

The Families Newsletter of South Eastern Community Connect



# South Eastern *Families* Connect

Jul 18



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Connect Newsletter  
by email  
[secc@secc.sydney](mailto:secc@secc.sydney)

*Independence, Well-being and Quality of Life.*

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## Contact us

South Eastern Community Connect  
Eastlakes Shopping Centre

02 8338 8506

Mon-Fri 9AM - 4:30PM

secc@secc.sydney



www.facebook.com  
/SECC.Families/

# Welcome

The days are getting longer at last, but the nights and mornings are still cold. It is the season to enjoy family nights in. Our toy library has not only toddler toys and bikes, dolls and toy kitchens, but also puzzles and board games for all the family to rug up with.

We also run all of our popular parenting workshops throughout winter and spring, from First Aid, to PlayPower and Triple P.

Our playgroups are now running four days a week, on Mondays now with support from an Early Childhood Nurse. So if you have any questions regarding sleep, nutrition, speech or development, join us for our Monday playgroup and make the most of the nurse's fortnightly visit.

As you look after your family it is just as important to take care of yourself and your own affairs. Our Adult's Only programs include Tai Chi, Sewing for Parents, Communi-

ty Gardening, Form Support and just at this time of the year our free tax help.

This year, SECC will be celebrating its 40th birthday with a free community picnic and open air movie. Come and join us in November to celebrate four decades of service to the people of South East Sydney - one of Sydney's most vibrant and diverse communities. There'll be activities for all the family from 0 to 99, and for your pooch, too.

Catherine Fraser, Editor.



# Welcome to the team



Natasha Feng

Natasha joined SECC as our new Toy Librarian & Family Support Worker:

"I've lived in the Sydney Eastern Suburbs my whole life.

I worked with children closely for over five years and find it to be extremely rewarding. I am also a qualified pastry chef and look forward to feeding everyone."

# What's On



## CPR & First Aid

Learn about choking, drowning, sunburn, stings and CPR (Cardiopulmonary Resuscitation) for children and see a demonstration. No children are allowed in this session. Childcare is available at \$20 per child.

Wednesday September 12, 10am-12pm and  
Wednesday November 21, 10am-12pm.

## PlayPower

Release your inner child and play like you are three years old. If you want ideas on how to play with your little one just using the things around the house our FREE Playpower workshop is just what you need.

### Playpower for **Dads**

1 September OR 20 October, 9 - 11am

### Playpower for **Grandparents**

Thursday, 1 November, 10am-12pm



## Triple P

The Triple P – Positive Parenting Program has been shown to help reduce kids' and teens' problem behaviour and also reduce children's emotional problems. The evidence also shows it helps parents feel more confident, less stressed, less angry and less depressed. Join our FREE seminar for hands-on strategies to raise your child in an environment that is safe, loving and predictable. If you have children between the ages of 2-12 years we have a range of Triple P Positive Parenting Programs to suit your family.

Tuesdays, 6, 13 & 20 November, 5.30-7.30pm FREE



# LOCALS PICNIC & OPEN AIR MOVIE

**Celebrate** 40 years at the heart of the community.

Celebrate the people that call Eastlakes home. For one sensational day celebrate your community with a picnic, a movie, delicious food, urban gardening workshops, learn new tricks on how to connect with your community through your device, browse good reads at the lawn library, enjoy live music, travel back to the future with the photographic exhibition “Changing Eastlakes”, and meet new people.

Celebrate SECC’s 40th birthday with locals. Four decades of community support for all.

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Saturday 10 November 2018

2 –9PM

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Eastlakes Reserve

\$2 Sausage Sizzle

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BYO Picnic

Tasting Plates

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FREE Yoga & Tai Chi workshops

Live music

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Kids area

Jumping castles, play area, face painting, playgroup

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Lawn Library

Dog show

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Urban Gardening Workshop

Local buskers

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Open Air Family Movie

Photographic Exhibition: Changing Eastlakes

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# Parents *only*

## Community Gardeners Wanted!

Your community garden provides fresh produce and plants to share and connects us with the environment and other people in our community.

Contact us for days and times.



## Tax help

- Do you earn around \$60,000 or less?
- Are your tax affairs simple?

Get help preparing and lodging your tax return.

SECC Office, Shop 84, Eastlakes Shopping Centre



## NEW Sewing classes for Parents

Learn to make or repair clothes, hem uniforms and sew basic projects.

- **Beginner Classes** Fridays 10am - 12pm, during term time

Eastlakes Shopping Centre



## Form support - JP Service

Trouble filling out official forms and applications?

- We can help you understand the processes,
- guide you through the completion and
- help you submit the official forms and documentation.

Monday to Thursday by appointment.



## Tai Chi

Experience the health benefits of Tai Chi with experienced instructors.

