

August 2020 Newsletter

What's on next month...

04/09 & 18/09	Parents 'n' Bubs
06/09	Father's Day
14/09	SSMBA Committee Meeting



Victoria is our 2019/20 Volunteer of the Year because she always goes above and beyond in giving back to SSMBA.

In her role as Playgroup Manager she works tirelessly behind the scenes to ensure all our playgroups & play dates run smoothly, using her communication and organisation skills to liaise with our volunteers running the different sessions, as well as with the different venues, to negotiate time, locations & payments. With a lot of work she created our playgroup sign-in book which for the first time meant all our sessions across the catchment had a consistent sign-in register to provide members with appropriate safety information as well as covered off on our insurance requirements. Most recently she has developed our first ever CovidSAFE plan and risk assessment - throwing herself with gusto into an entirely new knowledge area, liaising with lots of different people to make sure we cover all bases in supporting our members safely back into face-to-face activities during a global pandemic. Without Victoria we would not be back up and running with our core member support group of Parents & Bubs.

Victoria goes out of her way to lend others in the Committee a hand, be that as physical support at events to general moral support - she is a great sounding board for different ideas and is always checking in proactively with others to see who might need help. She also helps out by creating lots of our visual communication tools such as flyers, facebook promotions and items for the newsletter. Nothing ever seems too much for her and she is never phased when asked to provide support, she just steps up and gets on with it.

With her amazing qualities we are very lucky to have her as a member of our committee.

President's Report

By Danielle Hope

G'day my name is Danielle Hope, my husband's name is Kurt and we have 3 year old identical twins, Kyah and Tahlia.

I joined SSMBA in 2017, after picking up a flyer at one of my FMU appointments at Liverpool Hospital when I was pregnant with the girls.

I have found SSMBA to be such amazing support throughout our multiple journey. From NICU/SCN to eventually venturing out to a playgroup, I have finally found 'MY TRIBE'.

We attended a few PnB's to start out and moved on to the fabulous Macarthur TAFE playgroup when my girls were around 8 months old. I found the experience so easy and supportive, and the faces VERY welcoming as it was a good feeling to find 'same, same - but different' finally. It HAS only gotten better as times goes on.

I truly believe that we are so blessed to have multiples which enables us to be members of such an amazing and supportive community. People that know me, know that I tell anyone with/having multiples to join SSMBA because you won't regret it.

As the Macarthur Rep for the last two years, I have grown and learnt a lot, had some good laughs and gained many precious friendships along the way. I only hope in taking on the SSMBA President role, that I help those that follow after me experience the same positive support and friendship.

I would like to personally thank Melissa for her time and dedication as President over the last

three years. Melissa has put in a tireless amount of effort to get the club to where it is today, she has made many changes and certainly set us up for a great future.

Whilst these current times are certainly unknown, it's becoming hard to plan any further than 2 weeks ahead sometimes, but please bear with your club and maintain the enthusiasm we need to keep going. SSMBA has lots of new ideas and great things going on in the background. I'm certainly looking forward to a bright future ahead for SSMBA and hope you can join me for the ride!



SSMBA Committee 2020/2021

By Danielle Hope

Thankyou to our amazing club and all of its supportive members, it is great to be apart of this wonderful family! Last Monday night we held a very successful AGM and I am proud to introduce our new Committee for 2020/21.

President	Danielle Hope
Vice President	Gai Patterson
Treasurer	Rebecca Jaye Soo
Minutes Secretary	Louise Curry
Membership Manager	Amy Seidel
Calendar Co-Ordinator	Tessa Mitchell
Expectant Parents Contact	Amy Pappas
Newsletter Editor	Jess Young
Social Media Team	Casey Fox, Whitney McAuliffe, Hannora Normoyle, Angela Rundle, Emily Davis
Webmaster	Carmen Gouveia
Equipment Hire Contact	Eryn Bond
Liverpool Area Rep	Helena Sullivan
Sutherland Shire West Area Rep	Kate Alger
Sutherland Shire East Area Rep	Jessica Mackay
Overall Playgroup Manager	Sam Punch
Parents n Bubs Contact	Amy Seidel
Mini Movers Contact	Amanda Adams, Nikola Nohelova
Zoo Tickets	Lissa Cheng
General Committee	Victoria Cooper, Lauren Freeman, Laura Makkouk, Ashley Siddons, Kate Said

A special thankyou to each and everyone of you for putting your hand up to be part of our team. It is so important that we have passionate and motivated volunteers.

These awesome people give up so much of their family time to ensure we can deliver our amazing events and support services.



