

JAN/FEB NEWSLETTER

This newsletter is to keep you up-to-date on the great work being done by the SMBI community, service providers and stakeholders, working together and creating partnerships to best support our SMBI children aged 0-8 years, and their families.



BACK TO SCHOOL 2023

Monday January 23 was a big day for many SMBI families with the return to school for 2023. Classes were buzzing and children were happy to see the friends and teachers they had missed over the holiday period.

We saw parents celebrating and also supporting each other through the big day. Here are some of the Prep parents at RISS coming together for an impromptu coffee after school drop-off at the always popular Café Memory Lane.



For any who may be feeling unsure about how to support your child having a successful transition, a great place to start is talking to your school about how best to help your child settle in, particularly Prep students and those who are new to a school. You will also find some great tips on Managing Change in our Families Space section of the newsletter. You will also find some great information on Healthy Lunchbox choices on [pages 10 and 11](#)

We hope that all SMBI families have a safe and happy Term 1 ahead!



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THE BIG PICTURE

Hi there, I hope you are well. The SMBI Listeners Inc team has been getting out and about as well as facilitating and joining key events and meetings. Here are some of our highlights.



Willow & Oak Community Meal

It certainly all happened at Kopasz@ Curly on Friday night, with their Community Free Dinner.

Thank you Wayne and Tammy for your generous offer. Wayne and Tammy donated the money required to buy a defibrillator for the community, (to be kept at Willow and Oak), which meant the donations already collected could be used for this wonderful community event. The night would not have happened without this amazing donation.

SMBI Listeners Inc. was proud to be able to help gather some of our community members together to enjoy what was a fantastic turn-out. With the help of BICSI, Companion Line and Bay Islands Community Church, Adele the Barber – and especially Willow & Oak – there were well over 100 meals served and a good time was had by all who attended.

It was wonderful to see people out and enjoying themselves!



Amy Fernando
Manager

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- 🌐 www.facebook.com/SMBIListeners
- 🌐 www.smbilisteners.org.au



2023 SMBI Community Hubs

PLEASE COME AND JOIN US FOR THE
SMBI COMMUNITY HUB EVENTS

WE WILL HAVE SERVICES AND
SUPPORTS FROM THE FOLLOWING
SECTORS

HOUSING
YOUTH
CHILDREN
FAMILIES
MENTAL HEALTH
AGED CARE
NDIS

MORE INFORMATION ABOUT THESE
HUBS CAN BE FOUND

[HTTPS://SMBI.COMMUNITY/HUBS](https://smbi.community/hubs)

MACLEAY ISLAND

WEDNESDAY 22ND FEBRUARY
WEDNESDAY 5TH APRIL
WEDNESDAY 14TH JUNE
9AM TO 1PM

MACLEAY ISLAND COMMUNITY
CENTRE HALL

RUSSELL ISLAND

WEDNESDAY 8TH MARCH
WEDNESDAY 3RD MAY
WEDNESDAY 28TH JUNE
9AM TO 1PM

RUSSELL ISLAND RECREATION
HALL

FOR FURTHER INFORMATION
CONTACT

BREE TUKAVKIN
BREE.TUKAVKIN@QSHELTER.ASN.AU
0411738159

HILTON TRAVIS
PRESIDENT@SMBILISTENERS.ORG.AU
0444525659



Specialist Domestic Violence
& Women's Wellbeing Services



Rural Lifestyle Options Australia
Community Service Provider



Redland
CITY COUNCIL



Live life your way.



BETTER TOGETHER



LOCAL CARE FOR ISLANDERS



INDIVIDUALISED
LIFESTYLE
SUPPORT
SERVICES

PERSONS • PARTICIPATION • COLLECTIVE IMPACT



Queensland
Government

MICAH PROJECTS



Breaking Social Isolation
Building Community



Because home matters



THE SMBI SHOUT OUT!

ISLANDER OF THE MONTH

This month we want to say thank you to Alina who is very involved in the Russell community when she can be. Alina is the treasurer of our Bay Island Gymnastics Club, the Secretary of the P&C, and she assists with the Bay Islands Soccer Club when she can. Thank you so much Alina! These flowers are for you.



BUSINESS LOVE

8th Sense Kitchen is a new gelato shop that has been opened on Macleay Island by long-time islanders Andy and Jo. Chef Andy isn't limited to just gelato, creating wonderful pastries and chocolates in addition to the coffee they serve. With both delicious dairy and non-dairy gelato options, there is something for the whole family. Just a short walk up from the jetty and much to SMBI Listeners' joy, opposite our office at the Progress Hall.

