



WINTER 2019

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



Presidents Message

On Friday 28 June, CMS celebrated the contribution of its staff to our work at QEII over the last 56 years. The function was held at the Hyatt Hotel Canberra and was attended by current staff, former staff, CMS Board and members and their families, as well as friends of CMS and QEII. The function was a great success and which can be attributed to the leadership and dedication of Board Member Lynne Johnson and her small team. Whilst there was sadness about CMS moving on from QEII, there was also great optimism for the future. CMS also took the opportunity, in front of one of its most important audiences, to rededicate itself, through its Community Development Programs, to families of young children in the ACT and surrounding region.

A small team of committed staff were back at QEII first thing in the morning on Saturday 29 June to do the final 'moving out' activities. Any of us that have moved house know what a mammoth task it is, imagine moving out of a hospital! The Board extends its special thanks to: Liz Gardiner; Jacqui Larkham; Debbie Tibbles; Kathryn Forster; Robyn Steele; Chris Laven; Ellen O'Keeffe; and Mary Kirk. Members of this group were at QEII until 9:30pm that night to ensure that CMS had completely moved out, all reporting obligations to the ACT Health Directorate were finalized and that the incoming provider was the recipient of a facility in pristine order.

During June, the last month at QEII, the CMS staff: handed over to the incoming provider, Tresillian Family Care Centres; commissioned an office for the business run off team; moved out of QEII; managed redundancies; while at the same

time and without faltering provided Community Development and Health Promotion programs. Also, words cannot express the gratitude we feel towards the staff who stayed with us until the end to ensure we delivered uninterrupted high quality services at QEII for our community.

A small team has relocated to another office to undertake the business run off activities. CMS anticipates that these will be completed by the end of 2019. The team that we have working for us includes Colleen Josifovski (Community and Public Relations), Ellen O'Keeffe (Project Officer), Kathy Forster (Financial Services), Toni Hackett (Community Development Programs) and Mary Kirk (Executive Officer).



As we transitioned out of QEII with uninterrupted services to the community, the CMS Community Development Programs have continued unabated. Through these programs CMS will continue our proud tradition of delivering programs based on reliable evidence utilising the principles and practices of primary health care and informed by the social determinants of health.

Now is the time to save the date for the CMS AGM which will be held on 16 October 2019.

Finally, thank you to everyone who attended our special function on 28 June and our sponsors: CMS Board; Show Pony; and the Hyatt Hotel Canberra. CMS especially thanks the donors of the lucky door prizes: Wednesday Knitters; and Thursday Friendship Group.

Farewell QEII

Below are a collection of photographs from the special cocktail event held at the Hyatt Hotel on Friday 28th June 2019 to salute and celebrate generations of QEII staff and friends.





CMS and Community Development

CMS has been running community development programs (CD) in the ACT since the early years of the Federation. In more recent times it established the Grand Parents ACT & Region program in partnership with Marymead and Relationships Australia ACT & Region (RA).

Since that time, we developed the *Relaxing Into Parenting* program together with RA and the then ACT Health Child Youth & Women's Health Program. CMS now runs *Relaxing Into Parenting* combined with the RA *Baby Makes Three* program. We also developed and ran for many years the *Grand Jugglers* program.

There is a wonderful vision and tremendous potential in the CMS CD and Health Promotion (HP) programs. Already there is a community of over 400 parents that have completed the *Relaxing into Parenting and Baby Makes Three* program.

CMS' most recent development has been The Village program, a series of workshops for mums, dads and couples who have attended *Relaxing Into Parenting and Baby Makes Three*. This year we have also added the new and long-awaited workshop for grandparents and grand friends!

Under development is CMS' latest and very important offering, *Best Birth, Choosing Wisely*. This program aims to inform women and their families about the decisions they will need to make throughout their pregnancy and beyond. The group is for women and their partners thinking about becoming or are newly pregnant. While CMS is the lead organisation, it grew out of a partnership with Safe Motherhood for All (SMA). The immediate past president Ellen O'Keeffe and Toni Hackett (CMS Community Development Officer) have been researching and developing *Best Birth, Choosing Wisely* together for the past 18 months, and have been supported by Mary Kirk and input from Emma Baldock and Catherine Bell (author of *The Birth Map: boldly going where no birth plan has gone before*).

In May this year we held a focus group for *Best Birth, Choosing Wisely*, with participants from backgrounds in social work, counselling and midwifery as well as young women aged 18 & 19, including a student of midwifery, mothers and a couple preparing to become pregnant. It was a great success in terms of the content, activities, interaction and participant feedback and left Ellen and Toni feeling confident of the direction in which *Best Birth, Choosing Wisely* is headed.

Thanks to the Commonwealth Bank Staff Community Fund grant CMS was able to engage the award winning group, Design Managers Australia <http://designmanagers.com.au/>, to assist in the development of a promotional and educational video clip for this program. This has been an exciting and enlightening process for all of us involved.

Another wonderful aspect of this program is its capacity to adapt and offer education to parents from diverse cultural and linguistic backgrounds who are newly arrived in Australia, including those with refugee status. This year we forged a positive and strong connection with Red Cross who manage the humanitarian settlement program for all refugees arriving in Canberra. The scope for CD and HP programs is vast, including offering more groups such as the Next One for parents expecting their next child.

CMS' Community Development Officer Toni Hackett said: "I have greatly enjoyed the sense of a team through the CD & HP Advisory Group and Reflective Practise for Group Facilitators. Coordinating a small program such as this one can be a solitary gig, especially if you're a team player. However, I continually feel privileged to be the guardian of these dynamic programs and the opportunity they provide to support new parents is always immensely satisfying."

If you would like more information about CMS' Community Development programs please feel free to contact Toni at toni.hackett@cmsinc.org.au.

VALE Louise Blue OAM

Louise was a founding member of the Crafts of our Mother knitting group at QEII. She was an enthusiastic knitter and reveled in the joy of all the beautiful yarns that were around at that time. But it was her enthusiasm and encouragement as a teacher that is her lasting legacy. Louise had retired from her many years as a distinguished teacher and educational leader in the A.C.T. Department of Education when she started knitting with us. It was therefore, no surprise that she was one of the first to put up her hand when we were asked to run a Friday afternoon knitting group with students at Calwell



High or to help run workshops at the Majura Women's Group. And although she had not been an active member of the group for several years she loved being told when our stalls and events were on and came along whenever she could.

Louise died early in May this year. We will miss her but she will be remembered for her contributions to CMS and the community at large.

Lynne Johnson

We have moved our Facebook page!



After handing over QEII to Tresillian, we have closed down our QEII Facebook page. You can still find us on Facebook at:

<https://www.facebook.com/Towards-Healthy-Families-1081041148950149>

Please follow us there to keep in touch.

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Post Office Box 126
Curtin ACT 2605

Towards Healthy Families

*Ija Mulanggari, Goodtha Mulanggari
Thriving Mothers, Thriving babies
[Ngunnawal meaning]*

T: 0466 114 897
E: info@cmsinc.org.au