

Don't miss these special offers:

Birthday Dinner

Newcastle Multiple Birth Club Inc is proud to be celebrating it's 40th Birthday, you and your family are invited to stay and enjoy a dinner party. The dinner is set in the beautiful Pavilion Room at the NJC who has been a large supporter of the NMBC Inc in recent years. There will be great food, new and old friends, entertainment, memorabilia, birthday cake and much more.

\$40 per person.

Arrive 6.30 for 7.00pm

Dad's Leave Pass

This pass is available to the father of multiples and up to 2 mates that are fathers.

Fathers are encouraged and invited to attend Richard Fletchers talk founded on research and open to discussion on a father's role in the family. Richard is published in many facets of fathering, and has also been instrumental in bringing the importance of paternity leave at a government level. Defining the importance of father baby bonding and its effect on the growing child.

Afterwards your pass entitles you to a stroll across the car park to the NJC All Sports Club for a Steak Sandwich, drink and a punt if you desire.

\$5.00

Arrive 1.00pm for 1.15pm

First Timers Discount

AMBA NSW are offering a first timers discount which is payable to the first timer on the day of the seminar.

On presentation of your receipt on the day you will be refunded 50% of the registration fee.

Lucky Number Draw

Make sure you pay a visit to our lucky number draw and prize table – there will be prizes a plenty. Numbers 1 to 100 are available to purchase, at \$2 a number.

Drawn at 4.30pm

Finding us

Traveling along the Pacific Hwy through Charlestown, turn left into Bruncker Road and travel towards Adamstown. Adamstown at the first set of traffic lights turn right into Glebe Road, follow Glebe Road and turn left into Chatham Street, the NJC is on the corner of Chatham Street and Darling Street, drive in to the car park and park nearest to the entrance. The seminar venue is flagged.

Where to Stay

Suggestions for Accommodation:

Boulevard on Beaumont 4 star apartments

phone: 02 49400088

www.boulevardonbeaumont.com.au

Adamstown Motor Inn 3 ½ star rooms

phone: 02 49527111

www.adamstownmotorinn.com

Aloha Motor Inn 3 star rooms

phone: 02 49631283

Email info@thriftypmotels.com.au

Premier Hotel 3 star hotelrooms

phone: 02 49623236

www.hotelpremier.com.au

Staying Longer?

Visit www.visitnewcastle.com.au for more things to do in Newcastle

Planning Coordinator

Michelle Barnett

phone 02 49480830

michelle@minco-tech.com

Please Post Forms to

State Seminar

NMBC Inc

70 AriesWay

ELERMORE VALE NSW 2287

Cheques payable to

Newcastle Multiple Birth Club Inc – State Seminar



EST 1969

Newcastle Multiple Birth Club Inc.

First Australian Club for Multiple Birth Parents

Celebrating 40 Years

Australian Multiple Birth Association

**NSW Seminar
Autumn 2009**

**Saturday, 30th May 2009
Newcastle Jockey Club**

Hosted by Newcastle Multiple Birth Club Inc

Design by www.fresh-mango.com



Program of Events

Saturday, 30th May 2009

- 8.15am** Registration
The Courtyard Room
- 8.45am** Official Welcome
- 9.00am** **Michael Dunn**
The Wellness Centre
Myra Espey
Co-Author "Why won't my child listen?"
- 10.00am** Morning Tea
- 10.20am** AGM
- 12.30am** Lunch
- 1.15am** **Richard Fletcher**
The role of the father. Afterwards
- 2.15pm** Club Sharing Time
- 2.15pm** *Fathers of Multiples*
NJC All Sports Club, Steak Sandwich, Bowls and Punters
- 3.15pm** Afternoon Tea
- 3.45pm** Workshops
Karen Carter
Toddlers Course (details TBC)
Phil Stanbridge
"basic family budgeting"
Liz Young
"You and your club what a team!"
- 4.30pm** Lucky number drawn
and finish of proceedings
- 5.00pm** Close
- 6.30 for 7.00pm** Dinner NJC
The Pavilion

Richard Fletcher - Newcastle University

Richard Fletcher is BSc, Dip Ed (Sydney), Grad Dip Infant Mental Health (NSW Institute Psychiatry), MMed Sci (Newcastle)

A nationally recognised expert on the role of fathers within the family. Researcher Richard Fletcher from the University of Newcastle will detail the importance of father-baby bonding as per his submission to the Productivity Commission Inquiry into Paid Maternity, Paternity and Parental Leave. Publications include "Fathers' Role in Family Services: the Engaging Fathers Project" in Focus on Fathering. In 2001 he became Project Leader for the Engaging Fathers Project, a four-year international initiative to develop models of father involvement in family, health and education services for children. He is currently completing his PhD on father's attachment to infants and children.

Michael Dunn - Director The Wellness Centre New Lambton

Michael will inform the concept of "wellness centres" in local communities as they become increasingly available throughout our suburbs. Dr Mike and Di Dunn established their first centre in 1982 with the opening of the Donvale Chiropractic Centre in Melbourne. Mike and Di realised the value of the "team" approach and the convenience of having all the practitioners working under the same roof. This enabled them to collectively support each client in whatever manner needed.

Myra Espey - The Wellness Centre New Lambton

Co-Author "Why won't my child listen?"
BA (Psychology and counseling) and a Postgraduate High School Teaching Diploma.
Accredited Kinesiology facilitator, Success coach and emotional specialist. Extensive experience in working with children with co-dependency.

Phil Stanbridge

Basic family budgeting techniques. Where to start!

Karen Carter

Twin and higher order multiples toddlers training course - a brief look

Liz Young

You and your club what a team! What can you offer your club?

Sign up for

- | | | |
|---|------------------------|----------------|
| <input type="checkbox"/> Early Bird Registration | Closes 30th March 2009 | \$40.00 |
| <input type="checkbox"/> Seminar Registration | Closes 11th May 2009 | \$45.00 |
| <input type="checkbox"/> A Daddy leave pass | Closes 11th May 2009 | \$ 5.00 |
| <input type="checkbox"/> Dinner | Closes 11th May 2009 | \$40.00 |
| <input type="checkbox"/> Market Place Table/Expo | Closes 11th May 2009 | \$10.00 |

Registration includes seminar papers, morning tea, lunch and afternoon tea, drinks can be purchased during lunch. Dinner includes shared entrée chef platters and a hot and cold buffet including desserts or cheese platters. Drinks can be purchased reasonable prices.

Do you have any special Dietary requirements _____

Cancellations before the 30th March will incur a \$5 admin fee. No refunds for cancellations after the 30th March 2009.

Name _____

Address _____

Phone _____ mobile _____

Email _____

Club/sName/s _____

Position Held (if applicable) _____

Position Held at: Club _____

State _____ National _____

Type of Multiples: *Twins* *Triples* *Quads* *Quints /More*

First State Seminar? Yes No

Dads Leave Pass Required Yes No

How Many? _____ (Maximum of 3)

Contact Name _____

Email _____

Are you staying for dinner Yes No

Do you require a table for Market place/Expo? Yes No

Name of Business/Club _____

Workshops:

- | 1st | 2nd | 3rd | Choice |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Phil Stanbridge Family Budgeting |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Karen Carter Toddlers Training |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Liz Young You and your club |