



OTHER SERVICES WE CAN PROVIDE...

Badge Maker

Available for free loan to community organisations. For your convenience, we have the parts for the badge making at Rainbow Coast Neighbourhood Centre (25 for \$20)

Room Hire

For meetings, community groups, workshops and more!

Let us know what you need!



Child Restraint Fitting/Checking

Ask for Catherine
Phone: 98418254

A donation would be appreciated for this service :)

Got an Idea?

Come and have a chat! We can help with community consultation, funding applications and idea development.

Baby Weighing Scales

Pop in and weigh your baby, Monday to Friday 9am - 3pm
We even have a kilo to pounds & ounces conversion chart

Photocopying & Printing

Reduced Rates for Community Groups



Government of Western Australia
Department of Communities



RCNC MEMBERSHIP...

- Reduced program & crèche fees
- Invitations to special events
- Priority given for programs/groups
- Assists towards insurance costs

Only \$30
Per calendar year
NOW DUE

Become an RCNC Member today and support us to support you!

Rainbow Coast Neighbourhood Centre Newsletter Term 2 2022



ALBANY FAMILY HOUSE

219 North Road
Albany WA 6330
(08) 9841 8254
admin@rcnc.org.au

Welcome to Albany Family House



Rainbow Coast Neighbourhood Centre
We are a not-for-profit organisation offering community support services

- **Parenting courses and support groups**
- **Fun interactive groups for children**
- **Social groups**
- **Time out for mums**
- **Child Health Groups**
- **Community Garden**
- **Migrant Support Services**
- **And so much more.....**



Child Safe Albany

...our children are free from abuse in any form

Can Do Kids Albany is a social and emotional learning initiative for children and young people operated by Can Do Support Services Albany (Len Wilkinson ABN:175 388 219 24). Mentoring and psycho-educational models are used to facilitate engagement with children and young people to support them to reach their full potential. All programs and services provided by Can Do Kids Albany are inclusive of children and young people with Developmental and Autism Spectrum Disorders. Expected outcomes include enhanced social and emotional development, resilience building, continued school engagement, the building of family relationships and friendship, and community participation.

Can Do Kids Albany is Safe Place for Children and young people

For further information contact Len on 0487 234 074 or Georgia on 0408 622 890.

Great Southern Migrant Services



Migrant Services

Our 2 Migrant Resource Centres are a part of Rainbow Coast Neighbourhood Centre and provide assistance to people who have arrived from another country within the last 5 years, under certain visas.

We provide advocacy, practical assistance, information and referral to other community services arising out of the settlement experience.

Albany Migrant Resource Centre

Family House, 219 North Rd
Albany WA 6330
Phone: 9841 1190

Email: amrc@rcnc.org.au

Various opening times, so please call or email to make an appointment. Thank you.

Funded through the Department of Home Affairs Canberra

Katanning Migrant Resource Centre

56 Clive Street
Katanning WA 6317
Phone: 9821 4420

Email: kmrc@rcnc.org.au



Karen Community

The Karen, pronounced Kah- Ren (emphasis on the second syllable), are indigenous to the **Thailand-Burma border region in Southeast Asia** and are one of the many ethnic groups in Burma. There are Karen people throughout the country presently known as Burma or Myanmar.



A typical Karen meal consists of **rice, vegetables, and sometimes meat**. Meals are usually flavored with chilies, tumeric, ginger, cardamom, garlic, tamarind, and lime juice. Typical vegetables are cucumbers, eggplants, mushrooms, squash, and bamboo shoots.





EVERY WEDNESDAY
DURING SCHOOL TERM
TIME

3.30 TO 4.30 PM

New Charges

\$5 per session/family
Or
\$3 per session/family with
RCNC Membership
(\$30 per year)

Garden Grubs

Fun in the garden, cooking and craft.
Learn about where our food comes
from, healthy recipes and recycling
waste items into works of art! Fun,
completely hands on creativity in the
garden.



REACH FOR SUPPORT WHEN YOU NEED IT...

