

Kingston East Neighbourhood Group Inc.

177 Meakin Road, Slacks Creek, Qld 4127

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Childcare: 3808 9271



Welcome to the second newsletter for the year, sit down relax and read the exciting programs that are coming up.



Cooking for 1 or 2

Need some new ideas for recipes? Come and join us.

When: Thursdays

Dates: 9th February to 15th March

Time: 10am - 12.30pm

Venue: Loganlea Community Centre
28-32 Timms Street Loganlea

Contact: Anna on 3808 1684



FEBRUARY 2012 CALENDAR OF EVENTS

Praise Playgroup (Mondays)	9.30am – 11.30am
Box Construction	6th February
Children's Activities	13th February
Children's Cooking Activities	20th February
Card Making with Ursula	27th February
Computer Club (Mondays)	9.30am - 12.30pm
Learn the basics	
Craft (Tuesdays)	9.30am – 11.30am
Explore many different arts and crafts.	
Hello Baby (Tuesdays)	10.00am – 11.30am
Focuses on the first 6 months	
Young Parents Playgroup (Wed)	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	
Cheeky Monkey's Playgroup (Thurs)	9.30am - 11.30am
Cost - \$3 per family phone Danielle 0422 149 064	
Card Making (Thursdays)	9.30am – 11.30am
Enjoy a morning of card making and stamping with Ursula from Stampin' Up. Cost - \$2.00	
Parents Support Group (Thurs)	11.30am - 12.30pm
Join other parents, have some FUN and learn valuable information to assist in your parenting.	
Personal Counselling (Thursdays)	9am – 3pm
Please ring for an appointment.	
Cooking for 1 or 2 (Thursday)	10.00am - 12.30pm
Loganlea Community Centre	9th Feb - 15th March
Tai Chi (Fridays)	11.30am - 12.30pm
Uses gentle flowing movements	
Sewing Group (Fridays)	9.15am – 11.15am
Come and share your sewing skills	
Financial Counselling (Fridays)	9.00am - 12.00noon
To make an appointment please ring 1300 370 255	
Money Minded (Fridays)	9.30am - 11.30am
This program helps you to make informed decisions about the use and management of your money.	27th January, 3rd, 10th, 17th Feb.

ALL PROGRAMS ARE UP AND RUNNING

Community benefit booksale



**Saturday
18 February
9am to 2pm**

Logan Central Library

26 Wilbur Street
Logan Central
Ph: 3412 4100

Proceeds go to:

**Kingston East Neighbourhood Group
Inc.**

Nothing priced over \$2.00

Hardcover and Paperback books. Non-Fiction and Fiction - Junior, Young Adult and Adult.

CDs, Magazines and Audio Books

All items are subject to availability

Logan
Libraries



CITY OF OPPORTUNITIES
FOR PEOPLE, PLACES AND BUSINESS



Quote of the Month

We may not have it all together , but together
we have it all.

Programs for March

Praise Playgroup (Mondays)

9.30 - 11.30am

Children's Activities

5th March

Plate to share from your culture

12th March

Children's Activities

19th March

Napcan Community Development

26th March

Bringing up Great Kids (Thurs)

10 - 11.30am

1st 8th 15th 22nd and 29th March

A parenting program for building
good relationships with children.



Fad (Friday)

10 - 12noon

First Aid Trainers will give you the
skills and knowledge to initiate
first aid to babies and children.

30th March



Wilbert the Worm (Friday)

9.30 - 11am

Fun in the Sun with little
green thumbs

16th March



Learn to manage YOUR money

MoneyMinded

financial skills for the future



Money Minded is a financial education program which helps people
to make informed decisions about the use and management of their
money.

Money Minded will help you:

- Set personal and financial goals
- Manage your debt
- Prepare personal money plan for all household bills
- Access and understand your credit file
- Find out about Superannuation
- Understand your rights and responsibilities

When: Friday's 27th Jan, 3rd, 10th & 17th February 2012

Time: 9.30am to 11.30am

Where: Kingston East Neighbourhood Centre-

177 Meakin Road Slacks Creek

To book a place in the course please contact Kylie on **3808 1684** or
hub@keng.org.au

Free Childcare is available, though places are limited and subject to availability.
Please book early to avoid disappointment.



Physical Activity for Older People

Free Workshop for older people
Presenter: Chris Weier

The workshop will show participants how to include some simple exercises into your everyday life.
The workshop is based on the Queensland guidelines for physical activity and recommendations for older adults.



