

AUGUST 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.

FAMILY FUN DAY AT THE COMMUNITY HUB ON MACLEAY

During these past school holidays, SMBI Families came along to the Family Fun Day held at the Macleay Island Community Hall. Fortunately the wet weather held off and it was a beautiful day for the community and services to come together and enjoy the free food and activities on offer.

Outside the hall, thanks to Wally and the Lions crew there was fairy floss and other treats, the always popular jumping castle, arts & crafts activities and the Sausage Sizzle team cooked up over 200 snags!

Over at the Skatepark across the road, we had professional Scooter Rider Levi run a skills workshop which was very popular! Afterwards, We heard many of the children talk about how much they enjoyed it and they were keen to show family and friends their new tricks.

Indoors in the hall, there were over over 25 service providers in attendance, including Family and Child Connect, Wellways Carers gateway, Footprints and Qshelter. It was wonderful to see all of the providers set up with fun little freebies like slime, fidget spinners, stickers and badges to entertain little ones, while parents made meaningful connections and learnt of the supports available on SMBI.



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FAMILY FUN DAY AT THE COMMUNITY HUB ON MACLEAY CONTINUED.....

SMBI Listeners Inc. ran Bingo! Upon entering the hall, community members were greeted by our lovely listeners team and given a form to complete as they made their way around the hall. As people met with services and learnt of the ways they are here to support islanders, they received a stamp and once forms were completed they went into the draw to win one of 9 amazing prizes.

Congratulations to the lucky winners!

- \$100 Kmart gift voucher -
Vicky Marriott
- \$50 Blue Parrot gift voucher -
Maryan Rush
- \$50 Pets plus gift voucher -
Deirdre King
- 10 free Coffee vouchers Willow & Oak -
Cariane Colbert
- \$30 All Things Hair & Beauty gift voucher -
Alina Arsene
- 1 Free Haircut Macleay Is Hairdressing -
Sandy Newcombe
- \$20 My Health Isle voucher-
John R Brodie
- \$20 8th Sense Kitchen gift voucher -
Kailah Lucas
- \$20 Scorpion Café voucher -
Name withheld.

Thank you to all of our generous local businesses who donated gifts for our Bingo game.



This FREE event was the fantastic initiative of Wellways Carers Gateway, who sponsored the family fun day. It was a wonderful collaborative effort with QShelter and other organisations and the feedback from the day was super positive. It was great to see families talking with services, making meaningful connections and learning about the supports available to us here on SMBI.

Our hearts go out to all the families, first responders and community members affected by the recent fire tragedy on Russell Island.

Collection points for cash donations for the families affected by the house fires on Russell Island on the morning of 6 Aug 2023 are shown below. Any over the phone donations can be made by calling MI Moon Deliveries on 0491 386 637.

Donations can also be made using the Gofundme <https://GoFund.Me/c317432e> or through our website <https://smbilisteners.org.au/community#RIFire082023>

SMBI Listeners Inc. will ensure all monies collected go directly to those families.



All Enquiries to Hilton on 0444 525 659 or President@SMBIListeners.org.au

PLEASE SEE STAFF AT

- Russell Island Bowls Club
 - Russell Island RSL
 - Lamb Island Rec Club
 - Bay Islands Golf Club
 - Club Macleay
 - Pub Paradise
 - Auntie Alice's Cafe
 - Bay View Cafe
 - My Health Aisle
 - The Blue Parrot Cafe
 - 8th Sense Kitchen
 - Kopasz & Curly Cafe & Kitchen
 - Cafe Memory Lane
 - Scorpion Cafe
- MI Moon Deliveries pick up donations on Macleay Island



SMBI COMMUNITY HUB RUSSELL ISLAND 9TH AUGUST

Our August SMBI Community Hub will definitely be held this Wednesday at ****BIMSARA**** at 2 Union St Russell Island from 9am-5pm.

Due to the recent fire tragedy, there will be a number of organisations there offering grief, trauma and other counselling support and information. This includes Children's Health Queensland, Metro South Health, headspace, Carer Gateway - Wellways, Qld Police Service, Red Cross, Community Champions, Relationships Australia Qld, Micah Services SMBI Child Health Connector, along with others such as BICSI, Star Community Services, Qld Dept Housing, Q Shelter, Footprints and others.

There will be a free sausage sizzle, tea, coffee and nibblies available.

If you are unable to attend, or for further information please call (or preferably text) Hilton on 0444 525 659.

THE SMBI SHOUT OUT!

