



# COMMUNITIES FOR CHILDREN

Murraylands  
**ac.care**

opportunities for life ... for country people  
est. 1986



Communities for Children is funded by the  
Australian Government Department of Social Services



Artwork by Manuki from St Joseph Primary School



# COMMUNITIES FOR CHILDREN NEWSLETTER

JULY 2023

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Hello there,



Welcome to Communities for Children (CFC) Murraylands Newsletter. We are glad you are here. Communities for Children is part of the Australian Federal Government's Families and Children Program that aims to support children and families in the Murraylands, through community activities and school programs.

We fund our fabulous Community Partners Tailem Bend Community Centre, Centacare and Playgroup SA to provide programs and activities in the community.

This is our mid-year edition. Our next one will be at the end of 2023. If you would like to contribute, give feedback or have suggestions for us, please get in touch. We would love to hear from you.

Contact us at [Communitiesforchildren@accare.org.au](mailto:Communitiesforchildren@accare.org.au) or call (08) 8531 4900.



Follow us on Facebook at  
Communities for Children Murraylands





# Our Amazing Community Partners

## Tailem Bend Community Centre

- Parent Child Mother Goose
- Drumbeat
- Seasons for Growth
- Celebrate Connection
- Child friendly Murraylands Business Awards

For more information: 08 8572 3513



## Centacare

- Seasons for Growth
- Tuning into Kids
- Circle of Security
- Dad's Net
- Family Fun Time
- Fathers and Families Support Program
- Individual Family Support

For more information: 08 8215 6347



Centacare

## Playgroup SA

- Playgroup in Callington

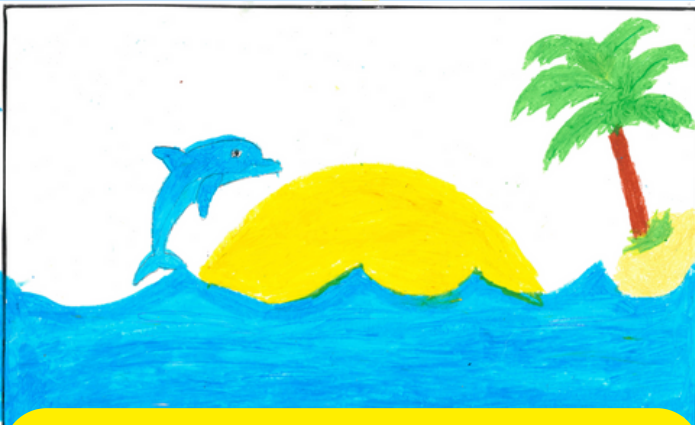
For more information: 0422 015 565





# Top 20 Calendar Art

Each year, Communities for Children sites around South Australia invite children in schools and the community to create a piece of art showcasing what is most important to them. This year we worked with children from Callington Primary, Concordia Kindergarten and Unity College. These are the top 20. Thank you to everyone who participated or voted.



