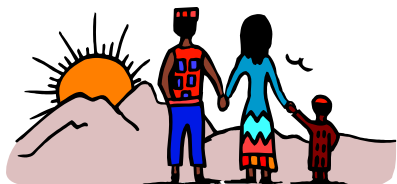


Ballina-Byron Families NSW Initiative



CALENDAR OF CHILD & FAMILY EVENTS

BALLINA SHIRE

March 2010 to August 2010



ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>ABORIGINAL MATERNAL & INFANT HEALTH</u> Ballina Community Health Contact: Robyn Lea (Midwife) & Cathy Powell Aboriginal Health</p> <p>Tel: 66868977</p>	<p>Please phone Robyn or Cathy for all enquiries</p>	<p>Co-ordination of services between health care providers for Antenatal care including: Ante-natal education & information, referral to appropriate follow-up services, post-natal care, support for parents in learning to care for & meet the needs of their jarjums. Providing culturally appropriate follow up services. Promoting the health & well being for newborn infants & families. Outreach as needed.</p>
<p><u>A.I.A.S. (Ability Incorporated Advocacy Service)</u> 3/106 Main Street, Alstonville (Cnr Green and Main Streets) Phone: 02 66288188 1800 657 961 Tweed: Angela Collins Tel: 66727119 tweed@abilityincorporated.org.au Ballina: Susan Aprile Tel: 0407065222 ballina@abilityincorporated.org.au</p>	<p>Office Hours Monday to Friday 9am-5pm</p>	<p>A free and confidential service for people with disabilities, their families and carers.</p> <p>Services include: Self advocacy and individual advocacy; Group advocacy; Advocacy workshops; and Transitional training.</p>
<p><u>AUDIOMETRY CLINIC</u> Ballina Community Health Cnr Fox & Cherry Street, Ballina Anne McDonald</p> <p>Tel: 66868977</p>	<p>Appointments only . Please ring for an appointment</p>	<p>Assess the hearing of children 3-18 years of age. Doctor's referral not necessary but welcome.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>AUTISM SPECTRUM AUSTRALIA – ASPECT Far North Coast Centre</u> 23 Commercial Road (PO Box 937), Alstonville 2477</p> <p>Tel: 66283660 Fax: 66283298 Email: fnc@autismspectrum.org.au</p> <p>Web: www.autismspectrum.org.au</p>	<p>Centre open 4 days a week from</p> <p>Office Hours: Mon . 9.30 - 4 Tues - 9.30 - 4 Wed . Office Closed Thurs . 9.30 - 4 Fri . 9.30 - 3</p> <p>Region: Lismore, Ballina, Byron, Tweed, Richmond Valley, Clarence Valley</p> <p>Please phone ASPECT for further information on workshops and parent support meetings.</p>	<p>ASPECT offers: Resource centre providing information and support, including linking families with services. Referrals to</p> <ul style="list-style-type: none"> • Building Blocks- Early Intervention Program (centre based & home based) • Behaviour Support Service • Itinerant Diagnostic Service • Early Childhood Development Program . provides screening for Autism in children 12 months to 5 years and follow up intervention for families with a child identified %at risk+of autism by screening tools. • Autism Support Officer • Parent Support Meetings . last Friday of the month at 10am to 11.30am. • Autism Advisor . Ph: 1300 978611 • Autism Information Line . 1800 069978
<p><u>BALLINA BYRON EARLY YEARS PROGRAM (BBFC)</u> 64 Crane St, Ballina</p> <p>Tel: 66864109 www.bbfc.com.au</p>	<p>Please phone for further information. Office hours: 9am to 4pm Mon to Thurs</p> <p>Self referral or referral from a family member, friend or service provider accepted</p> <p>Free service</p> <p>Covers both the Ballina & Byron Shires</p>	<p>Early Years is a short term program for parents/carers with child/ren aged five and under. A family worker offers:</p> <ul style="list-style-type: none"> ➤ Home or office visits ➤ New ways of coping with the challenges of parenting ➤ Builds on skills parents already have ➤ Improve parent - child interactions ➤ Parenting courses eg. P5 & PPP
<p><u>BALLINA-BYRON FAMILY CENTRE (BBFC) SUPPORTED PLAYGROU</u> 64 Crane St, Ballina.</p> <p>Tel: 66864109 www.bbfc.com.au</p>	<p><u>ALL WELCOME</u> -Every Tuesday during school term. 10am-12noon 64 Crane Street -Ballina</p> <p>Free service</p>	<p>Parents & Carers are invited to a morning of fun & play with their child(ren). An opportunity to share ideas, and for kids to play and socialize. A facilitated playgroup which can increase social networks, identify strengths, access additional info on child development so parents / carers can grow in confidence. 0 to 5yrs</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>BALLINA-BYRON FAMILY DAY CARE TRAINING COURSES</u> Family Day Care Rooms 17 Brunswick Street Ballina Tel: 66867799</p>	<p>8th March - Basic Food Handling Practices - Lismore Workers Club - 3pm till 6pm - Provided By CCC.</p> <p>18th March - CPR Refresher - Murwillumbah Civic Ctr - 6:30pm till 8:30pm - Provided By BBFDC.</p> <p>23rd March - Inspiring Creativity Thru Imaginative Environments - Ballina RSL - 4pm till 6pm - Provided By CSC.</p> <p>27th March - 2010 Early Childhood Aust FNC Conference - Kingscliff - 8:30am till 4:30pm - Provided By ECHA.</p> <p>30th March - CPR Refresher - Ballina RSL Club - 7pm till 8pm - Provided By BBFDC.</p> <p>31st March - Bldg Bridges - Aboriginal Perspectives in Chd Services - Tweed Heads - 9:30am till 3pm - Provided By Lady Gowrie Child Care.</p> <p>12th April - Belonging, Being & Becoming - EYFL Framework - Ballina RSL Club - 6pm till 9pm - Provided By Semann & Slattery</p> <p>3rd May - Identifying Children At Risk of Harm</p>	<p>These training courses are run by Family Day Care for Family Day Care Carers, however places may be available for non-carers wishing to participate. Please contact the Ballina office for more information including times, changes and cost.</p> <p>Ballina-Byron Family Day Care covers both the Ballina, Byron and Murwillumbah Shires.</p>