Open Wed-Sun 8am - 5pm 29 Russell Terrace, MI



The Benevolent Society Early Childhood Workshops

Thursdays, 9am - 11am

Early Years Room, Macleay Island State School
Morning Tea Provided, Children Welcome

Better understand your child, learn strategies that support your child's development, have questions answered by The Benevolent Society team and share your parenting journey with other Island families.

Workshops are presented as webinars and will be hosted by The Child Health Connector Service and SMBI Listeners Inc. Arrive from 9am for a 10am workshop start; allowing time for casual catch ups, making a cuppa and getting your child/ren settled before the workshop begins.

Thursdays in Term 1:

2nd February: Understanding Developmental Supports

9th February: Encouraging Speech and Language

23rd February: Helping with Emotional Regulation

9th March: Baby Basics

23rd March: Promoting Great Play

Follow along on Facebook for more info on workshop topics





Play 2 Learn

A good beginning for every child

Play2Learn is more than a playgroup!

Play2Learn is a fun time for you to share with your child. Play2Learn gives your child the chance to learn, grow and prepare for school.

All families with children aged 0 – 5 years are welcome to attend.

Come and join us for:

- Lots of play activities
- craft
- healthy snacks
- music & story time
- fun & friendship
- support with parenting



Program Times & Locations

Russell Island

High Street Park, High Street
Russell Island, next to the barge.

Tuesday 09:30 - 11:30am



For More Information

Dean Wrobel:
0411 668 852



OUT AND ABOUT ON SMBI!

Kylie Colville, our wonderful child health connector, is hosting free Benevolent Society workshops for SMBI families to attend on Macleay Island. These workshops are particularly useful for anyone who may be involved with NDIS. See the flyer on [Page 5](#) for the next session date, transport can be arranged for inter-island families.



Children's self-defence has kicked off again for the term. Children enjoy learning from Sensei John! Located at the Red Shed on Russell Island, it is just a short walk from the jetty and it is great to see inter-island families participating. Classes are on Wednesday and Thursday afternoons 4-5pm. Call Marian for more information: 0412 225 588

Bay Islands JFC have started their pre-season training, with sign-on currently underway. This year there will be an Under-12's and Under-10's team in competition and a casual Under-8's side that trains on the field on Russell Island on Saturdays 9.30am - 10.30am. This is a FairPlay Voucher Eligible sport; contact Mick for more info:0401 483 079



FAMILIES SPACE

Supporting Children to Build Resilience Through Change

Life is full of changes and the foundations of confidence and willingness to try new things are built right from the start. As parents and carers of young children, helping your child to develop the skills to understand and deal with change at an early age will help them continue to manage the events of their life. Some of the most valuable opportunities for learning occur when children need to manage change.

Key milestones for change in the early years include starting at an early childhood centre, moving rooms within the centre, and of course, the one that most people think about – transition into school. These changes give children the opportunity to learn how to manage daily transitions, from home to the centre or school and back again.

Building resilience through positive transitions

Everybody handles change differently. Change can be welcome and exciting, cause stress and anxiety and often a little of both. Of course, this depends on the nature of the change and how we are feeling at that time. Helping your child to experience positive transitions builds their resilience. What does this mean? The concept of resilience comes from physics, describing the ability of an object to stretch and then spring back to its original form. In child development, a resilient child is one that is better equipped to manage stress and cope with new and challenging situations.

Transitions – like starting kindy or school, or the birth of a new sibling – provide opportunities for children to experience important learning. This includes learning that we can exercise control during change. It also includes important life skills such as being able to communicate worries and concerns, identify and self-regulate feelings, and importantly, how to problem-solve. Each time you support your child to experience a positive transition, you are helping to build their resilience.

Separation anxiety is normal in early childhood and can occur when a child gets upset when separated from a parent or carer. This can happen when children are left with a new caregiver, or put to bed by themselves.

Separation anxiety is normal during early childhood. It reflects the child's attempts to hold on to what is safe in a very scary world, and it will settle down as the child grows older and more confident (Women's and Children's Health Network).

Attending an early-learning program such as long day care, pre-school or family day care or starting school is an important and exciting stage in a child's development. They will have opportunities to interact with other children and educators, and benefit from a stimulating learning environment. Some children embrace this change with an enthusiasm that can leave parents feeling confident and comfortable, and perhaps even a little left out.

