

Family Connections – Hackham

Term 4 Newsletter – October 17 – December 16 2016



Individual Needs Supported Playgroup

Tuesdays 9:30am – 11:00am during school term

This is a playgroup which is supported by staff from Family Connections Hackham and is designed for children under 4 who have identified developmental delays or for parents who would like some support or ideas for their child's development. Please bring a piece of fruit to share. Cost is \$10 total per term.



Expression of Interest – Low Impact / Senior Fitness Class

Tuesdays 1:00pm – 2:00pm during school term

Low impact exercise Suitable for everybody, whether you are young or not-so-young, fit or not-so-fit, it's never too late to start. Cost is \$5 per person.

After School Kids Club

To Be Advised contact Centre for Details

This program is for children aged 8-12 and their Mum, Dad, Grandparent's or Carers, plus younger siblings welcome. Come and enjoy the activities with your children, meet their friends and parents and make new connections. Each week there will be a planned craft and cooking activity, as well as inside/outside play, Wii games, stories and floor games. Cost is \$2 per child, \$5 for 3 or more.

Baby Playgroup

Wednesdays 9:30am – 11:00am during school term

This playgroup is for parents and carers to get together and share ideas for living and playing with babies and is supported by a Midwife from Noarlunga Hospital. We also cook an easy nutritious recipe for you and your child to try. Please bring a piece of fruit to share. Cost is \$10 total per term.

Hackham Carers Group

Wednesdays 10:00am – 12:00pm

If you care for someone, let us take some time to care for you!

Come and enjoy an informal get together with other carers for coffee and chat. Each week we will either have an activity to do or a guest speaker. No Cost involved.

Toddler Playgroup

Thursdays 9:30am – 11:00am during school term

Learning through play, this playgroup involves creative activities, songs and stories. Please bring along a piece of fruit to share at snack time. We also cook an easy nutritious recipe for you and your child to try. Cost is \$10 total per term.

Mums are Us

Thursdays 12 noon – 1:30pm during school term

A program providing opportunities for mums to participate in a range of activities designed to build skills, connections and confidence within a supportive environment.

Free crèche available; bookings are essential as spaces are limited. Cost is \$10 per term.



Siblings in Focus

Fridays 3:30pm – 5:00pm Fortnightly

Siblings in Focus is a Communities for Children Activity funded by the Australian Government Department of Social Services. For 5-12 years old siblings of children with special needs, disabilities and/or chronic illness.

Bookings Essential - Contact Tanya 81866944/0439800785 or email tgalbraith@junctionaustralia.org.au

Please Note – If attending more than one playgroup cost is only \$10 total per term.

School Holiday Playgroup - Thursday 10:00 – 12:00 January 10, 17 & 24 2017

Day	Program	Time & Dates
Mon	CENTRE CLOSED	
	Bujinkan Budo Taijutsu	7:00 - 9:00pm
	Australian Breastfeeding Association; Onkaparinga Group Meet for an informal discussion	First Monday of the month 10:00 - 11:30am
Tues	Individual Needs Supported Playgroup	9:30 - 11:00am
	Low Impact Fitness (Expression of Interest)	To be Advised
	After School Kids Club	To be Advised
Wed	Baby Playgroup Attended by a Community Midwife from Noarlunga Hospital	9:30 - 11:30am
	Hackham Carers Group Informal get together with other carers for coffee and chat.	10:00 - 12:00pm
Thurs	Toddler Playgroup	9.30 - 11.30am
	Mums are Us	11:45 - 1:15pm
Fri	Siblings in Focus	3:30 – 5:00pm Fortnightly
	Personal Support Program	1:00 – 3:00pm

Centre for Hire

Family Connections Hackham can be hired on most week days (after 3pm), or on weekends, at very reasonable rates. Our Centre has been used for young children's birthday parties, young teenager's birthday parties, baby showers, training sessions, etc. Mums have commented "It's so much easier here, because it's all set up for the kids", "I came to a party here for a friend and now I will book my own kids party here as it's such a good venue" and "Better making a mess here than at home – easier to clean up!"



For enquiries, please contact 8186 6944
Tuesday to Friday 9 – 3.30pm. Centre is closed on Mondays.



How to find us:
Bus Route 722 from
Colonnades. Bus stop 56c

