

## Message from the Board of Directors

Dear Families and Friends,

The Board continue to undertake the tasks to ensure their fiduciary and legal obligations as Directors are met. A review of the Risk Framework is currently underway with support from an external agency. This includes developing a Risk Appetite that is appropriate and in the context of the purpose of the organisation.

To support succession planning for the Board Director roles, an updated Skills Matrix has been developed to identify both the current and future needs that support the contemporary governance framework.

The internal audit process continues with the fourth priority - Fraud - now the focus. This program conducted by an external agency has completed an audit on Cyber Security, Policies and Procedures, and Workplace Health and Safety. The purpose of the internal audit is to ensure the organisations procedures are in place and more importantly these are complied with consistently. The audit is also an opportunity for continuous improvement. Staff are thanked for the way in which they have supported this process with a positive outlook.

The organisation continues to grow and develop with the transfer of the management and operation of the former community managed Gordon Square Child Care Centre at

George Town to Lady Gowrie Tasmania. As with the case for many small community managed services, the increased responsibility of a voluntary management committee was becoming a challenge. This small centre is a vital service for the community and it was important to ensure its continuation. We look forward to working in collaboration with the George Town community to ensure the service is meeting their needs.

The extension of the Glenorchy After School Care to include Vacation Care was in response to community need. The first program operated in July and it was pleasing to note that it was well supported by families in the area.

From January 2020 there will be a fee increase across all education and care services. The Board are very cognisant of the impact on affordability for families and thus have worked with the finance team to ensure the budgets are realistic and achievable. In approving the increase, a fee comparison was undertaken. This highlighted that the fees charged by Lady Gowrie Tasmania are in many cases below that of competitors.

As 2019 draws to an end, I thank you for your ongoing support of Lady Gowrie Tasmania.

Sincerely,

**William McShane**  
Chair - Board of Directors



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## Message from the Chief Executive Officer

Dear Families and Friends,

Many readers would have noticed through press reports and via social media the range of celebrations to mark Lady Gowrie Tasmania's 80th birthday.

A number of events have taken place to mark this significant milestone, including a reception hosted by the Governor of Tasmania the Hon. Kate Warner and Mr Warner, a morning tea at the original Gowrie Centre at Battery Point attended by a range of individuals including past long term staff, former Board Directors, and importantly families and children. Staff received a specially developed gift card in recognition of this milestone.

A key aspect of the celebrations was the launch by the Governor of the 80th anniversary publication. With the rich and long history of the organisation, it was important to document some of the key achievements and recognise key individuals who have contributed significantly the success of the organisation. The history publication is available by following the link: <https://www.gowrie-tas.com.au/celebrating-80-years-1939-2019/> and I have written a Gowrie Australia published article which is attached to this newsletter. I do encourage families to take the opportunity to learn a little more about the organisation and its roots.

As we move towards the last part of the 2019 year, enrolments and re-enrolments have commenced for the 2020 year. It is important for current families to identify their needs and return forms by the timeline outlined on the documentation. This enables the securing of places prior to addressing the long waitlist that exists for Lady Gowrie Tasmania Education and Care Services.

I am proud to advise that Early Childhood Australia's (ECA) National Conference will this year be held in Hobart from 25–28 September 2019. 'From Vision to Action' is the theme for the 2019 conference which will expand on ECA's strategic priorities to progress its vision of 'Every young child is thriving and learning'. Early childhood educators, teachers, academics, leaders and other allied professionals from across Australia and overseas will come together in Hobart to be inspired through shared ideas and experiences, in an environment conducive to collegiality and collaboration.

The conference boasts an exciting and inspirational line up of national and international keynote speakers, panels and presenters. Lady Gowrie Tasmania is hosting a pre-conference educational site tour and many Lady Gowrie Tasmania educators will be attending the conference. The conference will explore current and emerging practice to enhance young children's experiences across the spectrum of service and education settings they attend. This includes early childhood education and care (ECEC) as well as the early years of school, outside school hours care and child/parent programs such as playgroups and family centres.

My staff and I look forward to sharing with the Lady Gowrie Tasmania community in the coming months the exciting outcomes, new ideas and learning opportunities gained from this conference.

