

# OCTOBER 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.

## SMBI LISTENERS AT KARRAGARRA SEAMARKET

We recently held a stall at Karragarra Sea Market, where we had a wonderful day having conversation with local families and first time visitors to SMBI. We asked families the following questions -

"What would you like to be when you grow up?"

"What would make SMBI an even better place for families to live?" and "What do you love about SMBI?" Children answered on

coloured cut-outs, which we then hung for everyone to read. While the kids decorated and wrote we talked with parents about their lived experiences with the islands. We loved hearing all the stories, and it was a

common theme that families often visited grandparents here or that parents spent time here in their childhood, and wanted to keep those experiences going for their own children. We talked with locals and we heard of valuable ideas from families for ways SMBI could be even better. It is very clear that wildlife is important to our local community and is a big part of what is loved about SMBI.

The popular career choice among children was to grow up to become a teacher, which was so lovely to hear! We heard that children who were attending SMBI for the first time loved seeing all the dogs and birds, and they enjoyed the boat ride. Each child that answered a question received a free book and cupcake as a gift. Thank you to Jenny Cockle from Macleay Island for generously donating the cupcakes for this event.



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# THE BIG PICTURE

Hi there,

I hope you are well. The SMBI Listeners team has been getting out and about as well as facilitating and joining key events and meetings. Here are some of our highlights. Have a fantastic month! Amy Fernando, Manager, SMBI Listeners Inc.

## SMBI Bubs and Families Group

Our SMBI Bubs and Families Group celebrated a name change this month! This process was done in collaboration with the community who co-created the new logo after deciding on the new group name. This decision was made after SMBI parents and carers discussed how the group could be more inclusive of everyone involved in raising SMBI babies. This includes dads, carers and grandparents. Thanks to all of the wonderful work that the community, SMBI Listeners Inc, Children's Health Queensland, Bayside Salvation Army and the Macleay Island Progress Association have done together, the SMBI Bubs and Families Group continues to thrive and grow. SMBI Listeners Inc. have also registered as a volunteer organisation, which provides opportunities for SMBI residents to volunteer with the group and other opportunities as they arise. Please like and follow the SMBI Bubs and Families Facebook page for more information and upcoming events.



## SMBI Listeners Inc. Support Local Schools and Families

SMBI Listeners Inc. have been collaborating with Macleay Island State School and Russell Island State School to plan our upcoming Big School Connect events on SMBI. This includes inviting families with children who are starting Prep in 2023, as well as key stakeholders and service providers who support SMBI families, along to share information, form connections and celebrate this milestone in families' lives. We look forward to sharing our insights and images from these events in our November Newsletter.



## SMBI Child Health Services

Children's Health Queensland nurses and clinicians have been very busy over on SMBI this month. In addition to the 0-5 year olds drop-in clinics at the SMBI Bubs and Families group, the team have been supporting families by visiting the schools, conducting home visits and booking in 4-5 year old health checks as well.

The community are very fortunate and grateful to have these opportunities for our SMBI children. Thanks CHQ!





# OUR INCREDIBLE ISLANDERS

ISLANDER OF THE MONTH

## THANK YOU



This month's IOTM is Russell local Jeremy Staples, in honour of his efforts in bringing together the Tide Festival. Jeremy is the director of the festival and his passion and dedication to the event and our community is much appreciated! Thanks, Jeremy!

## BUSINESS LOVE



Founded on SMBI over 15 years ago, Lop Chop Chip is a qualified arborist and tree care service provider based in the Bay Islands, servicing SMBI, Stradbroke Island, Moreton Bay Island and the greater Redland City area. Call Raice and the team for all your tree needs on Ph: 0408 151 730 or find them on Facebook - [facebook.com/lopchopchip](https://facebook.com/lopchopchip)

## WHAT'S GOING ON?

My Place Family Daycare is facilitating a pop-up playgroup, with a focus on the book *The Right to be Me*, to celebrate Children's Week. It will be held on Tuesday October 25 from 10:30 to 11:30am, in the area beside the community garden on Russell. BYO morning tea, water and sun protection. RSVP by texting Sue - 0421 720 656 - with number of adults/children attending.





# Macleay Island State School Prep 2023 Information Sessions

Come and meet your local early years educators, and have an opportunity to ask questions and become informed about your school.

## Dates

- ✓ 7th November 2022
- ✓ 14th November 2022
- ✓ 21st November 2022



## Times

 9:00am - 9:45 am



### Catch up session:

For more information please contact the school on 3400 8333 to make an appointment.

### Contact Us

(07) 3400 8333

<https://macleayislandss.eq.edu.au>

[admin@macleayislandss.eq.edu.au](mailto:admin@macleayislandss.eq.edu.au)





# Register today for KINDY 2023

Is your child turning 4 years old by  
30 June 2023?  
They can come to kindy.



