

# RAINBOW COAST NEIGHBOURHOOD CENTRE

Thank you for supporting our Easter Raffle!



All funds raised will go towards upgrading our outdoor play area.

1st - Daisy

2nd - Lauren

3rd - Falon

4th - Lauren



1300 215 391



ParentsNext helps parents with children under 6 to plan and prepare for future study or employment.

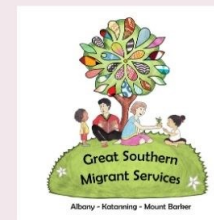
If you're eligible, phone 1300 215 391 and we'll connect you with a ParentsNext provider who can help you set study and work goals set a participation plan with you. Meet with you regularly. Help you access services in the local community.

## RCNC MEMBERSHIP...

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

Only \$30  
Per calendar year

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



219 NORTH ROAD  
ALBANY WA 6330  
9841 8254  
ADMIN@RCNC.ORG.AU

Term 2 2024



# 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**
- **Childcare**
- **And so much more.....**



## 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

Free Settlement Support for Migrants with **working visas** who are new to the Great Southern Region.

Tailored Support to connect with essential services and your new community.

Comprehensive Orientation to familiarise you about living in Australia from emergency services to working

Language support with interpreters

For more information contact Great Southern Migrant Services

Albany

0417 945 202

amrc@rcnc.org.au

Katanning

0429 378 266

kmrc@rcnc.org.au



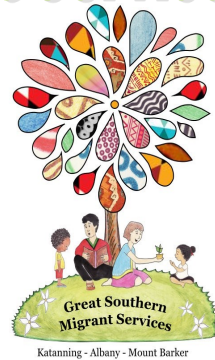
MIGRATION SERVICES

# 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.



Funded through the Department of Home Affairs Canberra

### Albany Migrant Resource Centre

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

Email: [amrc@rcnc.org.au](mailto:amrc@rcnc.org.au)

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



### Katanning Migrant Resource Centre

Unit 1/121 Clive Street  
Katanning WA 6317  
Phone: 9821 4420

Email: [kmrc@rcnc.org.au](mailto:kmrc@rcnc.org.au)

Various opening times. Please call or email for details to make an appointment.



# Monday



**BOUNCING BACK 9.30 - 11.30**

Commences Monday 22nd April

Are you exhausted, anxious or stressed all the time?

Every day seems like an uphill battle?

Do you have a baby 18 months or under?

Do you have postnatal depression?

**Bouncing Back** is designed to support people becoming parents, with a special focus on the prevention and treatment of **anxiety, stress and postnatal depression**. Evening sessions may be available for partners.

**Free program & childcare**  
To book **contact your Child Health Nurse** directly on **9842 7500**

## The Nest

12.30pm - 2.30pm

Includes Childcare

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

Term 2 Program starts on the 22nd April

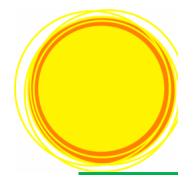
Fun in The Nest

To book please call  
RCNC: 9841 8254

**FREE PROGRAM**



# Tuesday



## Community Garden News

### MESSY MAESTRO'S

10.00-11.30

Commences and runs throughout the school term

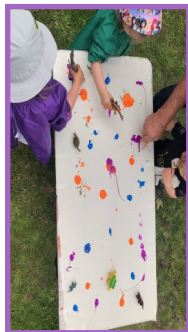
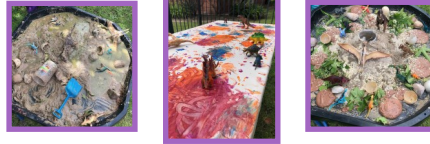
For the busy toddler in your life!

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

### Messy Maestro's Term 1 2024



This term during our Produce Swap and Share sessions Libby, our resident Herbalist, will be giving us a "Herb Talk's"! Libby will be taking us through the flavour profile's of herbs & weeds and their correct usage. (Dates are listed below.)

Keep an eye out for the Living Smart Course which will run for 7 weeks on a Tuesday afternoon at the Albany Public Library starting on the 30th April!



