



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term 2 2024

Welcome!

Welcome to the 26th edition of the ISLHD School-Link Newsletter!

This Term's focus is on eating disorders. Topics covered include;

- What is an eating disorder?
- Identifying the signs and symptoms of eating disorders.
- The role of school staff
- Resources for schools for learning and development
- Staff wellbeing
- Your local eating disorder coordinator

About School-Link

Aims of the School-Link Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

Eating Disorder Coordinator

The Eating Disorder Coordinator in your local health district provides clinical consultation and support to health professionals and teams treating people with eating disorders. This service is only available for health professionals/school staff.

The ISLHD Eating Disorder Coordinator is a shared position with Vanessa Allen and Brielle Musgrove. Ph. 0436 656 823.

Emails: Vanessa.allen@health.nsw.gov.au & Brielle.musgrove@health.nsw.gov.au

Circulation

- Principal
- Deputy Principals
- Counsellors
- Head Teachers
- Year Advisors
- HT Welfare
- LS Team
- SSO
- PD/H/PE
- Staff Room
- Students

ISLHD School-Link Website

Resources from NSW School-Link teams:

<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-illawarra-shoalhaven>



Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

Email: david.bunder@health.nsw.gov.au

Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

Email: Johanne.Sneddon@health.nsw.gov.au

What is an eating disorder?

Eating disorders are serious, complex mental illnesses with physical and mental health complications.

More than 1 million Australians are living with an eating disorder; which is approximately 4% of the population.

Being informed about the warning signs will help school staff to recognise when a student may be experiencing an eating disorder.

Signs and symptoms

- Restrictive eating or dieting
- Changes to eating habits, eating only certain types and amounts of foods
- Avoiding social situations that involve food
- Playing with food
- Going to the bathroom straight after meals
- Wearing loose clothing
- Sensitivity to the cold
- Excessively exercising
- Sudden changes in weight
- Fainting or dizziness
- Fatigue
- Preoccupation with body image, weight and food
- Becoming irritable or withdrawing from friends

The role of school staff

Schools can play an incredibly important role in the prevention, identification, early intervention and recovery of a student, in partnership with parents and clinicians.

Resources for staff

The Butterfly Foundation

- <https://butterfly.org.au/school-youth-professionals/for-schools/staff-professional-development/>

The Inside Out Institute for Eating Disorders

- <https://insideoutinstitute.org.au/>
- <https://insideoutinstitute.org.au/resource-library/educated>

National Eating Disorders Collaboration

- <https://nedc.com.au/assets/NEDC-Resources/NEDC-Resource-Schools.pdf>

Staff wellbeing

When a student is experiencing an eating disorder it can be extremely challenging for all members of the school community, especially those who may have had their own lived experience of an eating disorder (past or existing, for themselves or as a caregiver).

It is important that staff;

- Always maintain professional boundaries
- Practice self-care and share their concerns with relevant school staff
- Seek support from the relevant Employee Assistance or their own GP

Crisis services

- Lifeline on 13 11 14
- Kids Helpline on 1800 551 800
- Beyond Blue on 1300 224 636
- Mental Health Line on 1800 011 511
- Suicide Call Back Service on 1300 659 467
- Aboriginal & Torres Strait Islander crisis support line 13YARN on 13 92 76

Eating Disorder Support

- The Butterfly Foundation 1800 33 4673
- Mental Health Line on 1800 011 511



**Illawarra Shoalhaven
Local Health District**

Careers in Health: A School Work Experience Program



Are you curious about what working in Health may look like?

Applications are now open for our new work experience program located at Shoalhaven District Memorial Hospital in Nowra.

Why should you apply?

- gain a better understanding of the career opportunities within NSW Health (clinical and non-clinical)
- meet and talk to NSW Health staff members about their career journeys and experiences
- attend workshops and ward/site visits

Our 3-day work experience program is for high school students in years 10-12 who are interested in learning more about being a nurse, security guard, lawyer or even an electrician working in Health.

Program information

DATES: 21 June, 28 June & 5 July

TIME: 8:45am - 3pm

Applications close Tuesday 14 May

[**Click here to apply**](#)



Head to Health and Mental Health Hubs

Announcing a new partnership for South Eastern NSW

Developed in partnership with local people, COORDINARE - South Eastern NSW Primary Health Network - has funded seven new free mental health services - two *Head to Health* services and five *Mental Health Hubs*. These services offer in-person, phone, internet and/or group supports to improve wellbeing and mental health.

Head to Health services provide information and support to adults 16+ who may be experiencing **moderate to severe** mental health concerns or suicidal distress.

Mental Health Hubs provide psychological therapies to people of all ages* who may be experiencing **moderate** mental health concerns.

HOW TO GET IN TOUCH

- Services are available **Monday to Friday from 9am to 5pm** (*Shellharbour Head to Health* open to 6:30pm on Tuesdays)
- People can self-refer (or family, friends, carers, GPs or other health professionals) directly, or via the *Head to Health* phonenumber. Mental Health treatment plans are helpful but not essential.
- **All services are free and confidential.** They are not part of Medicare and are not means tested or session limited.

** Head to Health is an adult mental health service (16+) although children, adolescents and older people may be supported to connect to more age-appropriate services (e.g. headspace for 12-25s). Some Mental Health Hubs can support under 16s – please enquire directly with the Hub.*

New services

From January 2024:

Bega Mental Health Hub

Phone: (02) 6492 8800

Goulburn Mental Health Hub

Phone: 1800 372 000 (Option 2)

Shoalhaven Mental Health Hub

Phone: 1800 84 11 90

Wollongong Mental Health Hub

Phone: (02) 83 58 58 38

Shellharbour Head to Health

Phone: (02) 4225 5672

Or call:

Head to Health phonenumber

Phone: 1800 595 212

From April 2024*:

Queanbeyan Mental Health Hub

Phone: 1300 779 270

Moruya Head to Health

Phone: 1800 228 987

** Limited interim services may be available earlier. Please call for details.*

Head to Health Kids Hub Consumer Survey We Need Your Help!

Our Health district is currently planning a new service for children. This service will provide early intervention mental health support for children up to the age of 12. This will include support for children with social emotional and behavioural issues.

We are looking for some parents/carers to take part in a short confidential 20 minute phone call to help us develop this new service.



We would like to ask you about:

- your experience finding and accessing services for your child
- what would make the Kids Hub child friendly and welcoming for families.

How to get involved?

Scan the QR code to register your interest or speak to your health care professional who will provide your details to the project team. The project team will contact you to organise a time to for a phone call.



“Staying Connected When Emotions Run High”



Photo supplied by: Stonemeadow Photography

An introductory workshop for **Professionals** who work in **Government and Non-Government Organisations**

Proudly facilitated by

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and **Toni Garretty** (Clinical Coordinator) Family and Carer Mental Health Program, Illawarra Shoalhaven Local Health District.

This workshop introduces professionals to some frameworks and relationship strategies that can become a resource to people, 12yrs – 100yrs, who has;

- changeable and overwhelming emotions
- who displays impulsive and destructive behaviour or
- a diagnosis of marked emotion dysregulation (including personality disorder).

This workshop is based on the highly successful intervention for families and carers.

Learning outcomes

- Increased understanding of emotion dysregulation
- Identify the “four carer dances” and their role in emotion dysregulation
- Knowledge of the “five key relationship strategies” to become a helpful resource to someone in distress
- Understanding “relationship triangles” – Karpman’s Model
- Introducing the concept of Safety Planning “Like a Fire Drill” to promote safety when distress or risk escalates

If you are a staff member employed with the Illawarra Shoalhaven Mental Health Service, please contact your CNE within your team for registration details.



“Staying Connected When Emotions Run High”

Venue: Worrigee Sports,
131 Greenwell Point Rd, Worrigee

When: Tuesday 21 May 2024

Time: 8.30am registration, 9:00am start – 4:30pm.

Completed registration forms returned (see details below) and payment through finance dept must be submitted by **14 May 2024**.

COST \$95 per person- Morning tea, lunch, workbook and certificate provided.

Payment can be made via:

- Credit Card Payments over the phone – by calling ISLHD Finance on: 4267 7311
- Cash, Credit Card, Cheque and Money Order at any ISLHD Cashier
- Cheque or Money Order mailed to ISLHD Finance, PO Box 239 Port Kembla, NSW, 2505

Please make all Cheque/Money Orders payable to: Illawarra Shoalhaven Local Health District

REGISTRATION: Please complete payment as above and return completed registration form to Toni Garretty email: toni.garretty@health.nsw.gov.au