<p><u>BALLINA - BYRON FAMILY SUPPORT SERVICE (BBFC)</u> (BBFSS) 64 Crane St, Ballina Tel: 66864109 www.bbfc.com.au</p>	<p>Please phone for further information. Office hours: 9am to 4pm Mon to Thurs</p> <p>Self referral or referral from a family member/ friend/service provider accepted</p> <p>Free service</p> <p>Covers both the Ballina & Byron Shires.</p>	<p>The BBFSS supports families with dependant children through difficult times. Trained Family Workers can offer families a confidential one to one service which includes home or office visits. Can assist with: Information, advocacy, referral, parenting support. Educational & therapeutic groups, including parenting and self esteem groups.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>BALLINA-BYRON FELLA'S FAMILY PROJECT (BBFC)</u> <u>(BBFFP)</u> 115 Tamar Street Ballina</p> <p>Tel: 66864109 <u>www.bbfc.com.au</u></p>	<p>Please phone for further information Office hours: 9am to 4pm Mon to Thurs</p> <p>Self referral or referral from a family member/ friend/service provider accepted. Covers both the Ballina & Byron Shires Free Service</p> <p><u>Monday Playgroup:</u> Ocean Shores Dads & kids playgroup at the Ocean Shores Baptist Community church Rajah Road, Ocean Shores 10am-12noon In school terms only</p>	<p>The male family worker aims to support fathers and expectant fathers through home visiting, parenting programs, advocacy, information & referrals.</p> <p>The support worker aims to support boys aged 11 to 16 through mentoring, one to one support, individual and group programs, and links to community activities.</p> <p>Free Playgroups for Dads & their children</p>
<p><u>BALLINA - BYRON VOLUNTEER HOME VISITING SERVICE (BBFC)</u> <u>(BBVHVS)</u> 64 Crane St, Ballina</p> <p>Tel: 66864109 <u>www.bbfc.com.au</u></p>	<p>Covers both the Ballina & Byron Shires.</p> <p>BBVHS is always looking for volunteers and holds two recruitment drives each year.</p> <p>Free specialised training one day a week for 5 weeks. On-going support from the BBVHVS staff. Ask yourself these questions:</p> <ul style="list-style-type: none"> ➤ Do you enjoy being around babies and toddlers? ➤ Would you enjoy helping a family with young children? ➤ Do you have a couple of hours a week to spare? ➤ If so please give us a call on 66864109 	<p>This service is for families with a child aged three years and under. The BBVHVS recruits, screens and trains volunteers to provide:</p> <ul style="list-style-type: none"> ➤ Practical support with the parenting of young children ➤ Emotional support ➤ A chat over a cuppa. ➤ FREE SERVICE <p>Please phone for further information.</p> <p>*Note: All volunteers must undertake a Working with Children Check+</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>BALLINA EARLY INTERVENTION</u> Auspiced by Rainbow Children's Centre Inc. 4 John Sharpe St East Ballina 2478</p> <p>Tel: Leo Prendergast 66866889 (Early Intervention) 66866621 (Rainbow Children's Centre Inc.)</p>	<p>Monday to Friday 8.30 . 4.30pm</p> <p>All staff work part-time hours.</p> <p>Special Educators only available during school terms.</p>	<p>Ballina Early Intervention is a support service for families of young children aged between 0 to 6, who have a disability, delay in their development or are at risk of delay in two or more areas of development. A flexible program is provided for each child in consultation with the family in order to address their individual needs. The service consists mainly of group sessions at the Centre in Ballina. Visits to the child's early childhood setting and some home visits are provided. Social activities for families, transition to school program as well as workshops for parents and childcare workers on a number of topics are conducted during the year. Referrals to BEI may be made from parents/carers, pediatricians, preschools/day care staff, community health centres etc.</p>
<p><u>BALLINA TOY LIBRARY</u> Regatta Ave Ballina Tel: Anne on 6686 0275 or Mob: 0411 719074 for further information</p>	<p>Saturday 10am to 1pm Tuesday 11am to 1pm Wednesday 11am to 1pm Life Membership \$10</p>	<p>Community run service providing toys and games for babies and children aged 0 to 6 years.</p> <p>Toy hire up to 3 items.</p>
<p><u>BEFORE SCHOOL SCREENING</u> Ballina Community Health Cnr of Fox & Cherry Street, Ballina Anne McDonald</p> <p>Tel: 66868977</p>	<p>Appointments only . please ring for an appointment</p>	<p>Weight, height, hearing, vision and developmental screening of children starting school in 2010, where parents/carers/ preschool teachers have concerns regarding development. Aboriginal Children are encouraged to attend. Children should be 4 ½ years and above to attend screening.</p>
<p><u>BIALA SPECIAL SCHOOL</u> Biala Support Services Incorporated</p> <p>78 Fox St Ballina PO Box 1279 Ballina NSW 2478</p> <p>Tel: 66863395 for any enquiries</p>	<p>Biala has students from Brunswick Heads, Mullumbimby, Byron Bay, Lismore, Woodburn & Ballina areas.</p> <p>All students at Biala are able to access taxi transportation through the NSW DET Special Transport Services.</p>	<p>Biala is an independent non-fee paying school providing services for students who are intellectually challenged or have been diagnosed with an Autistic Spectrum Disorder.</p> <p>Biala provides a comprehensive curriculum and a range of specialist services for students from Pre-Kindergarten (4yrs) through to school exit into Post School Options Programs.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>BRIGHTER FUTURES – CONC & DoCS</u> A regional Early Intervention Program</p> <p>Consortium of Neighbourhood Centres (CONC) CONC BFNC outlets are located at Grafton, Evans Head/Ballina, Lismore, Nimbin, Mullumbimby, Pottsville Tel: 66824334</p> <p>Community Services Local Ballina office Tel: 66861999</p> <p>Brighter Futures Help Line Tel: 132111</p>	<p>Please call the Brighter Futures help line or the advertised office numbers for further information.</p>	<p>Target Group The Brighter Futures Program is for families who are expecting a child / or families who have children nine years of age or under. Priority of access is for families with children from 0-3 years of age.</p> <p>Brighter Future aims to achieve three major outcomes for participating families</p> <ul style="list-style-type: none"> ➤ Promotion of healthy development in children. ➤ Promotion of strong functional and well supported families. ➤ Reduction and prevention of child abuse and neglect in participating families.
