

JULY 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.

COMMUNITY CONVERSATIONS WITH FAMILIES 0-2 YEAR OLDS

This month, SMBI Listeners Inc. held some conversations in community with families of 0-2 year olds.

We asked some questions about their hopes and dreams for SMBI Children and Families and what could be done together to achieve these. We also talked about what could get in the way of doing so.

With the SMBI Bubs and Families group on Macleay reaching it's One year Milestone recently, it was a good opportunity to take time to reflect on the group. In a beautiful relaxed outdoor gathering at the MIPA Hall, the Bubs enjoyed playing in the sun while their parents drank complimentary coffee discussing where they would like their group to move forward from here.

We also held a morning tea and play morning at the BIMSARA Hub on Russell Island to connect with families and hear their aspirations for the islands. Families enjoyed coffee from Rosie's coffee cart and biscuits as the Bubs had morning tea. It was such a nice morning listening to Parents and Carers and having a play with all the gorgeous little ones - the bubbles were a big hit!

"More Support" was a common theme in our discussions along with great ideas for future play and hearing that the SMBI Bubs & Families group is a safe and welcoming space is wonderful to hear.

Thank you to everyone who participated in our conversation mornings, your valuable knowledge and stories shared are what directs the work we do.



THIS ISSUE

Page 1

Community Conversations with families 0-2 year olds

Page 2

The Big Picture

Page 3

The SMBI Shout Out

Pages 5

Out & About on SMBI

Pages 7 & 8

Families Space
• Outdoor Play

Page 9

Birthday Club

THE BIG PICTURE

The SMBI Listeners Inc. team have enjoying getting out and about this month!

Hilton Travis, President and Amy Fernando, Manager were invited to attend Walking Together held with Jinndi Mibunn and Eagleby South State School. This was a wonderful opportunity to hear from Leaders in Place-Based work across Australia. It was also wonderful to catch up with friends and colleagues as well as making new connections over the two days we spent in Logan.



One of the fantastic panels at the Walking Together for Logans Children Event



The First 2000 Days Conference was very informative

Amy Fernando and Raechal Gonzalez were invited by Thriving Queensland Kids Partnership Queensland to attend the First 2000 Days Conference in Brisbane. This was a very informative event which was led by Lived Experience. It was amazing to hear about all of the great work occurring across Brisbane with a focus on the First Five Years. We bought some great learnings back, in particular for the SMBI Bubs and Families Group.

The SMBI Listeners Inc. team had a special visitor to Macleay Island this month, Rowena Cann, Project Officer from Thriving Queensland Kids Partnerships. We caught up over a coffee at Willow and Oak, then we went and met with Cynthia Mangakahia, Principal of Macleay Island State School followed by a tour of the Island, finishing with sharing some data and stories about our work at SMBI Listeners Inc. office, before seeing Rowena off to the ferry. We look forward to continuing our conversations with Rowena and TQKP in the future.



Hilton, Kylie and Amy from SMBI Listeners Inc. and Craig from BSPHN. had a fantastic day hosting Rowena Cann from Thriving Queensland Kids Partnerships.

THE SMBI SHOUT OUT!

ISLANDER OF THE MONTH

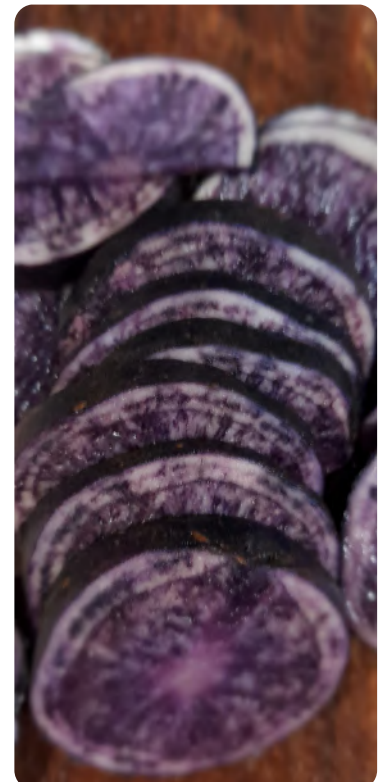
We would like to mention Richard C from Macleay this month, who is a member of SMBI Bubs and Families group and has been on SMBI for a few years now with his beautiful family. After having a scary experience, with his daughter Zara choking on food, Richard wanted to make sure no one else ended up in that situation not knowing what to do. After discussing with him at Bubs group, We are now working with Richard to bring a Baby CPR class to the group and hope to have a date locked in shortly. Thanks Richard!



