



# Salisbury Communities for Children

## Newsletter

Salisbury Communities for Children is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs

This newsletter is for you!

There is plenty of information around but it isn't always easy to know what's happening in your local area. We want to give families in and around Ingle Farm some useful ideas about what's on, how you can connect up with other families and what supports are out there for you. And we welcome your ideas and feedback. Thanks for checking out your community through these pages.

Let's work together to build a better community for our families

## We want to hear from you!!

What do you want to see in this newsletter?

Please give us your suggestions and contributions

Email [jane.swansson@aus.salvationarmy.org](mailto:jane.swansson@aus.salvationarmy.org) or phone Jane on 8397 9333

Creating a child-friendly community environment for children 0-12 years

## What's on in your area?

### BankSA Northern Lights 2011- FREE Multicultural Festival For Everyone!

**SATURDAY 15<sup>th</sup> OCTOBER 2011, 10AM – 4PM**

TWELVE 25 Salisbury Youth Enterprise Centre 17 Wiltshire St Salisbury SA - .

CALL **8253 9928 FOR MORE INFO** or check out [www.northernlightsfestival.wordpress.com](http://www.northernlightsfestival.wordpress.com)

Come along and soak up the friendly atmosphere. Experience the community connection!

The festival, now in its 5<sup>th</sup> year, showcases the music and artistic talents of Aboriginal and Culturally and Linguistically Diverse (CALD) community members.

Celebrate multiculturalism through vibrant, pulsating and energetic World Music Performances from Africa, Europe, Central/South America, Asia and Australia.

Enjoy Tai Chi demo., Interactive community art, healthy recreational activities, air brush tattoos, face painting, delicious multicultural food, community and community support agency stalls and much more!

Entertainment includes: **AKOUSTIC ODYSSEY**

**XAVIER MINNIECON - MC**

**THE BORDERERS**

**DADDY BOY MOMO HIP HOP**

**BURUNDIAN DRUM CLUB SA**

**KUMMA KURO**

**MOEIN SHIR PERSIAN HIP HOP**

**THE CHRIST REDEEMER GOSPEL CHOIR**



### ★ Star quote ★

Even a minor event in the life of a child is an event of that child's world and thus a world event.

Gaston Bachelard (1884-1962) French philosopher and poet.

September 2011

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# What's on in your area?

## Nurture Parenting Courses

*Nurture Babies* is a free 10 week parenting course at Victory Church that helps new mums navigate through the challenging season of newborns.

Topics include bargain hunting, introducing solid foods, getting fit and into shape after childbirth, post natal depression, expectations, identifying health emergencies, keeping yourself beautiful when you don't have time for a shower - and more.

*Nurture Next Steps* is also a free 10 week parenting course that helps equip mums with knowledge and skills to parent children 2 to 5 years of age.

Topics include parenting styles and attitudes, child development, behaviour management, potty training, dealing with sibling rivalry, preparing children for school, health and nutrition, basic first aid and more.

Both courses involve small groups of women interactively exploring various topics with

paediatricians, nurses, psychologists, fitness and beauty professionals plus other mums who have been there before.

## Playgroup

Each Thursday, the peace and quiet of the kids auditorium at Victory Church is rocked as preschoolers and their caregivers converge to play, learn and share some laughs at Playgroup.

Kids have a great time in the safe and welcoming environment with lots of activities including music, story time, craft, free play, literacy, social interaction and more.

**But its also a much-needed time for mums** to catch up and enjoy great coffee, share advice and have a laugh.

Playgroup runs every Thursday morning during school terms from 10am to 11.30am.

All ages welcome, from newborn to pre-school children.

Entry by \$2 donation per family. Children are asked to bring a piece of fruit to share.

**Victory Church is at 5 Maxwell Road, Pooraka, for further information please contact on 8262 7733.**

## Salisbury Library Service Giggle Time

Parents or carers of children 0-2 can have fun building early literacy skills through sharing books, songs, finger plays and rhymes.

The experiences that children have in their early years shape their development, ability to learn, social skills and self-esteem.

Each week a **Giggle Time** session is held at your local branch. All sessions start at **10.30am** and run during school terms only.

Tuesday	Len Beadell Library
Wednesday	Mawson Lakes Library
Thursday	Salisbury West Library Para Hills Library
Friday	Ingle Farm Library



For more information please contact the Community Learning and Outreach Team on 8406 8233.

## Story Time

Story Time is a wonderful way to introduce your child to books and reading. It allows children under 5 to hear rhymes, stories and language, and broaden their creativity and imagination.