With Spring upon us, I am sure everyone is looking forward to some warmer weather after a snowy winter.

Until next time.

**Ros Cornish**  
Chief Executive Officer



### Upcoming Events

Lady Gowrie Tasmania's Southern Children's Christmas Party will be held on Wednesday 11 December 2019 from 6.00pm until 8:00pm at Soundy's Park in North Hobart. Lady Gowrie Tasmania's Northern Children's Christmas Party will be held on Wednesday 11 December 2019 from 5.30pm until 7.30pm at City Park in Launceston. We hope all our children and families will be able to join us for this night of fun and celebration!

Lady Gowrie Tasmania is proud to be attending the 2019 Teddy Bear's Picnics on 23rd October 2019 at the Royal Tasmanian Botanical Gardens in Hobart from 10.00am until 12.00 noon and at City Park in Launceston on Wednesday 23rd October from 10.30am until 2.00pm. These are family friendly, community events hosted by Playgroup Tasmania to celebrate Children's

Week. There will be a variety of hands on and engaging experiences, activities and entertainment for children at both these events. We hope to see many of our families there!

Lady Gowrie Tasmania Family Support Service will be hosting a parent information evening 'Children and Cyber Safety' on Wednesday 30th October 2019 from 6.30pm until 8.30pm. The evening is suitable for parents of children of all ages and will be held at Lady Gowrie Tasmania Integrated Centre for Children and Families, 346 Macquarie Street, South Hobart. Please note that places are strictly limited so book in early!

Bookings can be made by emailing [neivh.gilligan@gowrie-tas.com.au](mailto:neivh.gilligan@gowrie-tas.com.au) or by phoning 03 6230 6817.



*'Play builds the kind of free-and-easy, try-it-out, do-it-yourself character that our future needs'.*

JAMES L. HYMES

### Christmas Closure

Lady Gowrie Tasmania Children's Education and Care Services will close for the Christmas break at 1pm on Tuesday 24 December 2019 and will re-open on Monday 6 January 2020. Please check with the educators at your particular service to confirm exact closure dates and times.



## Celebrating 80 Years

Lady Gowrie Tasmania celebrated the milestone achievement of providing 80 years of quality education and care and continuous service to the Tasmanian community on Wednesday 31st July, 2019.

We were thrilled to have Anne Beach, Lady Gowrie Tasmania Board Director, and the Roberts family cut the 80th birthday celebration cake.

Julian Roberts attended Battery Point Child Centre as a child in the 1970s and now his children, Ione and Cathaysa Roberts, attend the same service.

Lady Gowrie Tasmania is proud to be a part of the history of the Roberts family and the history of many other Tasmanian families, often across multiple generations.

To learn more about the Lady Gowrie Tasmania story over the past eight decades please follow the link below to our anniversary publication 'Celebrating 80 Years 1939-2019'.

<https://www.gowrie-tas.com.au/LG-80th-Birthday-Booklet.pdf>

CELEBRATING



## Free Play Contributes to Mentally Healthier Children

BY CLAIRE GAGNE

Young people are increasingly dealing with mental health issues. In fact, a recent survey showed 63 per cent of millennials could be classified as "high risk" when it came to their mental health, compared to just 24 per cent of boomers. Experts suggest one reason behind this disparity could be our reluctance to simply let children play.

"The opportunity for children to freely engage in play with one another has diminished considerably over the last 50 years," says Sergio Pellis, a professor of neuroscience at the University of Lethbridge in Alberta, who is featured in *The Power of Play*, a documentary from *The Nature of Things*. "If you look at the mental health state of children over the last 50 years, it's getting worse. Children are showing more signs of psychopathologies like depression, anxiety and alienation."

Pellis says that the research he and others have conducted connects "free play" — that is, play that's child-directed and has no real purpose other than to pleurably pass the time — with the development of the prefrontal cortex, the area of the brain responsible for attention, working memory, impulse control and emotional regulation.

"When we looked at whether manipulating the experience of playing in the juvenile period in rats can affect the development of these skills, the answer was yes," he says.

In other words, what looks like just horsing around could actually be an incredibly important part of developing the ability to handle oneself in a given situation, whether it's in the classroom, on the playground or, eventually, in the workforce.

