

MARCH 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.



ChangeFest 23 Lutruwita (Tasmania)

This month, SMBI Listeners Inc. staff and our President, Hilton Travis, travelled to Tasmania to attend ChangeFest 23.

ChangeFest is a national movement for place-based change and was hosted by the Kutalayna Collective, in Bridgewater. ChangeFest highlights how community, all levels of Government, funders, service providers, philanthropics and others involved in place-based work can support communities to thrive by putting local people's voice in the centre of decision-making.



On Day 1, Manager, Amy Fernando presented on a panel called "The Power of Stories in Learning and Evaluation.", alongside other community leaders and place-based practitioners from across Australia. It was an absolutely inspiring session and Amy did SMBI proud with her words.



We loved reconnecting with friends and colleagues and meeting new people at ChangeFest 23 and hearing about all of their achievements, challenges and learning together. Participating in these opportunities builds SMBI Listeners Inc. capacity and capability to elevate community's voice so we see continue to see improvements for our wonderful Community.



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THE BIG PICTURE

We would like to share some of what we have achieved through working with community and our partners over the last few years. SMBI Listeners Inc. would like to acknowledge and thank everyone involved for contributing to these amazing results for our SMBI children and families.

RESULT 3: CHILDREN'S HEALTH QLD ESTABLISHES SMBI LOCAL CALL NUMBER

A local Children's Health phone number was established and promoted on SMBI – there have been 86 calls between October 2021 and September 22. Between October and December 2022, 94 calls were received!

This collaboration is between Children's Health Queensland Hospital and Health Service, and SMBI Listeners Inc.



HEALTH SCREENING SUPPORT



Hi SMBI Families,
Do you have questions about your little ones general health and wellbeing?
Why not call 3488 4350 to book in an appointment with a CHQ nurse to have all your questions answered and get some helpful tips as well.



Child Health Connector Service

Southern Moreton Bay Islands



Hi, I'm Kefin, 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 0-5yrs. 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

RESULT 18: ESTABLISH AND IMPLEMENT CHILD HEALTH CONNECTOR SERVICE

A free service for families, funded by bsPHN which provides navigation and practical support for families accessing health services referrals received from families, KindyLinQ, Schools, Bay Islands Early Learning and Care, The Benevolent Society, Save the Children, Child Development Service, SMBI

Listeners Inc

Over 80 occasions of service and more than 40 families referred (14 months)

Collaborations are: Salvation Army, SMBI Listeners Inc, BSPHN
This collaboration is between Brisbane South PHN, Salvation Army Bayside, and SMBI Listeners Inc

RESULT 7: INCREASING THE DENTAL HEALTH AND HYGIENE OF CHILDREN ON SMBI

109 children were provided with free oral health screening, tooth brushing instructions, fluoride varnish application and dietary advice from Metro South Health. Oral Health (held November 2022 on SMBI) with 35 children now receiving follow up dental care at "Healthy Mouth Day" Events.

This collaboration was between Oral Health Centre | Metro South Health, Children's Health Queensland Hospital and Health Service, Macleay Island State School, Department of Education, SMBI Early Years Network, and SMBI Listeners Inc

Keep your selfie smile



Join us for
Healthy Mouth Day
and get a free dental check

All Children welcome@
Big School Connect Day

Macleay Island State School
9:00am-11:00am Monday 14th
of November 2022



metrosouth.health.qld.gov.au/oral-health



RESULT 11: ESTABLISH AND GROW THE SMBI BIRTHDAY CLUB

The free Children's Birthday Club promoted and administered by community, in collaboration with Children Health Queensland Families sign up for a chance to win a birthday cake and gift pack each month. On the child's birthday, the family receives an ages and stages milestones fact sheet and appropriate for the child's age, with a birthday card. Currently 176 children are registered. This collaboration is between Children's Health Queensland Hospital and Health Service, SMBI Early Years Network, Brisbane South PHN, The Benevolent Society, First Five Forever, Macleay Island Community Library, Q Shelter, Dolly Parton's Imagination Library, Redlands Integrated Early Years Place, The Midnite Baker, and SMBI Listeners Inc.



