



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.

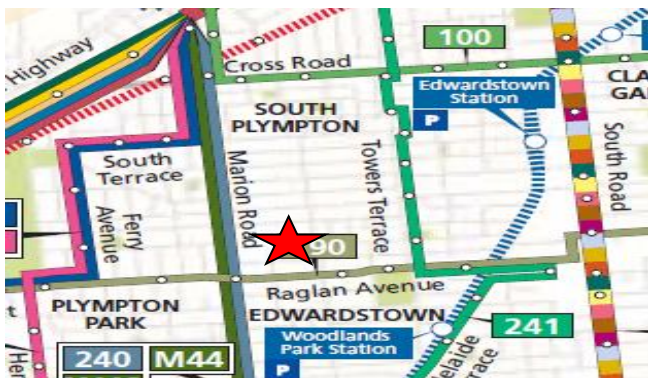
Children's Centres support children's development, health, learning and wellbeing. Forbes Children's Centre offers programs and services for families in partnership with a number of organisations and agencies identified through discussions with the community and families.


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. Sessions are Monday & Tuesday, or Thursday & Friday 8am – 4pm where vacancies permit.

Long Day Care Child Care Please contact the Centre for further information about age group vacancies.

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 Therapy Assessment and intervention by appointment.

Aboriginal Family Support Services Strengthening Aboriginal families.

Anglicare Supporting the important role of parents.

Foodbank SA Provides fresh fruit and vegetables to families who need food assistance

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/ or 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 **six 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: Wednesdays

Starts 21st October – 2nd December Time: 6.00 to 8.00pm

Cost: Free.

To book please call George on 8392 3100

Music Fun for Everyone

Singing and dancing fun for infants & 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 & interactive fun!

Every Wednesday during School Term

Starts at 10am (Sharp!) until 10.30

Resumes 14th October

Places limited due to Covid-19 restrictions

so bookings are essential

Cost – Free. ALL WELCOME



Develop occupational therapy

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

Develop Therapy staff 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

Would you like to join us on a Tour of the centre

Come and have a look at this term's programs and tour our centre, including the **Government Preschool (Kindergarten), Child Care Centre, Consulting rooms, Parenting and Group rooms**

Week 1 = Friday

16th October 4pm

Week 3 = Monday

26th October 11.30am

Week 5 = Tuesday

10th November 10.30am

Week 7 = Wednesday

25th November 4.30pm

Week 9 = Thursday

10th December 5pm

Bookings Essential – Please call the centre on 8293 9000

Please meet in the foyer of the Forbes Children's Centre punctually at the above times.

Follow us on Facebook!

Like us to check out our happenings

www.facebook.com/forbeschildrenscentre

or check out our website: www.forbescc.sa.edu.au



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

1x \$13.00 Meal feeds approximately 2 adults and 2 young children

Prices subject to change - please check with reception

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 NOW!

Appointments 1300 733 606

Parent Helpline: 1300 364 100

website: www.cyh.com



Calling all Forbes Children's Centre

"OLD SCHOLARS"

Would you like to contribute to our 10 Year Celebration?

To celebrate 10 years being opened, one of the ways we're planning to celebrate this milestone is to ask for a photo of you or your child

Then – and - Now

The "Then and Now" photos will be on display & may make their way into media and documentation about the event on our website/social media/newsletters etc.

So - If you have any photos from your or your child's time at the Centre or would like to pass on a story about your favourite memory, please email them to:

Info.ForbesChildrensCentre854@schools.sa.edu.au

By Friday 6th November 2020

Please note: Any photos or quotes you send through may be used in their entirety and by emailing them, you give us permission to use them for the above purpose (so choose carefully!) **Remember to write your child's name and the date they attended the Centre on the photo or in the email.** Details about an opportunity to see the photo display will be available soon!

Thank-you for being part of our Centre.

Children and families have always been at the centre of everything we do and we would not be celebrating a decade without all of you!

MyTime

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 13th October

Contact: Silvana on 0488 151 789 for more information

Free crèche available for children 0-5yrs

Bookings Essential Cost: Free



MyTime

PROVIDER

supporting parents of children with disabilities



My Child and Me

Connecting, Understanding, Guiding.... Everyday Parenting Course
My Child and Me is a FREE workshop that helps you as parents and carers

build an understanding of your child and their healthy development. Sessions are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include: Brain & child development; Understanding behaviour; Parenting styles; and Positive approaches to guiding children's behaviour

Our sessions are based on the latest parenting research & use information from Parenting SA.

Light refreshments and crèche provided

When: 12th, 19th and 26th November (3 weeks) Time 10am – 12midday

Cost: Free plus Free crèche available

(limited spaces available please book early)

Bookings Essential – 8293 9000 ALL WELCOME

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 Therapy

Thursday 5th November

10am – 12 midday

Bookings Essential 82939000

Cost – Free

Plus free crèche available

(Limited spaces – Please book early)

ALL WELCOME

Multi-cultural Women and Children Group

Our mums and grandmothers meet every

Wednesday from 10.45am to 11.45am during school terms to have fun, practice English, meet other mums and chat!