ISLANDER OF THE MONTH

This month we want to mention Carol from Russell island taxi. Carol and her family have been on the islands for 30 years and in that time have always actively contributed to the community. When her children were in school she was active in the P&C and ran the Tuckshop and she ran Little Athletics every Saturday Morning. Now as the Taxi operator Carol often supports the community with donations to the school and community events. It was also her birthday this month! Happy Birthday Carol and Thanks for everything you do for our community.



BUSINESS LOVE

THE LUCKY RABBIT STREET FOOD

The Lucky Rabbit Street Food has recently relocated to RI from the Gold Coast and you can find the truck at various locations and events across the islands.

You can find the colourful van:

Monday Tuesday 8am-5.30pm RI Bowls Club

Wednesday 8am-5.30pm RICARTS

Thursday Friday Saturday 7am-6.30pm

Jock Kennedy Park RI

With a variety of delicious food available from Burrito bowls and Nachoes to Milkshakes and GF treats, definitely check out the Lucky Rabbit!

Contact Samantha - 0456 230 205
theluckyrabbit888@gmail.com



SERVICE SPOTLIGHT

We spoke to Allison Olds, the Education and Development officer from Redland City Council Library, to understand more about First Five Forever and their involvement with SMBI.



What is First Five Forever?

First 5 Forever is a family literacy program that offers free sessions for children 0-5 and their families throughout Queensland's public library and Indigenous Knowledge Centre network.

What can Redland City Council Libraries and its First Five Forever program offer to eligible SMBI families?

All SMBI families have free access to Redland Library Services. The closest branch library for families who live on the SMB Islands is Russell Island Library, and families can also use the community library on Macleay Island. There are 3 mainland branches at Victoria Point, Cleveland and Capalaba.

Library services include access to a wide range of resources such as books, ebooks, audio books, magazines, music, and DVDs, assistance with local and family history, as well as tailored resource lists for different age groups. Additional offerings include book clubs, online courses and programs.

First 5 Forever aims to engage families in reading activities, storytelling, and interactive experiences that support early literacy skills. These sessions often include storytime, rhyme time, playgroups, and other interactive programs that promote language and cognitive development, socialisation, and a love for reading from an early age. Redland City Council First 5 Forever team currently work alongside a number of agencies on Macleay and Russell Island.

SERVICE SPOTLIGHT continued...

How has First Five Forever supported the SMBI community so far?

FSF has been involved in connecting with SMBI families for several years. By supporting programs on the Islands like KindyLinQ, Buzzing Bees Playgroup, Save the Children Playgroup, Mums and Bubs group, Bay Island Early Learning & Care, and both primary schools, Redland City Council Libraries shows a strong commitment to early childhood education and community well-being. Through partnerships with these programs and organisations, FSF has played a significant role in providing educational resources, support, and valuable information to families in the SMB Islands.

Storytime sessions can help foster a love for reading and storytelling among children, while information sessions can provide parents and caregivers with important knowledge and resources to support their children's development.

When and where can SMBI families connect with you?

We visit the following SMBI programs each term:
Macleay Island - Mums and Bubs, Buzzing Bees Playgroup, Bay Island Early Learning & Care
Russell Island - Save the Children Playgroup

You can Contact the Young People's Library Team:
youngpeople@redland.qld.gov.au or 07 3829 8287

All library events are listed online at redland.qld.gov.au/LibraryWhatsOn and you can also download the Redland City Council Library app to access your library... anywhere, anytime.

What do you love about the Southern Moreton Bay Islands?

I greatly appreciate the sense of community on the Islands, where families with young children come together to support and include one another. It's a remarkably inclusive and supportive environment.

OUT AND ABOUT ON SMBI!



Recently, we popped into Buzzing Bees on Macleay to say Hi and it was a wonderful morning with a Sausage Sizzle to celebrate World Friendship day and the First Five Forever team in attendance.

SMBI Bubs & Families held a Teddy Bear Picnic! There were some fun Bear themed activities for little ones and parents enjoyed the delicious barista made coffee that MIPA and their volunteers generously donate to the group.



Moonlight movies on Macleay held the first of their 3 planned movie nights and it was a monster collaboration with volunteers and different organisations all coming together to make the night a success for all to enjoy! With activities and food on offer, there were many smiling faces enjoying the movie under the stars. Next Movie night is August 12th, Encanto will be the feature for the family session!



FAMILIES SPACE

TRAVELLING WITH CHILDREN

Booking family travel by plane, train or bus

If you're booking family travel by plane, train or bus, here are things to consider:

- Timing: if you can, it's good to book flights or train or bus trips for times when your child is likely to be well rested.
- Seating arrangements: check whether you can book seats with more room for babies and children. On planes, you might be able to book bassinets for babies.
- Choose aisle seats so it's easier for your child to get to the toilet. Check whether there are child-friendly toilets and change rooms on board, and whether you can book seats near them.
- Food: for plane travel you might be able to pre-order children's meals. For ferry, bus and train travel, check whether you can have food on board.

