

# 2024 Winter Newsletter

Featuring your favourite art entries

playford  
communities for  
children

Funded by the Australian Government Department  
of Social Services.

Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.



"Dinosaur is important  
to me because I wish  
they were still alive."

**Malakai 7**



"My friends are important to me because they're my  
best friends + I love them."

**Andie 5**

# Acknowledgement

We express our gratitude to the Kaurna peoples for their continuous care of this ancient Country for thousands of generations and for the sharing of this land that was never ceded.

We recognise and respect the wisdom of Elders past, present and those to come, and extend this to all First Nations Peoples and their living cultures.

We walk softly alongside First Nations Peoples as allies committed to seeking guidance, listening with purpose and acting with courage in our future together.

Always was, always will be.



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## Playford we want your thoughts!

Communities for Children Playford is continuously consulting with community to ensure the programs that we fund are meeting the needs of children and families here in Playford.

We want to know:

What are the gaps in the community?

What programs and activities would you like to see in Playford?

If you would like to share your thoughts with the team please contact us at:

[cfcpayford@anglicaresa.com.au](mailto:cfcpayford@anglicaresa.com.au)

Or

Via our Facebook Group:

Scan the code below



# Reconciliation in the West

Reconciliation Week is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-indigenous people, for the benefit of all Australians. This year our community came together for truth telling, seeking knowledge and understanding at Taoundi College in Port Adelaide on Thursday 30 May.

The weather changed our plans to colour all the kids and big kids alike, like a ngakala (Rainbow Lorikeet), fortunately the rain held off during the event and everyone looked like they had a great time. Children attending with their school and from the community enjoyed adding their own designs to t-shirts using symbols sharing what reconciliation meant to them.



As children began arriving Ngarrindjeri and Kaurna woman, Sam Gollan, created a piece of art with the Reconciliation week theme Now More Than Ever on a t-shirt. Sam has kindly donated the shirt to giving the CfC community has a chance to win by entering our Facebook competition for Aboriginal and Torres Strait Islander Children's day on Friday 2nd August 2024.



# Children's Voices 'What's important to me'

## Acknowledgement of Country

Here is the Land

Here is the Sky

Here are my friends and here am I

We thank the Kurna people for the land on which we learn and play

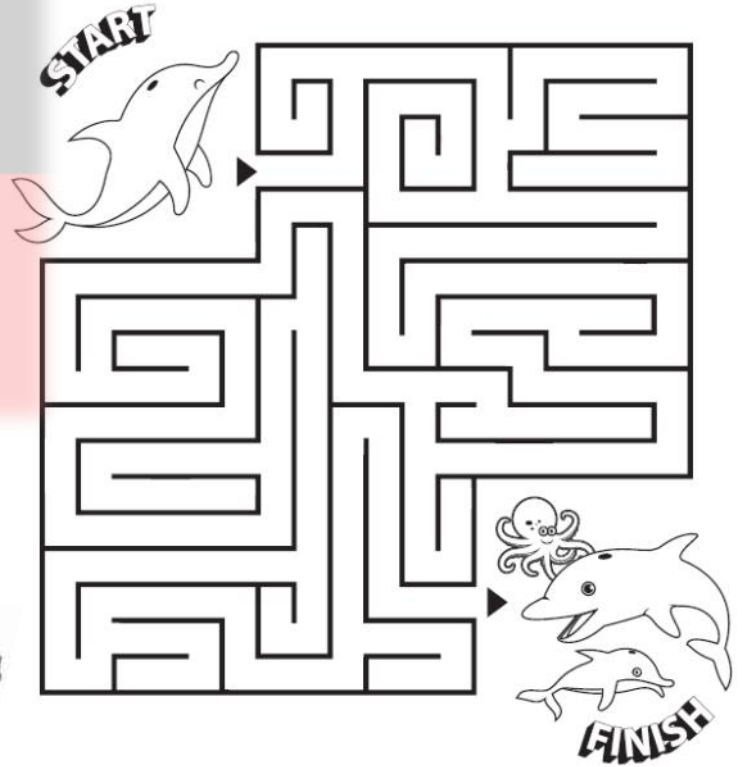
Hands Up

Hands Down

We are on Kurna Land

## FRIENDS

are important to me because



## Just Kidding!

Why did the banana go to the doctor?

Because he wasn't peeling well.



## Word Find

What's important to children in Playford?

