

Venue: Holdsworth Community Centre,
64 Holdsworth St.
Woollahra

Playgroup - daily 9.30 - 12.30 am
(during school terms only)
PlaygroupPlus - Tuesdays
Cost: Normal Playgroup Fees apply
\$9.00 (\$6 members)

Phone: 02 9302 3600
email: info@holdsworth.org.au

For further information contact
Holdsworth Community Centre
& Services

Phone: 02 9302 3600
email: info@holdsworth.org.au

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

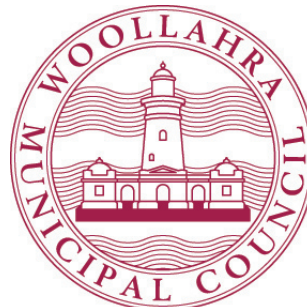
Holdsworth welcomes enquiries about
supporting our work through donations or
volunteering.

Supported by:



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



PlayGroupPlus & CarersPlus

Groups for children with special needs and their carers



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Holdsworth Community Centre & Services (HCCS) provides a range of community services and programs that are responsive to the identified needs of all residents living within Woollahra local Government area and surrounding suburbs, especially families with young children and those disadvantaged by age, income, disability or social isolation.

PlaygroupPlus

The daily Playgroup at Holdsworth offers a special welcome and individual support to families of children aged 0-5 yrs with a developmental disability. Part of our regular Playgroup, this integrative *PlaygroupPlus* program aims to promote play and social skills, supporting carers/parents and strengthening relationships within families and the broader community. We understand that not all families are the same and so talk to each family to ensure their time here assists the specific needs of their child(ren).

There is dedicated time with skilled staff and volunteers to offer appropriate play opportunities for the children while giving the carers/parents support and peer-group interaction. *PlaygroupPlus* is an enhancement to the daily activities here at Holdsworth, offering specific services to families, while encouraging their participation in the regular Playgroup. This is an important element as it allows both integration and non-stigmatising support. Our specialised Disability Team is available as required, to

offer advice, information and access to early intervention resources.

We hope that the participative involvement of carers/parents with their child and the staff will help the development of skills and confidence and build upon existing parenting skills and strengths. The specialised support of *PlaygroupPlus* is available on a Tuesday morning during our regular Playgroup which operates between 9.30 and 12.30 but families are welcome to attend Playgroup any day of the week .

CarersPlus Group is a group for the Carers with a child aged between 0 – 5 years with special needs to share and discuss anything that may be prevalent in your lives with people who are in a similar situation.

We meet to:

- link together with Holdsworth and other families
- share resources and information
- take time out
- laugh
- relax
- identify your needs
- explore ways of coping
- develop support networks
- share stories faced by you as a Carer
- access other Carers via email

We understand that your lives are very busy with appointments for your children so the

CarersPlus group meets for dinner every 2 months at a restaurant, chosen in advance, in the Eastern Suburbs. This offers an informal and social outing on a regular basis hopefully not clashing with important appointments and plans.

Holdsworth works with Carer's of children at all age groups – so joining our Carers Plus group is the start of a long and fruitful relationship with Holdsworth.

To discuss your or your child's needs or to find out more about attending *PlaygroupPlus* or *CarersPlus*, please contact us by phone on 9302 3600 or by email to carer@holdsworth.org.au

Please see overleaf for details of times, cost and location.