<p><u>CHILD & FAMILY EARLY CHILDHOOD CLINIC (LENNOX HEAD)</u> CWA Rooms, Mackneys Lane, Lennox Head For appointments ring Ballina Community Health on: Tel: 66868977</p>	<p>Wednesdays 9.30am-2.30pm</p> <p>Appointments only</p> <p>CLINIC CURRENTLY CANCELLED</p>	<p>Monitor growth and development of babies / Children 0-5 years of age. Support for parents in learning to care for and meet the needs of their children. Address women's health issues.</p>
<p><u>CHILD & FAMILY EARLY CHILDHOOD CLINIC (BALLINA)</u> Ballina Community Health Cnr Fox & Cherry St, Ballina</p> <p>Tel: 66868977</p>	<p>Clinic Open: Monday 9.30am -12mid Friday 9am . 12mid</p> <p>Appointments Only: Monday 2pm . 4pm Tuesday 9am . 12mid (Temporary Clinic) Wednesday 9am . 12mid & 2pm . 4pm Thursday 9am . 12mid & 2pm . 4pm</p>	<p>Monitor growth and development of babies / children 0-5 years of age. Support for parents in learning to care for and meet the needs of their children. Address women's health issues.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>CHILD & FAMILY THERAPIST CLINIC</u> Ballina Community Health Cnr Fox & Cherry St Ballina</p> <p>Tel: 66868977</p>	<p>Appointments only</p> <p>NO REGULAR CABBAGE TREE ISLAND CLINIC</p>	<p>Developmental assessment clinic for children 0-5 years with priority given to children 0-3 years. Run by Physiotherapist, Occupational Therapist & Speech Pathologist. Referral required from Community Nurse, Paediatrician, General Practitioner or self referral.</p>
<p><u>CHILDRENS STORYTIME" @ LIBRARY</u> Ballina Library Tel: 02 66861277 Alstonville Library Tel: 02 66285527 www.rtrl.nsw.gov.au</p> <p><u>HSC Resource Kit:</u> available at your Library Gain assistance with booklists, resource guides and help with the new hsc.</p> <p><u>YourTutor:</u> Helps school age children (Year 4 to Year 12) with their homework, available on our website.</p>	<p>Ballina Library Storytime . Every Tuesday and Friday at 10.30am</p> <p>Alstonville Library Storytime- Every Tuesday at 11am (Alstonville Leisure and Entertainment Centre) 66285527</p> <p><u>NEW:</u> 10 Minutes a day Baby Bounce Fun Time: . Ballina Library 4 Week program, 1 day a week for 20 minutes.</p>	<p>Check the library website www.rtrl.nsw.gov.au for school holiday activity times.</p> <p>Toddlers, Mum, Dad, grandparents and carers are welcome to attend the storytime sessions and enjoy a simple theme based craft activity</p> <p>Baby Bounce Fun Time: Join a fun group, encouraging to sing nursery rhymes & songs 10 minutes to your baby a day to your baby.</p>
<p><u>COUNSELLING SERVICE (BALLINA SHIRE)</u> Ballina Community Health Centre Fox St Ballina</p> <p>Tel: 66868977</p>	<p>Monday-Friday Please phone 66868977 for all enquiries.</p>	<p>Free counselling service for parents, children, youth, grandparents, families.</p> <p>Referral not required.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p>ADHC Community Support Team Ageing, Disability & Home Care Department of Human Services 2/43 River St Ballina</p> <p>Tel: 1300 364 563 Fax: 66268748</p>	<p>Monday to Friday 8:30am-4:30pm.</p> <p>Community Support Teams provide services to improve the quality of life and wellbeing of people with a disability, their families and carers. Services are provided using a person-centred, family centred, strength based and early intervention and prevention approach</p>	<p>The Community Support Team is a service which provides information & support to children under the age of six with delayed development, school aged children with an intellectual disability and adults with an intellectual disability, where the disability was present before 18 yrs of age and who need help with communication, mobility and daily living skills.</p> <p>Services can be requested by contacting the Information, Referral and Intake Centre. They will talk with you about what your needs are and how we can help you.</p> <p>Community Support Team consists of case managers, speech pathologist, occupational therapist, physiotherapist, psychologist, behaviour intervention consultant and local support coordinator.</p> <p>The Local Support Coordinator can provide services to all people with a disability.</p>
<p>DAY STAY SERVICE Northern Rivers Family Care Centre Lismore</p> <p>Tel: 66228705 for further information</p>	<p>Outreach with Child & Family Health Nurses & Social Worker</p> <p>1st Monday of each month at Ballina. Please phone to confirm dates.</p> <p>Referrals from Child & Family Health Nurse or General Practitioners.</p> <p>By appointment only.</p>	<p>Day stay is provided for families who need help and understanding adjusting to parenthood (0 to 1yr). Day Stay can help with:</p> <ul style="list-style-type: none"> ➤ Breastfeeding support ➤ Infant feeding support ➤ Unsettled behaviour ➤ Sleep related issues ➤ Parent Craft issues ➤ Post Natal Distress ➤ A Lactation Consultant is available ➤ Please phone for more information and appointments.

