

January 2020 Newsletter

Editor's Message

By Jess Young

Welcome to the first newsletter for 2020 and Happy New Year! I hope you had a lovely holiday season and a great start to the new decade.

Did you know ...it is also Chinese New Year! This is the Year of the Rat, and to celebrate there is lot's happening in Sydney for families and children to get involved, such as Dragon Races, Lion Dances, a Lunar Lantern Trail and Lunar Spectacular Shows and Festivals. For more information on event dates and locations, visit:

<https://www.timeout.com/sydney/things-to-do/the-best-chinese-new-year-events-in-sydney>

Also, don't forget to check out the calendar and events in this newsletter for playgroups, playdates and other fun activities over this month and in February.

What's On This Month...

28/01	Macarthur Playgroup
30/01	Mini Movers Playgroup
31/01	Parents 'n' Bubs Playgroup
And in February 2020....	
03/02	Shire East/West Playdate
04/02 & 21/02	New Playgroup—Wollongong
11/02 & 25/02	Macarthur Playgroup
12/02	Padstow, Milperra, Liverpool & St George Playdate
13/02 & 27/02	Mini Movers Playgroup
15/02	Multiple Mums Night Out
16/02	Grandparents Playdate
17/02	SSMBA Committee Meeting
Every Friday	Parents 'n' Bubs

Playgroups

Name	Ages	When	Location	Cost	Contact	Email
Mini Movers	All ages	Fortnightly, Thursdays, School Term Time	Kingsway Church Caringbah, 9 Resolution Drive, Caringbah	\$5 per session \$40 for 9 sessions	Amanda Adams Shayley Ennis Nikola Nohelova	minimovers@ssmba.amba.org.au
Parents n Bubs	Non walkers	Weekly Fridays., School Term Time	Illawong Community Hall, Main Hall. Illawong Shopping Village, 273 Fowler Rd, Illawong	\$5 per session \$40 for 9 sessions	Amy Seidel Lauren Freeman	parentsnbubs@ssmba.amba.org.au
Macarthur	All ages	Monthly, TAFE Term Time	TAFE SWSi—Campbelltown College, 181 Narellan Rd, Campbelltown	Free	Danielle Hope	macarthurrep@ssmba.amba.org.au

Playdates

Name	Ages	When	Location	Cost	Contact	Email
Macarthur	All ages	Monthly during school holidays	Various locations in area	Free (location dependent)	Danielle Hope	macarthurrep@ssmba.amba.org.au
Shire East	All ages	Monthly	Locations alternate between Shire West & Shire East	Free (location dependent)	Jessica Mackay	sutherlandshireeast@ssmba.amba.org.au
Shire West	All ages	Monthly	Locations alternate between Shire West & Shire East	Free (location dependent)	Kate Alger	sutherlandshirewest@ssmba.amba.org.au
Padstow/ Milperra	All ages	Monthly	Locations alternate between Padstow/Milperra, Liverpool and St	Free (location dependent)	VACANT	padstownmilperrarep@ssmba.amba.org.au
St George	All ages	Monthly	Locations alternate between Padstow/Milperra, Liverpool and St	Free (location dependent)	Lauren Freeman	stgeorgerep@ssmba.amba.org.au
Liverpool	All ages	Monthly	Locations alternate between Padstow/Milperra, Liverpool and St	Free (location dependent)	Helena Sullivan	liverpoolrep@ssmba.amba.org.au

Upcoming Events



Southern Sydney Multiple Birth Association

NEW PLAYGROUP 2020

EARLY START DISCOVERY SPACE




WE ARE EXCITED TO ANNOUNCE TWO NEW TRIAL PLAYGROUPS:

WHERE : EARLY START DISCOVERY SPACE, WOLLONGONG

WHEN: TUESDAY 4TH FEBRUARY & FRIDAY 21ST FEB 10AM-12PM

COST: \$10 PER FAMILY
INCLUDING ENTRY TO THE CENTRE FOR THE DAY.
FREE PARKING AVAILABLE IN THE CARPOOL AREA IF THERE ARE 3 OR MORE OF YOU!

