



# Kingston East

## Neighbourhood Group Inc.

177 Meakin Road, Slacks Creek, Qld 4127

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Email: [admin@keng.org.au](mailto:admin@keng.org.au) Website: [www.keng.org.au](http://www.keng.org.au)

Welcome to our August Newsletter, a warm thanks to all who attended and supported our Trivia Night on 15 July. Congratulations to everyone who contributed to the success of the evening, we raised over \$1,800 for the Back to School Project.

The aim of the Back to School Project is to provide our children within the local community with essential materials, such as pencil cases, pencils, rulers, sharpeners, erasers and drink bottles, required for the school year. We will be seeking donations from the community for this project.

### Annual General Meeting

You're invited to our 2010 Annual General Meeting on 17 August 2010. Our guest speaker this year is Jane Hague, Manager, Family Relationship Services, who will be talking about the beginnings of the Basic Babysitting Course. The Basic Babysitting Course is run by the Save the Children Fund at KENG every school holidays. It's a wonderful example of an idea that grew into a wonderful program going strong for over twenty years. You are welcome for refreshments and sandwiches at 5:30 pm with the meeting commencing at 6:00 pm. Please RSVP by 12 August and book early, as numbers are limited.

### 25 Anniversary

Anniversary celebrations – mark this date and time in your calendar – at KENG on Friday, 12 November from 3:00 pm to 6:00 pm.

We have a number of activities and events planned.

Have you been part of a playgroup at KENG over the last 25 years? – then come along to our Playgroup Reunion on Friday afternoon.

Have you worked or volunteered at KENG? – then you're invited to our Staff/Volunteer Reunion Dinner on Saturday night, 13 November.

Are you a past or current member? Be part of our Member celebrations.

Do you have KENG story that you would like to share with us, we are calling for written stories, a maximum of 500 words and if you have any photos to share that would be great too. We would like to explore the possibility of publishing these.

We will have lots of fun activities for children of all ages, rock climbing, face painting, drumming workshops, farm yard animals, sausage sizzle etc etc.

We will also be running a raffle, silent auction, book stall and white elephant stall. Come along and be part of the fun. We welcome donations for our raffles and silent auction. Thanks to the Logan City Council for supporting our important anniversary.

For more information, please contact Dorothy or Lynette at Reception..

## AUGUST CALENDAR OF EVENTS

<b>Tax Help (Mondays)</b>	<b>10.00am – 2.00pm</b>
Every second week from the 2 <sup>nd</sup> August	
<b>Praise (Monday)</b>	<b>9.30am – 11.30am</b>
Taste Testing	2 <sup>nd</sup> August
Logan Show Day (Holiday)	9 <sup>th</sup> August
Story Telling with Jenny	16 <sup>th</sup> August
Family Fun	23 <sup>rd</sup> August
Fun and Learning Activities	30 <sup>th</sup> August
Family Fun	6 <sup>th</sup> September
Post Natal Depression	13 <sup>th</sup> September
<b>Infant Massage (Monday)</b>	<b>10.00am – 11.00am</b>
This is the perfect time for parents and babies to bond.	
<b>Hello Baby (Tuesdays)</b>	<b>10.00am – 11.30am</b>
Focuses on the first 6 months of baby's life	
We cover many topics such as attachment and bonding, feeding and nappy care, cord care, bathing and dressing, settling and sleeping, stimulation and interaction.	
We will also be able to link you into getting some free access to baby items and other programs such as:-	
Baby Massage, Baby Slings and Treasure Baskets to support you and your baby.	
<b>Craft (Tuesdays)</b>	<b>9.30am – 11.30am</b>
Explore many different arts and crafts, while making new friends and having a good time. Cost - \$2 a session.	
<b>Young Parents Playgroup (Wednesday)</b>	<b>9.30am - 11.30am</b>
Support families in finding new and exciting ways to play and help with the development of your child or children	
<b>Cheeky Monkey's Playgroup (Thursday)</b>	<b>9.30am - 11.30am</b>
Cost - \$2 per family. More information phone	
<b>Elisa on 0416 144 331</b>	
<b>Wilbert The Worm (Thursday)</b>	<b>9.30am – 11.30am</b>
<b>'Across the Story Bridge'</b>	26 <sup>th</sup> August
Plenty of Activities for the children	
<b>Drop In Fridays (Fridays)</b>	<b>10.30am - 11.30am</b>
Drop in for a chat, cuppa and morning tea.	
<b>Tai Chi (Friday)</b>	<b>11.30am—12.30pm</b>
Uses gentle flowing movements to reduce stress of today's busy lifestyles and improve health.	

