

PLAY GROUP

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HOUSE

CHILD
CARE



Preface

Women get lots of information when they have a baby. Often the focus of all this information is the baby. 'Glenelg Shire for Mothers' is about you as a mother in your local community - as a person with your own needs and interests - plus a baby!

The focus of the guide is on services and things happening in Glenelg Shire that can help you to look after your well-being as a mother. As mothers we often put our own health and well-being last.

We hope that the information contained here will help you to:

- ▲ put yourself - and your own well-being - first (at least some of the time!)
- ▲ take advantage of local services that are there to support you as a mother
- ▲ enjoy being out and about in Glenelg Shire with your baby.

Having a baby changes how you see your local area. You see it through different eyes: How easy is it to get around with a pram? Can you park easily at the shopping centre? Which shops are easy to get into with a pram, perhaps with other children in tow? Where will you feel welcome as a mother? Are there any change rooms or comfortable places to feed your baby when you're out and about locally? The section **Getting around with a baby in Glenelg Shire** gives you some guidance to these sorts of questions.

Many mothers find being at home with a young baby quite isolating at times. Sometimes it can seem like everyone else is busy doing other things. The section **Keeping in touch, meeting people, making friends** is designed to let you know about opportunities for meeting people, especially other mothers, in your local area. All babies go through difficult times and having people you know close by can really help.

Taking care of you: your health and well-being acknowledges that women need time and support to recover from childbirth and also to adjust to life with a new baby. This section gives you ideas about ways to look after both your physical and emotional health and enjoy a range of local services and activities.

People and places for support and advice gives you information about the range of local services which have a particular focus on supporting mothers and can provide you with advice or information.

The listings in this guide are not exhaustive. However, we hope the information included here will act as a starting point for finding out more about your local area and what it has to offer you as a mother.

Above all, we hope 'Glenelg Shire for Mothers' gives you information that will help make being a mother easier and more enjoyable.

Getting around with a baby in Glenelg Shire

With the arrival of a new baby, going out is not as straightforward as it once was. Suddenly, pram access, parking, places to feed and change your baby, and coffee shops that welcome mothers with young babies (and toddlers) become very important issues.

Breastfeeding is the easiest option for a mother-on-the-move. Remember, your right to breastfeed your baby anywhere, anytime is protected by law in Victoria. (See advice on this in the next few pages). If bottle-feeding, a small thermos flask of hot water in the baby's bag will be useful for warming your bottles.

Knowing about local mother/baby/pram-friendly facilities and amenities should make getting out and about with a new baby more manageable and enjoyable.

This section includes some information that may be useful. Other mothers in your area will probably have more local knowledge and helpful ideas.

Changing and feeding your baby

The following mother/baby friendly places offer changing tables, and chairs for feeding babies while you're out and about in Glenelg Shire.

Casterton

Visitor Information Centre

Henty Street, Casterton

Easy access for prams at rear, changing facilities, chairs for feeding, and if they're not too busy, the volunteer staff will make you a cuppa and keep their eyes on your toddler while you feed the baby.

Open: 9am-5pm daily.

Old Courthouse Community Centre

Henty Street, Casterton

Very central, with baby changing facilities, toilets, comfortable chairs for feeding and helpful staff.

Open: Tuesday to Friday 9am-4pm.

Glenelg Shire Council Offices

Henty Street, Casterton

Changing bench in ladies' toilet. Ask the customer service staff for assistance, and they'll do what they can to make you comfortable while you feed your baby.

Open: 9am-5pm Monday to Friday.

Heywood

Glenelg Regional Library

Glenelg Shire Council offices, Edgar Street, Heywood

Changing facilities in ladies' toilet. Comfortable armchairs for feeding, small table, chairs and toys for toddlers.

Open: 9am-5pm weekdays.

Portland

The Open Door

Uniting Church, Percy Street, Portland.

Centrally located behind the Town Green.

Changing table, chairs for feeding babies, toilet facilities, friendly faces who will offer you a cuppa and keep an eye on your toddler while you feed the baby.

Open Tuesday to Friday 10am-3.30pm.

Amenities Centre

Henty Street, Portland, opposite Safeway carpark.

Changing facilities, chairs for feeding.

Open: Monday to Friday 4.45am-11.00pm

Saturday 5am-11.20pm Sunday 7am-midnight.

Visitor Information Centre

Portland Maritime Discovery Centre, on the seafront beneath Bentinck St. Changing table, toilet facilities, chairs for feeding, a video screening room to help keep your toddler occupied and a café with a view. Admission to Visitor Centre is free. Open 9am-5pm daily.

