

March 2020 Newsletter

Editor's Message

By Jess Young

This month holds the annual **Multiple Birth Awareness Week** (15th March—22nd March 2020). The theme is *Better Together* “in drawing attention to the unique realities for multiple birth families, it’s important that we consider the holistic community in which we live.” (*Australian Multiple Birth Association*)

SSMBA is hosting a MBAW Event on **Sunday 14th March 2020** and more information is located in *Upcoming Events* on Page 3.

Please refer to the calendar on this page for upcoming events, playgroups and playdates, and also keeping in mind of the term end/start dates in April.

What's on this month...

10/03 & 24/03	Macarthur Playgroup
11/03	Padstow, Milperra, Liverpool & St George Playdate
12/03 & 26/03	Mini Movers Playgroup
13/03	Shire East/West Playdate
14/03	MBAW 2020 Event
16/03	SSMBA Committee Meeting
29/03	SAM Skating Tournament
Every Friday	Parents 'n' Bubs Playgroup

And in April 2020...

03/04	Parents 'n' Bubs Playgroup
04/04	Shire East/West Playdate
07/04	Macarthur Playgroup
08/04	Padstow, Milperra, Liverpool & St George Playdate
09/04 & 30/04	Mini Movers Playgroup
20/04	SSMBA Committee Meeting

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



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/southernsydnemultiplebirthassociation



To Our Beautiful Girls, Isabella & Abigail

Happiest of birthdays to you both! May you always bring us as much joy, love and happiness as you have this past year! We are beyond proud to call you our baby girls and simply adore you both so much!

Love always & forever Mum & Dad xxx



A Very Happy 5th Birthday to Will & Sophia

With lots of love, mummy and daddy xx



Fun to be One! Happy Birthday Evelyn & Matilda

Seeing your two smiling faces every morning is the best part of our day!

Lots of love and birthday kisses to you,
Mum, Dad and the Greyhounds—
Monty & Maisy xxxx



Happy 1st Birthday to our precious boys

Leo & Tom

We love you so very much, Mum & Dad xx



Happy 6th Birthday

to the best big sister

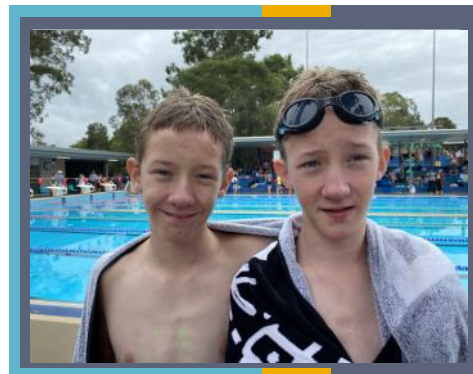
Thank you for always playing with us.
We love you lots!

Love Zara, James, Mummy & Daddy



Happy 1st Birthday Ashley & Emily

What a year it's been!
We love you so much.
Love Mummy, Daddy & Holly! Xx



Happy 12th Birthday Joshua & James

Upcoming Events





MBAW Week 2020
Saturday 14 March
10am - 2pm
Bankstown Locomotive Society
48 Hoskins Ave , Bankstown
\$15.00 per family
Book: mbaw2020.eventbrite.com

MBAW
 Multiple Birth Awareness Week
 Better Together
 15th to 22nd Mar 2020



SAM SKATING TOURNAMENT

JOIN US FOR A FUN FILLED AFTERNOON WITH OTHER FAMILIES WITH SCHOOL AGED MULTIPLES!

WHEN: SUNDAY 29TH MARCH 2020 AT 11AM - 3PM
 WHERE: MAXIMUM SKATING, SMEATON GRANGE
 COST: \$5 PER CHILD PLUS BOOKING FEES INCL. 4 HOURS SKATING & SKATE HIRE

BOOK YOUR TICKETS HERE:
[HTTPS://SAMSKATING2020.EVENTBRITE.COM.AU](https://samskating2020.eventbrite.com.au)

MAXIMUM SKATING, 75 ANDERSON ROAD, SMEATON GRANGE 2567



NEW PARENTS LUNCHEON
8TH MAY 2020



~Invitation Only Event~
 For new parents with multiples that have arrived from May 2019.
 More information to come soon.
 Any questions, contact Jess Young
editor@ssmba.amba.org.au

Upcoming Events



SSMBA
Southern Sydney Multiple Birth Association

Macarthur PlayGroup 2020 DATES

PLEASE JOIN US! 10AM-12PM

TUESDAY 28TH JANUARY - INGEBURN 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



SSMBA
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ALTERNATE THURSDAYS TERM TIME ONLY

MINI MOVERS

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 8, 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)



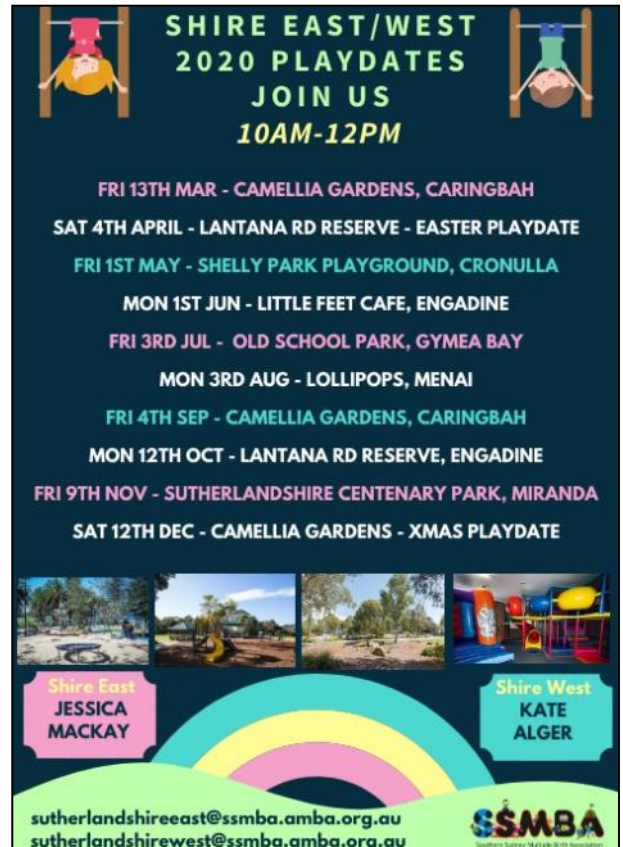
Padstow & Milperra
Liverpool, St George

2020 Playdates 10am-12pm

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
Padstownmilperrarep@ssmba.amba.org.au
 St George: Lauren Freeman
stgeorgerep@ssmba.amba.org.au

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

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
sutherlandshireeast@ssmba.amba.org.au

Shire West
KATE ALGER
sutherlandshirewest@ssmba.amba.org.au

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SSMBA Information



Southern Sydney Multiple Birth Association

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)



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SUTHERLANDSHIRE CHILDREN'S SERVICES

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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)



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For SSMBA members

frameandco@hotmail.com
0470 010 728



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ENGADINE & MENAI

WWW.ACROGYM.COM.AU



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

SSMBA Member Only Offers*

<i>Family Portrait Sessions</i>	<i>Mini Family Sessions</i>
\$200 (save \$100)	\$100 (save \$50)
1 Hour Session in location of your choice**	30 mins session in location of your choice**
10 High Resolution Images on USB	5 High Resolution Images on USB
One 12x18 Print of own choice	

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 travel costs may apply if session is outside of Sydney and Blue Mountains. Always comply with local council rules. Please respect the time of all others.



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