Occasional Childcare @ Kingston East Neighbourhood  
Group, the HUB and HIPPY Logan Central

would like you to come with us



ACROSS



The

STORY BRIDGE

## CHILDREN'S BOOK WEEK

Come and join us for The Cool Companions Animal  
Friends Show, Art and Craft Activities, Outdoor Play  
and Story Telling.

Thursday 26 August, 2010  
from 10 - 12 Midday

For catering purposes phone the centre on 38081684  
to register.

A healthy morning tea will be provided

Please don't forget to bring a hat for yourself and  
your child



## SAVER PLUS

Earn \$500 to assist with education costs

Do you have a child at school or are you studying and would  
\$500 help cover your education expenses?

Saver Plus is a nationally-recognised program developed by  
Brotherhood of St Laurence and ANZ that is being delivered in  
your area by The Benevolent Society. Saver Plus pays people one  
dollar for every one dollar they save ( up to \$500) to help pay for  
education. By joining you could receive up to \$500 from ANZ to  
help pay for items like computers, books and uniforms.

You must be over 18 and have a child in school or be studying  
yourself, earnings from a job, and a Health Care or Pension Card.

Contact Jacquelyn

Phone: 07 55967928 Fax: 07 55781215

Mobile: 0431 076 011

Email: [jacquelyng@bensoc.org.au](mailto:jacquelyng@bensoc.org.au)

Saver Plus is an initiative of Brotherhood of St Laurence and ANZ, delivered in partnership with Berry  
Street, The Benevolent Society and The Smith Family and other local community agencies.

The program is funded by ANZ and the Australian Government Department of Families, Housing,  
Community Services and Indigenous Affairs, with ANZ providing matched savings for participants.

## MEMBERSHIP

If you are interested in being a member and you would like  
to be part of our vibrant community centre, please sign up  
for membership now.

Membership is open to individuals and / or organizations.  
Membership Fees for individuals is \$12 (waged) or \$6  
(unwaged) or for organizations from \$20 - \$30 depending  
on the income of your organization.

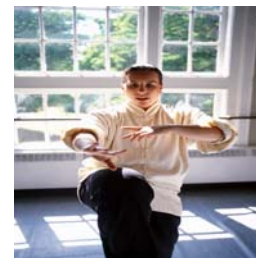
Membership will cover the period of the financial year  
from 1 July to 30 June. Sign up at the Annual General  
Meeting and go in the draw for a Lucky Draw Prize.

Annual General Meeting on Tuesday, 17 August 2010  
(Mark this Date in your calendar now.)

## Tai Chi

Tai Chi is beneficial to both physical and mental health  
irrespective of your age. Below are some of its benefits:

- ✧ It reduces stress and gives you  
a peaceful mind
- ✧ It increases the feelings of  
well-being
- ✧ It helps in reducing anxiety  
and depression
- ✧ It improves sleep quality
- ✧ It relieves from chronic muscular pain
- ✧ It also improves the ability to deal with difficult  
situations



Come and join the group on Friday's 10:30 for a cuppa and  
a chat followed by Tai Chi at 11:30 am - 12:30 pm.

