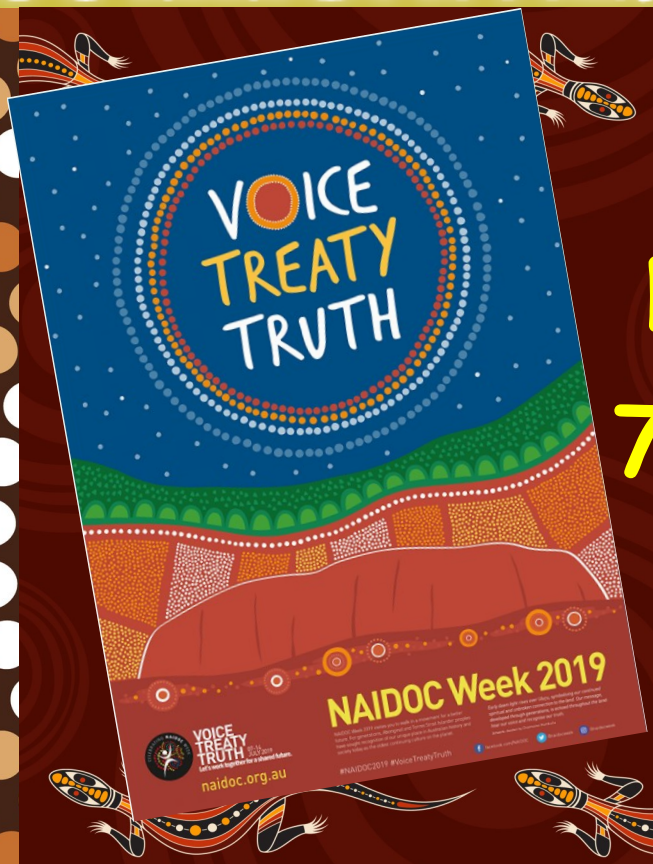
COMMUNITIES FOR CHILDREN



NAIDOC 7-14 July

Noongar Mums Chat

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Please subscribe to the latest Communities for Children newsletter by emailing cforc@amityhealth.com.au

Communities for Children Amity HEALTH
Supported by the Australian Government

Welcome to the July edition of the Communities for Children Newsletter

This month

- Kids and Emotions in Play
- Dads & late pregnancy
- NAIDOC Focus

Do you know about the Albany Early Years Network?

A group dedicated to improving the well being of children and families. Find them on Facebook or join the mailing list to find out more

Albanyearlyyearsnetwork @gmail.com

Dads and late pregnancy

The final months and weeks of pregnancy can feel like a countdown. Becoming a dad might feel very real now – or still a bit of a dream!

The third trimester is the time to start preparing for your birth support role and the first hours after the birth. It's also a good idea to think and read about how to make a great start to fatherhood in the first weeks and months after baby arrives. Lots of parents focus all their thinking on the birth and forget about what happens afterwards.

Some good ways to prepare include:

going to birth classes

- talking to other men who are expecting or who have just become dads
- going on a tour of where your baby will be born.

Late pregnancy is also a good time to think about your work and any changes you want to make – for example, negotiating parental leave and looking at your work-life balance. If you can, talk with your employer about the arrangements that would work best for you. But try to be flexible in your planning, because your situation or feelings might change.

Things you can do

- Sing or chat to your baby – baby can hear you.
- Attend birth classes. Ask men in your classes what they're doing to prepare for their babies' births – are they reading books, watching births on the internet, learning relaxation and breathing techniques, helping write a birth plan?

- If possible, book a tour of where your partner will give birth.
- If you know some other dads, ask them about their experience of their babies' births.
- If you want to know more or you're unsure about specific things to do with the birth or the health of your baby, ask your doctor or midwife.
- Check to see how flexible your work will be about time off for birth and after.

Want more info? Check out https://raisingchildren.net.au/pregnancy/dads-guide-to-pregnancy/late-pregnancy/what-men-can-expect-late-pregnancy

Did you hear about the kidnapping at school? He woke up

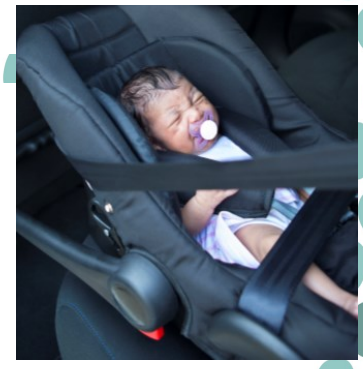
I'm like the fabric version of King Midas.
Everything I touch becomes felt

I always used to get small shocks when touching metal objects, but recently it stopped. Needless to say, I'm ex-static

Noongar Mums Chat

Hi my name is Ashleigh, I am a Noongar woman born on Menang country. I am a single parent of a beautiful baby boy named Thomas and my journey to motherhood hasn't been easy!

I've had my fair share of complications along the way but I'm enjoying this next chapter of my life and hope that I can share what I've learnt so far with you.

