

MAY 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.



RUSSELL ISLAND FISHING CLUB



Russell island sports fishing club was founded in 2019 by Graeme Liefels , Wendy Hall , Julie Menzies and Stuart Slocum. The club gets together every 3 weeks on a Sunday at 2pm at the Russell Island Bowls Club for competition where participants weigh in fish caught from the Friday before up until 2pm Sunday when weigh in is held . All legal fish can be weighed in and at each meeting there is a target species, with a male and female winner and a girls and boys winner each weigh in. The club aims to help support young athletes on SMBI to reach their goals and help them with the costs that come with competing. Eg new equipment, travel, entry fees etc

Some of the locals the club have donated to in the last year:

- Zara Morgan - competitive lawn bowls
- Mara Stransky - competitive sailing
- Kain Lenord - competitive golfing
- Russell island state school
- Russell island fire brigade
- SES just to name a few.



The Fishing Club aims to build the number of kids in the club and hopefully inspire children to want get out there and have a go, give them something to be proud of and most of all have some fun, whether it be fishing or any other sport they might have their eye on . The fishing club is a non for profit club and they handed out at the very least \$6000 in donations last year, so they thank the community for supporting the club, and encourage others to join to continue to support our kids.

RIFC hold several fun events each year, including the community Australia Day event last January. Coming up, the club have their annual Camp Oven cook off competition at BIMSARA on May 28th with food cooked and ready to serve at 12pm, and the Sandy Beach Fishing Classic on June 25th with registration from 9am, including for Non-Members. To find out more about joining such a family orientated club, you can contact Woody ph: 0401 458 311



IN THIS ISSUE

Page 1

Russell Island Fishing Club

Page 2

The Big Picture

Page 3

Service Spotlight

Page 4

The SMBI Shout Out

- Islander of the Month
- Business Love

Pages 5 & 6

Out & About on SMBI

Pages 7 & 8

Families Space

- Celebrating Diversity in families
- Mothers Day Recipe

Page 9

Birthday Club

THE BIG PICTURE

On the 20th of April, the SMBI Community Governance Group met on Macleay Island and we had representatives from SMBI Listeners Inc., Brisbane South PHN, Child Development Services, The Salvation Army, Child Health Service at Children's Health Queensland Hospital and Health Service, Education Queensland, Child and Youth Community Health Service, Wellways and Redland City Council.

Amy Fernando and Hilton Travis from SMBI Listeners Inc. led the meeting and felt it was very productive and alot was achieved on the day. It was a wonderful opportunity to reflect on some of the significant achievements that have occurred for SMBI children and their families and share this with the Community Governance Group Members.

We also discussed challenges that we all face in this work and what we have learnt from these.

There are some exciting changes coming up for SMBI Listeners Inc. and we are busy preparing for these and look forward to sharing more information around this soon.

SMBI Listeners Inc. would like to thank all of the members of the SMBI Community Governance Group for their ongoing contributions to the work, we are very fortunate to have everyone involved and invested in this way of working together.



2023 Action Plan Items Poster

Welcome

We would like to introduce Kylie Clare, our new Project/Administration Support Officer!

Kylie is a long-term SMBI local who brings a wealth of experience to the role. We are very happy to have her on board!

We look forward to introducing Kylie to everyone in person and she is very excited to be learning about the SMBI Work.



Members of the Community Governance Group reflecting on the 2022 Action Plan and what the priorities may be for the next 12 months.

SERVICE SPOTLIGHT

We spoke to Marcela, Coordinator of Community Engagement & Volunteering, to understand more about Carer Gateway and their involvement with the Southern Moreton Bay Islands.

Who is Carer Gateway?

Carer Gateway is a government funded national support service, providing free services for anyone caring for a family member or friend who is living with a disability, a long-term medical condition, mental illness, alcohol or drug dependency or someone who is frail due to age. As the provider of Carer Gateway services in Queensland we are committed to helping carers live their best life. Because looking after you, ensures you are in the best place to look after your loved one. Carer Gateway services are free to access for carers of all ages and are delivered across urban, regional and rural Queensland.



Why is Carer Gateway on SMBI?

We are at SMBI because we want to provide support and services for carers that live in the Island and also we want to raise awareness about caring and the challenges that carers faced.

What can you offer to eligible SMBI families?

Carer Gateway services are free to access for carers of all ages

Planning – To get the support and services that you need

Counselling – A private space to talk about the joys and challenges you experience

Support groups – A place to share stories, knowledge and experiences with other carers

Coaching – To help set and achieve positive goals for your future

Practical assistance – Access to tools to assist you in your caring role

Planned and emergency respite – Help at short notice or space to recharge

How have you supported the SMBI community?

