Kingston East

Neighbourhood Group Inc.
177 Meakin Road, Slacks Creek Q 4127
Phone: 3808 1684  Fax: 3209 4271
Email: admin@keng.org.au
Website: www.keng.org.au
Childcare: 3808 9271
Office Hours: Monday - Thursday 9am - 4.30pm
  Friday 9am - 2.30pm

Hope you had a very restful holiday and now you are
reinvigorated for the busy times in 2014

Kids 4 Kindy
Kids 4 Kindy will be running a series of professional development workshops this year which will be delivered by Griffith University.
Thank you to those Early Childhood Professionals who have expressed their interest to participate in the program.

We will also be running a Family Conversation Program which will be held each week on Thursday from 9:30 am to 12:30 pm starting on the 30th January 2014.
It is for families from Non English speaking background who wish to participate in the program to improve and learn English.
It is also a great opportunity for parents to get involved in their children’s learning.
Other families are also welcome.

For more information contact Lari on 38081684

FEBRUARY CALENDAR OF EVENTS

Praise Playgroup (Mondays)  9.30am – 11.30am
Provides an opportunity for your child to socialise as they play and learn together.

Computer Club (Mondays)  9.30am - 12.30pm
Learn the basics

Craft (Tuesdays)  9.30am – 11.30am
Explore many different arts and crafts.
Cost $2.00 or more if doing special projects

Hello Baby (Tuesdays)  10.00am – 11.30am
Provides bonding between parents and child

Baby Massage (Tuesday)  9am - 9.45am
Bonding between parents and child
4, 11, 18 February

Yoga (Tuesdays)  5pm - 6pm
Suitable for all ages including seniors, pregnant women, teenage children
4 and 11 March

Over 50’s Cooking Club  12.30pm - 2.30pm
Prepare and cook healthy meals
Have fun and meet other people
11, 18 and 25 February

Tiny Tots Playgroup (Wednesdays)  9.30am – 11.30am
Play, learn, make friends plus morning tea

Seniors Computer Club (Wednesdays)  9.30am - 12.30pm
Learn what you would like to know

Card Making (Thursdays)  9.30am – 11am
Enjoy a morning of card making and stamping with Ursula from Stampin’ Up. Cost - $3.00

Personal Counselling (Thursdays)  9am – 1.30pm
Please ring for an appointment.

Sewing Group (Fridays)  9.15am - 11.15am
Come and share your sewing skills

Tai Chi (Fridays)  11.15am - 12noon
Uses gentle flowing movements

Circle of Security Parenting (Fridays)  9.30am - 11.00am
Friendly parenting program to help parents better understand the needs of their children
7th February to 28th March

We are having a Community Benefit Book Sale at Logan Central Library on Saturday 22 February so please come and support KENG. No books over $2.
More information is on Page 6 It will be great to see you there.
AFFINITY ALLIANCE
FUNDRAISING PROGRAM
SUPPORTING...
THE KINGSTON EAST
NEIGHBOURHOOD GROUP
Occasional Child Care Centre.

Would you like to receive discounts to over 500 providers Australia wide for only $30 with 50% of proceeds going to our Fundraiser?

By purchasing a membership, you can help us with valuable resources and equipment to keep our Childcare Centre operating efficiently.

Don’t miss out, LIMITED NUMBER of Memberships available.

To purchase speak to one of our KENG Representatives or visit www.affinityfundraising.net.au or contact Danielle at dani.mayes@affinityalliance.net.au.
Would you like an opportunity to help others, increase your self-esteem, gain knowledge and skills, and share your experience?

**We are currently seeking Volunteers in:**

- Emergency Relief
- Playgroup support
- Doula
- Childcare

We have various rooms and facilities for hire so why don't you have your next meeting or workshop here. A reduced rate applies to not-for-profit organisations.

**Auditorium:** $40 per hour, reduced rate $30
- Capacity – 50 people
- Air conditioned, whiteboard, video recorder, data projecter, television.

**Computer room:** $50 per hour, reduced rate $40
- 15 computers available
- Capacity - 20 people

**Training Room:** $25 per hour, reduced rate $20
- Capacity – 20 people

**Information needed:**
- Public Liability Insurance
- Business/Organisation name and address
- Contact person, phone number
- Days required/number of people/time required.

Room Hire includes the use of tables, chairs and kitchen facilities.

There is also Childcare available by our experienced Childcare Workers for an additional cost.

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**Warm Phone**

A direct phone link-up to Centrelink (Human Services and their Family Assistance Line). You can access this phone whenever you are at the Centre. You will find the phone situated in the waiting room opposite reception.

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**HIPPY**

HIPPY Logan Central has a few more places available for parents/carers who wish to participate in the HIPPY program with their child. If you live in Logan and have a child aged 3-4 years please contact the centre on 3808 1684 for further information.
Are You Expecting A Baby?

A Doula is a trained volunteer who can support, offer encouragement, provide information about antenatal, birth and postnatal choices during and after your pregnancy. Your Doula can only support you in the antenatal and for up to 6 months after the birth. They are not able to attend labour and birth.