Further enquiries: phone Toni Garretty 0421 054 741 or email as above

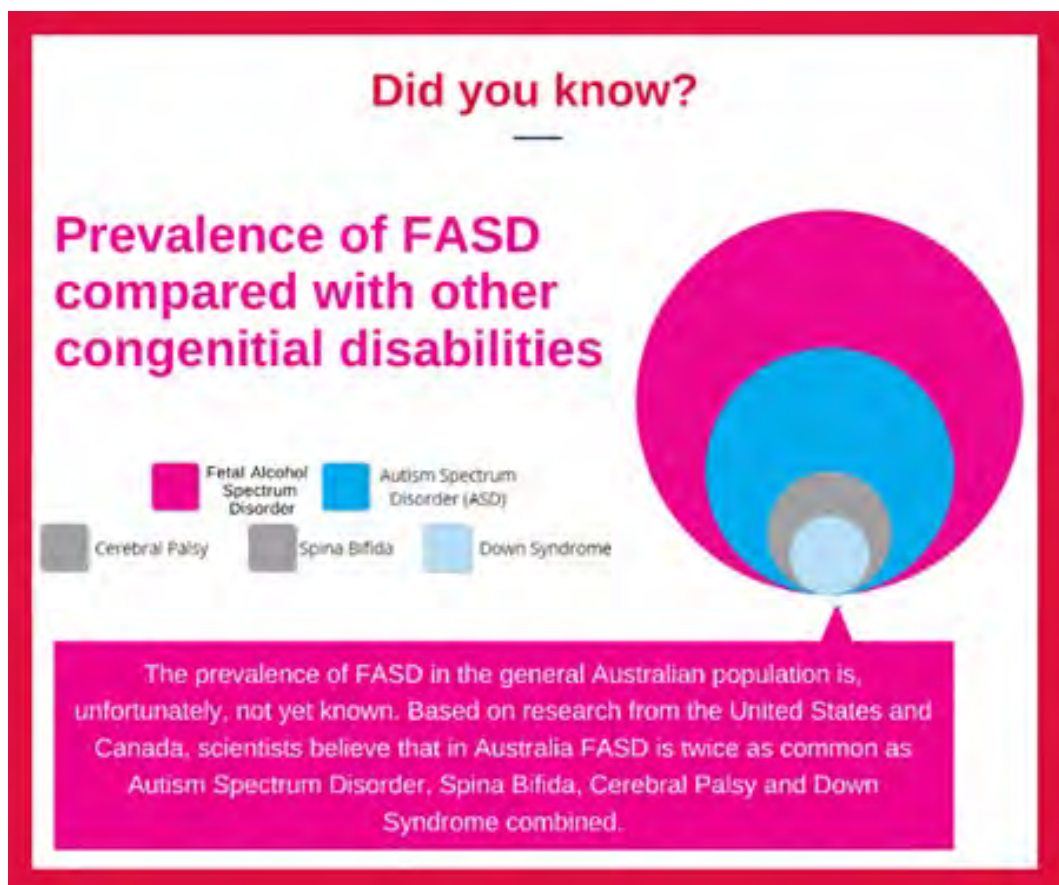
NAME	WORKSHOP DATE
ROLE	ORGANISATION
EMAIL	
MOBILE	
DIETARY REQUIREMENTS	
PAYMENT	Registration payment \$95.00 completed PLEASE INCLUDE DATE OF PAYMENT MADE WITH CASHIER:

What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a complex and lifelong condition that affects individuals exposed to alcohol during pregnancy. The effects may not be seen at birth. Some people with FASD will have distinctive facial features, but most do not. FASD can cause problems with motor skills, behaviour and/or learning. Children, young people, and adults can be diagnosed with FASD.

Who is affected by FASD?

There is no accurate data about the prevalence of FASD in Australia. Evidence suggests that FASD occurs **between 1 and 5 % of children in Western countries**. (The Child Family Community Australia 2022). **In Australia FASD is under-recognised and often goes undiagnosed**. FASD occurs everywhere in Australia where alcohol is consumed. About 60 per cent of pregnant people consume alcohol in Australia. No level of alcohol consumption during pregnancy is 'safe' for the developing foetus.



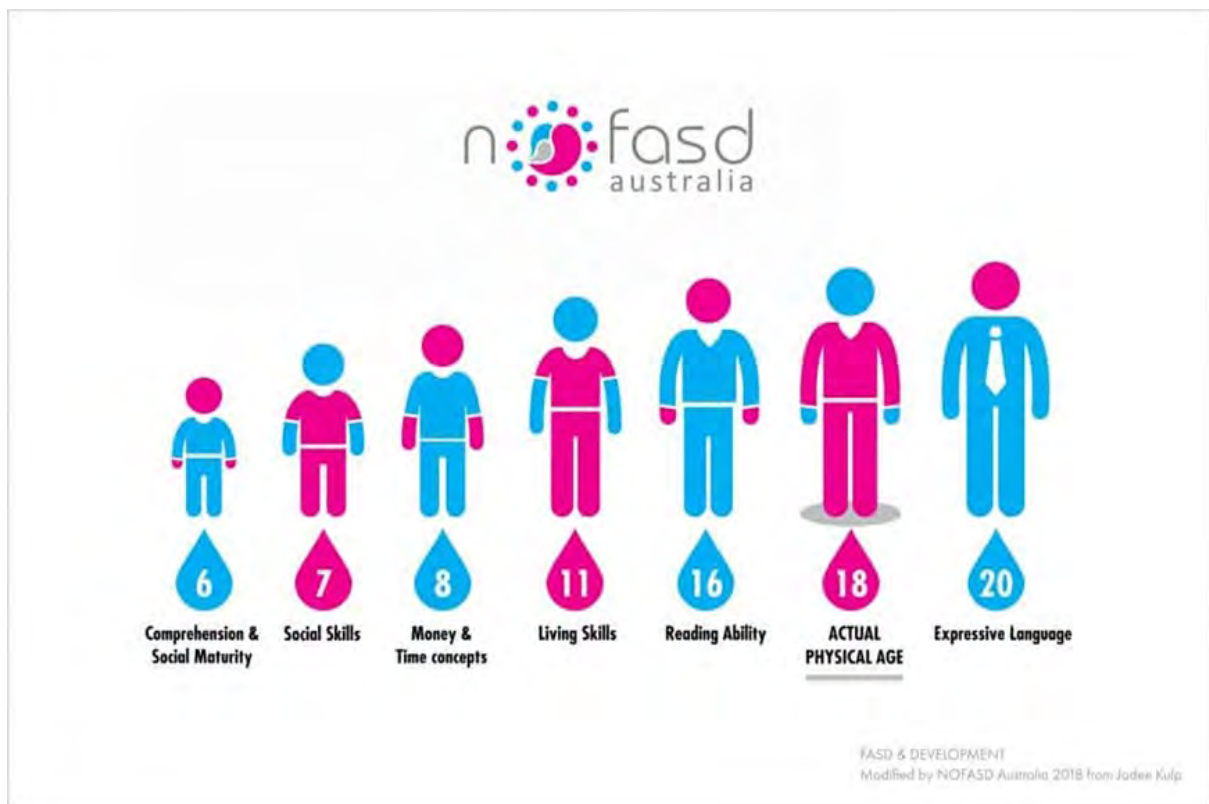
What can FASD look like in the classroom?

- Inattention
- Impulsivity
- Memory problems
- Slower processing speed
- Difficulty with skills such as abstracting and predicting.

People with FASD are at higher risk for secondary challenges such as mental health problems, trouble with the law, and substance use problems.

For resources to help educators understand and support children with FASD go to:

<https://www.nofasd.org.au/service-providers/education/>





Did you know 1 in 3 youths aged between 12-17 years have gambled?

Gambling is so widespread that young people encounter it as part of their everyday life, and they have a higher risk of experiencing gambling harm.



Sports



Video
games



TV and
advertising



Social media
and online

Teach your students to be GambleAware with curriculum-aligned lessons

Gambling education is an important way to equip young people with the skills and knowledge to make safer gambling choices. GambleAware has created a suite of free and easy-to-use lesson plans for teachers, to help educate high school students about gambling risks while teaching to the curriculum.

- **Maths:** using concepts of odds, risk, and probability, teach students to understand the mechanics behind the different types of gambling.
- **English:** using mediums like videos, poems, and articles, teach students how to express and debate different viewpoints about gambling.
- **PDHPE:** using group activities and discussion, teach students how gambling can impact their personal and community's health.

Start using GambleAware's classroom resources

To learn more about these resources and seamlessly integrate them into your everyday classwork, visit gambleaware.com.au/classroomresources



Key messages

- Vaping can cause lung damage.
- Vaping can leave you breathless.
- The nicotine in vapes makes them highly addictive like cigarettes.
- Vapes can explode and cause severe burns, usually around the face, hands, thighs and genitals.
- Vapes can cause nicotine poisoning. Symptoms include vomiting, nausea and diarrhoea.
- Vapes contain hundreds of toxic chemicals, including those that can cause cancer, heart disease and lung damage.
- Vapes contain:
 - Formaldehyde found in disinfectant and is known to cause cancer.
 - Acrolein found in weed killer and is toxic to the heart and lungs.
 - Mercury found in batteries and is known to damage fertility.
 - Arsenic found in poisons and is known to damage internal organs.
 - Benzene found in bug spray and is known to damage DNA.
 - Chlorine found in disinfectant and is known to cause lung damage.

Campaign assets

The *'Every vape is a hit to your health'* campaign uses a variety of creative tools to engage young people and encourages them to weigh up the perceived benefits of vaping against the proven harms.

The campaign includes testimonials from ex-vapers who have experienced the health harms of vaping. These young people share their real stories around vaping and quitting. Respiratory health professionals also feature in the campaign, as experts in this field who have high credibility with young people.

Stakeholders are encouraged to share campaign posts from the [Cancer Institute NSW Facebook page](#) to promote the campaign messages with your communities. A selection of campaign assets is available for stakeholders to use. These can be shared on internal channels, social media, websites and newsletters.

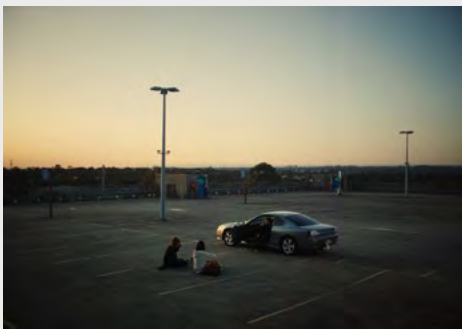
To request assets, please email cinsw-prevention@health.nsw.gov.au.