- We have been supporting SMBI attending and sponsoring the transition to prep events.
- We have organised and delivered carer events.
- We consistently attend the Community Hubs organised at Macleay and Russell Islands.
- We provided support and services for carers in the island.
- We are also part of the SMBI Community Governance Group, SMBI Hub committee and Ageing & carer support SMBI

When and where can SMBI families connect with you?

Carers can access our services 24 hours a day 7 days a week by calling our 1800 422 737 or by visiting carergateway.gov.au.

THE SMBI SHOUT OUT!

ISLANDER OF THE MONTH

May's IOTM is Alana from Russell! we want to thank her for all her dedication and hard work that she puts in as Secretary of the Russell Island Fishing Club. Alana has been in the role for 2 years and does all the catering for the Fishing club events, including the Christmas party. You can try Alana's amazing food by supporting her Me-N-U Snack Bar at island events and markets, where she cooks up delicious food for our community!



BUSINESS LOVE

Bay Island Electrical is now up and running for business. Please give local dad Rhys a call on 0491 749360 for any of your Electrical needs. Nothing is to big or small. Based and living on Macleay island, happy to service all islands!

- New builds
- Domestic
- Commercial
- Air-conditioning
- Smoke alarms
- Test & tag

Bay Island Electrical
Reliable electrical service
Fully certified and insured

0491 749 360
Rhys Gonzalez

 Bayislandelectrical@gmail.com
 Bay Island Electrical



Fully licensed and insured.

OUT AND ABOUT ON SMBI!



SMBI Listeners Inc Supported the Bay Islands Junior FC with a passion project - An Easter Egg Hunt, Community game and BBQ for families. This event celebrated both the Easter Holiday and Coach Mick Marriott's 65th Birthday.

EASTER

The Bay Islands Gymnastics and Dance club had their annual Easter Egg Hunt. Families had lots of fun hunting around the sports field and community gardens on Russell searching for eggs.



SMBI Bubs & Families had an Easter fun day where families dressed up and won prizes, participated in Easter craft and all babies received a little gift. So many cute costumes!



OUT AND ABOUT ON SMBI!



Families came together over Easter down at Sandy Beach on Russell, where a community Easter hunt on the beach came together. A great way to spend Easter afternoon!



Attendance was strong at our Island ANZAC day services this year. There were many poppies and pins on display and the children had a sound understanding of why ANZAC day is important which was easy to be seen in the pride they demonstrated when participating in the services.

Bay Island Early Learning & Care held the grand opening of their amazing new Jarjum Bagarra family space. Children enjoyed the petting zoo and fun activities that were on offer. Jarjum Bagarra is open every Friday 8:30 - 11:30 and all island families with 3-5 year olds are encouraged to attend this free group. Call BIELAC for more info



PH: 3409 4433



FAMILIES SPACE

CELEBRATING THE DIVERSITY OF FAMILY

As families and carers, coming together for Mother's Day, Father's Day and other family days can be an opportunity to speak to your child about why we acknowledge these days together, and how we choose to celebrate in diverse ways.

Acknowledging these days can be a way to support your child to feel a sense of belonging and identity. You can draw on your own family experience growing up, the experience of your extended family and/or friends, or even families from your child's favourite television shows to start conversations with your child.

Some ideas of activities or conversations you can have with your children include:

- Who are the people in your family that we are celebrating and why is it important to your child?
- Involve your child in choices about any potential gifts or special meal preparations if these are part of your day.
- Think about how you can encourage your child to be involved in making a gift for this person.
- Encourage your child to draw a picture of the person. If you do this every year, it will create a story of your child's developing skills and how they see this person/people as they grow up.
- Help your child write a letter or story for the person/people you are celebrating.
- Help your child make a list of things we know about this person/people.
- Talk to your child about all families and what they look like. You could play with dolls, cars or 'peg people' with your child to role model what this looks and sounds like.



FAMILIES SPACE

Mother's Day Chocolate Recipe

Celebrate this Mother's day by making Healthy homemade Chocolate. This recipe is great for little hands to get involved in making something special to share with loved ones.

Ingredients

- 100 g coconut oil
- 1/2 cup raw cacao powder
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 1 pinch salt



Method

- 1 Melt coconut oil in a saucepan on low heat, add cacao and stir well.
- 2 Add maple syrup, vanilla and salt, stirring continuously for 1-2 minutes.
3. Pour the chocolate mixture into a silicon chocolate mould or onto a tray lined with baking paper.
4. Place into freezer for half an hour to set.
5. Remove from mould and break into squares.



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 Casey who was April's Lucky winner!



We were so pleased to hear that Casey had such a wonderful party with his friends!

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

THANK YOU

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

Steff Hanson
Community Engagement

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