## Child Protection Week 2010

The 'Protecting Children is Everybody's Business' event  
will be held at Kingston East Neighbourhood Centre on  
Wednesday 8 September 2010

A poster competition is to be run prior to this day with the  
judging of the competition to be held on the event day. The  
competition is free and open to those aged 12 years and  
over.

The day will include face painting, craft activities, morning  
tea and judging of the poster competition.

A feature of the day will be an interactive Discovery  
Learning Trail.



# Volunteer of the Month

On the couch with Jill, our longest hours volunteer.

**What volunteering roles have you been involved in.....**

Emergency Relief and it keeps me very busy. I used to work in a Vinnie's store.

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

I have two very cute little dogs Tiffany and Toby.

I use to drive race cars.

When I went to America loved it and I wanted to stay.

**My secret skill is.....**

Playing golf.

**My guiltiest pleasure is.....** Desserts

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

Five of the crew from a Channel 10 Program –

A GOOD NEWS WEEK

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

Happy

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

Gold Class Movie....Food, Drinks and a good movie

**The person I most admire is.....**

My Daughter: She is a single Mum....a dedicated Nurse and works hard and provides very well, for her three children.

.....

## 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 a emergency
- take a break and do your own thing
- go shopping

Hours - Tuesday, Thursday

and Friday from 9.00am

till 1pm

Cost—\$4.00 per hour

minimum of 2 hours and also

Fee relief can be obtained

through Centrelink.

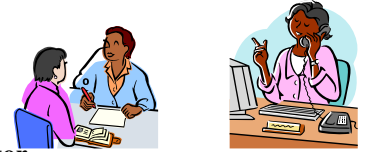


## Volunteers

Would you like an opportunity to help others, increase your self esteem, gain new knowledge and skills and share your experience.

*We are currently seeking Volunteers for*

- **Emergency Relief Worker**
- **Child Care Assistant**
- **Administration Assistant**
- **Assistant Volunteer Co-ordinator**



## 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.**



## 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 the reception.



**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 organizations.**

**Auditorium: \$40 per hour, reduced rate \$30**

- Capacity - 50 people
- air conditioned, whiteboard,
- video recorder, etc.
- PowerPoint's, television

**Computer Room: \$50 per hour, reduced rate \$30**

- 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**

**When you hire our rooms there is also Childcare available by our experienced Childcare workers.**

# ONGOING PROGRAMS

## HUB

The HUB focuses on early intervention and family support through the provision of Child Care. The Program builds on links for families and individuals within their local community and provides community education and Life Skills courses covering **Parenting, Anger Management, Budgeting and Self Esteem.**

'Baby Think It Over' is a pregnancy awareness program for young people attending secondary school.



### Parent Resource Room

This room can provide a range of educational resources such as birthing and parenting videos, books and information charts, practical demonstrations with safety issues using baby equipment such as the baby bath and high chair.

## 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

Family support workers come to you in a caring and supportive role and offer ongoing help in resolving personal and family issues. This service is free and your confidentiality will be respected at all times.



### Supported Accommodation Assistance Program



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

### Career Pathways

An employment Assistance Program for Community members looking for employment and / or further training options. We offer accredited training **towards** Certificate III in Children's Services (Child Care), Certificate III in Aged Care, or Certificate III In Disability Work.



The 'Before We Begin Family Support Program' is a Communities for Children Initiative. Listed below are some of the exciting children's programs for 0 - 5 yrs we are able to offer.



### Baby Slings

Carrying baby next to your heart in a Baba Sling helps them feel safe, loved and secure.

For babies over **4 months old.**

For further information / appointment please phone **Kim**



### Are You Expecting A Baby?

A Doula is a trained volunteer who can support you, offer encouragement, provide you with options, offer you pre-natal, labor and post-natal choices during and after your pregnancy. Your Doula, however, **WILL NOT** be present during the actual labor. However she will support you throughout your pregnancy, and for up to 3 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



### Skilling For Work Program



Provides you with career ideas and assistance to obtain employment or further training. Preparing for interviews options and practicing as well as computer training, researching on the internet, sending professional e-mails, job applications including resumes, selection criteria and cover letters.