**Vacant Committee Positions
2020/2021**

St George Area Rep

Padstow & Milperra Area Rep

Parents 'n Bubs Coordinators

School Age Multiple Contact

PLUS

General Committee Members -
who can provide valuable help with events, member support, fundraising and other special projects and tasks

Drop Danielle a line if you would like to join our fabulous committee team and would like more information

president@ssmba.amba.org.au




THE SSMBA
Southern Sydney Multiple Birth Association
COMMITTEE NEEDS YOU!

VOLUNTEERING ON THE SSMBA COMMITTEE IS MORE THAN JUST THE GIVING OF YOUR TIME, ITS ABOUT LIFE LONG FRIENDSHIPS, MANY LAUGHS AND SHARING OUR KNOWLEDGE WITH OTHERS

BENEFITS FOR YOU

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

EXPAND YOUR CONNECTIONS

Volunteering can help you feel active, useful and productive. Knowing your skills, accomplishments, interests and values is the foundation of career success. Volunteer experience can be a good way to learn more about yourself and your potential to grow and develop. Joining the SSMBA committee will not only increase your connections with other multiple parents within the community but also increase your professional network, expand your community engagement, and provide greater interaction with varying cultures.



DISCOVER NEW SKILLS

Supercharge existing skills. Volunteering also offers a way to re-connect with the working world after a break, and an opportunity to supercharge your existing talents. Unlike paid work, the requirements for volunteering are more likely to be linked to your passions and interests, rather than extensive work experience. There are a huge range of skills you can acquire through volunteering, starting with:

- *Industry-related skills
- *The ability to work in a team
- *Leadership
- *Problem solving and adaptability
- *Communicating with clients and stakeholders
- *The ability to plan and prioritise work
- *Sales skills
- *Time management and improved interpersonal skills.

COMMITTEE QUICK FACTS

- Most roles only require 1-5 hours of volunteer time per month
- Committee meeting 3rd Monday of each month (not compulsory)
- Specialist and General committee roles available
- Volunteer hours can be utilised for Childcare & Similar rebates



DON'T JUST TAKE OUR WORD FOR IT!

"I first joined SSMBA when I was 20 weeks pregnant with my boys and I attended an expectant parents session and was blown away with how helpful everyone was. That just got better and better once my boys were born. The early months were tough and there was never a limit to the amount of help the volunteers at SSMBA were willing to give.

Once life settled in to a routine I wanted to give back to this awesome family that helped us so much so it only made sense to join as committee member. Seeing what goes on in the background and being part of this group helping others had been so fulfilling and I love every moment of it."

Carmen Gounia - Webmaster

ARE YOU READY TO JOIN THE SSMBA COMMITTEE IN 2020/2021?

AMBA Member Discounts & Benefits



Discount Code: BXAMBA2020



Discount Code: AMBA50



Discount Code: AMBA62020



No code. Just mention AMBA Club name



Discount Code: AMBA



Discount Code: AMBA10



Discount Code: AMBA20



Discount Code: amba20%off



Discount Code: Ambamember



Discount Code: TMUM\$10



Southern Sydney Multiple Birth Association

MEMBER BENEFITS



1 FACEBOOK GROUP

A closed private Facebook group where you can ask for any advice, share your achievements or ask any question you need

2 NEWSLETTER

A monthly newsletter with plenty of interesting articles around the raising of multiple children

3 ZOO PASSES

Access to Taronga & Dubbo Zoo passes

4 DISCOUNTS

Local business discounts plus national AMBA benefits including; ABC card, formula discounts, Hello Fresh offer, Hire for Baby

5 INFORMATION SESSIONS

Free & discounted information sessions including:

- Expectant Parent Sessions
- Multiples Transition to School
- Sleep & Settling for Multiples
- First Aid
- AMBA Seminar and Convention

6 SUPPORT SERVICES

A range of support services including; feeding support, subsidised and discounted equipment hire and buddy program

7 PLAYGROUPS

- All Ages Playgroup in Caringbah
- Parents and Bubs Playgroup in Illawong
- TAFE run Playgroup in Campbelltown

8 PLAY DATES

Monthly play dates across our regions

9 SPECIAL EVENTS

- New Parents Lunch
- Multiple Birth Awareness Week
- Mums & Dads Nights Out
- Annual Christmas Party

10 FAMILY EVENTS

Family fun events and discounted activities including; Kids Disco, Kids in Sport day, Movie nights, school-aged multiple days out



**Happy 4th Birthday
Diesel & Talon**

You boys are growing way too fast! We love seeing your different personalities shine.

Love always - Mum, Dad,
Jaylah, Riley & Hunter



**Happy 2nd Birthday
Ashton & Brody**

Love always - Mum, Dad & baby Callum xx

**Happy Birthday to our miracle twins,
Ella May & Chloe Grace**

Mummy and Daddy and big sissy love you very much



**Happy Birthday to our little beauties,
Paige & Benji**

We look forward to loving what the year of the BIG 5 will bring. Love you guys!

