

Playgroup and Family Services Information

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 transport

Playgroup operates each weekday during school term from 9:30 - 12:30 at Holdsworth Community Centre, 64 Holdsworth St, Woollahra. Members \$6; Non members \$9. Concessions 50%.

Playgroup is a subsidised service with salaries, equipment renewal, activity costs, maintenance/cleaning being met by a combination of your fees and grants from Woollahra Council and the NSW Department of Community Services.

You can support Holdsworth Community Centre by becoming a member. Single/Family membership fee is \$40.00 (Concession \$15.00) Fees include GST. All memberships expire at 30 June each year. If joining after January 1 an extra \$10 will take your membership through till 30 June the following year.

Playgroup and Family Services

We offer a supported Playgroup and Baby Days with experienced staff and a range of activities 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.

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 on Tuesday mornings for families of children with special needs aimed at promoting play and social skills, supporting parents. Contact Louise 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

This sports activity group for children two and a half and over is provided by Holdsworth at no cost to families. Once a week on a rotating schedule of Mondays, Wednesdays and Fridays - see calendar for specific days.



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. Dates for the next *Triple P* program at Holdsworth and any one-off Seminars are on the current term calendar. 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 (usually run on a Sunday) for parents & carers of children 0 -16 yrs. Cost: \$65 per person (includes take home material). See the Playgroup Term Calendar for the next First Aid session. Sorry - no children over 12mths. To book, contact Jenny on 0411 501 215 or email: jenny@kidsfirstaid.com.au



Playgroup Areas

There are a number of areas where children can be engaged in a variety of age appropriate play.

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. The centre area of the soft fall has challenging soft climbing equipment and we have cars, bikes, balls

etc to develop gross motor skills. This is a great area to run around 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

The toilets located in the middle block with pull down change station and nappy bin in the disability toilet. Please clean up after changes.

Sandpit

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

Wet Weather

The outdoor PlayGroup may not operate in wet weather but some indoor activities will be offered subject to available space. If wet on Wednesdays there will be no indoor activities other than Baby Day.



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
- ALL parents/carers and children must wear nametags in the Playground
- 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.
- Parents are asked that older children not bring their bikes to ride around during Playgroup.
- The indoor hall area is an interactive play and baby room. 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. Thank you.

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. Suggestions from parents/carer help us to make improvement and 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!!