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>DEPARTMENT OF EDUCATION AND TRAINING</u> Itinerant Support Teacher Early Intervention</p> <p>1. Transition to School+Information Sessions for Parents in both Byron & Ballina Shires.</p> <p>Families and early childhood services can contact the Dept of Education and Training, Murwillumbah Office on 66702300 C/-Southern Cross K-12 School 66860503</p>	<p>Referrals can be made by parents and early childhood services at any time of the year.</p>	<p>The service is available for children with disabilities or significant difficulties in learning or behaviour in the year prior to commencing school and the year following school entry. The service supports programs for children in early childhood settings and transition to school.</p> <p>1. Transition to school information sessions are for parents of children with disabilities who are transitioning to school in 2010. They explain what the process involves, as well as which services and supports can be accessed through the Dept. Education & Training.</p>
<p><u>EARLY CHILDHOOD CLINIC (ALSTONVILLE)</u> Alstonville Community Health Centre Green St Alstonville Tel: 66283901</p>	<p>Clinic hours and home visits: Tuesday to Thursday 8.30 to 5pm</p>	<p>Monitor growth and development of babies / Children 0-5 years of age. Support for parents in learning to care for and meet the needs of their children. Address women's health issues.</p>
<p><u>EARLYSTART DIAGNOSIS SUPPORT SERVICE</u> Northcott Disability Services 99 Tamar Street PO Box 30 Ballina NSW 2478 Tel: 66863822 for any enquiries</p>	<p>Services are available to families with a child up to 6 years, who have a concern about their child's development.</p> <p>This includes:</p> <ul style="list-style-type: none"> ▪ Families who have a child with a recently diagnosed disability, ▪ Families who have a child with an identified delay and are in the process of obtaining a diagnosis, ▪ Families who have a concern about their child's development and are seeking support. <p>In exceptional circumstances, services may be offered to families with a child up to 8 years of age.</p>	<p>Northcott EarlyStart Diagnosis Support Service is an innovative program that provides short-term support for families who have a concern about their child's development.</p> <p>A Family Support Worker will provide information and assist families to access mainstream and disability specific services within their local area.</p> <p>Referrals can be made by;</p> <ul style="list-style-type: none"> ▪ The family ▪ Anyone who has the family's approval to refer.

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p>FINANCIAL COUNSELLING Lismore & District Financial Counselling Service VENUE: Ballina Care Centre, Tamar St Ballina Tel: 66222171</p> <p>www.financialcounselling.org.au</p>	<p>Every 3rd Monday.</p> <p>For dates and times please phone the Financial Counselling Service By appointment only, please call: 66222171</p>	<p>Free and confidential information, advice and advocacy for those people experiencing financial difficulty.</p>
<p>IMMUNISATION CLINIC – ALSTONVILLE Alstonville Community Health Centre Green St Alstonville</p> <p>Tel: 66283901</p>	<p>The 3rd Tuesday of the month, 1.30pm to 4pm.</p> <p>Appointment only.</p>	<p>Free immunisation clinic Please bring Medicare card and Personal Health Record/Blue Book or equivalent.</p>
<p>IMMUNISATION CLINICS – BALLINA ONLY Ballina Community Health Centre Cnr Fox & Cherry Streets Ballina</p> <p>Tel: 66868977 Enquiries to Anne McDonald</p> <p>Appointments only.</p>	<p>Ballina 2nd Tuesday 10.00am . 12mid 4th Tuesday 10.00am -12mid At the %olarium+ Ballina Hospital</p> <p>January 12th February 9th & 23rd March 9th & 23rd April 13th & 27th May 11th & 25th June 8th & 22nd July 13th & 27th August 10th & 24th September 14th & 28th October 12th & 26th November 9th & 23rd December 14th</p> <p>NO CABBAGE TREE ISLAND CLINIC</p>	<p>Free immunisation clinic</p> <p>Please bring Medicare card and Personal Health Record/Blue Book or equivalent</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>INTERRELATE FAMILY CENTRE (IFC)</u> Ballina Outreach Seamark Building Ballina Natural Medicine Clinic 26-54 River St, BALLINA Phone Lismore IFC on 66214970 for all appointments.</p>	<p>Wednesdays 9.30am to 4pm</p> <p>Appointments only</p> <p>Please phone for further enquiries including cost.</p>	<p>Interrelate Family Centres . strengthening family relationships since 1926.</p> <p>Interrelate is a community based, not-for-profit organisation who provide personal counselling, family/relationship counselling, and relationship support programs. Please contact Lismore IFC on 6621 4970 to find out more information or book appointments</p>