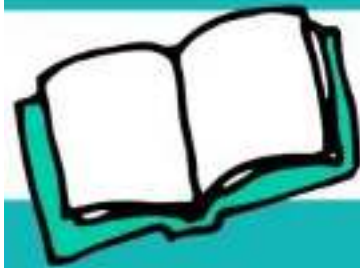
Other children may feel afraid, upset or anxious. It may be the first time they have been in the care of adults who are not part of their family, or the environment could be noisy and crowded compared to being at home, making it all feel a bit too much. It is actually quite common for children to show some signs of discomfort when they first start in a new program. From about six months old, most children begin to show distress when they are away from their parents or carers, as they don't yet have a separate sense of self, so can feel a part of them is missing. While this can be worrying for parents and carers, it is normal for children to find the upsetting and it is important to remember the distress is often short-lived. See below for some simple ways to support your child through their separation anxiety to more positive transitions.

FAMILIES SPACE

Helping Kids Deal with School **SEPARATION ANXIETY**



make & practice a goodbye ritual



do a practice run



read about it



stick to a routine



pack a transitional object

COUNSELOR Kent



show excitement



validate feelings

model a positive goodbye



Packing a school lunchbox



When children eat well they behave better, are able to listen well and concentrate for longer.

Packing a healthy school lunchbox will help children to learn and play well and be happy at school.








Steps to planning a healthy lunchbox

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

Remember to involve your children in preparing and packing their own lunchbox.



What makes a healthy lunchbox?

Food group	Nutrients	Examples
Grain foods 	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> - All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf - Rice, pasta, crispbreads, rice crackers
Fruit 	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> - Fresh whole fruits or cut up and placed in a container - Dried fruit mix, canned fruit
Vegetables 	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> - Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears - Carrot, celery and cucumber sticks - Salad vegetables or coleslaw in a sandwich
Milk, yoghurt & cheese 	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> - Milk poppers - Cheese slices, cubes or sticks - Tub of yogurt
Lean meats, fish, poultry, egg, nuts and legumes 	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> - Cold lean meats or chicken - Tinned fish such as salmon, tuna or sardines - Boiled eggs, baked beans, hommus

SMBI BIRTHDAY CLUB

Join our Birthday Club to go into the draw to win a FREE custom birthday cake and gift pack for your child. You will receive an e-Card on your child's birthday and we register eligible children for the Dolly Parton Imagination Library, which is a program that mails FREE High-Quality books to families with children under five.



**Congratulations to Noah
who was December's
winner.**

&

**Congratulations to Tyde
who was January's
winner!**



Noah's Spiderman cake looked amazing!



What a cool Minions cake. We're sure Tyde loved it.

These awesome cakes were created by The Midnite Baker on Macleay Island, who makes all our Birthday Club cakes! Find "The Midnite Baker" on Facebook for more info



REGISTERING FOR BIRTHDAY CLUB IS SUPER EASY,
JUST REACH OUT TO US!

Steff Hanson
Community Engagement

P: 0483 829 898

E: Community@SMBIListeners.org.au

SMBI

MARKETS

CONTACT INDIVIDUAL MARKET DIRECTLY

B	<u>B.I.C.S</u> RUSSELL ISLAND CALL OFFICE 3409 1177	2023 STARTS 4TH MARCH 1ST SATURDAY OF THE MONTH 8AM - 12PM (COMMUNITY CENTER) 55 JACKSON ROAD WWW.BICS.ORG.AU
R	<u>ROBERT STREET MARKET</u> RUSSELL ISLAND CALL DEE 0466 330 477	3RD SUNDAY OF THE MONTH 8.30AM - 12.30PM (RICARTS FARM) 23 ROBERT STREET WWW.ROBERTSTREETMARKET.COM
S	<u>SEAVIEW MARKET</u> RUSSELL ISLAND CALL JERA 0450 016 151	NEXT MARKET 11TH FEB EVERY 2ND SATURDAY 8 - 2PM CHURCH GROUNDS BEHIND IGA 25-27 HIGH STREET
B	<u>BERNIE'S MARKET & SOCIAL</u> MACLEAY ISLAND CALL BERNIE 0417 164 553	3RD SATURDAY OF THE MONTH 8AM - 12PM (PROGRESS HALL) 26 RUSSELL TERRACE
L	<u>LIONS COMMUNITY MARKET</u> MACLEAY ISLAND CALL WALLY 0411 639 812	2023 STARTS 4TH FEB 1ST SATURDAY OF THE MONTH 8AM - 12PM (COMMUNITY CENTER) 32 HIGH CENTRAL RD
C	<u>COMMUNITY MARKET</u> LAMB ISLAND	2023 STARTS 5TH FEB 1ST SUNDAY OF THE MONTH 8AM - 12PM (ZAC'S CONVENIENCE STORE) 6-8 LUCAS DRIVE