RESULT 19: CHILD DEVELOPMENT SERVICES ESTABLISH REGULAR E-HEALTH OUTREACH



Free and responsive E Health offered to SMBI families and their child via Child Development Services (CHQ) can be offered to appropriate SMBI children once referral accepted. Over the past 6 months, 11 appointments have been attended by families, including a clinician visiting SMBI when required. Attendance rate is near 100%. Free computer hardware provided by corporate partner and space provided at no cost at Bay Island Community Service (BICS1 on Russell Island), as well as Macleay Island State School and Russell Island State School. E-Health at home is also an option if preferred by a family.

This collaboration is between Children's Health Queensland Hospital and Health Service, SMBI Early Years Network, Brisbane South PHN, Child Development Services, Salvation Army Bayside, Greenbox, Macleay Island State School, Russell Island State School, Bay Islands Community Services Inc, and SMBI Listeners Inc.

RESULT 31: INCREASE REFERRALS TO CHILD HEALTH NURSES

Improve access to Child Health Nurses

Over 150% increase in free Child Health Nurses' occasions of service on SMBI, from 84 in 2020 to 218 during 2022. Free services established: Well Baby Clinic commenced at Macleay Island Progress Hall (from March 2022), Birth to Five Drop In Clinic provided fortnightly from Macleay Island Progress Hall (from July 2022), community-led Bubs and Families morning held each Tuesday at the Macleay Island Progress Hall. The Birth to Five Drop-In Clinic will be weekly in 2023.

This collaboration is between Children's Health Queensland Hospital and Health Service, Macleay Island Progress Association, Salvation Army Bayside, SMBI Bubs & Families Group, and SMBI Listeners Inc.



THE SMBI SHOUT OUT!

ISLANDER OF THE MONTH

Long time resident Mick Marriott from Russell Island is this month's SMBI Islander of the Month. Mick has lived here 32 years and his contribution to community started with his delicious pies at the R.I Bakery. During this time Mick also started soccer coaching at school, with the first inter-island school matches for the children in 1995 (home and away games between Macleay and Russell), and he then set up the Dolphins Cricket Club with our postie Frankie in 1996.

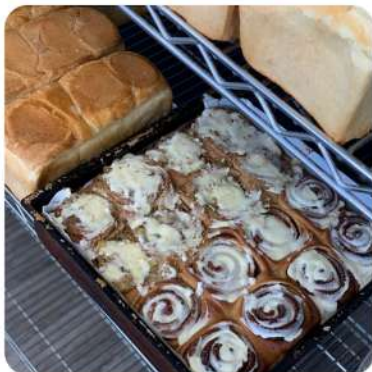


Mick started the Bay Islands United Soccer Club in the school and with the growth of the club it has now become the free standing club we have today. From 1998 over an 8 year period Mick, with other members of community, lobbied for what is now our sporting field. Mick is also the Russell Island State School P&C president. Mick will be turning 65 in April, and he has applied to SMBI Listeners Inc. to run a passion project to celebrate. He will be putting on a community BBQ, soccer day and Easter Egg Hunt for families on Easter Saturday 8th April from 9.30am.

BUSINESS LOVE

Slice Patisserie have been operating on both Macleay and (later) Russell since 2021, supplying our islands with freshly baked bread, pies, and sweet pastries. By recently introducing \$10 lunch packs for families to grab before school, opening out of hours to participate in Halloween festivities, and donating bread to Bay Islands FC for sandwiches for the kids during their weekday training sessions, the bakery have been active in supporting our community. Thanks Slice Patisserie!

Check the Facebook pages of the Macleay or Russell store for contact details and opening hours.



OUT AND ABOUT ON SMBI!

Allison from the Redland City Council Libraries First Five Forever visited the Learn2Play playgroup and had story time with families. Learn2Play also have the Child Health Nurses and other health professionals visit playgroup. It's fantastic to see services meeting families where they are at, literally! More details for the Learn2Play group in this issue of our Newsletter.



The Child Health Nurses are now at the Macleay Island Progress Hall weekly. The nurses run a 0-5 years drop in clinic, every Tuesday morning from 9-11am for all SMBI families who can access this service by simply dropping in to the hall, which is a short walk up the hill. Or you can call 07 3488 4350 for more information.

Ms Edith and Ms Amanda are doing a wonderful job coordinating the Bay Islands Gymnastics & Dance classes on Friday afternoons. The busy club is continually growing and all the kids love the moving and dancing, the perfect way to end the week!