Summer - Unity College



Aurora - Callington Primary



Ila - Callington Primary



Piper - Unity College



Jasmine - Callington Primary



Lorenzo - Callington Primary





Violet - Unity College



Lachlan - Unity College



Lewis - Callington Primary



Pearl - Callington Primary



Sadie - Concordia Kindergarten



Luvinah - Callington Primary

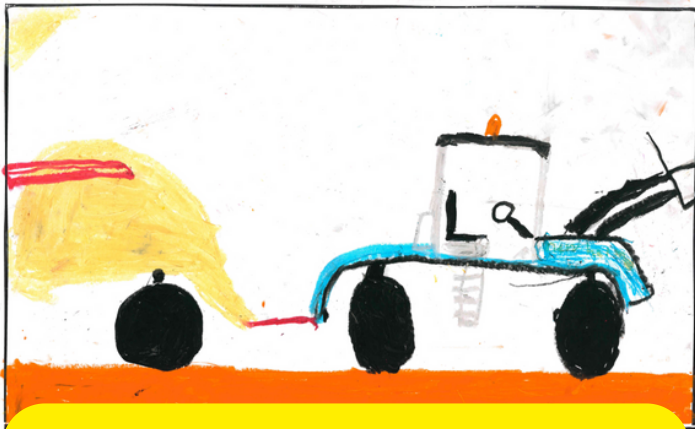


Hayley - Callington Primary



Faith - Unity College





Jason - Unity College



Reuben - Concordia Kindergarten



Josh - Unity College



Izgebell - Unity College



Harry - Concordia Kindergarten



Jade - Unity College

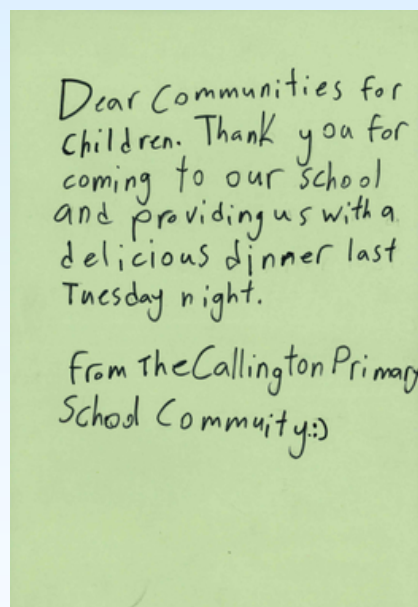
If your school would like to be involved in Term 1  
2024, please contact the Communities for  
Children team on (08) 8531 4900 or send an email  
to [communitiesforchildren@accare.org.au](mailto:communitiesforchildren@accare.org.au)



# Snapshot of what we have been up to:



## Karoonda School Holiday Activity



## BBQ at Callington Primary



## Multicultural Festival Murray Bridge



## Art Display Murray Bridge



## Trauma Aware Training

CFC Murraylands organised a Trauma Aware Practice Training as part of Collaborative Learning and Development for professionals and community members in the region. The trainers from Connected Self were knowledgeable with practical skills on how to apply a trauma responsive framework. The attendees from various community organisations engaged in the sessions and valued the opportunity.





# NAIDOC WEEK 2023



## FOR OUR ELDERS

2-9 JULY 2023



We braved the weather and joined a large number of community members for the NAIDOC Bridge walk on Monday, July 3. Following this, we attended the NAIDOC award ceremony and sponsored the Junior Encouragement Award. Congratulations to all award winners! The Family Fun Day held on the Imperial's Oval was a success and Communities for Children represented ac.care by offering badgemaking, Lego creations and funding Farmer Darcy's Travelling Farm. On Tuesday, July 4 we joined the Storytelling session at the library, in collaboration with Moorundi and Hippy team (ac.care), and offered scratch art and badgemaking activities that were well received.



# PAINT THE BRIDGE

## REaD

### Mascot Launch



## Roary the REaDasaurus

Roary the REaDasaurus hatched and we were thrilled to be a part of this launch alongside the children and families in the community. Peter Combe sang classics such as Mr Clicketty Cane, Juicy Juicy Green Grass and Spaghetti Bolognaise

This project was a collaborative project with the Rural City of Murray Bridge, Murray Bridge Library, Murray Bridge Community Centre, Murray Bridge Wellbeing Hub through a Local Government Early Childhood Community Innovation Grant granted to the council.

Paint the Town REaD is an early literacy community program that encourages the community to read, talk, sing and play with children from birth, to develop the skills they will need for reading and writing.

DON'T FORGET TO **SING**, **RHYME** AND **PLAY** WITH YOUR CHILD EVERY DAY.

# Tailem Bend Community Centre



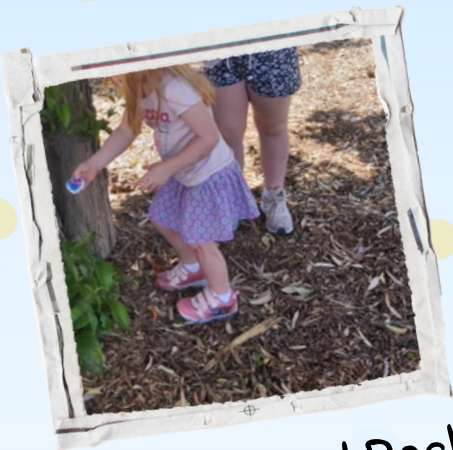
Easter Event



Drawing Challenge



Suncatchers



Inspirational Rocks



Simultaneous  
Storytime Day



Games Bonanza

Celebrate Connection is a group of activities designed to build and strengthen connections and provide learning opportunities. These sessions are designed to assist children and caregivers to see the benefits of engaging together whilst developing skills that strengthen their relationship. So far this year, there have been activities such as: Drawing Challenge, Escape Room, Games Bonanza, Inspirational Rocks, Making Suncatchers, Scavenger Hunt, Silent Disco and Yoga.