24/7 HELPLINES:

Lifeline: 13 11 14
Beyond Blue: 1300 224 636
Kids Helpline: 1800 55 1800
Crisis Care Helpline: 1800 199 008
Women's Domestic Violence Helpline: 1800 007 339
DV Assist Helpline: 1800 08 0083
WA Elder Abuse Helpline: 1300 72 4679
24/7 Anonymous Crisis Support Line: 135 247
Youth Helpline WA: 1800 198 313

LOCAL SUPPORTS:

Albany Woman's Centre (Crisis & Emergency Accommodation)
98 456 000
Albany Police: 98 929 300 (Emergency 000)
Foodbank: (08) 9842 6645



Monday The Nest

12.30pm - 2.30pm

A Facilitated Support Group for Mums

Struggling with parenting?

Feeling unsupported?

The Nest offers information including:

- * Self-care
- * Common issues with parenting
- * Child Health Issues
- * Relationships

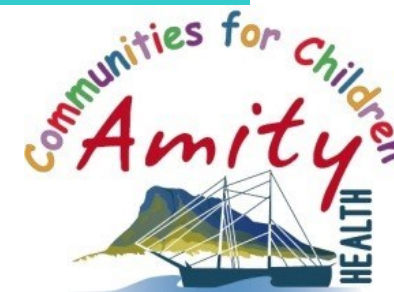
Develop your parenting knowledge
and feel supported to create positive
family relationships

To book please call
RCNC: 9841 8254

FREE PROGRAM



Includes Childcare



Supported by the Australian Government

Tuesday

MESSY MAESTRO'S

10.00-11.30

Commences April 26th and runs throughout the school term

For the busy toddler in your life!

Help your child learn some language, social, emotional and physical skills with our one hour interactive play sessions, using a mixture of messy play and music.

No bookings needed. Just drop in!

\$3 per session members
\$5 non-member
RCNC membership:
\$30.00 per year



Wednesday

WEDNESDAY WOMEN

10.30—12.00

Cost \$3 per person

Runs throughout the year. A social group for mature women who are looking to make new friends.

Come along to socialise over a cuppa at RCNC

No bookings required,



GARDEN GRUBS

3.30 - 4.30

Every Wednesdays during school terms

An innovative children's garden group that involves lots of garden play, crafty activities & gardening. Suitable for children 4 to 12. Children are required to be accompanied by an adult.

*\$5/family or \$3/RCNC member

Community Garden

Produce Swap and Share

1st Saturday of the month

All Welcome

Bring - Share - Swap - Chat
Produce - Preserves - Information
Seeds - Cuttings - Seedlings
Seed Savers Network collection point



10am to 12noon



Humphreys Street
(Behind Mt Lockyer
Primary School)

Open Garden

Wednesday and Friday
mornings
9.00am to 12.00pm

Join Yann
for general garden
upkeep, gardening
guidance and
enjoy a cuppa!





Community Garden News

Workshop: FROM THE GROUND UP; Building Healthy Garden Soil

May 7th (1:30 pm – 3:00 pm)

May is International Compost month! Join Permaculture Lecturer and Community Garden Co-ordinator Yann Toussaint to learn all about how to analyse and improve your soil, make nutrient rich compost, encourage worms and beneficial microorganisms, sequester carbon and treat soil nutrient deficiencies. Soil testing available. Afternoon tea provided. Bookings essential. Cost \$20 (\$10 RCNC Members)



Call RCNC on 9841 8254 to book your place.

“Like” the [RCNC Community Garden Facebook page](#) to stay up to date with upcoming workshops and activities...



Produce Swap & Share dates:

(1st Saturday of each month from 10am to 12pm)

Including plant & book sales and a chance to have your gardening questions answered!



Saturday 7th May 2022
Saturday 4th June 2022
Saturday 2nd July 2022



Thursday

TIME OUT THURSDAY

9.30 - 11.30

Commences April 28th 2022

Never enough time to do the things you would like?

Are you interested in learning some simple art & craft?

Put the kids into our childcare and take some well earned time for yourself!

Annual membership \$30

+ \$10 per session for materials.