Key assets available

[View assets](#)

Video assets – health harms

(available in 30 sec, 15 sec, 6 sec)



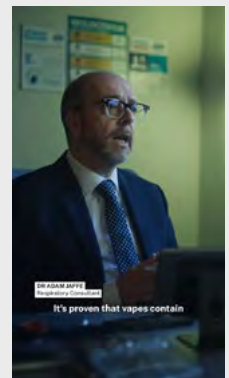
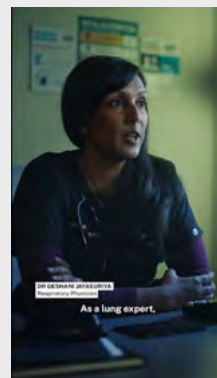
Video assets – testimonials by young people

(available in 30 sec, 15 sec, 6 sec)



Video assets – health professionals

(available in 15 sec, 10 sec, 6 sec)





Resources

NSW Health offers [resources about vaping](#) for parents and carers, teachers and schools, health professionals and young people.

About Cancer Institute NSW

We are NSW's cancer control agency, established under the Cancer Institute (NSW) Act 2003 to lessen the impact of cancer across the state. Our vision is to end cancers as we know them. The Institute delivers a comprehensive program to reduce the use of tobacco and e-cigarettes in NSW, including social marketing campaigns, quit support services and embedding interventions in clinical and community settings.

Further information

For further information about the campaign and our work in vaping control, visit [vaping control campaigns](#) or contact us directly at cinsw-prevention@health.nsw.gov.au.

¹ Centre for Epidemiology and Evidence. HealthStats NSW. Sydney: NSW Ministry of Health. Available at: <https://www.healthstats.nsw.gov.au/indicator?name=-beh-smo-ecig-phs>

² Banks E, Yazidjoglou A, Brown S, Nguyen M, Martin M, Beckwith K, Daluwatta A, Campbell S, Joshy G. Electronic cigarettes and health outcomes: systematic review of global evidence. Report for the Australian Department of Health. National Centre for Epidemiology and Population Health, Canberra: April 2022.

Evidence

A variety of resources have been utilised in the development of this campaign. Please visit the below reports for further information outlining the evidence on the harms of vaping.

- [E-cigarette analysis project: summary report](#)
- [E-cigarette use among youth and young adults. A report of the Surgeon General](#)
- [E-cigarettes and other alternative nicotine products](#)
- [E-cigarettes, smoking and health. A literature review update](#)
- [Electronic cigarettes and health outcomes: systematic review of global evidence](#)
- [Electronic nicotine and non-nicotine delivery systems: a brief](#)
- [Health effects of electronic cigarettes: an umbrella review and methodological considerations](#)
- [Inhalation toxicity of non-nicotine e-cigarette constituents: risk assessments, scoping review and evidence map](#)
- [Non-nicotine liquids for e-cigarette devices in Australia: chemistry and health concerns](#)
- [Public health consequences of e-cigarettes](#)
- [The health consequences of smoking: 50 years of progress. A report of the Surgeon General](#)
- [The impact of vaping on adolescent mental health](#)

Cancer Institute NSW

T: (02) 8374 5600

E: information@cancer.nsw.gov.au

W: cancer.nsw.gov.au



Anti-Vaping Campaign

2023-24

Campaign overview

Cancer Institute NSW is delivering a new campaign, 'Every vape is a hit to your health', to young people aged 14-24 in NSW. The campaign highlights the health harms and harmful ingredients in e-cigarettes (vapes).

The campaign is live from 28 January to 30 June 2024. It is being delivered across a range of mass media channels, including social media, online video, native, search, audio, digital display, cinema and outdoor advertising.

The campaign connects young people to more information about vaping and quit support including digital apps, [Quitline](#) telephone support, talking to their GP and behavioural quit strategies.

For more information on vaping, young people can visit www.cancer.nsw.gov.au/vaping.

Why we need a campaign

E-cigarette use among young people is increasing significantly.¹ Vaping is harmful to health.² E-cigarettes contain harmful chemicals and toxins such as formaldehyde and heavy metals.² The majority of e-cigarettes contain nicotine, a highly addictive substance.²

'Every vape is a hit to your health' is one part of NSW Health's comprehensive strategy to address the increasing use of e-cigarettes among young people in NSW.

Campaign audience

The campaign targets people aged 14-24 in NSW who currently vape and those who might be at risk of future uptake.

Focus audiences:

- Aboriginal people aged 14-24 in NSW
- Culturally and linguistically diverse people aged 14-24 in NSW.

Tailored and translated assets, and targeted media will be used to reach and engage these audiences.

Campaign objectives

- Increase the proportion of people who believe vaping is not safe
- Increase the proportion of people who vape who intend to quit vaping
- Maintain the proportion of people who do not vape who intend to continue not to vape
- Increase the proportion of people who vape who have made attempts to quit vaping.

Vape-free futures:

A wellbeing workshop for staff who work with young people



Addressing nicotine dependence in young people (aged 12-18 years) utilising a strengths-based approach.

What is the workshop about?

The aim of the workshop is to build skills and confidence in wellbeing staff to address nicotine dependence in young people (aged 12-18 years).

Using activities, games and discussion, we will:

- Enhance knowledge on vaping-related harms, laws, policies and alternatives
- Build confidence to support students who vape
- Administer screening tool and establish local referral pathways.

Who should attend?

Student Support Officers, Wellbeing staff, PDHPE staff, Deputy Principals, Year Advisor, Youth Workers, so we can have everyone delivering a consistent message.

Workshop details



When:

Tuesday 23 April 2024



Time:

8:30am - 3:00pm



Where:

Nowra High School
90 Moss St, Nowra

Register now

Click the link or scan the QR code to register. Limited places.



For further information, please contact:

Tara Lawson | Health Promotion Service
Illawarra Shoalhaven Local Health District

E: ISLHD-HealthPromotion@health.nsw.gov.au



IT'S TIME FOR Go4Fun

FOR
7-13
years old

Go4Fun is a healthy lifestyle program designed to help kids and their families learn to make healthier food choices and to love getting out and getting active.

JOIN US IN TERM 3

ULLADULLA

Dunn Lewis Centre
Monday 3:30pm - 5:30pm
(starting 29 April)

ST GEORGES BASIN

St Georges Basin Community
Centre
Tuesdays 3:30pm - 5:30pm
(starting 30 April)



It's free and run after school for 10 weeks.



It includes 3 cooking session, weekly goodies and afternoon tea.



Heaps of fun games for the kids to play.

*A parent, grandparent or carer must attend.



1800 780 900



go4fun.com.au

Scan to register





Illawarra Shoalhaven Local Health District

Go4Fun

A FREE 10-week program for children aged 7-13 and their families.

Come along for an afternoon of fun and learn about healthy eating and keeping active for the whole family.

Go4Fun includes:

- Fun games for the children each week.
- Discussions with parents/carers about healthy eating.
- Lots of goodies including handballs, skipping ropes and recipe books.

Go4Fun is for children aged 7-13 and their families. A parent or carer is required to attend each week. This can include a grandparent, aunt or uncle.

Join in the fun in Term 2!

Dunn Lewis Centre, Ulladulla

Mondays in Term 2, 2024

3:30pm - 5:30pm

St Georges Basin

Community Centre

Tuesdays in Term 2, 2024

3:30pm - 5:30pm

Scan to register



For any questions or to register:



1800 780 900



bit.ly/Go4FunT2



STIs DON'T ALWAYS HAVE SYMPTOMS.

When was your
last STI test?



playsafe.health.nsw.gov.au

Play Safe



STIS DON'T ALWAYS HAVE SYMPTOMS.

When was your
last STI test?



playsafe.health.nsw.gov.au

Play Safe



LivingWorks Training Agreement – thank you for your interest and support of LivingWorks suicide education training.

The delivery of this training has been made available under the NSW Government’s Mental Health Recovery Package and is available at no cost for any NSW resident.

This training is the largest of its kind in the world and our aim is to create a network of safety around young people in NSW by training their most trusted peer, adult and community touchpoints.

As a ‘host provider’ of training, there are some requirements to consider before scheduling training through LivingWorks –

safeTALK (half-day workshop in suicide alertness)

- Minimum 15 participants - maximum 30 participants, per workshop.
- 1 x training room required each workshop, for 15-30 participants.
- Room configurations: theatre style, U-shape or cabaret set-up.
- Whiteboard available for use in each of the training rooms.
- AV – a TV and/or screen in each of the training rooms.
- A Community Support Resource (CSR) – someone who has completed ASIST or similar training and is able to attend each workshop and provide support to any participant if needed.

Terms and conditions around free suicide education workshops –

- The ‘host’ acknowledges minimum workshop numbers outlined above and acknowledges that it is their responsibility to source a minimum of 15 workshop participants, per workshop.
- Should a workshop need to be cancelled or rescheduled, the ‘host’ will notify LivingWorks 5 business days (minimum) prior to the workshop date.
- LivingWorks reserves the right to cancel workshop/s should minimum numbers not be guaranteed 5 business days prior to the workshop date.
- Should workshop/s be rescheduled, this rescheduled date will be 8-10 weeks from the original workshop date.
- The ‘host’ is responsible for sourcing suitable training room/s and/or catering as required.
- Workshop/s will only be confirmed once the ‘host’ has signed and returned this Agreement to LivingWorks.