Each week a **Story Time** session is held at your local branch. All sessions start at **10am** and run during school terms only.



Monday	Para Hills Library
Tuesday	Salisbury West Library
Wednesday	Len Beadell Library Ingle Farm Library
Friday	Mawson Lakes

Parents, grandparents, friends and carers are very welcome.

For more information please contact the Community Learning and Outreach Team on 8406 8233.

# School holiday fun

## Library Activities

Come along to one of the five Salisbury Library branches as we share stories, play, songs and engaging activities.

School Holiday Programs provide a fantastic opportunity to introduce your child to the library and literacy practices in a social and fun environment.

Programs are free of cost and bookings are essential. To find out more go to;

[http://www.salisbury.sa.gov.au/Our\\_City/Events/School\\_Holiday\\_Program](http://www.salisbury.sa.gov.au/Our_City/Events/School_Holiday_Program)

## Skate Park BBQ and Music

Come and enjoy a free sausage in bread while listening to music and riding your skateboard, scooter or bike.

When: Thursday 13 October, 2011

Where: Salisbury North Skate Park, Bagster Rd, Salisbury North.

Cost: FREE. All ages welcome.

Supported by Twelve25 Salisbury Youth Enterprise Centre and Bagster Rd Community Centre.



Contact Kate at Twelve25 on 8253 9928 for further information.

## OPAL Family Fun Day

Join us for a fun-filled day full of activities including 'Junk Food Jim' & the 'Flying Food Circus' show, try the latest craze 'Zumbatomic', food tastings, giveaways and much more. Adult supervision required.

11am – 1.30pm, Wednesday 5 October, 2011.

All ages welcome. Morella Community Centre, 90 Kings Rd, Parafield Gardens.

## Futsal

School Holiday Futsal Clinics –

Ingle Farm Recreation Centre

9.30am - 12.30pm, Wednesday 12 October 2011

Ingle Farm Recreation Centre, Cnr Beovich & Roopena St, Ingle farm. Cost: \$10

Come along and learn skills in the fastest growing indoor sport and participate in drills with experienced Futsal players. For ages 6-10. Bookings required, call 8263 0411.

## Roller Skating

Join in the fun and games with a day of unlimited roller skating, great for the whole family.

Cost: \$7 per person including skate hire (skaters advised to wear knee and elbow pads, these are not supplied).

11am - 3pm, Wednesday 5 & 12 October, 2011

11am - 3pm, Friday 7 & 14 October, 2011

11am - 3pm, Monday 10 October, 2011

Call 8263 0411 for further information.



### Saver Plus could help your family manage “back to school” savings

By joining Saver Plus you could receive \$500 to help pay for school items including text books, computers, excursions and uniforms.

Saver Plus is delivered by Anglicare SA and ANZ in Salisbury & Playford

To be eligible you must:

- be a parent or guardian of a student attending school, or be attending intending to attend accredited vocational training yourself
  - have a current health care card or pension card,
- and**
- have some income from paid employment.

To find out more contact the Saver Plus worker at AnglicareSA on 08 8256 2170 or 0457 778 021. Limited spaces so call now!

# School holiday fun

Ingle Farm

Children's Centre  
for Early Childhood  
Development and Parenting

## FREE School Holiday Fun



Activities held at The Paddocks Centre  
Corner Bridge Rd and Kesters Rd, Para Hills West  
Bookings Essential - Phone 8258 8099

**Wednesday 5<sup>th</sup> October**  
**10.30am – 12noon**

**Monday 10<sup>th</sup> October**  
**10.30am – 12noon**



### Who Lives In a Pineapple under the Sea? SpongeBob Square Pants

### Creative Bedroom Crafts and Decorations

Join us for a range of SpongeBob games and crafts that will bring alive our favourite yellow character from under the sea.

Give your bedroom an awesome makeover. These fun & simple craft projects will help you give your room that personalised touch.