Find each theme

- ANIMALS
- ART
- CULTURE
- EMOTIONS
- FOOD
- FRIENDS
- FAMILY
- HOME
- IDENTITY
- NATURE
- PLAY
- SAFETY
- SPORT
- TOYS
- TECH

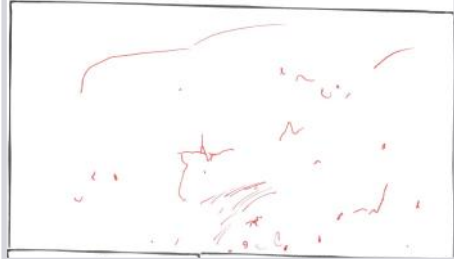
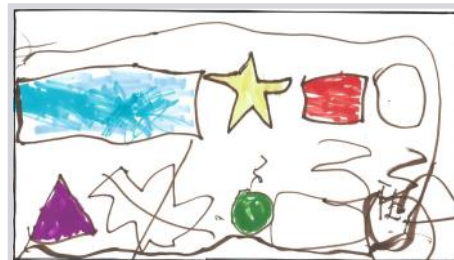
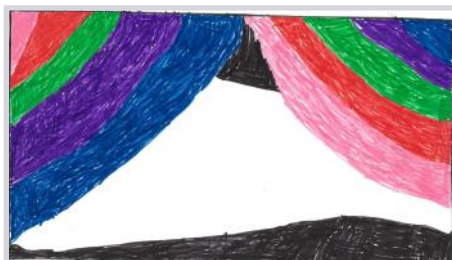


# Exhibition Winners

Children all over Playford created a fun, and colourful piece of art sharing what is important to them. More than **470** shared their voice through art in an exhibition here at The Platform displayed over two weeks in May for National Families Week. The community was invited to see and vote for their favourite two entries. Each artist received an invitation to an exclusive and fun celebration night, and had the chance to vote for their own!

## Here are your favourite 20 entries that have won a prize!

Nine of these artworks have been selected to be included within the 2025 Communities for Children Calendar exclusive to South Australia.