Bookings essential:

Contact RCNC on 9841 8254



Friday



AN EXCITING NEW SOCIAL OPPORTUNITY IS COMING TO RAINBOW COAST NEIGHBOURHOOD CENTRE

Feel Good Friday

EVERY FRIDAY, DURING SCHOOL TERMS
9.30AM-11.30AM

OPPORTUNITIES TO CONNECT WITH OTHER MUMS

Mums' time out social group
For mum's who no longer need in house childcare to attend
Past and New Participants welcome

CRAFT AND OTHER FUN ACTIVITIES

booking essential
\$10 per session cuppa included



NOW OPEN Family House Childcare



Open now
Places available!

6 weeks to Kindy age

Places filling fast, contact
us now to secure your
place

Contact
Catherine Bramley
Childcare Coordinator
9841 8254
creche@rcnc.org.au

Where to find us:



219 North Road
ALBANY WA 6330
www.rcnc.org.au

Government of Western Australia
WA Country Health Service

Early Parenting Group

An informal group for first time mums and dads that provides tips on becoming a parent and the opportunity to meet other new families.

- Nutrition
- Sleeping and settling
- Play and development
- Baby massage
- Baby rhyme time

2022 Dates:
3 Feb - 3 Mar
10 Mar - 7 Apr
28 Apr - 26 May
2 June - 30 June
21 July - 18 Aug
25 Aug - 22 Sept
13 Oct - 10 Nov
17 Nov - 15 Dec

Rainbow Coast Neighbourhood Centre
Thursdays, 1pm-3pm

Bookings essential
9842 7510

Babies welcome
Bring a rug
Crèche not available

wacountryhealth.wa.gov.au/childhealth

Government of Western Australia
WA Country Health Service

Let's Sleep Group

A free program to support parents and carers of children 6 to 18 months experiencing sleep and settling issues.

Topics covered include:

- Establishing good sleep patterns
- Realistic expectations of sleep
- Sleep and sleep settling strategies
- Giving you confidence to assist your child to self-settle
- Sharing ideas and experiences with the group to support each other

When: 16th March and 23rd August 2022 12.30pm-2.30pm

Venue: Rainbow Coast Neighbourhood Centre, North Road Albany

Attendance is free and there are free crèche services available.

To book please call 9842 7510

Get in touch
WA Country Health Service
Great Southern Child Health
84 Collier Street, Albany WA 6330
9842 7500
www.wacountryhealth.wa.gov.au

Child Health Groups Online TERM 2, Call: 9842 7510

Government of Western Australia
WA Country Health Service

Bouncing Back Program

The 8 week Program is provided locally by Child Health and Specialist Professionals with the aim of reducing depression and anxiety during pregnancy and after the birth of your baby.

If your baby is less than 18 months old, or you are pregnant, and you would like to be part of an informal, friendly, supportive group of women and receive advice on how best to manage the feelings that often come with having a baby the program would be great for you!

The Group is run from the Rainbow Coast Neighbourhood Centre on North Road, Albany.

There is a free crèche service available. To discuss the program further please call 0428 223 535 or email: wachs-gs.bbprogram@health.wa.gov.au

Get in touch
WA Country Health Service
189 Wellington Street
Perth, Western Australia 6000
Telephone: 08 9223 8500
Facsimile: 08 9223 8599
www.wacountryhealth.wa.gov.au

COMMUNITY | COLLABORATION | QUALITY | INTEGRITY | JUSTICE
FOSTERING COMMUNITY CONNECTIONS THROUGH PARTNERSHIPS AND INVOLVEMENT

Government of Western Australia
WA Country Health Service

A Solid Start

A FREE program to support parents and carers introducing solid foods to their baby.

The program is for any parent or carer, with a child over 4 months of age, who needs information on introducing solids.

What is covered?

- Why and when to introduce solids
- How to introduce solids, and what to introduce first
- How to move from first foods to family foods
- What foods and drinks to avoid
- Food safety
- Common signs and symptoms of allergies.