### Emotional regulation

To understand why, we need to take a close look at what's happening when children are playing. When two children play wrestle, for example, dozens of tiny negotiations take place. "Rough-and-tumble play involves trying to get some advantage over one another, but you have to do it in a way that sustains the other's interest," explains Pellis.

That means taking turns, and if you start gaining an advantage over the other person, figuring out how to let them get a leg up for a bit. "You have to continually monitor

what you're doing and what your partner's doing," Pellis says. "And if you get knocked over, you've got to put the right emotional tone on that. For example: 'It's okay, Fred and I are just playing. So that's nothing to react negatively about.'"

Executive functioning skills are what help children to succeed in environments like the classroom. Children are bombarded with stimuli and need to be able to focus their attention on the task at hand, whether it's listening to their teacher or completing an independent activity. They need impulse control to stop for a moment if another child is bothering them and figure out what to do next, while emotional regulation is what helps them interact appropriately with peers and the teacher.

"Together, these executive functioning skills help you, at any given moment, figure out the best course of action to take in that situation," Pellis says. "These really are critical skills to make you a fully functioning person."

### Letting children make the rules

While a definitive link hasn't been proven, Pellis says it's highly likely that poor executive functioning skills lead to anxiety and depression, as they tend to hinder a person's ability to fit in with their social group, family and peers.

The good news is that these skills can be developed in lots of different types of play — as long as children are playing together and are in charge of what's happening. While organised sports are great for exercise, somebody else is making and enforcing the rules. Similarly, building a Lego kit takes focus and fine motor skills, but comes with specific directions.

"Interacting playfully with peers seems to be really critical," says Pellis. Children who like dramatic play, for example, are working on executive functioning skills as they decide who will take which role, and how the game will progress.

"Children, when left on their own, will make up their own games, so there are no rules. They have to negotiate: What rules are we going to follow? What is going to be a fair way for all the participants in the game? Am I going to feel like I'm getting from something of value out of the game?"

## 'Children First'

Unfortunately today, physical play is often discouraged by parents and teachers for fear of children getting hurt. And as extracurricular activities take up an increasingly large amount of time in children's schedules, children are getting less and less time to play on their own, away from input of teachers, parents and coaches.

"I have concerns that by diminishing the opportunity for children to freely choose to engage in whatever kind of play they want with their peers, we're not doing them a service and we're actually making their long-term life a lot harder," says Pellis.

**Article adapted from the website 'The Nature of Things with David Suzuki'.**

### Free Play Ideas for Families

- Playing outside
- Recyclable art
- Loose parts play
- Dress ups
- Singing
- Making a bug catcher
- Creating a cubby house
- Drawing
- Open-ended Lego
- Exploring natural environments



### Sun Safety Reminders

1. **SLIP** on some sun-protective clothing that covers as much skin as possible.
2. **SLOP** on broad spectrum, water resistant SPF50+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **SLAP** on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **SEEK** shade.
5. **SLIDE** on some sunglasses – make sure they meet Australian Standards.



### Outdoor Spring Play Ideas

#### Bushwalking

Tasmania has many nature reserves and walking tracks. Spring time provides the opportunity for children to experience a whole new world of different smells and sounds – how many new plants and animals can you find this spring?

#### Beach Clean-Up

Give your children the opportunity to become more active in their local community and learn about protecting the environment! Take a garbage bag to your local beach and pick up plastic that has been washed up on the shores.

#### Fly a Kite

Some things change, but some things never do – like the wind and how much fun it is to fly a kite!

#### Go for a Bike Ride

Riding bikes is a great way to get exercise and enjoy being outside together. If your little one is not quite old enough to ride a bike, try a bicycle trailer that you can attach to your bike.

#### Gardening

Children love gardening and digging in dirt! Visit your local nursery and buy some native plants and flower to plant for a more sustainable garden. Gardening with your children is a great way for them to learn about the environment and how different bugs, insects and animals help their flowers grow.

#### Nature Collage Craft

Go for a walk and collect small items such as leaves, gumnuts, bark and twigs. Bring them home and glue them to a heavy piece of paper to create a nature collage.