Glenelg Regional Library

Bentinck Street, Portland
Changing table, toilet facilities, comfortable chairs for feeding, a playpen with toys for your toddler, not to mention BOOKS!
Open: Monday, Tuesday, Thursday 10am-5.30 p.m. Friday 10am-6.30pm. Saturday 10am-12 noon
Closed Wednesdays.

Glenelg Shire Council Offices

Cliff Street, Portland
Changing facilities in ladies toilet. Comfortable chairs for feeding in reception area. Open: 9am-5pm.

Breastfeeding your baby in public - your rights explained

Under the Victorian Equal Opportunity Act 1995 mothers have the right to breastfeed their children wherever and whenever they choose. This protection extends to all main areas of public life, including entertainment and food venues, educational institutions, shops, offices and workplaces.

Under the Victorian Equal Opportunity Act it is unlawful for any person to discriminate against you by, for example, requesting that you cease breastfeeding or leave the premises.

If someone does make such a request of you, remind them that your right to breastfeed your child is protected under the Equal Opportunity Act.

If they persist in demanding that you stop breastfeeding, you can lodge a complaint of discrimination against them with the Victorian Equal Opportunity Commission. Since the Equal Opportunity Act was introduced, the Commission has already received and resolved a number of complaints from women who have suffered such discrimination.

For more information about your right to breastfeed in public places, call the Commission on ☎ 1800 134 142 from 10am to 4pm Mondays to Fridays.

Adapted with permission of the Equal Opportunity Commission Victoria.

PRISM Cafés

The following cafes throughout Glenelg Shire have offered themselves as PRISM cafes - places where mothers and babies are especially welcome to rest, drink a cuppa, feed their babies, and enjoy the company of other mothers.

Ocean Pier Tea Rooms

79 Bentinck Street, Portland. Proprietor: Nita Tonkin.
☎ 5523 2374
Open: 9am to 5pm daily

Bridgewater Bay Kiosk

Cape Bridgewater. Proprietors: Felicity and Richard Beal.
☎ 5526 7240
Open: 10am to 5.30pm daily

Cobbers' Café

Edgar Street, Heywood. Proprietor: Cheryl Bennett.
☎ 5527 2261
Open: Mon-Fri 7.30am-3.30pm, Fri & Sun 6.30pm-8.30pm, smorgasbord Saturday night - bookings only.

Cottage Rose Kitchen

122 Henty Street, Casterton. Proprietor: Suzie McKenzie.
☎ 5581 2248
Open: Mon to Fri 9.30am-4.30pm, Sat 9.30am-3.00pm. Night-time bookings by arrangement

Home deliveries

If you live in town many Glenelg Shire butchers, green-grocers, pharmacies, and supermarkets offer free delivery of goods to your door. This is worth considering because shopping with a baby (and one or more toddlers) can be difficult. Remember that you can use the delivery services on an occasional basis when you're unwell, tired, or just too busy to get out.

Supermarkets in Casterton and Heywood offer free home delivery within town boundaries. In Portland supermarkets offer home delivery for a fee. If you prefer to take your groceries home yourself, all supermarkets will provide a staff member to push your trolley to the car and unload for you.

The following butchers, green-grocers and pharmacies offer free home delivery. Some require a minimum purchase.

Casterton

Casterton Pharmacy,
93 Henty Street, ☎ 5581 1703

Richardsons Butchers,
83 Henty Street, ☎ 5581 1191

Smiths Butchers,
138 Henty Street, ☎ 5581 1022

Heywood

Halliday's Butchers,
57 Edgar Street, ☎ 5527 1687

Heywood Milk Bar,
73 Edgar Street, ☎ 5527 1781
(delivery by request within town boundaries in cases of ill-health)

Keatings Pharmacy,
63 Edgar Street, ☎ 5527 1683

Dartmoor

Dartmoor General Store, Greenham Street, ☎ 5528 1220

Portland

Admella's Orchard Fruiterers, 100 Percy Street, ☎ 5523 4964

Collett Amcal Pharmacy, 87 Percy Street, ☎ 5523 1035

Fullife Remo Partenza Pharmacy, 73 Percy Street,
☎ 5523 1024

Halliday's Butchers, 98 Percy Street, ☎ 5523 2189

Short Street Butchers, 74 Short Street, ☎ 5523 1580

Pram-friendly walking tracks in the Shire

Casterton

Island Park on the Glenelg River has sheltered picnic tables and barbecue facilities. There are walking tracks winding along the nearby Ess Lagoon.

Heywood

From the Apex Park playground with its shady trees, sheltered barbecue facilities, swings and slides, there is a walking track along the southern banks of the Fitzroy River, particularly lovely during daffodil season.

