

## July 2021 Newsletter

### President Shout Out!

By Danielle Hope

On behalf of SSMBA I want to give a huge thanks to two of our committee members, Lissa and Amy, who are doing very demanding and time-consuming roles behind the scenes. The club wouldn't be as great as it is without you, so thank you for all that you do, we really appreciate you!

Lissa Cheng manages our biggest member benefit program - the entertainment passes. We have had over 500 tickets for the Discovery Centre purchased since it launched last year, which shows how many members are benefiting. And the Zoo Pass continues to offer a high value family day out for free (or significantly reduced for larger families). Both of these programs have a lot happening behind the scenes to ensure everything runs smoothly, improving the booking experience, saving members money and ensuring everyone has access to a fun family day out regardless of cost. Lissa continues to run these even though, yes like all of us, she's running around after her own school-aged multiples plus working and all the rest that life brings. Thank you for making time in your busy life to ensure our members have access to these great benefits.

Amy Seidel is our Membership Manager. Some of our newest members may know Amy (at least virtually) and have benefited from her warm welcome and helpful words as their first introduction to SSMBA. Others may know her from when she hosted Parents & Bubs. But as a club trying to manage over 350 families and everything that comes with that, Amy has become the backbone of our data. She has transitioned SSMBA to our new membership system, by no means an easy (or quick) task, but crucial in how an organization of this size can operate. All the while she's been transitioning back to full time work with 3 young kids running around under her feet. Thank you for putting so much of your energy to ensure SSMBA continues to improve and always seeing the vision for the future through the hard slog of change. The Committee in particular thank you for supporting them in making everything they do a lot easier.

Please note: All SSMBA events  
Covid restrictions pending.

Keep an eye on the Facebook  
group for last minute changes.

#### What's on this month @ SSMBA...

<b>13/07</b>	Committee Meeting (In Person)
<b>16/07</b>	Shire East/West Playdate
<b>16/07 &amp; 30/07</b>	Parents 'n' Bubs
<b>19/07</b>	Mini Movers (New location - Kingsway Community Church, Caringbah) Bunnings Padstow Playgroup
<b>21/07</b>	School Forum
<b>28/07</b>	Padstow & Milperra Playdate
<b>31/07</b>	Dads Event

#### What's on next month...

<b>02/08</b>	Shire/East West Playdate Mini Movers
<b>07/08</b>	Mum's Night Out (across two locations)
<b>10/08</b>	SSMBA AGM Committee Meeting, Revesby Workers
<b>13/08</b>	New Parents Lunch, Panania Diggers
<b>15/08</b>	Padstow & Milperra Playdate
<b>16/08</b>	Bunnings Padstow Playgroup Mini Movers
<b>21/08</b>	Mess It Up HQ Sessions
<b>27/08</b>	Parents 'n' Bubs
<b>30/08</b>	Mini Movers

# Annual General Meeting

By Danielle Hope

NOTICE OF SOUTHERN SYDNEY MULTIPLE BIRTH ASSOCIATION ANNUAL GENERAL MEETING - 2021

## AGENDA

**Southern Sydney Multiple Birth Association ANNUAL GENERAL MEETING**  
**to be held at 7:00pm on Tuesday 10th August 2021, at Revesby Workers**

1. Welcome
2. Roll Call of Delegates
3. Apologies
4. Appointment of Minutes Secretary, Timekeeper, Parliamentarian and Scrutineers
5. Minutes of the Annual General Meeting held online via GoToMeeting on Monday 17th August 2020
6. Amendments to the Minutes
7. Business Arising from the Minutes
8. Correspondence
9. Business Arising from Correspondence
10. Reports
  - President Report: Danielle Hope
  - Treasurer Report: Rebecca Soo
  - Membership Report: Amy Seidel
11. General Business
12. Presentation of the Volunteer of the Year Award
13. Election of SSMBA 2021/2022 Committee
14. Close of Meeting



**Happy 3rd Birthday to my crazy  
Liam & Lucy!**

We are loving watching you grow everyday  
and seeing your different personalities come  
out!

Lots of love,

Mummy, Daddy and Georgia xoxo



**Happy 3rd Birthday**

**Saoirse & Grace**

**19/07/21**

Wishing our girls, Saoirse and Grace a fantastic  
and fun filled 3rd birthday.

We love you both.

From Mammy, Daddy, Meme and Patoot



**Happy 3rd Birthday**

**Anastasia, Leilani & Indy**

Keep smiling, laughing and just being YOU!