## 'Children First'

### Healthy Lunchbox Recipe

#### Apricot Muesli Slice

This apricot and muesli slice is moist and very easy to make. Deliciously sweetened by the dried apricots and sultanas, it makes a great addition to any lunch box. Best of all – it is nut free!

#### Ingredients:

150 g butter  
2 tbs honey  
200 g dried apricot (chopped)  
1 cup self-raising flour  
1 cup untoasted muesli  
1/2 cup sultanas  
1/2 cup caster sugar  
2 eggs (lightly beaten)

#### Method:

**Step 1** - Preheat the oven to 180°C. Line a 20cm x 20cm pan with baking paper and set aside.

**Step 2** - Melt the butter for 30 seconds in the microwave or over a low heat in a saucepan. Stir in the honey and leave to cool.

**Step 3** - In a bowl, combine the flour, sugar, muesli, sultanas and apricots.

**Step 4** - Mix in the eggs and cooled honey/butter mixture.

**Step 5** - Pour into the baking pan and bake for 25-30 minutes.

### Thinking Inside the Box!



During the July Vacation Care Program the children and educators worked together on a creative construction play project using cardboard boxes. The project began by visiting neighbouring businesses in the community so the children could collect some boxes. The children were given tape, scissors, markers, paper and were then left to their own creative devices!

Together the children created an entire kitchen including cutlery, appliances and even chef outfits from the boxes. The project continued throughout the two weeks of Vacation Care and it was fantastic to see the children fully engaged and focused on this learning experience. Every day the children would add to or extend on the creations and play from the day before.

Lady Gowrie Tasmania Frederick Street Vacation Care Service



### National Science Week at Glenorchy After School Care

National Science Week was celebrated throughout Australia in August 2019. Science encourages children to question, explore, discover and wonder about everything in the world around them. Science also compliments children's natural curiosity and extends on what children do every day while learning through play – to question, explore, discover and wonder.

The children and educators at Glenorchy After School Care participated in a range of exciting science experiments during this week. It was great to see the children working together to follow the step-by-step instructions, taking turns and communicating with each other throughout the experiments.

Focusing on science experiments and activities within our program contributes to our children becoming curious about the world around them, confident and involved learners and effective communicators within our After School Care setting.

**Lady Gowrie Tasmania Glenorchy After School Care Service**





## Inaugural Glenorchy Vacation Care Program

During the July school holidays we were very excited to run our very first Vacation Care Program at Glenorchy Primary School!

The program was developed in collaboration with the parents and children to ensure we were meeting their expectations and needs. The program was inviting as much as it was engaging for the children. Art experiences included making scented sachets, glow in the dark monster rocks, wool letter creations and raised salt paintings. We also ventured out into the community for various excursions including trips to Free T Tramp Park, Clarence Aquatic Centre, Simmons Park and Inflatable World.

There was lots of fun, laughter and learning during the two weeks as the children and educators got to know one another and began building solid connections for future vacation care programs. There was also plenty of relaxation and rest time for the children which is always important as they prepare for another busy school term.

**Lady Gowrie Tasmania Glenorchy  
Vacation Care Service**



### NAIDOC Week at Norwood

The educators and children at Lady Gowrie Tasmania Norwood Education and Care Service shared many meaningful NAIDOC Week 2019 experiences together.

These included making a handprint canvas to be displayed at the service, exploration of indigenous symbols, cooking traditional damper, creating charcoal drawings following discussions around the significance of indigenous art and children and educators reading and sharing dreamtime stories together.

The children in the Hilton Room were also provided with the opportunity to paint on pea pods and paper. During this process educators spoke to children about the significance of the colours that they were using; black for the people, red for the land and yellow for the sun.

Following the NAIDOC Week learning experiences Claire Gray, mother of Isaac, shares her thoughts below:

*'I have never seen recognition and celebration of our first people done with such respect and intent. The skills of the educators at Norwood is outstanding. I am so thankful my son was able to learn, experience and contribute to reconciliation through the work done last week.'*

NAIDOC Week 2019 also encouraged reflection among the educators at Lady Gowrie Tasmania Norwood Education and Care Service and they share their thoughts below:

*'We have recognised that we can improve the way in which we share elements of Aboriginal and Torres Strait Islander culture within our curriculum. We have made a commitment to learn more about Aboriginal and Torres Strait Islander culture and to focus on providing more consistent and frequent learning experiences for the children.'*

NAIDOC Week 2019 – 'Voice. Treaty. Truth. Let's work together for a shared future'.