Ageing with Vitality Your everyday guide to healthy active living.

- 1: Get ready: Physical activity benefits, Strength, Balance, Flexibility, Endurance
- 2: Get set: Identify starting point, setting goals, preventing injury
- 3: Go: Including physical activity in everyday life, building up the benefits
- 4: Sample Exercises: Improve Strength, improve balance, improve flexibility, improve endurance
- 5: How am I doing: test yourself, measure your progress
- 6: Healthy eating: Tips to improve nutrition

When and Where:

9.00am to 12.00pm Wednesday 8th February 2012
Logan Area Committee On The Ageing
9 Jacaranda Ave Logan Central
RSVP Lee Hammond Phone - 3000 9114

A LIGHT LUNCH WILL BE SERVED FOLLOWING THE WORKSHOP

Volunteer / Student of the month

On the couch with Amy

What volunteering roles have you been involved in?

Coffee shop work, community clean-ups, donation centre work and flood clean up.

Three things people may not know about me.....

- I've been skydiving with my brother. I like adventurous activities ☺
- I did scouts for 6 years.
- My favourite colour is Teal.

My guiltiest pleasure is..... Chocolate and Chai Lattes

Five people I would invite to dinner are.....

- I would invite my family: My mum, dad, sister, brother and partner ☺

One word that best describes me is..... Positive

A perfect night in for me involves.....

Spending time with family and friends, cooking nice food together or going to the beach for sunset.

The person I most admire is.....

My mum. She is a great source of inspiration and guidance.

The Older Persons Action Program

Kingston East Neighbourhood Group Inc.

Seniors Computer Club

Wednesdays from 9:30am to 12:30pm.

Card Making Craft Morning

Thursdays from 9:30am to 11:30am - \$2 donation for materials.



Cooking for One or Two

Six week program on Thursdays. Learn new, healthy and easy meal ideas, new recipes and share lunch.

Where: Loganlea Community Centre 28-32 Timms Street

Dates: 9th February - 15th March

Time: 10am - 12.30pm

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 LANDS on 3422 7900

(conditions apply)



Communities for Children

Sewing Group – share your sewing skills and knowledge, learn new skills.

Fridays from 9:15am to 11:15am

Tai Chi Morning

Fridays 11:30am to 12:30am

Suitable for all age groups and abilities and great for physical and mental health.



Are you expecting a Baby?

A Doula is a trained volunteer who can support you, offer encouragement, provide you with options, and offer you pre-natal, labour and post-natal choices during and after your pregnancy. Your Doula, however, will not be present during the actual labour.

Kingston East Neighbourhood Centre provides Doula volunteers who will discuss with you and your family any concerns or questions you may have regarding pregnancy, labour or coming home with baby.

Your Doula will support you throughout your pregnancy, and for up to 6 months after the birth. She will also provide you with links into other support services and groups within your local community.

Did you know that Family Support Workers can visit you in your home to offer emotional and practical support? Some of the ways we can help include advocacy and liaison, child development and managing challenging behaviours, budgeting, stress management and managing a busy household. Contact a worker to make an enquiry.

Parent Support Group
Presented by HUB and Family Support Program

Come and join other parents, have some FUN and learn valuable information to assist in your parenting.

We will be covering a variety of topics and welcome suggestions for information you would like provided.

Some of the topics we will cover are:

- Behaviour Management
- Self care
- Managing the stress of Parenting
- Budget cooking
- No cost Low cost Toys activities
- School Holiday activities
- FUN

Thursday mornings during school term from 11.30am to 12.30pm Register for FREE Childcare.

New members always welcome
To register Phone: Kingston East Neighbourhood Group on 07 38081684

Kingston East Neighbourhood Group
177 Meakin Rd Slacks Creek
Phone: 07 3808 1684
Email: admin@keng.org.au
Website: www.keng.org.au

Skilling for Work

Advice on careers and further education, employability, skills, resumes, cover letters, selection criteria and interview skills. A basic computer course is included.

**THE COURSE IS HELD ON
TUESDAYS AND FRIDAYS**

9.30am to 2.30am for 6 weeks



Commencing 20th March 2012

Funded by the Qld Government Department of Employment, Economic Development and Innovation "Skilling Queenslanders for Work Initiative"

NEW IN 2012

Weaving and Coiling Workshops

KENG are excited to offer a number of workshops in the traditional basketry technique of coiling. Participants will be invited to make a coil from an item of old clothing or other fabric. This will be joined together to make a community artwork. This workshop is suitable for all ages and abilities.