Narrawong

The new footbridge over the Surry River at Narrawong provides access from the township across the river. Over the footbridge and to the left you'll find sheltered barbecue and picnic facilities on the grassy south bank of the Surry for \$1 per person (pay at the Caravan Park office). A few hundred metres to the right is a free sheltered barbecue and picnic facility. From there the road swings around toward the ocean beach.

Nelson

The Punt Hill Boardwalk on Livingstone Island near the mouth of the Glenelg River offers a good pram-walk for mothers. Follow the track from the carpark at the end of Beach Road beside the estuary. The boardwalk is steep in some places, but offers a sturdy surface for prams, and is well worth the effort. By the time you receive this kit, a new bird hide should be completed.

Portland

Fawthrop Lagoon

One of Portland's best pram-walks winds from the Fawthrop Lagoon along the tidal canal to the Botanical Gardens. There are park-benches along the way, and sheltered barbecue facilities with tables and benches for picnics.

Portland Botanical Gardens

Established in 1857, these are Victoria's oldest botanical gardens. Their grand old trees offer shelter and shade all year. There are footpaths, park benches, tables and barbecues, and grassy space for toddlers to run and play. From the Gardens you can cross Cliff St to the foreshore playground with its swings and slides, benches, tables and barbecues. In summer your child will enjoy paddling in the shallows, and building sand-castles. A footpath runs parallel to the playground along the Lee Breakwater Road.

Lee Breakwater

An interesting pram-walk out into Portland Bay between Nuns' Beach and the harbour. Great for watching ships, tugboats, whales, dolphins and seals.

Great South West Walk - Pram and Wheelchair Access

A spectacular section of the Great South West Walk has been especially designed for prams, pushers and wheelchairs. Follow the Madeira Packet Road in Portland along the cliff-tops to the old quarry gate, where the Smelter Nature Walk begins. It's fully paved and there are seats along the way for admiring the beautiful ocean views.

Public transport in Glenelg Shire

There's not a lot of public transport in Glenelg Shire, but here are some possibilities. If you live in or around Heywood or Casterton consider using the community buses for an outing with your friends. Community buses are a cheap option and it's always fun to travel in a group. You can drive yourself, because an ordinary licence is okay for these buses, or perhaps a retired person in the community would help out by driving.

Heywood Community Bus

This comfortable 12 seater may be booked through Sue Brumby, Heywood and District Memorial Hospital ☎ 5527 1204. If your excursion is health-related, say a visit to the Portland Leisure and Aquatic Centre, the bus may be available at no charge. Whatever the 'event' organisations pay no more than 45c per kilometre which, divided by 12 people is cheaper than running a car.

Casterton Community Bus

This comfortable 11 seater may be booked through Margaret Moloney ☎ 5581 1377 at the Casterton Memorial Hospital. Groups pay 45c per kilometre which makes the bus a fun and economical way to have a day's outing.

Portland Town Bus Service

The Portland Town Bus links Henty Plaza with the hospital, North Portland and South Portland. The timetable is posted at the Henty Plaza bus stop, and copies can be collected from the Maternal and Child Health Centres in Otway Street and Waratah Streets, from the front desk of the Portland and District Community Health Centre, or at the bus company office at 13 Oswald Street Portland ☎ 5523 1534.

V-Line

The Warrnambool-Mount Gambier V-Line bus route links Dartmoor, Heywood, Portland, Narrawong and Tyrendarra. You can leave Dartmoor at 9.35am and be in Heywood by 10am, Portland by 10.25am, Narrawong by 10.45am. The return bus leaves Narrawong at 1.20pm, Portland at 1.35pm and Heywood at 2.05pm. Children under 5 years of age are free. If you fold your pusher or pram, it can be carried safely in the luggage compartment. ☎ 13 6196

Taxis

Both Casterton and Portland offer taxi services seven days a week, 24 hours a day. Taxi regulations do not require children to be seated in child restraint seats around town, but if you want a cab with a child's seat for a journey out of town, tell them when you book. Contact **Casterton Taxi Service** ☎ 5581 2164 or **Taxis of Portland** ☎ 5523 2022

Keeping in touch, meeting people, making friends

New babies bring both joys and difficulties, and it's good to have people around you to share these with.

As a busy mother you need the kind of friend who will hang out the clothes for you if you are having "one of those days", or listen when you want to share what's happening in your life.

Sometimes friendships can change when you have a baby. It's a good time to make new friends, especially with other mothers who know what it's like to be at home with a new baby.

In this section you'll find a range of ideas for ways to meet other mothers



PRISM Cafés

Mothers and babies are welcome at any time at the PRISM Cafés listed in the first section of this guide. The following cafés have also set aside a morning or afternoon especially for mothers, to meet each other over a cappuccino.

