

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.

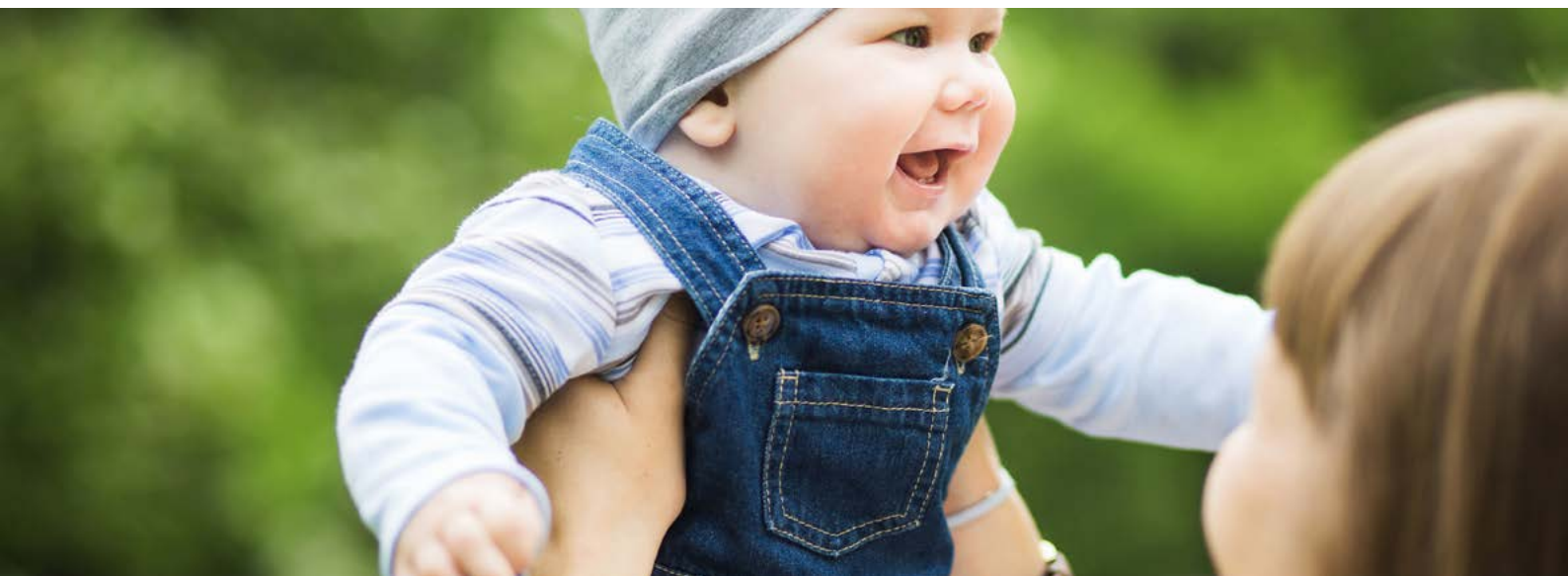
The conference boasts an exciting and inspirational line up of national and international keynote speakers, panels and presenters. Lady Gowrie Tasmania is hosting a pre-conference educational site tour and many Lady Gowrie Tasmania educators will be attending the conference. The conference will explore 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



'Children First'

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 or by phoning 03 6230 6817.



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.

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

JAMES L. HYMES



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



The Importance and Benefits of Free Play

Meet four-year-old Hannah. On Mondays, Tuesdays and Wednesdays she goes to preschool and afterschool care until her mum picks her up at 5.30pm. On Thursdays, she has swimming followed by ballet. Fridays is soccer and art class at the local library. Saturdays are for soccer games and playdates while on Sundays, it is almost always someone's birthday party.

Now Hannah's parents aren't expecting her to become a prima-ballerina or a soccer star or to be voted most popular in school. Hannah's parents just want the best for her, want her to be happy and fulfilled, and want to make sure that she has every opportunity open to her.

Hannah's parents are feeling the social pressure to keep their daughter busy, but is it actually good for Hannah?

The pressure to keep children busy

Counsellor and psychotherapist Georgina Manning, Director of Wellbeing For Kids, an allied health centre in Melbourne, says there is an increase in children doing more out of school activities now than ever before.