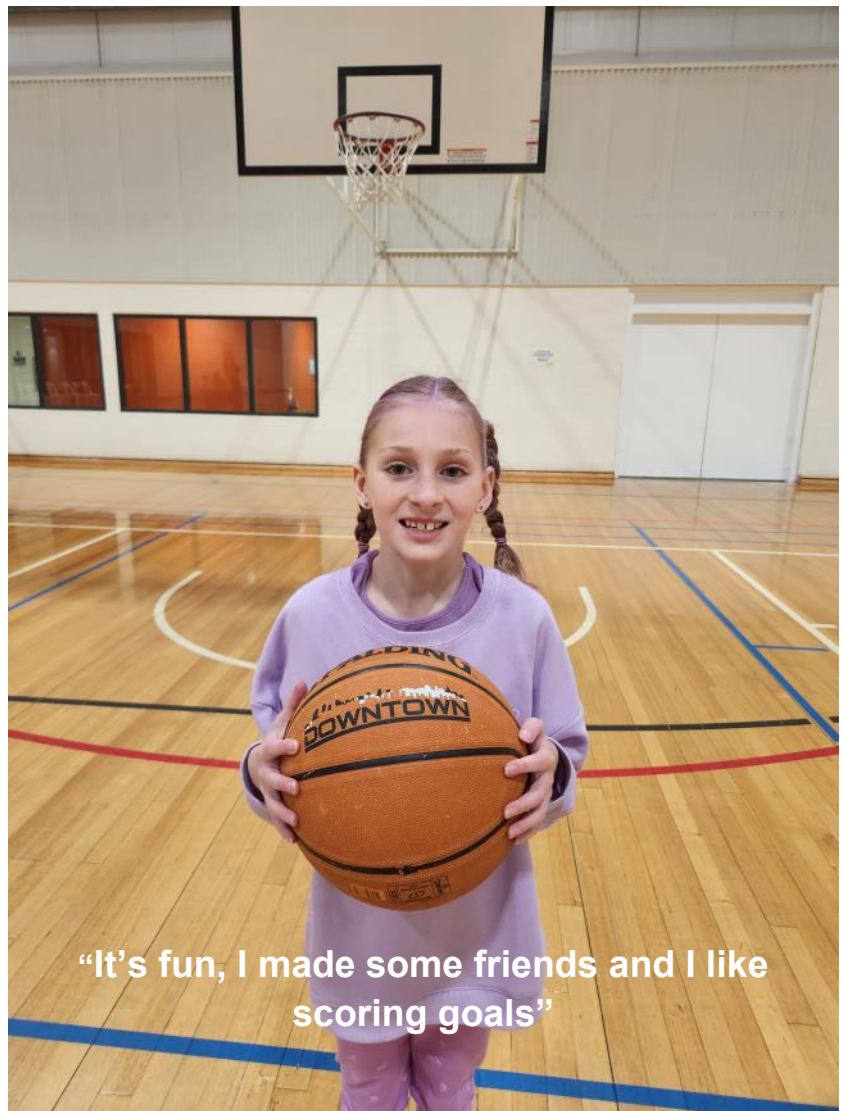
# Meet Danielle

## Yara Basketball

At Yara Basketball we welcome all young people who would like to get involved. We modify the skill-based components of the program to suit the abilities of each of our young people and over the course of the eight weeks increase the difficulty as their confidence and skills grow. All our young people are able to develop game skills, social skills, and confidence. Our sessions always end with a scratch match where parents, caregivers and families are invited to join in. Watching the delight on the young people's faces when their families get involved is a particular highlight.

We are delighted to have partnered with Anglicare SA's Playford Communities for Children to be able to provide this program free to families living in Playford.

We would like to introduce to you Danielle, she is a remarkable young person who has overcome many barriers, shown incredible courage, and in her joy, energy, and commitment to training she inspires many of our young people.



**"It's fun, I made some friends and I like scoring goals"**



For more information about Yara Basketball see page 9.

## Here is what Danielle has to say about Yara Basketball Juniors

### **Why did you first sign up for Yara Basketball?**

*To make new friends and to learn how to shoot goals.*

### **How did you feel on your first day coming to group?**

*I felt a little bit scared and shy.*

### **What was the best thing you liked in your first group?**

*When I got my first goal in the hoop, everyone was nice to me.*

### **Was there anything tricky about coming to group that you had to overcome?**

*Feeling embarrassed, getting hurt by the ball and other kids bumping into me.*

### **You decided to come back and do another term, what was the biggest thing that made you want to come back?**

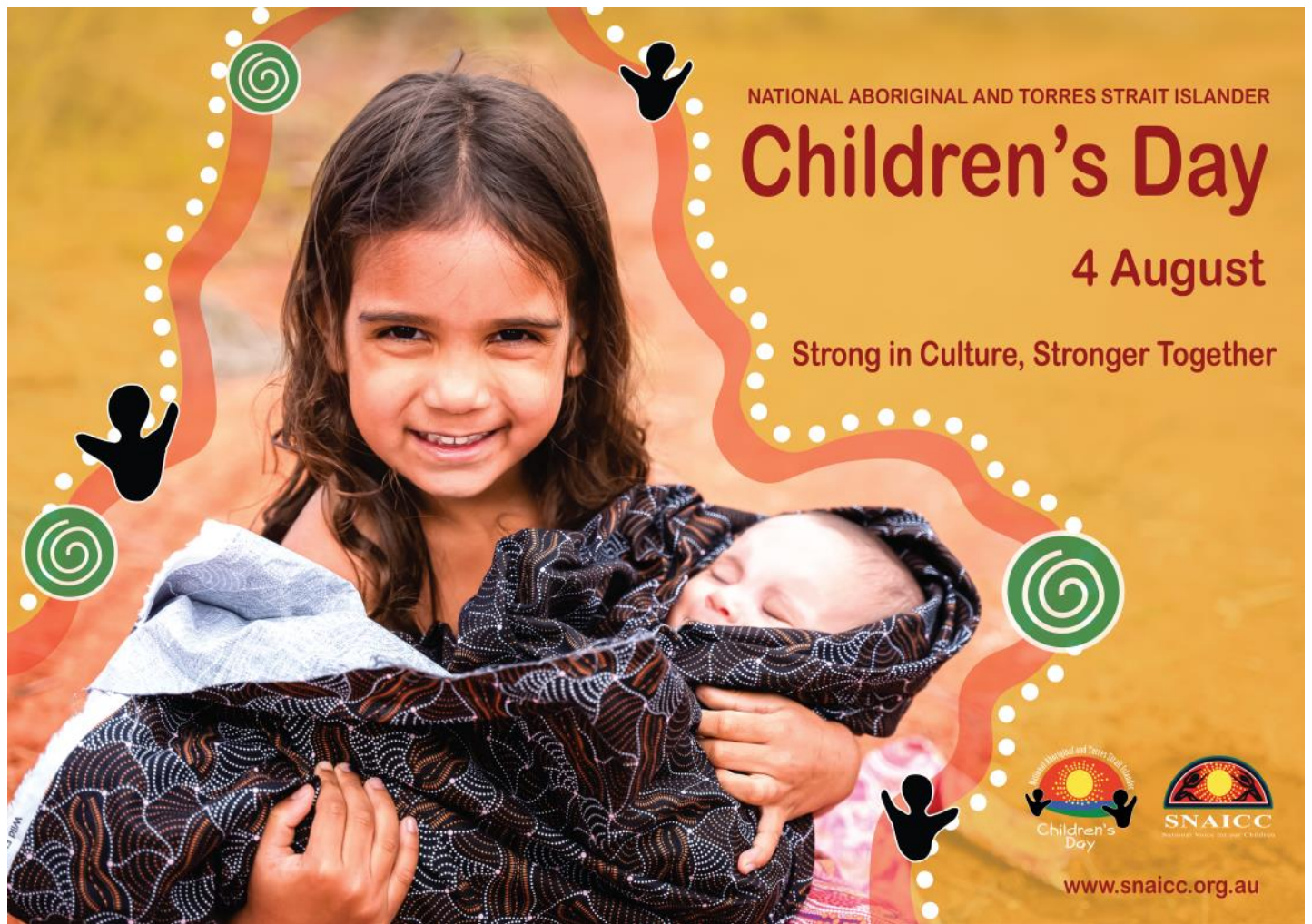
*It's fun, I made some friends and I like scoring goals.*