SCAN ME

ASAP

Contact the office 3400 9333 to  
secure your place for kindy 2023.

Starting  
11th  
October

Come along to KindyLinQ  
Tuesdays and Thursdays  
2:45pm - 3:45pm

Term

4

Book and attend a *making  
connections session* and collect  
your free gift bag.

Address:

38 - 64 High Street  
Russell Island

Website



Find us on Facebook





# Enrol today for PREP 2023

Is your child turning 5 years old by  
30 June 2023?  
They can come to Prep.



SCAN ME

ASAP

Contact the office 3400 9333 to  
secure your place for Prep 2023.

12 Oct –  
16 Nov

Come along to Prep orientation  
days - Wednesdays 8:45am -  
9:45am

Term

4

Book and attend a *making  
connections session* and collect  
your free gift bag.

Address:  
38 - 64 High Street  
Russell Island

Website



Find us on Facebook







A **FREE**, interactive experience providing practical strategies and information for parents, grandparents, carers, early childhood educators, teachers and allied health professionals

## Children's Feelings

**Ways to help your child with their BIG emotions**

**FREE COMMUNITY EVENT**

**Wednesday 9th November**

**6.00pm – 8.00pm**

**From 5.30pm REGISTRATION**

**6pm-6.15pm**

Welcome, Acknowledgement of Country, Early Learning Redlands and Housekeeping

**6.15pm-7.15pm PRESENTATION**

**Jenni Machin - Senior Occupational Therapist from The Benevolent Society**

*Focusing on Regulation - supporting children through co-regulation to self-regulation. Practical ways to support children with their big feelings.*

**7.15pm-8pm**

Networking, table displays and sharing of resources (handouts/ make and takes - no cost/ low cost).

Connect with professionals and build your personal toolkit with practical things to support interactions with children to promote their self-regulation.



**Redlands Integrated Early Years Place**

**Corner Mount Cotton and School Road, Capalaba**

**Register online through EVENTBRITE**

<https://www.eventbrite.com.au/e/childrens-feelings-ways-to-help-your-child-with-their-big-emotions-tickets-433486859867>

Early Learning Redlands is a community group of Early Years Professionals dedicated to supporting the development and learning outcomes of young children in the Redlands, using the Australian Early Development Census.



MIPA PRESENTS

11.30 to 6pm

# Sound Waves by The Bay

## LIVE MUSIC ON THE GREEN

Get your groove on!!!

**29**

OCTOBER  
2022

**GUEST STARS**  
**RADIO CLUB**  
**MITCHELL'S FOLD**

**FREE EVENT-TICKETS ESSENTIAL**

BAR OPEN FROM 11.30am

**DELICIOUS FOOD OPTIONS FOR PURCHASE**

**\*\*STRICTLY NO BYO ALCOHOL OR FOOD\*\***

Sponsored by

Progress Hall -26 Russell Terrace Macleay Island



[www.trybooking.com/CCWBN](http://www.trybooking.com/CCWBN)





# 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 Wirobel  
0411 668 852







The Centre for Women & Co.  
TRAUMA-INFORMED AND EVIDENCE-BASED WORKSHOPS

# RISE

RESPECT | INSIGHT | SAFETY | EMPOWERMENT

RISE is a six session program for women in the Redlands and Logan areas, who have a lived experience of Domestic and Family Violence (DFV).


The program aims to provide psychoeducation to help women make sense of their experience as the victim-survivor in a DFV relationship.

RISE encompasses the principles of Respect, Insight, Safety and Empowerment to promote safer and healthier relationships. All content is provided in a safe, supportive and non-judgmental space.

**SMBI INTAKE NOW OPEN**  
**6-WEEK WORKSHOP SERIES**  
**ONE SESSION WEEKLY**  
**STARTING TUESDAY OCTOBER 25TH**

To register, please call our Redlands office on 07 3050 3060 (select option 3) or email us at [redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au) to request an intake call for the group.

[WWW.CENTREFORWOMEN.ORG.AU](http://WWW.CENTREFORWOMEN.ORG.AU)





Have you got a 3 year old?

**KindyLinQ**

Fun, free play and learn  
sessions for 3-year olds

Come along to KindyLinQ at Russell Island State  
School Kindergarten on

Tuesdays and Thursdays from 2:45-3:45pm.

Mrs Mohr & Miss Georgie would love to see you.  
Phone the School Office on 34009 333 if you would  
like more information.

