

Playgroup and Family Services Information

HOLDSWORTH Community Centre & Services

Welcome to Holdsworth Community Centre

Holdsworth is a non-profit organisation run by and for the community through its members, management committee and staff. From the centre and other locations in the area we provide a wide range of quality and responsive support, information, advocacy, referrals, programs and activities for:

- children & families
- older people
- children and adults with a disability
- carers
- those needing access to community transport



You can support Holdsworth Community Centre by becoming a member.

Single/Family membership fee is \$30.00
(Concession \$15.00) Fees include GST.

These activities are included in the Playgroup fee

Baby Days

Baby Days for parents and babies are held in the Hall during Playgroup and supported by trained staff, with talks on relevant subjects several times a term. Ask us for more details.



Parent Education & Information Sessions

We have occasional sessions with expert speakers on useful topics to help with the challenges of parenting. See calendar for upcoming topics and or speak to our staff to suggest ones that will suit you.

PlayGroup Plus

An integrative program for families of children with special needs aimed at promoting play and social skills, supporting parents. On Tuesday mornings at 9.30. Contact Sarah Sillar or Lucian on 9302 3600 to discuss your participation.

Story Time with the Librarian

Tuesdays in the Hall from 10:30 to 11:00 during Playgroup terms.



Sports Fundamentals

A free sports activity group run by Jamie and team for children two and a half and over. Once a week on a rotating schedule of Mondays, Wednesdays and Fridays - see calendar for more specific details.



Please note: All memberships expire at 30 June each year. If joining between January and June you can pay an extra \$10 (\$5 concession) to extend membership to 30 June the following year.

Playgroup and Family Services



We offer a dynamic Playgroup as well as a range of other services for parents and young children. The following information is to help you settle in and enjoy your time here as well as understanding some of the ways in which you can help keep Playgroup safe and happy. Please do not hesitate to approach us should you want more information.

Playgroup operates each weekday during school term from 9:30 - 12:30 at Holdsworth Community Centre, 64 Holdsworth St, Woollahra.
Cost: Members \$5; Non members \$8.

The following activities attract a separate fee

Triple P Courses At Holdsworth St

Triple P is a programme for parents of 2-10 year olds run by an accredited professional from Sydney Children's Hospital. The aim is to provide parents with management strategies, which make parenting easier and more enjoyable as they encourage their children to learn, encourage positive behaviour and learn how to set rules for the children to follow. The next *Triple P* program at Holdsworth will start on 19 February 2009 with a one-off Seminar on *Coping with Tantrums* on March 19 - enquiries and booking to Gordana Kokanovic (Triple P facilitator) on 9382 0926



Ruth Wilson 'Shake Wiggle and Roll' Classes

Music and movement for children under five. **Charges apply for this activity.** Weekly half hour sessions on Mondays, Wednesdays or Fridays, booked on a term basis. Call Ruth for more info on 0438 200 007. **Note: If you attend playgroup on either side of your music class please remember to sign in and pay at the front desk.**



First Aid

A three hour First Aid program for parents & carers of children 0 -16 yrs. Saturdays 9.30 - 12.30 at Holdsworth Community Centre. Cost: \$50 per person (includes take home material). Next session 22 March 2009. Sorry - no children over 12mths. To book, contact Jenny on 0411 501 215 or email: jenny@kidsfirstaid.com.au



Playgroup Areas

Part of what we aim to provide at playgroup is a range of areas where children can be engaged in different ways that are also age appropriate.

The Hall

The hall is specifically for quiet play for babies and toddlers. We have mats, activity toys, books, puzzles, Lego, chalk board drawing all provided to develop fine motor skills and encourage interaction. Talk to Louise about activities programmed for *Baby Days*.

Craft Area

Each day we provide a craft such as painting, play dough, crayons etc to develop fine motor skills and encourage creativity.

Main Playground Area

As well as the fixed equipment with slides and a jungle gym there is also a range of toys provided.

The centre area (checker board) of the soft fall has challenging climbing soft equipment and we have cars, bikes, balls etc to develop gross motor skills. This is a great area to run around, make noise and have fun!



Kitchen

We provide teas, coffee and cordial for you in the kitchen. There is also a microwave and stove should you wish to heat things up.

Bathrooms

Both the children's and the adults' bathrooms are located in the middle block. The adults toilet is equipped with a pull down change station and nappy bin. Please clean up after changes.

Sandpit

There is an array of fun toys for digging and sifting etc that will enhance and develop fine motor skills.

Rules & Responsibilities

We aim to provide a safe and welcoming environment to all. These responsibilities help to ensure this.

- You must supervise your child at all times.
- You must sign-in and pay for playgroup
- Hitting, biting and kicking are taken very seriously and if appropriate action is not taken by the parent please tell playgroup staff immediately.
- Pole protectors are to avoid head injuries and must be left on at all times. If your child takes one off please assist by putting it back on.
- The indoor hall area is an interactive play and baby room. The new addition of half doors is to restrict child access in and out of the room and keep younger children safe. Older children must not be left unsupervised in this area.
- The centre door ways must be kept clear at all times so please be mindful as to where you park your pram.
- Food scraps must be put in the bins provided to prevent pests and disease.
- Holdsworth Community Centre is a NUT FREE and DOG-FREE area
- Please keep valuables with you and in sight at all times. Holdsworth is not responsible for loss or theft



A suggestion to lead by example

Help your child build self-esteem and develop community spirit by assisting with the set up and pack up of playgroup. You are your child's primary role model and teacher. If they see you participating in this activity it will help them learn by example as well as help us keep playgroup running efficiently. It is a great way to meet other parents and we really enjoy meeting you and your child and want to work with you to provide you with the best possible service.

Playgroup Feedback

We encourage you to give us your feedback and suggestions about Playgroup and other Family Services. You can speak to us directly or use the email below. Many of the changes and initiatives for playgroup and related programs have come from parents/carers making suggestions and it allows us to provide you with the best service possible.

We can also assist with referral information about children's services and other relevant support services so please do not hesitate to approach us.
Playgroup Team Leader: Lucian
Playgroup Support Worker: Mary
Parent Support Worker: Louise
Ph. 9302 3600 or email playgroup@holdsworth.org.au
See also www.holdsworth.org.au

Once Again - Welcome to Playgroup!!