Packing for family travel on planes, trains or buses

If you're travelling by plane, ferry, bus or train, it's a good idea to pack things for the trip in a bag with plenty of pockets and compartments. This can make it easier to find things when you need them. It's also good to involve your children in packing. This can get them interested and excited about the trip.

What your children need depends on how old they are and where you're going.

For older children, it can be good to pack:

- spare clothes, in case of spills, accidents or delays
- disposable or cloth wipes
- disposable bags – handy for rubbish, vomit or soiled clothes
- refillable water or drink bottles
- healthy snacks
- books, toys and games – ask your child to help you choose
- medicine if your child needs it
- hand sanitiser
- a first aid kit.

For babies and younger children, it can be good to pack everything on the list above and add:

- nappies or pull-ups
- a travel change mat that's lightweight and easy to store
- blankets or wraps – muslin wraps are great because they're lightweight and take up little room
- a pram or child car seat, if they're needed and not available where you're going.

Preparing children for family travel by plane, train or bus

It's a good idea to prepare your child before you set off on your plane, bus or train trip. For example:

- Explain where you're going, how you're travelling, and how long it will take in language your child can understand.
- Talk with your child about things that might worry or confuse them, like going through security at airports.

BUZZING BEES PLAYGROUP

JULY 2023

This month we have been participating in Active July!
Children and families interacted with street signs and physical movement with songs and stories!



Buzzing Bees
Playgroup



Children were able to set up the outdoor equipment allowing for agency and problem solving. During circle time the children listened to stories by Pete the Cat! These are great books encouraging movement with music, mathematics and following a narrative!



We also celebrated international friendship day with a free sausage sizzle. Thank you to SPAR supermarket for the donation of free sausages!



During this month we had our PJ DJ Disco party which the children enjoyed. Thank you for the families support with these activities! The children received a visit from Redland City Council's First Five Forever reading program while parents had an opportunity to engage with SMBI Listeners! The child health nurse also came for a visit to provide families with advice with informal conversations!



Playgroup is on Mondays during the school term from 8:30 - 10:30am in the playgroup room. If you would like more information, please contact Macleay Island State School. Phone: 3400 8333 | Email: jcalcl2@eq.edu.au

Next month is Literacy Month at playgroup!
We will be exploring our school library and joining in with the schools book fair!
We will also have a dress up day and teddy bear picnic!
Thank you to the many families who make this a welcoming space.



play matters
the heart & science of play

FAMILIES SPACE

TRAVELLING WITH CHILDREN CONTINUED...

Getting help at the airport or bus or train station

If you're travelling with children, and especially if you're by yourself with children, you might be able to get some help at the airport or bus or train station. For example, you might be able to get:

- a stroller at airports
- priority boarding
- staff assistance with getting on and off buses and trains.

If you're travelling with children with additional needs, you might need to give extra thought to things like packing your child's medicines and equipment, preparing your child for travel, getting help at your departure and destination, and so on.

Entertaining children during family travel on planes, buses and trains

Long trips can be challenging for children. Family travel is more fun for children and easier for you if your children are entertained. Just be mindful of other travellers.

For example, have some headphones handy if your child is old enough, and encourage them to talk and play quietly. If you've got more than one child, pack toys and books for each child. This can help to keep everyone happy.

Here are ideas to entertain children during family travel:

Babies and toddlers

- Take books that you can wipe clean.
- Pack toys that are age-appropriate, safe to use, lightweight, easily stored and easily cleaned. Avoid packing toys with a lot of separate pieces.
- Keep toys in a bag and give them to your child as you travel, rather than all at once.
- Borrow some 'talking books' from your local library before you leave home, or download audio files.

Older children

- Play 'I spy', alphabet search or guessing games like 'I'm thinking of a number between 1 and 10'.
- If you have a screen or tablet device, make sure it's fully charged and you have plenty of movies loaded onto it.
- Take some music that your child enjoys, or make a playlist with your child before you go.
- Take some games - for example, checkers with magnetic pieces or card games.
- Use sticker books or blank books and coloured pencils to keep your child's imagination and hands busy.

The change in air pressure on planes can give children sore ears, especially during take-off and landing. Breastfeeding or bottle-feeding babies can help with this problem. If you can, time your baby's feeds for take-off and landing. For older children, a drink of water in a spill-free cup or bottle can help.

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 Ariannah who was July's Lucky winner!



Ari is obsessed with How to Train your Dragon, so it was only fitting to have a Toothless cake to celebrate her special day. Ari also enjoyed her book pack and was straight into colouring and reading, amazing!

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!

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Community Engagement

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