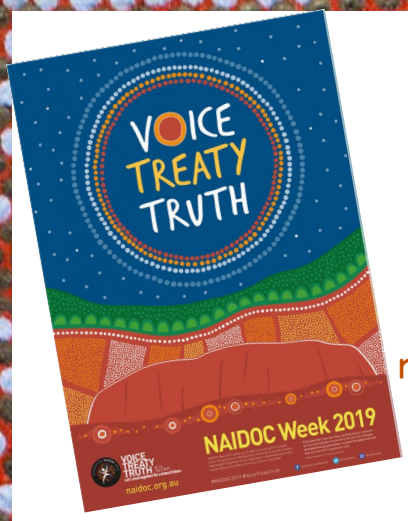


Getting everything sorted before bub arrived was mentally exhausting. The constant worry of do I have everything and do I have enough? Going through my checklist , the one thing that stood out (and was a necessity!), was a car seat to bring him home.

Standing in the shop aisle and looking at all the different options was overwhelming. I definitely recommend talking to other mothers as they will tell you which brand is the best and what to look out for in providing your bub the best comfort. After you choose one then you have the fun task of trying to put the seat into your car, I recommend reading the instructions and looking at the helpful pictures to save yourself getting frustrated and yelling some horrible words. You could also check out the places that fit seats for free.

As much as I love to hold my boy, my arms are usually tired after the first 10mins because of his chunky little body. I chose a pram that was a 3 in 1 to save me the headache of having a boot full of baby things and no room for anything else. The pram connects to the capsule to carry bub which is also used as his car seat. I got mine ordered in at a pharmacy and it can be a bit pricey but after finding out I was pregnant I started putting away money to fund the more expensive things for bub. There are so many options to choose from with car seats and prams that are really good. Just be sure to look at all the features and ask for help when choosing if you are unsure.

Love Ashleigh x



NAIDOC WEEK 7-14 July

NAIDOC Week is here again and this years theme is 'Voice. Treaty. Truth.'

Voice. Treaty. Truth. were three key elements to the reforms set out in the Uluru Statement from the Heart. These reforms represent the unified position of First Nations Australians

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

Each year, there is a different focus city for the National NAIDOC Awards Ceremony. Local community celebrations during NAIDOC Week are encouraged and often organised by communities, government agencies, local councils, schools and workplaces.

Have you thought about organising a NAIDOC event in your area? A few suggestions about how you can celebrate NAIDOC can be found on their website

https://www.naidoc.org.au/get-involved/2019-theme

Learning through play

Play is one of the main ways in which children learn.

EMOTIONS

Play gives preschoolers a chance to express their feelings and practise managing them.

Play ideas to encourage preschooler emotions

- messy play, like playing with sand, mud or paints. Great way for children to express feelings like happiness or sadness.
- Look for imaginative and creative ways for your child to play. Your child could act out feelings with puppets or toys, or use old clothes for dress-ups and pretend play. For example, your pre-schooler could pretend to be kind and concerned like a teacher or a doctor.
- Take your child outside to play in a park or open area with lots of space for running, tumbling and rolling. This can help your child let out emotions.
- Encourage your child to paint and draw as a way of expressing himself. This can soothe and calm your child if he's frustrated or sad.
- Encourage your child to jump around and 'act out' music or make music with simple instruments.
- Read stories that feature characters experiencing similar situations and/or emotions—particularly helpful to understand grief or death.
- Give children a chance to play with children of all ages as it helps in learning, recognising and managing emotions.

Want to know more? Check out https://raisingchildren.net.au/preschoolers/play-learning/play-preschooler-development/emotions-play-preschoolers

Kids in the kitchen

Broccoli

Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, fibre. Vitamin C – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant

Faster Pasta

Serves 6

Ingredients:

1 brown onion
4 cloves garlic
Spray oil
3 teaspoons salt-reduced vegetable stock powder
7 cups water
500g penne pasta
1 broccoli
2 carrots
1 red capsicum
1 punnet cherry tomatoes
100g reduced fat cheese
1 bunch fresh basil
125g extra light cream cheese
Pepper

Equipment:

Frypan or large pot, knife, measuring cups, chopping board, grater, large spoon

1 Finely dice onion and garlic. Heat pan and spray with oil. Cook onion and garlic for 2-3 minutes.

2 Add stock powder and water, bring to the boil. Once boiling, add pasta and cook for 10 minutes.

3 Meanwhile, chop broccoli, carrot, capsicum and cherry tomatoes into small pieces. Add to pasta. Cook for 5 minutes or until vegetables are slightly soft.

