

**Yarra Ranges** Council

# Families and Children Newsletter

## **Yarra Ranges Council Families and Children Newsletter July 2023**

Welcome to the second edition for the Yarra Ranges Council Family and Children Newsletter. Find out what's happening in around Yarra Ranges in the coming weeks.

**In this newsletter you will find:**

- Winter school holiday program reflection.
- Programs to support social and community connections.
- Professional development and parenting programs.
- Immunisation updates
- 50-word project
- Let's Talk Youth
- Supporting parents and children - Raising Children's Network
- Winter activity ideas for the whole family
- Other news - Shaping Yarra Ranges
- Yarra Ranges Council Programs
- We want to hear from you!
- Resources

We hope you enjoy this edition!

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# What's on in Yarra Ranges?

## July School Holiday Program



Yarra Ranges Council  
July 2023  
School Holiday Program

The school break provided us time to enjoy the Yarra Ranges Council Winter School Holiday Program with a range of free activities for families and children by connecting to nature, community and with friends.

We made nature Tee-Pees at Healesville, created giant Pinwheels at Yarra Junction, became superhero's at Lilydale and competed to win Bingo at Lilydale, Olinda and Seville.

We would love your child to let us know of their ideas for a school holiday activity or if you are a service and would like to include your free or low-cost event or program in the newsletter, please email [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) or contact Michelle Lehmann on 1300 368 333

## Mums Social Group



Mums of preschoolers are invited to a free Term 3 social group, get together over morning tea, make some local friends and have some fun.

Games, toys and activities for children and a supervisor on hand to engage with your little ones.

**Date:** Every Wednesday from 19 July 2023

(Wednesday, 26 July and 30 August will be held between 1.30pm-3pm)

**Time:** 10am-11.30am

**Location:** Woori Community House (1385 Healesville-Koo Wee Rup Rd, Woori Yallock)

**Registration and questions:** Email Vanessa at [vczerniawski@whe.org.au](mailto:vczerniawski@whe.org.au)

## Lilydale Carers Cuppa



Carers Cuppa is an informal chat with Different Journeys peer support staff to check in, with no pressure and explore opportunities and friendships.

**Date:** Every Thursday (excluding school and public holidays)

**Time:** 9.30am-11am

**Location:** Point of View Cafe, Box Hill Institute, Lilydale Campus  
(1 Jarlo Dve, Lilydale)

**Registration:** Free - no booking required, just come along.

## Expecting and new Dad's workshop



Expecting Dad's, new Dad's and male carers are invited to a FREE interactive workshop.

**Date:** Wednesday 9th August 2023

**Time:** 6.30pm-9.30pm (Light dinner provided)

**Location:** Mt Evelyn Community House, 50 Wray Cres, Mt Evelyn

**Register:** <https://www.trybooking.com/CJBKC>

**Enquiries:** Call Michelle Lehmann on 9294 6207 or email [m.lehmann@yarrranges.vic.gov.au](mailto:m.lehmann@yarrranges.vic.gov.au)

Presented by Darren Varley from Father Friendly, this session will support you to:

- Strengthen your role as a new father/carers and explore the important connection you have with your baby.
- Look at what type of father you want to be.
- Benefits of positive and supportive co-parenting.
- Routines - feeding, sleeping and interactions.
- Services and supports for Dad's and male carers.
- Meet other local new Dads!

Please note - due to the conversation content this workshop is for adults only, children cannot be accommodated for.

In partnership with Yarra Ranges Council and Mt Evelyn Community House.

## Conversation Circle



Is English your second language?

Meet other adults who are learning English and practice your English speaking and listening skills in a relaxed and safe environment with our friendly library staff.

People from all cultures are warmly welcome to join our conversation circle.

**Date:** Every Wednesday - commencing 12 July 2023

**Time:** 9:30 AM - 10:30 AM

**Location:** Mooroolbark Library (7 Station St, Mooroolbark)

**Contact:** Mooroolbark Library by calling 9800 6480 or email [support@erl.vic.gov.au](mailto:support@erl.vic.gov.au)

**Booking:** No booking required, just come along

## Eastern Alliance for Sustainable Learning



## Eastern Alliance for *Sustainable Learning*

The Eastern Alliance for Sustainable Learning (EASL) helps to support services to meet their objectives for environmentally sustainable, resilient, thriving and engaged communities and adds value to each Council's and services existing strategies, policies and plans.