3rd Saturday of the month

8am - 12noon

Check the fb page

**BERNIE'S**

*Market & Social Cafe*

WOODWORK  
ORGANIC SKINCARE  
DRAWINGS  
GIFT CARDS  
PAINTINGS  
CAKES  
BREADS  
RESIN ART

JEWELLERY  
FOLK ART  
STATIONERY  
CHUTNEY'S  
CLOTHING  
POTTERY  
CANDLES  
& MORE



Macleay Island Progress Hall  
26 Russell Terrace, Macleay Island



# SEAVIEW MARKET

3rd Saturday of the month

8am-12noon

Check FB page

3PM-7PM

THURSDAYS

RUSSELL ISLAND REC HALL



*S.M.B.I Bubs & Families*

*Halloween dress up*

November 1st  
Progress hall 9-11 am

Join us for a little fun. Dress up bubs in something spooky or cute, Come down and meet some other families.  
Have a coffee or tea and watch the lil cutie's play



# OUT AND ABOUT ON SMBI!



The amazing smoking ceremony and welcome to country on Karragarra at the Seamarket Festival.



The Bay Island Early Learning team did a wonderful job face painting for all the children at the Seamarket. It was a hit!



Families had a great time at the holiday breakup gymnastics event, held at BIMSARA. There was a scavenger hunt and other games, dinner and movies followed by a sleepover and breakfast for those who chose to stay overnight.



Well done to Daisy from Macleay, who recently competed in the Australian Inline Hockey Championships against NSW, where QLD beat them by 1!



# FAMILIES SPACE

## Tips for a successful Prep Transition

### Quick Tip #1

Be ready to support your child



Children look to their parents/carers for reassurance and guidance during times of change. As a parent/carer take some time to make sense of what your child starting prep means for your family. This will help you to feel calm and in control to support your child to transition to school. You can do this!

### Quick Tip #2

Listen to your child's thoughts about starting school



During this time, allow time and space for your child to share their thoughts with you about starting school. This is a big change for them and they may have a lot to say! Be patient and let them express how they are feeling.

### Quick Tip #3

Make time to talk, read, play and relax with your child



Allow time to share stories and songs, play games and get outdoors with your little one. It may be as simple as walking home from childcare or school each day. It's also lovely to have time relaxing with your child, this could be having a cuddle and a chat before you leave for the day.

### Quick Tip #4

Share your positive feelings about school



Have discussions with your child about how fantastic school is and share your excitement and joy with them. If your child senses that you are happy and excited about this new stage they will feel more relaxed and follow your cue.

You can find these tips and more by following us on facebook

**Amy Fernando**  
Manager

P: 0455 037 761  
E: [Manager@SMBLlisteners.org.au](mailto:Manager@SMBLlisteners.org.au)  
F: [www.facebook.com/SMBLlisteners](http://www.facebook.com/SMBLlisteners)  
W: [www.smbllisteners.org.au](http://www.smbllisteners.org.au)



# SMBI BIRTHDAY CLUB

Join our Birthday Club to go into the draw to win a FREE custom made birthday cake and a book pack for your child.

All Families will receive an e-Card on their child's birthday and you will receive a handy flyer with info for your child's new age and stage. This can help to understand what developmental milestones to expect in the year to come.

We also register eligible children for the Dolly Parton Imagination Library, which is a Book gifting program that mails free, High-Quality books to families with children under five.

Congratulations to  
Malaya who was  
September's winner!



This awesome cake is thanks to The Midnite Baker on Macleay who makes all our Birthday Club cakes!

REGISTERING YOUR FAMILY FOR BIRTHDAY CLUB IS SUPER EASY JUST REACH OUT TO US VIA THE CONTACT DETAILS BELOW

**Steff Hanson**  
Community Engagement

- P:** 0483 829 886
- E:** [Community@SMBIListeners.org.au](mailto:Community@SMBIListeners.org.au)
- FB:** [www.facebook.com/SMBIListeners](https://www.facebook.com/SMBIListeners)
- W:** [www.smbilisteners.org.au](http://www.smbilisteners.org.au)





# USEFUL CONTACTS

## HELPFUL PHONE NUMBERS



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

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

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

**National Suicide Call Back Service** 1800 659467  
- 24/7

**MANILA 24HR VET HOSPITAL** 07 3396 9733

**DV CONNECT** 1800 611 611  
- Domestic Violence Support

**HOMELESS HOTLINE** 1800 474 753

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

**FAMILY AND CHILD CONNECT** 07 35051820

**PARENT LINE** 1800 301 300

**MENS HELP LINE** 1300 789 978

**SALVATION ARMY** 1300 371 288

**POISONS INFORMATION** 13 11 26

**REDLANDS COMMUNITY CENTRE** 3245 2107

## HANDY NUMBERS

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

## FOOD for your RELIEF



### ALL ISLANDS



**FROZEN MEALS - call to arrange**

Running Wild are partnered with Night Ninjas and can refer to other orgs for support.