I understand and agree to the above requirements around hosting a free LivingWorks SafeTALK workshop –

Name: _____

Date: _____

Position: _____

Organisation: _____

Signature*: _____

**This Agreement may be signed by electronic means and both parties agree and acknowledge that an electronic or typed signature is binding as though the Agreement had been signed manually by hand.*



TOP BLOKES
FOUNDATION

**"I know it's ok
to get help.
It's not weak
to speak."**



**WE CHALLENGE AND
NURTURE YOUNG MALES
TO BE *TOP
BLOKES***

*FIND OUT MORE
ABOUT TOP BLOKES
IN YOUR SCHOOL*

TOPBLOKES.ORG.AU

WE EXIST SO MORE YOUNG MALES LEAD HEALTHY AND SAFE LIVES.



Top Blokes Foundation is a leading young men's mental health charity.

We envision a future where every young male, regardless of background or location, stands tall with a strong voice, unwavering belief in himself and a sense of belonging.

In every school, across every state, we want to see boys and young men fostering resilience, empathy, and wellbeing. We're all about modelling and advocating masculinities in a positive, healthy, and supportive way.

Join us and help young males break free from stereotypes so they can embrace the strength of being themselves.

BUILDING HEALTHY, SAFE, RESILIENT FUTURES

“ Being an upstander is a duty, not a choice. We need to make sure we do the right thing for ourselves and for others. ”

PARTICIPANT

TRANSFORMING LIVES

Our results speak for themselves. Creating a safe space for young men to express themselves openly and authentically is paramount, and we take pride in the tangible difference it makes.



Results from 2023 program

Young males have unique challenges in life that require a unique approach, and that's why we focus solely on boys and young men aged 10-24. Our evidence-based programs focusing on topics like healthy relationships, mental health, drugs and alcohol and diversity and inclusion are tailored to the specific and diverse needs of young males, making a positive impact where it matters most. We've worked with thousands of young men over two decades, so we engage them in ways we know are proven to work.

CONTACT US

If you'd like to help boys and young men build confidence, instil resilience and help them reach their potential visit our website or chat to Jacob, Regional Coordinator to find out how we can bring Top Blokes to your school.

0431 857 963 or jacob@topblokes.org.au
www.topblokes.org.au



This is an opportunity for those who work with children and young people to participate in a fully funded two-day training. Become a Companion in the Children & Young People's Program.

*'Great program!
I believe it changes people's lives...'*
- Seasons for Growth Companion

Seasons for Growth is a change and loss education program supporting children and young people following significant life events.



Program Overview

Seasons for Growth is an evidence-based, early intervention program that strengthens emotional wellbeing of children and young people who are dealing with changes in their life by:

Exploring the impact of change and loss on every-day life

Learning new ways to respond to these changes.

There are four levels of the program to support children and young people 6-18 years. 'Companions' train to facilitate the small group (4-7 participants) over 8 sessions.

Engage in the theory and principles underpinning Seasons for Growth, experience the content, and learn strategies for implementation. [Read more.](#)

Outcomes

Helps children and young people experiencing change, loss and grief;

Builds participants' understanding and skills and enables them to express their views, thoughts and feelings;

Strengthens participants' social and support networks.

Improves participants' wellbeing.



Training Details

Date: Tuesday 9th & Wednesday 10th April 2024

Time: 9:00am – 3:30pm. Please arrive 20 minutes early for registration.

Location: Batemans Bay Marina Resort. 49 Beach Rd, Batemans Bay NSW

Funded training places are available. For a consultation on eligibility please contact Renae Pettit, Seasons for Life Coordinator NSW/ACT.

Renae Pettit - renae.pettit@mackillop.org.au – 0455 623 631

[BOOK YOUR TRAINING](#)

By Invitation Only:

Funded by the Department of Health as part of the Seasons for Life initiative. This is an opportunity for those who work with children in Secondary Schools to participate in a fully funded two-day training.

*'Great program!
I believe it changes people's lives...'
- Seasons for Growth Companion*

Seasons for Growth is a change and loss education program supporting children and young people following significant life events.



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Strengthens participants' social and support networks.

Improves participants' wellbeing.

By attending this training, you are committing to facilitate or co-facilitate at least one group of 4-7 young people. You will be provided with enough materials to support these groups.



Training Details – Wollongong Region

Date: 23th and 24th July 2024

Time: 9:00am – 3:30pm. Please arrive 20 minutes early to register.

Location: Venue TBC

Funded training places are available. For a consultation on eligibility please contact Renae Pettit, Seasons for Life Coordinator NSW and ACT.

Renae Pettit– renae.pettit@mackillop.org.au – 0455 623 631

Connect to Safety and Help

LivingWorks safeTALK is a 4-hour training that equips people to be more alert to persons thinking of suicide and better able to connect them with further help.

Who Should Attend?

Anyone aged 15+ years is encouraged to take LivingWorks safeTALK. It will prepare you to raise and respond to concerns about suicide in relationships with family, friends, and co-workers.

It will equip you to build a culture of safety from suicide in your organisation or community.

You can play a vital connector role in what LivingWorks has called a Networks of Safety.

What Will You Learn?

In LivingWorks safeTALK you will learn how to reach out to someone thinking about suicide and help them keep safe by promptly connecting them to further support. Your role as a connector is the main focus of this training.

You will also be encouraged and empowered to talk openly with someone about suicide through a 4-step model. Overcoming personal and community attitudes to seeking and providing help is a key theme of this training.

How Will You Learn?

We aim to provide a safe learning environment. The learning process includes:

- Trainer presentations, facilitated discussion, and skills practice
- Videos that illustrate what happens when signs of suicide are overlooked, and how you can contribute to safe outcomes when these signs are heard and addressed
- Opportunities to further explore organisational applications of the training

Direct and honest discussion about suicide is encouraged. While sometimes challenging, this prepares helpers to openly approach people with thoughts of suicide and connect them with further help.

Where Can You Find Out More?

A growing body of published research and evaluation supports the value of this training to individuals and organisations while informing program improvements.

Over 800,000 people have attended this training since its inception. Use the contacts below to find out more.

At CatholicCare, our mission is to empower parents by providing comprehensive assistance that enables them to overcome any obstacles to achieve their personal and career goals. We believe that every parent deserves the opportunity to thrive, and we are here to help make that a reality.

Here are some of the incredible benefits they can expect to receive as a participant in our program:

Financial Support: We understand that managing day-to-day expenses can be challenging and can pose as a barrier to you reaching their goals, we can access financial assistance tailored to their needs. This support includes but is not limited to:

- Limited assistance with groceries.
- Fuel gift cards to help with transportation costs.
- Assistance with car registration.
- Coverage of gap fees associated with medical expenses for both you and their children.
- Support for driving lessons and test fees.
- Coverage of costs related to education or training, including items like laptops, software, course fees, and textbooks.
- Support for looking for, commencing, or maintaining employment, including expenses like clothing, tickets, licenses, upskilling, and personal protective equipment (PPE).

Advice and Support: Our team is dedicated to helping parents set and achieve personal and career goals. We provide guidance and resources to help you reach their full potential. Additionally, we can connect parents with childcare subsidies, housing support, and financial rebates available to ease their journey. If parents require additional support beyond what our program offers, we will connect them with other local support services that may be beneficial.

Flexible Appointments: We value their time and convenience. Whilst their first appointment will be in person at one of our family friendly offices, all appointments thereafter can be conducted over the phone or in person, and they occur once every three months. If they require additional assistance or have specific questions or concerns, they can request additional appointments.

We are committed to providing parents with the tools, resources, and support necessary to help them achieve their goals and create a brighter future for them and their children.

Eligibility:

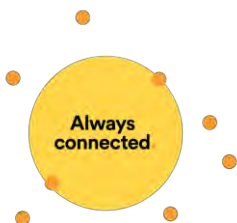
- Receiving a Parenting Payment
- Youngest child is under the age of 6

Referral Process:

To refer a parent to our service please complete the referral form - [CatholicCare ParentsNext - Referral](#)

Once a referral has been received a staff member will be in contact with the parent within 24 hours to discuss eligibility and the program in further detail.

Alternatively, you may call Amy Braddick on 4243 5806 to discuss your referral.





HIPPY Early **FREE** Education Program

The HIPPY program is a **FREE** early learning and parenting program for children in the two years before they start school.



HIPPY runs during school terms and supports:

- play based learning
- you as your child's first teacher
- your child's transition to school
- child development, community connection and confidence

HIPPY is available in the Warrawong, Lake Heights, Primbee, Port Kembla, Berkeley, Unanderra and Cringila areas.

All learning materials are provided by our educators.

For more information contact our HIPPY Co-ordinator by calling 4275 8575 or email us coordinatorhippy@barnardos.org.au

Express your interest today!

Scan the QR code to find out more



barnardos.org.au



Barnardos Australia



Connect Dads

What is connect?

Connect is a **free** parenting program designed and created just for dads, Father Figures, Grandparents and Carers.

We encourage you to come along and **CONNECT** with other dads as well as build your own fathering toolkit

Who can enroll?

- **Open to any fathers or father figures**

What will the program help me with?

- Gain a deeper understanding of your child and what they need from you.
- Be intentional about your role as a father.
- Raise resilient children.
- Build your toolkit to respond to the changing needs of your children as they develop.

The Program Schedule

Term 2 dates

Module 1 – Wednesday 08.05.24
What does it mean to be a dad?

Module 2 – Wednesday 22.05.24
How well are you dad?

Module 3 – Wednesday 05.06.24
Understanding and managing emotions.

Module 4 – Wednesday 19.06.24
Getting on their level.

Term 3 dates

Module 5 – Wednesday 31.07.24
Creating hope, getting to know your kids.