2022 Dates: 23 February, 22 June, 3 August, and 16 November
Time: 1.00pm-3.00pm
Venue: Rainbow Coast Neighbourhood Centre, North Road Albany

To book please call: 9842 7510

Get in touch
WA Country Health Service
84 Collier Street, Albany WA 6330
9842 7500
www.wacountryhealth.wa.gov.au

COMMUNITY | COLLABORATION | QUALITY | INTEGRITY | JUSTICE
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COMING TO RAINBOW COAST
NEIGHBOURHOOD CENTRE

Feel Good Friday

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9.30AM-11.30AM

OPPORTUNITIES TO CONNECT WITH OTHER MUMS

Mums' time out social group
For mum's who no longer need in house childcare
to attend
Past and New Participants welcome

CRAFT AND OTHER FUN ACTIVITIES

booking essential

\$10 per session cuppa included

Monday Childcare News

This Term we focused on each child's personal interest. Such as oceans (sharks mostly), trucks and transport, and water play. At the end of the term we focused on emergency services, learning to stop, drop and roll. We've been watching the emergency vehicles drive past everyday. We learnt a lot about ocean animals and where they come from.

Tuesday This term we have been very busy. The sandpit has been the most popular area, sometimes finding all of us in there at the one time. We learnt about dental hygiene, brushing some very big, dirty teeth nice and clean. We made boats and sailed them to see if they would float. Hooray! they did. If we filled them up with water they sank to the bottom. We met "Handa", she is a character in a book. She lives in a village in Africa and we helped her find her hen "Mondi" who was hiding.

WEDNESDAY

This term we had fun with messy play to enhance our sensory awareness. We incorporated Dental Health Month and World Pizza day into our explorations. The children enjoyed getting messy with trucks and cars in paint to make tracks, sand and water play, and a Easter themed messy tray with pudding.

THURSDAY

This term we have been learning about colours. We have become confident in recognising a number of colours. Through our free play we have discovered that we show a strong interest in trucks and dinosaurs.

Friday

This term we have learnt through play. Our co-operation skills have developed really well. We especially enjoyed exploring through sensory play at the beginning of the term. Exploring water and ice was the most enjoyed activity.

Please remember to let us know if your child will not be attending a care session. This will help us organise our programming and staffing. Unless you have given us 2 weeks notice of your child's absence, your normal fees will be charged. You can message us on our childcare mobile 0439 148 558, email or phone the centre.

Catherine Childcare Co-ordinator



Family House Child Care

Term 1 2022



Messy Maestro's

TERM 1 ACTIVITIES



Messy Maestro's

For the busy toddler in your life!

Tuesdays

10.00am - 11.30am

@ Rainbow Coast Neighbourhood Centre

Join in at anytime throughout the year



Runs throughout the school term

No bookings needed Just drop in!

Help your child learn some language, social, emotional and physical skills with our one hour interactive play sessions, using a mixture of messy play and music.



\$3 per session members
\$5 non-member
RCNC membership:
\$30.00 per year



During the January holidays we were very lucky to have Zac (Killian's Dad) come in and do some science experiments with us.



The Nest

A Facilitated Support Group for Mums

**FREE
Program**



**Child Care
available
on site**

The Nest Group meet for 2 hours each Monday for 8 weeks, to provide parenting support and knowledge building in a warm and welcoming environment.

Topics covered include

- * Self-care
- * Mindfulness
- * Protective behaviours
- * Child health issues
- * Relationships

Venue: Rainbow Coast Neighbourhood Centre

Supported by

219 North Road, Albany

For further information or

to book please call RCNC: 9841 8254



Like us on Facebook



Time Out Thursday

9.30am - 11.30am

@ Rainbow Coast Neighbourhood Centre

- * **Never enough time to do the things you would like?**
- * **Are you interested in learning some simple art & craft?**
- * **Put the kids into our childcare (fees apply) and take some well earned time for yourself!**

Annual Membership \$30
Plus \$10 per session for materials

Bookings essential

Contact RCNC on 9841 8254



No skills needed and you get to take home your new creation and have a few laughs.