<p><u>INTERRELATE FAMILY CENTRE TRAINING COURSES</u> 143 Laurel Ave LISMORE Tel: 66214970</p> <p>1. Self Esteem & Communication 2. Parents Not Partners 3. Being Dad 4. How to talk to your kids about sex 5. The Challenge of Parenting</p>	<p>1. 6 x Mondays from 15th Feb 6-9pm \$60 2. 6 x Tuesdays from 16th Feb 1-4pm \$60 3. 3x Wednesday from 10th March 6-9pm \$30 4. 1 x Saturday 27th Feb \$15 5. 1 x Wednesday 24th Feb 6-9pm \$15</p> <p>For more information and/or registration phone: 66214970</p>	<p>1. Learn Self Awareness, Assertiveness and Communication Skills 2. Develop skills to minimise conflict and shift the focus to your children's needs 3. Tips and hints for fathers. Build a closer relationship with your children 4. Skills and strategies to better communicate with your children around the topic of sex 5. Develop skills in Making clear boundaries whilst encouraging your children and fostering your relationship</p>
<p><u>INTERRELATE FAMILY RELATIONSHIP CENTRE</u> (FRC) Ballina Outreach Seamark Building Ballina Natural Medicine Clinic 26 . 54 River St, BALLINA</p> <p>Phone Lismore FRC on 66227003 for all appointments</p>	<p>Wednesday 9am to 4pm. Friday 9am to 4pm</p> <p>Appointments only</p> <p>Free service</p>	<p>Interrelate Family Relationship Centre provides assistance to families to;</p> <ul style="list-style-type: none"> ➤ Strengthen family relationships ➤ Assist families stay together ➤ Assist families through separation <p>FRC provides information; referrals and individual assessments as well as Family Dispute Resolution (FDR) to assist families to draft their own parenting plan. As part of our FDR process we run Building Connections 3 hour workshop (free in Lismore) and offer a child focused service delivery. Please contact Lismore FRC on 6622 7003 to find out more information or book appointments.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>LEGAL AID OUTREACH SERVICE</u> At Ballina Courthouse River Street Ballina Call Legal Aid on 6621 2082 for appointments</p>	<p>The 2nd and 4th Wednesday of the month. 9.20am . 12noon Appointments only</p>	<p>Free advice from a Solicitor on Family Law matters.</p>
<p><u>MUMS PROGRAM</u> <u>(MUMS USING SUBSTANCES)</u> Riverlands Detox Unit Cr Hunter & Uralba St Lismore Contact Mandy Carpenter on 66207600 for further information.</p>	<p>9am-4pm weekdays Free service Offers support to clients from Lismore, Ballina & Byron Shires</p>	<p>MUMS is a service for pregnant woman who are in methadone treatment or who use alcohol & other drugs. This program is not about making judgments about drug use. MUMS aim is to help women reduce any harm that may occur to both themselves and their baby during pregnancy and after birth.</p>
<p><u>LIFEPOINTS RURAL – MID AND FAR NORTH COAST THERAPY TEAM</u> The Spastic Centre 2B High Street, Alstonville NSW 2477 PO Box 410 Alstonville NSW 2477 Tel: 02 6628 5976 Fax: 02 6628 3875 www.thespasticcentre.com.au</p>	<p>Open Monday-Friday 8.30 am-4pm Outreach throughout the mid and far North Coast Region. Therapy Services offered by Physiotherapist Occupational Therapist and Speech Pathologist</p>	<p>Supporting children with significant and complex needs. Offers:</p> <ul style="list-style-type: none"> • Support in the home environment, school and the community • Support to families & schools to help children with access & maximize participation • Ideas on recreational & leisure options • Advice on equipment & technology • Help children and teenagers prepare for life transitions (eg preschool, school, employment) • Assisting families and children to follow programs that will help them continue to learn new skills in mobility, communication, self care and participation
<p><u>NORTHERN RIVERS IN HOME CARE</u> Contact : Coordinator: Lyn King Ph 6621 6437 Fax 6622 4226 Mob 0437 137 730 ihc@yourfamilydaycare.com.au</p>	<p>All care providers must follow In Home Care standards and have a Working With Children Check, First Aid Certificate and insurance. Covers Ballina/Byron Shires. Childcare Benefit approved service. NFP Organisation.</p>	<p>Access to In Home Childcare (provided in the family home) for eligible families. There must be no access to existing childcare services for the family. Then, one of the following criteria must also apply. Parent/s are shift workers, parent/s have a disability/illness or children have a disability/illness, parents with more than three children not yet at school or where the family live in a rural or remote area. Contact Lyn to check on your eligibility.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>PAEDIATRIC DIABETES SPECIALIST CLINICS</u> Northern Rivers Area Health Service Diabetes Educators: Ballina Shire . Wendy Livingstone 66868977 Byron Shire . Jenny Timperley 66841677</p>	<p>Outreach clinics held at Ballina, Mullumbimby & Byron Bay. By appointment only.</p> <p>Childrens Diabetes Camp please phone Wendy Livingstone on 66868977</p>	<p>For children with diabetes who live in the Ballina/Byron Shires. Specialist Doctors from the Childrens Westmead Hospital, Sydney, and John Hunter Hospital, Newcastle will assess children who have diabetes on Wednesday 5th May and Tuesday 2nd November 2010. This will be at Ballina Community Health and will be by appointment only.</p>
