



Program of Resources, Information and Support for Mothers





**Mobilising communities
in support of mothers**

A joint project with La Trobe
University & Bayside City Council.

BAYSIDE FOR MOTHERS NEWSLETTER

December – January 2000
Issue number 4

Program of Resources,
Information & Support for
Mothers



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WHERE
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We have had some great feedback from many women about the Bayside for Mothers Newsletter and have received queries as to where copies can be obtained. Thank you all for your interest and support and we are delighted to let you know that in addition to all **BAYSIDE MATERNAL AND CHILD HEALTH CENTRES, AND LIBRARY BRANCHES**, the following businesses and community centres receive copies of the newsletter. So just ask for a copy and let us know if you're having trouble getting hold of one.

BRIGHTON	SANDRINGHAM / BLACK ROCK / HIGHETT	HAMPTON
Family & Women's Clinic, Bay Street	Hairglypics Hairdressing, Waltham St	Harpers Skin Fitness, Hampton St
The Baby Club, Bay Street	Chives Café 189 Bluff Road, Black Rock	Bouncing Back, Mills St
Bonkers Play Centre, Nepean Highway	Sandybeach Centre 2 Sims Street	The Children's Storybook, Hampton St
New Street Medical Centre	Kids on Bay 227 Bay Road, Highett	Southend Medical Ctr, Hampton Street
Brighton Recreation Centre, 93 Outer Crescent		Moores Pharmacy, Hampton Street
		Trackside Gymnasium, Railway Pde
		Hampton Toy Library, Willis Street
		Hampton Community Centre, 14 Willis Street
		Castlefield Community Centre, 505 Bluff Rd

GET
A
COPY

PRISM Project Update.....

Thank you to all those who completed and returned the Parks & Gardens survey in the last newsletter. We certainly appreciate help in gathering information to pass on to Council to help improve services and facilities to contribute to them becoming more mother/baby/family friendly. The information from the surveys will be presented to Council staff to assist with planning for the improvement of local parks and playgrounds.

Christmas is a very busy time of the year and it's no different for the PRISM (Program of Resources, Information and Support for Mothers) team. It's been a great year for the Project and we hope that 2001 will bring bigger and better things for mothers in Bayside. Of course this needs the help of dedicated mums and our thanks to all of those who have helped – you know who you are!

BAYSIDE MATERNAL & CHILD HEALTH SERVICE -- TEAM UPDATE

Bayside Maternal & Child Health Nurses, Christine Burrows and Carolyn Moir recently passed their exams to become qualified Lactation Consultants! We'd like to congratulate them and say "well done"! The Maternal & Child Health Team now have five Lactation Consultants who can provide advice and support to you on all matters related to breastfeeding. They are: Carolyn Ikin, Carolyn Ive, Carolyn Moir, Christine Burrows and Ann Crook.

Diedre Stewart (Sandringham Centre) has commenced Maternity Leave and Carolyn Ive has joined the team to replace Deidre. Jenny Saunders has also joined the team to start up an Enhanced Home Visiting Service for families with particular needs.

OPEN TIMES OVER CHRISTMAS / NEW YEAR

Bayside Maternal & Child Health Centres will be closed on CHRISTMAS DAY, BOXING DAY and NEW YEAR'S DAY.

Beaumaris, Brighton South and Hampton will be closed 27th, 28th and 29th in addition to the above dates. All other centres will open and operate as normal.

24 HOUR M&CH TELEPHONE SERVICE

The State Government run after hours telephone service recently received additional funding to extend its hours of operation to 24 hours. It is now known as the Maternal & Child Health Line 24 Hours and is contacted on **9853 0844**.

The PRISM Project will conclude its 2 year period within the Bayside community at the end of February. The Project Officers will be presenting a report to Bayside Councillors outlining what the Project has achieved and recommendations on what is required to continue to build and nurture community support for mothers and families with babies and young children. If you would like further information about the Report process, contact PRISM Project Officers Jennifer Stone or Serena Everill on 9599 4307.