4 Grate cheese and chop basil leaves. Add to pan with cream cheese. Season with pepper.

5 Continue to cook, stirring until cheeses are melted through pasta.

FOOD BANK

https://www.superherofoodshq.org.au/

Parenting Support & Handy Contacts

Parenting Support

Parenting Connection Albany: Wanslea Office, M: 0488 137 192 T: 9843 0077 Katanning: 0439 805 462 or 9895 5855	**Ngala** Country Families Support Helpline: 9368 9368 or 1800 111 546 (country) https://www.ngala.com.au/what-we-do/country-services/
Mt Lockyer Child & Parent Centre Albany: 9842 0071 / 0408 806 405	**A Smart Start Great Southern Inc** **Katanning** 9821 6259
Relationships WA 4Families Program Albany T: 6164 0530 Tambellup T: 0488 914 873 T: 6164 0600	**Rainbow Coast Neighbourhood Centre (RCNC)** **Migrant Resource Centre** Albany Family House 219 North Road 9841 8254 Albany – 9841 1190 Katanning – 9821 4420
Australian Breastfeeding Association Helpline: 1800 686 268	**Child Health Nurses Contacts** **Great Southern Population Health Unit** **Albany** Collie St **T: 9842 7500** Albany Primary Health, Warden Ave **T: 9892 2499** **Katanning** Primary Health, Francis St, **T: 9821 6280**

Mental Health Services

CAMHS -Great Southern Community Mental Health Service Albany Hospital Office – 9892 2440 Mental Health Support Line – 24hrs – 1800 048 636	**Amity Health** **Mental Health Portal** 136 Lockyer Ave Albany and outreach available T: 9842 2797
Beyond Blue 24hr Helpline 1300 22 4636	**KidsCentral** Albany 9842 3676
Kids Helpline T: 1800 551 800	**Regional Counselling & Network Service** Aberdeen St, Albany Ph: 9842 9699
Partners in Recovery Community First Albany 9892 6666 Katanning & surrounds Palmerston 9821 8306	**Relationships WA** Albany T: 6164 0530 Tambellup T: 0488 914 873 T: 6164 0600

Men Only

Dads in Distress - 1300 853 437	**Men's Line Australia** T: 1300 78 99 78
Men's Resource Centre Albany Serpentine Road T: 9841 4777	

Young Person Specific

Albany Youth Support Association Crisis accommodation – 9842 2082	**Headspace Albany** St Emilie Way T: 9842 9871 T: 1800 650 890 **Eheadspace** https://www.eheadspace.org.au/

Counselling - Relationship/Financial

Anglicare WA Albany 44 Collie St T: 9845 6666 Katanning T: 9821 9666 Mt Barker T: 9851 2611 Denmark T: 9851 2611	**QLife** - services for LGBTI people T: 1800 184 527 **Southern Agcare** Gnowangerup T: 9827 1552

Aboriginal Services

Great Southern Aboriginal Health Albany - T: 9892 7222 Katanning - T: 9821 6370	**Southern Aboriginal Corporation** Albany Office Serpentine Road T: 9842 7777

Miscellaneous Health/Support Services

Dentist Services for Concession Cards and children only	Albany - T: 08 9842 2211 Spencer Park PS – 9841 3967 Yakamia PS – 9841 3498 Mt Barker Mobile Service – 0437 486 143 Katanning Mobile Service – 0400 612 364
Amity Health **Occupational Therapy, Dieticians, Speech Therapy, Social Workers** 136 Lockyer Ave Albany and outreach available T: 9842 2797	**Carers WA** T: 0400 840 611 **Kidsafe WA – Great Southern** Albany Collie Street T: 9841 1382 / 0428 875 503

Group/Activity Service Providers

PCYC Albany 77 Sanford Rd T: 9842 1716	**Playgroup WA—**1800 171 882 or (08) 9228 8088 www.playgroupwa.com.au / www.facebook.com/playgroupwa
Wanslea Family Services (Family Day-care also) Albany T: 9843 0077 Katanning T: 9895 5585	**YMCA** Play in the Park 0409 048 204 A Smart Start (Shire of Cranbrook) 0447 008 084

Websites

Raising Children Network raisingchildren.net.au

Supported by the Australian Government, raising Children Network is the complete interactive Australian resource for parenting newborns to teenagers. It provides access to tools, support and resources as children grow and develop.

CRISIS NUMBERS

Life Threatening Emergencies 000

Women's DV Helpline 1800 007 339 **Men's DV helpline 1800 000 599**

Sexual Assault Resource Centre 9340 1828

Crisis Care 1800 199 008 **Kid's Helpline 1800 551 800**

Child Protection and Family Service (DCP) 1800 622 258

Albany Women's Centre 9845 6000
(covering Mt Barker, Albany and Denmark regions)

Do you know of a service that should be included in this list?

