

Playgroup Newsletter



May 2022

Pop up Playgroups

This term we have introduced our Pop up Playgroups to the community, they will be run outside please dress to the weather conditions, it's a great opportunity to get out and meet new families with children of similar age.

They are free and no booking is required so feel free to pop down and see us. You can keep up to date where we are in Frankston in the below link.

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

Pop up Playgroup



Join us for a Pop up Play session, explore a range of activities from music, craft, physical play and imaginary play and story time, you will also have the chance to speak to the team about finding a local Playgroup, Supported Playgroup and Kindergarten registration.

Langwarrin Southgateway Reserve, 36 Peninsula Crescent, Langwarrin 3910. Time: 9.30am – 11.30am Dates: Tuesday 26 April Tuesday 3 May Tuesday 10 May	Frankston North Monterey Community Park, Monterey Blvd, Frankston North 3200. Time: 9.30am – 11.30am Dates: Thursday 19 May Thursday 26 May Thursday 2 June	Seaford Seaford North Reserve, 50 Railway Parade, Seaford 3198. Time: 9.30am – 11.30am Dates: Tuesday 7 June Tuesday 14 June Tuesday 21 June
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Pop up Playgroup is a free outdoor event please remember your hats, water and snacks, playgroup will be cancelled if inclement weather.

Frankston City Council
PO Box 480, Frankston 3199
1300 322 322 | playgroup@frankston.vic.gov.au | frankston.vic.gov.au

No booking required



Activity idea you can do at home.



What you will need.

- Egg box
- White paper
- Pens
- Scissors

Benefits of getting out in nature

There are many health benefits to being outside in nature physically, emotionally and mentally it's good for you. Increase your focus, improves mood, reduces stress, boosts your immune system and increases your energy levels.

During autumn there is the added benefits of all the beautiful colours of all the leaves falling from the trees.


- Exploring colour's, textures, patterns.
- Explore and extend your child's language such as Large, smaller, heavy, fluffy, spinney, dark, light rough and smooth.
- Problem solving skills.

Programs



PARENTS BUILDING SOLUTIONS ONLINE
 FREE weekly program online for Mums, Dads, Step-Parents, Grandparents and Carers.
 Join us ONLINE in an interactive program to share experiences, ideas and learn strategies to support your child!
 Come along to one or more relaxed sessions to connect with others and share ideas.
 Different topics each week:
 • Dealing with feelings
 • Communicating with kids
 • Supporting kids with change
 • Caring for ourselves
 • Other topics you come up with!

DATE: Thursday 12th May- 16th June
TIME: 10:00am-11:00am
WHERE: Online via ZOOM
 Parents receive Zoom invite
BOOKINGS AND ENQUIRIES:
 Iris Couch - Parent Resource Coordinator
 Email: iris.couch@anglicarevic.org.au or Call/text 0405 007 486 to book.
 Please book via text or email and save your phone number, email address and the topic or date of the workshop you want to attend!



BEYOND THE VIOLENCE - FRANKSTON
 A FREE 8-week program for women and their children who have been impacted by Family Violence.
 • Are you dealing with the aftermaths of family violence?
 • Does your child's anger or anxiety worry you?
 • Can you identify the warning signs in a new relationship?
 • Do contact visits unsettle your child?
DATES: Wednesday evenings 4th May - 22nd June
TIME: 4pm - 6:30pm (refreshments provided)
WHERE: Details given at time of booking.
 For bookings & enquiries contact Iris Couch at Frankston on 0405 007 486 or iris.couch@anglicarevic.org.au

Playgroups



gateway PLAYGROUP
 FOR FAMILIES WITH CHILDREN AGED 0-5

OUR PROGRAM
 Gateway Playgroup offers a balance of indoor and outdoor activities that cater for the different ages and abilities of the children attending.
 Activities include:
 • Theme based/craft activities
 • Free play
 • Messy play
 • Creative experiences
 • Cognitive play
 • Dramatic play
 • Physical and Gross Motor activities and
 • 'Mud Time', involving movement, stories and rhyme.
 We also offer an outing once per term that is organised by each group and run regular events for women, parents and families.

ABOUT US
WHO ARE WE?
 Gateway Playgroup is a community based Playgroup run by Gateway Church Australia. We are members of Playgroup Victoria and cater for families with children who are between 0-5 years of age.
WHAT DO WE PROVIDE?
 Gateway Playgroup is committed to meeting the needs of families in our local community. We provide a quality, caring environment where children can participate in a variety of interactive play experiences and parents can find time to socialise with other families in a relaxed and friendly environment. Playgroup provides the opportunity for parents to spend quality time with their children away from the normal home routine.
OUR VALUES
 Gateway Playgroup values friendship, acceptance, fun and the importance of supporting families with care and with the resource in strengthening the family unit and endeavour to communicate.

WHERE
 Tues - Thurs Mornings and Thursdays

WHICH
 Our Playgroups meet at the Gateway worship and Performing Arts Centre in Sorfleet. Parking is available at the rear of the building at 14 Hevensham Drive.

WHAT TO BRING
 • Hoopline tea and a drink for you and your child
 • Hat and sunscreen (in terms 1 and 4)
 Note: Hoopline refrain from bringing nuts or raw produce.

COSTS
 All prices are per family per term
PACKAGE 1: \$22
 if all children are aged under 12 months
PACKAGE 2: \$40
 if any child is aged over 12 months
PACKAGE 3: \$45
 if two or more children are aged over 12 months

OTHER PROGRAMS
THE VILLAGE
 The Village is a free community support group for parents looking to be encouraged, equipped and empowered in their parenting.
 Once per term. The Village hosts:
 • The Village Branch (incl. guest speaker and free childcare)
 • Parents Night Out
 We also share monthly parenting content through our 'The Village - Gateway' Facebook Group.
 For more info, check out our Facebook Group or call Sally Jones on 9180 1500 (9am-5pm, Mon-Fri)
GOODZONE
 Goodzone is Gateway's Sunday morning Children's Program which caters for children aged from birth to under 5. The program provides children with the opportunity to explore the bible and develop an awareness of God through a range of creative activities that are relevant to their age and abilities.

CONTACT US PHONE: 0405 007 486 (Mornings and afternoons 9:00-1:00pm, Mon-Fri)
 EMAIL: info@gateway.org.au
 LOCATION: Gateway worship and performing arts centre at Hevensham Drive, Sorfleet VIC 3108
 For more information about Gateway Church Australia, check out our website or visit us for a service, worship or event.
gateway.org.au

Whats for Dinner tonight?

It can always be challenging at dinner time to find something that is nutritious, filling, and appealing to everyone, we often get stuck in routine of eating the same things over and over again. Until I found this wonderful website which has some great dinner and other meal options for the whole family.

<https://www.kidspot.com.au/kitchen/galleries/25-fast-dinner-ideas/jrlwyc8b?page=14>

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>

Join the enchanting adventure of Little and Big Nutbrown Hare as they discover the magic and colour of the seasons, in a dazzling new stage adaptation of the beloved Guess How Much I Love You books. Click the link below for more info

[Guess How Much I Love You Frankston Arts Centre](https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Supported-Playgroups)

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

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>

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