

Playgroup Newsletter



March and April 2025

Pop Up Playgroups

Keep up to date as to where we are going to be next by clicking the link below or Visiting Frankston Council and type in Pop up Playgroup.

If it's raining we will most likely cancel but other than that the Pop up Playgroup runs every term outside. A great way to burn off some energy.

<https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Pop-up-Playgroup>.

We have been having so much fun at Pop up Playgroup visiting different playgrounds and making new friend a long the way. Pop up Playgroups are free and a great way to make some new friends and connect with other parents along the way. Plus we always have bubbles ☺



Pop up Baby Playgroup is back for 2025!

Benefits of coming to playgroup

- Meet other families
- Supportive environment
- Share ideas and information
- Have fun, relax and build friendships
- Introduce your baby to new surroundings
- Play and explore
- To find out more phone: 9293 7156 or email: Elaine.Turner@frankston.vic.gov.au



Pop-up Baby Playgroup

For babies under 12 months

Parents, caregivers, grandparents are welcome to join us for Pop-up Baby Playgroup sessions. You will also have the chance to speak to the team about finding a local Playgroup, the Supported Playgroup program and Kindergarten registration.

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Lakewood Family and Children's Centre

107 Raphael Cres, Frankston

Time: 1-2.30pm

Term 1 dates:

February 12, 19 and 26

March 5, 12, 19 and 26

April 2.

Please book via Try bookings:

<https://www.trybooking.com/CYKHB>

or use the QR code



Pop-up Baby Playgroup is a free playgroup. Please remember your hats, drink bottles and snacks. If your baby is over 12 months please come to our Pop-up Playgroup check website for details.

Frankston City Council

PO Box 490, Frankston 3199
1300 322 322 | info@frankston.vic.gov.au | frankston.vic.gov.au



Up coming events and programs



Frankston City

National PLAYGROUP Week

17th - 23rd March 2025

Parents, caregivers, grandparents are welcome to join us for a Pop up Playgroup session as we celebrate National Playgroup Week.

- Explore a range fun activities with your child.
- Come and find out about the different playgroups that are on offer.
- Find out about Supported Playgroups and Kindergarten registration.
- Please bring a picnic to enjoy throughout the morning.

Date
Tuesday 18 March
9.30am - 11.30am

Location
Overport Park Playgroup,
Somerset Rd,
Frankston South

Cost
FREE

For more information visit playgroups.vic.gov.au





PARENTS BUILDING SOLUTIONS

PEACEFUL PARENTING - 6 week free interactive online program for parents and carers of kids of all ages. Please note there are no recordings of these sessions and cameras need to be on.

DATES: Wednesdays March 5, 12, 19, 26, April 2, 9 2025


TIME: 12.45pm - 2.15pm

WHERE: Online - please note there are no recordings of these sessions and people are asked to have their cameras on.

COST: FREE!
Please register via the link below or the QR code <https://events.humanitix.com/peaceful-parenting-wednesday-pm-term-3-2025>

For more information contact:
Michelle Brown
michelle.brown@anglicarevic.org.au

BETTER TOMORROWS

PARENTS BUILDING SOLUTIONS (PBS)

Dads and Granddads - ONLINE ZOOM

Open to all Dads, Step-Dads, Single Dads and Granddads, come along to share experiences, learn new strategies & solutions.

- Safe to voice your frustrations and feelings without judgement
- Connect with other Dads
- Improve your Confidence & Communication as a Dad
- Cope with stress and anger.
- Handle conflicts with respect
- Parent beyond separation

DATES: Tuesdays 4, 11, 18, 25 March, 1 and 8 April 2025


TIME: 6.30pm to 8.00pm

COST: FREE


Certificate of attendance awarded

Contact: Michelle Brown
Email: michelle.brown@anglicarevic.org.au


Click link below or Scan QR Code to Register:
<https://events.humanitix.com/pbs-dads-and-granddads-t1-2025>



PARENTZONE



Brief Support Program



Family Life's **Brief Support Program** is over the phone, voluntary and free of charge. We offer short-term early intervention support to empower parents and carers with the tools and resources to navigate family challenges.

How we can support your family

- Resources and Information:** Our Brief Support Practitioners can provide your family with advice and resources around parenting infants, children and adolescents, to better understand their development, behaviours, and how to implement successful routines and boundaries.
- Linkage into relevant ongoing services:** We will work alongside you and your family at this earlier stage to identify and provide support around what is happening for you and impacting your household. We can link you in with relevant immediate or ongoing services to manage challenges, build on your family's strengths and increase your community networks.