### Book Week 2019 at Albuera Street After Kinder Care



Each year across Australia the Children's Book Council of Australia brings children and books together by celebrating Book Week. During this time schools, libraries, booksellers, authors, illustrators, children and families celebrate Australian children's literature.

For Book Week 2019 at Albuera Street After Kinder Care we read 'The Rainbow Bear' book and afterwards the children coloured in their own rainbow sleeping father bears. The bears were then displayed in the Albuera Street Primary School library. Mrs Brunton, the school Librarian, was very impressed with the children's bears and invited the children to visit their display.

The children were very excited to see their bears on display and enjoyed seeking out their own coloured bears. These experiences reignited the children's interest in books, reading and the library. The children and educators also enjoyed dressing up in character costumes to celebrate Book Week.

Book Week 2019 – 'Reading is my Secret Power'.

Lady Gowrie Tasmania Albuera Street After Kinder Care Service

## Educator Professional Development

### Outside School Hours Care Networking Group

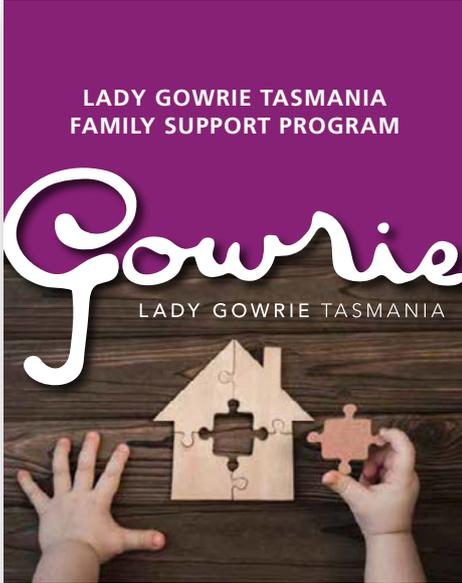
By attending the Outside School Hours Care (OSHC) networking meetings, hosted by Scott Gibson from Gowrie Training & Consultancy, this year our team at South Hobart OSHC was given the opportunity to collaborate and share ideas with other services - both within and outside Lady Gowrie Tasmania. At our last meeting we discussed how different environments effect children's learning and development. We discussed the benefits of loose parts play and how it strengthens children's skills in various ways. Each OSHC service is different; different spaces, different equipment and different relationships with their school. Some services find it challenging when the space used requires a complete pack up at the end of each day but we looked into how to manage barriers that we face while still ensuring our space is developmentally encouraging.

We also looked at some amazing OSHC services from other states, one particular service that stood out to us was in Queensland. Due to their location they were able to use the beach as their learning space which proves that our environments and spaces really do influence the type of learning and play that we can provide for our children. At South Hobart OSHC we are now are striving to implement similar use of our own location and natural resources on our doorstep. It was great to be a part of a network of people who can support each other, share knowledge, celebrate successes and reflect on the wonderful opportunities we, as OSHC educators, can provide to the children in our education and care services.

Thank you to Scott for facilitating these inspiring sessions, for encouraging valuable conversations on a range of topics and for urging us to step out of our comfort zones.

**Keelyn Bogert - Educator**

**Lady Gowrie Tasmania South Hobart After School Care Service**



LADY GOWRIE TASMANIA  
FAMILY SUPPORT PROGRAM

**Gowrie**  
LADY GOWRIE TASMANIA

Lady Gowrie Tasmania is a community-based not for profit organisation, providing a range of services for children, families and early childhood professionals within Tasmania.

Lady Gowrie Tasmania offers their families access to the Family Support Program.

The program provides free confidential, practical and emotional support to families who might be experiencing some of life's challenges or who may benefit from support in the day to day raising of their children.