### **How did you feel when you came back for day one of your second group?**

*Excited to play with everyone again and learn new skills.*

### **What's been your most favourite part of the program since you started?**

*I've got more friends now. I don't feel scared anymore. I feel very happy when I get a goal in the hoop.*



## Science Week Kurna Seasons

**Kudlila – Winter** (approximately July, August, September)

How can we tell the season has changed from Parnati (Autumn) to Kudlila (Winter)?



### Indicator

- Kudlinthi (to wash) – winter is when the earth is washed
- Waitpi (windy)

### Plant and Animal Indicators

- Vegetables, grubs mainly eaten
- Bloodworms in mud
- Ducks/water birds nesting

### Seasonal Lifestyle

- Grubs collected from west sclerophyll scrub covering Mount Lofty Ranges – gum from Acacia trees collected for eating

To learn more about Indigenous Weather Knowledge visit [bom.gov.au/iwk](http://bom.gov.au/iwk)

## Social Opportunities

Lego Club and The Mix are social activities for children on the autism spectrum to interact with others in a fun and safe environment.

Lego Club, fortnightly Saturdays  
9:30am to 12:00pm

The Platform

73 Elizabeth Way, Elizabeth

The Mix, fortnightly Thursdays  
5:30pm to 7:00pm

The Platform

73 Elizabeth Way, Elizabeth

For more information contact

Marguerita on 0407 074 817

Diverse Learning

## Pom Pom

An art program that focuses on creative skills development across all art forms for children aged 0 - 12 years and their families or carers.

Each workshop is led by professional artists in a positive and welcoming environment.

Saturdays 11:00am to 3:00pm

Davoren Park Shopping Centre  
45 Peachey Road, Davoren Park

During school term

For more information contact

Adara on 8230 1116

Carclaw



## Junior Rise

The Junior Rise and Junior High programs will help engage groups of young people to collaborate and address the challenges of transition from primary school to high school.

Junior Rise and Junior High are 16 Week Program

For children in Years 6 and 7

During school term

Various schools in Playford

For more information contact

Claire on 0423 143 175

Kids First Australia

## Yara Basketball

Led by youth mentors, a resilience and social and emotional capacity building program using the challenges faced in basketball to enable young people aged 7 - 12 to explore the range of emotions and learning the skills and language to voice those feelings.

Mondays 4:00pm - 5:00pm

John McVeity Centre

182 Peachey Rd, Smithfield Plains

During school term

For more information contact

Melissa on 0403 630 123

Yara Family Connections

## Mighty Minds

This program is an attachment and relationship repair program for families with preschoolers who attend long day care and are addressing experiences of early childhood trauma.