**Beginner Classes** Wednesday 12:30 - 2:00pm

**Advance Classes** Monday 10:00 - 11:30am

Eastlakes Scout Hall



SECC Annual Memberships	\$100 Organisational Membership (Includes a \$50 tax deductible donation)	\$50 Family Membership	\$15 Standard Membership	\$5 Basic Membership
Recognition in the annual report and on www.secc.sydney and with logo and link	✓			
Advertising space 1/6 page in quarterly Family or Seniors newsletter	✓			
Exposure at SECC events	✓			
FREE toy library membership		✓		
FREE 3-session playgroup pass		✓		
Priority booking for one parent at our parenting workshops (1 guaranteed spot per booking)		✓		
One FREE trial of each of our regular classes, including parenting, Tai Chi, sewing, languages **		✓	✓	
One FREE bus trip per year ***			✓	
FREE meeting room hire *	✓	✓	✓	
Invitation to the Annual General Meeting with refreshments	✓	✓	✓	✓
Voting rights at the Annual General Meeting		✓	✓	✓
FREE Tax help for income earners under 50,000		✓	✓	✓
FREE Legal advice		✓	✓	✓
FREE Justice of the Peace service		✓	✓	✓
FREE form support		✓	✓	✓
FREE resume support		✓	✓	✓
FREE parenting classes		✓	✓	✓
Free computer classes		✓	✓	✓
Quarterly Seniors and / or Family Newsletter	✓	✓	✓	✓
Annual Report	✓	✓	✓	✓

\* Casual hire only for meetings up to 8 people during office hours subject to availability.

\*\* Classes and timetables are subject to change throughout the year. Please refer to our calendar in our newsletters or on our website for details on what is available each term.

\*\*\* Subject to availability. Certain bus trips are accessible to clients meeting eligibility criteria only.

# Volunteer voices

## I like being with older people and children

I am an international student from China. I study Waste Water Treatment, a specialist area of Environmental Engineering, at UNSW. I have been in Sydney for 18 months, 12 of those as a volunteer with SECC.

When I came to Sydney I wanted to experience something new, something very different.

I was looking for a volunteer job in aged care on SEEK.com and found two roles with South Eastern Community Connect. I like the feeling of being with older people and children. I am my most patient and

*"I like the feeling of being with older people and children. I am my most patient and calm with them."*

calm with them. I already volunteer in a nursing home where I visit a lady who only speaks Chinese.

## I never heard of a playgroup in China

Sue showed me the roles she had available, and one of them was playgroup. I have never heard of a playgroup in China but I love children, so I chose that.

I am involved with all tasks at playgroup. I help set up, I pack up at the end, I keep an eye on children when their parents are chatting, I help prepare and serve morning tea, I help with craft, and at free play I play with children. I also like chatting with parents, and sometimes I get to translate.

Many international students try to experience new things and learn about the new culture, but they often fail because they end up working in Chinese restaurants or on campus. I think they would benefit from volunteering, too.

## I see the people at SECC as my friends

In China volunteering exists mostly around disasters, like a major earthquake that happened ten years ago in my hometown. People don't value volunteering the way they do here.

At SECC I am treated like an employee. The only



Queue

Playgroup Volunteer since June 2017



# Volunteer voices



## Become a Volunteer

We have people in a huge variety for roles - from directly with clients to working behind the scenes, from helping occasionally with events to regular weekly programs.

If you think volunteering at playgroup or anywhere else Within SECC might be for you, contact our volunteer manager Sue Ohanian on

**02 8338 8506**

[volunteering@secc.sydney](mailto:volunteering@secc.sydney)

difference is that I don't get paid, but I am still an important part of the program.

In China young people have no motivation to do unpaid work. But here, wherever I go, I am still always the youngest volunteer. Seeing a young man from China volunteering is new to many but I think that can be changed.

My friends envy me for the role I have, and there would be many who would like the opportunity to volunteer like this. So hopefully I'll see someone younger than me at the next volunteering event.

## Playgroup Times

### Monday

10AM - 12PM

Gardeners Road Playgroup

Gardeners Road Public School

**\*\*\*Now with our Early Childhood Nurse visiting every second Monday!\*\*\***

### Tuesday

10AM - 12PM

Eastlakes Playgroup

Eastlakes Public School

### Wednesday

10AM - 12PM

Kensington Park Playgroup

Kensington Park Community Centre

### Thursday

Our Thursday playgroup is relocating to a new, child friendly venue. Watch this space for details for Term 3!

**Playgroups run during school terms.**

**Cost: \$3 plus a piece of fruit**

## Playgroup News

We are developing new programs for movement and music to nurture your child's development and make playgroup even more fun for you and your little one. Watch our website and facebook page for details!