We would like to take this opportunity to wish all Bayside mothers and families SEASONS GREETINGS and a HAPPY & SUPPORTED NEW YEAR!

DIARY DATES

SEE DETAILS FOR TWO GREAT EVENTS ON NEXT PAGE!

Wild Women in Session – Discussion Group

Mondays 10.30am – 12noon

This group is exploring the expectations placed on women, particularly mothers. Sharing experiences, laughing at events, gaining perspectivea morning well spent!

Hampton Community Centre

14 Willis Street, Hampton

Ph: 9598 2977

Christmas Craft Workshop for Adults

Make swags, construct centrepieces. Phone 9598 2977 to enrol.

Hampton Community Centre

14 Willis Street, Hampton

Ph: 9598 2977

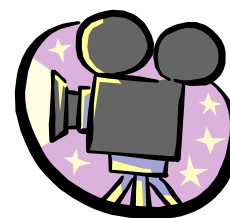
LET'S GO TO THE MOVIES

Dendy Brighton Cinemas

26 Church Street

BRIGHTON

Phone: 9592 7815



Thursdays at 11.00am (ex School Holidays) is "Babes in Arms" at Dendy Brighton Cinemas. Mums can bring babies in their prams, in a pouch or in their arms and watch the movie with other mums. There is at least one change table in the cinema so you don't miss anything if baby needs a new nappy.

Unfortunately the movies for December were not finalised when this went to print. Please give them a call and the staff at the Dendy Cinemas will gladly tell you what's on.

FAMILY CHRISTMAS PICNIC

THURSDAY 7 DECEMBER



The Mayor, Graeme Disney, is hosting a Christmas Picnic on Thursday 7th December. There'll be plenty of fun things to keep energetic toddlers and babies happy – the children can make Christmas cards, meet some baby animals, jump to their hearts content in the jumping castle, play in the playground, and enjoy a visit from Santa. Bring your own picnic lunch and take the opportunity to meet other local mothers or sit back and relax with a free head and shoulder massage! There'll be plenty of shade too.

WHEN: 11.00am – 1.00pm, Thurs 7 December

VENUE: Bayside City Council
Corporate Centre Gardens,
Rear of Council offices
Royal Avenue, Sandringham

BYO: Picnic Lunch



DADS & WATER BABES

Following on from the successful PRISM Dads' Arvo in September, The King Club has organised another event for fathers to meet other fathers with their baby or toddler.

An instructor will lead a range of fun and interactive activities and afternoon tea will be provided.

Babies and toddlers need to have an aqua-nappy or tight fitting bathing suit (these can be purchased from the King Club).



SUNDAY 10 DECEMBER

at

THE KING CLUB

150 Tulip Street, Cheltenham

2pm – 4pm

\$10.00 per person

Afternoon tea provided

BOOKINGS ESSENTIAL

BY MONDAY 4 DECEMBER

Ph: 9584 7233

THE JOYS OF MOTHERHOOD

Before we had our baby, and with our families interstate, we often did quick trips back home. As with most things post-baby, travel is never the same again! To make things easier (or so I thought) I bought a new suitcase to fit clothes, etc for both baby and me....you know, a good, sturdy type (weighs enough *before* anything is put in it). My reasoning was less luggage to deal with and durability – but I won't make that purchasing mistake again!

Our first trip arrives. I've been putting clothes aside for a couple of days now and it's time to pack as we are leaving tomorrow. Okay, baby's clothes, my clothes, toys, bath toys, shoes, makeup (the little that I actually get to wear) and we're done! Wonderful! Everything fits perfectly, now all I have to do is get the case downstairs and in the car! Not so easy. Try lugging a very heavy case down stairs, without waking a sleeping baby! Not an easy thing to do. Wheels on suitcases are wonderful things – once you have them on a flat surface of course!

One, two, three...LIFT into the boot and it's done. My husband is already in Sydney so it's "just the two of us" making the trip this time, hence my Conan-like requirement of strength!