Please let us know the details of the service and the support they provide by email cfc@amityhealth.com.au

or call us on 9842 2797

‘What’s On’ for July

Contact the CforC team to update program contact details & information on 9842 2797 or by email

What’s On – in The Great Southern

ALBANY

Australian Breastfeeding Assoc
Thurs 10-12, 18 Chester Pass Rd. (Albany Playgroup). Ph 9844 1458

Albany Breastfeeding Centre
99 Collie St. Appointments Mon, Wed and Fri afternoons. Ph 9842 7561

Albany Public Library
Story time - Thurs, 10.30am
Rhyme time - Wed and Fri 10:30 (only Fridays during School Holidays) Dad’s & Kids 10.30am 1st Sat of month LEGO Club, 1st & 3rd Tues, Ages 6 – 12yo. 4pm – 5pm Ph. 6820 3600

Albany Museum - Discovery Centre
10am – 4:30pm daily, fun and educational activities for children plus holiday programs Ph: 9841 4844

Albany Playgroup, 18 Chester Pass Rd
Mon: 9am – 12pm Toddlers
Tues: 1pm – 3.30pm Baby – 1yo’s
Wed: 9am - 12pm All
Thurs: 1pm – 3.30pm Babies
Fri: 9am – 12pm All
Ph. 0417 936 691 or 0400 209 767

ALAC Swim School
comprehensive learn-to-swim program for all ages and abilities. Ph. 6820 3400

Bouncing Back at Albany Family House
8 week Bouncing Back provided by Child Health with the aim of reducing Depression & Anxiety during pregnancy & after the birth of your baby. Informal, friendly, supportive. If your baby is 18 months old please call 0428 223 535

Hawthorn Cherubs - Intergenerational Playgroup
Thurs: 10am – 12.30pm
40 Henry St, Ph: 0427 444 586

Immunization Clinics - Population Health
Tues 9am -12pm, Tues 2pm - 4pm
Thursday 9am – 12pm
Warden Ave Ph: 98422499

Kalgan Playgroup at Great Southern Grammar
Friday: 9am – 11am
Ph: 0409 119 610 or 0438 412 201

King River Playgroup at King River Hall
Mon & Tues 10am – 12pm Ph. 0415 500 367

Little Grove Playgroup at Little Grove Hall
Tues, Wed & Fri 9:30am -11:30am
Ph. 0415 071 987

Mt Lockyer Primary School Playgroup
Wed 9am - 12pm &1pm - 2.30pm
Ph.9841 1166

Lift off to Learn - Child & Parent Centre
For Aboriginal families with children 0 – 5yo children, Thurs: 9.30 – 11.30am

Mt Lockyer Child and Parent Centre
Humphreys St, Programs that support families: Storytime, Jumping Joeys, Playgrps, Workshops, Child Health Clinic, visiting Speech and Occupational Therapists. Ph. 9843 0071 download **App -** Child and Parent Centre Mount Lockyer

My Time at Wanslea, 26 Prior St
Support for families/carers of children (0 -16yo) with a disability, development delay or chronic illness. 9.30am -11.30am Wednesdays, Ph: 9843 0077

Play in the Park - Cull Park, Campbell Rd Tues & Fri 10am -12pm Term Time only Ph: 0409 048 204

PCYC 77 Sandford Rd.
Toddler gym - Mon, Thurs 10am.
Kindy Gym: Tues 4.30pm;
Gymnastics: Mon, Thurs, Fri 4pm,
Sat 8.15am & 9.45am For teens Strike II: Fri 7.30pm; Jnr Rangers: Tues 6pm. Police Rangers: Tues 6.30pm. Ph: 9842 1716 or 9841 6672

Rainbow Coast Neighbourhood Centre,
Albany Family House, 219 North Road,
Programs and activities to support children and families including Migrant Services and Community Garden Free or low-cost, Creche facilities. Ph. 9841 8254. . Newsletter Term 1 2019 https://mailchi.mp/200a5521e7d1/rcnc-term1-2019-newsletter

Rainbow Coast Toy Library
For children 0-8yo, Sat 10am-12noon (school term) Behind PCYC Sanford Rd
E: rctoylibrary@hotmail.com

St Joseph’s Play Group
Thursdays, 0ff Lower King Rd
Ph: 0417 960 759

BORDEN

Ready Set Go (Borden Early Years)
Monday, 9am – 11am Borden Primary School
Ph. 0438 3312 or the school: 9828 1031

BREMER BAY

Community Resource Centre – Activities for Children and Families Ph.9837 4171

Playgroup
Alternating between Occasional Care Centre & Bremer Bay Primary School Fri mornings 9.30 – 11.30am Ph. 0429 635 530 or 0476 416 820

'What's On' in the Great Southern for July

BROOMEHILL
Playgroup - RSL Building, India St.
Thursday, 9am – 11am
Ph. 9824 1243 or 0429 919 797

CRANBROOK
Playgroup – Cranbrook Primary School
Friday: 9am – 11am, Ph: 9826 1028
Play in the Park – Frederick Square ***NEW***
4th Wed of the month, 10am – 12pm
School Terms only Ph: 0409 048 204

