



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term 3 2023

Welcome !

Welcome to the 27th edition of the ISLHD School-Link Newsletter!

Thursday 14th September 2023 is R U OK? Day a national day of action dedicated to inspiring all people to regularly ask each other 'Are you OK?'

For students, learning how to support their peers and talk about how they feel is an important life lesson, so where better to start than in the classroom?

R U OK? provides free resources for schools: lesson plans, activities and displays, check them out at:

<https://www.ruok.org.au/education>

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

A Teachers Guide: Supporting the Wellbeing of Primary School Children

The Teacher's Guide provides intervention strategies to support a Primary School student demonstrating behaviours of concern.

Access the Teacher's Guide:

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



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

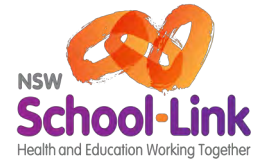
Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

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

**R U OK?
Day**

**A CONVERSATION CAN
CHANGE A LIFE**



Thursday 14th September 2023 is R U OK? Day

If you or somebody else are in an emergency situation or are at immediate risk of harm, call Emergency Services on **000**.

Starting a Conversation

Inspire and empower everyone to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life.

You don't need to be an expert to reach out just be a good friend and a great listener.

Start a conversation with these four steps:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in



Help in a Crisis

R U OK? is not designed to offer crisis intervention or expert counselling.

The truth is some conversations just become too big for family and friends. If you're worried about someone and feel urgent professional support is needed contact your local doctor or the agencies below:

Lifeline: 13 11 14

Call 24/7 for crisis support

Suicide Call Back Service: 1300 659 467

People at risk of suicide carers and bereaved

Kids Helpline: 1800 55 1800

Counselling for young people 5-25 years

Griefline: 1300 845 745

Counselling service for people suffering grief

Mental Health Line: 1800 011 511

Connecting you with the right care

How Conversations Can Make a Difference

Do you know how the people in your world are really going?

Life's ups and downs happen to all of us.

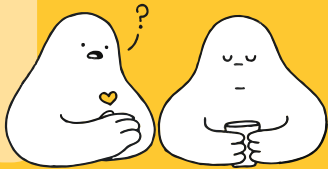
So, stay connected and make asking "are you OK?" a part of your everyday. That way if someone you know is struggling with something big, something small, or maybe nothing at all they'll know you care.

Because when we genuinely ask, "are you OK?" and are prepared to talk to them about how they're feeling and what's going on in their life we can help someone who might be struggling feel connected and supported, long before they're in crisis.

Are they really OK? Ask them today. A conversation could change a life.

Start a conversation using these 4 steps

1



Ask
R U OK?

2



Listen

3



Encourage
action

4



Check in

Find tips at ruok.org.au

Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

You can find support by contacting your local doctor or one of these crisis lines available 24/7.

Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 224 636

beyondblue.org.au

Suicide Call Back Service

1300 659 467

suicidecallbackservice.org.au

Mensline

1300 789 978

mensline.org.au

Local services

More contacts: ruok.org.au/findhelp

Ask



No qualifications needed

**Make staying connected
and asking R U OK?
part of your everyday.**



Learn more at ruok.org.au

Mental Health and Stimulants

Webinar

- Relationship between mental health and stimulant use
- Support available in the Shoalhaven
- Presenters with clinical and lived experience.

Thursday, 10 August
1pm-2pm

Register

[Click here](#) or scan the QR code:



“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 working within the Illawarra Shoalhaven Mental Health Service,
please disregard this flyer and contact Toni: toni.garretty@health.nsw.gov.au
or ph. 0421 054 741 for the alternative registration process.***



“Staying Connected When Emotions Run High”

Venue: Worrigee Sports,
131 Greenwell Point Rd, Worrigee

When: Tuesday 15 August 2023

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

Completed registration forms, dietary needs and payment must be submitted by **Thursday 10 August 2023.**

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:



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 above a healthy weight. It is a program for the whole family so a parent or carer is required to attend each week. This can include a grandparent, aunt, or uncle.

Join in the fun in Term 3!

Where: Albion Park Community Centre

When: Thursdays in Term 3, 2023

Time: 4pm - 6pm

Scan to register



For any questions or to register:



1800 780 900



go4fun.com.au





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 above a healthy weight. It is a program for the whole family so a parent or carer is required to attend each week. This can include a grandparent, aunt, or uncle.

Join in the fun in Term 3!

Where: BBCR Community Space
Sanctuary Point

When: Wednesdays in
Term 3, 2023

Time: 3:30pm - 5:30pm

**Scan to
register**



For any questions or to register:



1800 780 900



go4fun.com.au



LIVINGWORKS

Suicide Intervention Skills Training

LivingWorks suicide safety training is available for free to all NSW high school teachers, staff, parents, carers, and school communities. This includes Public high schools, independent high schools, and catholic high schools. This has been made possible through the NSW Government's Mental Health Recovery Package, which aims to support anyone whose mental health has been impacted by the COVID-19 pandemic. Free access to this training is available to December 2023.