Long term parking at Melbourne airport – great! I just managed to get the case into the car and now I have

to get it out, get baby into stroller, and walk to the courtesy bus collection point, just to go through it all again! Get to the terminal and it's deja vu! Oh joy! I must say that chivalry is not altogether dead – a little endangered maybe but not dead.

At last, we reach the check-in counter. I can keep the stroller until boarding the plane – yay! I am filled with fear at the prospect of taking a screaming child on to a plane and am delighted to find that once he is placed on the breast and the plane is rocketing down the runway, he falls asleep for the entire journey – piece of cake! All I need to do is get the 30kg case off the baggage claim with a baby in one arm and a bag in the other, without falling head first on to the conveyer belt (as the stroller never comes off before the case).

The two of us have now done several trips and each one with varying degrees of success. The suitcase STILL weighs a tonne and every time I pack it, I try to cull as much as possible. Soon I'll just have a clean pair of knickers with the remainder being baby's clothes! Ah, the joys of motherhood!

If you have any little gems you would like to share with us, please forward them to the PRISM office (address on front of newsletter) or email to sharyn.gagg@incubiz.com.au



After receiving inquiries about groups for younger mothers in their 20's, and mothers on their own in the 30+ age group, we are pleased to announce that groups catering to these needs have commenced.

- **The Mums in Their Twenties Group** are meeting on Mondays 1.00 – 3.00pm at the Hampton Community Centre. This Centre closes down over the Christmas period after Dec 11th so ring Serena Everill (PRISM Project) on 9599 4307 for meeting information.
- **The 30+ Mums On Their Own Group** are meeting monthly on Saturday mid-mornings. For contact details and further information, ring Jennifer Stone (PRISM Project) on 9599 4307.

If you are interested in either of these groups, please don't hesitate to give us a call.

VENUES

INDOOR OPTIONS

Each issue we profile one of the indoor play facilities.

THE GIGGLE PALACE, 212 Bay Street, Brighton
Phone: 9596 2822

Open: Tues – Thurs 9.00am – 6pm;
Frid-Sat 9.00am-9.00pm; Sunday 9.00am-6.00pm

Cost: \$5.50 (12months – 10 years);
FREE under 12months

Recently taken over by new owners, The Giggle Palace offers a good indoor alternative if the weather turns nasty. There is a small area set aside for babies and lots of equipment to keep the older kids happy for hours with a jumping castle, large maze, slides, ball pool, and computer games.

For those of you who may have found space between tables a bit cramped previously, you will be pleased to know that some tables have been removed to make it more accessible for those with prams. The Giggle Palace is a great stop for mums wanting a bite to eat (risotto, pasta, lasagna, salads, and deserts). As they are open for dinner on Friday & Saturday nights, it's also a suitable place for parents to have dinner and the children can play after eating.

SPECIAL OFFER

Present this coupon to receive a FREE glass of wine or cappuccino at The Giggle Palace, 212 Bay Street, Brighton.

Offer valid all Dec 2000 & Jan 2001

BAYSIDE BUSINESS AREA PROFILE



Martin Street, Gardenvale

A couple of intrepid new mothers recently visited the shopping strip, Martin Street in Gardenvale to talk to traders about PRISM and distribute posters and leaflets. Never let it be said that this job doesn't have its perks! **Moorish Licensed Restaurant and Galleria** at 146 Martin Street was a good first stop for

• (MARTIN STREET, GARDENVALE continued)

Coffee and tasty date slices. The restaurant is apparently a favourite stop for mothers' groups - pram access is excellent and a larger courtyard area at the rear of the premises is ideal for groups.

Across the street at 169 Martin Street is **Wardlaws** – fine food and gourmet catering. Wardlaws is said to be another favourite coffee stop for mums and they have a large box of toys available.

Also of note in Martin Street is **Artz for Kidz**, an art gallery for children with a children's area. **Nicholl's Fashion Centre** at 159 Martin Street stocks school wear, has wide aisles with easy pram access and very friendly staff who were happy to show us the reading books they keep handy for little visitors.