*Funded by the Qld Gov Depart of Employment Economic Development And Innovations  
"Skilling Queenslanders for Work Initiative".*

### 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 2011.

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](mailto:SarahC@keng.org.au)



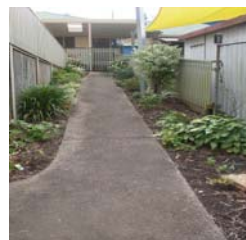
We would like to thank following people and business who helped make the Trivia Night possible without your contribution we would not have raised the amount we did.

- ✚ Jason Reid from the Logan City Council for MC the Trivia Night.( he was a fantastic MC)
- ✚ Evan Moorhead MP
- ✚ Desley Scott MP
- ✚ Cr John Grant
- ✚ Caltex, Waterford
- ✚ Hog's Breath Café
- ✚ The Glen Hotel
- ✚ Sizzler (Hyperdome)
- ✚ Nando's (Hyperdome)
- ✚ Logan Strikers
- ✚ BCC Hyperplex Cinemas
- ✚ Currumbin Sanctuary
- ✚ Sanity (Hyperdome)
- ✚ Darrell Lea (Hyperdome)
- ✚ Kingston Park Raceway
- ✚ AMF Bowling (Hyperdome)
- ✚ Professional (Hyperdome)
- ✚ Price Attack (Hyperdome)
- ✚ Lombard Party Events
- ✚ Choice Centro
- ✚ Hornz Logan Central
- ✚ Carolyn's Bargain Bar
- ✚ Black Rock Surf Wear
- ✚ Wow! Springwood
- ✚ Discount Drug Store Centro
- ✚ Chemist Warehouse Underwood
- ✚ Chemist Logan Central
- ✚ Step It Up
- ✚ Officeworks Underwood
- ✚ Meat Galore Butcher
- ✚ Overflow Logan Central
- ✚ Australia Zoo
- ✚ Amber, Kim and Karen
- ✚ Brisbane Writers Festival

*Watch this  
space for  
exciting  
New Programs*

### *KENG's Garden*

Our wonderful volunteer gardener has been doing a fantastic job with the gardens and grounds at the centre. He has revived the herb and vegetable garden as well as planting and revitalizing the flower beds. The leaves are cleared and outside areas tidied, often before children and staff have even arrived. The children in the Occasional Care Centre will be able to visit, taste and learn about healthy food choices and staff now have a pleasant and relaxing area to take a break. We would also like to thank Bunnings Warehouse for their donations toward the garden.



Also a big thank you to the volunteers that helped on the night.

# Kingston East Neighbourhood Group Inc

## NEW / RENEWAL MEMBERSHIP FORM

Membership is open to individuals or organisations. It gives you voting rights and ensures that you have the opportunity to contribute to the development of the Centre. It entitles you to receive the newsletter, updates of information, and other benefits. Organisations that obtain membership are entitled to one voting right.



Membership will cover the period of the financial year from 1 July to 30 June and will become due annually on 1 June.

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## NEW / RENEWAL MEMBERSHIP APPLICATION

(Please circle one)

I, \_\_\_\_\_, wish to apply for membership of  
Kingston East Neighbourhood Group Inc. and undertake to promote its vision, values and objectives.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Organisation: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ (H) \_\_\_\_\_ (W)  
\_\_\_\_\_ (mobile)

Please add me to your Newsletter List:  E-mail: \_\_\_\_\_

Membership Fees (GST inclusive)

### Individual Membership

Waged: \$12.00  Unwaged: \$6.00

### Organisation Membership

Income \$0 – 120,000 \$20.00  Income > \$120,000 \$30.00

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### OFFICE USE ONLY

Date: \_\_\_\_\_ Receipt Number: \_\_\_\_\_

Entered: \_\_\_\_\_ Member Number: \_\_\_\_\_

Received by: \_\_\_\_\_ (initials)