Module 6 – Wednesday 14.08.24
Co-parenting, why it matters.

Module 7 – Wednesday 28.08.24
Building resilience and belonging.

Module 8 – Wednesday 11.09.24
Creating stronger connections (Final session)

LOCATION

The Foundry
132 Wentworth St
Port Kembla

TIME

4:15PM – 5:30PM

BOOKINGS

Tim Wemyss | Facilitator
E tim.wemyss@thefatheringproject.org
M 0451 059 049

Australian

Kookaburra Kids
Foundation

CONNECT SESSIONS ONLINE

FOSTERING GROWTH

STRENGTHENING BONDS

Welcome to the Kookaburra Kids Connect online program—an opportunity for young people to come together, no matter where they are, and create lasting connections in a safe and fun environment.

Our Connect program is carefully crafted by our clinical team, with a focus on:

- Strengthening bonds between peers in similar situations.
- Cultivating safe and positive help-seeking behaviors.
- Enhancing a sense of belonging and connectedness.



Young people can join us for weekly interactive sessions designed to incorporate fun and learning, different from typical school online environments. The sessions are "hosted" by AKKF staff and volunteers, ensuring a supportive atmosphere where young people can express themselves freely.

Don't miss out on the opportunity to be part of this enriching experience. Join our free online Connect program and embark on a journey of growth, camaraderie, and self-expression.

For more information or to register, visit our website:

www.kookaburrakids.org.au/our-programs/kookaburra-kids-connect/

**EMPOWERING YOUNG PEOPLE TO THRIVE
BEYOND THE IMPACTS OF FAMILY
MENTAL ILLNESS.**





Family Services AUSTRALIA
Health & Wellbeing

FSA HEALTH & WELLBEING

ASSESSMENT SERVICES



Assessments Include:

Autism including cognitive assessment - \$2960

ADHD including cognitive assessment - \$1850

Cognitive assessments - \$1480

Cognitive and learning (WISC & WIAT) for specific learning disorders such as dyslexia, dyscalculia, giftedness - \$2200

Intellectual disability (cognitive and adaptive behaviour) - \$1850

CONTACT:

T: 1800 372 000 (option 2)

F: (02) 4256 7399

E: triage@familyservices.org.au

W: <https://www.fsahealthwellbeing.org.au/>

Office hours: 8:30AM - 5:00PM



**Family
Services**
AUSTRALIA

Assessments

Our team of experienced professionals have access to cutting-edge assessment tools. We are committed to delivering high-quality and neuroaffirming assessments for all consumers.

Supporting your Health
and Wellbeing



**Family
Services**
AUSTRALIA
Psychology

Psychological assessment & intervention across the lifespan

HOW WE SUPPORT YOU



Anxiety and mood difficulties



Behavioural concerns



Specialising in neuroaffirmative care



School or learning difficulties

(including WPPSI-IV, WISC-V, WIAT-III & WAIS-IV assessments)



Grief and adjustment issues



Social or relationship difficulties



Parenting and family support



LGBTIQIA+ affirming practices



Trauma-informed care

SAFE - WELL - STRONG - CONNECTED

Family Services House, Illawarra-Shoalhaven Community Services Hub
1 Lamerton Crescent, Shellharbour City Centre NSW 2529



Family Services AUSTRALIA
Health & Wellbeing

Ph: 1800 372 000 (select option 2)

triage@familyservices.org.au | www.fsapsychology.org.au

THERAPEUTIC TABLETOP GAMES GROUP

Family services Australia is taking expressions of interest for our school holiday tabletop games group.

Games include:

- Heroes Quest
- Dungeons and Dragons

Groups will run from 2:30pm -

5pm on:

11/07/2024

18/07/2024

This group is suitable for young people aged 13-18.

NDIS funding can be utilised for this program.

To register interest or find out more contact 1800 372 000 (option 2) or visit our website (Family Services Australia Health and Wellbeing).

Wollongong Youth Forum presents:

R **A** **i** **S** **E**

t **h** **e**

W **O** **L** **U** **M** **e**

13 APRIL

**2 -7pm @ Wollongong Youth Services
+ MacCabe Park**

Come along to celebrate Youth Week at our Youth Festival with FREE live music, food, games and youth markets!
THIS IS AN ALCOHOL + DRUG FREE EVENT.

For more information DM us, email
youthservices@wollongong.nsw.gov.au
or call 4227 8222

fya



RAP-A Facilitator Training Day

- WHERE?** Lindfield
SYDNEY
NSW 2070
- WHEN?** Tuesday
7 May 2024
9:00am to 5:00pm
- COST?** Early Bird Payment
- Register by 18th April
\$370
- Register after 18th April
\$420

\$120.00 RAP-A Group Leader's Manual
\$ 21.50 RAP-A Participant Workbook

Morning, Afternoon Tea and Lunch provided.

To register, please complete the attached registration form and scan and email to rap@qut.edu.au. See over for more details.

For more information please phone Astrid Wurfl on (07) 3138 4956

THE RESOURCEFUL ADOLESCENT PROGRAM

The Resourceful Adolescent Program (RAP) was developed to build resilience and promote positive mental health in teenagers. The program specifically aims to prevent teenage depression and related difficulties. Approximately one in five teenagers will develop depression during the course of their teenage years which could severely hamper their development and future prospects. RAP aims to increase the psychological resilience or resourcefulness of young people and draws on research of successful treatments for adolescent depression and the known psychosocial risk and protective factors at the individual, family and school level.

The Resourceful Adolescent Program consists of three components that promote the individual, family and school protective factors respectively:

1. The **RAP-A** program for adolescents is a school-based program for 12 to 15 year olds that aims to improve the coping skills of teenagers
2. **RAP-P** for parents' targets family protective factors such as increasing harmony and preventing conflict.
3. **RAP-T** for teachers aims at assisting teachers to promote school connectedness, a protective factor that has recently been shown to be very important in teenage mental health. (RAP-A and RAP-P also have adaptations that meet the specific needs of indigenous communities).

The three components of the Resourceful Adolescent Programs are primarily run as universal prevention programs. They are designed to be useful to all teenagers, and not only those specifically at risk for depression. The programs aim to prevent the development of future problems by promoting a range of protective factors. The three components of the program can be run independently or together.

Resourceful Adolescent Program



RAP TRAINING IN SYDNEY

School of Psychology and Counselling
Queensland University of Technology
Kelvin Grove Campus
Victoria Park Rd
Kelvin Grove QLD 4059
Tel: 07 3138 4956
Email: rap@qut.edu.au

Please register me for: RAP-A SYDNEY	Cost
<input type="checkbox"/> RAP-A : 7 May 2024	\$370/420
I would like to purchase:	
<input type="checkbox"/> RAP-A Group Leader's Manual	\$120.00
<input type="checkbox"/> RAP-A Participant Workbook	\$21.50
Freight	\$12.00
Total Cost	\$

Name:

Occupation:

Organisation:

Address:

Phone:

Mobile:

Email:

Dietary restrictions: Gluten free Veg / Vegan None

Payment:

Thank you for registering for RAP training. To secure your attendance, please fax or email this registration form to the RAP office. We will confirm your registration by email and provide payment and venue details closer to the event.

PLEASE NOTE: Payment is required via QUT's secure online system QUTPay which accepts credit card only.

Training materials will be forwarded to you following payment.

Cancellations:

There will be **NO REFUNDS** for cancellations. Any materials purchased **must be returned** and this amount will be refunded upon receipt of said materials. You may transfer your registration to another name.

RAP-A - Early Intervention for Adolescents

RAP-A consists of 11 sessions of approximately 50 minutes duration. The program is run with groups of adolescents varying in size from 8 to 16 students. RAP-A attempts to integrate both cognitive-behavioural and interpersonal approaches within the context of adolescent development.

Personal Strengths: Individuals are helped to recognise and affirm existing strengths and personal resources. The aims of this component are to help adolescents focus on the importance of having and maintaining a good self-esteem.

Cognitive Therapy (Thought Court): Participants are helped to recognise and challenge distorted cognitions and develop positive self-talk.

Keeping Calm: Self-management and self-regulation strategies are taught to participants. This involves improving both the recognition and management of emotional and physiological symptoms.

Problem Solving: Individuals are encouraged to define problems and generate appropriate and effective solutions.

Support Network: Individuals are helped to acknowledge the importance of developing a support network and appropriate help-seeking behaviour as a mechanism for emotional well being.

Interpersonal Problem Solving (Keeping the Peace): Participants are helped to consider role transitions and role disputes that arise during the period of adolescence. Strategies for promoting harmony and avoiding escalation of conflict are taught. Individuals are helped to acknowledge the perspective of other people and to value empathy.

RAP-P - Early Intervention for Families

The Resourceful Adolescent Program for Parents (RAP-P) involves three parent sessions, each of between two and three hour's duration. The program can be run as a full day workshop, or as 3 separate sessions.

Parents Are People Too: Parents are encouraged to focus on their existing strengths, and to recognise their contribution to their adolescent's wellbeing. They also identify the impact of stress on effective parenting, and ways of managing their stress.

What Makes Adolescents Tick: Parents are encouraged to consider the specific needs of adolescents. They are facilitated to discuss adolescent development and role transitions pertinent to this age group (e.g., the dilemma of balancing the need for nurturance and protectiveness, with the desire for growing independence). Specific techniques to help parents bolster an adolescent's self-esteem are covered.

Promoting Family Harmony: Parents focus on the process of promoting harmonious family relationships and on the prevention and management of severe conflict.