Coiling is an ancient basketry technique practiced in many parts of the world: Europe, Asia, Africa, the Pacific, North & South America. Coiling has cultural links to a wide variety of peoples

Each person participating is asked to bring an item of their old clothing or other fabric which will be cut up & used to make a coil for the community artwork.

The clothing and the coil will be included in a documentation book. This will be the story of the artwork which is about the community of Logan & the unique & varied individuals who make up that community.

**It will be run for 6 sessions
Wednesday's from 10am - 12noon
15th February - 21st March
Please phone the Centre to register your interest**



The Regional Arts Development Fund is a Queensland Government through Arts Queensland and Logan City Council partnership to support local arts and culture.



Tutors for Homework Club

Volunteer tutors are required for one hour each week to assist students in primary school in Logan with their homework in 2012. Very rewarding work!

Are you able to relate effectively with young children? Do you have good written and verbal communication skills? Would you like to make a real difference in the life of a young child? If so, we want to hear from you.

For further information, please contact Caroline Holliday on 3441 8111 or email caroline.holliday@thesmithfamily.com.au

Transitional Supported Housing

Stephen and Sandy are here to help you with any enquiries regarding housing or homelessness. Please call us weekdays on

3808 1684

Transitional Supported Housing 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.



Quote of the month

"The more you read the more things you will know. The more that you learn, the more places you'll go."

Dr Seuss

Children's Contact Service

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.

The KENG Children's Contact Service is a neutral and safe place where children are able to have contact with their non-residential parent. Our Service provides facilitated, supervised contact between children and their non-residential parent.

Our service aims to minimise the child's exposure to unsafe and conflicting situations between parents. We aim to support the child through positive interaction to maintain a meaningful relationship with their non-residential parent.

Our service aims to work with clients from diverse backgrounds in a culturally sensitive and inclusive manner.

Our service is staffed by experienced and qualified children/family workers.

KENG currently accepts referrals from the Department of Communities Child Safety and **private** referrals.



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, etc. Data projection, 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.

Volunteers

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:

- **Childcare**
- **Emergency Relief**

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



Warm Phone

A direct phone link-up to Centrelink 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.

Occasional Childcare

We have experienced Childcare workers and we offer a safe and secure homelike environment.

If you need someone to look after your children when you want to:

- take time out
- attend appointments or need care in an emergency
- take a break and do your own thing or go shopping

Hours

Tuesday, Thursday, and Friday

Time - 9.00am till 1pm

Cost - \$4.00 per hour
minimum of 2 hours.



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.

ONGOING PROGRAMS

HUB

The Family Hub focuses on creating opportunities for families to learn and grow together. Some programs and services include: **Parenting programs, Infant Massage, Wilbert the Worm literacy program 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 are wanting further information. The resources include a community library where families can access videos, dvd's, articles, magazines and books that contain information relating to parenting issues, health and education.



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.



Transitional Supported Housing

Provides support and accommodation to prevent homelessness in Logan City. Encourages integration of families into the community and improves relationships within the family while learning new skills.



Career Pathways

An employment Assistance Program for Community members looking for employment and /or further training options.



Communities For Children 'Before We Begin - Family Support Program'



Listed below are some of the exciting children's programs for 0 - 5 years we are able to offer.

Baby Slings and Front Load Carriers

Carrying baby next to your heart in a Baba Sling helps them feel safe, loved and secure. Baba slings are for babies over 4 months old. Front Load Carriers for up to 4 months. For further information / appointment please phone the centre.



Are You Expecting A Baby?

A Doula is a trained volunteer who can support you, offer encouragement, provide you with options and offer you pre-natal, labor and post-natal choices during and after your pregnancy.

Your Doula WILL NOT be present during the actual labor, however, she will support you throughout your pregnancy, and for up to 6 months after the birth. She will also provide you with links into other support services and groups within your local community.

Hello Baby

Focuses on the first 6 months of life:



- 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



OPAP Older Persons Action Program

We are excited to offer this program in Partnership with Logan City Council and the Logan East Community Neighbourhood Association to assist older people to continue participating in the community. The Program will provide opportunities to share knowledge, skills and experiences, engage in healthy and creative activities and have access to resources and information. The program will work with other organisations to develop a range of programs and activities.