Mighty Minds is a 12 - 24 month program with weekly sessions.

NACYS Childcare Centre  
Oldford Rd, Davoren Park

For more information contact

Thandy on 8252 2474

NACYS

## Blakeview Playgroup

Blakeview Primary School families and community with children are welcome to attend our Aboriginal focused playgroup.

Weekly themed session with fun Activities for children 0 - 5 years.

Wednesdays 9:00am to 10:30am

Blakeview Primary School

During school term

For more information contact

Rhianna on 8254 7555

Blakeview Primary School

## Yara Circus

Yara Circus is a resilience program for young people in primary school.

Deadly students will learn awesome circus skills and Kauma language.

During school term

Various schools in Playford

For more information contact

Melissa on 0403 630 123

Yara Family Connections



## Little Steps

Little Steps supports Aboriginal women who have past or current experiences of family and domestic violence and or other barriers to strong parenting.

A 10 week group program

Tuesdays 10:30am - 12:30pm

Kauma Plains - Mami Waiendi  
Children's Centre

83 Ridley Rd, Elizabeth South

For more information and referral

Call 08 8377 7822

Komar Winmill Yunti

## Parent stuff

A safe and supportive environment for young pregnant and parenting people aged up to 25, providing Bringing up Great Kids, Tuning into Kids, Circle of Security and What Were We Thinking?.

During school term

Elizabeth Grove Children's Centre

For further information contact

Melanie on 7117 0920

Metropolitan Youth Health Service



## True North Youth Theatre Ensemble

Weekly workshops to create a piece of theatre in a space where children can learn new skills, find their voice and be empowered through the creation of a joint piece of work.

For children aged 7 - 12 years

Saturdays 3:00pm to 4:30pm

The Platform

73 Elizabeth Way, Elizabeth

During school term

For more information contact

0404 553 263

AJZ Productions



## True Ability

Weekly workshops to create a piece of theatre in a space where children with a disability can learn new skills, find their voice and be empowered through the creation of a joint piece of work.

For children aged 7 - 12 years

Saturdays 1:30pm to 2:45pm

The Platform

73 Elizabeth Way, Elizabeth

During school term

For more information contact

0404 553 263

AJZ Productions



## New & Emerging Communities

Creating opportunities for parents by achieving access to education and support to empower the people of New and Emerging backgrounds to build a sustainable life in Australia.

8 week program, 1:1 support and School Holiday Activities

Tuesdays 11:00am to 1:00pm

Amazing Northern Multicultural Svc.  
Whittington Road, Davoren Park

During school term

More information contact

Cissy on 8202 5980

Uniting Communities



## Yaitya Tirkanthi Aboriginal Playgroup

Yaitya Tirkanthi Aboriginal Playgroup will focus on Kaurna language, cultural activities, storytelling and bush play in our bush garden.

For children aged 0 - 5 years

Fridays 9:15am to 10:45am

Munno Para Primary School

During school term

For more information contact

Glenice on 8254 8322

Munno Para Primary School

## Pom Pom Relaxed Hour

An arts program tailored to Learning Disabled and Neurodiverse Young People creative skills development across all art forms for children aged 0 - 12 years and their families or carers.

The workshops are led by professional artists in a positive and welcoming environment.

Davoren Park Shopping Centre  
45 Peachey Road, Davoren Park

For more information contact

Adara on 8230 1116

Carclew



## True North Little Stars

Weekly workshops to create a piece of theatre in a space where children can learn new skills, find their voice and be empowered through the creation of a joint piece of work.

Children aged 4 - 6 years and parents/carers welcome to join in.

Fortnightly Saturdays  
12:30pm to 1:15pm

The Platform

73 Elizabeth Way, Elizabeth

During school term

For more information contact

0404 553 263

AJZ Productions

## Dad's Business

At Elizabeth Rise Shopping Centre  
Access to dedicated men's worker, information about programs.

Specifically designed for dad's and men in the local community.

Weekdays Days / Times Vary

Shop 7A, 26 Hamblynn Rd,

Elizabeth Downs

For more information contact

Alex on 8412 9500

Centacare



## Sing and Grow

Music Therapy workshops for parents and carers with their children. Using instruments, drums, ribbons, balls, parachutes and singing songs to increase positive interactions and builds confidence to use music as play.

Home visits available

Various locations in Playford

For more information contact

Thea on 0436 600 036

Play Matters

## Kidstuff

A fun, safe environment for young parents to spend quality time with their children while focusing on child development and play.