Love Mum and Daddy



## Upcoming Events



Southern Sydney Multiple Birth Association

**TERM 3, 2021**

# Parents n' Bubs

**Illawong Community Hall - 273 Fowler Rd, Illawong** (Enter near Spada Kitchen)

**10am - 12noon**

- > Friday 13th Aug
- > Friday 16th July
- > Friday 27th Aug
- > Friday 30th July
- > Friday 10th Sept

- Catering for newborns to newly mobile
- Siblings, grandparents/helpers welcome
- Supermarket, cafes & chemist nearby
- BYO playmat, toys & refreshments. No sharing please
- \$5 per family per session or \$40 for 9, first visit free

Please register to avoid disappointment




Southern Sydney Multiple Birth Association

**TERM 3, 2021**

# Mini Movers

**Kingsway Community Church - 9 Resolution Drive, Caringbah**

**10am - 12noon**

- > Monday 16th Aug
- > Monday 19th July
- > Monday 30th Aug
- > Monday 2nd Aug
- > Monday 13th Sept

- All ages welcome but suited to confident walkers 1-4yrs
- Siblings, grandparents/helpers welcome
- Parking & coffee cart right out the front
- Secure indoor & outdoor areas with loads of toys
- \$5 per family per session or \$40 for 9, first visit free

Please register your interest in attending




## Upcoming Events—Continued



### Padstow & Milperra Liverpool, St George




### 2021 Playdates 10am-12pm



Wed 28th Jul - Panania Diggers

Wed 15th Aug - Morris lemma Sports

Wed 8th Sep - Liverpool Catholic Club



Wed 20th Oct - Panania Diggers

Sun 14th Nov - Carss Bush Park



Wed 8th Dec - Location TBC




**CONTACTS:**

Liverpool: VACANT  
[Liverpoolrep@ssmba.amba.org.au](mailto:Liverpoolrep@ssmba.amba.org.au)

Padstow & Milperra: Lisa Turner  
[Padstowmilperrarep@ssmba.amba.org.au](mailto:Padstowmilperrarep@ssmba.amba.org.au)

St George: VACANT  
[stgeorgerep@ssmba.amba.org.au](mailto:stgeorgerep@ssmba.amba.org.au)




### SHIRE EAST/WEST 2021 PLAYDATES JOIN US 10AM-12PM



FRI 16TH JUL - OLD SCHOOL PARK, GYMEA BAY

MON 2ND AUG - TBC

FRI 3RD SEP - CAMELLIA GARDENS, CARINGBAH

MON 11TH OCT- LANTANA RD RESERVE, ENGADINE

FRI 5TH NOV - SUTHERLANDSHIRE CENTENARY PARK,  
MIRANDA

SAT 10TH DEC - CAMELLIA GARDENS - XMAS PLAYDATE



Shire East  
JESSICA  
MACKAY



Shire West  
KATE  
ALGER



[sutherlandshireeast@ssmba.amba.org.au](mailto:sutherlandshireeast@ssmba.amba.org.au)  
[sutherlandshirewest@ssmba.amba.org.au](mailto:sutherlandshirewest@ssmba.amba.org.au)





## Upcoming Events—Continued



# WINTER EVENTS 2021

**JUNE**

- Sunday 6th - Playdate 10am at Campbelltown Bicycle Education Centre
- Saturday 19th - First Aid Session 10am at Revesby Workers Club
- Sunday 27th - SAM Event 11am at Maximum Skating, Smeaton Grange
- Sunday 27th - SAM Event 12:30pm at Inflatable World, Miranda

**JULY**

- Wednesday 21st - School Forum 7pm at Revesby Workers Club
- Saturday 31st - Dads Event 3pm at The Prince, Kirrawee

**AUGUST**

- Saturday 7th - Mums Night Out (dual locations)
- Friday 13th - New Parents Lunch 11am at Panania Diggers
- Saturday 21st - Mess It Up HQ (3 sessions)



## BUNNINGS PADSTOW FREE PLAYGROUP





**BUNNINGS PADSTOW**  
88 Fairford Rd Padstow  
10am - 12noon

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**Monday 19th July**  
**Monday 16th August**  
**Monday 13th September**  
**Monday 11th October**  
**Monday 8th November**  
**Monday 6th December**

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Places limited.  
Please register  
to avoid  
disappointment



## Upcoming Events—*Continued*



Thinking about preschool or school?