Bridgewater Bay Kiosk, Cape Bridgewater
Wednesday morning every week

Cobbers' Café, Edgar Street, Heywood
Thursday morning every week

Cottage Rose Kitchen, Henty Street Casterton
First Tuesday every month

Ocean Pier Tea Rooms, 79 Bentinck Street, Portland
Tuesday morning every week

Cry-Baby Cinema Sessions, Star Cinema

Julia Street, Portland.

Cry-Baby cinema sessions have proved popular in Melbourne, so the Star Cinema management thought they'd give it a try in Portland. Cry-Baby cinema sessions began in May 1999. If the response to them proves good, they'll continue special screenings for mothers every month. Watch the local press for details, or call the cinema ☎ 5523 3467.

Here's what you can expect at a Cry-Baby screening:

- ▲ the latest films shown on the big screen
- ▲ cinema lights dimmed rather than completely darkened
- ▲ you won't have to worry if your baby makes her presence felt, because everybody else in the cinema will understand.

Enter through the print office on Julia Street. The staff will help you get pushers and prams up the stairs. Once inside you can park your pusher, sit back and enjoy the film while your baby sleeps, snores, feeds, burps, gurgles or cries.

'Cry-Baby Bus' for Heywood mothers

The Heywood Community Bus is available to transport Heywood mothers and babies to Cry-Baby Cinema Sessions in Portland. If mothers wish to visit the Leisure and Aquatic Centre, the Botanic Gardens, the Maritime Discovery Centre, or take part in other activities this may also be possible. Why not organise all the mothers in your first-time mothers' group to go together?

For information ring Sue Brumby, Heywood Primary Care Nurse ☎ 5527 1204 or Annie Lanyon, PRISM Project Officer ☎ 5522 2327.

Parks and playgrounds

There are many playgrounds in Glenelg Shire. A full list is available from your local Shire Office, but here are some that come highly recommended by mothers. Don't forget the parks and gardens described on pages 5-6. They may not be designated playgrounds but they are spacious and sheltered and children will love them too.

Casterton

Island Park is a popular playground in Casterton. You'll find sheltered picnic and barbeque facilities, a fully equipped community kitchen for wet or cold days. There are walking tracks along the nearby Ess Lagoon.

Dartmoor

The **Village Green** in Greenham Street has play equipment, tables, chairs, sheltered barbeque facilities, and space for toddlers to run around and enjoy themselves.

Lindsay Road Playground also has good play equipment for children.

Merino

The **Lions Park** has good play equipment, public toilets and sheltered barbeque facilities.

Heywood

Apex Park on the Fitzroy River offers picnic and barbeque facilities, swings and slides, shade in summer, shelter in winter, daffodils in spring, and a walking track along the river.

Nelson

Nelson Reserve Playground beside the Glenelg River has good play facilities for very young children. It's open to the public, shady in summer and protected from high winds in winter.

Portland

The **Dutton Bluff playground** on Hanlon Parade offers play equipment and panoramic views over the cliff-tops to Portland Bay and Henty Bay.

The **Graham Husson Lions Fauna Park** on Bridgewater Road is a green, grassy spacious playground where kids can run and enjoy talking to the emus and ducks.

Henty Beach playground, Lee Breakwater Road, has swings and slides, seats, barbeque facilities, tables and chairs. Good for paddling in summer, or for watching the ships come and go.

Tyrendarra

Tyrendarra, just beyond Narrawong on the Princes Highway, will soon have a new playground. Turn left at the Tyrendarra Store and follow the road into the pavilion. The new playground will be set in a sheltered spot near the tennis courts. Make a day of it and explore the nearby Fitzroy River mouth too.

Playgroups

Playgroups can offer you friendship and support. Your maternal child health nurse can probably advise you about the one nearest you. Here is a list of playgroups in Glenelg Shire, along with details of people who can tell you about them. Some groups require a small fee to cover venue hire and insurance.

Bolwarra Playgroup Olive Williamson ☎ 5529 2234
Lindy Bird ☎ 5523 4831

Casterton Playgroup Debbie Gartlan ☎ 5581 1233

Heywood Playgroup Helen Beavis ☎ 5527 1750

Merino Playgroup Leanne Perry ☎ 5579 1310

Narrawong Playgroup Marilyn Tattersall ☎ 5529 5315

Nelson Playgroup Susan Rodgers ☎ 08 8738 4204

Central Portland Activity/Playgroup
Joanne Kermond ☎ 5526 7271 ☎ 5523 6204

Portland Koori Playgroup Debbie Malseed ☎ 5527 2051

South Portland Playgroup Lana Eichler ☎ 5523 6259
Michelle Trayner ☎ 5523 7330

Community houses

Community houses offer great opportunities for friendship, support, education, vocational training, plus childcare when you participate in their activities. Community houses offer everything from a cup of coffee to a walking group or computer course. They're also a friendly place to change and feed your baby if you're out and about.

