

Calendar of Events

January–June 2020

February 2020

Wed 5	9-10am	Immunisations	TQK
Wed 5	10.45-11.15am	Immunisations	MO
Wed 5	11.45-12.15pm	Immunisations	WI
Wed 5	1.30pm	Nourishing Yourself	TQH
Wed 5	2-2.15pm	Immunisations	LO
Wed 5	3.15-3.45pm	Immunisations	AN
Wed 12	1pm	First Foods	TQK
Thur 13	2pm	First Foods	AN
Tues 18	7-9pm	*Tuning into Teens	TQK
Wed 19	9-10am	Immunisations	TQH
Tues 25	7-9pm	*Tuning into Teens	TQK

March 2020

Tues 3	7-9pm	*Tuning into Teens	TQK
Wed 4	9-10am	Immunisations	TQK
Wed 4	10am	Sleep 6-12m	TQK
Wed 4	10.45-11.15am	Immunisations	MO
Wed 4	11.45-12.15pm	Immunisations	WI
Wed 4	1.30pm	Postnatal Health	TQH
Wed 4	2-2.15pm	Immunisations	LO
Wed 4	3.15-3.45pm	Immunisations	AN
Thur 5	10.30am	First Foods	WPG
Tues 10	7-9pm	*Tuning into Teens	TQK
Tues 10	7pm	*Dad's Night In	OG
Wed 11	10.30am	Fussy Eating	TQH
Tues 17	7-9pm	*Tuning into Teens	TQK
Wed 18	9-10am	Immunisations	TQH
Wed 18	10am	Toddlers	TQK
Fri 20	10am	Toddlers	LO
Mon 23	7pm	*Digital parenting	TQH
Tues 24	7-9pm	*Tuning into Teens	TQK
Wed 25	1pm	First Foods	TQK

- AN** Anglesea Kindergarten, 1 McMillan Street, Anglesea
- MO** Moriac Preschool, 7 Clerke Court, Moriac
- LO** Lorne Figtree Community House, 16 Mountjoy Pde, Lorne
- TQH** Torquay Children's Hub, 27 Grossmans Rd, Torquay
- TQK** Kurrabee Myaring Community Centre, 12 Merrijig Drive, Torquay
- WI** Winchelsea Maternal and Child Health Centre, Hesse Rural Health Building, 8 Gosney Street, Winchelsea
- WPG** Winchelsea Playgroup, St Thomas Anglican Church, 25 Barwon Tce, Winchelsea
- OG** Ocean Grind, 10B Sawmills Way, Torquay

April 2020

Wed 1	9-10am	Immunisations	TQK
Wed 1	10.45-11.15am	Immunisations	MO
Wed 1	11.45-12.15pm	Immunisations	WI
Wed 1	2-2.15pm	Immunisations	LO
Wed 1	3.15-3.45pm	Immunisations	AN
Wed 15	1.30pm	Nourishing Yourself	TQH
Wed 15	9-10am	Immunisations	TQH
Tues 21	6.30pm	*Gambling	TQK
Wed 22	1pm	Toilet Training	TQH
Fri 24	11am	Sleep 6-12m	LO
Thu 30	10.30am	Toddlers	WPG

May 2020

Wed 6	9-10am	Immunisations	TQK
Wed 6	10.45-11.15am	Immunisations	MO
Wed 6	11.45-12.15pm	Immunisations	WI
Wed 6	1pm	First Foods	TQK
Wed 6	2-2.15pm	Immunisations	LO
Wed 6	3.15-3.45pm	Immunisations	AN
Wed 20	9-10am	Immunisations	TQH
Wed 27	11am	Fussy Eaters	TQK
Wed 27	1.30pm	Postnatal Health	TQK

June 2020

Tues 2	1pm	Sleep 6-12m	TQH
Wed 3	9-10am	Immunisations	TQK
Wed 3	10.45-11.15am	Immunisations	MO
Wed 3	11.45-12.15pm	Immunisations	WI
Wed 3	2-2.15pm	Immunisations	LO
Wed 3	3.15-3.45pm	Immunisations	AN
Thur 4	2pm	First Foods	AN
Thur 11	10.30am	First Foods	WPG
Wed 17	9-10am	Immunisations	TQH
Wed 17	1pm	First Foods	TQK
Wed 17	1pm	Toddlers	TQH

RSVPS appreciated for all parent education sessions, but essential for those marked *

Email rsvpparented@surfcoast.vic.gov.au or call the Torquay Children's Hub on 5261 0549 to secure your place.

All parents, babies and children welcome at day time sessions!



Toy Libraries

Toy Libraries provide local families a range of quality fun and educational toys, games, puzzles and activities to borrow or hire for a minimal fee. There are a number of toy libraries across the Surf Coast Shire.

Torquay Toy Library

27 Grossmans Rd, Torquay

Anglesea Platypus Toy Library

1 McMillan St, Anglesea

Lorne Toy Library

16 Mountjoy Pde, Lorne

Winchelsea Community House Toy Library

30 Hesse Street, Winchelsea

For up to date information on any of the toy libraries, please call Torquay Children's Hub on 5261 0549, or look them up on the Toy Library Australia website.

Geelong Mums

Geelong Mums is a local organisation who work with social workers and Maternal and Child Health nurses to provide material aid to parents in the region who are experiencing hardship. They collect, sort and redistribute essential nursery equipment, clothing, books and toys for babies and school age children. Drop off bins are located at Torquay Children's Hub and Kurrabee Myaring Community Centre.