PRAISE and Tiny Tots

Playgroup

A fantastic way to meet other parents, learn some great ideas and tips while your children play. They are both supported playgroups.

Front Load Carriers

Carrying baby next to your heart helps them feel safe, loved and secure. For further information or to make an appointment please phone the Centre.

Hello Baby

Program facilitated by Child Health Nurses. Topics include:

- Becoming a part of the family
- Safety
- Attachment and bonding
- Feeding and nappy care
- Cord care, bathing and dressing
- Settling and sleeping
- Baby Massage
- Stimulation and interaction

Bottle Bank and Dummy Dump

Parents, when your child/ren discard their dummy it will be exchanged for a book. Bottles will be exchanged for a cup. The Bottle Bank and Dummy Dump is located in Childcare.

Useful Numbers

Lifeline: 131114
Logan Hospital: (07) 3299 8899
Beyond Blue Info Line: 1300 224 636
Poison Information Centre: 131126
13 Health: 13432584
Sids and Kids: 1300 308 307
Playgroup Australia: 1800 171 882
Kidsafe QLD: (07) 3854 1829
Information Sessions and Discussions held at various locations:

Presenters will provide information, resources and discussion on issues such as:

- Home and Personal safety
- Maturity blues: physical and mental health
- The rights of Seniors
- Medicines and You – medication safety

For Transport Assistance please phone
COMMUNITY FLYER
on 3422 7900
(conditions apply)

Yoga Classes

Gentle Yoga Session with a Tai Chi warm-up. Relax the mind and body. Build core strength, balance and flexibility.

Suitable for all ages and abilities including seniors, women who are pregnant, people looking for a more relaxed work out or people who are quite fit yet lacking in flexibility. Teenage children welcome to participate in the activity.

Wear comfortable/灵活的衣物 and shoes. Bring a Yoga mat or thick towel if possible (a limited number will be available to borrow)

Tuesday’s from 5pm to 6pm followed by light refreshments (starting February 4th)
**Contact Service**

Kingston East Neighbourhood Group’s Children’s Contact Service provides a safe and positive contact environment for children with parents who are separated.

Parental separation can be a difficult time for families. Children can feel unsure about what is happening, but still need and want to have contact with their non-residential parent.

Our Contact Service is a neutral and safe place where children are able to have contact with their non-residential parent. The Contact Service is staffed by experienced and qualified children/family workers.

*For Further information please contact the Centre on 3808 1684.*

**Community Development**

The CD worker consults with other agencies to ensure the Centre is providing the appropriate support and services needed by the Community and also provides assistance to individuals who are interested in establishing a Support Group.

**Family Support Program**

The Family Support Program is an in-home visiting service which offers emotional and practical support for families. This support may include understanding positive family relationships, learning new parenting strategies, advocacy, budgeting, stress management and how to manage a busy household.

If you are interested in joining the Family Support Program, please do not hesitate to contact Cilla or Elizabeth.

**HIPPY**

Home Interaction Program for Parents and Youngsters

Hippy Logan Central is open to families who:
- live in Logan City
- have a child who is eligible to commence prep school in 2013.

HIPPY is a two year home-based early childhood enrichment program.

*For further information please ring Sarah - 3808 1684*

E-mail: SarahC@keng.org.au

**Emergency Relief**

We distribute funds through food vouchers and part payment of overdue electricity, gas and rent (when issued with Form 11 or 12). Telstra vouchers are also available.

*Suburbs* - Loganlea, Tanah Merah, Kingston, Woodridge and Slacks Creek.

*Phone 3808 8582*

Tuesday 9am to make your appointment.

**Hub**

The Family Hub focuses on creating opportunities for families to learn and grow together. Some programs and services include: Parenting programs, Circle of Security, Baby Massage, Wilbert the Worm literacy program, Sewing Group and a school holiday Kids in the Kitchen Nutrition Program. Childcare is provided for all families accessing services and programs at KENG.

**‘Baby Think It Over’**

is an education program that gives young people the opportunity to take home a virtual baby and care for it for several days. The program includes information and education around infant care, budgeting and social changes. The program can be tailored for group sessions.

**Parent Resource Room**

The Family Hub provides access to a resource room for parents who would like further information and support.

**Transitional Support Accommodation**

Stephen and Sandy are here to help you with any enquiries regarding housing or homelessness.

*Please call us weekdays on 3808 1684*

Transitional Support Accommodation is here to offer referrals, support and advice on housing in the Logan area.

We also have limited housing for short term rental for those in housing need.

If you are in need or know someone who is, we will do our best to help.
BOOK SALE

Saturday 22 February

All proceeds go to
Kingston East Neighbourhood Group

Logan Central Library
Community Book Shop
26 Wilbur Street, Logan Central
This is how you can find us Bus route 553 brings you here.

We Are Here
177 Meakin Road
Kingston QLD 4114