Eligibility

- Families residing within the Bayside Peninsula region.
- Your family is not currently being supported by a Family Services Case Manager, DFH Child Protection or a Family Violence Case Manager.
- Your household is the primary carer of a young person under 18 years of age. (If your child does not live with you, please contact us to discuss further)


If you require support for more complex challenges (such as current family violence, high risk mental health concerns or concerns around physical and sexual abuse) please contact The Orange Door on 1800 319 353.

How to Refer

Visit our website and search 'Brief Support Program' or Click this [link to complete our Request for Support form](#). Under 'Get Support' select 'Parent and Families', then select 'Brief Family Support'. If you are a professional referring a family, please ensure to add the parent/s and their child/s details into the referral form.



For further information please contact:
 ☎ (03) 8599 5433 or ✉ briefsupport@familylife.com.au www.familylife.com.au



PARENTZONE



LEARN ENGAGE CONNECT YOUNG PARENTS EDUCATION PROGRAM

YPEP has a new home at Foundation College!

The Learn Engage Connect Young Parent's Education Program, lead by the Frankston Homington Peninsula LLEN, has joined forces with Foundation College to provide a comprehensive education platform to cater to the unique needs of young parents, juggling parenthood and academic aspirations.

Students undertake either the VPC0000001 Victorian Pathways Certificate or the VCE0000001 VCE Vocational Major.

Students are encouraged to bring their babies and children up to the age of 3 years old into class whilst studying, allowing young parents to bond with their child while they complete their education. The learning space is designed to support optimal learning for both student and child, with children engaging in the 3A literacy program.

A qualified childcare support worker will be in attendance during every class to assist with providing care for the babies and support the students with developing skills and knowledge to care for their baby. On site Wellbeing support and visits from Maternal and Child Health Nurses as well as access to specialised parenting programs build a rich and inclusive community for young parents and babies alike.

The curriculum is written with young people in mind and incorporates parenting skills and knowledge, as well as exploring our community and world through project based learning. Building employability skills, problem solving and developing a sense of competence as a learner are key areas of our program. We encourage students to achieve success in a supported setting where both student and baby are supported to thrive!

**FOUNDATION COLLEGE
PENINSULA CAMPUS**
YPEP Learning Space
Level 1,
Temarcy 1, 54 - 58 Wells Street
Frankston
(enter via White Street Ma8)

Monday, Tuesday & Thursday
9.00am - 2.30pm

This program is led by FRP LLEN with the support of Anglicare Victoria and facilitated by Foundation College



Talking all things money: Making money work for your family

Communities For Children Frankston Community Workshop Series is designed for local parents/carers, volunteers and staff working or living with children, who are seeking information and practical strategies.

Facilitated by Melissa Meagher

This practical and informative presentation gives you the opportunity to explore your own financial health and flex your financial capability muscle (promise it won't hurt!). Walk away with proven strategies that you can implement and embody immediately to step up and (re) claim your financial independence once and for all!

The free, online workshop will cover:

- How to feel empowered and in control of your personal finances
- Gaining clarity, awareness and efficiency with your money and take simple steps to create financial security
- Tips on talking money with children to set them up for the future

DATE: Wednesday 30th April 2025
TIME: 7.00-8.30pm
WHERE: Online event via Zoom webinar

SCAN TO REGISTER:



For questions contact Sally McIntyre at cfc_southern@anglicarevic.org.au



CFC is funded by the Australian Government, Department of Social Services. See www.cfc.gov.au for more information.

anglicarevic.org.au

BETTER
TOMORROWS

CURRICULUM

The Victorian Pathways Certificate can be completed over 1 or 2 years.

To be eligible to receive the VPC, students must satisfactorily complete a minimum of 12 units, including at least:

- 2 units of VPC Literacy
- 2 units of VPC Numeracy
- 2 units of VPC Work Related Skills
- 2 units of VPC Personal Development Skills
- 2 VET credits at Certificate I level or above (80 nominal hours)

The VCE Vocational Major is delivered over 2 years, which includes Year 11 level and Year 12 level.

To be eligible to receive the full VCE VM, students must satisfactorily complete a minimum of 16 units, including at least:

- 3 VCE VM Literacy or VCE English units (including a Unit 3-4 sequence)
- 2 VCE VM Numeracy or VCE Mathematics units
- 2 VCE VM Work Related Skills units
- 2 VCE VM Personal Development Skills units, and
- 2 VET credits at Certificate II level or above (160 nominal hours)

Students will also undertake a VET Course to meet the Industry Skills unit requirements. A range of VET course option can be discussed at the time of enquiry or enrolment.

Students are welcome to undertake an additional VET course should they wish and can choose from the courses that FLC offers or from another RTO provider*

*Additional charges may apply for undertaking additional VET Courses and you may need to make your own childcare arrangements to be able to attend additional VET courses.

PATHWAYS

Students completing the Victorian Pathways Certificate can continue on into the VCE Vocational Major or can move on to other further education or into the workforce.