FAMILIES SPACE

SMBI Child Health Connector, Kylie Colville has facilitated by The Benevolent Society webinar sessions to be easily accessed by SMBI families in the Early Years Room at Macleay Island State School.

These sessions cover topics such as emotional regulation and an introduction to the NDSIS, (further details are outlined in the flyer in this issue of the newsletter), and families have been enjoying coming together and discussing their shared experiences with their children.

The topics so far covered have been:

- Understanding Developmental Supports
- Encouraging Speech and Language
- Helping with Emotional Regulation

There are sessions on 'Baby Basics' and 'Promoting Great Play' still to come! If either of these topics are of interest to you, please come along.

You can find the factsheets for these sessions on the SMBI Listeners Inc. Facebook page, or you can contact Kylie on 0476 822 272 and she can get them to you directly.



SMBI BIRTHDAY CLUB

Have you joined our SMBI Birthday Club to go into the draw to win a FREE custom birthday cake and gift pack for your child? Once you have registered your child will receive an e-Card on your child's birthday, ages and stages information sheet and we can register eligible children for the Dolly Parton Imagination Library, which is a program that posts FREE high-quality books to families with children under five.



Congratulations to Nimue who was February's lucky winner!



This awesome cake was created by The Midnite Baker on Macleay Island, who makes all our Birthday Club cakes! Find 'The Midnite Baker' on Facebook for more info



Nimue had a fantastic vision for her cake, very cool!

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

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
Kepperra, 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.

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 2117

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**



STEFF



COMMUNITY
ENGAGEMENT

HILTON



PRESIDENT

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



KAYLENE



SECRETARY



JAYDE



BOARD
MEMBER

AMY



MANAGER

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

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



Child Health Connector Service



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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



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 10:00am - 11:30am

Child Health Nurses
and Speech therapist
now visiting
Playgroup!



For More Information

Dean Wrobel:
0411 668 852

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



APPLIED ABILITIES
working together to achieve your goals!



Specialist Domestic Violence
& Women's Wellbeing Services



Rural Lifestyle Options Australia
Community Service Provider



Redland
CITY COUNCIL



Your Strongest Link



Queensland
Government



INDIVIDUALISED
LIFESTYLE
SUPPORT
SERVICES

KINDNESS | INNOVATION | COLLECTIVE IMPACT

MICAH PROJECTS



Breaking Social Isolation
Building Community



SMBI FOOD RELIEF

RUSSELL ISLAND RECREATION HALL - 2 MIN WALK FROM JETTY

WEDNESDAY (FORTNIGHTLY) ON RECYCLE BIN WEEK

10:00AM-1:30PM



Redland Community Centre offer the following services via their outreach to R.I Rec Hall.

- Disaster/Flood Assistance
- Food & Financial Support
- MoneyFinder Financial Support and Financial counselling

Ph: 07 3245 2117 or E: moneyfinder@redlandcommunitycentre.org

RUSSELL ISLAND RECREATION HALL - 2 MIN WALK FROM JETTY

WEDNESDAY (FORTNIGHTLY) ON RECYCLE BIN WEEK 3:20PM-

4:20PM



Provided by ADRA - Bay Islands Seventh Day Adventist Church.

- \$10 to cover handling
- Bring your own bags & trolley.

Ph Jenny: 0406 528 772 for more info

THE HUT, 55 JACKSON RD, RUSSELL ISLAND.

TUESDAY (FORTNIGHTLY) OPPOSITE RECYCLE BIN WEEK

1:30PM-2:30PM



Provided by Global Care Bay Islands.

- \$15 per box
- Bring your own bags & trolley.

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

BAY ISLAND COMMUNITY SERVICES INC.

MACLEAY ISLAND:

MONDAY - FRIDAY

9:00AM-12:00PM

35 Southsea Terrace, M.I.

Call: 07 3409 4990 or ring & make an appointment

- Emergency Relief
- Conditions may apply

RUSSELL ISLAND:

MONDAY - FRIDAY

9:00AM-12:00PM

55 Jackson Road, R.I.

Call: 3409 1177 or ring & make an appointment

- Emergency Relief
- Conditions may apply



To add your details or for more info contact: Steff - Community Engagement

Ph: 0483 829 898 E: Community@SMBILISTENERS.ORG.AU

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 PHN.



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



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