Kidstuff is a 6 Week Program  
Tuesdays 11:30am to 1:30pm

Elizabeth Grove Children's Centre

During school term

For further information contact

Melanie on 7117 0920

Metropolitan Youth Health Service

# Kids Club



## Kids Club

**A FREE program for children (5 to 12yrs) living in the Playford area**

We offer a safe and nurturing environment where children can engage in fun and educational activities. Children have a place to feel safe, make new friends, have fun, and are provided with a healthy snack. Parents and Caregivers are welcome and encouraged to stay and participate with their children to help strengthen their relationships.

**Mondays 3pm to 4:30pm**  
The Precinct  
112 Coventry Road  
Smithfield Plains

**Tuesdays and Wednesdays 3:15pm to 4:45pm**  
The Platform  
73 Elizabeth Way  
Elizabeth  
(During School Term)

- ARTS & CRAFTS
- HANDS ON ACTIVITIES
- AFTERNOON SNACK
- FUN GAMES

We also offer a school holiday program.

**ANGLICARESA**  
Together we change lives.



## NATTER & NETWORK Family Hub

**AT THE PLATFORM  
73 ELIZABETH WAY, ELIZABETH**

**Thursdays 9:30am to 11am**

**During The School Term**

Family Hub is for families with children who are not attending mainstream school regularly. Meet other families in a safe and inclusive environment. Tea, coffee & snacks provided.

**ANGLICARESA**  
Together we change lives.



## Kids Club

Make new connections & learn something new via the various programs on offer to explore.

For more information or to book contact

Leonie on 0407 977 351

Or

Stacey on 0466 822 745.

Via Email

[kidsclub@anglicaresa.com.au](mailto:kidsclub@anglicaresa.com.au)



## NATTER & NETWORK

**SOCIAL GROUP**

A welcoming group for people of all ages to come together. Various activities based on the needs and interests of the community.

**Tuesdays**  
9:30am to 11:30am  
The Platform,  
73 Elizabeth Way, Elizabeth

**Walking Group**

A chance to get out into the fresh air and have a chat with friendly faces.

**Mondays**  
9:30 am at Fremont Park  
(dog park carpark)

**ANGLICARESA**  
Together we change lives.

# Hippy



**The Home Interaction Program for Parents and Youngsters (HIPPY) is a fun and free program for families that supports children's learning in the two years before school.**

**Enrolments for the 2024/5 program have closed but enrolments for the 2025/6 program are open.**

**If your child is 3 before 1st May 2025 and you live in an Elizabeth suburb, get in touch today to find out more!**

**Contact : Anna Jerram, HIPPY Elizabeth Coordinator  
Phone : 0481 171 741 or email [hippyelizabeth@anglicaresa.com.au](mailto:hippyelizabeth@anglicaresa.com.au)**



The Home Interaction Program for Parents and Youngsters is funded by the Australian Government through the Department of Social Services. The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia.

## Call in after School

Would you like some support accessing services and programs?

Come and meet with one of the team.

The children can join in on the Kids Club session and the little ones can have fun with the group on Wednesday's during school term and school holidays by appointment.

Need time to talk to a CfC worker?

All welcome, call to book in a time

**Contact 8209 5440 for more information.**



# Words Grow Minds

## Why Sing?



Singing with your baby can help grow their language and speech skills.

WORDS  
GROW  
MINDS

Why sing with your baby?

Singing with your baby can help grow their language and speech skills.

Listening to music and singing also helps babies regulate their emotions and supports their auditory processing or hearing sense, helping them gather information about their world!

To learn more, please visit [wordsgrowminds.org.au](http://wordsgrowminds.org.au)

#WordsGrowMind

Not everyone has the talent of Beyonce or The Wiggles, but we can all sing!

It's time to get your vocal cords ready and try this singing activity:

Sing.... And stop!

On the change table, start singing their favourite song.... Stop... and wait for your child's reaction before singing again.

#WordsGrowMind

# SING

SING...  
AND STOP!

WORDS  
GROW  
MINDS

## Matching Words Puzzle

Can you match the song lyrics together?

What's your favourite song to sing with your child?