"Parents are running children around from activity to activity and filling every spare moment with extracurricular activities," she says. "It seems we have a current parenting culture of filling every hour of every day with interesting things for our children. In my work with families, most parents say they feel a pressure to keep up with other families that provide these extra activities and feel like they are not doing the right thing or giving their child the best opportunities if they don't put them in a range of activities."

Georgina also notes the pressure the extracurricular activities is putting on families. "The pressure on parents to keep their children 'busy' is enormous and it is not working for the parents and not working for the children. "All it is doing is putting enormous stress on families and families are left exhausted, stressed, anxious and irritable with little time left to just be in the moment or nourish the things that are important."

Georgina says the decrease in free play can also lead to children losing out on valuable life skills and even potentially affect their mental health. "It is really important that children learn to problem solve for themselves and if adults are hovering over their children every minute of every day, we are disempowering our children, and this has catastrophic

consequences on their mental health. "Children never learn to direct their own lives or think for themselves which erodes the development of self-efficacy."

What is free play?

Georgina explains that free play is play which is not directed by an adult in any way, but where children choose activities or games that interest them. "This may include adults setting up the tools so kids can be engaged in their own play such as having art materials, Lego, or building materials around for children to investigate and explore."

Free play, she says, is where "the child directs the play and there is no expected outcome from an adult. Examples of free play are playing in the garden, dress ups, singing, making a bug catcher, creating a cubby house, building with Lego, drawing, playing with toys using imagination, exploring the garden, creating a puppet show, role playing, being silly with friends, blowing bubbles, rolling on the grass, jigsaw puzzles, playing with pets etc."

Georgina notes that screen time is definitely not free play and that screen time actually takes valuable time away from free play. "Research shows that when children are using their imagination or in the state of wonder of their natural environment, just playing for the sake of playing without any expected outcome from an adult, then their brains are refreshed and rested," she says.

"Children need to rest their brains regularly and by taking children from activity to activity, this only stresses children, leaving little time for this vital play time. Not only is this vital for children's mental health and overall wellbeing, but essential for development of social and emotional skills." Parents can get involved in the play too, says Georgina, as long as they aren't directing the play, but rather playing with their child and letting their child take the lead.

How much free play should children have?

Georgina says there is no set amount of time parents should ensure their children are dedicating to free play. Instead, she recommends looking at the child's weekly schedule and seeing how much time they really have to play. "I often get parents of primary aged children to reflect on their child's week and create a visual of the week, putting in school time, homework, after school activities and screen time. Then parents can see clearly what time is left for free play.

'Children First'

"Parents are often really surprised to learn that there is very little time left in the day for their child to just play and to rest their brain. For preschoolers, having a mix of social interactions with peers and adult play, mixed in with some extra activities is a great mix for this age group. As preschoolers usually have a lot more free time than primary aged children, then it can be more beneficial for children to have a few extracurricular activities, however, these don't necessarily need to be a class or something that costs money. Catching up with other families and meeting in the park for a picnic in nature can be an extracurricular activity or going to the local library and listening to story time or choosing books for the week is also a valuable activity. "If children are in day care then having time each day when they get home to just play without adult direction is vital as well as the parent/child playtime."

Should we ditch extracurricular activities completely?

Georgina says that extracurricular activities can have their benefits. "I do believe that team sports are very important for children to participate in and this would be one activity I would recommend for children. However, it is vital the focus is on fun, joy, enjoyment and healthy competition rather than the focus on creating sport stars or to be better than other children. This takes away the fun for children and the experience to look after each other and the chance to develop empathy. It can also create unnecessary stress for children if they are pushed to always be 'better' and 'win' -

this automatically takes the children out of mindfully being in the moment of the activity."

Georgina says that activities can help to teach children valuable life lessons. "If children are enrolled in an activity, then they need to see the term or year out in that activity to teach children persistence, grit, commitment and to manage difficult emotions. Particularly if children are in team sports, they have a responsibility to others as well."

For children who struggle to make friends or who have become too comfortable spending hours in front of a screen, Georgina recommends that extracurricular activities and playdates can be beneficial for them.

Article taken from 'firstfiveyears.org.au'. The 'First Five Years' website aims to create a collaborative community of parents, professionals and educators to share insights and experiences about the early years and help meet the challenges of raising young children.

