

# Playgroup Newsletter



## June 2022

This month we look at children with additional needs and the support that is out there for families. It can be a very daunting space to explore however there are lots of places to go to for support. There is some of useful information on Playgroup Victoria's Website.

<https://www.playgroup.org.au/programs/>

Some of the different playgroups that are available.

### **Pals Playgroup**

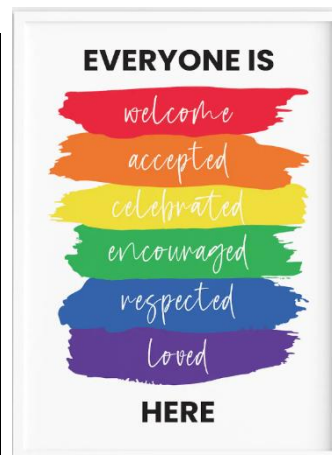
The Play and Learn Supported (PALS) playgroup program is run in conjunction with BAM Arts Inc, providing a facilitated, activity-based playgroup that incorporates an inclusive dance experience adapted to suit all children participating. BAM is a Melbourne based not for profit that runs creative arts programmes for people with disabilities.

### **MyTime**

MyTime is peer support for parents and carers of children with a disability, developmental delay or chronic medical condition. Trained facilitators assist carers to develop important social connections within their support group and to access information and services in their local area. A play helper is also available to look after pre-school aged children.

### **Play Connect Playgroups**

PlayConnect playgroups provide the opportunity for children with ASD to engage in appropriate and supported play, which allows opportunities for children to grow, develop, engage and shine. The PlayConnect program also provides families with the opportunity to connect and share



experiences, while the facilitator assists them with information and links to relevant service.

## Counselling Services

### **Mental Health Care Plans:**

Government funded psychology sessions for anyone with a mental health condition- organised through your GP

<http://www.mindhealthconnect.org.au/mental-health-care-plan>

<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mental-health-care-plans>

### **National Carers Counselling Program:**

Provides free over the phone advice for carers of all ages

1800 242 636

<http://www.carersaustralia.com.au/how-we-work/national-programs/national-care-plans>

### **Parentline Victoria:**

Free telephone counselling for parents and carers

132 289

<http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx>

### **Lifeline:**

National service for crisis support and suicide prevention

13 11 14

<http://www.lifeline.org.au/>



**Pathways for Carers FRANKSTON**

Offering carers of people with disability, mental illness or elderly people a chance to attend free walking events in Victoria together, and to learn more about news, services and supports available to them.

Free morning tea and guest speaker following each monthly walk!

**WHEN:**

First Thursday of the month

- 2 June
- 7 July
- 4 August
- 8 September
- 6 October
- 3 November
- 8 December

9.30am to 11am

**WHERE:**

Meet at Frankston Pier for a stroll along the foreshore

Wheelchair accessible  
Toilets and car parking available

**ENQUIRIES?**

For questions about this walk contact Karen by email: [manager@orwilst.org.au](mailto:manager@orwilst.org.au).

**FIND A WALK NEAR YOU!**

To find a Pathways for Carers walk near you, or learn more about this statewide project, visit the website:

[www.pathwaysforcarers.com.au](http://www.pathwaysforcarers.com.au)



**Support Group for Parents and Carers of Children with Additional Needs**

Join us and meet other parents and carers who are also experiencing the challenges and rewards of raising a child with additional needs.

All Welcome!  
Children welcome, child friendly meeting space.

Regular guest speakers and support with NDIS



**WHEN:** Every 3 weeks on a Tuesday, commencing 31 May 2022 (School Term only)

**TIME:** 9:30am - 11:00am

**WHERE:** Eastbourne Primary School Conference Room  
Allambi Avenue  
Capel Sound

**COST:** FREE

**BOOKINGS:** For bookings and enquiries contact either:

**Annette:** 0499 027 753

**Email:** [Annette.Bailey@anglicarevic.org.au](mailto:Annette.Bailey@anglicarevic.org.au)

**Deb:** 0409 081 283

**Email:** [Deb.Li@anglicarevic.org.au](mailto:Deb.Li@anglicarevic.org.au)

**Please advise the number and ages of children attending when registering**

[anglicarevic.org.au](http://anglicarevic.org.au)

BETTER TOMORROWS

**Whats On**

Story time at the Library – Story time is so much fun. You will get to meet local families while learning new stories and songs. click below link to find time and session to suit.

<https://library.frankston.vic.gov.au/FrankstonLibraries/Events/Storytime>

**Edward the Emu**

Next date: Friday, 12 August 2022 | 11:00 AM to 11:50 AM

**When**

Friday, 12 August 2022 | 11:00 AM - 11:50 AM  
Friday, 12 August 2022 | 06:00 PM - 06:50 PM



The 11am performance will be Auslan Interpreted

<https://artscentre.frankston.vic.gov.au/Whats-On/Season-Shows/Edward-the-Emu>

**Expression of interest**

Are you interested in facilitating a Community Playgroup? Perhaps there isn't a playgroup running in your area and you would like to start one?

Playgroups are a great social activity for you and your child. Facilitating a playgroup is also a way of building new skills that can lead to future opportunities. Training can be provided as well as ongoing support.

For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email [playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)

**What is a 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. Please click the link below to find out more.

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

**Frankston City Council**

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