

The Magic of Music Time

Every Monday morning during term time, the happy sounds of adults and children singing and playing can be heard at St Mark's Anglican Church Darling Point. The group meets at 9:30am in the Howard Lea Hall and more details can be found at <https://stmarksdp.org/ministries/kids/>

Music Time Convenor, Claire Fern, shares her experiences with us...

"With a baby and too much free time on my hands during the day while my other kids were at school, I began thinking last year about the shape of my week with a baby in tow. Music classes and playgroups were my go-to when my other boys were small. Restarting Music Time post-Covid seemed an obvious and useful way to share some Monday morning joy with parents from our church and the wider community.

I'm a Primary School teacher and a mum to four boys, the eldest being nearly nine years old. I'm also a swimming teacher and a leader of Joeys (little Scouts). Needless to say, children are where my passion lies! I love making connections with mums in all stages of motherhood, dads taking the helm for a period of time, and carers who are invested in the

upbringing of their charges such that they'll sing their hearts out and play with puppets. In a typical session, we have half an hour of chatting while the kids play with toys, enjoy a cup of tea and a piece of fruit or cake.

Then it's half an hour of sensory music time - songs with actions, or props, or percussion instruments. We sing a range of familiar nursery rhymes and new kids' songs, which I've collected over many years of being involved with children's activities.

It has been really joyful to see the children respond so positively to our sensory materials, and as they get older and more familiar with Music Time, to join in more and more of the songs and actions. When I pull out certain props, they get so excited with the anticipation of the song! It's also great to see some of the parents forming friendships that take us outside of the Monday session and onto weekend or weekday outings together."

For more information, details can be found at <https://stmarksdp.org/ministries/kids/>

ST MARK'S ANGLICAN CHURCH
1 GREENOAKS AVE, DARLING POINT
9363 3657 office@stmarksdp.org
www.stmarksdp.org



Photo: Music Time is a great way for parents/carers and children to enjoy each other's company and music



HOPE AFTER HURT

Support for those who have experienced domestic or family violence



Banksia Women are a not-for-profit program, established by St John's Community Services, based in Darlinghurst. We provide connection and long term support to women who have experienced domestic and family violence.

A brave survivor, Sara* recently shared her story in order to provide hope to those who find themselves in a similar situation, and highlight the help available through Banksia Women.

"I met him in 2004. It was, first love. At one point we got into a fight and we were talking on the terrace of our building, and he pushed me on the stairs and I fell down. I was in shock, like, 'What did just happen?' He apologized 'It was just by mistake'. And at that point, you just believe that. You want to believe it's true. I was truly madly in love with him, but he made me constantly think that whatever I am doing is not enough. He had that anger. He would not express it, but he would just take it out on me.

Someone from my workplace got an idea that I was going through something. So she spoke to me about it and I called 1800 RESPECT. They gave me the number of a

women's shelter. About a year later one of my colleagues introduced me to Banksia Women. It has been so much help. Since the day I joined I have grown exponentially. Understanding my situation, what is acceptable, what is not. And to see 'I'm not alone in this.' I think that was the biggest thing that helped me to not feel ashamed about my situation. There were a group of women who were of different ages, ethnicities, backgrounds. It can happen to anybody. It's not just me.

I am still vulnerable. Yes, I have gone through a lot. I have accepted everything about myself and that has just made me so happy. Now I don't feel ashamed because it was not my fault."

Escaping a situation of domestic abuse requires a huge amount of courage and commitment from women, but it is just the beginning of their journey of recovery. What happens in the following weeks, months and years is critical. Support is available. We have a range of services, run by qualified female practitioners, specifically designed for women who have experienced domestic or family violence.

Visit banksiawomen.org.au or scan this QR code to watch a video with Sara's full story or sign up to our newsletter.

