

Playgroup Newsletter



January and February 2025

Pop Up Playgroups

Join us at Kareela Road Playground and Overport Playground as we continue to have fun at Pop Up Playgroup.

If weather is hot we will have Water Play – please bring spare clothes just incase.

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



Pop up Playgroup

Parents, caregivers, grandparents are welcome to join us for a Pop up Playgroup session, explore a range of fun activities with your child. You will also have the chance to speak to the team about finding a local playgroup the Supported Playgroup Program and Kindergarten registration.

Kareela Road Playground,
45R Kareela Rd, Frankston.

Time: 9.30am – 11.30am

Term 1 dates:

Thursday 13 February

Thursday 20 February

Thursday 6 March

(Please note no session 27 February)

Overport Playground, Somerset Rd,
Frankston South.

Time: 9.30am – 11.30am

Term 1 dates:

Tuesday 11 March

Tuesday 18 March

Tuesday 25 March

Tuesday 1 April

Pop up Playgroup is a free outdoor event please remember you hats, water bottles and snacks, playgroup will be cancelled if inclement weather please check the website (Pop up Playgroup) No booking required.



Frankston City Council
PO Box 490, Frankston 3199
1300 322 322

info@frankston.vic.gov.au | frankston.vic.gov.au



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.

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

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.

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Have your say on Council's Annual Budget



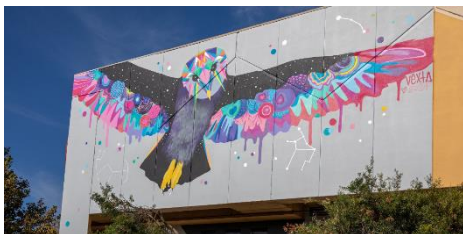
We're getting the Annual Budget 25/26 ready - and we want to hear your input on what will meet an important community need and benefit as many people as possible.

For the first time we're opening community engagement early in the year to make sure we hear from as many people as possible prior to the Budget being drafted.

We've recently heard from more than 1,300 people as part of our Council Vision, Health and Well Being Plan and Asset Plan development and know what's important to you:

- Enhancing city safety
- Supporting vulnerable populations
- Open spaces for recreation (including green are plantings)
- Vibrant public spaces
- Safe and connected public transport

Let's build on this! Tell us your thoughts by 5pm on 20 February at: <https://engage.frankston.vic.gov.au/budget-2025>



Up coming programs



POSITIVE PARENTING STRATEGIES PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR POSITIVE PARENTING WORKSHOPS DATE: Tuesday, 21st January (Session One)
Tuesday, 11th February (Session Two)
Tuesday, 1st April (Session Three)

Session One: How to respond to bullying
Explore what bullying is, and how to recognise if your child is being bullied (or being a bully). Discuss ways to support your child to be safe, both online and in the real world.

Session Two: Fostering children's confidence
Explore why our children behave in particular ways, and how to encourage age appropriate independence, responsibility and participation in the family.

Session Three: Behave or Misbehave - That is the Question!
Parents do not need to put up with unacceptable behaviour. Explore strategies that teach your child/ren to choose to behave well.

NOTE: These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferable knowledge and skills, but the sessions do not address specific issues such as neurodiversity.

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom)
Please note: this session will **NOT** be recorded

COST: FREE!

For more information, contact:

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au

Register once to attend all three sessions

Use the QR code or this link:
<https://events.humanitix.com/parents-building-solutions-and-pronia-present-positive-parenting-strategies-koujolwi>

Registrations close at 4.00 p.m. the day before each session



anglicarevic.org.au



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, 12th February - 20th March 2025

Attendance at all sessions is essential

Time: 10:30am to 12:30pm

Cost: FREE

Suitable for: Parents with children aged 0 - 5 years

Highlyby: 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 About Me?

An activity based group for primary school aged children of separated parents



Our Program

Aim

What About Me? has been developed to support primary school aged children who have experienced family separation and/or reside with only one of their parent's. The program aims to address the impact of separation and parental conflict and provides support to children in a safe environment.

This is achieved by

Psychoeducation delivered through art therapy, child-centred play therapy, and peer supported group therapy.

Facilitators

Group facilitators are specialised and experienced practitioners in the family and child welfare space. The group is child-focused and facilitators work within the best interests of the child and the child safe standards frameworks.

Session Topics

Unpacking Family

The aim of this session is to explore family dynamics and help children to better understand their family system.

It's Never the Child's Fault

This session aims to support children to understand parental separation.

Safe Relationships

This session aims to educate children and explore what is and isn't a safe and healthy relationship, helping children identify the trusted adults in their life.

Adult Worries

This session helps children to identify, unpack and explore which worries and responsibilities belong to adults.



What About Me?

An activity based group for primary school aged children of separated parents



Caught in the Middle (for children whose parents may be involved in Family Law matters)

This session will deliver a child-friendly explanation of Court processes that children may be exposed to.

'I just wanted to say a big THANK YOU for your time, preparation and effort in relation to facilitating the What About Me? group each week.

I can see that it's been really beneficial for my child and I am noticing that she is continuing to use a number of the tools that were taught throughout the course in her day to day life.'

(Mother of an 8 yo)

Program Details

Where: Frankston/Sandringham

When: Each school term

Time: After school 4:30pm - 6:00pm

Cost: No fee

Duration: 6 weeks

Referrals: Contact us on (03) 8599 5433

Acknowledgements

Family Life, and all the people who make up our organisation respectfully acknowledge all Aboriginal people and their Elders, past, present and emerging. In particular we wish to acknowledge the Boonwurrung and people of the Kulin nation in whose ancestral lands Family Life provide services to the Community.

Family Life welcomes everyone in the community, including those who identify as Culturally and Linguistically Diverse, LGBTQA+, or with a disability.

For further information please contact:

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



1800 875 276

Whats on

Storytime at Frankston City Libraries is the perfect way to explore literacy and develop a love of reading together. Our relaxed sessions are designed to encourage children to engage with the library space and each other. And don't forget, you and your child can become library members for free and keep the reading fun going at home.

We can't wait to see you again at Storytime!



Storytime Schedule Term 1, 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		SEAFORD Preschool 3-5yrs	KARINGAL PLACE 0-5yrs HEALTHY FUTURES HUB 0-5yrs	SEAFORD Tiny Tots 0-2yrs FRANKSTON NORTH 0-5yrs	FRANKSTON SOUTH 0-5yrs	
10am	FRANKSTON Tiny Tots 0-2yrs			FRANKSTON Preschool 3-5yrs		
10:30am		CARRUM DOWNS Preschool 3-5yrs			FRANKSTON Tiny Tots 0-2yrs	
11:00am		SEAFORD Baby Rhyme Time <12 months				FRANKSTON 0-5yrs
11:30am	FRANKSTON Preschool 3-5yrs		CARRUM DOWNS Baby Rhyme Time <12 months	LANGWARRIN 0-5yrs	CARRUM DOWNS Tiny Tots 0-2yrs	
			FRANKSTON Baby Rhyme Time <12 months			
2.30pm	FRANKSTON Baby Rhyme Time <12 months					
	SEAFORD Tiny Tots 0-2yrs					



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

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