### 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 4th May 2024

Saturday 1st June 2024

Saturday 6th July 2024



Like the RCNC Community Garden Facebook page to stay up to date with upcoming workshops and activities...



# 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

RCNC Community Garden  
 Humphreys Street  
 Behind Mt Lockyer Primary



Humphreys Street  
 Behind Mt Lockyer  
 Primary School

### Open Garden

Wednesday and Friday  
 mornings  
 9.00m to 12.00pm

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



# Wednesday



### SOLID START

Wednesday 8th May 2024

1.00pm - 3.00pm

1 session /no creche

Free program

To register **contact** your Child  
 Health Nurse directly on **9842 7500**



### GARDEN GRUBS

3.30 - 4.30

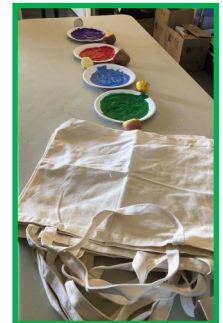
Every Wednesday during school  
 terms

An innovated 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

Garden Grubs  
 Term 1 2024



# Thursday

## TIME OUT THURSDAY

9.30am - 11.30am

Commences 18th April 2024

*Never enough time to do the things you would like?*

*Are you interested in learning some simple art & craft?*

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

No art skills needed!

You get to take home your new creation and have a few laughs.

Annual membership \$30  
+ \$10 per session for materials.  
Bookings essential:  
Contact RCNC on  
9841 8254



## EARLY PARENTING GROUP

1.00pm - 3.00pm

Commences 18th April for 5 weeks  
Commences 23rd May for 5 weeks

### A Post Natal Parenting Program

- Guest speakers
- Meet other new parents
- Make some new friends along the way
- Keep up with current ideas
- Dad's are welcome

Our wonderful Health Nurses present information sessions and parenting skills along with guest speakers and reassurance.

**Free program**  
To register **contact your Child Health Nurse** directly on **9842 7500**



Government of Western Australia  
WA Country Health Service



Understanding and nurturing wellness during pregnancy and parenthood

Join us for a FREE information session

Who is it for?



- Expectant and new parents
- Supporting family
- Friends and significant others
- Interested community members

What will you take away?

- An understanding of mental health and wellbeing
- Signs and symptoms to be aware of
- How to help someone you love
- How to help yourself
- Where to find help, information, resources
- How to navigate the health system



## Where

Rainbow Coast Neighbourhood Centre  
219 North Road, Albany WA 6330

## When

Friday 24 May 9am - 12pm



Registrations are essential, please contact:

Rainbow Coast Neighbourhood Centre

Phone: 9841 8254

Email: [admin@rcnc.org.au](mailto:admin@rcnc.org.au)

WACHS GS Population Health 9842 7574

Email: [gs.healthpromotion@health.wa.gov.au](mailto:gs.healthpromotion@health.wa.gov.au)



Delivered by experienced health promotion professionals. This educational session is not therapy and does not replace any clinical advice you may receive from your health care provider.



Government of Western Australia  
WA Country Health Service



# Early Parenting Group

Your local child health nurse invites you to attend a **FREE Early Parenting group.**

These groups are an opportunity to meet others with newborn babies, and to share experiences and information including:

- Becoming parents
- Getting to know your baby
- Development, play and safety
- Sleep and settling

- Bring a rug for your baby to lie on when they are not being held.
- Bring a cushion for you to sit on, so you can be close to your baby.
- Bring drinking water and a personal snack.
- ❗ **DO NOT bring hot food and drinks for safety reasons.**



Term 2 Programs  
starting  
18th April  
& 23rd May

For babies under 4 months

Groups run twice per term for 5 weeks at the Rainbow Coast Centre, North Rd, Albany.

Please contact 98427500 to book or speak with your Child Health Nurse.

Coronavirus  
update

If you are attending a face-to-face group:

- remember to practise physical distancing
- do not attend if you are feeling unwell or need to self-isolate.

