

PROMOTING THE
HEALTHY
DEVELOPMENT
OF CHILDREN
AND YOUNG
PEOPLE IN THE
SOUTH WEST

Envoy



Investing In Our Youth Newsletter

April 2017

Welcome

Investing In Our Youth is a community based not for profit organisation based in the South West of Western Australia.

Our vision is to create a healthy and safe community environment where all young people are valued and supported to reach their full potential.

Investing In Our Youth achieves its vision by working with other community service organisations, business, government and the wider community to generate ideas and facilitate projects, services and community plans that will foster the development of children and young people in the South West region.

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Holiday fun

A range of very successful holiday activities were coordinated by the Child and Parent Centres in Collie and Carey Park.

Collie Child and Parent Centre had a beautiful day and huge turn out for their exciting Easter party.

In Dalyellup around 40 children attended Lego challenge events at the Dalyellup Community Centre.

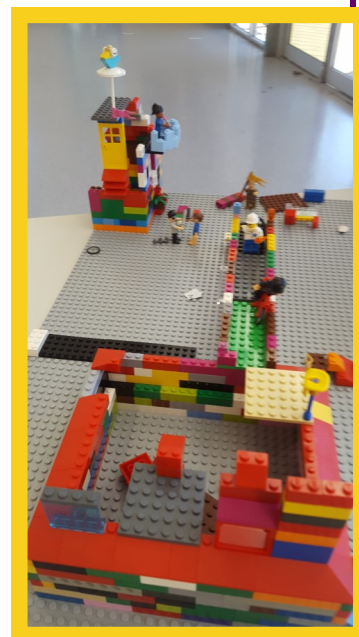
The Dalyellup holiday programs were undertaken in partnership with the Shire of Capel through funding provided by the Department of Local Government and Communities and Regional Development and Royalties for Regions.

Corenne Lynn from Dalyellup Public Library provided the following comments...

"I was really impressed how Maggie talked about bridge structures and explained how having foundations were important to build strong bridges. All the Lego creations were put on the tables for everyone to admire at the end of the session. Maggie then asked the children to test their bridges to see how much weight they could hold.

With lots of praise and encouragement the children were asked to talk a little about what they had made. Then the whole group would clap after each presentation.

Thank you for working with the Dalyellup Public Library on this awesome school holiday activity."



Mums and Bubs—Healthy Me, Healthy You

After a successful trial last term, the Collie Child and Parent Centre is launching another weekly 'Mums and Bubs—Healthy Me, Healthy You' program.

Parents have had a lot of input into the program design which encourages healthy habits for mum and baby and includes such great activities as walking, yoga and healthy meal ideas.



MyTime

Carey Park Child and Parent Centre has successfully launched the My Time program in Bunbury.

MyTime groups provide support for mothers, fathers, grandparents and anyone caring for a child with a disability, developmental delay, or chronic medical condition.

The Carey Park My Time group is delivered in partnership with College Rowe school.

"I try to do a lot of sensory activities in our MyTime Playgroup as I feel this works really well with this group of children and they love it. We sing sometimes when we eat our fruit or when we do water play. I am always making up tunes and singing. The kids respond to this. I can tell by the smiles on their faces. I feel that they are more relaxed and not as shy as when they first came here" - Play Leader Teresa Young.

Any families interested in joining the MyTime program in term 2 should contact program facilitator Pam Macnish on 9721 6991 or email Pam for more information on Pam.Macnish@investinginouryouth.com.au.

The MyTime program is supported by the Australian Government Department of Social Services.



The Pod—Out and About

On March 14, the Pod arranged a big day out for 27 Education and Care workers from the South West generously supported by the South West Development Commission

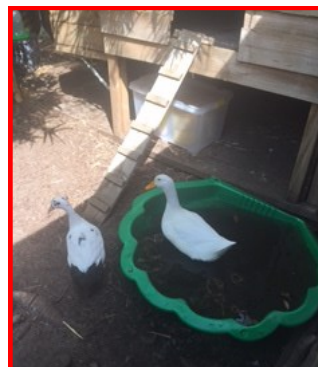
First stop was a visit to Nature Play WA where educators participated in a great Engaging Outdoor Learning workshop on the balcony and nature strip of the Nature Plays office at Matilda Bay.



Next was a visit to Unicare at UWA. Unicare is an Education and Care (child care) centre that is recognised for excellence in service provision.

Educators reported that the visits helped inspire new ideas and motivation to increase indoor and outdoor learning opportunities for children in their care.

Unicare particularly impressed with their use of natural materials and bird, animal and plant life.



The Incredible Years Basic Parenting Program

Investing In Our Youth would like to thank South32 Worsley Alumina for supporting the Incredible Years program and enabling this program to be kick started in Collie and Bunbury, with a planned approach to making the program sustainable into the future.



Pictured: L-R Carmen Gregg CEO Investing In Our Youth, Mel Tencer Specialist/Corporate Affairs South32, Carole English Collie Valley Child and Parent Centre.

Vice President Operations, Worsley Alumina, Dino Otranto said South32 is proud to support a program that focuses on giving children the best start to their schooling life.

“The Incredible Years program aligns to South32’s ‘value of care’ by nurturing relationships between parents and children. If children have support and stability at home, their ability to engage in school life is improved,” Mr. Otranto said.

The logic behind bringing the Incredible Years program to Collie and Bunbury is based upon identifying a gap in easily assessable parent support programs that specifically help parents to provide nurturing, loving, playful and affectionate environments at home.

Investing In Our Youth is very appreciative of the way that the community has embraced the Incredible Years program. In addition to support from South32, many local businesses have kindly donated various prizes and incentives towards the program, which have been a rewarding and welcome addition each week for parents.

Carole English, Coordinator of the Child and Parent Centre—Collie Valley said that taking part in an Incredible Years program could help families to become stronger and is proven to help build greater attachments between parents and children, improve children’s self-esteem, see positive changes in behavior and attitudes and essentially create happier families.

HIPPY

The HIPPY program is a two year, home based, early learning and parenting program for families with young children.

Good news! HIPPY is keen to hear from families with four year old children in the Bunbury and Collie area. We are open for registrations for this program now. No fees apply.

And more good news! A fortnightly Mums and Bubs play group has commenced for HIPPY families in Collie, supported by a partnership with SWAMS and the Collie Child and Parent Centre.



For more information contact program coordinator Naomi Henderer on 0459 785 699.