Free Play Ideas for Families

- Playing in the garden
- Dress ups
- Singing
- Making a bug catcher
- Creating a cubby house
- Building with Lego
- Drawing
- Playing with toys using their imagination
- Exploring the garden
- Creating a puppet show
- Role playing
- Being silly with friends
- Blowing bubbles
- Rolling on the grass
- Jigsaw puzzles
- Playing with pets



Fahan Pre-Kinder Program

Lady Gowrie Fahan Pre-Kinder is a Reggio Emilia influenced program catering for both girls and boys aged three to five years. We also run the Fahan After School Care program and Vacation Care program within our service. We place a strong emphasis on listening to the children's voices. We support each child in a holistic and intentional way to ensure current interests and self-directed play become learning opportunities through a large range of experiences.

Our role in this has been to provide an environment which is warm, home-like and flexible, asking open ended questions to encourage self-exploration and discovery. By placing a strong emphasis on listening we see the children becoming engaged and settled within their space, developing a strong sense of self, creating friendships and gaining a sense of belonging to the Fahan School and broader community.

We also see the children take great ownership and pride in their environment, the resources they engage with and each other as they become more connected to everything around them.

We are a culturally diverse centre and embrace every aspect and opportunity this brings. Many of our families send traditional family recipes in their children's lunch boxes. This has prompted many conversations with the children at mealtimes and had led us to inviting all families to contribute a family recipe into our program for us to cook with the children. We are hoping to collate these recipes into a Fahan Pre-Kinder cookbook for distribution at the end of the year.

Some of our parents and grandparents have joined us to cook with the children. This has been a wonderful way to establish

valued family connections and build on existing relationships within our community. The cooking theme has continued to be enjoyed by all our children in many different elements of the program. It has also allowed us all to learn about different cultural gastronomic delights and explore the sense as we taste test them together.

We run a Nature Day program each year as we explore the Truganini Reserve at Mt Nelson Signal Station. This allows the children time, space and freedom to engage in the local natural environment which is crucial to children's development. It provides opportunity to question many different aspects of local native flora and fauna, practice gross motor skills and explore healthy risk taking.

We engage in extracurricular experiences within Fahan School including; art class on a weekly basis, invitations to watch school musicals, assemblies, participate in the Book week parade as well as having the Year 6 students visit weekly for our buddy program and the library program. This engagement fosters a wonderful relationship with the Fahan School allowing the Fahan Pre-Kinder children an introduction to school life, in particular developing relationships with teaching staff and students they will be interacting with for years to come.

As educators we all feel so lucky to be a part of this vibrant learning community.

Kelly, Danielle and Lisa

Lady Gowrie Tasmania Fahan Pre-Kinder Program



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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.



Suspended Painting at Alanvale



Challenging children's own self efficacy, that is the belief in his or her capacity to execute behaviours necessary to produce specific performance attainments as described by the theorist Bandura, (1977, 1986 and 1997), was the goal of this project and this was achieved through the provision of a suspended art experience.

Lachlan and Piper were both excited and keen to participate in the experience. They were challenged in having to paint and create markings while the easel moved around in amongst the branches. They each attempted it and succeeded in making marks on their paper while it moved around. It was a small step towards building upon their own understandings of what they are capable of and can do with persistence and commitment. Though they found the task challenging, they demonstrated great reflection and problem-solving skills, saying, 'I can hold the board and paint with the other hand'. They also showed they were willing to have a go and experiment with this moving art experience. This experience was also a wonderful way to connect with nature in the outdoors as they observed lines, shapes and colours within the wider environment.

Yasmin McPherson - Early Childhood Teacher

Lady Gowrie Tasmania Alanvale Education and Care Service

National Science Week at Campbell Street

National Science Week 2019 was celebrated at Lady Gowrie Tasmania Campbell Street in our Burnett Room (3.5-5 year old children) with many topics. Educators provided areas of interest based on the children's play over the weeks leading up to Science Week and used an inquiry based program to facilitate the learning and involvement for the children. Children were encouraged to 'give it a go', 'predict and hypothesise', 'experiment and evaluate' and then retry with different materials.

We explored the properties of creating a solid construction through experimentation with a range of construction materials. Children looked at which structures were the strongest and then investigated why they were so. There was a great deal of concentration, problem solving and hypothesising around why certain structures stood stronger or were more stable when something was placed on top of it. Children discovered the importance of a sturdy base, with many soon working out that bigger blocks at the base provided more stability. A range of cause and effect investigations also saw the children working with controlled variables and predicting outcomes with sand timers and weights.