EASL provides a number of sustainability initiatives to those within the member council areas through professional development opportunities, conferences and other activities for early years and schools.

We aim to share knowledge, create networks and facilitate local community action towards a more sustainable future.

EASL is a collaboration of five Eastern Region Councils (Knox, Whitehorse, Manningham, Maroondah and Yarra Ranges) who work together to assist local education providers and their communities to become more sustainable.

All EASL programs are either free or heavily subsidised by your local Council!

We are looking to work more closely with Early Years professionals to provide early years focussed activities.

We invite educators, staff and parent volunteers with an interest in sustainability and local learning to sign up to keep up to date.

To receive our quarterly EASL news updates, please register [here](#)

If you'd like more information on EASL and our activities, please visit our [website](#) and [Facebook page](#) or contact Annette Anderson, EASL Coordinator, at [info@easl.com.au](mailto:info@easl.com.au).

## National Tree Day Events in the Yarra Ranges



Come along and help us plant groundcovers, shrubs and trees on National Tree Day, making important habitat for wildlife and revegetating the areas with indigenous plants which will ensure the area remains viable habitat for years to come.

Please wear sturdy footwear and weather-appropriate clothing. BYO gloves and refreshments.

To book your attendance visit:

<https://www.yarraranges.vic.gov.au/Experience/Events>

For more information, please contact Vinnie Aulich on 1300 368 333.

### **Healesville**

**Date:** Sunday, 30 July 2023

**Time:** 10:00 AM - 12:00 PM

**Location:** Everard Park, 1A Maroondah Highway, Healesville - the Birrarung (Yarra River) runs through Everard Park

**Accessibility:** Flat terrain, no toilet facilities. This site has limited parking so carpool with others if possible.

### **Belgrave**

**Date:** Sunday, 06 August 2023

**Time:** 10:00 AM - 12:00 PM

**Location:** Birdsland Reserve, 271 Mount Morton Road, Belgrave Heights,

**Accessibility:** We will be planting on hilly terrain; there will be a 5-10 minute walk to access the planting site.

### **Seville**

**Date:** Sunday, 13 August 2023

**Time:** 10:00 AM - 01:00 PM

**Location:** Warburton Rail Trail, Seville - we'll be planting next to the rail trail 200m south of Seville Station - once you have registered, you'll receive a location map.

**Accessibility:** Flat terrain

**Join volunteer story  
tellers and enjoy  
some favourite  
stories and songs.**



Bookaburra is a free story time for families with young children across Yarra Ranges. Facilitated by trained volunteers, the program promotes the importance of literacy in children's early years, the small groups provide a welcoming and inclusive environment for children (and parents) who may experience social anxiety and supports children's language, literacy and social development.

Suitable for children 0-6 years - No booking required, just come along!  
For enquiries contact: Yarra Ranges Council 1300 368 333 /  
[earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)

**Monday 9:15am - Mt Dandenong Primary School**  
13-15 Fardons Rd, Mt Dandenong

**Tuesday 9:30am - Mt Evelyn Reading Room**  
Wray Cres, Mt Evelyn

**Wednesday 9:15am - Millwarra Primary School**  
18-20 Cavanagh Rd, Millgrove

**Wednesday 9:15am - Japara Neighbourhood House**  
54-58 Durham Rd, Kilsyth

**Wednesday 10:30am - Monbulk Reading Room**  
Main St, Monbulk

**Thursday 9:15am - Chirnside Park Community Hub**  
33 Kimberley Dve, Chirnside Park

**Friday 9:15am - Victoria Rd Primary School**  
Victoria Rd, Lilydale

## Did you brush your teeth today?



Brushing your teeth every day is not done just to keep your breathe fresh and mouth feeling clean. It is an important part of keeping your teeth, mouth and whole body healthy.

The [Australian Dental Association](#) recommends brushing two times per day, for 2 minutes each time.

This year Dental Health Week runs from 7th-13th August with the theme ' Keep Your Smilie For Life".

To help maintain healthy teeth some easy steps to follow are:

- 1) [Brush your teeth twice a day with fluoride toothpaste.](#)
- 2) [Clean between your teeth daily using floss or interdental brushes.](#)
- 3) [Eat a healthy, balanced diet and limit added sugar intake.](#)
- 4) [Visit the dentist regularly for check-ups and preventive care.](#)

For tips on dental care for your child and how to encourage positive teeth brushing routines at home, visit the [Raising Children's website.](#)

## Immunisation



Did you know the Yarra Ranges Council provides a FREE Community Immunisation Service?