- |                   |                |
|-------------------|----------------|
| ___ 1. 99 bottles | A. Wherever    |
| ___ 2. Baby       | B. Dumpty      |
| ___ 3. Twinkle    | C. Shady       |
| ___ 4. Whenever   | D. Milk        |
| ___ 5. Real Slim  | E. Black Sheep |
| ___ 6. We will    | F. Twinkle     |
| ___ 7. Baa Baa    | G. Shark       |
| ___ 8. 5 Little   | H. Rock you    |
| ___ 9. Humpty     | I. Ducks       |

# Community Noticeboard

A SERVICE OF **UNITING COMMUNITIES**

To use your experience to help other families.

## What do you want for your family?

We are looking for families wanting support and families wanting to help others.

To meet other new parents, and families?


**FAMILY BY family**

Confident, resilient & kind children

Kids & Youth Coaching

Is your family looking for support, community and connection?


Our network is made up of families supporting families to make the changes they want in their lives.  
Would your family like to join our program?



call us: 0455 963 934

## Possum's Playgroup

Play  
Read  
Learn  
Grow



**United Way**

Tuesday 11am - 12:30pm  
Thursday 10am - 11:30am  
Friday 11am - 12:30pm

A great place for families to meet and for children to play, read, learn and grow.

- ✓ Free craft activities
- ✓ Reading and storytime
- ✓ Play
- ✓ Plus a free book for every child to take home.

Open for Children Ages birth - 6 Y.o. No Booking required

[www.unitedwaysa.com.au](http://www.unitedwaysa.com.au)

**Elizabeth City Centre** Upstairs near centre management, lift access next to Williams Shoes



## Take control of your finances

For every dollar you save, you will receive another dollar from ANZ to spend towards educational costs, up to \$500



**Saver Plus** gives you down-to-earth money talk - and a **\$500 incentive** to build your savings!

If you save up to \$50 a month for 10 months (the length of the program), **ANZ will double it.**

### What can the \$500 be spent on?

- Laptops and tablets
- Vocational education
- Books and supplies
- Uniforms and shoes
- Lessons and activities
- Camps and excursions

### To join Saver Plus

- ✓ Be 18 years or older
- ✓ Have a Health Care or Pensioner Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (you or your partner)
- ✓ Agree to join in free online financial education workshops

**Saver Plus** supports people to develop life-long savings habits. It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services.

[saverplus.org.au](http://saverplus.org.au) 1300 610 355

# Men's Health Week Celebrations

## Celebrating Men

AnglicareSA's amazing Community Connections, Communities for Children Playford, Kids Club and HIPPY Elizabeth teams came together with 10 other organisations to collaborate and contribute to an event that engaged and connected with men and their families. On Saturday 15 June, a diverse range of men came to the Grenville Centre, ranging from teenagers to older men, and women who were mums wanting to support sons and husbands, together with other family members.

There were wonderful activities on the day which included a video of partnerships and groups with men in the community, Willo Men's Shed, Good Better Best Men, and children decorated t-shirts for their

dad's. As well as drumming workshops, Midway Road Men's Band that filled the air with wonderful sounds, Centacare's 'Dad Business', the Department of Human Services Children's Centre helped to plant vegetable seedlings to take home, and each of the services provided lots of information on men's services available around the north. The barber giving free haircuts was a highlight too, it was so exciting to see so many people there.

## At least 350 people attended and 40 per cent being men.

A beautiful moment was captured with a grandfather who has migrated to Australia, travelled from south of the city all the way to Elizabeth on a bus, because he

wanted to learn about the ways of Australian men. He said he had limited opportunity to engage with Australian men during his day-to-day activities and this event provided the chance to meet other men and learn about men's programs.

A huge thank you to everyone involved; our administration and marketing staff, and the Hon Member for Light Tony Piccolo who popped in on the day as well as supported the event from the outset, the Northern Men's Network, and Uniting Communities who funded the event.

For more information on men's services contact John Goodger by email:

[jgoodger@anglicaresa.com.au](mailto:jgoodger@anglicaresa.com.au)

\*Pictured here\*



## Financial Counselling Service

### Can assist with:

- look at your financial situation
- suggest ways to manage your debt
- negotiate with your creditor/s
- refer you to other services if needed

### What to bring to your appointment:

- payslips or details of Centrelink and/or other income
- most recent bank statements
- any bills, contracts or loan documents
- any other relevant information

*The financial counselling service does not provide material or financial assistance*

Contact us... 1800 759 707 [financialcounselling@anglicaresa.com.au](mailto:financialcounselling@anglicaresa.com.au)

