



Southern Sydney Multiple Birth Association

Newsletter - October 2021



contact@ssmba.amba.org.au



www.ssmba.amba.org.au



Facebook group: www.facebook.com/groups/ssmba

Editor's message

Well we are definitely in Spring now - what beautiful weather we have had recently! All the brightly coloured flowers have been amazing to see as well.

I just wanted to take the opportunity to quickly introduce myself. My name is Amanda and I've just taken over the newsletter role for SSMBA after previously helping out with Mini Movers and other general/facebook competitions and events.

My family and I have been members for six years. We have identical twin boys (nearly six) and a two year old daughter. Our family has found that being a member of SSMBA is so rewarding and we hope your family does too.



The Adams family

President's Report

with Danielle Hope

Last month we held our "SSMBA Stays Home" Facebook competition series with great success! Not only were we able to help raise the spirits of members a little, but we were also able to give away over \$320 worth of gift cards to 10 different member families from all over our region! A huge THANK YOU to everyone who got involved!

I would also like to extend our gratitude to Jess Young and the other volunteers - Brooke Butt and Ally Buckley from SSMBA and Robyn Sheen from the Department of Education - for lending their valuable expertise and time to run our annual 'School Forum' online recently. We are so lucky to be able to offer this support to preschool and school aged member families.

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MENTAL HEALTH MATTERS

Lockdowns can be isolating & difficult.
If you need to reach out or talk to someone,
please contact:

 Lifeline: 13 11 14
Beyond Blue: 1300 22 4636
NSW Mental Health Line: 1800 011 511

You are not alone

SSMBA
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STAY CONNECTED

Stay social: move your events online or over the phone

Find safe spaces online like the SANE and Beyond Blue forums

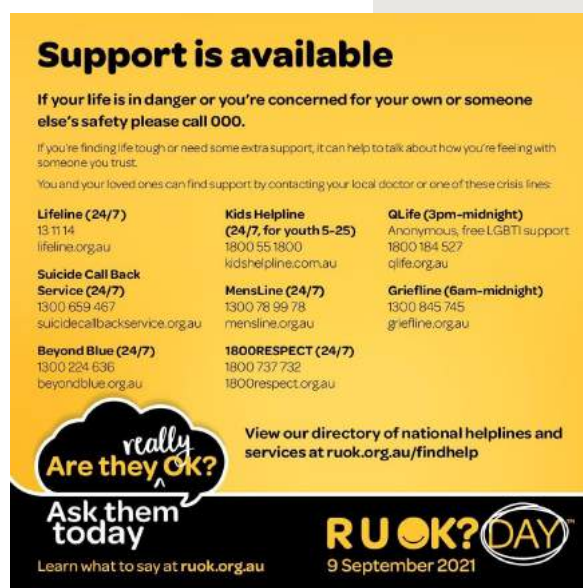
Chat online, and ask someone if they're OK

Write a letter and post it

Play online games with friends

Learn more at:
ruok.org.au/five-ways-to-stay-connected

RUOK?



Support is available

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

If you're finding life tough or need some extra support, it can help to talk about how you're feeling with someone you trust.

You and your loved ones can find support by contacting your local doctor or one of these crisis lines:

Lifeline (24/7) 13 11 14 lifeline.org.au	Kids Helpline (24/7, for youth 5-25) 1800 55 1800 kidshelpline.com.au	QLife (3pm-midnight) Anonymous, free LGBTI support 1800 184 527 qlife.org.au
Suicide Call Back Service (24/7) 1300 659 467 suicidecallbackservice.org.au	MensLine (24/7) 1300 78 99 78 mensline.org.au	Griefline (6am-midnight) 1300 845 745 griefline.org.au
Beyond Blue (24/7) 1300 224 636 beyondblue.org.au	1800RESPECT (24/7) 1800 737 732 1800respect.org.au	

really Are they OK?
Ask them today
Learn what to say at ruok.org.au

View our directory of national helplines and services at ruok.org.au/findhelp

RUOK? DAY
9 September 2021

Events

We cannot wait until we can get back to our much loved playgroups, play dates and face-to-face events, but in the meantime, most events are currently on-hold in accordance with government restrictions.

SSMBA will, however, be hosting a small online event for our new parents! Having newborn or toddler aged multiples can be a very challenging time. We would love to support and celebrate YOU!

Families with multiples born since May 2019 are invited to attend a short webinar featuring child sleep expert Marnie from Whispers Cottage.

There will be awesome prizes up for grabs, chances to form connections with other families in your area and we hope to get a little something special delivered to all our new parents homes too! Please join us for this special event on Friday 15th October at 7pm.



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EVENT UPDATE

All SSMBA face-to-face events, playgroups and playdates are currently on hold until further notice.

Families who have already registered for events will be contacted closer to the date with updates.

The current Covid-19 restrictions for Greater Sydney and your family's health is important to us.

Please stay safe!

STAY HOME
STAY SAFE



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NEW PARENTS *event*

FREE EVENT FOR MEMBERS

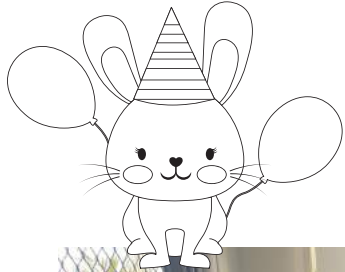
Please join us online for a brief catch-up, prizes and to hear from child sleep expert Marnie from Whispers Cottage

Friday 15th October 2021 from 7pm

♡♡♡ SSMBA multiples born since May 2019 ♡♡♡

Please register: <http://thq.fyi/se/WPddKGs>

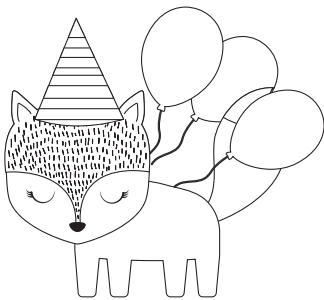
Happy Birthday



Happy 1st Birthday Noah and Zoey

We love you so much!

Love always Mummy, Mumma and Penny xoxo



Happy Birthday Evie and Bowie!

We can't believe you're TWO!

You're amazing big sisters and we're so proud of you.

Love Mum, Dad and Airlie xxoo

Member information



SSMBA
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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

TARONGA ZOO SYDNEY
TARONGA WESTERN PLAINS ZOO DUBBO



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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

Member information



EQUIPMENT HIRE

Contact equipment@ssmba.amba.org.au

Collection Locations Helensburgh (Sutherland Shire) & Mount Annan (MacArthur)



Twin Breastfeeding Pillow

\$30 for 6months



**We supply the pump only.
You will need to buy your own attachments (usually
available from your hospital or chemist)*

Medela Symphony Breast Pump*

\$15 per week (\$100 deposit)



Baby Bumbles Twin Feeding Pillow

\$30 for 6months

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 R'SHIPS
& 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>



Advertising



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BY AMYE



Wedding & Family Photographer
www.photographybyamy.com.au



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SSMBA SPECIAL

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*T&C'S APPLY

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APPLY NOW FOR CHILDCARE IN 2022

Demand for quality childcare is strong.

Apply for care early if you're thinking about returning to work or changing centres in 2022.

sutherlandshire.nsw.gov.au/childcare
T 02 9710 0466




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

✉ contact@ssmba.amba.org.au 🌐 www.ssmba.amba.org.au

Facebook group: www.facebook.com/groups/ssmba