DENMARK
Denmark Playgroup - Child Care Centre
Mon, 9am – 11am Ph: 0430 721 486
Denmark Library
Rhyme time: Mon 11am.
Story time: Thurs 11am
Toy Library: Available in Library Hours
Ph. 9848 3006
Community Resource Centre
Activities for Children & families including School Holiday Programs
Ph. 9848 2842
Play in the Park – Berridge Park ***NEW***
1st Wed of the month, 10am – 12pm
School Terms only Ph: 0409 048 204

FRANKLAND RIVER
Frankland River Playgroup - CRC
Wed: 9:30am - 11:30am
Contact: genellehood@yahoo.com.au
Frankland River Library - CRC
Story & Rhyme Time 0 - 5yo
Thurs,10am - 10.30am Ph: 9855 2310

GAIRDNER
Gairdner Playgroup – Gairdner Hall
Tues: 9.30am – 11.30am
Ph. 0409 425 915

GNOWANGERUP
Gnowangerup Playgroup – old Kindy Building
Wed: 9:30am -11:30am
Ph. 409 898 272.
Community Resource Centre CRC/ Library
Story time, School Holiday activities
After School Activities during Term
Ph: 9827 1635
Lift-off to Learn - Gnowangerup DHS
For Aboriginal families with children 0 -5yo
Mondays 9am – 11.30am, School terms
Ph: Wanslea 9895 5585
Play in the Park – Community Park ***NEW***
3rd Wed of the month, 10am – 12pm
School Terms only Ph: 0409 048 204

JERRAMUNGUP
Community Resource Centre
Activities for children & families including Play Time/Rhyme Time, Count Down to Kindy and more. Ph. 9835 1630
After School Club - JDHS
Fitness & Fun Indoors and Outdoors
Facilitated by Jerramungup Police & JDHS Ph:9835 1233

KENDENUP

Kendenup Story Time – Kendenup PS
0 - 4yo, Fri: 9am – 10am
Ph. 9851 4061
Playgroup – Kendenup Hall
Tues, 9.30am Ph. 04376 3002
Play in the Park - Agriculture Grounds ***NEW***
2nd Wed of the month, 10am – 12pm
School Terms only Ph: 0409 048 204

KATANNING
Family Fun and Learning Supported Groups
Tues: 9am -12pm (migrant families),
Thurs: 9.30 am - 12pm (universal).
Ph. Katie 9821 1102
Katanning Playgroup - 84 Conroy St
Mon & Fri 9.30am – 11.30am
Facebook—playgroupkatanning
Ph. 04996 603 or 0411 090 598
Katanning Public Library
Story time/Baby Rhyme Time
Tuesday: 10am Lego Club for 6 – 12yo
Monday, 2.30pm – 4pm Ph. 9821 4300
Katanning Toy Library - Library
Tues & Sat 10.30am -11.30am
Mon, 2.30pm – 4pm
Ph: 0413 119629
Katanning Hub CRC
Activities Families including a School Holidays
Ph: 0477 493141
Kindilink - Katanning Primary School
For Aboriginal families with a child who is 3 years of age (younger siblings welcome)
Tuesday & Thursday: 9am - 12.00pm
Ph. 9821 1077
COOLINGAH – Coolingah Centre
For Aboriginal Children 0 - 4yo.
Children's Activities, Yarning, Learning, Craft & Shared lunch
Wed 10am – 12.30pm
Ph: 0400211778 or 98218306
Miniature Railway – near All Ages Playground
Every 2nd & 4th Sunday 11.30am – 4pm

'What's On' in the Great Southern for July

KOJONUP

Library
Story/Rhyme time. Fri 10.30am – 11am,
Homework Helpers Wed: 3pm – 4pm
Ph: 9831 2412

Deadly Brotha Boyz - Kojonup Sporting Complex
Aboriginal Boys, 8 - 18yo
Wed: 3.30pm – 5.30pm.
Ph: 0439 982 008 or 0419 406 333

Kojonup Playgroup – Spring St
Thurs, 9:30am - 11:30am
Ph: 9833 1232 or 9832 1003

Kojonup Play Café - DHS Kindy Room
Wed: 9.30am - 11.30am
Ph Lorreen 9831 2412

Toy Library - at the playgroup building
Tues: 9.30am,

Kojonup Youth Centre (5 - 15yo's)
Office - 115 Albany Highway
For more information Ph: 0447574931

MANYPEAKS

Playgroup - Manypeaks Primary School
Tuesday: 9am - 10.30am (fortnightly)
Ph: 0408 807 228 or 0417 108 877

Manypeaks Family Hub - Manypeaks PS
Family workshops/events
Ph. 9846 1269

MT BARKER

Family Fun and Learning – RSL Hall
For Aboriginal Families
Tues 9.30am – 12pm Ph:0428 359 713

Madar Mothers Group - Mt Barker Com. College
Supported migrant group,
Ph. Leith 0428 359 713

Mt Barker Playgroup - RSL Hall
Mon, 9.30am - 12pm .
Ph: 0400 235 194 or 0415 557 224