BUSINESS LOVE

OASIS DIRECT FRESH FRUIT & VEG

Greg and Karen Gapps deliver fresh quality produce to our islands weekly - you can find them at Aunty Alice's on Russell on Wednesdays and Saturdays and at My Health Isle on Macleay on Sundays. Times vary so it is best to either check out their facebook page Oasis Direct, call or text 0476 041 977 or you can also email greggapps@bigpond.com



SERVICE SPOTLIGHT

We spoke to Bree Tukavkin, SMBI's Regional Care Coordinator for QShelter, to understand more about what they do and their involvement with the Southern Moreton Bay Islands.

Who is Q Shelter?

Q Shelter is Queensland's housing and homelessness peak body. We advocate, engage, and help build the capacity of Community Housing Providers, Specialist Homelessness Services, and other services to respond to unmet housing need. For over 35 years, Q Shelter has been an unwavering voice for housing solutions and for services that support people experiencing homelessness.

Our primary focus includes:

- Influencing solutions and policy
- Building capacity through professional development and knowledge sharing
- Sharing tools and resources to help organisations be effective
- Facilitating and providing backbone support to regional groups.

Why have the Hubs started on SMBI?

The hubs commenced on the Islands as a response to the needs of the island communities who require more face-to-face support from service providers. This is an opportunity for services to work more streamlined and collaboratively to best service the SMBI Communities.

What can Q Shelter and the Hubs offer to eligible SMBI families?

The hubs offer a place for people to socialise, feel safe and comfortable, and access a variety of different services all in one location. We have services providing financial and food relief, mental health support, health advice, Drug and Alcohol support, Youth to seniors, NDIS to carers, and men and women specific services. People can also enjoy some amazing morning tea and activities.

How have Q Shelter and the hubs supported the SMBI community so far?

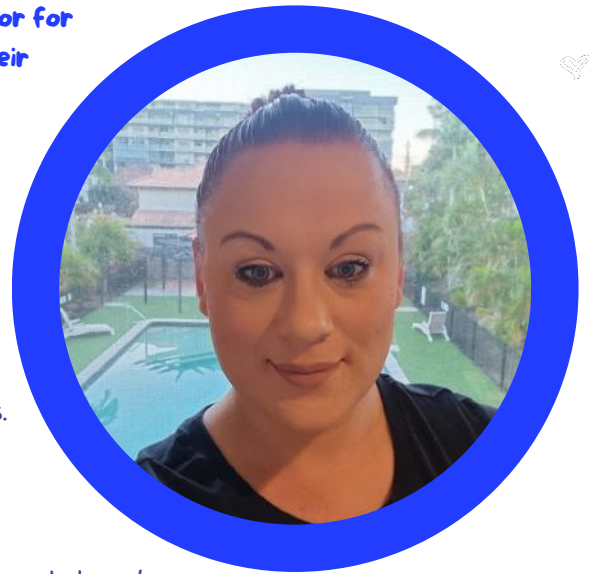
Q Shelter is the backbone to these hubs and as Regional Care Coordinator I have worked very closely with SMBI Listeners to create these spaces that benefit the Island Residents. The monthly hubs provide what residents have said they want and need and we are thrilled that local services have provided financial support to keep the hubs running for at least 12 months.

When and where can SMBI families connect with you?

Anyone can contact me! I am at the Island once a month but am available Monday to Friday 7.45am to 4pm. My email is bree.tukavkin@qshelter.asn.au or you can call/text me on 0411 738 159

What do you love about the Southern Moreton Bay Islands?

I have worked on the Islands for 14 years and have always loved the atmosphere and community vibes. Everyone knows everyone and people are always willing to assist a neighbour, friend, or a stranger. It doesn't feel real sometimes - travelling on a ferry, looking at the beautiful views of our bay, and saying you're working on an Island for the day.

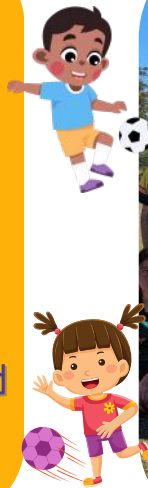


OUT AND ABOUT ON SMBI!



The Gymnastics and Dance club had their end of term performances. Everyone did a wonderful job! Contact Edith for more info 0447 786 953 Fridays from 3.30pm Fairplay voucher eligible.

Bay Island FC Under 8's Soccer team had their first friendly competition game against Wynnum Wolves FC. Well done to all players and families involved, everyone tried their best and the team definitely held their own for their first game.