The inquiry which created the most enthusiasm and excitement centred around the solar system. Many children had a strong base of existing knowledge on which educators could extend on with the children. The children decided that they would like to make their own solar system and a rocket to be able to fly to space. Children investigated, researched and compared the sizes of planets and looked into the properties of each planet. This helped them to make informed decisions about the colour choice for each planet. Children and educators also discussed space travel and where planet Earth is in relation to the sun and moon.

Our Letitia Room (18m-2.5 year old children) also made their Science Week learning meaningful by exploring the concepts of floating and sinking with referencing our favourite book at the moment 'Who Sank the Boat?'. Children estimated which materials would make good boats and float and which ones would sink. The children experimented with leaves, cork, blocks, aluminium foil, rocks and when they had been exhausted children grabbed whatever was closest to them to experiment with.

We have all enjoyed the focus of National Science Week which has since inspired us to seek further learning opportunities to encourage the children's fascination and exploration of the world we live in.

Theresa Blizzard - Education and Care Co-Manager
Lady Gowrie Tasmania Campbell Street Education and Care Service



Transition into Family Day Care



I'm Stacey Hall and this year, after 13 years working in long day care, I made the transition into family day care. I've always worked with children and after having my two boys I wanted to be able to be home with them whilst continuing with my passion for early childhood, so in July this year, after lots of preparation and hard work, I opened Enriched Explorers Family Day Care in Sorell through the Lady Gowrie Family Day Care scheme.

Five weeks in and I am absolutely loving it! I've found that I am starting to build some wonderful relationships with families who are looking for a particular type of care for their children, and through feedback and conversations, I use a collaborative approach to tailor care to the needs of families.

The other aspect of Family Day Care that really appealed to me was the chance to run my own business and be responsible for the day to day operations. This is backed up amazingly by the Lady Gowrie Tasmania Family Day Care team who are always only a phone call, email or visit away from assisting with anything I need.

Just like Long Day Care settings, Family Day Care is all about relationships, and the bonds that myself and my children are building with families and the local community are already starting to show. This is what really excites me and is something that I hope will continue to grow, just as I do in my new role.

Stacey Hall
Lady Gowrie Tasmania Family Day Care Educator

LADY GOWRIE TASMANIA FAMILY SUPPORT PROGRAM



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

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'.



Educator Professional Development

Exploring Childhood Trauma with Grant Maynard – Early Childhood Educators of Tasmania (ECET)

As Early Childhood Educators we know that being involved in a child's education and care is both a privilege and a big responsibility. We have become increasingly aware that many of the children in our care have experienced the trauma of neglect or violence or relationship disruption. We are not always aware of the story, but we see the effects in children's behaviour, their learning and their relationships.

During this professional development session on childhood trauma, Grant Maynard explored some Trauma-Informed Practices that support a respectful response to children who

have experienced early adversity. Grant employed stories and very practical techniques that looked at ways to create calmer, more predictable and more connected settings for all our children. Educators in attendance gained a deeper understanding of stressed brains and are now resourced with a toolkit of regulation strategies that will support young learners, in turn creating improved outcomes for children and families.

Casey Reid - Education and Care Manager

Lady Gowrie Tasmania Norwood Education and Care Service

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.

B4 Early Years Coalition



B4 Early Years Coalition is a State Government Department of Education initiative with the vision *that every child in Tasmania is cared for and nurtured through the early years.*

The Minister for Education and Training appointed influential individuals from diverse backgrounds who represent and engage groups and individuals to improve outcomes for Tasmanian children and their families in the early years. The CEO of Lady Gowrie Tasmania, Ros Cornish, was appointed as an inaugural B4 Early Years Leader and recently reappointed for a further two years. This group is co-chaired by the Commissioner for Children and Young People, Leanne McLean, and the past Chair of the former Tasmanian Early Years Foundation, Elizabeth Daly.

There are ways in which other individuals and organisations can be involved in this initiative in any of three ways – being a member, being a supporter or being a friend of the B4 Coalition.

Further information is available on the website
<https://b4.education.tas.gov.au/>

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



TAS www.gowrie-tas.com.au



QLD www.gowrieqld.com.au



VIC www.gowrievictoria.com.au



SA www.gowriesa.org.au



WA www.gowrie-wa.com.au

A Message from Diabetes Tasmania

Gestational Diabetes and Risk of Type 2 Diabetes

Every year, more than 600 Tasmanian women are diagnosed with gestational diabetes. While this form of diabetes usually goes away once the baby is born, it is associated with an increased risk of complications during the pregnancy and birth, as well as a greater likelihood of mother and child developing type 2 diabetes later in life.