<p><u>PLAYGROUP</u> Playgroup Association Inc.</p> <p>1. Ballina Little Pelicans, 12 River St, Ballina 66815651</p> <p>2. Tintenbar, Hall, Cnr Georges St & Tintenbar Rd, Tintenbar</p> <p>3. Wardell Sugarbabes, Community Centre, 9 Sinclair St, Wardell 66834185</p> <p>4. Clunes, Presbyterian Church, Javis St, Clunes 66291184</p>	<p>Days & Times:</p> <ol style="list-style-type: none"> 1. Tues, Wed & Fri 9.30am 2. Tuesday 9.30am-11.30am 3. Monday 10am-12 noon 4. Tues 10am-12 noon <p>Cost: Annual membership fee, small weekly fee, first two visits free.</p>	<p>Children 0-6 yrs welcome, but must be accompanied by parent/carer. Parent-run. Focus on sharing ideas by parents, and a fun place for kids to play and learn. Range of toys and activities.</p> <p><i>There maybe some new playgroups that have recently started in your local area or you may like to start a new playgroup. For further information please contact Playgroup NSW on 1800 171 882 or email admin@playgroupnsw.com.au</i></p> <p>Check our website www.playgroupnsw.com.au</p>
<p><u>PLAYGROUP - JARJUM PLAYGROUP</u> Bunjum Aboriginal Co operative 44 Tamar Street Ballina Contact Delta Tel: 6686 5644</p>	<p>Every Tuesday 10am . 12noon Transport available.</p> <p>Jarjum Playgroup is a free service for the ATSI community in the Ballina Shire. Meet friends over a cuppa while your jarjum learns through play. Free</p>	<p>Bunjum Families NSW Providing support to our Aboriginal & TSI families in the Ballina Byron Shire, with young children aged 0 - 8 years. Experienced early years worker can assist with;</p> <ul style="list-style-type: none"> • referrals & advocacy • parenting support & info • Triple P parenting programs • Info on ATSI programs & cultural events

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>PLAYGROUP - LENNOX HEAD/TINTENBAR</u> Lennox Head/Tintenbar Tintenbar Hall, Crn of George St & Tintenbar Rd Tintenbar</p> <p>Contact Ange for further information Tel: 6687 6212 Mobile: 0401266416</p> <p>Playgroup Association Inc. Ph: 1800 171882</p>	<p>Mondays 9.30am-11.30am General session except 3rd Monday of every month.</p> <p>Tuesdays 9.30am-11.30am- (Mums & Bubs session up to 2yrs old)</p> <p>Cost: Annual membership fee of \$39 which allows you to attend any playgroup within NSW plus \$3 per session fee. First two visits free.</p>	<p>The Lennox Head Playgroup is a place where parents/carers and children (0 to 6 yrs) can come together in a relaxed and friendly environment.</p> <p>Playgroup gives children an opportunity to play, make friends and develop skills, all while having fun.</p> <p>Playgroup also provides parents/carers with an opportunity to meet other parents, make friends and share experiences/ideas. For families new to the area, it is a great place to become part of the Lennox/Tintenbar community.</p>
<p><u>PLAYGROUP - MOPS (MOTHERS OF PRE-SCHOOLERS)</u> Alstonville Baptist Fellowship 108 Wardell Rd Alstonville</p> <p>Tel: 6628 5387</p>	<p>Group runs every alternate Friday.</p> <p>5/3, 19/3, 30/4, 14/5, 28/5, 11/6, 25/6, 23/7, 20/8</p> <p>Operates during school term.9.15am to 11.30am.</p> <p>Cost is \$5 per meeting or \$20 per term.(No cost for children)</p>	<p>Mums enjoy time out whilst their children are cared for in our MOPPETS program. Mums indulge in yummy morning tea, listen to a speaker, discuss topical issues and get creative with a craft or life skill activity.</p> <p>Children in MOPPETS enjoy playtime, crafts, stories, music and games. Morning tea is provided for Children. 0 to 5 years.</p>
<p><u>PLAYGROUP: PALS (Parents And Little)-mainly music</u> Uniting Church Hall / Cnr Bugden Avenue and Main Street Alstonville</p> <p>Tel: Mary 66280222 or Ruth 66280033</p> <p>(Tuesday . Friday 9am-12.30pm)</p>	<p>Fridays 10am to 12 noon during the school term.</p> <p>Cost: \$5 per family</p> <p>Morning tea provided</p>	<p>Young children and their parents/caregivers join together for a fun, thirty five minute music session, then afterwards enjoy morning tea in a relaxed setting while children play. It is an activity for children from birth to school age.</p>