HANDY NUMBERS

HELPFUL PHONE NUMBERS



SMBI CHILD HEALTH NURSES
- Child Health & Development Advice 07 3488 4350

1300 HEALTH
- 24/7 health advice phone line 13 43 25 84

BEYONDBLUE
- 24 hour phone support & online chat services 1300 224636

National Suicide Call Back Service
- 24/7 1300 659467

MANLY 24HR VET HOSPITAL 07 3396 9733

DV CONNECT
- Domestic Violence Support 1800 811 811

HOMELESS HOTLINE 1800 474 753

CRISIS NUMBER -Centre for Women
- Choose option 3 07 30503060

FAMILY AND CHILD CONNECT 07 35051820

PARENT LINE 1300 301 300

MENS HELP LINE 1300 789 978

SALVATION ARMY 1300 371 288

POISONS INFORMATION 13 11 26

REDLANDS COMMUNITY CENTRE 3245 2107

SMBI's Free, Local Phone Number for Childrens Health Nurse appointments!

SMBI Families Please call:

3488 4350



13 HEALTH
(13 43 25 84)

Ask for the Child Health Nurses

SMBI LISTENERS INC.

FOOD FOR YOUR RELIEF



ALL ISLANDS

ON RUSSELL

ON MACLEAY

REDLAND COMMUNITY CENTRE
DROP DELIVERY TO ALL ISLANDS

The Redland Community Centre offers a range of relief including food, festive and school needs. Home delivery if required.

Contact Kellie: 07 3245 2117 or
homeassist@redlandcommunitycentre.org

ON RUSSELL

MONDAY - FRIDAY
9:00AM-3:00PM

Food Hampers available through Bay Island Community Services Inc - conditions may apply. 55 Jackson Road, R.I.

Call: 3409 1177 or drop in & have a chat
Only able to claim once every 6 weeks

WEDNESDAY (FORTNIGHTLY)
3:20PM-4:20PM

Provided by: ADRA - Bay Islands Seventh Day Adventist Church. Open on recycle rubbish bin week at the Rec Hall (near the jetty)

Bring your own bags. \$10 to cover handling.

Call Jenny 0406 528 772 for more info

TUESDAY (FORTNIGHTLY)
1:30PM-2:30PM

Provided by Global Care Bay Islands. Open opposite week to Rec Hall service at The Hut 55 Jackson Rd, R.I \$15 per box. Bring your own bags or trolley.

Text message Sue 0422 189 942 by Monday with name and size of food box needed.

MONDAY - FRIDAY
9:00AM-12:00PM

Food hampers available through Bay Island Community Services Inc. Conditions may apply. 35 Southsea Terrace, M.I

Call: 07 3409 4990 or drop in & have a chat

Only able to claim once every 6 weeks

To add to or for more info contact Steff - Community Engagement
Ph: 0483 829 898
E: Community@SMBILISTENERS.ORG.AU

SMBI LISTENERS INC.

UPDATED NOVEMBER 2022.
SMBI LISTENERS TAKES NO RESPONSIBILITY FOR THE AVAILABILITY OF THESE SERVICES OR FAMILIES ENGAGEMENT.

FREE PSYCHOLOGY SERVICE

HOW CAN WE HELP

Change Futures has received funding to provide free psychology and counselling services for children, young people, adults and older adults across the community.

WHY?

Change Futures has received funding to provide psychology and counselling services because of the impact of the recent floods on the community's overall wellbeing.

WHO IS ELIGIBLE?

Do you live in any of the areas shown on the map? If so, you are eligible for free psychology services up until June 2023. This service is for everyone in the community.

WHERE CAN YOU ACCESS THIS SERVICE?

This service can be accessed in person at our Springwood office and other community locations across the region. Services can also be provided anywhere in the region by telehealth e.g (phone or zoom).



This service is supported by funding from the Australian Government through Brisbane South PWN.



Scan the QR Code to organise a referral or Contact Us on - (07) 3153 1093

intake@changeutures.org.au for more information.

Program Referrals

Email info@changeutures.org.au

Phone (07) 3153 1093 | Fax (07) 3357 8215

Email intake@changeutures.org.au

Medical Objects - Change Futures



ABN 11 168 089 170

Child Health Connector Service

Southern Moreton Bay Islands



Hi, I'm Kylie, your Child Health Connector for the Southern Moreton Bay Islands. I am available to help you learn about and connect with services and health providers for families with children aged 0-8yrs. I'd love to meet you and help you get connected to the services your family needs. I am on the Islands on Tuesdays and Thursdays.

