



Towards Healthy Families

Summer 2016

*Ija Mulanggari, Goodtha Mulanggari
Thriving Mothers, Thriving Babies*



From the President

It's that time of year again. December has come and with it all the joys and, not to be denied, the challenges of Christmas. At CMS our focus is on families and we often wonder what is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the Christmas cards, Christmas dinners with family and friends, children playing, Christmas stockings and pillow cases hanging in the lounge room, and "Merry Christmas" to those we pass in the streets? Is this really Christmas?

For many of our families at QEII, Christmas is a time of sorrow. For some a reminder of how little they have. Many are saddened at Christmas time when they think of their loved ones who will not be able to come home for various reasons. Special dinners may be only a wish and not a reality for some.



Yet, Christmas can be a season of joy. In common with many other faiths and belief systems it is a time of reflection and can be a time of healing and renewed strength. Most of all it is a time of love. It can be a time to give, especially to those we don't know and may not come into contact with in our day to day lives. CMS and our staff at QEII have a tradition of giving and this year we hope in our small way we have 'made a difference' for our friends at three local residential facilities and we thank them for the privilege of being a part of their Christmas.

On behalf of the Board of CMS I wish you and your family much love, peace and joy this Christmas and every happiness throughout 2017.

Viola Kalokerinos

Message from the Director of Nursing & Midwifery/ Executive Officer



As you walk into QEII the Christmas tree is at the door. The decorations are distributed a little unevenly and the star would not sit properly on the top of the tree this year. No matter! The children had the best time placing the decorations where they thought best and the spirit of being together and enjoying each other has not been dampened by the lack of a star. We are on the lookout though for an angel with a good grip to replace our

wobbly star!

As we get closer to Christmas we work with families about keeping it simple. We remind them and each other that it really is about being together and celebrating what we have and, just like our Christmas tree at QEII, it doesn't have to be perfect.

Many thanks to everyone who has supported us at QEII this year. Your assistance and guidance has been invaluable and we look forward to your continuing support in 2017.

Mary Kirk

On Wednesday 16th January, the Canberra Mothercraft Society held its Annual General Meeting at University House, presenting the Annual Report for 2015-16.

It was announced that we had provided residential primary care for 1796 families over the year. We had an occupancy rate of 86% and the diversity of our clients was reflected in the fact that primary carers reported 80 different countries of birth across the globe.

It was reported that CMS's financial position

remains stable and QEII Family Centre remains a going concern.



Viola Kalokerinos, was re-appointed the President of the Board, to continue her tenure for another year. Jane Alver announced her resignation from the board, opening up the position.

Long time friend and colleague, Rhodanthe Lipsett, was honoured with a life membership to the Canberra Mothercraft Society, acknowledging all that she has given to the organisation over the years.

Canberra Mothercraft Society 90th Anniversary Celebration

Following the Annual General Meeting, the Canberra Mothercraft Society marked 90 Years of service to the Canberra community with a cocktail celebration.

Established in 1926, the Canberra Mothercraft Society is the longest standing health service provider in the ACT, supporting thousands of families in that time.

CMS founded several community based services for families, including our modern-day Child and Maternal Health Services and the development of pre-school and childcare services in Canberra. CMS are also the longest continuous provider of a public hospital service in Canberra, through QEII.

Minister for Health Meegan Fitzharris attended and spoke at the event, including talking of her own important stay at QEII with her first child.



Following formal proceedings, guests, including staff and board members past and present, enjoyed drinks, canapés and cake while enjoying live music and talking of the impressive history and culture of the organisation.

The Canberra Mothercraft Society are now looking forward to their next major milestone, 100 years!



The Canberra Mothercraft Society launched a new Health Promotion program for staff in October 2016. Run by Toni Hackett, the program features a range of activities and resources, designed to enhance the mental, emotional, physical and social health and wellbeing of all staff members.

The program includes:

1. In-house workshops delivered by external facilitators, staff and colleagues
2. In-house and hands on activities that include
 - Food
 - Movement
 - Exercise
 - Games
 - Social interaction
 - Sharing knowledge and resources
 - New learning and information
3. Attending activities and/or workshops externally within the community
4. Screening of films or TED talks

Staff are encouraged to participate as much as possible and to contribute new ideas for consideration. So far, staff have had the opportunity to participate in a range of activities including:

- 10 minute Brain Boosters
- Brain foods tasting
- That Sugar Film screening
- Mind games in the staff room
- Mind Makeover workshop
- Improvisation workshop
- Living library activities
- Brain Foods cooking demonstration.
- Self-guided activities in the staff room
- Move It! Brain and body coordination workshop
- Walk before Work
- TEDx Food for thought: How your belly controls your brain
- Introducing pre and probiotics: Making cultured vegetables
- Mindful Movements

The program has been very well received by staff and it is hoped that over time, it will continue to enhance our work-life in a really positive way.

QEII GETS SOCIAL

QEII now has live Facebook and Twitter pages, to assist in building relationships with our community and promoting the service.

Posts and updates are made weekly and we are working on building our network on the two platforms.

We would love your support, so if you are on Facebook, please "Like" our page and if you are Twitter, please "Follow Us" to stay in touch.

Links can be found on our website www.cmsinc.org.au or you can go direct to:

Facebook - <https://www.facebook.com/QEII-Family-Centre-472155609517857/>

Twitter - <https://twitter.com/QE2FamilyCentre>



Did you know.....

The first Carols by Candlelight was held in Alexandra Gardens, Melbourne in 1938, attended by around 10,000 people.

Carols by Candlelight is an Australian Christmas tradition that originated in Melbourne and has now spread around the world. People come to Carols by Candlelight to sing Christmas carols together by candlelight.

Norman Banks, a 3KZ radio announcer was walking home from his night-time radio shift on Christmas Eve in 1937, when he passed a

window and saw an elderly woman inside sitting alone, listening to Away in a Manger being played on the radio and singing along, with her face being lit by candlelight.



Wondering how many others spent Christmas alone, he had the idea to invite people to a group event and sing Christmas carols together by candlelight.

Carols by Candlelight was held in Alexandra Gardens from 1938 to 1958 and then moved to the newly constructed Sidney Myer Music Bowl in 1959.



**Merry Christmas and a
Happy New Year to all of our
friends, clients and colleagues.
We look forward to another
wonderful year in 2017.**

CHRISTMAS CLOSURE DATES

QEII Family Centre will be closed for Christmas from 24th December, re-opening to clients on 28th December. The Administration team will resume on Tuesday 3rd January.

The Hydrangeas

The Hydrangeas meetings for 2017 will be announced in the New Year.

We will send around a notice with dates as soon as they are announced. They will also go on our website, on our facebook and twitter pages, and in the autumn newsletter.



STAY CONNECTED

- For inclusions in upcoming editions of the newsletter (photos and articles are welcomed for consideration), to opt out of the newsletter mailing list, or to **SAVE PAPER** by receiving this newsletter electronically, contact Colleen at Colleen.Josifovski@act.gov.au or phone (02) 6205-2322.

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Thriving Mothers, Thriving babies
[Ngunnawal meaning]*

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