Mt Barker Community Resource Centre
Activities for Children and Families Including a School Holiday Program Ph. 98 512674

Mt Barker Toy Library - Mt Barker CRC
Thurs,10am - 11:30am Ph: 0402 115 680

Wriggle, Giggle & Grow - Library
Fri, 10.30am School terms only
Ph. 9851 2661

Play in the Park - Library
Thursday, 10am – 12pm
School terms only Ph. 0409 048 204

NYABING

Nyabing Playgroup - CWA Hall
Thurs, 9am -11am
Ph: 0408 836 995 or 0439 310 389

ONGERUP

Community Resource Centre
Activities for Children and Families including School Holiday Activities Ph. 9828 2325

PINGRUP

Community Resource Centre
Activities for children & families including School Holiday Activities
Ph: 9820 1101

'Pingrup Playgroup - Sports Pavilion
Wed, 9:30am - 11:30am
Including School Holidays
Ph. 0429 204 022

SOUTH STIRLING

Playgroup - South Stirling Hall
Tues,9.30am - 11:30am Ph: 0428 171 285

TAMBELLUP

Lift-Off to Learn – RA Building
For Aboriginal Children 0 - 5yo
Tues, 10am – 12 School Terms
Ph. Wanslea 9895 5585

Community Resource Centre
Activities for Children and Families
Ph. 9825 1177

Tambellup Playgroup - Crowden St
Mondays, 9.30am -11.30am
Ph: 0439 240 393

WALPOLE

Walpole Kinder Gym – Recreation C entre Thursday, 10am - 11am. Ph: 0488 060 812

WELLSTEAD

Community Resource Centre
Activities for Families and children including school Holiday activities Ph: 0488 406 328

Playgroup - Wellstead Primary School
Wed, 9.30am - 12pm. Ph: 04399 62 913

WOODANILLING

Playgroup - Alternating School/ Sports Pavilion
Wed, 9:30 - 11.30am Ph:0439 754 391

To update details or subscribe to the latest Communities for Children newsletter contact cforc@amityhealth.com.au / 9842 2797

Play in the Park

FREE!
Outdoor Play
Story/Rhyme Time
Craft Activities

YMCAWA

2019 REGIONAL PLAY IN THE PARK LOCATIONS

2019	Denmark Wednesdays	Kendenup Wednesdays	Gnowangerup Wednesdays	Cranbrook Wednesdays
July	31	Holidays	Holidays	24
August	7	14	21	28
September	4	11	18	25
October	Holidays	30	16	23
November	6	13	20	27
December	4	11	18	Holidays

10am – 12noon
Denmark – Berridge Park
Kendenup – Agricultural Grounds
Gnowangerup – Community Park
Cranbrook – Frederick Square

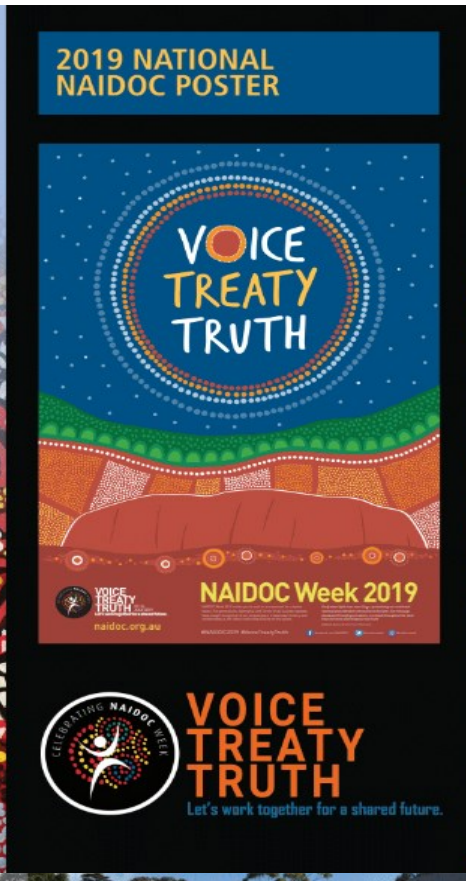
For further information
jamie.scally@ymcawa.org.au
0436 430 491

