



COMMUNITIES FOR CHILDREN

Murraylands
ac.care

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



Artwork of a Capybara by Jasmine from Callington Primary School

COMMUNITIES FOR CHILDREN NEWSLETTER

DECEMBER 2023



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Hello there,

Welcome to the Communities for Children (CFC) Murraylands Newsletter. We are glad that you are here. Communities for Children is part of the Australian Government Department of Social Services' Families and Communities Program to support children and families across Australia. CFC Murraylands is facilitated by **ac.care**.

CFC launched in October 2007 in the Murraylands regions of Rural City of Murray Bridge, The Coorong and Mid-Murray. CFC has been going strong since then. Thank you for being part of our journey, we look forward to many more years together.

We will publish a newsletter twice a year. If you would like to play a part, get in touch with us through communitiesforchildren@accare.org.au or call (08) 8531 4900. To keep up to date with the latest news visit us at **Communities for Children Murraylands** on Facebook.



Our Amazing Community Partners



Tailem Bend Community Centre

- Celebrate Connection
- Child Friendly Murraylands Business Awards
- Drumbeat
- Parent Child Mother Goose
- Season's for growth

For more information: 08 8572 3513



Centacare

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

For more information: 08 8215 6347



Centacare



Playgroup SA

- Playgroup in Callington

For more information: 08 8344 2722



Snapshot of what we have been up to:



Aboriginal Children and Torres Strait Islander Day

We set up a Scratchie Art Activity and had large games. This was in partnership with Moorundi Aboriginal Community Controlled Health and Home interaction Program for Parents and Youngsters (HIPPY) ac.care.



Murray Bridge Show

We facilitated the parent room space, providing a changing table, a nursing area with a comfortable lounge, a microwave, and spare nappies/wipes. In the outdoor area, we had free large games such as Jenga, Connect Four, chess, totem tennis and bean bag toss for families to enjoy.

Unity Future Directions Exhibition

This was a good opportunity to listen to students' career goals and discuss pathways within ac.care. The team had a spinning wheel with various questions such as: What are your hobbies? Who inspires you? The student's engagement was amicable as they shared ideas about future hopes and life in general.



'Important to Me Art' Display Murray Bridge Show

We took a trip down memory lane by showcasing artwork from each of the CFC calendars since 2015.

Thank you to every participant. Every single piece is a work of art!



Mannum Community College CFC team had Craft, Lego, Origami, and Outdoor Games ready for children during recess and lunch. This was in partnership with Reconnect program ac.care during their 'Our Time is Now' youth exhibition.



Murraylands Jobs & Skills Showcase

CFC team collaborated with ac.care foster care staff to engage community members. We had a lot of conversations with the community as well as other service providers. The event was well attended by secondary school children, people seeking to change careers and community members looking for opportunities.

Centacare



During **WoodWorks**, families worked on a dog kennel project. Skills learnt included tool use, taking measurements, planning the design, resourcing requirements and use of safety equipment like gloves, glasses and earmuffs. **Family Fun Time** supports children to grow, thrive and experience healthy relationships.



At **Beyond Kayaking** families explored reed beds and lagoons with Willow trees along the Murray River. The activity provides an environment that encourages family communication, problem-solving and bonding whilst exploring nature and learning new skills.

Antenatal, Circle of security, Dad's space, Family Playgroup, Individual Family Support, Tuning into kids and Season's for growth are other programs provided by Centacare.

Contact CFC Centacare team at **8215 6347** for more information on these programs.

Tailem Bend Community Centre



Nature Play

Families experienced the creative opportunities nature play presents and left inspired to spend more time outside exploring nature. Some of the activities were cubby building, clay seed bombs and creatures, nature masks and potions.

Father's Day
To acknowledge Father's Day we held an event to celebrate our dads and special people in our lives. Families explored activities and enjoyed a BBQ meal, it was heart warming to see the connection.



Science Week
Throughout the session, community spirit was apparent through interactions and teamwork. Families showed persistence, resilience, problem solving and experimenting with trial and error which is the epitome of science!





Nominations Open

1st December, 2023 - 31st March, 2024

COMMUNITIES FOR CHILDREN
MURRAYLANDS

'Family Friendly'

Business Awards

Recognising - safe, secure, supportive services



Scan QR Code to Nominate a 'Family Friendly' Business

Brought to you by the Communities for Children Team at Tailem Bend Community Centre in conjunction with Communities for Children Murraylands and funded by the Australian Government Department of Social Services

Murray Bridge Riverfront Christmas Festival

Scooby-Doo and the gang made an appearance at the Parade on the Tailem Bend Community Centre float. The pageant gives an opportunity for community engagement and fosters a sense of belonging and community spirit.



Parent Child Mother Goose (PCMG)

We celebrated Book week and World Nursery rhyme week. Families experienced PCMG at various locations including community libraries, playgrounds and at Aminya and Jallarah nursing homes.

Contact CFC Tailem Bend Community Centre team at 08 8572 3513 for more information on activities.