**School Forum 2021**

**Wednesday 21st July at 7-9pm**

Revesby Workers Club, 2B Brett St Revesby

Please register at: <http://thq.fyi/se/MO7krkA>

The poster features a dark grey background with a thought bubble in the top left. At the bottom, there is a collection of colorful school supplies including pink scissors, a green ruler, a pink marker, and several colored pencils (yellow, red, blue, green) along with paper clips.



**DADS EVENT**

**SATURDAY 31ST JULY**

**3PM AT THE PRINCE, KIRRAWEE**

Please register <http://thq/se/SZhgUK8>

The poster has a dark background with a faint image of a man and a child. It is framed by yellow and black diagonal hazard stripes at the top and bottom.



## Upcoming Events—*Continued*

### *Shire Region*



# MUMS NIGHT

SATURDAY 7TH AUGUST 7PM

## UGLY PIZZA

32 Banksia Road Caringbah  
Purchase own meal & drinks (happy hour 7-9pm)  
Register: <http://thq.fyi/se/9e82cab86a24>

### *Macarthur Region*



# MUMS NIGHT

SATURDAY 7TH AUGUST 7PM

## NAILATI PIZZA & PASTA

Shop 1, 5-9 Iando Way Currans Hill  
\$30pp set menu ~ BYO wine  
Register: <http://thq.fyi/se/wrZ9pLY>



## Upcoming Events—Continued



**SSMBA**  
Southern Sydney Multiple Birth Association

# NEW PARENTS LUNCH

**FRIDAY 13TH AUGUST 2021**  
**11AM - 1PM**

Panania Diggers, 28 Childs St Panania

Register: <http://thq.fyi/se/WPddKGs>



**AMBA Member Offer!**

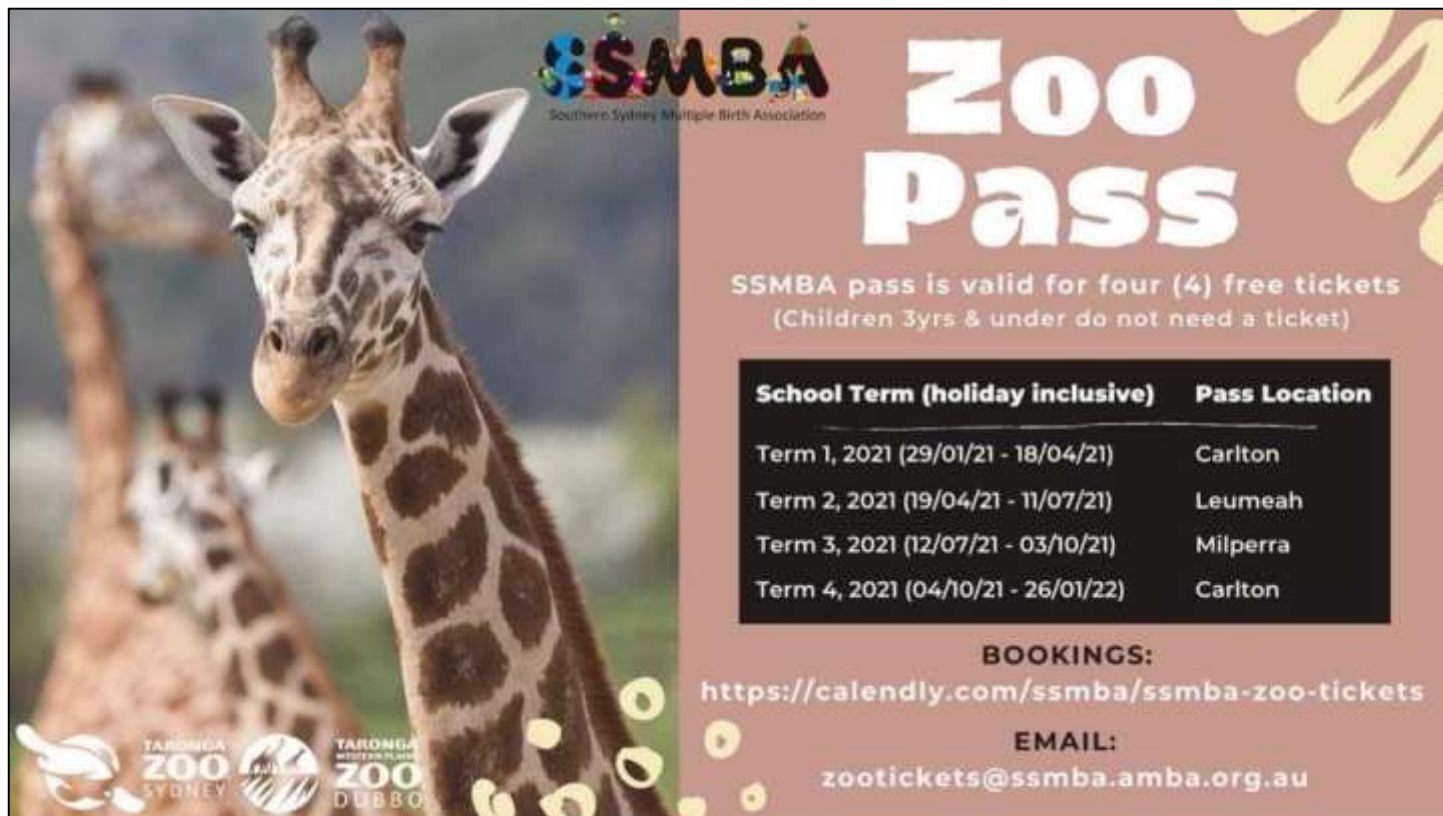
Gold Coast Multiple Birth Association offers AMBA members the chance to take the family to the Currumbin Wildlife Sanctuary for only \$20!

