

Playgroup Newsletter



December 2023

Pop-Up Playgroups

Pop-Up Playgroups will be taking a break until February 2024. New locations will be updated on the website nearer the time.

We have had a fantastic year with all our Pop up Playgroups. It has been wonderful meeting lots of new families and visiting a variety of different locations across the municipality as well as linking families in to other services that they might not have known about.

We are looking forward to visiting some new locations next year. If there is a space that you are keen for us to visit, please let us know and we can explore the options.

<https://www.frankston.vic.gov.au/Community-and-Health/Health-and-support-services/Child-and-family-services/Playgroups/Pop-up-Playgroup>



End of Year Playgroup Christmas Party



Join us for a fun filled afternoon.

Bring a Picnic to enjoy with the family. Take part in the activities provided, plus some African Drumming and possibly a visit from Santa.

Please book Via QR code



Date: 13 December 2023

Location: George Pentland Botanical Gardens Frankston.

Time: 4.00pm - 6.00pm

Booking: <https://www.trybooking.com/CNPZY>

Any questions Elaine.Turner@frankston.vic.gov.au

Frankston City Council

PO Box 490, Frankston 3199

1300 322 322 | playgroup@frankston.vic.gov.au | frankston.vic.gov.au



Food Support

Many families are struggling at this time of year and in the current climate, please see below places where you can get some food assistance.

THURSDAY

Brekky Club

Chisholm Institute, (Building N) Bunurong Café.
7am - 8am (5 days a week)
Free dine-in cooked breakfast and hot cuppa

Community Support Frankston

35 Beach Street, Frankston
12noon - 2pm (4 days a week)
Free take-away meal (pick-up only)

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. Phone: 0413 807 763
10am - 3.30pm (5 days a week)
Free food hampers and frozen meals
Free sit-down lunch available on Thursdays from 12noon (please ring before 10.30am to book a seat)

John Paul College Food Van

Young Street Car Park (next to Tasman Meats)
5pm - 7pm. Toasted sandwiches, soup, noodles, tea, coffee, milk, food parcels

Sikh Volunteers Australia - Free home delivery service every Thursday for elderly, single parents, unemployed, international students and needy people. To pre-order SMS/TEXT your name, address and email to: 0452 401 734. (orders to be placed no later than 7pm on Wednesday evening). Meals delivered between 5pm-7pm Thursday evening. Freshly cooked vegetarian food

FRIDAY

Brekky Club

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10am - 3.30pm (5 days a week)
Free food hampers and frozen meals

Life-Gate Inc

1a Olsen Street, Frankston.
11am - 3pm
Phone: 9770 0595 to make an appointment
Food hampers, frozen meals available.

Life-Gate Inc - 'Meals for Change'
Young Street Car Park (next to Tasman Meats)
7pm - 9pm. 1st & 3rd Friday each month

SATURDAY

Amrita Australia Limited

16-18 High Street, Frankston. 12pm - 1pm
• September 23
• October 21
• November 11 and 18
• December 16
Free Dine-in and Takeaway Meals

Project Fresh Start Inc
Orwil Street Community House, 16 Orwil Street, Frankston. 12pm - 1pm

• September 30
• October 7 and 28
• November 4 and 25
• December 2
Free Dine-in and Takeaway Meals

Sikh Volunteers Australia - Free Food Van
Young Street carpark (next to Tasman Meats)
6.30pm - 7.30pm (every Saturday)
Free freshly cooked vegetarian take-away meal for homeless and needy people

Vittle Feast - Free Food Hamper
Phone: 0480 281 906 to arrange delivery
2nd & 4th Saturday each month. Sponsored by Heavenly Feast Revival Church. Valid Concession or Pension Card must be presented to receive a food box

SUNDAY

Sikh Volunteers Australia - Free home delivery service every Sunday for elderly, single parents, unemployed, international students and needy people. To pre-order SMS/TEXT your name, address and email to: 0452 401 734. (Note: orders must be placed no later than 7pm on Saturday evening). Meals will be delivered between 5pm-7pm Sunday evening.

Where to Find Food Assistance

September 2023

In the Frankston Area



•food •meals •groceries



35 Beach Street, Frankston
Phone: 9783 7284

Email: csf@frankston.net www.frankston.net

Inc. Reg. No. A0000431J ABN 95 426 151 625

Our Place

Monday Aldercourt PS & Mahogany Rise PS – Bread available (morning)
Wednesday Monterey SC – Community food pantry 3.30-4.30pm
Friday Aldercourt PS & Mahogany Rise PS – Fire Church food delivery from approx. 10.00am

Sikhs volunteers

They have vegetarian meal delivery in Frankston and Frankston North-
<https://sikhvolunteersaustralia.org/category/free-food-van/>

Sun safety for children

This summer is predicted to be a scorcher and we want to give you as much information as possible to be prepared to supporting your family.