For more information on involving your school, visit www.livingworks.com.au/nsw



LivingWorks Training - Our Programs, Your Choices

LIVINGWORKS Start

For parents/carers, broader school community and select year 10-12 student leaders

- 🕒 90 minutes online
- 👤 Individual access, self-paced

Learn to read the signs of suicide, begin the conversation, and connect to further help through this interactive, online program. Can be taken by anyone 15+ years or 13+ years with parental or carer guidance.

LIVINGWORKS safeTALK

For teachers, support staff and broader school community

- 🕒 4 hours in-person
- 👥 15-30 people per training

Learn to reach out to someone thinking about suicide, overcome attitudes that act as barriers to help, talk openly about suicide, and connect with further support. Learn the 4-step TALK model through face-to-face discussion, skills practice, and video examples.

LIVINGWORKS ASIST

For school well-being teams, leadership and support teams

- 🕒 2 day in-person
- 👥 15-30 people per workshop

Through LivingWorks ASIST (Applied Suicide Intervention Skills Training), learn the skills to provide a suicide first-aid intervention, work with someone to develop a personalised safety plan to keep safe-for-now, and connect with further help. Learn a 6-task suicide first-aid model over two consecutive days, including extensive opportunities for skills practice through trainer-facilitated workshops.

LIVINGWORKS safeYARN

For Indigenous teachers, support staff and the broader school community

- 🕒 3-4 hours in-person
- 👥 15-30 people per training

Based on LivingWorks safeTALK, safeYARN provides a culturally relevant framework for identifying and reaching out to someone thinking about suicide, and helping them keep safe by promptly connecting them to further support. safeYARN focuses on culture and connection to Country and is delivered by Indigenous trainers.

LIVINGWORKS I-ASIST

For Indigenous leaders, teachers and the broader school community

- 🕒 2 day in-person
- 👥 15-30 people per workshop

Building on the success of LivingWorks ASIST, I-ASIST was co-designed with Indigenous leadership and consultation. I-ASIST provides a culturally relevant framework for participants to learn how to use a unique 6-task model to provide a suicide first-aid intervention, work with someone to develop a personalised safety plan to keep safe-for-now, and connect with further help.

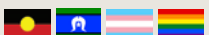
Prior to delivering training in a community, time is taken to hear and address any suicide-related or community issues.

LIVINGWORKS Faith

For Christian faith leaders

- 🕒 5-7 hours online
- 👤 Individual access, self-paced

Learn to blend faith resources with proven best practices in suicide prevention and care. LivingWorks Faith empowers Christian clergy and lay leaders to increase safety from suicide and minister to those who have experienced suicide loss. Includes LivingWorks Start.



BE
BodyKind

TO YOUR BODY AND TO OTHERS

Free resources to support positive body image and help young people be **BodyKind**. Includes educator webinars, online student workshops, curriculum activities and much more!

[REGISTER NOW](#)

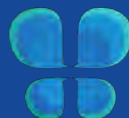
For Australia's largest positive body image initiative for schools and youth organisations.

This September

For more information, please contact education@butterfly.org.au

BodyKind

SCHOOLS *formerly Love Your Body Week for Schools*



Butterfly

WHY IS BUTTERFLY BODY BRIGHT IMPORTANT?

Body dissatisfaction is a significant issue:

- Body dissatisfaction is an important risk factor for negative physical, mental and social outcomes, including unhealthy dieting and muscle building behaviours, depression, anxiety, and eating disorders.
- Body dissatisfaction is repeatedly one of the top-ranked issues for young Australians.
- Body dissatisfaction is reported by approximately 50% of pre-adolescent girls and, increasingly, pre-adolescent boys are reporting a desire for a more lean and muscular body.
- In a recent survey conducted by Butterfly, 93% of adult respondents who reported developing body image concerns during their primary school years stated that their concerns got worse as they entered adolescence. Nearly 30% of survey respondents were diagnosed with an eating disorder.
- Stigmatising weight attitudes are forming from very early in childhood, which can lead to teasing about appearance and, in turn, the development of body dissatisfaction and unhealthy behaviours.
- Greater body concerns from ages 5 and 7 have been shown to predict dieting by age 9.
- By the time they reach adolescence, 1 in 6 girls have already employed at least one potentially dangerous method of weight reduction.

We can intervene early!

- Research highlights the need to foster a positive foundation for body satisfaction and healthy behaviours from childhood.
- Peers play an important role in shaping how children feel about their body and the body of others – that's why primary schools are an important avenue for implementing body dissatisfaction and eating disorder prevention programs.
- Butterfly Body Bright aims to equip students with skills to feel confident in their body and build resilience to risk factors that contribute to body dissatisfaction and disordered eating.
- Butterfly Body Bright provides primary schools with the tools to promote body image within their existing infrastructure.