# Tailem Bend Community Centre



Parent Child Mother Goose is a program for parents/ caregivers and their babies/young children. It supports the development of secure parent attachment, promotes children's speech development and enhances the family's community inclusion through rhymes, songs and stories together. Parent Child Mother Goose is held in Murray Bridge, Tailem Bend, Meningie and Mannum throughout the school terms.

DRUMBEAT and Season's for Growth sessions are delivered in different schools across the Murraylands during school terms



DRUMBEAT



Parent Child  
Mother Goose  
PCMG



Season's for  
Growth

For more information on activities by Tailem Bend Community Centre follow the team on Facebook at Tailem Bend Community Centre Inc or contact the team on 08 8572 3513





# Tailem Bend Community Centre Business Awards Winners



Winner of 'Child Focussed Services - Family Friendly Business Awards 2023 - Murray Bridge'

**Zoey - Tailem Bend Community Centre**

**Krissy - Owner**

Owner Krissy has responded to family requests and community needs, providing programs for children/ teens. These are programs which incorporate hands-on learning including understanding feelings, emotions and responses with learning opportunities for children and young people to embrace mindfulness and positive practices.

One of the programs that Krissy offers is Peaceful Kids, which includes beautiful visual resources within sessions, strategies and resources to take home and utilise beyond sessions for holistic health and wellbeing for the children, young people and their families.



# Tailem Bend Community Centre



## Business Awards Winners



**Sam Shepherd - Founding Director and Accredited Instructor**

Winner of 'Child Focussed Services – Family Friendly Business Awards – Coorong'

**Sammy's Driving School**

Sammy's Driving School is fast establishing a positive reputation for being patient, inclusive and reliable in assisting children and families in developing the skills required for safe and confident road practices.

By providing cohesive plans and clear expectations throughout the process, Sam supports individuals to feel empowered and confident in their capabilities and road practices.

SDS offers automatic and manual driving lessons in the Murraylands, for all learner drivers, of all ages or any stage of the licence process. Young, mature aged, international and visitor learners are welcome.



# Tailem Bend Community Centre



## Business Awards Winners



**Paige - Owner**

**Katrina - Tailem Bend Community Centre**

Winner of  
'Restaurant/ Café –  
Family Friendly  
Places to Visit –  
Coorong'

The owners, Paige and Jake (along with Paige's parents Deb and Malc) are proactive in supporting children through their connections with the local schools, kindergarten, childcare centre, sporting clubs, community groups, local and travelling communities.

This includes providing two local schools with lunch order opportunities with healthy options in mind alongside the delicious bakery items. They are also working in collaboration with a senior group of school students providing knowledge and opportunities to gain a greater understanding of business and community skills.





Fishing



Fishing



Bicycle Riding



Bicycle Riding



Bike Basics



Kite Flying

During the School Holidays activities such as Bike Basics, Kite Making, Lego creations, Family games and Bike adventure trail were offered. For more information on activities by Centacare contact the team on 08 8215 6347



## Easter BBQ

Families enjoyed a BBQ at Sturt Reserve, that involved lots of games and activities. Family games included parachutes, sack races, egg and spoon race. The Easter Egg Hunt was a favourite for the children especially since the CFC bear made an appearance.



## Dad's Space

Dad's Space is a program that provides fathers with an opportunity to meet in a safe space and discuss topics and issues that impact on their day-to-day life. The sessions are based on the needs of these men to be supported with their role in the family. The overarching theme of the sessions is focussed on healthy mind, body and soul with a holistic approach to strengthen positive fathering patterns and strategies.





Centacare has school term activities such as Season's For Growth in Schools, Circle of Security, Tuning into Kids and Family Fun time. Antenatal sessions are also available to provide education to new parents about the first 1000 days of a child's life. Contact Lyall at Centacare on 8217 6327 if you would like to attend any of these programs.