Playgroup SA



PEEP Learning together is embedded into the sessions, enhancing the impact of interactions between children and parent. Early maths with a focus on sorting, communication and all around making sense of sounds have been some of the topics covered this half of the year.

The Playgroup Shop is always popular, it was lovely to see children practice sorting skills to arrange items into different colours and sizes. The children also engaged in various craft activities such as crepe paper flowers, paper plate turtles, finger puppets, and making Christmas reindeers. Shared fruit time was a good opportunity for children to try different fruits. Sensory trays and playdough are also provided during some sessions.

Some books we have read and enjoyed are Dharma the Llama by Matt Cosgrove, The Very Noisy Bear by Nick Bland and Duck on a Bike by David Shannon.

Royal Life Saving SA



CFC is partnering with Royal Life Saving SA to sponsor the December 2023 Holiday Swim sessions in Murray Bridge.

This will cover all program costs for children who live in the Murraylands, aged between 3-12 years old. Holiday swim sessions will be held between December 18-22. Thank you to all who are coming, the sessions are now fully booked.

Fun Fact

Deep Dive Dubai holds the Guinness World record for deepest swimming pool for diving. It is 60.02 meters deep! That is almost three times the height of the Bridgeport Hotel in Murray Bridge. Source: <https://www.guinnessworldrecords.com/world-records/deepest-swimming-pool-for-diving>.



10th Edition CFC Calendar



Limited copies of the 2024 calendars are available at ac.care Murraylands, 29 Bridge St Murray Bridge.

The calendar is done in collaboration with other CFC sites in South Australia:

Onkaparinga, Port Adelaide, Post Augusta, Playford and Ingle Farm.

If your school or kindergarten would like to be involved in the 2025 calendar please contact us on **(08) 8531 4900** or send an email to communitiesforchildren@accare.org.au

WORD SEARCH

Find Schools in the Murraylands

R	R	N	B	E	G	E	L	L	O	C	M	U	N	N	A	M	S	E	C
D	M	E	J	S	T	J	O	S	E	P	H	S	B	U	H	M	N	Q	C
F	C	P	A	X	B	X	D	D	J	E	Z	P	H	G	M	V	O	A	G
A	G	N	O	L	O	P	Y	M	D	E	L	A	D	N	Y	T	L	R	B
T	I	N	T	I	N	A	R	A	V	C	R	L	E	D	N	L	F	J	I
E	T	W	S	I	A	S	U	S	H	R	Q	V	Q	F	I	J	I	S	O
I	H	G	I	H	B	M	T	U	R	E	Z	M	O	N	A	W	C	C	G
G	E	G	E	L	L	O	C	Y	T	I	N	U	G	I	O	E	O	I	R
N	V	F	D	N	E	B	M	E	L	I	A	T	S	L	S	X	C	E	A
L	D	Y	J	R	W	D	X	O	N	F	O	Q	L	H	M	O	O	N	P
A	Q	H	T	U	O	S	B	M	H	N	I	E	X	Y	O	O	N	A	H
H	C	L	R	W	S	L	L	J	S	W	G	C	N	M	G	J	L	E	Y
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A	A	S	E	B	N	K	R	R	V	O	D	J	T	R	O	H	D	C	S
G	N	I	X	R	R	B	K	I	K	O	Y	M	E	N	I	N	G	I	E
E	V	C	X	R	N	A	A	A	O	S	Y	C	T	X	L	X	D	I	E
K	P	S	N	R	O	A	I	K	N	E	Q	W	K	Y	R	V	R	O	R
Q	W	G	R	T	G	C	W	K	Z	F	A	H	T	R	O	N	B	M	Y
X	Y	O	S	T	N	E	H	S	O	H	O	R	R	O	R	F	W	F	U

Callington
 Cambrai
 Coomandook
 Jervois
 Fraser Park

Mannum College
 MB High
 MB North
 MB South
 Meningie

Mypolonga
 Palmer
 Raukkan
 St Joseph's
 Swan Reach

Tailem Bend
 Tintinara
 Tyndale
 Unity College

PAINT THE BRIDGE REaD



During **Book Week** Roary spent time with little ones from Concordia Kindergarten. There was lots of dancing and singing. The **Paint the Bridge REaD book Read, Run, REaD by Barbie Bates** was read out for children to learn about the adventures of the various mascots in Australia.

Roary made an appearance at the **Murray Bridge show**. Families enjoyed taking photos and saying hello to Roary. Some little ones were scared and kept a distance, which is okay as it can be scary seeing a dinosaur. Just remember that Roary is a friendly Readasaurus who loves to make new friends.



Roary joined other South Australian mascots during **Children's Week**. From Left, Lizzie Lizard (Paint the Westside REaD, City of Charles Sturt) Parker Pelican (Paint the Parks & Gardens REaD, City of Port Adelaide and Enfield) BooBook Owl, (Paint the Farm REaD, Salvation Army Ingle Farm) and Roary the Readasaurus.

