or fractured a bone?

If you answered "No" then this workshop is for you!!

**Saturday 27<sup>th</sup> May 10am – 1pm**

**Cost: \$30 per person Bookings Essential: 8293 9000**

**Book in NOW!! All Welcome**

## Baby & Mum Groups

2 groups for mums who want to connect with others for a coffee and chat with their babies

**We know it's not always easy to make it to a group every week so come along when you can**

Speakers and special interest information sessions available on request

**Mondays 1pm – 2.30pm or Fridays 11am -2pm**

**Choose to go to one or both!**

**Cost: Free**

# Forbes Children's Centre Term 2 (April to July) 2017 Program at a glance

Forbes Children's Centre for Early Childhood Development and Parenting. 80 Thomas Street, South Plympton. SA 5038 Ph 8293 9000

| MONDAYS   | TUESDAYS  | WEDNESDAYS  | THURSDAYS   | FRIDAYS   | SATURDAYS   |
|---|---|---|---|---|---|
| <i>Long Day Care &amp; Preschool</i>  | <i>Long Day Care &amp; Preschool</i>  | <i>Long Day Care &amp; Preschool</i>  | <i>Long Day Care &amp; Preschool</i>  | <i>Long Day Care &amp; Preschool</i>  |   |
| <b>CIRCLE OF SECURITY PARENTING COURSE</b><br>Starts 8 <sup>th</sup> May 10am - 12midday  | <b>MY TIME</b><br>Resumes 9 <sup>th</sup> May<br>9.30am-11.30am   | <b>MUSIC FUN FOR EVERYONE</b><br>Continues school holidays<br>10am sharp – 11am   | <b>LITTLE BOOKWORMS STORYTIME</b><br>Continues school holidays<br>9.30-10.30am  | <b>DEVELOP OCCUPATIONAL THERAPY GROUPS</b><br><b>Chaos and Calm!</b><br>Focussing on being in and part of a group, experiencing new activities and developing skills<br><b>Sibling crèche available</b><br><b>Enquiries Welcome</b><br>Call Sonya 0418 857 137 or Alison 0403 307 091 | <b>SATURDAY PLAYGROUP</b><br>Every Saturday including school holidays!<br>9.30 – 11.30am  |
| The COS-P approach gives parents clear choices in parenting. Learn how it can work for you!<br>At Sturt Street Children's Centre<br><b>Cost: Free+ Free crèche</b><br><b>Bookings Essential:</b><br>Call Bronwyn on 0428 163 109 or 8231 3100 | For Mums, Dads and Carers of children (up to 16yrs with a chronic illness, disability or developmental delay). Morning tea provided.<br><b>Free crèche for children 0-5yrs</b><br>Contact Silvana 0488 151 789<br><b>Cost: Free. Bookings essential</b> | ½ hour of singing and dancing fun for infants and young children then ½ hour of free play<br><b>Cost – Free ALL WELCOME</b>                               | Story and craft fun for young children aged under 3 and their parent or carer<br><b>Cost – Free ALL WELCOME</b>   |   | Can't get to a usual weekday Playgroup? Looking for somewhere for your toddler or preschooler to have fun on a Saturday morning? Come to Playgroup to meet others & let your child explore painting, play dough, puzzles, singing & stories in the lovely Reeds (Toddler) room at the centre<br><b>Cost \$2.50 per family</b><br>Fruit snack provided<br><b>ALL WELCOME</b> |
| <b>TOILET TRAINING WORKSHOP</b><br>19 <sup>th</sup> June 10am – 12midday  | <b>DEVELOP OCCUPATIONAL THERAPY by appointment</b>  | <b>MULTICULTURAL WOMEN &amp; CHILDREN GROUP</b><br>Resumes 3 <sup>rd</sup> May<br>10.45am – 12pm  | <b>CIRCLE OF SECURITY PLAYGROUP</b><br>11 <sup>th</sup> May to 29 <sup>th</sup> June<br>9.30 – 11am   | <b>EARLY PARENTING GROUP</b><br>Starts 5 <sup>th</sup> May 1.30pm -3.30pm   |   |
| Ideas for Toilet Training your child. Suitable for all children, including special needs.<br><b>Cost: Free Plus Free crèche</b><br><b>Bookings Essential 8293 9000</b>  | Assessment & Intervention for children who show functional difficulties <b>Bookings Essential</b><br>Sonya 0418857137/Alison 0403307019   | For Mums and their young children from diverse cultures to meet, chat, cook, play and have fun!<br><b>Cost: Free ALL WELCOME</b>                          | Join us for playgroup where you can practice using the Circle of Security tools.<br><b>Cost free</b><br><b>Enquiries welcome</b><br><b>Bookings Essential: 82939000</b>   | Free 6 week CaFHs courses for new parents and their bubs!<br><b>Bookings Essential 1300 733 606</b>   |   |