SPACES ARE LIMITED SO PLEASE BOOK YOUR PLACES HERE
[HTTP://DISCOVERYSPEACEPLAYGROUP.EVENTBRITE.COM.AU](http://DISCOVERYSPEACEPLAYGROUP.EVENTBRITE.COM.AU)



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Macarthur PlayGroup 2020 DATES

PLEASE JOIN US! 10AM-12PM

TUESDAY 28TH JANUARY - INGLEBURN TABATINGA

TUESDAY 11TH FEBRUARY - CAMPBELLTOWN SWSI TAFE

TUESDAY 25TH FEBRUARY - CAMPBELLTOWN SWSI TAFE

TUESDAY 10TH MARCH - CAMPBELLTOWN SWSI TAFE

TUESDAY 24TH MARCH - CAMPBELLTOWN SWSI TAFE

TUESDAY 7TH APRIL - CAMPBELLTOWN SWSI TAFE








CONTACT: DANIELLE HOPE
MACARTHURREP@SSMBA.AMBA.ORG.AU



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MINI MOVERS

ALTERNATE THURSDAYS TERM TIME ONLY

10am-midday

Join other multiple families for our all ages playgroup

Kingsway Community Church
9 Resolution Drive, Caringbah





- Safe indoor & outdoor areas
- Loads of toys & play equipment
- \$5 per session or \$40 for 9, first visit free
- Coffee Van on site



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Parents n' Bubs

JOIN US WEEKLY ON FRIDAYS IN TERM TIME FROM 10AM - MIDDAY





- First session is free, \$5 per family or buy a 9 session pass for \$40
- Connect with multiple families
- Partners, Nans, Pops, carers and siblings... welcome
- BYO Playmat and toys
- Coffee shop, supermarket and chemist nearby
- Catering for newborns to newly mobile (playpen and outdoor equipment for the new walkers)
- Please keep your little ones at home if unwell...

Parentsnbubs@ssmba.amba.org.au
Spada Function Room, Illawong Community Hall,
273 Fowler Rd. (Adjacent to Illawong Shopping Village)

Upcoming Events



**SHIRE EAST/WEST
2020 PLAYDATES
JOIN US
10AM-12PM**

MON 3RD FEB - OLD SCHOOL PARK, GYMEA BAY
FRI 13TH MAR - CAMELLIA GARDENS, CARINGBAH
SAT 4TH APRIL - LANTANA RD RESERVE - EASTER PLAYDATE
FRI 1ST MAY - SHELLY PARK PLAYGROUND, CRONULLA
MON 1ST JUN - LITTLE FEET CAFE, ENGADINE
FRI 3RD JUL - OLD SCHOOL PARK, GYMEA BAY
MON 3RD AUG - LOLLIPOPS, MENAI
FRI 4TH SEP - CAMELLIA GARDENS, CARINGBAH
MON 12TH OCT - LANTANA RD RESERVE, ENGADINE
FRI 9TH NOV - SUTHERLANDSHIRE CENTENARY PARK, MIRANDA
SAT 12TH DEC - CAMELLIA GARDENS - XMAS PLAYDATE

Shire East
JESSICA
MACKAY

Shire West
KATE
ALGER

sutherlandshireeast@ssmba.amba.org.au
sutherlandshirewest@ssmba.amba.org.au

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**Padstow & Milperra
Liverpool, St George
2020 Playdates 10am-12pm**

Wed 12th Feb - Carss Bush Park
Wed 11th Mar - Liverpool Catholic Club
Wed 8th Apr - Panania Diggers (Easter)
Wed 13th May - Carss Bush Park
Wed 10th Jun - Liverpool Catholic Club
Wed 22nd Jul - Panania Diggers
Wed 12th Aug - Morris Iemma Sports
Wed 9th Sep - Liverpool Catholic Club
Wed 14th Oct - Panania Diggers
Wed 11th Nov - Carss Park
Wed 9th Dec - Location TBC

CONTACTS:
Liverpool: Helena Sullivan
Liverpoolrep@ssmba.amba.org.au
Padstow & Milperra: VACANT
Padstowmilperrarep@ssmba.amba.org.au
St George: Lauren Freeman
stgeorgerep@ssmba.amba.org.au

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MULTIPLE MUMS' NIGHT OUT!