**FAMILY SUPPORT SERVICE**  
229 Campbell Street, North Hobart  
PO Box 422 South Hobart Tasmania 7004  
P 6230 6860 E [familysupport@gowrie-tas.com.au](mailto:familysupport@gowrie-tas.com.au)

## Vale – Helen Stephen

Just weeks after Helen attended the celebratory events of Lady Gowrie Tasmania's 80th celebrations, we learned of her sudden passing on the 18th August. Helen was a major contributor to the history publication and all at Gowrie are so very pleased that we had recent contact with her to share her thoughts and memories about her time at Gowrie.

Helen was the Kindergarten Teacher at the Battery Point Centre for 25 years. Over this time, she played an important role in the lives of many children and their families. She also influenced the pedagogy and practice of many early childhood professionals with whom she came into contact.

Whilst small in stature, Helen had a large heart as she was a generous and caring lady always willing to give freely advice and support. Her deep commitment to her chosen profession was evident right up to her passing as she was still teaching two days per week - sharing her skills, knowledge and expertise with children, families and those who worked with her.

Many within the community attended the memorial service for Helen which was a wonderful celebration of her life. To Helen's family – husband, David, son Nic and daughter Sarah and two grandsons Cooper and Parker – our sincere condolences. Helen's legacy will live on through many of her qualities that resonated with those who were fortunate to have known and loved her.

# reflections

GOWRIE AUSTRALIA PUBLICATION ISSUE 5 2019



## BACK TO THE BEGINNING: LADY GOWRIE AND THE INTEGRATED SERVICE MODEL

**Ros Cornish, CEO, Lady Gowrie Tasmania**

Lady Gowrie Tasmania reached a significant milestone in mid 2019 – 80 years of continuous service to Tasmanian children, families and communities. Other Gowrie organisations will be celebrating the same milestone across Australia over the coming year.

To commemorate the rich and long history of the organisation and its contribution to Tasmania, a snapshot of achievements and growth, *Celebrating 80 Years 1939–2019*, has been published by Lady Gowrie Tasmania.

This publication was launched by Her Excellency, Professor the Honourable Kate Warner AC, Governor of Tasmania, at a reception at Government House in Hobart on 25 June 2019. Those attending included many former employees, Board Directors and friends of Gowrie.

Lady Gowrie Tasmania's history isn't unlike that of many families. From an eventful birth in 1939, the organisation

has grown into a flourishing organisation that continues to serve Tasmanian children and their families through a range of services and programs. There have been many milestones and occasional challenges along the way and today Lady Gowrie Tasmania is a mature and confident organisation that knows its business; an organisation which continues to advocate for children and families across its services and throughout the broader Tasmanian community.

Researching for the history publication reminded us that the cross disciplinary approach to supporting children's optimal development was a revolutionary approach eight decades ago that epitomised the vision and commitment of many women. This integrated model of service delivery is now adopted across many jurisdictions, but the term is used in several different ways across government policy documents and within the sector.

## BACK TO THE BEGINNING: LADY GOWRIE AND THE INTEGRATED SERVICE MODEL (CONTINUED)

The Integrated early years provision research project commissioned by the former Professional Support Co-ordinators Alliance and undertaken by Drs Wong and Press and Professor Sumsion from Charles Sturt University, highlighted the use of integration in two distinct areas:

*“The first where care and education are integrated, and the second where a range of child and family programs are made readily accessible and available to families”*

(Press, F, Sumsion, J & Wong 2010, p. 4).

The same research project aimed to develop a clear definition of integration for the Australian context commensurate with Australian government policy. Following consultation with key stakeholders, the following definition was determined:

*Integrated services provide access to multiple services to children and families in a cohesive and holistic way. They recognise the impact of family and community contexts on children’s development and learning and focus on improving outcomes for children, families and communities. Through respectful collaborative relationships, they actively seek to maximise the impact of different disciplinary expertise in a shared intent to respond to family and community contexts*

(Press, F, Sumsion, J & Wong 2010, p. 53).

It is evident in this definition that the focus is not on care and education integration, but a more holistic multidisciplinary approach involving families, communities and allied professionals who work collaboratively in children’s best interests.