Foundation Learning Centre, our overarching organisation, offers a range of Adult Education and Career & Work Skills Development courses that can help provide students with additional skills for their move into the workforce. Please see www.foundationvic.edu.au for further information.

FEES

Fee information can be located on our website www.foundationcollegevic.edu.au or a Statement of Fees can be provided upon request.

ENTRY REQUIREMENTS

For students who have not completed Year 10 and are under 17, transfer to Foundation College must be approved by their prior school and Department of Education and Training before commencing the course. Potential students must complete an expression of interest to determine suitability and suitable candidates then attend an Enrolment Interview.

VPC
For entry into this course, potential students require literacy, language and numeracy skills to the appropriate level

VCE VM YEAR 11
For entry into this course, potential students require literacy, language and numeracy skills to the appropriate level

VCE VM YEAR 12
For entry into this course, potential students require literacy, language and numeracy to the appropriate level

FOR MORE INFORMATION OR TO ENROL

For more information about this course or to enrol, please contact:
contact@foundationcollege.vic.edu.au
03 9704 7388



2025 International Women's Day FREE events hosted by Frankston City Council

'Without equal access to education, employment pathways, financial services and literacy, how can we ever hope to reach gender equality?'

International Women's Day (IWD) is recognised each year on March 8th to acknowledge and celebrate women's social, economic, cultural and political achievements with the **2025 theme from UN Women Australia: March Forward: For ALL Women and Girls**

Frankston City Council proudly celebrates IWD each year by hosting free events for local community to help advance gender equality.

FREE IWD COMMUNITY EVENTS (scan QR code to book):

IWD Community Presentation & Lunch

Thursday March 6th (12pm-2pm) at Chisholm TAFE Frankston

join us for an inspiring presentation and lunch with three incredible female leaders as they share insights into opportunities, challenges, and pathways to creating positive change for women

Youth Automotive Workshop & BBQ

Friday 7 March (6pm - 7pm) at Frankston Library Forecourt

This workshop for female-identifying and gender diverse young people will break down stereotypes, build resilience and every day life-skills.

Bookings essential for both events, as tickets limited (scan QR code to book)



This International Women's Day
MARCH FORWARD
For ALL Women and Girls
#MarchForward | #IWD2025 | iwd.net.au



Supported Playgroup

Supported Playgroups are a safe and friendly place for you and your child to have fun while receiving parenting tips and support. Sessions are run weekly during school terms by qualified early years professionals in your local community.

Supported Playgroup is a great way to meet other families in your local area and one-on-one in-home support is also optional for eligible families.

These playgroups are supported by the Department of Families, Fairness and Housing and are free to attend.

Who is eligible to attend?

Supported Playgroups are available to:

- families with a Commonwealth Health Care Card (or visa equivalent for refugees and migrants)
- children aged from birth up to school age.
- families where a family member who has identified as Aboriginal and/or Torres Strait Islander;
- families who are looking after children in kinship care (out of home care);
- families referred by Child FIRST
- families referred from or receiving Enhanced Maternal and Child Health services

Supported Playgroups are currently located in the following venues:

- Aldercourt Primary School - Frankston North
- Young Parents at Aldercourt – Frankston North
- Frankston North Community Centre - Frankston North
- Lakewood Child & Family Centre – Frankston
- Orwil Street Community House – Frankston
- Mahogany Rise Primary School – Frankston North
- Karingal Heights Primary School – Karingal
- Baden Powell – Frankston South

More Information

To find out more about our Supported Playgroup sessions please call Council's Playgroup Development Officer on 9293 7156 or email playgroups@frankston.vic.gov.au

Starting a Community Playgroup

Are you interested in starting a playgroup in your area? Step by step guide to starting a Playgroup.

- Find a suitable venue to run the playgroup.
- Find a friend to run with you (always good to have a buddy that can look after everything if you are sick or on holiday).
- Register with Playgroup Victoria \$50 for 12 Month includes your Public Liability Membership - Playgroup Victoria
- Create a Playgroup email address or use your personal one if you are happy to share.
- Create a flyer advertising your group- day, time, cost etc.
- If doing a termly fee organise payment etc. Cash, bank deposit receipts work out how much you need to raise to cover cost of hire, resources, events etc.
- How will the session run? Weekly, fortnightly? Do you want to do anything particular during the session – craft, music singing
- Covid Safe practices.
- How will you get parents involved in helping with set up and clean up at the end- everybody does a little something this helps you all to go home around the same time. You don't want to end up doing everything yourselves.
- Consider setting up a closed Facebook group or Whatsapp to share information and pictures.
- Register with Frankston Council Playgroup Development Officer, If you would like to chat further send me an email on

Elaine.Turner@frankston.vic.gov.au

Frankston City Council

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