



News from Engadine Community Services (April 2023)

Message from Michelle – student at ECS

Hi! I am Michelle Balgos, a student of St George and Sutherland Shire Community College (SGSSCC) doing a work placement in Engadine Community Services. I am helping in playgroups on Mondays, which is for grandparents, and Tuesdays for mums, both at 9.30 to 11.30 am. Playgroup is one of the early intervention services of ECS that works on supporting parenting and children.

There are multiple benefits of the ECS Child and Family Services through playgroups and Sutherland Shire Toy Library. I will tell you my own observation of these two and give details on how to be part of these amazing services that can help you in rearing children.

Playgroups at ECS provide a playground that is an effective way to broaden children's learning experiences by giving them an opportunity to socialise through play, which eventually leads to the development of not only emotional abilities but also motor skills. It is also a fun and relaxing chance for grand/parents to meet and talk about ideas of raising children.

I believe that playgroup is one of the most practical method for allowing children to play that enhances language, imagination, and creativity. I can see the children having fun to test out new toys and smiling from ear-to-ear when they get to try out different toys.

ECS playgroups serve as a great environment not only for the children, but also for the adults to form relationships and social groups with people sharing the same experiences. There is a \$2 fee per attendance.

Based on my experience, playgroups at ECS have the added bonus of being a good place for children to try out toys from Sutherland Shire Toy Library. There is a big indoor play space and shaded outdoor area, which secures the safety of the children.

I am full of gratitude to be part of the team of volunteers, which is led by Sandra Munn, in assisting the in and out of toys in Sutherland Shire Toy Library. The toy library has been running for more than thirty-five years, so to be part of it is such a proud moment for me, knowing it has been the source of fun and creativity for many children. This can never be a

success without the help of the people behind it and thanks to the dedication and perseverance of the volunteers.

Moreover, Sutherland Shire Toy Library provides an affordable way to borrow good quality, safe items that vary from small indoor up to big outdoor toys. It has more than 500 toys that can cater to every stages of development: baby toys, musical instruments, construction sets, puzzles, ride on and game sets.

Local families pay an annual fee to be a member and borrow up to 3 toys, 3 puzzles and 3 games every 3 weeks. Through the click and collect system online, family can log into the database, view the catalogue and book toys prior to collection. The technology has allowed us to easily make bookings making it more convenient and accessible. The Toy Library is open for pick up in the afternoon of every Monday and Thursday between 1-4pm and the 2nd and 4th Saturday mornings each month.

I can see clearly that these two services are really making a difference in the lives of people as a part of the effective intervention in supporting parenting and children.

ECS PLAYGROUPS

*A great place for developing your child's social skills
Indoor play space plus secure & shaded outdoor area
Try out toys from Sutherland Shire Toy Library*



MORNING SESSIONS TO SUPPORT THE DIFFERING NEEDS OF FAMILIES:

- **Grandparents Playgroup** [Monday 9.30 -11.30]
- **General Playgroup** [Tuesday 9.30 -11.30]
- **Czech & Slovakian Playgroup** [Friday 10-12]

Location

Engadine Community Services
1034 -1036 Old Princes Hwy, Engadine

See Playgroup Rules at www.ecs.org.au/forms

Attendance Fee

\$2 per adult per visit



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Engadine Community Services
1034 -1036 Old Princes Hwy, Engadine



0-5 years old

THE MESSY PLAYGROUP

Sensory playgroup with taste-safe activities and morning tea

4TH FRIDAY OF EACH MONTH [10 am - 12 noon]



Attendance Fee: \$10 per visit

ECS Child & Family Services receive funding from
NSW Targeted Earlier Intervention (TEI)

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telecommunication equipment. Everyone enjoy the fantastic collection, including old phones.

Right after the tour in the museum was lunch in Club Rivers. The canopy where everyone sat was nice and relaxing. It was then followed by afternoon tea at 2pm, then we got on the bus and dropped everyone home one-by-one.

The Big Day Out is for seniors looking for adventures in a small group and happy memories to cherish. This month is....

BIG DAY OUT: Wednesday, May 31st

about 9.00 am: Pick up by the bus

10.30 am: *Hurstville Museum & Gallery*
for morning tea, tour & reminiscing

1 pm: *16ft Sailing Club, Sandringham*
for lunch

about 4 pm: Return home

Cost: \$35 incl. m/tea & tour
[+ you pay for your own lunch]



Seniors Big Day Out: student review

One of the Aged Care Services of Engadine Community Services is the bimonthly Big Day Out social bus trip. ECS specialises in social support for seniors aged 65 years and over to help them be part of the community. The trip is great for sharing experiences with new friends of the same age. Wednesday social bus outings are subsidised for clients who have been assessed as eligible for the Commonwealth Home Support Programme and referred by My Aged Care.

On Wednesday of March 29, I went on this bus outing as a volunteer. It was a good day to go, since the weather is just perfect to enjoy the fall season - no rain and not too humid. The bus picked up all the members right exactly at their addresses. It is a door-to-door transport for residents of Engadine and Heathcote, which ensures the safety of the ageing people.

This one went to the Australian Communications Museum in Bankstown, in which the history of the telephone was explained. It was very informative and interesting knowing the development of

ECS OPEN DAY

Visit your local community centre during
Neighbourhood Centre Week 2023

ENGADINE COMMUNITY SERVICES
1034-1036 Old Princes Hwy, Engadine

Saturday 13th May

9am - 12noon

CHECK OUT ECS SERVICES

- Sutherland Shire Toy Library display
- Information about Playgroups & other ECS supports

11am - 12noon

HAPPY HEALTHY ENJOYING LIFE

- Community Information session for Seniors & their carers &/or families featuring the Healthy Ageing Advisor for Sutherland Shire, Karen Buckley



This event is possible through the support of the Australian Government
Department of Social Service [Commonwealth Home Support Programme] &
Sutherland Shire Council [Community Centre Funding]