**CURRUMBIN WILDLIFE SANCTUARY**

Includes a day entry pass for up to 5 adults and children aged 4+ (children 3 & under are free).  
Includes free parking.  
Normally valued at \$189

Bookings are essential;  
only one pass available per day  
For bookings & enquiries, please email:  
[currumbin@goldcoastmultiplebirth.com](mailto:currumbin@goldcoastmultiplebirth.com)

## Upcoming Events—Continued



**SSMBA**  
Southern Sydney Multiple Birth Association

# Zoo Pass

SSMBA pass is valid for four (4) free tickets  
(Children 3yrs & under do not need a ticket)

School Term (holiday inclusive)	Pass Location
Term 1, 2021 (29/01/21 - 18/04/21)	Carlton
Term 2, 2021 (19/04/21 - 11/07/21)	Leumeah
Term 3, 2021 (12/07/21 - 03/10/21)	Milperra
Term 4, 2021 (04/10/21 - 26/01/22)	Carlton

**BOOKINGS:**  
<https://calendly.com/ssmba/ssmba-zoo-tickets>

**EMAIL:**  
[zootickets@ssmba.amba.org.au](mailto:zootickets@ssmba.amba.org.au)

TARONGA ZOO SYDNEY  
TARONGA ZOO DUBBO



**SSMBA**  
Southern Sydney Multiple Birth Association

University of Wollongong

## EARLY START DISCOVERY SPACE

**Special SSMBA price: \$4 per ticket**  
(Children under 1yr do not need a ticket)

**Simply:**

1. Log in to your TidyHQ account to purchase ESDS tickets
2. Wait for your SSMBA email containing your codes
3. Follow the email instructions to book your visit directly with Early Start Discovery Space

**TICKETS:**  
<https://ssmba.tidyhq.com/public/shop/products>

**EMAIL/INFORMATION:**  
[discovery@ssmba.amba.org.au](mailto:discovery@ssmba.amba.org.au)



## SSMBA Information



Southern Sydney Multiple Birth Association

### Vacant Committee Positions 2020/2021

- \*St George Area Rep\*
- \*Liverpool Area Rep
- \*Fundraising\*
- \*Calendar Coordinator\*

**PLUS**

**General Committee Members**  
*who can provide valuable help with events,  
member support, grant writing 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](mailto:president@ssmba.amba.org.au)




Southern Sydney Multiple Birth Association

### 2021 Committee Meetings Tuesdays 8pm

Committee meetings will now alternate between  
"GoTo" meetings and a face-to-face at Revesby Workers Club.  
Dial in details will be provided in the meeting agenda.