**Tuning In To Kids**  
EMOTIONALLY INTELLIGENT PARENTING

This program is for parents and carers looking to increase their confidence in parenting skills.

This parenting program helps children to learn and understand their emotions and practice regulating their emotion. Children with good emotional intelligence often have better social, emotional and physical functioning as well as fewer behavioural difficulties. Children are more able to manage conflict with their peers and have greater success with friendships.

'Tuning in to Kids' comprises five two hour sessions delivered once a week

**Term 3 2023**

To Book in and register please contact Lyall at Centacare on 82156347





**COMMUNITIES FOR CHILDREN**  
Murraylands

**Circle of Security**  
Parenting Program

This relationship-based program draws on over 50 years of early childhood research and may help you as a parent/caregiver to:

- understand your child's emotional world - learn to read the emotional need that lies beneath your child's behaviour
- support your child's ability to handle their own emotions and support the development of confidence and self-esteem
- strengthen your skills in observing and connecting with your child
- explore your child's needs within a safe, secure and supportive environment

**Suitable for parents with children under eight years**

**Term 3 2023**  
**Contact Lyall for more information on 8215 6347**




Communities for Children Murraylands is facilitated by ac.care and funded by the Australian Government

# Playgroup SA



We have had a wonderful start to the year at Every Body Play Callington. Our playgroup imbeds the PEEP Learning Together Program where we weave new skills and knowledge into our playgroup sessions. The children love exploring the different activities each week. Our Playgroup Shop has been particularly popular as we watch the children engage in wonderful parallel play, buying and selling things to each other and to all the parents, caregivers and facilitators.

We also offer sensory play each week as an opportunity for the children to practice their fine motor skills and gain experience with different textures. The children love tipping, poring and sometimes even sitting in our sensory trays!

Everyone is always welcome! The playgroup is suitable for all ages, birth to school age. Every Body Play Callington meet every Tuesday during school term at Callington Recreation Centre from 9am.





# Royal Life Saving SA



Murray Bridge Highschool



Callington Primary School






We partnered with Royal Life Saving SA to deliver the Water Wise program which is a localised safety awareness campaign. Rivers are unpredictable with hidden dangers, this was especially evident during the 2022/2023 flooding. The aim was for children to learn about how to stay safe while spending time in the river.



# Royal Life Saving SA



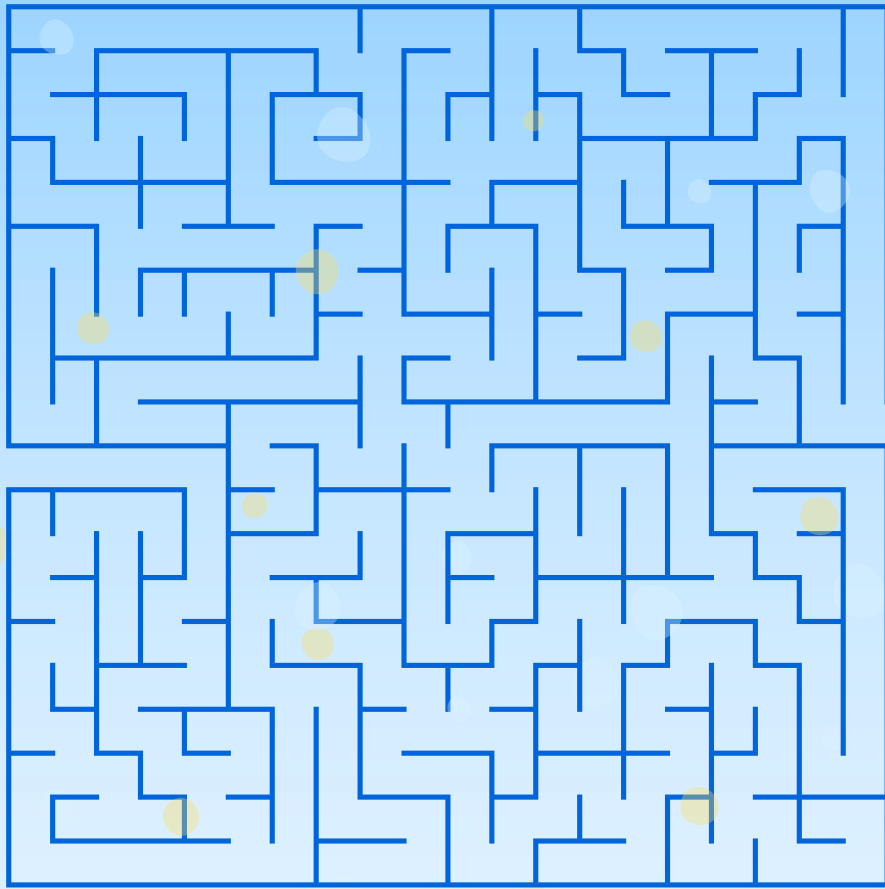
## The children learnt about :