| <b>FUSSY EATERS = FUN WITH FOOD</b><br>26 <sup>th</sup> June, 3 <sup>rd</sup> July and 10 <sup>th</sup> July<br>9.45am - 12pm   | <b>FAMILY SERVICES COORDINATOR</b><br>By appointment  | <b>CaFHS CLINIC at FORBES</b><br>9am – 12.30pm  | <b>CHILDREN'S ART CLASSES</b><br>Featuring -CHINESE INK PAINTING<br>Resumes 4 <sup>th</sup> May<br>4.30 – 5.30pm  | <b>OCCUPATIONAL THERAPIST AND SPEECH PATHOLOGIST</b><br>Based at Forbes   | <b>FIRST AID WORKSHOP FOR PARENTS AND CARERS</b><br>Saturday 27 <sup>th</sup> May<br>10am – 1pm   |
| For frustrated parents of children who are "fussy eaters" aged 8 months to 4 years.<br><b>Cost: Free Plus Free crèche</b><br><b>Bookings Essential: 82939000</b><br><b>ALL WELCOME</b>  | For free and confidential assistance in dealing with challenges affecting your family.<br><b>Contact Shelly at the centre on 8293 9000</b> For confidential chat or no cost appointment   | Free Child and Family Health service for infants and children 0 to 5 years, with a 0-3yrs focus<br><b>Please call 1300 733 606 to make an appointment</b> | For children 4-7yrs to learn basic art skills.<br>Must be accompanied by a parent.<br><b>Cost: \$15 per session</b><br><b>Bookings Essential: 8293 9000</b>   | Groups, opportunities for a chat about queries or concerns about your child & provide professional referral where needed.<br><b>Please call Helen or Maria at the centre on 8293 9000 for a confidential chat or more information</b>   | 3 Hours of practical "what do I do when <b>!This!</b> happens?"<br><b>Cost: \$30 per person</b><br><b>Bookings Essential: 8293 9000</b><br><b>ALL WELCOME</b>   |
| <b>FOOD FOR FAMILIES TO PURCHASE</b>  | <b>WE'RE ON FACEBOOK &amp; ONLINE!</b>  | <b>AFTERNOON MUSIC FUN FOR EVERYONE</b><br>1.30pm sharp – 2.30pm  | <b>SACE (South Australian Certificate of Education) Coming Soon!</b>  | <b>BABY &amp; MUM CHAT GROUP</b><br>11am-2pm  |   |
| \$11 for a ready to heat and eat meal that will serve approx. 2 adults and 2 young children.<br><b>Pre order your meal or see what is available in our freezer for your family's dinner tonight!</b>  | <b>"www.facebook.com/ForbesChildrensCentre" or www.forbescc.sa.edu.au</b><br>Find this program, any last minute program changes and more!   | ½ hour of singing and dancing fun for infants and young children then ½ hour of free play<br><b>Cost – Free ALL WELCOME</b>                               | Have you ever thought of going back to school as an adult?<br><br>Hamilton Secondary College Adult Campus and Forbes Children's Centre are hoping to bring you the opportunity to gain your SACE, which could include a Certificate 3 qualification!<br><b>For more information contact Merridee on 8293 9000</b> | Come and join this new group of mums and their young children (crawling or not yet mobile) for a chat<br><b>Cost: Free ALL WELCOME</b>  | <b>SCHOOL AGE SOCIAL PLAY GROUPS</b>  |
| <b>BABY &amp; MUM CHAT GROUP</b><br>11am-2pm  | <b>DEVELOPMENTAL PLAY SESSIONS (Dates &amp; times TBA)</b>  | <b>THE DAD FACTOR</b><br>Starts 10 <sup>th</sup> May 6 - 8pm  |   | <b>FORBES IS A LET'S READ &amp; LITTLE BIG BOOK CLUB CENTRE!</b>  | Develop Occupational Therapy groups – Focussing on being in & part of a group, experiencing new activities & developing skills<br><b>Enquiries Welcome</b><br><b>Alison: 0403307019</b>   |
| Come and join this new group of mums and their young children (crawling or not yet mobile) for a chat<br><b>Cost: Free ALL WELCOME</b>  | Develop OT groups - pretend play, socialising, being in a group and trying new tasks<br><b>Enquiries Welcome</b><br><b>Alison: 0403307019</b>   | 7 week course exploring the important role of Dads<br><b>Cost: Free – Bookings Essential:</b><br>Call George on 8392 3100<br><b>ALL WELCOME</b>           |   | Speak to staff about how you can receive a free Let's Read and Little Big Book Club Book pack for you & your child to enjoy reading together  |   |

For more information about any program or event listed, or for copies of individual fliers please contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9006 or Mobile: 0400 263 567 Email: merridee.dangerfield@sa.gov.au