Contact Running Wild: 0473 435 086



**PICK UP FROM**

**REDLAND BAY MARINA**

Night Ninjas will arrange to meet you at Redland Bay Marina. Can refer to other orgs for support.

Call Mon - Fri 9:00-3:00 on 0417 668 926



**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

### RUSSELL BASED



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

Food Hampers available through Bay Island Community Services Inc - conditions may apply 55 Jackson Road, R1.

Call: 3409 1177 or drop in & have a chat



**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 Hul 55 Jackson Rd R1. \$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.

### MACLEAY BASED



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

Food hampers available through Bay Island Community Services Inc. Conditions may apply. 35 Southsea Terrace, M1. Call: 07 3409 4990 or drop in & have a chat

To add to or for more info find us on [facebook.com/smbilisteners](https://www.facebook.com/smbilisteners) or call/EMAIL Staff: (M) 0483 829 898 E) [Community@SMBILISTENERS.ORG.AU](mailto:Community@SMBILISTENERS.ORG.AU)



# 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 Service

# Birth to five years drop-in clinics

The Child Health Service offers a **free** parenting support service for families with children aged from birth to five years.

Some clinics are for babies from birth to 3 months and others are for children aged up to 5 years. The clinics offer a **brief consultation** with a child health nurse to talk about any issues or concerns you are having. Interpreter services are available where required.

**No appointments are required** for these clinics and all are open between **9am and 12pm** (midday) on specified days (closed on public holidays).

Our Mount Ommaney clinic also opens 12:30 to 3pm on Thursdays. There may be a wait during busy times.



For more information, scan the QR code or visit [www.childrens.health.qld.gov.au/community-health/child-health-service](http://www.childrens.health.qld.gov.au/community-health/child-health-service)



### Birth to 3 months clinics

<b>Beenleigh</b>	Community Health Centre, 10-18 Mount Warren Blvd	Wed
★ <b>Cleveland</b>	Redland Health Service Centre, 3 Welppin St	Tue, Fri
<b>Logan Central</b>	97-103 Wembley Rd	Tue, Fri
<b>Springwood</b>	16 Cinderella Drv	Mon, Thu
<b>Wynnum</b>	130 Florence St	Mon, Wed

### Birth to 5 years clinics

<b>Acacia Ridge</b>	Early Years Centre, 67 Nyngam St	Tue
<b>Beaudesert</b>	Early Years Centre, 4 Michaelina Drv	Wed
<b>Caboolture</b>	Square Shopping Centre, Level 5, 60-78 King St	Mon to Fri
<b>Coorparoo</b>	236 Old Cleveland Rd	Mon to Fri
<b>Deception Bay</b>	675 Deception Bay Rd	Tue, Thu
<b>Flagstone</b>	Community Centre, 19 Trailblazer Drv	Tue
<b>Hillcrest</b>	Corner Wineglass Drv and Middle Rd	Wed, Fri
<b>Inala</b>	64 Wirraway Pde	Tue
<b>Jimboomba</b>	Caddies Community Centre, 19-33 South St	Thu
<b>Kallangur</b>	126 School Rd	Mon, Wed, Fri
<b>Keperra</b>	49 Corrigan St	Mon, Wed, Fri
★ <b>Macleay Island</b>	Progress Hall, 26-30 Russell Tce	Tues (fortnightly)
<b>Mount Ommaney</b>	171 Dandenong Rd	Mon, Thu
<b>Nundah</b>	10 Nellie St	Tue, Wed, Fri
<b>Redcliffe</b>	181 Anzac Ave	Tue, Fri
<b>Stacks Creek</b>	Village Connect, Unit 13, 390 Kingston Rd	Wed
<b>Springwood</b>	16 Cinderella Drv	Tue
<b>Strathpine</b>	568 Gympie Rd	Tue, Thu
<b>Yarrabilba</b>	Family and Community Place, 3 Darnell St	Mon, Wed, Fri



Children's Health Queensland acknowledges the Traditional Custodians of the land and pays respect to Elders past, present and future.



### Call us

Child Health Service 1300 366 099  
Breastfeeding helpline 1800 686 268;  
13 HEALTH (13 42684) 24 hours, 7 days and ask to speak to a Child Health Nurse  
[www.childrens.health.qld.gov.au](http://www.childrens.health.qld.gov.au)



Queensland  
Government





# 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](mailto:Manager@SMBIListeners.org.au)  
or find us on Facebook,  
SMBI Listeners Inc.

STEFF



COMMUNITY  
ENGAGEMENT

LEAH



TREASURER



JAYDE



BOARD  
MEMBER

MARION



PROJECT  
SUPPORT

HILTON



PRESIDENT

KAYLENE



SECRETARY

AMY



MANAGER

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