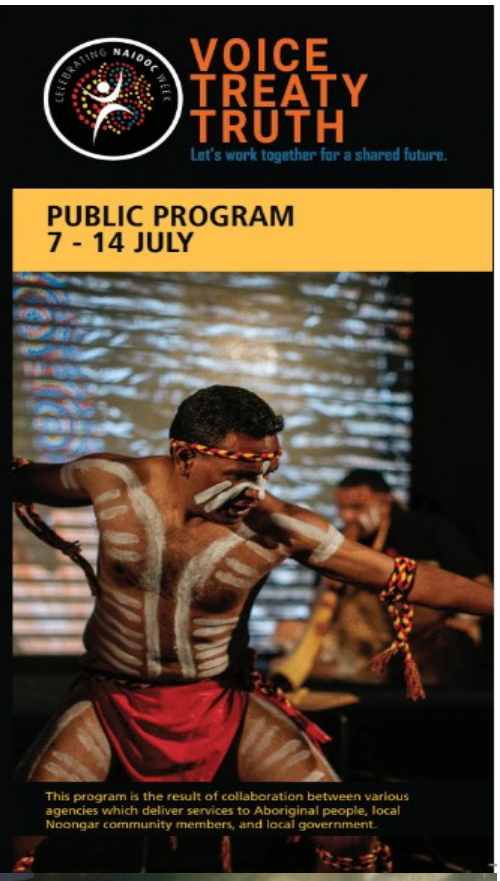
Connect with us!
playintheparkgs
@YMCA_WA
Play in the Park, Great Southern WA

Albany Public Library

ymcawa.org.au

Notice Board





SUNDAY 7 JULY

Opening Church Service

10am - 12pm: Non-denominational church service led by Noongar Elder, Pastor Albert Knapp. Albany Public Library, upstairs. Entry through Albany Visitor Centre.

NAIDOC Welcome Ceremony

12pm - 3pm: NAIDOC Welcome Ceremony. Albany Town Square. Join in a free community celebration to open NAIDOC Week. Music, food vendors and entertainment available.

Supported by: Albany Aboriginal Corporation, Rio Tinto

MONDAY 8 JULY

Noongar Women's Arts Workshops

12pm - 6pm: Noongar women's arts workshops and exhibition. All welcome to this free event. Participate in painting, take in an exhibition of works, and there will be artworks for sale. Noongar Centre, cnr Serpentine and Hanrahan Roads.

Supported by: Albany Aboriginal Corporation

TUESDAY 9 JULY

Play in the Park

10am - 12pm: Play in the Park. Town Square. This free event is aimed at children 0-5 years and their families. This Play in the Park will take on a NAIDOC theme, featuring face painting, story time, and many other fun activities.

Supported by: Play in the Park, YMCA, Amity Health

Youth Art Activities

10am - 4pm: Youth Art Activities. Free, open to all young people. Noongar Centre, cnr Serpentine and Hanrahan Roads. Contact Albany Youth Support Association on 9842 2082 for more information.

Supported by: Albany Youth Support Association

Curatorial

10.30am - 11.30am: Tuesday Curatorial featuring Menang Noongar Elder Vernice Gillies, and UWA Albany's Professor Stephen Hopper. Walking Together: Cross cultural exploration of South Coast plant life. Museum of the Great Southern Co-Op Building. Contact the Museum on 9841 4844 for more information.

Supported by: WA Museum of the Great Southern

10 JULY AND 11 JULY

NAIDOC Movie Screening

Albany Public Library. 'Spear', a contemporary Aboriginal story through movement and dance, featuring the critically-acclaimed Bangarra Dance Theatre.

10 JULY: 10am - 12pm 11 JULY: 6pm - 8pm

RSVP essential to avoid disappointment by contacting the Library on:
6820 3600 or library@albany.wa.gov.au

Supported by: Albany Public Library, City of Albany, Rio Tinto

Notice Board

WEDNESDAY 10 JULY

Noongar Boodja Movie Screening

6pm - 8pm: Noongar Boodja. Albany Entertainment Centre. Back by popular demand, this stunning documentary film by young Aboriginal people from Albany explores Noongar placenames in and around Albany. This is a free event, no ticket required.

Supported by: Albany Entertainment Centre

THURSDAY 11 JULY

Game Day

11am - 1pm: AFL Game Day. Centennial Stadium. Free. Watch Wirrpanda and Clontarf boys face off again. Will this be a nail-biter like last year? Come on down for this highly anticipated, free footy match.

Supported by: Amity Health, Wirrpanda Foundation

FRIDAY 12 JULY

NAIDOC March

11am - 2pm: NAIDOC March. Meet at the Peace Park at 10:45am and walk up York St to the Town Square. Enjoy a free community services expo/sausage sizzle from 11:30am with art, face painting and storytelling. Please note this event is weather-permitting.

Supported by: Great Southern Aboriginal Health

NAIDOC Youth Disco

6.30pm - 9pm: NAIDOC Disco for Strike participants. Albany PCYC. Come and enjoy a NAIDOC themed disco for all young people aged 10-17 years. Gold coin entry.

Supported by: PCYC, City of Albany, Rio Tinto, Amity Health, Palmerston, WA Police, Safe Space

VOICE TREATY TRUTH 07 - 14 JULY 2019
Let's work together for a shared future.

SATURDAY 13 JULY

Mokare Memorial

10am - 11.30am: Mokare Memorial, Meet the Artists. Albany Public Library upstairs. Come and hear from the Noongar artists who have created the artistic design around Mokare's statue in Alison Hartman Garden. This will conclude with a guided walk.