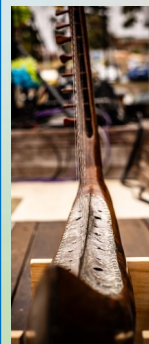
If you need to cancel your booking or would like to know about virtual groups that may be available in your area, contact your Child Health Nurse.

This document can be made available in alternative formats on request for a person with a disability.

June 2020 CAH-001108

## Harmony Week Festival

16th March 2024



### RCNC MEMBERSHIP...

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

Only \$30  
Per calendar year

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



Mmmmm

Full Day and Half Day Sessions



6 Weeks to Kindy Age



Play Based High Quality Childcare and Education in Small Groups



Where to find us:



219 North Road  
Albany WA 6330  
[www.rcnc.org.au](http://www.rcnc.org.au)



Centre Opening Hours  
8.30am - 4.00pm  
Monday to Friday

Contact  
Catherine Bramley  
Childcare Co-ordinator  
9841 8254  
0439 148 558  
[creche@rcnc.org.au](mailto:creche@rcnc.org.au)



Government of Western Australia  
Child and Adolescent Health Service



# A Solid Start

## A FREE session to help parents introduce solid foods to their baby

### What is involved?

One group session

### What is covered?

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



### Group details:

Place: Rainbow Coast Neighbourhood Centre

219 North Road

Date: 8th May 2024 Time: 1.00pm—3.00pm

OR

Place: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### How do I book?

Ask your child health nurse or visit [healthywa.wa.gov.au/parentgroups](http://healthywa.wa.gov.au/parentgroups).  
If unable to book online, please contact the Child Health Booking System on 1300 749 869 (metro only).



If you are attending a face-to-face group:

- remember to practise physical distancing
- do not attend if you are feeling unwell or need to self-isolate.

If you need to cancel your booking or would like to know about virtual groups that may be available in your area, contact your Child Health Nurse or the Child Health Booking System on 1300 749 869 (metro only).

Please note: Unless there is a crèche advertised, only babies under the age of 6 months can attend this group. However, we welcome babies who need breastfeeding during the session.  
DO NOT bring hot food and drinks for safety reasons.





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](mailto:wachs-gs.bbprogram@health.wa.gov.au)

**Term 2  
Program  
starts on the  
18th of April**

## Get in touch

### WA Country Health Service

84 Collie Street  
PO Box 5147  
Albany  
WA 6330  
9842 7500

[www.wacountry.health.wa.gov.au](http://www.wacountry.health.wa.gov.au)

To provide feedback on this publication email  
[wachs-gs.bbprogram@health.wa.gov.au](mailto:wachs-gs.bbprogram@health.wa.gov.au). Alternatively, from 18th April  
for provision as required, 4 WA Country Health Services.



# Childcare News

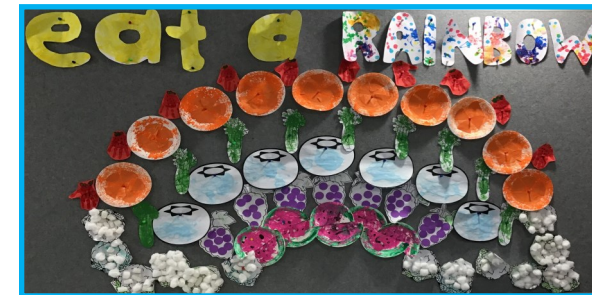
## From Term 1

This term we focused on healthy eating. We decorated a healthy eating rainbow which we have displayed in our room! Each week we created a different fruit or vegetable with the children during craft time. Lots of conversations during meal times about what we were eating and whether it was a healthy food or a sometimes food.

We celebrated Hungry Caterpillar Day with lots of fun activities and made playdough caterpillars together.

With the sun shining brightly, we played outside with sand & water play throughout the term.

The end of the term saw us creating lots of fun Easter craft and we had Easter Egg Hunt!



**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, email or phone RCNC admin.**

*Catherine* Childcare Co-ordinator

0439 148 558/9841 8254/creche@rcnc.org.au



# 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.

# 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**

**Term 1 2023**

**Family  
House  
Child Care**



# 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



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.