**DISCOVER HOW JESUS PUTS THINGS THE RIGHT WAY UP**  
**13 -14 OCTOBER 2011 2-7PM DAILY**  
CNR MAIN NORTH & FAIRFIELD ROADS, ELIZABETH

**FREE ENTRY AND FREE SHOW BAG**

**UPSIDE DOWN CIRCUS 2**

**GAMES CLOWNS**  
**CRAFT FUN**  
**OP-SHOP FOOD**  
**SHOWS FACE PAINTING**

**FREE FESTIVAL OF FUN FOR KIDS & FAMILIES**  
\*\*\*\*child safe event - adults must be accompanied by a child\*\*\*\*

Enquiries: 8255 2467  
upsidedowncircus@gmail.com  
www.northernadelaideoutreach.org  
CHECK OUT THE WEBSITE FOR FREE BUS TRANSPORT ZONE DETAILS

Organised by Local Northern Christian Churches with grateful support

### FAMILY FUN DAY

**At FamilyZone**  
**Corner Montague & Belalie Roads,**  
**Ingle Farm**  
**phone 8349 6099**

**Wednesday 5th October 2011**  
**10am—3pm**

Lots of fun games & prizes  
throughout the day

Scavenger Hunt      Sack Race  
Three Legged Race      Spoon Race  
Face Painting      Soccer Games

**BYO picnic lunch, rug & chairs**

Upside Down Circus 2 enquiries: 8255 2467  
upsidedowncircus@gmail.com  
Www.northernadelaideoutreach.org  
CHECK OUT THE WEBSITE FOR FREE BUS  
TRANSPORT ZONE DETAILS

# Other Activities



**The Paddocks Centre**  
Cnr Kesters & Bridge Road, Para Hills West | T: 8258 8099

## New Directions

A program designed for new arrivals to our area



**Every Thursday**  
**9:30am-11:00am**

**Starting 1<sup>st</sup> September 2011**

**Cost: \$2**

Sessions will be covering topics such as:

Budgeting	Police and your Safety
Legal Services	Centrelink
Health	Tax
Citizenship	Creating a resume

**Parents are welcome to bring their children**



*Connecting your Community*

## Family Zone BREAKFAST CLUB

There is a commotion on Monday mornings at the Family Zone. We have been having a breakfast club, and it has been a huge success, children from Ingle Farm Primary school join us and have a little nibble to start their day.

We serve breakfast from 8.15am. Children can come back for seconds of pancakes and toast and parents are also welcome to eat with us or just say hello.

FamilyZone is on the grounds of Ingle Farm Primary School, Corner of Montague and Belalie Roads and provides activities for families with children under 5 (see [www.salisburyc4c.org.au](http://www.salisburyc4c.org.au) or phone 8349 6099 for more information).



## Beetles on a log

Makes 4  
Preparation time: 7 minutes  
Cooking time: No cooking needed

### Ingredients

- 2 celery sticks
- 4 tablespoons reduced fat cream cheese
- 24 sultanas

### Equipment needed

- Bread and butter knife
- Chopping board
- Measuring spoons
- Paper towels
- Serving plate
- Small vegetable knife

### Instructions

1. Wash the celery and pat dry with paper towels. Using a small vegetable knife, trim the ends.
2. Using a bread and butter knife, fill the celery sticks with the cream cheese.
3. Cut each of the filled celery sticks into 'logs' about 5 cm long.
4. Arrange the celery logs on a serving plate, top with the sultanas and serve.



## Cooking activities for kids

Featuring 28 easy, inexpensive, fun and healthy recipes for children to help to prepare with adult supervision, this recipe booklet also includes helpful tips and food safety and hygiene advice.

To obtain your free copy of the Heart Foundation's *Cooking activities for kids* booklet please phone the Heart Foundation's Health Information Service on 1300 36 27 87

Reproduced with permission from *Cooking activities for kids*.  
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## Looking for Child Care...

Are you looking for affordable child care that operates during standard hours, overnight, weekends, school holidays, and before/after school?

Family Day Care offers local home-based child care in a warm and caring environment where the low carer-to-child ratio encourages development of strong, trusting relationships with one primary carer and with other children in their group; numbers of children in care at any given time is limited to 4 children under the age of 5 plus 3 school age children (outside of school hours).

Respite care for families with children who have additional needs is also available.

The Department of Education and Children's Services (DECS) Family Day Care supports over 800 family day care providers from a diversity of cultural backgrounds across South Australia. Carer's qualifications range from Certificate III in Children's Services to university degrees and/or an extensive history in professional child care.

## or looking to work from home?

There is an increasing demand for local care providers as more and more parents are choosing DECS Family Day Care for their children.

If you enjoy working with children and are interested in finding out how you might become a family day care provider please contact us.

DECS Family Day Care provides ongoing support to carers to maintain delivery of contemporary child care practice and to ensure continued positive outcomes for the children in their care.

For further information regarding child care or becoming a care provider, please visit our website at: [www.decs.sa.gov.au/familydaycare/](http://www.decs.sa.gov.au/familydaycare/)

or call DECS Family Day Care on: 1 300 551 890.



## Foundation Studies - UniSA

UniSA Foundation Studies is a free, one year program. There are no qualifications or exams required for entry, making the program an accessible study option.

