

National Relay Service for deaf,  
hearing and speech impaired:  
Phone: 1800 052 222

Speech to Speech Relay:  
Phone: 1800 555 660

Translating and interpreting:  
Phone: 131 450

For further information contact  
Holdsworth Community Centre  
& Services

Phone: 02 9302 3600

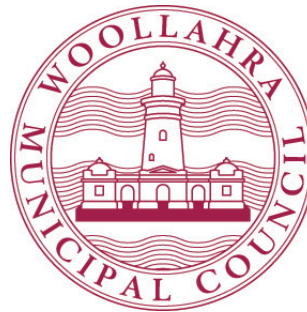
email: [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

Holdsworth welcomes enquiries about  
supporting our work through donations or  
volunteering.

Supported by:



# Services for Children & Families



**Holdsworth Community Centre**  
**64 Holdsworth Street,**  
**Woollahra NSW 2025**  
**Ph: 02 9302 3600**  
**[www.holdsworth.org.au](http://www.holdsworth.org.au)**



## Services for Children & Families

Holdsworth provides a range of services to families with young children with the aim of assisting them to deal effectively with the daily demands of parenting. We seek to promote effective parenting skills through building on strengths and social supports. We offer parents the chance to grow in their role and cherish the joys that their child can bring. First-time parents and parents with babies and toddlers find the services particularly useful, but we regularly welcome back many parents with their second and third child and many grandparents who have been long term friends of the Centre.

### What is Playgroup?

It is an opportunity for children from 0 - 5 years and their carers to gather in a safe, supportive and stimulating environment. Children thrive and learn through developing fine and gross motor skills, playing/sharing with others and boosting problem solving abilities through new experiences. For carers it is an excellent chance to meet new friends, reduce isolation, share experiences with other parents and learn and grow with your child. As your child's first educator playgroup offers the facilities and environment to enhance this unique and special time of your child's life.

## Holdsworth Playgroup

Our playgroup operates on weekday mornings during the school term and you can come casually or become a centre member. Playgroup provides a range of creative play experiences including:

- Spacious playground with fixed equipment, sandpit, shade sails, soft fall.
- Outdoor toys including cars, soft equipment, "ride-on" toys, balls etc all of which develop gross motor skills and healthy physical activity.
- Craft area for supervised play with play-dough, painting, drawing to develop fine motor skills, creativity and carer and child interaction.
- Water play equipment (on warm days)
- Indoor area for quiet play. This area has a chalk board for drawing, soft toys, play mats, books, puzzles, Lego, activity toys.
- Baby Days for the Under Ones - a chance to meet other parents, engage your child in stimulating play, discuss your issues with trained staff and hear talks on key parenting topics
- Special activities like face painting, free talks, special events
- Kitchen facilities to make tea and coffee, access to fridge, microwave, sink etc
- Toilets and nappy change facilities.

Our children's services are inclusive and welcoming to all young children but we offer **PlaygroupPlus** as an additional service for families who have a child with disabilities.

## Family Support and Referral

As with all of the centre's programs we offer referral services for support and assistance that may be offered on site, elsewhere or by one of our partner organisations. Referrals could be for:

- Childcare,
- Early childhood centres
- Libraries
- Parenting courses
- Additional needs support
- Counselling
- Home visiting

**Parenting Courses** are offered throughout the year to provide parents with management strategies, which make parenting easier and more enjoyable.

The program helps parents:

- Make life easier as a family
- Encourage their children to learn
- Encourage behaviour they like
- Learn how to discipline well
- Set rules for the children to follow

Holdsworth welcomes diversity and does not discriminate against anyone on any grounds. For many of our services we ask for a contribution towards our costs; however, services will never be refused because of an inability to pay.

