

About the booklet

Dear Armidale Family


The Armidale Families Guide was developed by the Helping Children and Families Association, a local charity offering a Volunteer Home Visiting Program for families of young children.

Many of the families that HCFA meets are new to Armidale (either they have just moved here, or they have just become a family in Armidale for the first time) and just don't know what resources are available or how to find them. We hope this booklet will be an enduring resource that families can turn to again and again through the different stages of their families' growth. If anything is missing, do let us know.

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Helping Children and Families Association



Volunteer Home Visiting Program
providing neighbourly support for families
with young children in the Armidale area.
No referral needed.

0467 580 016
www.hcfa.org.au

Appreciation. We are grateful to our sponsors (Armidale Dumaresq Council who also provided and marked up the centrefold map), New England Mutual and the Armidale & District Women's Centre for sponsorship; for discounted services (Evans printing and Armidale Business Centre for rent), the Armidale Express for providing some old photographs and our advertisers.

Pictures (front page, left to right): Aboriginal Keeping Place, NERAM, Curtis Park, Waldorf School, Dangar's Gorge, Guyra snow, Curtis Park, Deer Park Inn, NECOM, Harmony Day, Montessori preschool, Toy Library, Green Valley Farm.

"It takes a village to raise a child."

Activities for Babies & Young Children Playgroups

General Playgroups

A playgroup is an informal session where parents, caregivers, children and babies meet in a relaxed and friendly environment, usually for 2 hours. The adults stay to interact with other adults and to play with their children. Some provide transport.

| | | |
|--|---------------|--------------|
| <i>Playtime @ The Armidale Waldorf School</i> | 9am Mon, Tue | 6772 8876 |
| <i>St Peter's Playday (Tingcombe La)</i> | 9.30am Mon | 6772 2269 |
| <i>Montessori Playgroup (1 West St)</i> | 10 am Mon | 6772 3628 |
| <i>St Mark's Playtime (UNE Chapel)</i> | 10am Mon, Tue | 6772 3306 |
| <i>Railway Playgroup at NEGS Transition Room</i> | 10.30am Mon | 6772 5663 |
| <i>Tadpoles Music in Motion - Armidale Community Church (not operating 2014)</i> | 9.30 am Wed | 6772 4710 |
| <i>Baptist Church Playgroup</i> | | |
| <i>St Mary's Playgroup (School gym)</i> | 9.30 am Thu | 6772 0531 |
| <i>TAFE Play Sessions with Early Childhood students & teachers</i> | 9.15 am Fri | 6772 4441 |
| <i>Armidale Women's Shelter Playgroup</i> | 10 am Wed | 6773 7728 |
| <i>Gubi Guban Mobile Playgroup - many locations within 40km of Armidale plus grandparents and twins playgroups</i> | 10 am Fri | 6773 7774 |
| | 10 am Friday | 6772 5911 |
| | Various | 0428 723 120 |



A local playgroup celebrating Christmas.

Supported Playgroups

A supported playgroup is run by a trained coordinator to provide extra support for families who might not have the confidence to join general playgroups. Transport is often available.

| | | |
|--|-----------|-----------|
| <i>Benevolent Society Supported Playgroups</i> | 10 am Wed | 6772 1455 |
| <i>Armidale Family Support Service - Newling</i> | 10 am Thu | 6772 7243 |
| <i>Drummond Memorial School</i> | 10 am Wed | |
| <i>Guyra Little Chaps</i> | 10 am Tue | |
| <i>Urralla Tiger Clubs</i> | 10 am Mon | |
| <i>Walcha</i> | 10 am Wed | |

"Nothing you do for children is ever wasted." - Garrison Keillor