

# RYDE FAMILY SUPPORT

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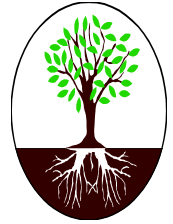
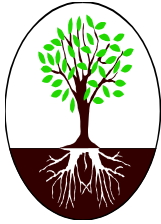
## April 2007 Newsletter

### Mission Statement

In an environment of trust and respect, working with family strengths, Ryde Family Support Service aims to provide a service that offers practical assistance and emotional support to families experiencing crisis or stress.

We work with families in the Ryde / Hunter's Hill Local Government Areas who have children and young people under eighteen years of age, living at home.

The work of the Service aims to enhance families' capacity to support the growth and development of all family members – adults, young people, and children.



### Suggestions for simple fun things to do.

Going to the beach, Laughing with friends, Going to a party, Drawing or Painting, Singing with groups, Soaking in the bath, Family get together, Relaxing, Going to a movie, Cooking, Bird watching, Meeting new people, Doing arts and crafts, Flying a kite, Gardening, Swimming, Making a gift for someone, Chatting with a friend, Recycling old items, Arranging flowers, Watching children play, Exercising.

### Ten Commandments for Reducing Stress

- 1. Thou shalt NOT be perfect, not even try to be.
- 2. Thou shalt NOT try to be all things to all people.
- 3. Thou shalt leave things undone that ought to be done.
- 4. Thou shalt NOT spread thyself too thin.
- 5. Thou shalt learn to say 'NO'.
- 6. Thou shalt schedule time for thyself.
- 7. Thou shalt switch off, and do nothing regularly.
- 8. Thou shalt be boring, untidy.
- 9. Thou shalt NOT even feel guilty.
- 10. Especially, thou shalt NOT be thine own worst enemy, but thy best friend.

## **Prime Minister's Bennelong Awards Presentations in December 2006.**

- Our volunteer bus driver Graham Mitchell received an **Older Australians Recognition Award 2006**. Our congratulations go to Graham on this well deserved award.

## **Grandparents as Carers Group**

A Grandparent Carers Support group has been meeting at Ryde Family Support Service once a month since late last year. The group provides support to grandparent carers who have the primary care of one or more of their grandchildren. The group meets at 1pm on the third Monday of each month at 1 Clanalpine Street Eastwood. The group's aims are to raise awareness of the difficulties facing grandparent carers, provide avenues for information and discussion and the sharing of experiences, mediation and advocacy for grandparent carers and explore avenues for activities for the grandchildren and respite for the carers.

Any grandparent carer who is interested in joining the group is welcome to attend the next meeting and should notify their interest by phoning 9334 0111.

For further information please contact Michael Whitehead, Coordinator of Ryde Family Support Service on the above number

## **Young Mums Playgroup**

This is a new group which began in First term to give young mums (aged up to 25 years) an opportunity to get together once a week. This group has been a great success allowing new friendships to be formed between young mums. They can exchange ideas, have an opportunity to chat with an experienced Child Care Worker and enjoy a cuppa while the children/babies enjoy the interaction with each other. If you are interested in attending this group please phone 9334 0111 to book in.

## **About the New Premises**

Since relocating to Eastwood in July 2006 renovations to our premises are now almost complete. This has enabled us to provide an area for childcare and playgroup as well as commencing group work. The premises have been modified to provide wheelchair access and facilities for people with a disability. Concrete ramps with rails have been provided at the front and the rear of the building and a toilet and shower provided. Our outside areas have been landscaped at the front of the building and softfall installed at the rear and in the children's play area.

The cost of renovations has been expensive and we could not have provided the facilities without the assistance of government and local organisations. We extend our thanks to the Department of Community Services, Ryde Eastwood Leagues Club, North Ryde RSL, Gladesville RSL and Ryde Rotary.

### **Our new Staff Member**

Bronwyn Williams joined Ryde Family Support Service in August 2006. Bronwyn finds the work to be both challenging and rewarding. Previously she worked as a volunteer for both Uniting Care Burnside and Anglicare. She studied Psychology at Macquarie University. Bronwyn is married and has 4 sons aged 32, 26, 23 and 10. Bronwyn possesses a great sense of humour which keeps her balanced while dealing with the frustration of advocacy.

### **A few ways to praise a child**

- You brighten my day, Well done, You are nice to be with, I love you, You're beautiful, You're a winner, A kiss, You're important, You're a legend, You're the best, You're special, You're exciting, I'm proud of you, I trust you, You deserve a big hug, Fantastic job, You make me happy, Good for you, You're perfect, I respect you, Superstar, Hey, I love you, Super job, Wow.

**Remember a Hug is worth 1000 Words**