**Everyone Welcome!**

<b>JAN - NO MEETING</b>	<b>TUES 18TH MAY - IN PERSON</b>
<b>TUES 9TH FEB - ONLINE</b>	<b>TUES 15TH JUN - ONLINE</b>
<b>TUES 9TH MAR - IN PERSON</b>	<b>TUES 13TH JUL - IN PERSON</b>
<b>TUES 20TH APR - ONLINE</b>	<b>TUES 10TH AUG - AGM</b>

#### SSMBA Committee

#### Meeting Minutes

[http://ssmba.amba.org.au/  
committee-meeting-mins?  
fbclid=IwAR2fO\\_gVnUvSOyEeTlaNID  
D3cY5TR8FafLTbKkWMxj\\_BNBSEMs  
ZwkkyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_gVnUvSOyEeTlaNID_D3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U)

## SSMBA Information—*Continued*



**SSMBA**  
Southern Sydney Multiple Birth Association

# MEMBERS BUSINESS DIRECTORY SHOUT OUT!

Do you have a business that could help out your fellow SSMBA members?

We are working to create a FREE simple directory listing to connect our members.

Please send your business name, business type and contact details to Sarah Weedon Campbell:  
[BUSINESSDIRECTORY@SSMBA.AMBA.ORG.AU](mailto:BUSINESSDIRECTORY@SSMBA.AMBA.ORG.AU)



**SSMBA**  
Southern Sydney Multiple Birth Association

LOOKING TO

# ADVERTISE YOUR BUSINESS?

OR KNOW SOMEONE WHO IS?

ADVERTISING IS NOW AVAILABLE IN OUR  
MONTHLY NEWSLETTER & IN OUR FACEBOOK GROUP

For more information, please contact [advertising@ssmba.amba.org.au](mailto:advertising@ssmba.amba.org.au)



## SSMBA Information—Continued



**SSMBA**  
Southern Sydney Multiple Birth Association

# EQUIPMENT HIRE

**Contact** [equipment@ssmba.amba.org.au](mailto:equipment@ssmba.amba.org.au)

**Collection Locations** Woronora Heights (Sutherland Shire) & Mount Annan (MacArthur)

 <p><b>Twin Breastfeeding Pillow</b> \$30 for 6months</p>	 <p><b>Medela Symphony Breast Pump*</b> \$15 per week (\$100 deposit)</p> <p><small>*We supply pump only. You will need to buy your own attachments (usually available from your hospital)</small></p>	 <p><b>Baby Bumbles Twin Feeding Pillow</b> \$30 for 6months</p>
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**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 RELATIONSHIPS & IDENTITY IN MULTIPLES identity20
SLEEP, BEHAVIOUR & FOOD (DISABILITIES & SPECIAL NEEDS) 20mandy2	SLEEP, BEHAVIOUR & FOOD (TODDLER & PRESCHOOL) 20mandytoddlers
EMOTIONAL WELLBEING 20AMBAPANDA	FEEDING, SLEEPING & ROUTINES (BABIES 6-12MTHS) 20blissfulparenting
FAMILY-FRIENDLY ROUTINES (BABIES 3-6MTHS) 20blissfulroutine	HOME-BASED SCHOOLING DrEnglish2020
MANAGING REALITIES OF PARENTING (0-3MTHS) 20blissfulmembers	THE UNEXPECTED TEACHER: REMOTE LEARNING TIPS (No code required)

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



## NEED CHILDCARE IN 2022?

### Apply Early!

Demand for quality care is strong in the Shire. Locally, parents with children under age 2 are finding it challenging to secure immediate positions.

Parents are far better off applying now for care and later declining an unwanted position, than to apply at the time of needing immediate care.

Apply online or call us to discuss your childcare needs.

W [sutherlandshire.nsw.gov.au/childcare](http://sutherlandshire.nsw.gov.au/childcare)  
T 02 9710 0466



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[www.rds Camden.com.au](http://www.rds Camden.com.au)    [rdsrebecca@gmail.com](mailto:rdsrebecca@gmail.com)





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[www.photographybyamy.com.au](http://www.photographybyamy.com.au)



SMOKE DETECTOR AWARENESS

# SSMBA SPECIAL

DO YOU NEED YOUR EXISTING SMOKE ALARM REPLACED?

<p>240V HARDWIRED + 9V BACK UP BATTERY 5 YEAR WARRANTY RRP \$180 <b>SSMBA \$150*</b> <small>*EXCLUDES GST</small></p>	<p>240V HARDWIRED + 10 YEAR LITHIUM BATTERY 5 YEAR WARRANTY RRP \$220 <b>SSMBA \$185*</b> <small>*EXCLUDES GST</small></p>
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\*T&C'S APPLY



Contact us  
**0403 437 833**  
[info@airelectrixaustralia.com.au](mailto:info@airelectrixaustralia.com.au)



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