<p><u>PLAYGROUP -"PLAYTIME" – PRESBYTERIAN CHURCH</u> Crn Cherry St & Crane Street Ballina</p> <p>Tel: 66862083 www.ballinachurch.org.au</p>	<p>Thursdays 10am to 11.30am during school term.</p> <p>All Welcome</p>	<p>PlayTime is for Pre schoolers and their carers. They meet in the Church Hall 10am to 11.30am on Thursdays during school term.</p> <p>Also offer in school term: Kids Club Wednesdays 3.15pm-4.30pm Youth Group Fridays 7.30pm-9.30pm</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>PLAYGROUP - ST BART'S ANGLICAN CHURCH PLAY PLACE</u> St Bartholomews 8 The Avenue Alstonville</p> <p>Tel: Barbara Whittred 66280064 or Barbara Campey 66283089</p>	<p>Each Thursday of the school term 9.30am to 11.30am</p> <p>Cost: \$3.00 per family</p>	<p>Programmed for children 0 to 5 years and their parents/carers. Activities include: Free play, singing, stories, music and craft. Please bring children's own morning tea. Coffee, tea & biscuits supplied for the parents/carers.</p>
<p><u>MAINLY MUSIC @ The Salvation Army</u> 73 Tamar St, Ballina Tel: 66865538 . Captain Gai Cathcart</p>	<p>Every Friday (Except Public and School Holidays) 9.30am to 11am</p> <p>Cost: \$5.00 per family</p>	<p>A fun interactive music session for pre-schoolers and their parents/caregivers. Each session runs for 30minutes of music followed by morning tea & snacks provided for the children and adults, and supervised playtime for the children.</p>
<p><u>PRAM WALKING GROUP - BALLINA (BBFC)</u> "The Walkie Talkies" C/o Ballina Byron Family Centre 64 Crane Street Ballina Contact Jayne for any inquiries Tel: 02 6686 4109</p>	<p>Monday mornings Meldrum Park Crn Fox & Norton Street Ballina</p> <p>Free</p>	<p>A social group for parents to meet other parents in the Ballina area. Wear comfortable shoes and a hat. Bring water and morning tea for the park.</p>
<p><u>PREGNANCY & BEYOND</u> Yoga and Support Group 3 Bentick Street Ballina Ph: 6681 6816</p>	<p>Thursdays 10am . 11.30am Pre/post natal yoga, 11.30am . 1pm morning tea, sharing circle & group education Facilitated by Clara Poletto: Yoga Teacher Denni Pearson: Women's Health Nurse & Midwife. Cost: \$15 (\$12 Yoga/ \$3 morning tea)</p>	<p>Aim of the group, to provide women with a positive, joyful & safe space to focus on their pregnancy with other women. Empowering women for the birth experience through yoga and to nurture a support network.</p>
<p><u>PREPARATION FOR PARENTHOOD CLASSES</u> Ballina Community Health Cnr Fox and Cherry Street, Ballina</p> <p>Please phone Ann Church for further information on Tel: 66868977</p>	<p>6 Sessions on Tuesday nights from 5pm to 7pm at the Solarium Ballina Community Health Centre.</p> <p>9th February to 16th March 30th March to 4th May 18th May to 22nd June 6th July to 10th August 24th August to 28th September 12th October to 16th November</p>	<p>Education groups for prospective parents. Increase your knowledge about the birthing process, caring for your baby and parenthood in general. Expecting mothers preferred to commence classes from 28.30 weeks gestation (approx 7½ months)</p> <p>No charge for classes</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>RICHMOND TWEED INCLUSION SUPPORT AGENCY</u> Contact: Jenny Bond, Lisa Donohoe., Jennifer Baxter or Carmel Groom BDCSA Ballina</p> <p>Tel: 66815511</p>	<p>Monday to Friday 8.30am to 4.30pm</p>	<p>Assists eligible Child Care Services to build their capacity to create an inclusive environment for all children including children with additional needs.</p>
<p><u>RIDING FOR DISABLED ASSOCIATION NSW (RDA)</u> Ballina and District Centre The Mitchell Centre 75 North Teven Road North Teven</p> <p>Tel: 66878580 Fax: 66867580</p>	<p>Days of operation Tuesday 9am-1pm Wednesday 9am-2pm Thurs 9am-1pm Saturday 9am-1pm (school terms)</p>	<p>RDA is a volunteer organisation providing equine assisted activities to people with disabilities to develop and enhance abilities.</p> <p>*RDA is always looking for volunteers.</p>
<p><u>SCHOOL CARE - AFTER SCHOOL CARE (East Ballina)</u> Rainbow Childrens Centre Inc. 4 John Sharpe St East Ballina</p> <p>Enquiries: please contact Jan, Leo or Kathy on 6686 6621</p>	<p>Operates in School term from Rainbow Childrens Centre 3.00pm - 6.20 pm. Cost: \$20 per day less CCB of up to \$13 per day. Enrolment by contacting or visiting the Centre</p>	<p>Centre based care at Rainbow separate from long day care. Includes afternoon tea, indoor and outdoor activities. School buses bring children to East Ballina from Lennox, and central Ballina areas.</p>
<p><u>SCHOOL CARE - BEFORE SCHOOL CARE (East Ballina)</u> Rainbow Childrens Centre Inc. 4 John Sharpe St East Ballina</p> <p>Enquiries: please contact Jan, Leo or Kathy on 66866621</p>	<p>Operates in School term at Rainbow Childrens Centre 7.20am . 9.00am Suitable for Southern Cross School children only. Cost: \$8 per day less CCB of up to \$6 per day. Enrolment by contacting or visiting the Centre</p>	<p>Centre based care at Rainbow. Quiet indoor and outdoor activities with children walked across to Southern Cross school.</p>