Love Mum, Dad, Haydn (and Hotdog, Elsa and Chewpacca your alpacas)



Upcoming Events



Free! Watch an AMBA webinar in the comfort of your home

AVAILABLE TO SSMBA MEMBERS **ON DEMAND 24/7**
Simply use the relevant Discount Codes below

SCHOOL READINESS schoolmembers	SUPPORTING HEALTHY RISKS & IDENTITY IN MULTIPLES identity20
SLEEP, BEHAVIOUR & FOOD (DISABILITIES & SPECIAL NEEDS) 20mandy2	SLEEP, BEHAVIOUR & FOOD (TODDLER & PRESCHOOL) 20mandytoddlers
EMOTIONAL WELLBEING 20AMBAPANDA	FEEDING, SLEEPING & ROUTINES (BABIES 4-12MTHS) 20blissfulparenting
FAMILY-FRIENDLY ROUTINES (BABIES 3-5MTHS) 20blissfulroutine	HOME-BASED SCHOOLING DrEnglish2020
MANAGING REALITIES OF PARENTING (0-3MTHS) 20blissfulmembers	THE UNEXPECTED TEACHER: REWOTE LEARNING TIPS (No code required)

<https://www.amba.org.au/families/resources/webinar-series>



SSMBA Parents n' Bubs
JOIN US ON ALTERNATE FRIDAYS
10AM - 12PM (TERM TIME)

REGISTER HERE:
<http://Pnbplaygroup.eventbrite.com.au>

- Please stay at home if you, your babies or guests are unwell
- Register to avoid disappointment
- Follow 1.5m social distancing
- Utilise hand sanitizer provided on arrival
- First session is free, \$5 per family or buy a 9 session pass for \$40 (bank transfer preferred)
- Connect with other multiple families
- Partners, Nans, Pops, carers, siblings welcome
- BYO Playmat and toys and refreshments (no sharing please)
- Coffee shop, supermarket and chemist nearby
- Catering for newborns to newly mobile (playpen and outdoor equipment for the new walkers)

Parents n' Bubs is a free service provided by SSMBA
2000s Funnell Street, Hawking Community Hall, 215 Pacific Hill
Abartree to Hawking Shopping Village

We are Delighted to Announce the Return of Parents n' Bubs!

HOWEVER, THINGS WILL BE A LITTLE DIFFERENT TO ALLOW US TO BE COVID-SAFE

- YOU WILL NOW NEED TO REGISTER YOUR ATTENDANCE. THE VENUE LIMIT IS 38 PEOPLE (INCLUDING BABIES AND GUESTS; CONTACT DETAILS MUST ALSO BE PROVIDED)
- PLEASE FOLLOW SOCIAL DISTANCING AND REMAIN 1.5M APART
- UTILIZE THE HAND SANITISER PROVIDED ON ARRIVAL AND ENSURE GOOD HYGIENE PRACTICES THROUGHOUT
- PLEASE STAY AT HOME IF YOU, YOUR BABIES OR GUESTS ARE UNWELL OR EXPERIENCING ANY SYMPTOMS
- PLEASE DO NOT SHARE FOOD, DRINKS AND TOYS
- IF YOU DEVELOP ANY SYMPTOMS AFTER THE EVENT, PLEASE SEEK IMMEDIATE MEDICAL ADVICE AND LET SSMBA KNOW IF DEEMED AT RISK.

LOOKING FORWARD TO WELCOMING YOU BACK.



24TH JULY
7TH AUGUST
21ST AUGUST
4TH SEPTEMBER
18TH SEPTEMBER



ALL PLAYGROUPS AND PLAYDATES CANCELLED

DUE TO COVID-19 ALL PLAYGROUPS - EXCEPT PARENTS N BUBS - AS WELL AS PLAYDATES ARE SUSPENDED UNTIL FURTHER NOTICE PENDING ONGOING GOVERNMENT AND HEALTH ADVICE.

WE HOPE YOU CAN JOIN US AT YOUR NEXT LOCAL EVENT AFTER THIS TIME.

PLEASE CHECK FACEBOOK FOR UPDATES AS NEW INFORMATION BECOMES AVAILABLE.

SSMBA Information



SSMBA MEMBERSHIP EXTENSION
Southern Sydney Multiple Birth Association

SSMBA is extending all memberships by 4 months

An email has been sent to everyone.
Please check your junk mail if you haven't seen it yet.
If you have not received it, please contact Gai
membership@ssmba.amba.org.au



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

Upcoming SSMBA Committee Meetings

Monday 14th September, 8:00pm

Wednesday 14th October, 8:00pm

SSMBA Committee Meeting Minutes

http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkyT65U



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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!

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 Rebecca's Dance Studio
 @rdscamden



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