Please see Geelong Mums website for a list of appropriate items to donate.



Geelong Mums

Car Restraint Safety Checks

Free child restraint safety checks will be held at various locations across Surf Coast Shire throughout the year.

For more information call the Torquay Children's Hub on 5261 0549.



Parent Education Calendar

Jan-June 2020





Early Years

Surf Coast Shire Early Years provides a range of services to support families and children in the community. These include Kindergarten, Maternal and Child Health, Family Day Care and Occasional Care. For further information on any of these services, visit the Surf Coast Shire website, or call the Torquay Children's Hub on 5261 0549.

Breastfeeding Support Service

Surf Coast Shire Maternal and Child Health Service offers free support and advice to breastfeeding parents via one-to-one appointments with an experienced nurse/midwife and lactation consultant.

For more information, talk to your Maternal and Child Health nurse, or call 5261 0549.

Community Playgroups Service

Playgroup provides an opportunity for parents and caregivers and their young children to come together in a fun, safe, and relaxed environment. Surf Coast Shire has a number of active community playgroups in Aireys Inlet, Anglesea, Jan Juc, Lorne, Moriac, North Torquay, Torquay and Winchelsea. A free, facilitated playgroup delivering the 'smalltalk' program currently also operates in Torquay and Winchelsea.

For more information on playgroups, go to the Playgroups Victoria website (www.playgroup.org.au) or call the Torquay Children's Hub on 5261 0549.

Parent Education Sessions

Babies and Toddlers

Sleep and settling 6 to 12 month olds

Many parents find their child's sleep (or lack thereof!) a source of anxiety. Come along to this session to learn about infant sleep development, and how you can best support your baby to find an age appropriate rhythm to their day.

Torquay, Lorne

Baby's First Foods

Thinking about starting solids with your baby but have questions about when, what and how? Come along to this informative session with a Maternal and Child Health Nurse to find out the answers.

Torquay, Winchelsea, Anglesea

Fussy Eaters

Do you have a fussy eater at home? Dinner time battles? Come along and chat to a presenting Dietician about typical development and strategies to assist your picky eater.

Torquay

Toilet Training

Wanting to get your little person out of nappies but not sure where to start? Come along to our free information session to learn more about typical development of toileting skills and tips and tricks to get your child toilet trained.

Torquay

Toddler Behaviour & Sleep

Tantrums, tears, terrible twos, three-nagers... This session will cover the basics of toddler behaviour and sleep, and help you find some strategies to cope with the rollercoaster that is toddlerhood!

Torquay

Lorne and Winchelsea - sessions also include 'Toilet training' session.

Health & Wellbeing

Nourishing yourself after baby and beyond

The weeks and months after having a baby are physically and emotionally demanding. This session with an accredited practicing dietician and nutritionist will help you to understand your individual nutritional needs after pregnancy and birth.

Torquay

Postnatal Health and Returning to Exercise

Presented by a qualified physiotherapist specialising in pelvic floor health, this session will cover all things postnatal including: pelvic floor physiology and exercise, abdominal separation, rehabilitation after pregnancy and birth, and safely returning to exercise.

Torquay



Special Events

Dad's Night In

A night dedicated to the fine art of fathering young kids. Come along, meet other dad's, and pick the brains of two experienced maternal and child health nurses, as well as some guest speakers. Dads, stepdads, granddads all welcome.

Torquay

Parenting in a digital world

Managing kids' use of screens and technology can feel like a never-ending battle for parents. Presented by Daniel Donahoo, author and trained early childhood professional. This session will leave parents feeling empowered and more secure in the role technology should play in young children's lives.

Torquay

Teens

Tuning into teens

Run in partnership with Geelong Regional Parenting, Tuning Into Teens is a 6 week program for parents of teens aged 12 - 18. It looks at what is normal teenage behaviour, the four cardinal sins of parenting teens, communicating with your teen and managing those tricky situations.

Torquay

Young people and gambling

Problem gambling among young people is on the rise. This session for parents and carers, presented in partnership with Bethany, will look at how we tackle this complex issue.

Torquay



Youth

Our shire is full of vibrant young people who do great things every day. To see what we have on offer for the 12-25 year old crowd, find us on the Surf Coast Shire website - search Youth Development. You can also follow us on Surf Coast Youth Facebook page or email youthdevelopment@surfcoast.vic.gov.au.

Youth Lounge

The Youth Lounge is always staffed and is available for all young people aged 12 -25. The lounge is a safe space for young people to relax, hang out with friends and connect with the Surf Coast Youth workers.

Torquay

FReeZA

FReeZA is a youth program which provides young people with opportunities to enjoy music, art and recreation programs. FReeZA encourages young people to form committees that organise drug, alcohol and smoke free events for other young people in their local communities.

Immunisation sessions

Council's Environmental Health Unit provides free childhood Immunisation sessions for all vaccines that are listed on the National Immunisation Schedule.

Location	Time	Day
Kurrambee Myaring Community Centre-	9:00- 10am	1st Wed. of the month (from March)
Torquay Children's Hub	9-10am	3rd Wed. of the month
Moriac Maternal & Child Health Centre	10:45-11:15am	1st Wed. of the month (ex. January)
Winchelsea Maternal & Child Health Centre	11:45-12:15pm	1st Wed. of the month (ex. January)
Lorne Maternal & Child Health Centre, Fig Tree House	2-2:30pm	1st Wed. of the month (ex. January)
Anglesea Kindergarten	3:15-3:45pm	1st Wed. of the month (ex. January)