-  Dangers in waterways
-  How to remain safe when using waterways
-  What to do when someone is in trouble
-  How weather can affect local waterway
-  First Aid

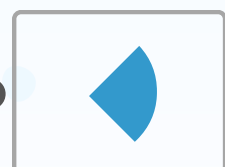
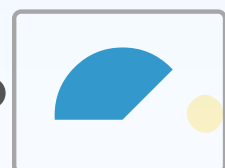
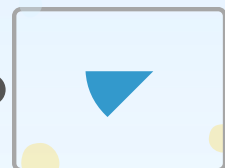
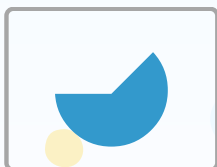
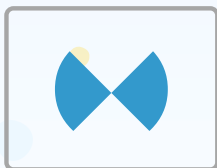




# Help Goldie get to her pony



## Matching Game



# LOCAL LINKS



The Local Links booklet has contacts and information for organisations in the Murraylands region. This booklet is helpful when trying to find assistance and guidance in the community.

FREE copies are available to collect at ac.care 29 Bridge Street, Murray Bridge. The digital copy is available on the CFC Facebook page and the ac.care Website at:

<https://www.accare.org.au/wp-content/uploads/2022/05/Local-Link-web.pdf>.







# 2023 JULY SCHOOL HOLIDAYS

Monday 10th	Tuesday 11th	Tuesday 11th	Tuesday 11th
<b>Bike Basics Adventure Ride Callington</b>  <b>10:00am AND 1:00pm</b>  Callington Hill Trailhead 8215 6347	<b>Bushland Exploring Walk Mannum</b>  <b>10am-12pm AND 1pm-3pm</b> Mannum Waterfall Reserve 8215 6347	<b>Art Workshop Mannum</b>  <b>10am - 12pm</b> Mannum Leisure Centre Adelaide Road 8572 3513	<b>Teddy Bears Picnic Mannum</b>  <b>1pm - 3pm</b> Mannum Leisure Centre Adelaide Road 8572 3513
Wednesday 12th	Wednesday 12th	Wednesday 12th	Thursday 13th
<b>Fish 'N' Chats Murray Bridge</b>  <b>10:00am</b> Theile Reserve  <b>1:00pm</b> Avoca Dell Reserve 8215 6347	<b>Art Workshop Karoonda</b>  <b>10am - 12pm</b> Lutheran Church Hall East Terrace 8572 3513	<b>Teddy Bears Picnic Karoonda</b>  <b>1pm - 3pm</b> Lutheran Church Hall East Terrace  8572 3513	<b>Exploring Walk Murray Bridge</b>  <b>10:00am</b> Rural AV Wetland  <b>2:00pm</b> Swanport Wetlands 8215 6347
Tuesday 18th	Tuesday 18th	Wednesday 19th	Thursday 20th
<b>Art Workshop Murray Bridge</b>  <b>10am - 12pm</b> White Park Hall Mulgundawah Road 8572 3513	<b>Teddy Bears Picnic Murray Bridge</b>  <b>1pm - 3pm</b> White Park Hall Mulgundawah Rd 8572 3513	<b>Kite and Paper Plane Building Murray Bridge</b>  <b>10:00am 1:00pm</b> Sturt Reserve  8215 6347	<b>Art Workshop Tailem Bend</b>  <b>10am-12pm</b> Tailem Bend Community Centre 8574 3513

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YOU BY**



# Communities for Children Murraylands team



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