



MULTI VERSE

Frankston Peninsula
MULTIPLE BIRTH ASSOCIATION

Welcome

Welcome to the Multi Verse, our seasonal newsletter. We will be advertising events, providing updates from the multiples world and sharing tips and advice. We would love to hear from our members, please email any feedback or ideas to fpmba@hotmail.com.

The Year in Review

THE FPMBA elves have been keeping busy in November, with Christmas festivities in full swing. The kids bounced for joy at the FPMBA Christmas Party, held at Mornington's Inflatable Land. With a huge range of gifts and giveaways, and an opportunity to catch up over pizza and a drink. The event was greatly enjoyed by all who attended. Even Santa didn't want to miss out and joined us for some photos.

The following weekend the FPMBA fundraising stall at Frankston Festival of Lights was a huge success. Not even the threat of storms deterred the crowds as a constant stream of excited kids (and big kids) were drawn in by decorating gingerbreads, ornaments, and make your own snow globes. An incredible \$970 was raised, going towards support for multiple families through meals, reduced equipment hire, education courses, social events and playgroups.

FPMBA raised \$4350 throughout 2023 through fundraising efforts and grants. We delivered 140 meals to member families, 15 christmas hampers, and secured more than \$40,000 (RRP) worth of goods through community connections with Good360 and Baobag, which were distributed amongst members.



Vale Peta Murphy

We are deeply saddened by the passing of Peta Murphy on Monday 4th December.

Peta was the federal member for Dunkley and a true supporter and advocate for the Frankston Peninsula Multiple Births Association.



Peta became involved with the club before she was elected in 2019. She immediately understood what our families were struggling with, and was able to empathise with us despite having endured a very personal and heartbreaking unsuccessful IVF journey. Her ability to support her communities needs was central to Peta's character, and as she fought metastatic breast cancer she equally fought for her constituents.

Peta was one in a million and we are forever grateful to have known her.

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AMBA Convention - 27-29 October

Three of the FPBMA team were fortunate to attend this year's AMBA National Convention in Canberra, which is always a wonderful opportunity for clubs and members to obtain new information and share knowledge.

The weekend kicked off with the AMBA Appreciation Awards, acknowledging and celebrating the hard work of our incredible volunteers.



The AGM was held the next morning, followed by plenary sessions focusing on feedback on improvement and opportunities for AMBA, and on the development of clubs including member engagement, using technology effectively and attracting new members.

After lunch, guest speaker Clare Hewat from Associations Forum spoke of forum supporting AMBA, and her perspective on what AMBA should be focusing on to best achieve its mission. The AMBA Unite Panel, a panel of 5 club representatives including the FPBMA's own Sharon Zantuck, then discussed strengths and strategies utilised in clubs, sharing valuable insights with club attendees. The day wrapped up when group let their permed hair down for a 70s themed gala dinner.

On the final day, guest speaker Professor Jeff Craig, the new AMBA Patron from Twins Research Australia (TRA), provided an overview of his research journey and his experience of working with twins for the past 15 years. He then discussed the collaboration between AMBA and TRA.

The event concluded with inspiring workshops. Silje Andersen-Cooke presented on AMBA's funding requests to the government for support and education of volunteers, parents and medical professionals. Dr Grace Fizallen presented her findings from 4 research programs on preterm birth and multiples. Arian Holmes from Volunteering ACT spoke about the benefits and motivations of volunteering, and volunteer burnout and how to avoid it. The final workshop focused on the theme of MBAW 2024: Multiples Unfiltered! Next year the convention is likely be held in Melbourne, so may be a great opportunity for members and committee to attend and learn more about the incredible multiple birth community.

Starting School

Starting School equals big changes, so prepare yourself with the AMBA Webinar Series <https://www.amba.org.au/support/resources/webinar-series>

- School Readiness - developmental considerations for multiples
- Multiples in School - To keep together or separate



AMBA Webinar series are free for FPBMA members, codes are located in our member's area library. <https://fpmba.tidyhq.com/public/pages/library>

Upcoming Events

Keep an eye out for our upcoming events:

- Christmas Raffle - drawn 20th December
- Park Catchup Roy Dore Reserve- 1st January 2023
- Family Fun Day
- Monthly Members/Pre-walkers Morning tea
- Bi-monthly Expected Parents Information Session - February 2023
- MBAW - 17 March to 24 March, 2024

Playgroup Shake Up - watch this space for the new playgroup schedule, based on your feedback to our recent survey. Thanks to all who contributed!



Christmas Raffle

A huge thank you to our Christmas raffle sponsors. With over \$1,000 worth of prizes to be won from local businesses, don't forget to buy your tickets now! Raffle will be drawn on 20th December 2023.

[Click HERE to get your tickets](#)



Women's Health Forum

Australian Multiple Birth Association Director Julia McCarthy and Vice President of the Frankston Peninsula club Ariane Tebb were among a group of local female changemakers who were invited by Sonya Killkenny, State MP for Carrum, to a discussion about Women's Health with the Hon. Mary-Anne Thomas, Victorian Minister for Health on 22 November.

Julia and Ariane raised the topic of the lack of support for women birthing multiples from antenatal care to mental health and support for parenting and shared AMBAs Multiples Matter report with her.





Volunteer

Our club is run entirely by volunteers. We are always appreciative of additional hands and new perspectives, if you would like to get involved please reach out to us via the links below.



we are here TO HELP

Raising multiples can be hard. Your FPMBA village is here to help. Complete our confidential form using the link.



Christmas Crafts

With the countdown on to school holidays, here are some simple Christmas crafts to keep idle hands busy, while adding to household decorations or gifts. Now that's a win-win!



Tools:

- Straight sticks/cinnamon sticks, approx. 15cm
- Ribbons, cut into 20cm lengths (13-16 per stick)

Tie the ribbon down the twig/cinnamon stick. For best coverage, use wide ribbons, tied into single loose knots and slightly overlapping each other. Use a hot glue gun & craft string to turn into a tree ornament.

<https://www.firefliesandmudpies.com/scrap-ribbon-tree-ornaments/>

Tools:

- Green pipe cleaners
- Red & white pony beads, 6x9 mm

Use wire cutters/old scissors to cut the pipe cleaners in half, if required. Thread one bead on to the end of the pipe cleaner and bend the end around to keep the bead in place. Alternate red and white beads until the pipe cleaner is full. Bend pipe cleaner around last bead and bend into a cane shape, ready to hang on the tree!



<https://fountainavenuekitchen.com/holiday-crafts/>



Tools:

- Cupcake liners, assorted festive colours & sizes

Flatten the cupcake liners and place these on top of each other. Glue together before adding your choice of embellishments and then hot glue these onto a length of string to hang up.

<https://www.home-dzine.co.za/craft/craft-cupcake-liners.html>