Why Intervene with Families?

Family factors are known to relate to depression and suicide in adolescents. Overall, the quality of parent-adolescent relationships, and the presence of family conflict are reliable predictors of adolescent depression. Conflict, and particularly escalating conflict with parents, and expression of parental over-control are well established risk factors for adolescent depression. Alternatively, strong parental attachments and expressions of warmth and caring have been found to buffer adolescents from depression.

**Talk with a mate
who can relate**

samsn



Survivors & Mates Support Network (SAMSN) is a not-for profit charity co-founded by male survivors, for male survivors and their supporters.

SAMSN offers a range of **FREE** services regardless of age, ethnicity, sexual orientation, or religious beliefs. Any man struggling with the effects of child sexual abuse needs to know that it was not his fault and that recovery is possible.

Our Vision is a society in which male survivors of childhood sexual abuse can easily access peer and professional support.

Our Purpose is to build a support network that gives voice and agency to male survivors across Australia.

We Believe male survivors can heal from child sexual abuse, support others to thrive and be leaders for change.



Patron: Robert Fitzgerald AM
Ambassador: Rob Carlton

SURVIVORS & MATES **SUPPORT** NETWORK

SURVIVORS & MATES **SUPPORT** NETWORK



AUSTRALIA'S LEADING
ORGANISATION FOR



**MALE SURVIVORS OF
CHILD SEXUAL ABUSE**

FREE CALL: 1800 472 676

SAMSN Office

Hours: 9am – 5pm, Monday to Friday
Admin: 02 8355 3711
Email: support@samsn.org.au
Address: Ground floor
8-10 Palmer Street
Parramatta NSW 2150



 SAMSNAUS
 samsn_au



SAMSN acknowledges the traditional custodians of the lands across Australia upon which we live and work. We pay deep respect to Elders past, present and emerging.

SAMSN respects your privacy. We are committed to protecting and keeping your personal information safe.

SAMSN is not affiliated with any religious organisation.



samsn
SURVIVORS & MATES **SUPPORT** NETWORK

Sign up to our E-Newsletter today!

1800 472 676 • WWW.SAMSN.ORG.AU

1800 472 676 • WWW.SAMSN.ORG.AU



SURVIVORS & MATES SUPPORT NETWORK

WHAT WE OFFER

Eight-week Support Groups Since 2011, SAMSAN has delivered over 90 Eight-week Support Groups for male survivors. These are professionally facilitated peer support groups that provide practical information and supported discussion to assist participants in their healing and recovery. SAMSAN's eight-week groups are free to attend and held once a week from 6pm to 8pm, in a range of locations including online.

Monthly Drop-in Meetings SAMSAN's Monthly Drop-in Meetings are available to men who have completed an Eight-week Support Group. These professionally facilitated meetings offer continued connection with other survivors and focus on enhancing support and recovery.

SAMSAN services are FREE for survivors and their supporters.



Planned Support SAMSAN provides professional and peer-support based on individual needs. We work alongside survivors and their supporters to negotiate systems such as:

- Government services including Centrelink and Housing
- Victim support services
- The National Redress Scheme
- Referral to criminal and civil legal services
- Work and Development Orders
- Finding a specialist counsellor
- Reporting to Police, including Sexual Assault Reporting option (SARO)
- Short-term SAMSAN counselling.

The National Redress Scheme SAMSAN provides assistance to survivors thinking about applying to the National Redress Scheme and to those who have already made an application. The Scheme is designed to help people who have experienced institutional child sexual abuse gain access to a monetary payment, counselling and a direct personal response/apology. An institution can include schools, children's homes, sporting clubs, community and faith-based institutions like scouts and churches and foster or out of home care.

Talk with a mate who can relate SAMSAN's Peer Support Phone Line is a free and confidential telephone service that provides the opportunity for you to talk with a male survivor who can identify with the issues so often faced by men. While our histories may be different, all SAMSAN's peer support workers have had first-hand experience of SAMSAN's services, comprehensive training and know what it takes to grow stronger than your past. For more information and to book, please visit our website or call our Planned Support Team.

Supporters & Survivors Workshops SAMSAN is committed to supporting partners, family and friends of survivors. These one-day workshops bring together survivors and their loved ones in a safe, supportive environment to share learning and enhance personal and relational wellbeing.

Consultation & Training Combining lived expertise, and professional knowledge and experience, SAMSAN provides tailored training and consultations to service providers and non-government organisations and health professionals.

BUILD STUDENTS' SOCIAL AND EMOTIONAL SKILLS - PEER TO PEER

The Peer Support Program helps students develop the skills and relationships to support their mental health and wellbeing now and into the future.

Program outcomes include stronger connections, improved emotional regulation & conflict resolution and a greater sense of belonging.

The program achieves this by helping students to develop and sustain:

- positive relationships
- agency
- sense of self
- responsibility for self and others

Contact Sophie Sedgwick to find out more:
Sophie@peersupport.edu.au or 0402 271 893.



Join an upcoming workshop to learn how to implement our program

We have workshops in **GyMEA** on 22 May, **Sydney** on 18 June, & **Canberra** on 20 June.

We also offer regular online workshops.

Book your place at www.peersupport.edu.au



ART 4 HEALING*



A SAFE PLACE TO CONNECT, EXPLORE, CREATE AND REFLECT

Every Friday 10am–11.30am
The Foundry Family Centre,
132 Wentworth St, Port Kembla

For more details, contact the First Floor Program on 42291079

(*ARTISTIC ABILITY NOT REQUIRED!)

ART 4 HEALING*



— ONLINE —

Every Friday 12pm-1.30pm via ZOOM

A safe place to explore, create, reflect

Contact the First Floor Program on 42291079 or email
firstfloorprogram@salvationarmy.org.au for details

(*ARTISTIC ABILITY NOT REQUIRED!)

NOW MORE THAN EVER

NATIONAL RECONCILIATION WEEK 2024

27 MAY – 3 JUNE

#NRW2024

RECONCILIATION.ORG.AU



Reconciliation School Flag Walk Monday 27 May 2024 Reddall Reserve, Lake Illawarra 10am – 1pm

Shellharbour City Council proudly hosts the annual Reconciliation School Flag Walk in partnership with our local schools and Aboriginal and Torres Strait Islander community.

We would like to invite you to attend this event by participating in the reconciliation walk and observing the official ceremony.

Flag Walk: The Reconciliation Walk will commence at 10:00am near the Warilla Surf Club and proceed north along the shared pathway to the official ceremony location at Reddall Reserve. Please arrive at 9.45am for a 10.00am start

Ceremony: Commencing at approximately 10:45am Reddall Reserve East (Kiyong Beach).

To find out more about the event please contact the **Community and Culture Admin Team** on 4221 6007 or email CommunityandCultureAdmin@shellharbour.nsw.gov.au



Want \$500 to help you with school costs?

Saver Plus supports people to develop life-long savings habits. It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services, learn more at www.saverplus.org.au.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

saverplus.org.au

1300 610 355





**Australian
College**
of Commerce & Management
RTO ID: 1441



Are you a First Nations young person looking for employment?

*Don't miss this **fee-free**
pre-employment training opportunity
with ACCM College & IllawarraYES!*

This 2 week course starts on **Monday 13th of May**
at ACCM College in Wollongong

About the training

ACCM College will deliver this training.

Enrolment dates: Open 30th April 2024

Course Start Date: Monday 13th May 2024

Completion Date: Thursday 23rd May 2024

Times: 9.30am to 2.30pm daily

Delivery: Face-to-Face

Venue: Unit 8, 36 Auburn St, Wollongong NSW 2500

This unique **fee-free** pre-employment
program delivered in partnership with
IllawarraYES has been designed
to develop in demand skills
for First Nations jobseekers

Units of study

BSBOPS202 - Engage with customers

BSBOPS203 - Deliver a service to customers

BSBPEF201 - Support personal wellbeing in the workplace

BSBTWK201 - Work effectively with others

Am I eligible?

You may be able to access this fee-free training if you are:

- Aboriginal and/or Torres Strait Islander
- 15 years old or over
- No longer at school
- Living or working in NSW
- An Australian citizen, permanent resident,
humanitarian visa holder or
New Zealand citizen

How do I enrol?



Visit our website using this QR
Code for more information
OR contact

Daniel Bennett on
0408 937 070

This program is a joint initiative of Department of Regional NSW, Department of
Communities and Justice and Training Services NSW.



Join us for a

RECONCILIATION WALK

Thursday 16th May 2024 | Starting at 11am

NOW MORE THAN EVER

NATIONAL RECONCILIATION WEEK 2024 27 MAY-3 JUNE #NRW2024 RECONCILIATION.ORG.AU



You're invited to join us from 11am for a Welcome to Country, Smoking Ceremony and Performances at Lakeside Reserve, Koonawarra Bay. This will be followed by a short walk and a BBQ at 12pm at the Koonawarra Community Centre.

WELCOME TO COUNTRY

CULTURAL PERFORMANCES

SMOKING CEREMONY

GUEST SPEAKERS

For further enquiries contact CareWays on 4261 8426 or email help@careways.org.au



CareWays community



THIRRILI

Working with families and communities after suicide and other traumatic incidents causing death

To the Bunuba people, *Thirrili* means power and strength, this is the essence of Thirrili and is the heart of what we do.



Thirrili provides localised after suicide support

Since 2017, we've provided Aboriginal and Torres Strait Islander communities support in the aftermath of suicide or other traumatic incident.

Our service is Australia-wide, our model is flexible and adapted to place based community needs.