What I can help with:

- Accessing specialist services on the mainland
- Helping you prioritise what services to access first
- Connecting you with existing services on the Islands
- Working out transport and child care so you can attend appointments
- Setting goals and plans for thriving happy families, connecting you with support to help reach your goals
- Assisting you access referrals **...these services are FREE.**

I can meet with you at our office at the Progress Association Hall on Macleay Island or at one of the schools, Bay Island Early Learning, a park or BICSI. Just get in touch and we can make a plan that suits.

I will be dropping in to KindyLinQ and connecting with community events, please come and say hi if you see me about.

Looking forward to meeting with you!



For more info contact Kylie:

0476 822 272

This project is supported by funding from
the Australian Government through the PHN Program

phn
BRISBANE SOUTH
An Australian Government Initiative

Child Health Nurses on SMBI

Birth to 5 years: drop-in clinics

Free parenting support for families with babies and young children. No appointment required

Child health nurses can provide advice about feeding, sleeping and other issues during short consultations. Please ask for an interpreter if you need one.



Clinics for children up to 5 years old

Acacia Ridge Early Years Centre 67 Nyngam St	Tue
Beaudesert Early Years Centre 4 Michaelina Dr	Wed
Beenleigh Community Health Centre 10-18 Mount Warren Blvd	Wed
Caboolture Square Shopping Centre Level 5, 60-78 King St	Mon - Fri
Cleveland, Redland Health Service Centre 3 Weippin St	Tue, Fri
Coorparoo Child Health Service 236 Old Cleveland Rd	Mon - Fri
Deception Bay Child Health Service 675 Deception Bay Rd	Tue, Thu
Flagstone Community Centre 19 Trailblazer Dr	Tue
Hillcrest, Browns Plains Community Health Centre and Early Years Centre Corner Wineglass Dr and Middle Rd	Wed, Fri
Inala Community Health Centre 64 Wirraway Pde	Tue
Jimboomba Caddies Community Centre 19-33 South St	Thu
Kallangur Child Health Service 126 School Rd	Mon, Wed, Fri
Keperra, North West Community Health Centre 49 Corrigan St	Mon, Wed, Fri
Macleay Island Progress Hall 26-30 Russell Tce	Tues
Mount Ommaney, Centenary Community Hub 171 Dandenong Rd	Mon (9-12), Thu (9-3)
Nundah Community Health Centre 10 Nellie St	Tue, Wed, Fri
Redcliffe Community Health Centre 181 Anzac Ave	Tue, Fri
Slacks Creek, Village Connect Unit 13, 390 Kingston Rd	Wed
Springwood Child Health Centre 16 Cinderella Dr	Mon, Thu

Clinics for children up to 5 years old

Strathpine, Pine Rivers Community Health Centre 568 Gympie Rd	Tue, Thu
Wynnum Child Health Service 130 Florence St	Mon, Wed
Yarrabilba Family and Community Place 3 Darnell St	Mon, Wed, Fri

Clinics for children up to 3 months old

Logan Central Community Health Centre 97-103 Wembley Rd	Tue, Fri
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Clinics are open between 9am and 12pm on specified days at each location. Clinics are closed on public holidays.

For advice and information

- Child Health Service 1300 366 039
- Breastfeeding helpline 1800 686 268
- 13 HEALTH (13 432584) 24 hours, 7 days. Ask to speak to a child health nurse.



Scan the QR code for more information about child health services in the Greater Brisbane area.



Children's Health Queensland pays respect to the Traditional Custodians of the lands on which we walk, talk, work and live. We acknowledge and pay our respects to Aboriginal and Torres Strait Islander Elders past, present and emerging.



STEFF



COMMUNITY
ENGAGEMENT

MARION



PROJECT
SUPPORT

Hi there!

Do you want to be involved in creating a brighter future for our SMBI Community?

These are our amazing SMBI Listeners Employees and Board Members, why not have a chat with them or get in touch?

We are passionate about our Island Community and would love to invite you to come on the journey with us.

If you would like more information please call

0483 837 763 or email
Manager@SMBIListeners.org.au
or find us on Facebook,
SMBI Listeners Inc.

LEAH



TREASURER

HILTON



PRESIDENT



JAYDE



BOARD
MEMBER

KAYLENE



SECRETARY

AMY



MANAGER

WE WOULD LOVE TO HEAR FROM YOU!
GET IN TOUCH WITH
US TODAY!