SMBI Listeners Inc joined families at playgroup over the holidays, where there were lots of fun free activities and lunch on offer. The 54 Reasons Playgroup welcomes all ages, and have been doing a fantastic job navigating barges amid the shortage and disruptions to still come to the island! Playgroup runs on Tuesdays - Text Mel & Kellie 0429 963 712



FAMILIES SPACE

OUTDOOR PLAY

Why outdoor play is important

Playing outside gives your child the chance to explore the natural environment and have adventures. Your child can play games, test their physical limits, express themselves and build their self-confidence. Outdoor play can also mean more mess - and more mess often means more fun!



When your child is outside, they probably have more space and freedom for big movements like running, jumping, kicking and throwing. Physical activities like these are good for your child's fitness and physical development. Spending time outdoors might lower your child's chances of developing short-sightedness. Also, some safe play in the sun can be good too - small amounts of sunlight exposure can help boost vitamin D levels. Playing outside and being in natural environments can also help children relax and feel calm. This means outdoor play can be good for your child's mental health and wellbeing too.



Getting your child into outdoor play: ideas

It's a good idea to encourage your child to play outside several times a day.



If you have an outdoor space at home, that's great. Sometimes, all you need to do is send your child out the door and let them come up with their own games. Just remember that when younger children are playing outside, they need your help to stay safe around outdoor hazards. Many younger children love to 'help'. This means that outdoor play can include working with your child on everyday tasks like weeding, sweeping the driveway, watering vegetables or hanging clothes on the line.



Making time to visit your local park, oval or playground is a low-cost and easy option, especially if you don't have a yard. Your child will probably have even more room to run around there and might meet other children to play with.

If you can walk to the park, you can also teach your child about road and pedestrian safety on the way. Even younger children can get out of the stroller and walk for a little while. Walking together shows that you value and enjoy outdoor activity too. Other outdoor, active transport activities include riding bikes or scooters. As your child gets older, you could encourage them to try a structured outdoor activity like junior sport.



Outdoor play for different ages

Babies can learn about different surroundings and feel more comfortable with the world around them. Some ideas for outdoor play with your baby include:

- enjoying tummy time on a blanket, towel or picnic rug
- crawling on grass, under outdoor furniture or through old boxes
- watching tree leaves and branches move and listening to birds
- looking at different coloured cars, street signs or traffic light signals.



FAMILIES SPACE

OUTDOOR PLAY CONTINUED....



Toddlers are keen to explore the world around them and test out their growing physical skills. Outdoor play for your toddler might include:

- throwing and chasing balls
- wheeling, pushing or pulling different toys and objects
- walking, running or jumping around trees, over stones or cracks in the footpath, into puddles or towards favourite objects
- blowing bubbles and chasing them as they float away
- playing in sand, mud or small amounts of water – but always supervise water play to prevent drowning accidents.

Preschoolers are learning to play with other children. They also like make-believe.

You can help your child make the most of this stage with outdoor play ideas like:

- Playing games of chasey, hide-and-seek or kick-to-kick
- Crawling through tunnels or climbing over fallen trees
- Moving in different ways with colourful leaves, flowers, scarves or streamers
- Making mud pies with dirt and old cooking utensils
- Going on a nature walk together and naming all of the different sounds you hear
- Looking for birds, insects and new plants, and trying to name them
- Building a cubby house out of boxes, clothes baskets or outdoor play equipment or furniture.



Your school-age child is becoming more involved in structured play like sport, but it's still important to make time for free play outside. At this age, children still enjoy:

- Building and creating with equipment, furniture or other things they find outside
- Paying tiggy, chasey or tag
- Climbing trees.



Outdoor play when it's cold and wet

You and your child can play outside even in cold or wet weather. In fact, this kind of weather can fire up your child's imagination and creativity. If you're heading outside, you can put on coats, hats and gloves. If it's wet, dress up in gumboots and raincoats.

An umbrella can be fun to take along too. Your child might have fun opening and closing it a few times.

Here are outdoor ideas for cold or wet weather:

- Show your child what the beach looks like in wild weather, or visit parks and gardens when the plants are all wet and glossy.
- Look for some big puddles to jump in.
- If it's darker, let your child play with a torch when you go out for a walk.
- Gather leaves, sticks, shells and stones from outside. You can take them inside and use them for sorting, painting or building.
- On a windy day, you can try flying kites, chasing leaves – or helping them 'fly' – and trying to find places to hide from the wind outside.



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 Korrigan who was June's Lucky winner!



Korrigan is all about his Piggy Bank and saving money at the moment, so he asked for some pink "piggy bank" cupcakes with coins to share with his Kindergarten friends!

These awesome cakes are created by our wonderful secretary Raylene, who manages to help make Birthday Club magic happen for our SMBI kids around being a busy mum, student and very involved community member. Thanks so much Ray!

THANK YOU

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

Steff Hanson
Community Engagement

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