Casterton

Old Courthouse Community Centre

Henty Street, Casterton.

Open: Tuesday to Friday 9am to 4pm
The Old Courthouse Community Centre offers activities such as fitness classes and computer training, personal development, literacy, TAFE, even VCE if you're feeling ambitious. Remember it's possible to take one subject at a time. The Community Centre can also help you with subsidised child care, organised through Glenelg Shire's Family Day Care Programme. Enquiries telephone Larry on ☎ 5581 2139

Portland Neighbourhood House

40 Waratah Crescent, Portland.
Open: Monday to Friday 9am-4pm, closed for lunch from 12-12.45.
Portland Neighbourhood House offers all kinds of activities and programs, from embroidery to walking groups, computers and writing courses and is also home to many self-help support groups. You are welcome any time and the kettle is always on. Enquiries telephone Carol on ☎ 5523 4441

Other options

MOPS (Mothers of Pre-Schoolers)

Church of Christ, 39 Tyers Street, Portland.

MOPS is a new program offering time out for mothers of pre-school children. Child care is provided free by a team of volunteers, while you relax with other mothers, enjoy coffee and conversation, craft activities, and engaging guest speakers. MOPS takes place every second Thursday from 9.30am to noon. All mothers of pre-school age children are welcome. Enquiries ring Jill Goldsworthy on ☎ 5521 7190.

Nursing Mothers Association of Australia (Portland branch)

The Portland group welcomes all mothers. It holds discussion meetings at night once a month, covering breastfeeding, parenting, health and well-being. Nursing Mothers get-togethers are open to all, whether or not you're breastfeeding. These are great opportunities for making new friends, meeting up with old friends, finding out that "yes, your baby's latest activity is normal", or just complaining about your lack of sleep. There is always a breastfeeding counsellor there to help you with any queries you might have.

Coffee mornings are held on the third Thursday of each month. Special get-togethers for new and expectant mothers are held once a month.

Nursing Mothers also holds other activities throughout the year including:

- ▲ Christmas in July at a local restaurant; a large fundraiser in the form of a garage sale of second-hand baby goods
- ▲ a Christmas break-up and at least one family activity each year

All activities are publicised in the What's On section of the Portland Observer each Wednesday, and also over community radio 3RPC Coastal FM each Monday between 12 noon and 1pm on the Nursing Mothers' programme. You don't need to be a member to join in on any of the activities, but new members are always welcome.

For information about our coffee mornings, evening get-togethers and other activities, call Lynda ☎ 5523 1395 or Mary ☎ 5523 2026.

Taking care of you: your health and well-being

Portland TAFE

154 Hurd Street, Portland
Portland TAFE offers flexible programs for mothers of young children. Its daytime courses are structured around school hours, and TAFE also offers evening courses in art, writing, computer education, and preparation for returning to study. You can enrol in one subject at a time if you'd like to study toward a certificate or diploma.

Taking a TAFE course is a great way to get out and meet people, either during tutorials, or over coffee in the student lounge. If getting to a course seems too difficult to arrange, why not consider off-campus study through TAFE? Encourage other mothers to enrol with you, and start your own off-campus study group.

For enquiries call Tracy Jensen
☎ 5522 0244



"Let's face it, everyone knows mothers are the backbone of the family's health. We need to give ourselves permission to look after our well-being, or everything else falls in a heap."

Your health is important too! As mothers, we often worry about our family's health and well-being, but put our own health concerns on hold.

However, getting regular time-out to relax or catch up on sleep is important. So is keeping up your sport or other physical activity. Spending time with friends or family can help too.

Whatever makes **you** feel healthy and well is important. Yet finding ways to make time to look after **your** own health and well-being can be difficult, and may seem almost impossible at times. Mothers need to be creative about ways of having some time-out.

Life as a mother is a juggling act, as we try to balance the needs of our family with our own needs. In the long run, if you are healthy, you are better able to look after your family.

It's OK to call on family and friends to help out and give you a break. Sometimes they are just waiting to be asked to get involved in caring for your new baby.

In this section, mothers share their tips for looking after their own needs and getting regular time out. Details are also provided about some of the local businesses and services that offer supportive, and friendly environments for doing things you enjoy.

