

# What's New?!



Newsletter  
August 2019

## Communities FOR CHILDREN

<http://www.cfcsouthcairns.com.au>

cairns south & yarrabah

### Camp fun!



Trying new things, facing fears, learning new skills and having fun were the central themes of the third annual Dream Buyal Bandu camp at the Daradgee Environmental Education Centre in March this year.

The four-day camp was attended by 26 Year 5 & 6 girls from Yarrabah State School, plus staff, who said it was great to see the girls out of the school environment.

“To see each other as people, rather than students and teachers, and to cheer them on in activities we knew were challenging them outside of the school environment was great,” they said.

The girls’ feedback was also positive as they took on rock climbing, photography, high and low ropes, cooking, nutrition, environment-friendly techniques, animal care,

history, something called ‘faulty towers’ and LOTS of team challenges. Our Mission Australia Circles of Care worker said it was always a great camp.

“The girls try new things and learn new skills,” she said.

“And it’s great to see them grow and be proud of themselves for conquering their fears and then be excited to go home to tell their families how brave they were.

“The best part about the camp is the girls have fun.”

Families said it was nice for the girls to get out of Yarrabah and see there is a big world out there and try new experiences.

#### **Emergency Relief**

is available at the Mission Australia Yarrabah Office in the Knowledge Centre Complex on Noble Dr. Please note application forms are only available on Mondays between 10am and 2pm.

#### **We can help with:**

- prepared food hampers;
- power bills; and,
- school uniforms.

#### **If you need to pay a bill:**

- A copy of the bill must be supplied; and,
- A re-payment plan may be considered.

#### **To qualify you:**

- must be a resident of Yarrabah;
- must hold a Pension Card, Healthcare Card or be receiving benefits from DHS, or be a low income earner (proof must be provided with income statements or pay slips); and,
- must be linked, or be willing to be referred to an assisting service.

**Sorry**, but we can’t help you with junk food; fuel; tobacco products; alcohol and/or entertainment.

**Please** call Margaret on 0455 087 309 or email [osmondm@missionaustralia.com.au](mailto:osmondm@missionaustralia.com.au)



# The first 1000 days matter!

The First 1000 Days Australia is a First Nations not-for-profit program aimed at strengthening all families so they can give their children the best possible start in life – starting from the beginning of life itself.

The group works with Elders, researchers, community members, front-line workers, policy makers and early childhood program developers.

The First 1000 days is also promoted by the Raising Children Network.

**Pregnancy: your health and wellbeing - looking after your diet.**

- If you're pregnant, aim for two serves of fruit; five serves of vegies; two and a half serves of dairy or alternatives; eight and a half serves of grains; and three serves of lean meats, nuts and legumes.
- You don't need to eat a lot more. Aim to increase your nutrient intake by eating a wide variety of healthy foods, including lots of water and wholegrains.
- In pregnancy, there's no need to avoid allergenic foods you're not allergic to – for example, peanuts or eggs.



For more information see [www.first1000daysaustralia.com](http://www.first1000daysaustralia.com) and [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

The purpose of this newsletter is to keep community informed and up to date regarding Communities for Children and Circles of Care.

Mission Australia has been working in Yarrabah since 2006 in partnership with various organisation in the community.

For 2019 and 2020 financial year we are very pleased to partner with:

- Yarrabah State School;
- Gurriny Yealamucka Health Services;
- Playgroup QLD; and,
- Yarrabah School Tuckshop (Shennae Neal).

Programs funded this financial year in Yarrabah by Communities for Children are:

- Yarrabah Dads' getting involved with their children through Deadly and Healthy Activities;
- Yarrabah Breakfast Program;
- Y Mum Y – Parents under Pressure; and,
- Young Mums Playgroup and Djenghi Playgroup.



Our menu from 7.45 – 8.50am,



thanks to Gipul's Takeaway Cafe.  
**Monday - Scrambled Egg On Toast**  
**Tuesday - Spaghetti on Toast**  
**Wednesday - Toast/Jam/Vegemite**  
**Thursday - Spaghetti on Toast**  
**Friday - Toast/Jam/Vegemite + Fruit**  
**Free every school day for all students.**

Communities for Children Programs & Partners include:  
Y-MuM-Y / Parenting Under Pressure is a case management model for family support. Yarrabah Dads builds interaction, knowledge and skills of fathers and father figures, and helps dads socialise with their children and other families in a relaxed and informal environment.  
Contact Gurriny Yealamucka Health Services on 4226 4100.

**Playgroups!**

**Yarrabah Young Mum's Playgroup**  
MUUCHUM CUDDY CUDDY  
For 0- to 5-year-old children and their mothers  
Every Thursday (except for school holidays)  
10am to 12pm  
Yarrabah Knowledge Centre, Noble Drive

**Djenghi Playgroup**  
MUUCHUM BIMBI CUDDY CUDDY  
For 0- to 5-year-old children, their parents and carers  
Every Monday (except for school holidays)  
10am to 12pm Backs Beach Road, Djenghi

**MORNING TEAS PROVIDED!**

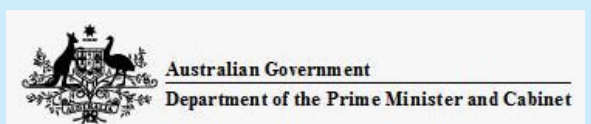
**Circles of Care** Leisa Garling 0475 803 140

## Communities for Children

Shop 2 Yarrabah Knowledge Centre, Noble Drive Yarrabah  
Program Manager: Margaret Osmond 0455 087 309  
Coordinator: Hala Kattab 0436 619 397



This program is funded by the Australian Government



This newsletter was edited and designed by Christine Howes ©2019