Playgroups may be cancelled in extreme heatwaves and families will be notified either via text message, email, website or social media.

Too much exposure to the sun's ultraviolet (UV) rays can cause sunburn, skin and eye damage, and increase your child's risk of developing skin cancer later in life. (Too little UV can lead to low vitamin D levels, which can affect your child's bones, muscles and overall health.)

The answer is to use the five SunSmart steps whenever UV levels reach 3 or higher. Remember, it's not just about hot, sunny days. UV can be damaging on cool, cloudy days too.

1. Slip on covering clothing. Use loose-fitting clothing that covers as much of your child's skin as possible.



2. Slap on SPF30 (or higher) broad spectrum, water-resistant sunscreen to any part of their skin not covered by clothing. Apply sunscreen 20 minutes before going outside and reapply every two hours. (Note: The widespread use of sunscreen on babies under six months is not recommended. It is better to keep your baby out of direct sunlight when the UV index is 3 or higher. If using sunscreen on babies, do so very occasionally, on very small areas of skin, and use a baby, toddler or sensitive skin formula.)
3. Slap on a broad-brimmed hat that shades the face, neck and ears. Caps do not provide enough protection and are not recommended.
4. Seek shade. Remember some UV rays can still reach you in the shade, so continue to use all forms of sun protection.
5. Slide on wrap-around sunglasses. Make sure they are labelled AS 1067 so you know they have very good UV protection. Toy sunglasses do not protect the eyes are not recommended. Some retailers sell baby sunglasses with a soft band that holds them in place on baby's head; always supervise your baby to ensure they don't pose a strangulation hazard.

Sun protection is for everyone. As a parent or carer, following the [SunSmart](#) steps yourself means you are role modelling SunSmart behaviour and staying safe at the same time.

Explore more information on hot weather and children in this link.

<https://www.betterhealth.vic.gov.au/health/healthyliving/hot-weather-and-child-safety#keeping-children-hydrated-in-hot-weather>

Playgroup for 2024 Looking for a new playgroup in 2024? Check out the

Playgroups in churches	Mainly Music Playgroups	Supported Playgroups	Rhythm and Ryhme Playgroup
Language based playgroup – German	Baby Playgroups	Aboriginal Community Playgroup	Community Playgroups
School Playgroups	Pals Playgroup	Pop up Playgroup	Multiple birth playgroup

website which is kept upto date with all the local playgroups . There are a **variety** of different playgroups on offer to the community with varying cost .



Please see information regarding the upcoming Family Life Group Work for Term 1, 2024.

Kindly follow this link: <https://www.familylife.com.au/early-help-group-work/> to explore the free group work we have on offer for families in our community.



Circle of Security® Parenting Program



All children want to feel loved and safe. The Circle Of Security® parenting program has been developed with decades of evidence on ways to strengthen secure parent-child relationships.

The program supports parents to provide children with the confidence and freedom to explore their world while feeling a sense of comfort and security. The program assists parents to see behaviour as communication rather than a problem.

Experienced and trained Circle Of Security® Family Life practitioners will facilitate the group sessions.

The Circle Of Security® parenting program will help you:

- Support your child's self esteem
- Tune in to your child's world by reading important cues
- Understand your child's emotional needs
- Connect with your child and enjoy being in the moment
- Strengthen your bond and attachment with your child

Where: Online via Zoom

When: Wednesdays, 7th February - 20th March 2024

Attendance at all sessions is essential

Time: 10:30am to 12:30pm

Cost: FREE

Suitable for: Parents with children aged 0 - 5 years

Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



For further information please contact:

(03) 8599 5433 or earlyhelp@familylife.com.au www.familylife.com.au



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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.

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
- Lyrebird Community Centre - Carrum Downs
- Lakewood Child & Family Centre - Frankston
- Karingal Heights Primary School - Karingal
- Orwill Street Community House - Frankston
- Mahogany Rise Child and Family Centre - Frankston North

More Information

Playgroups will run in line with all current Covid guidelines.

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



A Supported Playgroup is a welcoming environment for parents and caregivers to come together with their children to connect with each other and their local community.

Our Supported Playgroups are facilitated by experienced early childhood professionals who will work alongside adults and children to support adult / child interactions during play.

Supported Playgroups are for eligible families with children newborn to five years.

They are Free to attend and run weekly at various locations (during school term)

Eligibility criteria applies.



Contact us

frankston.vic.gov.au
1300 322 322
playgroups@frankston.vic.gov.au



Frankston City Council

PO Box 490
Frankston 3199
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