Portland Leisure and Aquatic Centre

Bentinck Street Portland ☎ 5521 7174

Portland Leisure and Aquatic Centre offers heated swimming pools, a spa and sauna, a waterslide, a spacious and well-equipped gymnasium, and an indoor climbing wall (in case you're not already climbing the wall!) Best of all for mothers, the Portland Leisure and Aquatic Centre has a creche where your baby or toddler will be cared for by qualified professional staff while you relax in the pool or spa, whizz down the waterslide, or pump iron in the gym.

The Portland Leisure and Aquatic Centre also offers many activities and programs to help you regain and maintain your strength, fitness and sense of well-being after childbirth.
Open: Monday to Friday 6am-8.30pm Saturday and Public Holidays 8am-6.00pm Sundays 10am-6.00pm

Take advantage of this great facility for mothers. Perhaps you could arrange to go with a friend every week. If you live in Heywood or Casterton, talk to the co-ordinators of your local community buses and organise a day when you can bring your friends to Portland for a swim and a spa.

For enquiries about the **Heywood Community Bus** call Sue Brumby, Primary Health Care Nurse on ☎ 5527 1204. For enquiries about the **Casterton Community Bus** call Margaret Molony on ☎ 5581 1377

Time-Out for Heywood Women

Low-cost, enjoyable, child-free 'time-out' sessions are held in Heywood on the second and fourth Thursdays of each month from 10am to midday. Time-Out for Heywood Women offers visits to beautiful Shire attractions like Bridgewater Bay, the Windlight Gallery, the Waterfall Gardens, and the Myamyn Patch. The program organises coffee and cake at Shire cafes, craft courses, 'hit and giggle' golf for beginners, and many other activities.

This program has been devised especially to encourage Heywood women to take a break and do something different. Child care is arranged through Family Day Care or Heywood Day Care Centre. For enquiries call Athalie or Rosemary at the Portland Community Health Centre on ☎ 5523 4000.

Child care

"When my daughter was around six months old she started spending three hours a week at the local day care centre. I don't have any family in this town, or nearby. The centre was great for both of us. She loved the other children, the toys, the songs. I loved the break and I made sure I didn't spend that precious time cleaning. I'd go home, have a quiet cup of tea, read, or sometimes even just have a nap to catch up on all that lost sleep."

Glenelg Shire's child care options include Family Day Care and Child Care centres. Financial assistance for child care is available to most families, and staff in the following child care programs can help you with the necessary forms.

You should feel free to shop around, taking time to visit the centres with your child to see which one suits her best. In the initial stage after enrolment it is often best to stay for a while and help your child settle in. The staff will guide you in this.

Family day care

Family Day Care is a network of individual, registered care-providers offering quality care in a home environment. It is organised, supported and co-ordinated by the Glenelg Shire Council.

Children from 0 to 12 years of age are welcome in the Family Day Care Program, which is available 24 hours a day throughout the Shire. For further information call Annett or Emmie at the Family Day Care Co-ordination Unit on ☎ 5522 2231

Child care centres

Portland

Henry House Day Care Centre, 22 Glenelg St Portland
Henry House is located across from the Fawthrop Lagoon, and offers sessional, part-time or full-time care to children from four weeks to five years of age.

Henry House offers two sessions per day, from 9am to 1pm and 1pm to 5pm. It has two outdoor play areas plus one undercover all-season play area. All are supervised by fully qualified child care staff. Enquiries Janine Jacobs ☎ 5523 4071

Mitchell Park Children's Centre, Mitchell Crescent, Portland.
Mitchell Park is located right across from Kalbarri Kindergarten. It offers sessional, part-time or full-time care to children from four weeks to six years of age.

Mitchell Park's morning session is from 7am to 1pm, its afternoon session from 1pm to 6pm. It has 3 separate play rooms and 3 well-equipped outdoor play areas, with fully qualified staff supervising each area. Enquiries Lana Waldron ☎ 5523 6093

Portland Aluminium Creche

Quarry Road Portland
Portland Aluminium Creche is available to children of Portland Aluminium employees. Children aged between six weeks and six years of age can attend up to three sessions per week. Open Monday to Friday 9am-12noon and 1pm to 4pm. Enquiries Karensa Smith ☎ 5521 5388

Heywood

Heywood Day Care Centre

39 Hunter Street Heywood
Heywood Day Care Centre offers sessional, part-time or full-time care to children from nine weeks of age. Morning sessions start at 8am, or earlier by arrangement, and go until 12.15p.m. The afternoon session goes from 12.45pm-6.00pm. Heywood Day Care Centre can help you out with after-kinder and after-school care as well. Enquiries Donna Kerr ☎ 5527 1118

Occasional child care

The Old Courthouse Community Centre can offer child care assistance to mothers participating in its many activities.