Pen Green Centre is well known internationally in providing a model of best practice for working with and supporting parents in an area of low income and high unemployment through the provision of integrated services for children and their families. It provides a model for staff from different professional heritages working together across traditionally highly differentiated domains. Children’s Centre leaders in the UK have been charged with the task of challenging existing systems and structures where services are not accessible or responsive to children and families. Children’s Centre teams comprise early childhood teachers, adult community educators, health and family support workers, home visitors and researchers. In *Children’s Issues: Journal of Children’s Issues Centre*, Volume 10, Issue 2, the importance of leadership in initiating and sustaining collaboration across these critical areas is identified as a key success factor towards integration (Whalley, M 2006).

The synergies between what occurred in the Gowrie services in the 1940’s and what is occurring in different ways across jurisdictions now is becoming increasingly evident. The child and family focus with onsite social workers, child health services and allied health specialists is reflective of why the Lady Gowrie Centres were established across Australia 80 years ago.

It seems as if the wheel has turned full circle and we are back at the beginning with the learnings from the past certainly influencing future direction. The Gowrie model has played an important part in shaping the future of true integration.

### Reference List

- Gowrie Training & Consultancy 2019, *Celebrating 80 Years 1939–2019*, Lady Gowrie Tasmania, Tasmania.
- Press, F, Sumsion, J & Wong, S 2010, *Integrated early years provision: A research project for the Professional Support Coordinators Alliance (PSCA)*. Children’s Services Central, NSW.
- Whalley, M 2006, *Leadership in Integrated Centres and services for Children and Families – a Community Development Approach: Engaging with the Struggle*, *Children’s Issues*, Volume 10, no. 2.

For your professional learning and support contact your state based Gowrie listed below:



NSW [www.gowriensw.com.au](http://www.gowriensw.com.au)



TAS [www.gowrie-tas.com.au](http://www.gowrie-tas.com.au)



QLD [www.gowrieqld.com.au](http://www.gowrieqld.com.au)



VIC [www.gowrievictoria.com.au](http://www.gowrievictoria.com.au)



SA [www.gowriesa.org.au](http://www.gowriesa.org.au)



WA [www.gowrie-wa.com.au](http://www.gowrie-wa.com.au)

## Contact Details

### Head Office

346 Macquarie Street, Hobart	6230 6800	info@gowrie-tas.com.au
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### Northern Services

#### Long Day Care Services

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Gordon Square	6382 2445	gordonsquare@gowrie-tas.com.au
Norwood	6336 6971	norwood@gowrie-tas.com.au
University	6324 3731	uninorth@gowrie-tas.com.au

#### Outside School Hours Care Programs

Frederick Street VAC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Gordon Square ASC, VAC	6382 2445	gordonsquare@gowrie-tas.com.au
Launceston Preparatory School ASC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
Norwood ASC	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au
University ASC Mowbray, VAC Campus	6331 5106 / 0438 109 367	oshclusternorth@gowrie-tas.com.au

#### Occasional Care Program

Frederick Street Pre-School Program	6331 5106	oshclusternorth@gowrie-tas.com.au
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### Southern Services

#### Long Day Care Services

Acton	6248 5644	acton@gowrie-tas.com.au
Battery Point	6214 0380	batterypoint@gowrie-tas.com.au
Bowen Road	6211 0340	bowenroad@gowrie-tas.com.au
Campbell Street	6230 6881	campbellstreet@gowrie-tas.com.au
Kingston	6229 1901	kingston@gowrie-tas.com.au
Integrated Centre for Children and Families	6230 6805	integratedcentre@gowrie-tas.com.au
Midway Point	6230 6872	midwaypoint@gowrie-tas.com.au
University	6226 2088	unisouth@gowrie-tas.com.au

Fahan	Swansea	6230 6805	clusteradmin@gowrie-tas.com.au
Richmond	Oatlands		
South Hobart			

#### Outside School Hours Care Programs

Albuera Street ASC & VAC	Mount Nelson BSC, ASC	6230 6806	clusteradmin@gowrie-tas.com.au
Bowen Road ASC	Richmond ASC		
Brighton BSC, ASC, VAC	Rosetta BSC, ASC		
Glenorchy ASC, VAC	Sorell ASC and Vac		
Goulburn Street ASC	South Hobart ASC		
Lansdowne Crescent BSC, ASC & VAC	Taroona BSC, ASC & VAC		
	Warrane ASC		

#### Family Day Care

Family Day Care Scheme	6230 6809	familydaycare@gowrie-tas.com.au
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