It provides alternative entry into university for people who have the capacity to take on tertiary studies. Enrolment for 2012 is now open through the South Australian Tertiary Admission Centre (SATAC).

There are a number of reasons to do UniSA's Foundation Studies program, including:

- It's for people from all walks of life
- It thoroughly prepares people to study a degree
- It's for people with no qualifications
- It's free

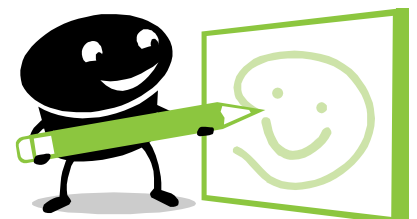
Students are provided additional support.

Foundation Studies builds study skills, assisting students to become independent and confident learners.

The program is taught at UniSA, providing students access to the full range of University support services as a member of the University community.

The Foundation Studies program offered by UniSA College is about making ambitions possible and supporting students to develop the skills to reach their full potential and succeed in higher education.

For further information visit [unisa.edu.au/college](http://unisa.edu.au/college) or call (08) 8302 7407.





# FamilyZone Term 4



Family Zone offers services to families with small children living in Ingle Farm, Para Hills, Para Hills West, Pooraka, Salisbury East, Brahma Lodge & Para Vista.

All our activities are FREE and crèche is available on site, while you attend our programs, courses and groups.

Phone 08 8349 6099 for more information or bookings

## Children's Week 24th Oct to 28th Oct

October marks the celebration of National Children's Week. Children's Week aims to bring world-wide attention to the need to understand, appreciate and care about children. Here at the Family Zone Hub we are celebrating this event with a special "Stretching the Ages" morning tea.

On Friday 28th October at 10am some residents of the Lutheran Community Care Aged Care facility at Hope Valley will be joining Friday Playgroup for a fun craft activity and Devonshire tea.

## Bringing up Great Kids

6 week course commencing Tuesday October 25th, 10-12 pm

This program uses mindful reflection to:

- Learn more about the origins of your own parenting style and how it can be more effective.
- Identify the important messages you want to convey to your child and how to do it.
- Understand the messages that your child communicates to you and how.

And much more!  
Creche available.

## Multicultural Shared Lunch

We are incredibly lucky here at the Family Zone Hub to have families from various cultures and back-grounds. Let's celebrate this by sharing a traditional dish and coming together for a shared lunch.

Thursday 3rd Nov and Thursday 1st Dec  
12.00pm after Move & Groove

Come along and bring a plate to share.

No bookings needed and no crèche provided

## International Cooking Demonstrations

Tuesdays 12.30—2.30pm

Come along and learn some authentic cooking.

25th Oct Indian  
1st & 8th Nov Chinese  
15th & 22nd Nov Thai  
29th Nov Australian

Bookings are essential. Numbers are limited. Creche will be provided.

## Conversational English

Mondays 1.00—2.30pm

If you would like to opportunity to practice English in a friendly atmosphere come and join Margaret on a Monday afternoon.

We will have lunch together, go to the shops or do some cooking.

The only requirement is that you need to practice your English in this group.

## Indian Support

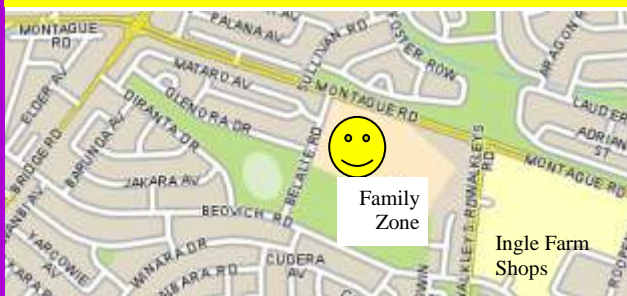
Mondays 1.00—3.00PM

Women who have moved to Australia from an Indian culture are invited to meet together for support and friendship.

Come along on a Monday and tell us what your needs are.

Let this group reduce your feeling of isolation.

WHERE TO FIND US: Corner Montague & Belalie Roads, Ingle Farm



FamilyZone is a Salisbury Communities for Children initiative which is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs

Salisbury Communities for Children

## Contact details

Manager: Karl Brettig

Project Assistants:  
Jane Swansson  
Cathie Bishop

Ph: 08 8397 9333

Fax: 08 836 5170

Cnr Bridge & Maxwell Roads  
Ingle Farm SA 5098

[www.salisburyc4c.org.au](http://www.salisburyc4c.org.au)