Vaccines funded by the National Immunisation Program are provided FREE.

Immunisation schedules available include:

- the 6 weeks- 4 years schedule,
- Secondary School/Adolescent program,
- Pneumococcal and Influenza vaccines.
- Additional recommended unfunded vaccines available for purchase

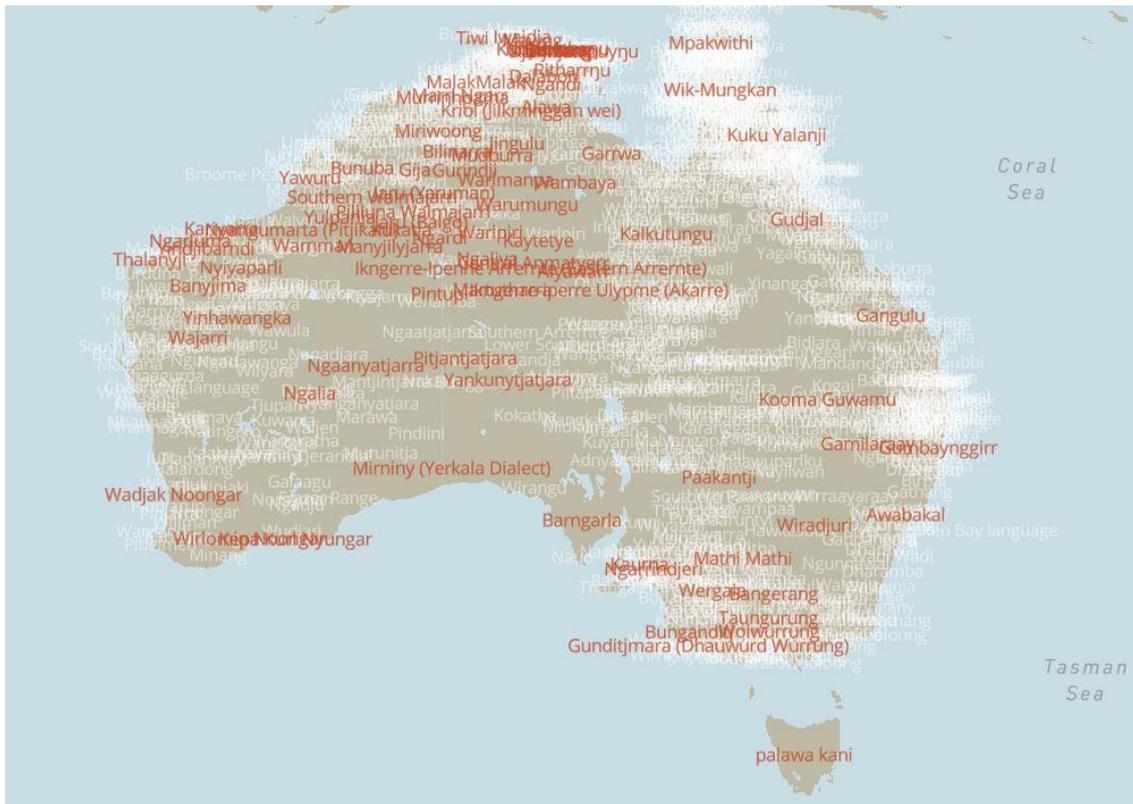
Two specialist nurse immunisers provide simultaneous vaccination in a respectful, caring and friendly environment.

**BOOKINGS ARE ESSENTIAL**

[Book here](#)

For enquires or support with making a booking please call 1300 368 333

## 50 words - Indigenous Language



The 50 Word Project aims to provide fifty words in every Indigenous language of Australia.

The languages and words are displayed on a map of Australia so that users can easily find the information relevant to their local area and to discover and appreciate the diversity of First Nations' languages around Australia.

This site also provides you with a range of learning activities to accompany the 50 Words map. These are designed for students of all ages and can be used at home or in the classroom.

The words are provided online with community permission, and with audio provided by a language speaker.

Resourced by the Research Unit of Indigenous Language and supported by the ARC Centre of Excellence for the Dynamics of Language.