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

Cost: Free.

Due to Covid -19 restrictions, bookings are essential – 8293 9000

Please bring a fruit snack for your child

Resumes Wednesday 14th October

ALL NATIONALITIES WELCOME

Little Chatterbox

A group for parents/carers & their children aged 0 - 4yrs.

This group provides a wonderful opportunity for shared positive experiences and sensory exploration activities through play, music and movement to support the relationship between you and your child. Little chatterboxes is a targeted playground for children needing support in any of the following areas:

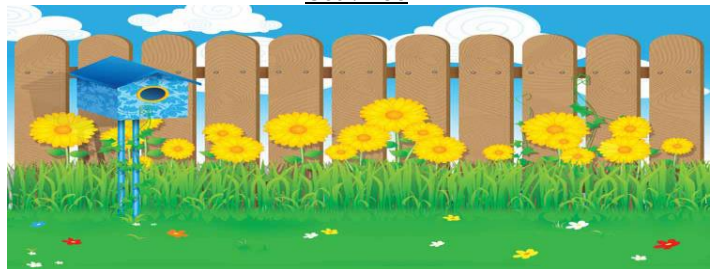
Communication; motor skills; sensory processing;

Mealtime (fussy eating); social skills and play

Please note, this is a "Referral only" group

Facilitated by our centre's Speech Pathologist and Occupational Therapist
Please call Helen or Maria at the centre on 8293 9000 for more information and bookings in the first instance

Cost: Free



Baby & Mum Coffee & Chat

Are you looking for a group where you can just chat with other mums?

Would you like to connect with others who have a baby?

Do you have an online group that you'd like to meet up with in person?

Since Covid-19, mums have used social media to stay connected...but now is a great time to venture out, make new friends in person and share in the wonders and challenges of being a mum!

Help grow our group NOW!!

Speakers and special interest information sessions available on request

Please call Merridee at the centre to register your interest in growing this group!

Tuesdays 1pm – 3pm

Cost: Free

All Mums and Babies 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 21st November 10am – 1pm

Cost: \$30 each (sorry no refunds for non- attendance)

Bookings Essential: 8293 9000


Presented by a qualified First Aid Trainer

Please note: A Certificate of Attendance will be issued, but please check if this meets your workplace competency requirements with your employer.