# AnglicareSA Support Services

## Reconnect Playford

### Can assist with:

- homelessness prevention support
- breaking down family conflict with family mediation support
- empowering young people to maintain their education
- refer you to other services if needed

### Who can access this program and supports:

- young people aged 12-18 who are homeless or at risk of being homeless in the City of Playford area

**For more information:**

**1800 569 094**

**[reconnect@anglicaresa.com.au](mailto:reconnect@anglicaresa.com.au)**

## Settlement Engagement Transition Supports: SETS

### Can assist with:

- new Arrivals within our community
- identifying peoples talents
- building skills
- developing confidence and resilience
- connecting people to employment and learning opportunities
- refer you to other services if needed

### Who can access this program and supports:

- humanitarian entrants or family stream migrants
- low English proficiency
- lived in Australia for less than 5 years
- 18 - 30 year olds

**For more information:**

**1800 778 008**

**[sets@anglicaresa.com.au](mailto:sets@anglicaresa.com.au)**

## Reconnect Newly Arrived Youth Specialists: NAYS

### Can assist with:

- breaking down family conflict
- difficulties that come settling into a new country
- empowering young people to maintain their education
- refer you to other services if needed

### Who can access this program and supports:

- humanitarian entrants or family stream migrants who have arrived in Australia within the last 5 years
- 12 - 21 year olds

**For more information:**

**1800 569 094**

**[reconnect@anglicaresa.com.au](mailto:reconnect@anglicaresa.com.au)**

## Suicide Prevention Service

### Can assist with:

- provides specialised support to individuals who have attempted suicide, or have a strong ideation.
- refer you to other services if needed

### Who can access this program and supports:

- individuals who have had a recent suicide attempt (in the last 3 months), or have active suicide ideation with intent
- live within the Northern Adelaide Local Health Network, Southern Adelaide Local Health Network, or certain regions of the Adelaide Hills

**For more information:**

**1300 077 798**

**[sps@anglicaresa.com.au](mailto:sps@anglicaresa.com.au)**

# Quick dinner recipe Tuna Pasta

This creamy tuna pasta is a perfect pantry dinner that can be whipped up in the time it takes for the pasta to cook.

## Ingredients:

- 300g dried macaroni
- 425g can tuna in Springwater, drained
- 1 brown onion, diced
- 2 celery stalks, chopped
- 80g butter
- 1/4 cup plain flour
- 2 x 125g cans corn kernels, drained
- 2 cups milk
- 2 tsp chicken stock powder



## Method:

1. Cook macaroni following packet directions. Drain well.
2. Melt 20g of the butter in a frying pan over medium heat. Cook the onion and celery for 5 minutes or until translucent. Remove from pan and set aside.
3. Melt remaining butter in same pan. Add flour. Cook, stirring, until it starts to brown, then whisk in milk and stock powder. Whisk until smooth.
4. Add onion mixture, tuna, corn and macaroni to the sauce, stirring gently to coat. Season with salt and pepper. Serve and enjoy

## Share your dinner with us

Take a picture of your dinner,  
task an adult to send it to the CFC Team Via  
text to:  
0478 494 862  
or  
Email:  
cfcplayford@anglicaresa.com.au.

## Meet the team

If you have any questions, feedback or would like to share what you think is needed in the community, please feel free to contact the team.  
email: [cfcplayford@anglicaresa.com.au](mailto:cfcplayford@anglicaresa.com.au)  
Via Facebook (See page 2 for more info)  
Call **8209 5754**



**Sam Mullins**  
Community Development Worker  
[samantha.mullins@anglicaresa.com.au](mailto:samantha.mullins@anglicaresa.com.au)  
0478 494 862



**Lorelle Bennett**  
Manager, Children & Families North  
[lorelle.bennett@anglicaresa.com.au](mailto:lorelle.bennett@anglicaresa.com.au)  
0437 354 178



**Jayde Milburn**  
Community Development Worker  
[jayde.milburn@anglicaresa.com.au](mailto:jayde.milburn@anglicaresa.com.au)  
0438 085 394



**Amita Rana Marjara**  
Community Development Worker  
[amita.rana-marjara@anglicaresa.com.au](mailto:amita.rana-marjara@anglicaresa.com.au)  
0429 372 052



**Skye Eldridge**  
Program Support Officer  
[skye.eldridge@anglicaresa.com.au](mailto:skye.eldridge@anglicaresa.com.au)  
08 8209 5754