The weather was perfect for the **Murray Bridge Christmas parade 2023** on the weekend. Thousands of people lined the streets, waving and yelling Merry Christmas as we drove past. A special thank you to Dutton's Murray Bridge for the use of a Mazda Ute and everyone involved. Paint the Bridge REaD is a collaborative project between Rural City of Murray Bridge, MB Library, MB Community Centre, MB Wellbeing Hub and CFC ac.care.



Connect with us

If you are a community member and would like to receive emails about CFC activities and updates, let us know at **CommunitiesforChildren@accare.org.au** to join our community email distribution list.



Follow us on Facebook at
Communities for Children Murraylands



The **Murray Mallee Children and Families Network** is a collection of agencies in Murray Bridge and the surrounding region who share information to improve the community and services for children and their families (with a particular focus on the early childhood years).

Child Friendly Murraylands

Children's thoughts and opinions matter,
we would like to hear from you. Please share any
ideas and feedback with us on

CommunitiesforChildren@accare.org.au
or call us at (08) 8531 4900.

You can also speak to us at community events,
send us a letter or visit us at **29 Bridge Street,**
Murray Bridge SA 5253.

Know your Rights

The United Nations Convention on the Rights of the Child is an important agreement by countries who have promised to protect children's rights. The Convention explains who children are, all their rights, and the responsibilities of governments. To read about the right of the child follow this link:
<https://www.unicef.org/child-rights-convention/convention-text-childrens-version>



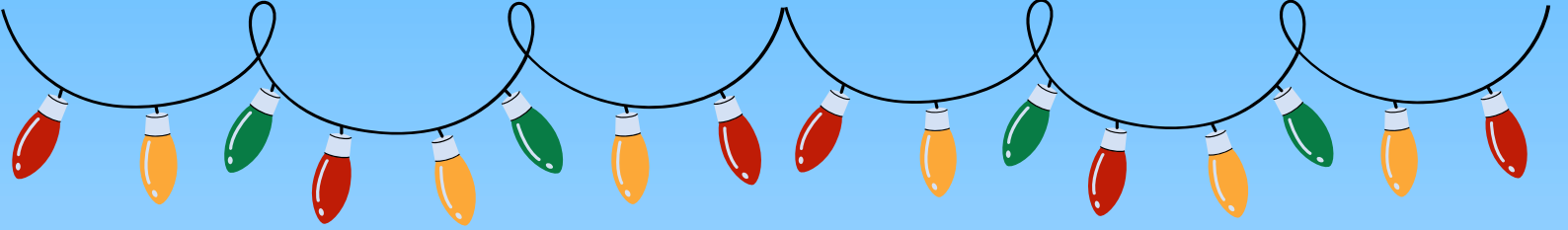
December School Holidays

WEDNESDAY 13TH	MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST
Tailem Bend Christmas Party 3pm to 5:30pm Contact Tailem Bend Community Centre 8572 3513	Mannum Waterfall Trail Walk 8.30am to 10.30am Contact Centacare 8215 6347	Murray Bridge Christmas Craft 10am to 12noon Contact Tailem Bend Community Centre 8572 3513	Tailem Bend Christmas Craft 10am to 12noon Contact Tailem Bend Community Centre on 8572 3513	Murray Bridge Bike and/or Hike Local Trails 9am to 11am Contact Centacare 8215 6347
		Mannum Kayaking 9 to 11am Mannum Fishing 1pm to 3pm Contact Centacare 8215 6347	Mypolonga Kayaking 10am to 12noon Contact Centacare 8215 6347	Murray Bridge Fish 'n' Chats 12:30pm to 2:30pm Contact Centacare 8215 6347

January School Holidays

TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	WEDNESDAY 10TH	THURSDAY 11TH
Murray Bridge Kayaking 10am - 12 noon and 1.30pm - 3.30pm Contact Centacare 8215 6347	Murray Bridge Kayaking 10am - 12 noon and 1.30pm - 3.30pm Contact Centacare 8215 6347	Callington Loud Shirt Making (Tie-Dye) 9:30am - 11:30am Contact Centacare 8215 6325	Outdoor Games Mannum 10am Contact Tailem Bend Community Centre 8572 3513	Murray Bridge Wooden Animal Painting 10am to 12 noon and 1.00pm to 3.00pm Contact Centacare 8215 6325
TUESDAY 16TH Outdoor Games Swan Reach 10am Contact Tailem Bend Community Centre 8572 3513	THURSDAY 18TH Murray Bridge Pot Painting 9:30am to 11:30am and 1pm to 3pm Contact Centacare on 8215 6325	Murray Bridge Loud Shirt Making (Tie-Dye) 1:00pm - 3:00pm Contact Centacare 8215 6325	TUESDAY 23RD Callington Messy Play 10am to 12noon Contact Playgroup SA 8344 2722	
				





Merry Christmas from the Communities for Children Murraylands team



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