TIPS

FOR TRAVELLING WITH BABIES

If you are travelling with your new baby for the first time this Christmas, some of the following tips may help:

- ☺ If not breastfeeding, take a dummy or bottle for baby to suck while plane is taking off or descending.
- ☺ Take toys to entertain baby if driving long distances and be sure to make several stops which enable baby to move around and get out of the sitting position – they like it as much as we do!
- ☺ Hire for Babes have franchises across Australia (except WA, NT and QLD) and have everything from car seats, to strollers and prams, high chairs, portable cots, etc at reasonable weekly rates.
- ☺ Pack the minimal amount of clothes required if washing facilities will be available – allowing for daily changes of course (the same goes for mum and dad).
- ☺ Take the baby's favourite toys, preferably ones that are small and easy to pack. They will be happy to see their other toys when they come back home!
- ☺ If funds allow, buy nappies, wipes, formula, etc at your destination rather than take it with you.
- ☺ If flying with a baby, take an umbrella stroller with you – these can generally be left at the gate when boarding the plane for loading and make it easier to get about the terminal.

Have a great holiday!



Community Forum



REVIEW OF MATERNAL & CHILD HEALTH SERVICE

On Tuesday night the 28th November, Bayside Council conducted a public community forum as part of a review of the Maternal & Child Health Service. Council officers have undertaken a random survey of clients as well as interviewing playgroups, new parent groups, funding bodies, hospitals, and PRISM. The idea behind the forum was to provide information on the information gathered to date and to hear community responses and ideas on how best to strengthen and enhance such an important and valued service. It was also a special opportunity for members of the community to meet with three Councillors (Terry O'Brien – Charman Ward; Gary Andrews – Dendy Ward; Craig Tucker – Clayton Ward) and Council officers to talk about issues and discuss future directions.

The good news is that feedback from the survey of clients of the Maternal & Child Health Service show strong satisfaction with the Service. A report to Council will be presented in January detailing the review findings and making recommendations on future strategies. A special 'thankyou' to those mums who managed to get out in the evening (not always easy!) and participate in this forum.

Walking Groups

Unfortunately the Sandringham Walking Group has ceased due to a lack of interest! But there are three other keen groups across Bayside who are 'out there striding their stuff!' In consideration of the holiday period, please ring the relevant contact person to check whether groups are meeting over December and January.

Beaumaris:

Day & Time: Tuesdays at 1.30

Meet: Beaumaris M&CH Centre, 28 Bodley Street

Contact: Caroline Ikin (M&CH Nurse) 9589 4615

Brighton:

Day & Time: Wednesdays at 10.15

Meet: Car park behind Laura Ashley, Church & Carpenter Streets, Brighton

Contact: Madeleine on 9592 0591

Hampton:

Day & Time: Tuesdays at 10.30

Meet: Hampton M&CH Centre, 483 Hampton Street

Contact: Colleen Delahunty, M&CH Nurse



If you would like to act as a contact person for a group in **YOUR** area in the new year, please call Jen or Serena (PRISM Project Officers) on 9599 4307.

SUMMER TIME & LOCAL PLAYGROUPS

In a future issue, we'll outline comprehensive feedback on favourite and not so favourite parks and gardens in Bayside. But with the weather warming up and Daylight Saving in full swing, we thought we'd list a few parks that we think you might like to visit during Summer with the kids:

Beaumaris: Wells Road

Black Rock: The Esplanade (great views, excellent play for young children)

Brighton: Boat Playground, North Road

Brighton East: Dendy Park, Cnr Nepean Highway & Dendy Street. (Great play areas for young children)

Hampton: Thomas Street (Adventure playground for older children, toilets & BBQ)

PLAYGROUPS offer another alternative. If you would like to attend a play day or host a play day at your playgroup, contact Rosemary on **9793 3913**.

More play days on website, www.playgroup.org.au

Contributions to the newsletter are welcomed and encouraged. Please either post your contribution to the address on the front of this newsletter or email to sharyn.gagg@incubiz.com.au

We look forward to hearing from you!