We provide meaningful after suicide support, case coordination and advocacy.

Communities that have been impacted by suicide or other fatal critical incident can invite us to bring our trauma informed expertise to share with them as they develop their self-determined futures.

Crucial, timely and safe support

Aboriginal and Torres Strait Islander communities, families and individuals deserve support that is:

- relational
- respectful of Cultural protocol
- designed to offer the needed support at a time of crisis
- self-determining

Working with families and communities after suicide.

 **1800 805 801**
24/7 Australia-wide

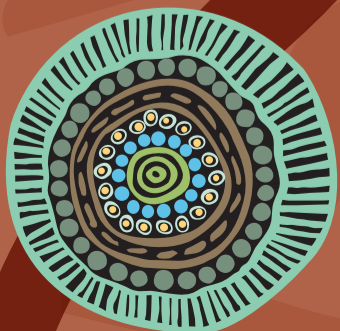
 **www.thirrili.com.au**



Scan QR code to visit our website

Artwork elements from: *Thirrili* by Luke Penrith, 2023

Funded by the National Indigenous Australians Agency





Localised suicide postvention support for First Nations peoples

Since 2017, we've provided First Nations communities with suicide postvention support and assistance.

Our service is Australia-wide, our model is flexible and adapted to place based community needs.

We provide meaningful **postvention support**, **case coordination** and **advocacy**.

Communities that have been impacted by suicide or other traumatic incident, can invite us to bring our trauma informed expertise to share with them as they develop their self-determined futures.

Based on strength and local knowledge

We're guided by:

- knowledge of shared, collective, continuous ancestral connections
- cultural ways of knowing, being, and doing.

Communities, families and individuals have their own ways of bereavement, practising culture and healing. We uphold these protective boundaries.

You can call us, 24 hours a day, 7 days a week, Australia-wide.

Postvention responses

A **postvention response** happens after a suicide or other traumatic incident. Support is provided to communities, families and individuals of the loved one who passed or has been seriously injured.

This postvention support includes **culturally immersed case management** with a focus on social and emotional wellbeing and reducing the traumatic impacts of suicide or traumatic incident, and **Community Innovation Plans** which engage whole communities in planning what is required to prevent future suicides and traumatic incidents.

Even though our suicide postvention support happens after, postvention is a form of suicide prevention. After a suicide, communities, families and individuals may be at higher risk of suicide. When timely, supportive and culturally safe responses are provided, communities have the tools and strategies required for one of the most difficult times in their family.

Our community-led service

You will participate in all decisions concerning the support you receive.

Your rights

We respect your rights as we support culturally led healing and trauma informed care for people, families and communities.

Right to personal and family privacy

Thirrili treats personal and family information with respect, sensitivity and privacy.

You decide what information you share with us. We do not share information with others without your permission.

Right to freedom from discrimination

We work with Aboriginal and Torres Strait Islander peoples across Australia and respect all facets of identity and personal characteristics.

Right to withdraw

You can withdraw from our service at any time. To avoid any misunderstanding we ask that withdrawals be made in writing by mail or email.

Legislation

Thirrili adheres to the *Privacy Act (1988)*, *Freedom of Information Act (1982)* and state and territory privacy laws to always protect personal information.

No client information is released without consent, unless:

- disclosure is required by law
- the safety of the client/family or another person is at immediate risk.

You maintain the right to access your personal information. However, there are some exceptions to this. For example:

- where providing access would have an unreasonable impact on the privacy of others
- we reasonably believe giving access would pose a serious threat to the life, health or safety of any individual or public health or safety.
- denying access is required or authorised by or under an Australian law or a court/tribunal order.

As a client of Thirrili, you have the right to:

- make a complaint
- appeal a decision
- provide feedback
- raise issues directly or have someone else do it on your behalf
- be involved in the resolution of your complaint and be informed throughout the complaint process
- withdraw a complaint at any time.

Data

We keep conversations with clients private and protect their information.

All data is de-identified prior to mandated government reporting.

Feedback

We invite communities, families, individuals and ecosystem partners to provide feedback on our service.

Feedback and complaints helps us work better and improve our service.

How to contact us



Contact us via our website:
www.thirrili.com.au



Email us at:
complaints@thirrili.com.au



Phone us at:
[1800 805 801](tel:1800805801), 24/7 Australia-wide



Send mail to:
PO Box 41855, Casuarina NT 0811



Scan this QR code to
visit our **feedback form**.





Interested in Becoming a Volunteer with BCR Communities?

Shoalhaven Driver Mentors Wanted!

Regions: Bay & Basin – Nowra – Ulladulla

We are BCR Communities – a not-for-profit community organisation serving communities within the Illawarra and Shoalhaven for over 30 years (formerly Bay & Basin Community Resources). We are seeking to recruit a number of new Volunteer Driver Mentors to support our community in a brand new program. This program will help young people, people with disability and new migrants become safe and confident drivers. This free program matches learner drivers with volunteer mentor drivers who assist them with obtaining their required hours of supervised driving experience in a BCR supplied Driver Mentoring vehicle.

Why volunteer as a Driver Mentor?

- **Impact Lives** – while giving back to your community, you will have a positive impact on the independence and employability of each person that you support
- **Build Confidence** – use your years of driving experience to support learner drivers to build confidence and successfully transition from their 'L's to their 'P's
- **Create Connections** – be part of a highly valued, caring team of like-minded mentors who want to help others achieve their dream of obtaining a drivers licence
- **Learn and Grow** – learn something new and expand your generational and cultural knowledge by supporting learner drivers from diverse backgrounds

Are you ready to steer towards a brighter future with the BCR Driver Mentoring Program? Check out this video from the Driver mentoring Program (Y-Drive) operating in the Eurobodalla region to see what Driver mentors say about the experience <https://youtu.be/OFTTEL3XAgNw>.

To commence in this role you will need the following:

- Full unrestricted NSW Drivers Licence
- Copy of your Driving Record
- Working with Children Check Clearance
- Police Check Clearance
- NDIS Worker Check Clearance
- First Aid Certificate (or willing to obtain)
- Willingness to complete a thorough BCR Volunteer induction and driver mentor training

(BCR staff can support you through the application process to obtain the above requirements)

To find out more or to express your interest, please contact us in one of the following ways:

- Apply online through the BCR Job Board <https://www.bcrcommunities.com/job-board>
- Email Vanessa Harries at harriesv@bcrcommunities.com
- Phone 1300 222 748 to speak to our friendly Customer Service team

Please contact us with your Expression of Interest by 15 April 2024



SOMETHING TO DO THESE SCHOOL HOLIDAYS

YOUTH WEEK EDITION

FREE for 12-24 years olds [unless otherwise specified]

EVENTS

@ Wollongong Youth Centre, Out + About

13 April Raise the Volume

2 - 7pm Youth Week festival, free food, music and youth markets

11 + 18 April Picnic in the Park

5 - 7pm Connect with friends, play games, create art + share food

15 April Rainbow Formal

3 - 7pm Come dressed and have some fun! Activities, Live music and DJ

17 April Saltwater Festival

10 - 2pm Howard Fowles Park, Warrawong

26 April Shakamoto Single Launch

6 - 8pm Free event for young people to celebrate Shakamoto's new single!

WORKSHOPS

@ Wollongong Youth Centre
Bookings Required

18 + 19 April Short Film Workshops with Phillip Crawford

11 - 3pm Bookings Required

20 April Making Comics with Louie Joyce

1.30 - 3.30pm Come along to make your very own comic

12 + 19 April Friday Night Fun

5 - 7pm Check out our social media to find out more!

HANG OUT

@ Wollongong Youth Centre

Check our socials for our open hours

Comfy lounges, free WiFi, table tennis, art and crafts + more

For more info DM our socials or call 4227 8222

Activities are free, supervised + for ages 12 - 24 years

(unless otherwise specified)





ALBION PARK RAIL
SCHOOL AS COMMUNITY CENTRE
 FAMILY CENTRED, CHILD FOCUSED
 CONNECTING SCHOOLS AND COMMUNITIES



Education

Contact Claire for booking and enquiries

PH: 0448 564 219

FREE PROGRAMS TERM 2, 2024

MONDAY

Young Yarns Playgroup

9:30am - 11:30am

Aboriginal families are welcome to come along to Noah's playgroup. Playgroup is a fun place for you to play with your Booris, connect with other families and be supported in your important role as your child's first teacher. You and your Booris can read books together, play music, sing, dance, paint, draw, cook, meet new friends, try new activities and enjoy free morning tea.

Bring: spare clothes.

Contact Jocelyn McGrath from Noah's



Noah's
EVERY CHILD
EVERY OPPORTUNITY

TUESDAY

PLAYGROUP

9:00am - 11:00am

Playgroup is a safe space for families with young children. Our experienced and trained staff offer a variety of activities to promote early learning and wellbeing in children. Parents have the opportunity to meet other adults in a welcoming and relaxed environment.

What to bring: hat & water bottle. Fruit, tea and coffee provided.



TUESDAY

TRANSITION TO SCHOOL PLAYGROUP

12:30pm - 2:30pm

Families are welcome to join us for activities to prepare children in their readiness for big school.

What to bring: School bag, hat, water, crunch & sip.

WEDNESDAY

MYTIME

PARENT SUPPORT GROUP

9:00am - 11:00am

MyTime is a support group for parents and carers of children with disabilities or other additional needs. It's a place for you to unwind and talk about your experiences. Trained staff help group members get to know each other and learn more about resources and support.



Children welcome

While you unwind, your child is kept engaged by our MyTime play leaders.