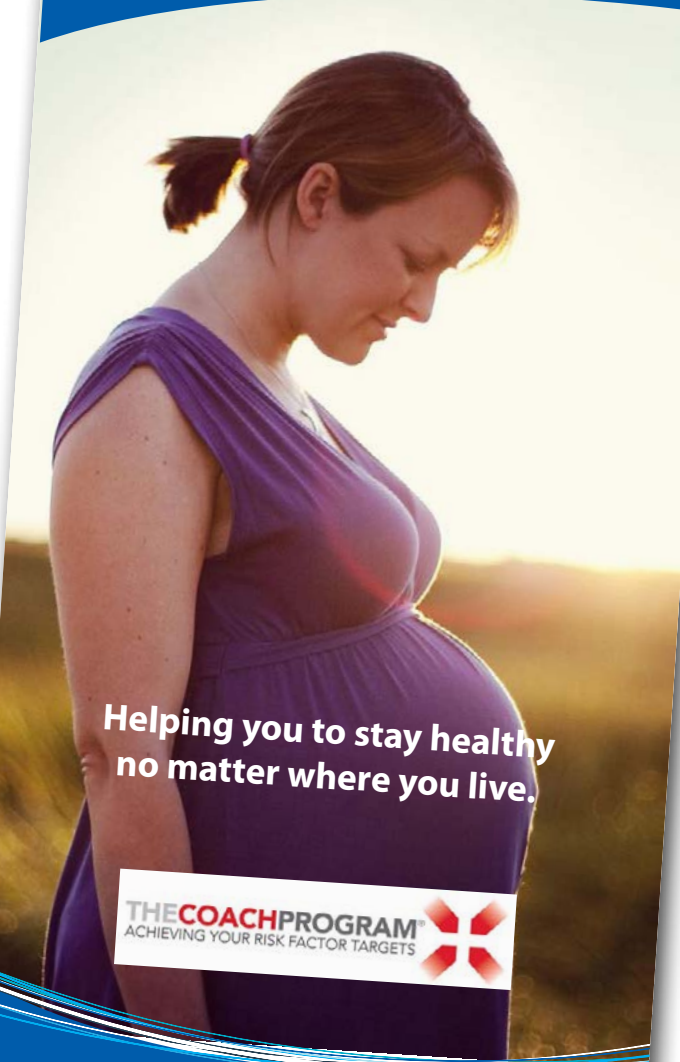
Thankfully, with the support of a diabetes health care team, gestational diabetes can be managed well through healthy eating, regular physical activity and sometimes with the help of insulin. In most cases, both mum and bub come out of it safe and well and relieved that it's over and there is no more diabetes.

However, did you know that women who have had gestational diabetes have an approximately 50% chance of developing type 2 diabetes?

This is because many of the risk factors for gestational diabetes are the same as the risk factors for type 2 diabetes. While you can't change some risk factors - like family history, cultural background or age - you can reduce your lifestyle risk factors such as improving your eating habits, being more physically active and managing your weight.

Type 2 diabetes can be prevented. Diabetes Tasmania's has a free 6-month telephone health coaching program to help you improve your eating habits, increase your physical activity and achieve or maintain a healthy weight to help prevent type 2 diabetes. Our friendly health professionals will call you once a month for up to 6 months, at a time that suits you to work with you towards achieving your health goals.

Type 2 diabetes can be prevented. To join or receive more information about The COACH Program for women after gestational diabetes, simply call Diabetes Tasmania on 6215 9000 or email us at mail@diabetestas.org.au.



Telephone coaching to help prevent type 2 diabetes for women who have had gestational diabetes

Helping you to stay healthy no matter where you live.

THE COACH PROGRAM
ACHIEVING YOUR RISK FACTOR TARGETS

d diabetes tasmania

Your questions answered:

Q. What are my chances of being diagnosed with type 2 diabetes after having gestational diabetes?

A. Women who have had gestational diabetes are seven times more likely to develop type 2 diabetes than women who have not had gestational diabetes.

Q. My doctor is already taking good care of me. Why do I need The COACH Program®?

A. Our coaches work with your doctor's advice and support to help you make long-term lifestyle changes to stay healthy.

Testimonials:

Here are some thoughts from previous participants of The COACH Program®:

"The COACH Program® gave me access to a dietitian to ask the questions I was interested in."