Supported by: City of Albany

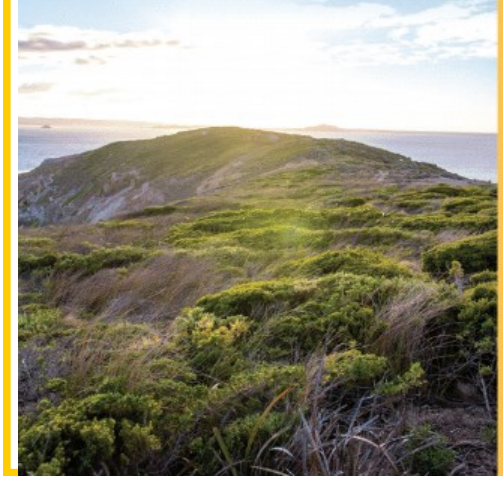
MUSEUM OF THE GREAT SOUTHERN
ALBANY ENTERTAINMENT CENTRE
RioTinto
PCYC
YMCAWA
Albany Aboriginal Corporation
Wirrpanda
Albany
Safe Space
DRUG AWARE
Palmerston
VANCOUVER ARTS
Play in the Park
Albany Public Library
Amity

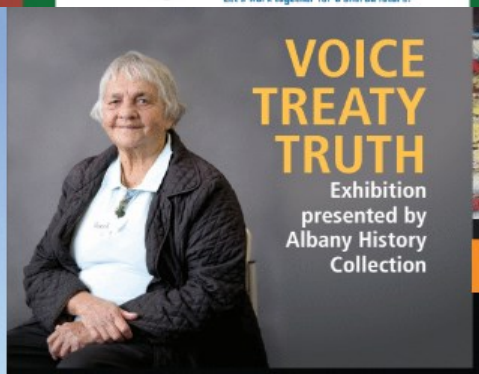
ABOUT NAIDOC WEEK

NAIDOC Week celebrations are held across Australia in July to recognise and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. It is not intended that NAIDOC celebrations only involve Indigenous communities, but include all Australians in community-wide activities.

NAIDOC originally stood for National Aborigines and Islanders Day Observance Committee, the original committee charged with organising NAIDOC Week activities. However, the acronym has since become the name of the week itself. Each year NAIDOC Week takes on a theme for the celebrations. This year the theme 'VOICE. TREATY.TRUTH Lets work together for a shared future' invites everyone to walk with Aboriginal and Torres Strait Islander people in a movement of Australian people for a better future.

You can find out more information about NAIDOC Week, including the history of NAIDOC from www.naidoc.org.au.





VOICE TREATY TRUTH

Exhibition presented by Albany History Collection

14 JUNE TO 18 JULY

In the spirit of this year's NAIDOC theme, the VOICE TREATY TRUTH exhibition tells the family story of Noongar Elder Averil Dean, and will be held in the Vancouver Arts Centre's front gallery. Built around historic family portraits and images taken in 1939 by Dr Norman Tindale, the exhibition represents the endurance of culture, family, country and tradition where stories are passed from one generation to the next.

Photographs are powerful historic records of information and knowledge. They keep memories alive and allow us to value the past. They are our inheritance and a vital link in connecting family. Seen in context, they help us to understand what has gone before. Showing at Vancouver Arts Centre.

Albany Public Library
VANCOUVER ARTS

Image: 'Songlines' by Lance Chadd

5 JULY TO 7 AUGUST

BOORONGURUPS

An exhibition by Tjyllyungo/Lance Chadd

Boorongurup is an important place for Bibbulmun Peoples and the most important Winartj sacred place on Country.

TJYLLYUNGOO/Lance Chadd is a Bibbulmun Nyoongar/ Budimia Yamatji man, born in the south-west of WA. His work emphasises Aboriginal spirituality with its deep connection and unity of land, people, animals and plants. His work offers an easy access to reflect on how each of us belong and connect to all that is around us. This exhibition will be at the Museum of the Great Southern.

Lance will also hold two painting workshops during NAIDOC Week. Details will be on the Museum of the Great Southern webpage: http://museum.wa.gov.au/museums/museum-of-the-great-southern#whatson

WA MUSEUM OF THE GREAT SOUTHERN

Stick this on your fridge or notice board and add your own activities

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9 Play in Park at Town Sq, Albany	10	11	12	13
		NAIDOC Week				
14 NAIDOC Wk Closes	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Communities for Children - Lower Great Southern is funded by the Australian Government via the Department of Social Services. This program is part of the Department of Social Service's Families and Communities Programme (FCP) providing prevention and early intervention programs to families with children who are at risk of disadvantage and disconnected from childhood services.

Communities for Children is managed by Amity Health with the aim of overseeing the development of activities and organising funding allocations to selected community projects in the Lower Great Southern.

Additional services available from Amity Health include:

- Dietetics
- Diabetes Education
- Child and Adult Mental Health
- Speech Pathology
- Occupational Therapy

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