Hear words from your First Nations people's [here](#).

# Supporting Parents and Children

## Hangout Monday and Thursday



Young people aged 12-25 years are invited to 'Hang Out' in Lilydale. Games, Arts, afternoon tea and links to services.

Two staff in attendance.

**Date:** Monday and Thursday

**Time:** 3pm - 5pm

**Location:** Yarra Ranges Community Youth Space (formally Lilydale Youth Hub)

**Booking:** No need to book, just come along!

**Enquiries:** Call Emma on 0417 650 684 or email [emma.gros@inspiro.org.au](mailto:emma.gros@inspiro.org.au)

## Raising Children Network



Raising Children Network is for any parents seeking tips and tricks or answers to parenting questions through all stages of parenting.

raisingchildren.net.au is an Australian online parenting resource, which covers all bases and tailored to support parents through pregnancy, newborns, babies, toddlers, preschoolers, school age, pre-teens, teens, grown-ups, autism, disability and more.

Raising Children Network provides parenting videos, articles, apps, and information guides for busy families and parents. The information provided through their website is free, reliable, up-to-date and reviewed by experts and funded by the Australian Government.

Visit the Raising Children's website [here](https://www.raisingchildren.net.au).

# Yarra Ranges Council Programs

- for professionals, families and children



Yarra Ranges provides a range of diverse services designed to support families and children across the community, with programs, activities and resources for parents, carers and professionals of children aged from birth to 12 years of age who work, live or play in Yarra Ranges.

Programs and services we offer include:

- Bookaburra story times
- Child safety
- Immunisation
- Kindergarten information
- Maternal and Child Health
- Parent programs
- Professional development
- School holiday programs
- Supported Playgroups

You can contact the Family and Children's services team at:

Email: [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)

Phone: 1300 368 333

## Winter Activities



A simple activity to do as a family helps bring everyone together. Find ideas that are simple to resource and cost nothing at all - just use what you have around your home or out in nature.

Here are a few ideas:

- Build a safe outdoor fire and toast a marshmallow.
- Make and drink a hot chocolate.
- Bake a special treat that reminds you of Winter (make it a yearly Winter tradition).
- Cut out paper snowflakes or raindrops.
- Make a fairy garden with tiny natural treasures found outside.
- Take an outdoor hike.
- Play with rocks by the riverside (skip, stack, count and search).
- Rug up and head outside to play flashlight tag as a family or take a night time walk.
- Go star gazing on a clear night.

For more activity ideas visit our Family and Childrens [activities page](#).

## Other News

### Community Engagement



Do you want to have your say on what matters to you in your community?

Have you signed up to [Shaping Yarra Ranges](#) to be informed about Council projects which are currently open for Community Engagement?

Part of Yarra Ranges Council's Engagement commitment, is a [Community roadshow](#) which comes to YOU so you can have your say at times and places that suit you.

Speak directly with council officers about matters you are interested in and give feedback on Council strategic direction and projects.

Find out how to stay informed through Council's communication channels, including Shaping Yarra Ranges, Yarra Ranges Local, e-newsletters, and social media.

Learn more about a range of council services and tell us what you love about your local area.

## Solar Savers Program



Meet Anne Sophie, Healesville resident, who recently used the Solar Savers program to install a system on her property.

Solar Savers is a Council-run program helping homeowners and landlords to install solar with quality systems and a reputable supplier.

If you are interested in saving on your electricity bills, have a sunny roof and want to reduce emissions you can register interest at [solarsavers.org.au](http://solarsavers.org.au) or [listen to fellow residents](#) share their experience with the program.

Retrofits and upgrades can substantially improve the sustainability and energy efficiency of your home, lowering your energy bills, improving its comfort and lightening your footprint on the earth. Find resources and links to rebates [here](#)

# We want to hear from you!



It is important for families across our community to connect to programs, activities and services which are low or no cost. This ensures accessibility for everyone.

If you know of a not-for-profit, low or no cost program for children and/or families, then we want to hear from you!

- Have you visited a great nature space?
- Provide us with a playground review to share with other families.
- Do you have activity ideas to do at home or at playgroup?
- What would interest your child for a school holiday program?
- Is there a parenting challenge that we can provide information on?
- 

For any feedback, ideas and content contributions please contact Michelle Lehmann (Early Years Community Support Officer) at [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) or by calling 1300 368 333.

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