"I enjoyed talking to someone who cares about my wellbeing and health."

"The information was valuable and knowledge of the coach was very good."

"I'm more aware of what I can do to prevent type 2 diabetes."

Diabetes Tasmania is your local health charity supporting Tasmanians affected by all types of diabetes and those at risk. We work with our community to prevent and reduce the impact of diabetes.



The COACH Program® for women who have had gestational diabetes is delivered to you by Diabetes Tasmania with support from the Tasmanian Community Fund



Call us

6215 9000 (Hobart)

6333 0233 (Launceston)

Level 7, 152 Macquarie Street, Hobart TAS 7000
64 Cameron Street, Launceston TAS 7250

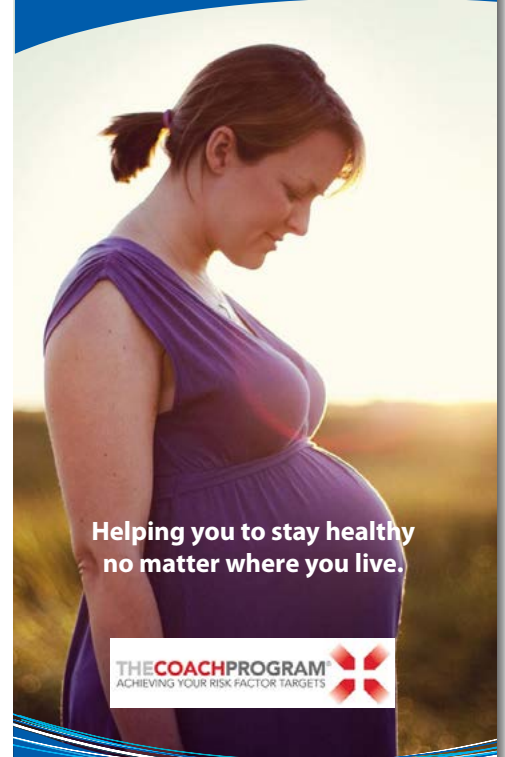
mail@diabetestas.org.au

diabetestas.org.au

facebook.com/DiabetesTasmania

twitter.com/diabetestas

Telephone coaching to help prevent type 2 diabetes for women who have had gestational diabetes



Helping you to stay healthy
no matter where you live.



Have you had gestational diabetes? Do you need support and advice to help prevent type 2 diabetes?

Join Diabetes Tasmania's free telephone coaching program now and become actively involved in looking after your own health

What is The COACH Program®?

The COACH Program® is an evidence-based, award-winning coaching prevention program for people with chronic disease or at high risk of chronic disease.

Offered by Diabetes Tasmania, The COACH Program® is a free service available to women who have had gestational diabetes and who are at risk of developing type 2 diabetes.

The COACH Program® is a structured telephone-based health coaching program. Working with a trained health coach, you will learn how to improve your lifestyle and reduce your risk of developing type 2 diabetes.

You will cover topics including:

- physical activity
- eating habits
- weight
- blood pressure
- smoking
- alcohol intake

How does it work?

Your coach will call you once a month for about six months.

During the calls you will talk about:

- how your health is at the moment
- what you can do to reduce your risk of type 2 diabetes
- working together to set goals to help you make positive lifestyle changes

After each session your coach will:

- send you a summary of what you've spoken about and the goals you've set during the call
- check in with you four weeks later to see how you're working towards your goals

Why should I join?

There are many benefits to joining The COACH Program®.

- it will help you improve your health
- it's free
- all sessions are held over the phone so there's no need to travel
- the sessions run at a time that suit you
- every session is personalised to your needs

The COACH Program® coaches will help you to work together with your health care team to meet your health goals no matter where you live.

How do I join? It's easy!

- simply call us on one of the numbers below;
- sign the consent form that will be posted to you and return it to us in the reply paid envelope;
- we will call you to book your first telephone health coaching session.



If you would like more information about The COACH Program® at Diabetes Tasmania call us on
6215 9000 - Hobart
6333 0233 - Launceston

diabetestas.org.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

Alanvale	6348 1390	alanvale@gowrie-tas.com.au
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 Richmond South Hobart	Swansea Oatlands	6230 6805 clusteradmin@gowrie-tas.com.au

Outside School Hours Care Programs

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

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