THURSDAY

PARENT GROUP CARING CONNECTIONS

10:00am - 12:00pm

Join us for a morning of learning and connection as we share food, ideas and parenting information based on the 'Bringing Up Great Kids' program.

30th May

Understanding Children's behaviour

6th June

The Importance of Play

Limited child minding available

EXPRESSION OF INTEREST TERM 3

CONFIDENT CARERS COOPERATIVE KIDS (CCCK)

Aims to help parents and carers feel more confident and to create more positive relationship with their children aged birth - 12 years.

Presented in partnership with Family Services Australia



Family Services Australia

FRIDAY

KINDERGYM

9:00 am - 10:30am

KinderGym is a movement based playgroup for families with young children, crawlers to 6 years old. Families will experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies.

What to bring: water bottle



TRANSITION TO SCHOOL GYM

11:00am - 12:30pm

TTS Gym is a gymnastics based movement class for children starting school in 2025. Children will have the opportunity to develop and practice skills needed for school through fun, hands-on play-based activities.

What to bring: water bottle

Claire M: 0448 564 219 E: Claire.jones42@det.nsw.edu.au



APR School as Community Centre (SaCC)



Something TO DO

May-Jul
2024

RAINBOW LEAGUE

A social group + safe space for LGBTQIA+ young people.

Mondays 4 - 6pm
@ Wollongong Youth Centre

FRIDAY NIGHT FUN

Movies, open mic + hang out with friends. Check out our socials for details.

Fridays
@ Wollongong Youth Centre

YOUTH IN FASHION

An 8-week program where you can learn to sew your own clothes.

Fridays 4 - 5:30pm
@ Wollongong Youth Centre

REHEARSAL SPACE

Fully equipped sound proof music rehearsal room \$5pp for 2hr sessions - bookings essential.

Tuesday, Thursday + Saturdays
@ Wollongong Youth Centre

STUDY SESSIONS

Need a place to focus and study, with some additional support? Come along to our study sessions. Snacks provided.

Wednesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

BUDGET BITES

Come along and make delicious meals while learning your way around the kitchen.

Wednesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

DUNGEONS + DRAGONS

Come and play table top games in our Auditorium.

Tuesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

SATURDAY BAND JAM

Write or learn a song, perform it or jam with others.

Saturdays 1.30 - 3pm
@ Wollongong Youth Centre

BELLAMBI CONNECT

Learn new stuff + meet new people. A range of activities including games, art + more for young people aged 12 - 18.

Mondays 1.45 - 3.45pm @
Bellambi Neighbourhood Centre

TEENZ CONNECT

Learn new stuff + meet new people. A range of activities including games, resume writing, self care ideas + more for young people aged 12 - 24.

Thursdays 3 - 4.30pm
@ Warrawong Library

BUILD + CONNECT

A fun afternoon to connect with friends + build Lego creations, for young people aged 12 - 24.

Tuesdays 3.30 - 5pm
@ Dapto Library

BUNDALEER CONNECT

An arvo of sports, games + food. Get active, catch up with friends + more for young people aged 12 - 18.

Mondays 3 - 4.30pm
@ Howard Fowles Park

TEAM IGNITE

Boost the music + performance scene for young people. Learn skills in AV production, event management + promotion.

Thursdays 4 - 5.30pm
@ Wollongong Youth Centre

ON STAGE

Live music, performances, open mic + workshops. Check out our socials for details.

Thursdays 5.30 - 7.30pm
@ Wollongong Youth Centre

GOT A QUESTION?

Chat to our youth workers. They take time to listen, understand + provide info + help you explore your options.

Drop by, give us a call
or DM our socials
@ Wollongong Youth Centre

HANG OUT

Comfy lounges, WiFi, pool, table tennis, gaming, charging stations + more.

Tuesdays 3 - 6pm
Thursdays 3 - 8pm
Saturdays 1 - 4pm
@ Wollongong Youth Centre

For more info DM our socials or call 4227 8222

Activities are free, supervised & for ages 12-24 years
(unless otherwise specified)

Noah's Inclusion Services - Term 1 2024 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years	Gubidja Wurrangalali Gooyoong (Cullunghutti Playgroup) 9.30am-11.30am Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years	PlayConnect Playgroup 9am-10.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns	Little Steps Playgroup 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care	Little Steps Playgroup 9.30am-11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care
Bilima Booris 9.30am-11.30am Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years	PlayConnect Playgroup 9.30am-11am Noah's Batemans Bay Playgroup for children 0-5 years with Autism or development concerns	Little Puddles 9.30am – 11am Noah's Batemans Bay Structured playgroup for children 0-4 years who have complex needs and are not engaged in other Noah's services	My Time 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs	
Aboriginal Family Playgroup 9.30am – 11.30am Noah's Ulladulla Playgroup for Aboriginal children 0-5 years	My Time 9.30am – 11.30am Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs	PALS Playgroup 9.30am – 11am Noah's Ulladulla Supported playgroup for all children and families in conjunction with Playgroup NSW	Creative Connections 3pm - 4.30pm Noah's Sanctuary Point Social and creative group for children with NDIS Plan	
PlayConnect Playgroup 9.30am – 11am Noah's Nowra Playgroup for children 0-5 years with Autism or development concerns	Little Steps Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care	Sing and Grow 9.30am - 10.30am Noah's Nowra A music therapy programs for children 0-5 years		
Jump In Early Intervention Group 9.30am – 11am Noah's Batemans Bay Early intervention group for children 3-6 years	My Time 10am-12pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs	Jump In 9.30am-11am Noah's Nowra Early Intervention program with parent & carer training		
	Language for Learning 1pm-2.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan	My Time 10.30am - 12.30pm Noahs Sanctuary Point Peer support group for parents/carers of children with additional needs		
	Build & Connect 3.30pm – 4.30pm Noah's Batemans Bay Social skills group for children 5-8 years with a NDIS Plan	Cooking Creative Connections 3pm - 4.30pm Noah's Sanctuary Point Social skills programs with cooking focus for children with NDIS Plan		
	Connection to Our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with a NDIS Plan			

Other Noah's Programs (contact us for availability):

- Be My Best Behaviour Support
- Peer Mentoring (for parents)
- The Parent Room
- SWAY Program
- PEERS Program
- SOS Feeding Program
- Start Up Multidisciplinary Assessment Clinic
- Secret Agent Society
- Circle of Security

NDIS Services by appointment (contact us for availability)

- Plan Management
- Key Worker (0-7 years)
- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Psychology (current clients)
- Behaviour Support

Noah's Centres:

Nowra
Ulladulla
Sanctuary Point
Eurobodalla
Illawarra (no groups this term)



GROUP/PROGRAM/SERVICE	DESCRIPTION	OTHER INFO
NDIS Services - Individual	<ul style="list-style-type: none"> Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology Behaviour Support 	<ul style="list-style-type: none"> For ages up to 18 years Available at Noah's, home or education and community settings Costs (charged to NDIS Plan) are according to the NDIS Price Guide Waiting lists exist for some services Limited access to some services in some locations
NDIS Services - Groups	<ul style="list-style-type: none"> Groups offered are as listed in the timetable Groups vary each term according to time of year and demand 	<ul style="list-style-type: none"> Costs (charged to NDIS Plan) are according to the NDIS Price Guide Waiting lists exist for some groups
Be My Best	Be My Best is for families who are experiencing difficulties managing the behaviour of their child/ren ages 2.5 to 7 years.	<ul style="list-style-type: none"> Non-NDIS Program Intensive Program (Nowra only) - parents commit to 2-3 sessions per week on Mon, Tues and/or Thurs for around 10 weeks Coaching Program available at Nowra and Ulladulla Contact us for more information, including costs and availability
Start Up	Start Up is a developmental assessment program for families with a child under school age who is not meeting milestones	<ul style="list-style-type: none"> Non-NDIS Program Contact us for more information, including costs and availability
Playgroups	Noah's runs a series of playgroups for families with infant or pre-school age children <ul style="list-style-type: none"> Playgroups for Aboriginal families Little Steps (for children who do not attend other early childhood education services) PlayConnect (Supported Playgroup) PALS Playgroup (Supported Playgroup for all abilities) 	<ul style="list-style-type: none"> Non-NDIS Program Contact us for more information or to register
Carer Support Services	<ul style="list-style-type: none"> My Time The Parent Room Peer-to-Peer Mentoring 	Contact us for more information or to register
Early Childhood Early Learning Services	<ul style="list-style-type: none"> Mundamia Early Learning Centre SWAY (language and literacy program for early childhood services based on Aboriginal culture) Koori Kids Together (targeted support for pre-schools and schools in Wreck Bay/Jervis Bay Territory) 	Contact us for more information or to register

For more information about Noah's Groups, Programs and Services or to book phone (02) 4423 5022 or visit www.noahs.org.au

Follow us on Facebook for the latest news and updates

Noah's Nowra: 69 George Evans Road Mundamia (UOW Shoalhaven Campus) - Phone: (02) 4423 5022
Noah's Ulladulla: 158 Green Street Ulladulla - Phone: (02) 4455 1318
Noah's Illawarra: 41 Willinga Road Flinders - Phone: (02) 4288 8024
Noah's Sanctuary Point: 48-52 Paradise Beach Road Sanctuary Point - Phone: (02) 4423 5022
Noah's Batemans Bay: 1a Melaleuca Crescent Catalina – Phone (02) 4472 6939
Noah's Moruya: 2809 Princes Highway Moruya – Phone (02) 4472 6939

Bookings are essential for all groups

Timetable is subject to change

Some groups and programs do not run during the school holidays