Book in NOW!! All Welcome

Forbes Children's Centre Term 4 (October to December) 2020 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
Long Day Care & Preschool	Long Day Care & Preschool	Long Day Care	Long Day Care & Preschool	Long Day Care & Preschool	
"Little Chatterbox" Playgroup Resumes in Term 4	MY TIME Resumes 13th October 9.30am-11.30am	MUSIC FUN FOR EVERYONE Resumes 14th October 10am – 10.30am	TOILET TRAINING WORKSHOP Thursday 5th November 10 am – 12midday	DEVELOP THERAPY GROUPS - Various times Chaos and Calm!	FIRST AID WORKSHOP FOR PARENTS AND CARERS 21st November 10am – 1pm
<p>A playgroup for parents/carers and their children 0 to 4yrs. This group provides wonderful opportunity for children needing support in any of the following areas:</p> <p>Communication; motor skills; sensory processing; Mealtime (fussy eating); social skills and play.</p> <p>Please note, this is a "Referral only" group</p> <p>Please call Maria at the centre on 8293 9000 for more information Cost: Free Bookings Essential</p>	<p>For Mums, Dads and Carers of children (up to 16yrs with a chronic illness, disability or developmental delay). Morning tea provided.</p> <p>Free crèche for children 0-5yrs Contact Silvana 0488 151 789 Cost: Free - Bookings Essential</p>	<p>½ hour of singing and dancing fun for infants & young children. Parents welcome to arrive early and play in the Parent Café until singing starts in the Group Room</p> <p>Cost – Free Bookings Essential ALL WELCOME</p>	<p>Ideas for Toilet Training your child. Suitable for all aged children, including special needs and children with functional difficulties.</p> <p>Cost: Free Plus Free crèche available Bookings Essential 8293 9000 ALL WELCOME</p>	<p>Focussing on being in & part of a group, experiencing new activities & developing skills</p> <p>Sibling crèche available</p> <p>Enquiries Welcome Call Sonya 0418 857 137 or Alison 0403 307 091</p>	<p>3 Hours of practical "what do I do when !This! happens"</p> <p>Cost: \$30 (Sorry no crèche available) (Sorry - No refunds for non attendance) Bookings Essential: 8293 9000 ALL WELCOME</p>
	BABY & MUM COFFEE & CHAT GROUP 1pm – 3pm Continues every Tuesday throughout the term and holidays Ready to grow – Just needs you to call us to book in!	MULTICULTURAL WOMEN & CHILDREN GROUP Resumes 14th October 10.45 – 11.45am	MY CHILD AND ME PARENTING COURSE 12th, 19th & 26th November 10am-12pm	FOOD FOR FAMILIES MEALS TO PURCHASE Only \$13 for a ready to HEAT and EAT family meal (Prepared onsite)	FORBES CHILDREN'S CENTRE 10th BIRTHDAY! Calling all old scholars and staff!
	<p>Come and join this new group of mums and their young children for a chat!</p> <p>Suitable for mums who want to connect with other mums with babies who are not yet ready for a busy playgroup. Please call Merridee to register your interest</p> <p>Cost: Free ALL WELCOME</p>	<p>For mums, grandmothers and their young children from diverse cultures to meet, chat, cook, play & have fun!</p> <p>Cost: Free Bookings Essential ALL NATIONALITIES WELCOME</p>	<p>Connecting, Understanding, Guiding.... Everyday Parenting Course</p> <p>Topics to support your parenting include: Brain & child development; Understanding behaviour; Parenting styles; and Positive approaches to guiding children's behaviour</p> <p>Cost: Free Free Crèche available Bookings Essential: 82939000 Limited numbers – Please book early</p>	<p>Our nutritious meals are prepared by our chef 1x \$13 meal/container will serve approx. 2 adults & 2 young children. This service is available to all families in the community, please pop in anytime during office hours to purchase a delicious nutritious meal for the whole family!</p> <p>Pre order your meal at reception or see what's available in our freezer for your family's dinner tonight!</p>	<p>December 2020 marks 10 years since our official opening!</p> <p>Want to be involved? We'd love you to go through your old photos and memories of your child's time with us and share them.</p> <p>Maybe you'd like to send us a "Then and Now" photo of your child? Maybe share a story of your child's time with us?</p> <p>We'll be doing a display in the centre as part of our celebrations.</p> <p>We're hoping opportunities to view the displays in person will become available – check our Facebook page for updates</p> <p>Any photos or quotes you send through may be used in their entirety and by emailing them, you give us permission to use them for the above purpose (so choose carefully!)</p> <p>Send to: Info.ForbesChildrensCentre854@schools.sa.edu.au By Friday 6th November</p>
TOURS OF THE CENTRE Friday 16th Oct 4pm Monday 26th Oct 11.30am Tuesday 10th Nov 10.30am Wednesday 25th Nov 4.30pm Thursday 10th Dec 5pm	OCCUPATIONAL THERAPIST AND SPEECH PATHOLOGIST Based at Forbes	CaFHS CLINIC at FORBES By Appointment Every Wednesday 9am – 12.30pm	ARE YOU WONDERING WHEN OUR OTHER REGULAR GROUPS AND PARENT EDUCATION WORKSHOPS WILL BE BACK?	WE'RE ON FACEBOOK & ONLINE!	
<p>Including the Kindergarten, Child Care Centre, Consulting, Group & Parenting rooms.</p> <p>Bookings Essential: 8293 9000 ALL WELCOME</p>	<p>Groups, opportunities for a chat about queries or concerns about your child & provide professional referral where needed.</p> <p>Welcome to our new OT starting this term at Forbes! Please call the centre on 8293 9000 for a confidential chat or information</p>	<p>Free Child and Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus</p> <p>Please call 1300 733 606 to make an appointment (Enter your postcode then ask to be booked in at Forbes)</p>	<p>EARLY PARENTING GROUP Resuming soon!</p> <p>Free 4 week CaFHS course for new parents & their bubs! Bookings Essential 1300 733 60 (Ask to attend the next Forbes group)</p>	<p> www.facebook.com/ForbesChildrensCentre or www.forbescc.sa.edu.au</p> <p>Find this program, any last-minute program changes and updates, other local community parenting courses, support and information as well as lots of parenting hints and tips</p>	
FORBES IS A "LITTLE BIG BOOK CLUB" CENTRE!		THE DAD FACTOR Starts 21st October 6 - 8pm	<p>You may have noticed our program isn't as busy this term. Continuing Covid-19 restrictions mean some groups are not ready or able to start, but we will let you know as soon as they are...check out our Facebook page for updates!</p>		
<p>Speak to staff about how you can receive a free "Little Big Book Club Book" pack for you & your child to enjoy reading together</p>		<p>6 week course for Dads exploring the important role of Dads</p> <p>Cost: Free - Bookings Essential Call George on 8392 3100</p>			

For more information about any program or event listed, or for copies of more detailed individual fliers please see the inside of this program or contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9000 or Mobile: 0400 263 567 Email: merridee.dangerfield@sa.gov.au