# Volunteer voices

## **If you want to be happy, make someone else happy.**

Shizuko and Rita are two of our volunteers who come in once a week to pack grocery boxes to support carers of children with disabilities. The food in the weekly boxes is donated by OzHarvest and gets packed by our volunteers before being collected by the families.

Rita and Shizuko are both carers of a child living with disability and came to volunteering for us through our carer support groups.

## **I volunteer because I like helping people.**

I used to organise a Japanese playgroup at the Randwick Community Centre. I really like the OzHarvest program and have been in this volunteer role for three years," says Shizuko, who migrated to Sydney from Japan.

Rita, originally from Indonesia has been packing boxes for carers since 2017.

"I am a single mum, I used to work full time, and I have a child with a disability, so work is important. Now I just work casually, and I have time to volunteer," says Rita.

## **Our life is a social life.**

"I want to be a role model for my daughter and show her that we all can do something: Do something, don't give up, and help others with a smile.

"Our life is a social life, and volunteering is a way to be social and help others at the same time. None of us can live in isolation. I know that one day I might need the services of a volunteer myself.

"While we can we should volunteer. If you want to be

*"Do something, don't give up, and help others with a smile." - Rita*



## Rita & Shizuko

Carer Group Volunteers  
since 2017 and 2015

# Volunteer voices

## SECC Carers Groups

SECC is affiliated with nine cultural carer support groups who have children with additional needs.

These groups are Bahasa Indonesian, Hindi, Tagalog, Bangladesh, Italian, Spanish, Chinese, Arabic and Filipino.

We assist them by organising NDIS information sessions, guest speakers or outings which is paid for by their carers group allowance.

These groups are for connecting, sharing experiences, sharing information regarding what they have found that works and what doesn't also having a cultural shoulder to lean on.

happy, make someone else happy. “

Three years ago, after applying for two years, we were finally able to obtain a weekly Oz Harvest delivery for 16 of these families as well as 1 or 2 of our families who are working with our family worker and need a little extra assistance.

Our volunteers, including Riat and Shuziko, donate three hours a week each to receive, sort and pack the food. Without them we would not be able to get it out to our families.

“If you want to be happy, make someone else happy”, is Rita's philosophy, and we thank her and the team for the wonderful work they do.



## Triple P Stepping Stones

4 week Parenting Seminar for parents of children with Additional Needs

Every child is different but sometimes small changes and new ways of doing things can make a big difference to the everyday routine.

- Encourage behaviour you like from your child.
- Deal consistently and decisively with problem behaviour.

Develop skills for a diverse range of parent-child issues such as communication, appropriate behaviour, discipline and setting ground rules to build positive relationships with your children with additional needs.

**Thursdays 10 - 12pm**  
**13, 20, 27 September & 4 October**

**FREE**

South Eastern Community Connect FAMILY ACTIVITIES

July - December 2018

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<p><b>Toy Library (SECC)</b> Hire &amp; return 10am - 4pm</p> <p><b>Gardeners Road Playgroup</b> Gardeners Road Public School 10am - 12pm</p>	<p><b>Toy Library (SECC)</b> Return only 10am - 4pm</p> <p><b>Eastlakes Playgroup</b> Eastlakes Public School 10am - 12pm</p>	<p><b>Toy Library</b> Hire &amp; return 10am - 4pm</p> <p><b>Kensington Park Playgroup</b> Kensington Park Community Centre 10am - 12pm</p>	<p><b>Toy Library</b> Return only 10am - 4pm</p>	<p><b>Toy Library</b> Hire &amp; return 10am—4pm</p> <p><b>Mum's English Class</b> With childcare 10am—12pm</p>	<p><b>Dads and Bubs Bonding</b> 29 September, 6 &amp; 13 October 9-11am</p> <p>17, 24 November &amp; 1 December 9-11am</p>
<p>* Every second week with our Early Childhood Nurse.</p>	<p><b>FREE TripleP</b> 6, 13 &amp; 20 November 5:30 – 7:30pm</p> <p><b>You can play too!</b> 20, 27 November 10am-12pm</p>	<p><b>FREE First Aid for Babies</b> 12 September 10am –12pm and 21 November 10am-12pm.</p>	<p><b>FREE First Aid for Babies</b> 26 July &amp; 22 November 10am –12pm</p> <p><b>TripleP</b> Stepping Stones 10 - 12pm 13, 20, 27 September &amp; 4 October</p> <p><b>Playpower</b> for Grandparents 1 November, 10-12pm</p>	<p><b>Playpower for Dads</b> 1 September 9-11am</p> <p><b>FREE PlayPower</b> 20 October 9-11am</p>	

Programs and classes run during school terms only.

Toy Library is open during school terms and school holidays.

SECC, Shop 84 Eastlakes Shopping Centre Evans Ave Eastlakes.