☎ 5581 2139 from Tuesday to Friday 9am-4pm and talk to Larry or Vicky about their programs and childcare.

Dartmoor Occasional Care is available at Dartmoor Kindergarten from 9am to 3pm every Tuesday. Qualified child care staff Karen Bull and Susan Pratt offer a stimulating, friendly environment for your child while you take a break.

The fee is \$1.50 per hour, and financial assistance for fees is available. Enquiries ☎ 5581 1227

Time-Out for Heywood Women

Professional child care is available to participants in this fortnightly activities program. See page 11.

MOPS - Mothers of Preschoolers

Child care by a team of volunteers is available to participants in this fortnightly activities program. See page 9.

Portland Leisure and Aquatic Centre

The Portland Leisure and Aquatic Centre creche offers professional child care for your children while you swim, work out in the gym, enjoy aerobics, a spa or a sauna, or coffee with a friend. For enquiries and bookings ring ☎ 5521 7174

Portland Neighbourhood House

Portland Neighbourhood House offers professional childcare to participants enrolling in its courses and activities. Enquires Carol Guidera on ☎ 5523 4441



People and places for support and advice

“Just talking - just having someone outside the family who listens and actually hears what I’m saying. It really helps me to talk through all sorts of things with my maternal and child health nurse - like those times when my baby cries a lot, and how to juggle the needs of my toddler.”

Mothers often complain about all the conflicting advice they are given. Part of working out what is best for you is finding people or services that suit you. No service can meet everyone’s needs. Sometimes it can take time to find out what’s right for you.

This is just as true about finding a doctor, a maternal and child health nurse or a local support group. Some of the questions you might ask yourself are:

- ▲ Am I comfortable talking about my concerns?
- ▲ Are my concerns taken seriously?
- ▲ Am I really being listened to?
- ▲ Am I involved in making decisions?

Mothers visit maternal and child health nurses and general practitioners a lot in the first year after they have a baby. They can be a great source of support and advice. But you need to find a doctor and a nurse you feel at ease talking to. It is okay to change your doctor or your nurse if you wish to.

There are a number of other services and groups you may wish to contact. The list which follows includes those with a particular focus on supporting mothers in the first year after birth.

Maternal and child health service in Glenelg Shire

“I don’t know what I would have done without my maternal and child health nurse. I wasn’t well, and didn’t feel very confident with my first baby. My family tried to support me, but they kept giving me conflicting information about what to do. It took the nurse to help me sort out what was best for me, and for my baby. She also introduced me to other mothers, so I don’t feel so alone now.”

Maternal and child health nurses are based throughout the Shire. You can attend any Centre in Glenelg Shire, so if you’re away from home and need to see a maternal and child health nurse you can call in at the nearest Centre. Or if you’d like to talk to a different nurse at any time, that is fine too.

Maternal and child health nurses are interested in your health, as well as your baby’s. You can talk to your nurse about things you might be afraid to mention to other people, like changes in your relationship, contraception and resuming sexual activity, how tired you feel and how long it may take to feel “back to normal” after having your baby. You may be surprised to find that your worries are shared by other women.

Maternal and child health nurses also offer support and encouragement to you as a mother. They have links with other community services, and are able to recommend other services you may find useful.

Each centre offers group activities for first-time mothers so you can meet other women and explore the highs and lows of motherhood together. Your nurse can also put you in touch with other mothers in your neighbourhood or district who might like to join you for a walk, a talk, or just a cuppa.

Glenelg Shire Maternal and Child Health Service offers a range of times and places for you to see a maternal and child health nurse. There is no limit to the number of consultations you may have. Open sessions (where you don't need an appointment) are for short visits. If you think you will need a longer consultation it's a good idea to ring first and make an appointment.

Maternal and child health nurses are available every day of the week for telephone consultations too. If you leave a message with reception, or on the answering machine, the nurse will get back to you as soon as she can.

General practitioners

"My GP always encourages me to be frank with her about what's worrying me about my health, or my baby's. Having a GP I can talk to has made all the difference in the last few months."

Finding a doctor you like, someone you can talk with openly, someone you trust and who listens to your concerns, is very important when you've got a young baby. Once you find a doctor you like it's good to see the same doctor each time you visit so that he or she can get to know your needs.