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>SCHOOL CARE - VACATION CARE (East Ballina)</u> Rainbow Children's Centre Inc. 4 John Sharpe St East Ballina</p> <p>Enquiries: please contact Jan, Leo or Kathy on 66866621</p>	<p>Operates in School Holidays from Rainbow Childrens Centre . Hours 8am . 6pm Cost: \$43 per day less CCB of up to \$34 per day. Bookings . register at Rainbow to go on the mailing list. Preference given to working parents.</p>	<p>Program of activities for primary school aged children including Indoor and outdoor organised and/or informal games and activities, excursions, art/craft & theme days.</p>
<p><u>SCHOOL CARE - AFTER SCHOOL CARE (Lennox Head)</u> Rainbow Children's Centre Inc.</p> <p>Enquiries: please contact Jan, Leo or Kathy on 6686 6621 or Megan on 66874827 3pm-6pm</p>	<p>Operates in School term from Lennox Head Public School 3.00pm - 6.00 pm. Cost: \$20 per day less CCB of up to \$13 per day. Enrolment by contacting or visiting the Centre</p>	<p>Care provided within a room at the school. Includes afternoon tea, indoor and outdoor activities. School buses also bring children to Lennox from Skennars Head areas and other bus links may be available for other schools.</p>
<p><u>SCHOOL CARE - VACATION CARE (Lennox Head)</u> Rainbow Children's Centre Inc.</p> <p>Enquiries: please contact Jan, Leo or Kathy on 66866621 or Megan on 66874827 during operating hours</p>	<p>Operates in School Holidays from the old Canteen Lennox Head Public School. Hours 8am . 6pm Cost: \$43 per day less CCB of up to \$34 per day. Bookings – register at Rainbow to go on the mailing list. Preference given to working parents.</p>	<p>Program of activities for primary school aged children including Indoor and outdoor organised and/or informal games and activities, excursions, art/craft & theme days.</p>
<p><u>SCHOOL CARE - AFTER SCHOOL CARE PROGRAM (Wollongbar / Alstonville)</u> Rainbow Region Kids Lismore Neighbourhood Centre</p> <p>Tel: 0438681972</p>	<p>Operates in school term 3pm . 6pm</p> <p>Phone for enquiries or enrol online at www.Inci.org.au Email: kids@Inci.org.au</p>	<p>Centre based care at Wollongbar Primary School. Includes indoor and outdoor activities in a safe and creative environment. Northern Rivers Bus Lines operates a school bus from Alstonville Public School and St. Joseph's School to the Wollongbar Public School After-School Care venue - Bus 34 (Mouse).</p>
<p><u>SCHOOL CARE - VACATION CARE PROGRAM Wollongbar / Alstonville</u> Rainbow Region Kids Lismore Neighbourhood Centre</p> <p>Tel: 0438681972</p>	<p>Operates during school holidays 8am . 6pm</p> <p>Phone for enquiries or enrol online at www.Inci.org.au Email: kids@Inci.org.au</p>	<p>Centre based care at Wollongbar Primary School. Care for primary school aged children in a safe and creative environment. Indoor activities, excursions & theme days.</p>

Please note that the information contained in this Calendar appears as given by each program or group. Families NSW cannot vouchsafe any claims made by them. Page 17 of 18

ACTIVITY / GROUP	DATES & TIME	DESCRIPTION
<p><u>TWIN & MULTIPLE BIRTHS SUPPORT GROUP</u> Meet at The House With No Steps Alstonville Contact Kristy for more information</p> <p>Tel: 66877797 Email: belly272@bigpond.com</p>	<p>1st Friday of every month 10am to 12 Noon</p>	<p>Parents and expectant parents & Carers of twins or multiples meet for a cuppa in a relaxed environment with like minded people.</p>
<p><u>UNCLE</u> Helping boys become men+ Byron Bay www.uncle.org.au</p> <p>Tel: 66808582</p>	<p>Call for information on times and dates</p> <p>Covers both the Ballina & Byron Shires.</p>	<p>Uncle recruits, screens, trains and supports adult male mentors to spend time with boys age 7 to 14 yrs. Uncle organises and facilitates activities where men and boys interact, learn, play and work together.</p>
<p><u>"WHATEVA!!!!!!!"</u> <u>COMMUNICATION GROUP FOR PARENTS</u> Ballina Community Centre Cnr Moon Street & Bangalow Road Ballina Contact: Ballina-Byron Family Centre www.bbfc.com.au</p> <p>Tel: 66864109</p>	<p>Tuesdays for two consecutive weeks Commencing 9th March & 16th March 9.30am to 12.30pm</p> <p>There will be no childcare offered with this group.</p>	<p>For parents who want to improve communication within the family unit. The group will focus on parent communication with their school age children (up to 18 years). It will also cover communication between parents (including separated parents). Some conflict resolution skills will be covered.</p>
<p><u>DOMESTIC VIOLENCE CHILDRENS SUPPORT GROUP</u> Ballina Byron Family Centre 64 Crane Street Ballina www.bbfc.com.au</p> <p>Tel: 02 66864109 Contact Lisa Gray</p>	<p>Each Wednesday, after school commencing 10th February to 31st March 2010.</p> <p>Ballina Shire only</p>	<p>Support group for children 8 to 11years, who are victims of domestic violence. The group enhances self esteem, communication skills, problem solving and protective behaviours. Each child is individually assessed prior to the group.</p>