



MULTI VERSE

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.

FPMBA AGM

Our Annual General Meeting will be held on 28th September, 7pm at Frankston RSL. All FPMBA members are warmly invited to attend.

We begin with dinner, to catch up together and celebrate the previous year and then our AGM and committee nominations for the coming year will commence. All members are encouraged to attend, to meet other local parents, learn more about our club and even maybe volunteer for some upcoming projects.

Our FPMBA village can only continue with the help of people able to pitch in.

Looking forward to seeing you there!

This issue:

FPMBA AGM

PAGE 01

Volunteering

PAGE 01

Upcoming Events

PAGE 02

Out and About

PAGE 02

Painting the town Pink

PAGE 03

Book Week Celebrations

PAGE 03

Interrelate & AMBA

PAGE 04

AMBA in the Media

PAGE 04

Volunteer

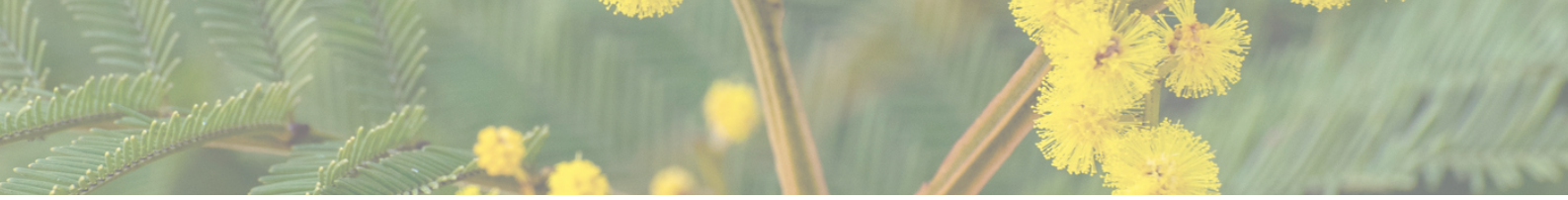
Our club is run entirely by volunteers. We are always appreciative of additional hands and new perspectives, if you would like to get involved please reach out to us via the links below.



Step into Spring

Need a little warming up to kick start the new season, reach out to our committee for some family friendly meals, delivered to your door.





Upcoming Events

Keep your eyes peeled for our upcoming events.

- AGM - 27th October
- Clothing Swap - October
- Social Get Together - October
- FPMBA Christmas Party - Late November/Early December

Out and About

Nothing is more encouraging than sensing the temperature warming and more opportunities to get the kids out of the house. Check out these spring themed activities coming up.

- George Pentland Botanical Gardens, great play area and picnic grounds, dont forget to bring some corn/peas or grain to feed the ducks.
- FPMBA Playgroup space at TAFE Chisholm is available Monday and Wednesday mornings during school term times.
- Tesslar Tulip festival operates for a month with children under 16yrs free, check out Childrens week during school holidays. <https://tulipfestival.com.au/whats-on/childrens-weeks>



Father's Day Raffle

A huge thank you to the sponsors of our Father's Day raffle.



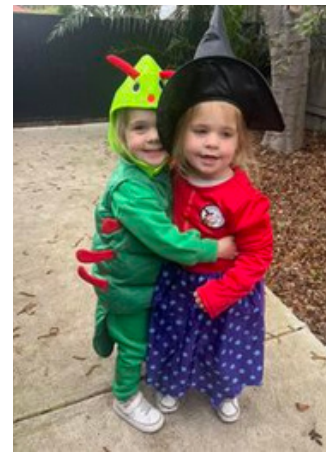
Painting the town Pink

20 multiple mums headed out for FPMBA movie night to see Barbie. It was not only a good excuse to see a great movie but also a welcomed opportunity to catch up with friends.



Book Week FPMBA Style

Check out these adorable twin and triplet book week dress ups.





Interrelate and AMBA

Australian Multiple Birth Association is working with Interrelate to determine resources required to support parents and expectant parents of multiples. To aid their research AMBA is asking members are those of the wider multiple birth community to participate in focus groups.

These groups will provide some of the unique insight and suggestions for the final resources (the final resources will include e-modules as well as 1-1 session with a relationship counsellor or a facilitated group session with a relationship counsellor).

Please see the following Zoom meetings for these research focus groups - please help us by registering to participate. All welcome.

- 10th October – 11.00am
<https://us06web.zoom.us/j/8446239123>
- 10th October – 8.00pm
<https://us06web.zoom.us/j/9191919191>
- 17th October – 11.00am
<https://us06web.zoom.us/j/9191919191>
- 17th October – 8.00pm
<https://us06web.zoom.us/j/9191919191>



AMBA Multiples in the Media

In case you missed it, AMBA board member Silje and her triplets asked a question on ABC's Q+A recently and she was featured on ABC News to discuss paid parental leave and superannuation.

AMBA have been working to advocate for multiple birth families, highlighting the significant challenges faced.