Here are some tips to help you get the most from visits to your doctor:

- ▲ If you have a few points to raise with your doctor, make a list and take it to your consultations.
- ▲ If you might need extra time to get through these points, tell the receptionist, when you make your appointment, that you'll need a longer consultation than usual.
- ▲ If you want guidance from your doctor about difficulties with breastfeeding, ask whether he or she has the Best Practice Guide to Common Breastfeeding Problems on hand. This excellent resource compiled by the NMAA Lactation Resource Centre has recently been distributed to general practitioners and maternal and child health nurses throughout Australia.

Remember that you and your general practitioner are in partnership together to keep both you and your baby healthy and happy.

Maternity Enhancement Program

This new program is designed to link and co-ordinate maternity services for women and families.

Leigh Pettingill is the case manager for Glenelg Shire. She can refer you to other services you may need following the birth of your baby, including medical consultations, advice from an occupational therapist if you have a disability, or if you need specialist guidance on lifting and bathing your baby, counselling services, parenting education and home care services (i.e. home help). Leigh can be contacted on ☎ 5521 0627 or ☎ 0417 597 869.

Lactation consultants

If you would like assistance with breastfeeding, you might like to contact a qualified lactation consultant. Advice and support is available free. ☎ 5521 0627

Local Support Groups

Nursing Mothers' Association of Australia - Portland Branch

The Nursing Mothers' Association in Portland has four counsellors. Their contact numbers are as follows:

Mary ☎ 5523 2026
Vicki ☎ 5529 2200
Jane ☎ 5523 3837
Ann ☎ 5523 5349

You may contact a counsellor at any time, no matter how big or small the problem or query.

Empty Arms

Empty Arms is a self-help group for parents who have suffered the loss of a child, at or after birth, or through miscarriage. The group meets regularly at the Portland Community Health Centre in Otway Street Portland. For information please ring the Health Centre ☎ 5523 4000, or Georgia Murrell on ☎ 5529 2503.

Parents' Support Groups

The Old Courthouse Community Centre in Casterton runs regular parents' support groups.
☎ 5581 2139

PaNDa Post and Ante Natal Depression Association Inc

In Casterton call Jan Norris
☎ 5581 1795

Family Support Services

Home and Community Care Services in Glenelg Shire

If you have medical complications before or after the birth of your child, if you have twins, triplets or if you or your child suffer from an illness or disability, you may be eligible for home support through Glenelg Shire Council.

Contact Elaine Evans, through your nearest council office:

Portland ☎ 5522 2200 Heywood ☎ 5527 1500
Casterton ☎ 5581 1533 or try her mobile phone
☎ 0407 817 082

Elaine can also offer advice and referral to other services, including Glenelg Shire Family Day Care.

Currawong Family Services

Programs include:

Family Counselling and Support - for families and individuals experiencing difficulties in their roles as parents;
Family Friends - a program using trained volunteers to visit families or individuals in need of social support on a regular basis. The program aims to reduce isolation and promote personal growth.

For information call the Hamilton office on ☎ 5572 2987.
If you live in or around Casterton call The Old Courthouse Community Centre on ☎ 5581 2139.



Information Services

Parentline

Don't Cope Alone is Parentline's motto. Glenelg Shire mothers who've used Parentline say it's been very helpful in moments of crisis. Parentline is a confidential service and you can call 24 hours a day on ☎ 13 22 89 for the cost of a local call.

PaNDa - Post and Ante Natal Depression Association Inc

PaNDa is a self help support association for women who experience post and ante natal depression, and for their families. Help Line ☎ 9882 5756

WIRE - Women's Information and Referral Exchange

Freecall ☎ 1800 136 570
Email: wire@vicnet.net.au

Women's Health Victoria

Do you need to clarify a medical term, inquire about treatment options, seek reassurance about a health care decision you need to make? Or, would you simply like to have a confidential chat about a women's health issue with an independent, caring health practitioner? If so, call Women's Health Victoria between 9am and 1pm Monday to Friday. Freecall ☎ 1800 133 321

Crisis Services

Maternal and Child Health Nurse After Hours Telephone Service Freecall ☎ 1800 134 883

Nursing Mothers' Association of Australia

24 Hour Counselling ☎ 1300 392 201

SANDS (Vic) Stillbirth and Neonatal Death Support

SANDS (Vic) is a self-help organisation run by parents who have experienced the loss of a baby through miscarriage, stillbirth or neonatal death. ☎ 9773 0221

Emma House Domestic Violence and Incest Resource Centre Inc.

Warrnambool: Monday to Friday 9am-5pm ☎ 5561 1934
Portland Outreach Worker: Tuesdays 9am-5.30pm ☎ 5521 7937
Casterton Outreach Worker ☎ 5581 2109
Crisis After Hours Freecall ☎ 1800 015 188

CASA - Centre Against Sexual Assault

24 hour telephone line ☎ 9344 2210