WHERE: GOLDEN TRIANGLE SYDNEY
GLEDSDOOD HILLS

WHEN: SATURDAY 15TH FEBRUARY AT
7PM

COST: SET MENU \$38
PLUS BOOKING FEE
(GF & VEG OPTIONS AVAILABLE)

RSVP: BY 8TH FEB
[HTTP://MUMSNIGHTOUT.EVENTBRITE.COM](http://mumsnighout.eventbrite.com)

JOIN US FOR A FUN NIGHT OUT - EVERYONE WELCOME!

UNIT 15B, GREGORY HILLS DRIVE, GLEDSDOOD HILLS 2557



**Grandparents'
Playdate**

WHERE: GREGORY HILLS BUNNINGS, 2 RODEO RD

WHEN : SUNDAY 16TH FEBRUARY 10AM-12PM

IN CELEBRATION OF OUR GRANDPARENTS
PLEASE JOIN US FOR A FREE FUN MORNING OF
CRAFT AND MORNING TEA FOR ALL AGES!

LIMITED PLACES, PLEASE BOOK HERE:
[HTTPS://BUNNINGSPLAYDATE.EVENTBRITE.COM.AU](https://bunningsplaydate.eventbrite.com.au)

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SSMBA Information



MERLIN & ZOO PASSES

***\$10 BOOKING FEE**

***CHECK CALENDARS FOR AVAILABILITIES**

***ROTATING PICK UP LOCATIONS:**

DATES	MERLIN PASS	ZOO PASS
28 JAN 2020 - 25 MAR	Macarthur/Liverpool Denham Court pick up	Padstow/Milperra Milperra pick up
26 MAR - 26 APR	TBA	Padstow/Milperra Milperra pick up
27 APR - 19 JUL	TBA	Shire/St George Carlton pick up
20 JUL - 11 OCT	TBA	Macarthur/Liverpool Denham Court pick up
12 OCT-26 JAN (2021)	TBA	Padstow/Milperra Milperra pick up

ZOO PASS
FREE ENTRY FOR FOUR PEOPLE PLUS KIDS UNDER 4 FREE
BOOKING PASSWORD: Ssmbazoo
EMAIL: zootickets@ssmba.amba.org.au

MERLIN PASS
FREE ENTRY TO ABOVE ATTRACTIONS FOR FOUR PEOPLE PLUS KIDS UNDER 3 FREE
BOOKING PASSWORD: Ssmbamer
EMAIL: merlinpass@ssmba.amba.org.au

BOOK HERE:
<http://ssmba.amba.org.au/images/ssmba/merlinpass.php>
<http://ssmba.amba.org.au/images/ssmba/zoopass.php>



SSMBA EQUIPMENT HIRE

MEDELA SYMPHONY BREAST PUMPS
\$15 PER WEEK
\$100 DEPOSIT – YOU WILL NEED TO BUY A DOUBLE PUMP KIT

TWIN BREASTFEEDING PILLOW
\$30 FOR 6 MONTHS
\$40 DEPOSIT

UNIMOM BREAST PUMP
\$10 PER WEEK
\$100 DEPOSIT – YOU WILL NEED TO BUY A DOUBLE PUMP KIT

BABYBUMBLES TWIN FEEDING PILLOW
\$10 PER MONTH
\$40 DEPOSIT

Contact
equipment@ssmba.amba.org.au
to hire or for more information

SSMBA Committee Meeting Minutes

[http://ssmba.amba.org.au/committee-meeting-mins?](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U)

[fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U)



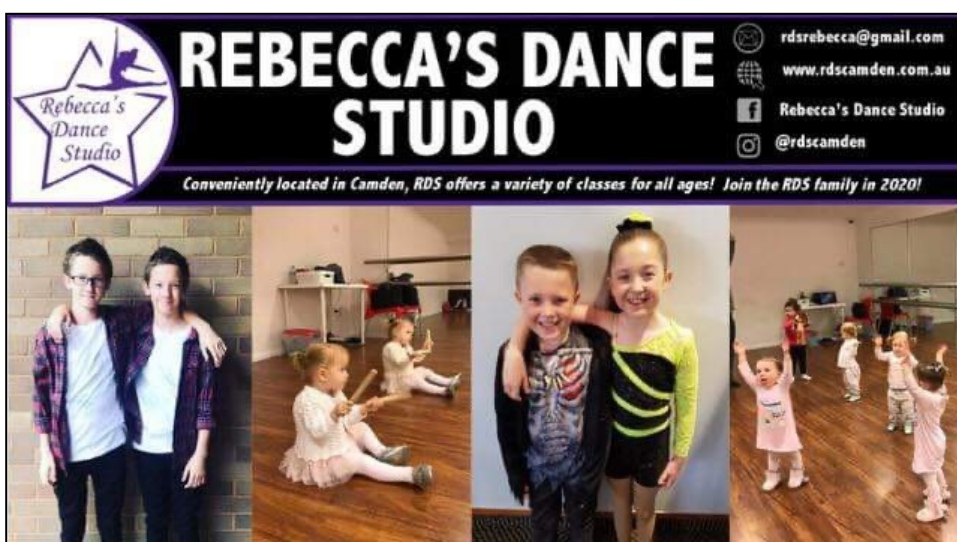
APPLY NOW FOR CARE IN 2020

Fun | Nurturing | Educational | Safe

sutherlandshire.nsw.gov.au/Childcare

CHILDREN'S SERVICES

T 02 9710 0466



REBECCA'S DANCE STUDIO

Conveniently located in Camden, RDS offers a variety of classes for all ages! Join the RDS family in 2020!

rdsrebecca@gmail.com
www.rdscamden.com.au
 Rebecca's Dance Studio
[@rdscamden](https://www.instagram.com/rdscamden)



FRAME & CO
HANDMADE · GIFT · FRAMES

Keepsakes for any occasion

10% off
For SSMBA members

frameandco@hotmail.com
0470 010 728



ACROGYM MINI-GYM
ENGADINE & MENAI

WWW.ACROGYM.COM.AU



Southern Sydney Multiple Birth Association

Website www.ssmba.amba.org.au

Contact 0416 108 499

Email contact@ssmba.amba.org.au

Facebook group www.facebook.com/groups/ssmba

Facebook page www.facebook.com/southernsydnymultiplebirthassociation



Don't let those precious moments in life pass you by. Capture them now and treasure them forever.

SSMBA Member Only Offers*

<p><i>Family Portrait Sessions</i> \$200 (save \$100) 1 Hour Session in location of your choice** 10 High Resolution Images on USB One 12x18 Print of own choice</p>	<p><i>Mini Family Sessions</i> \$100 (save \$50) 30 mins session in location of your choice** 5 High Resolution Images on USB</p>
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To book & secure your session contact Amye
 E: amy@panoramicphoto.com.au
 M: 0421 571 568
 f [facebook.com/panoramicphoto](https://www.facebook.com/panoramicphoto)

*Panoramic
photography*

*The promotion you are a SSMBA member at time of booking. **Additional Local Costs may apply if session is outside of Sydney and Blue Mountains. Always apply local prices in force. Please correct to time of print.



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