Butterfly Body Bright

Is for EVERY primary school,
Australia-wide.

Register your school, via the website, to receive the Butterfly Body Bright program, which has been mapped to Australian Health and Physical Education Curriculum (in addition to NSW, VIC and WA).

Butterfly Body Bright has been developed by the Prevention Services Team at Butterfly Foundation with the support of Australian body image, eating disorder, mental health and education experts as well as people with a lived experience.



After School Fun!

Healthy Cities Illawarra's Active In-Betweens is an after school, healthy living resilience program for children 8-12-years-old with a focus on meeting nutritional needs, building physical activity and skill building in this important pre-teen age.

Active In-Betweens provides opportunities for children to:

- Eat and learn about healthy food
- Connect positively with peers and supportive trauma informed trained adults
- Learn about interpersonal behaviours that contribute to health and positive self esteem
- Engage with positive social and neighbourhood connection opportunities (eg. youth services, local sporting clubs)

Active In-Between supports Healthy Cities Illawarra's overall work towards #3 of the UN sustainable Goals, Good Health and Wellbeing

Active In-Betweens is a community-based program with strong partnerships and community stakeholders promoting intersectional collaboration. It is current run FREE thanks to funding at the following 5 locations:



- Mon 3-4:30pm | Albion Park Rail Community Centre
- Tues 3-4.30pm | Bellambi Neighbourhood Centre
- Weds 3-4:30pm | Bundaleer Community Centre, Warrawong
- Thurs 3-4:30pm | Horsley Community Centre
- Thurs 3-4:30pm | Warilla Neighbourhood Centre

For more information please contact

Michelle@healthycities.org.au

t: 02 4283 8111



Healthy
Cities
Illawarra



ALBION PARK RAIL

Active In-Betweens

Active In-Betweens is a **FREE** weekly after-school activity where children learn about active living and healthy eating which contribute to good health and positive self-esteem.

Join Us!

Albion Park Rail Community Centre

1 Ash Ave, Albion Park Rail NSW 2527

Date: Starts Monday 24th July

Time: 3:00pm - 4.30pm each Monday during Term 3

Cost: FREE

For more information, contact:

Michelle Ph. 4283 8111 or
E: Michelle@healthycities.org.au



New Registrations*

*Past participants automatically rolled over into new term.




**ACTIVE
IN-BETWEENS**

Supporting 8-12-year-old children

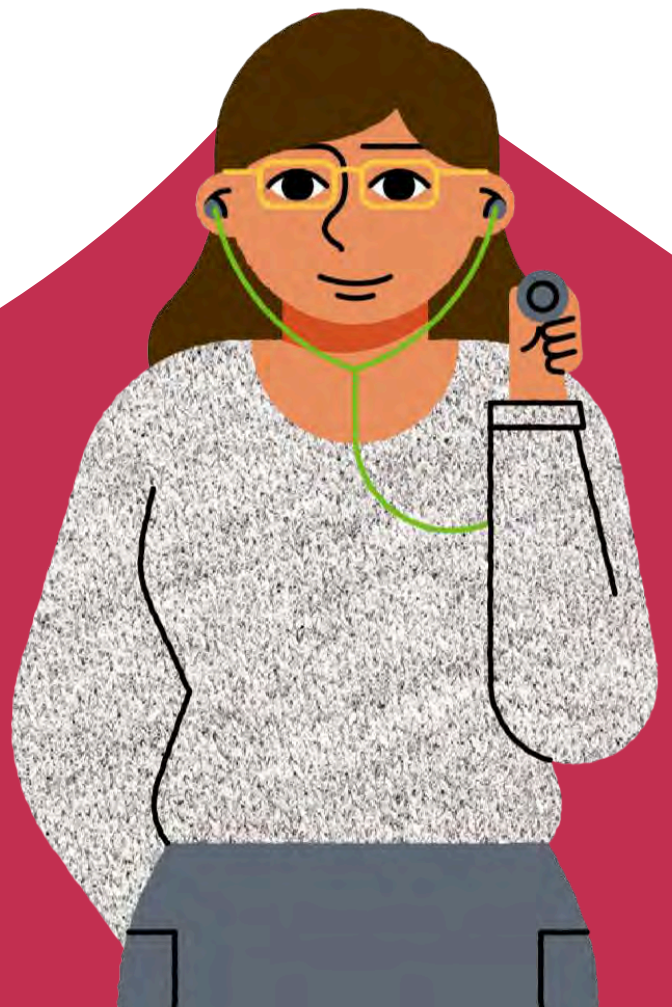
Communities for Children
Shellharbour

 Barnardos
Australia

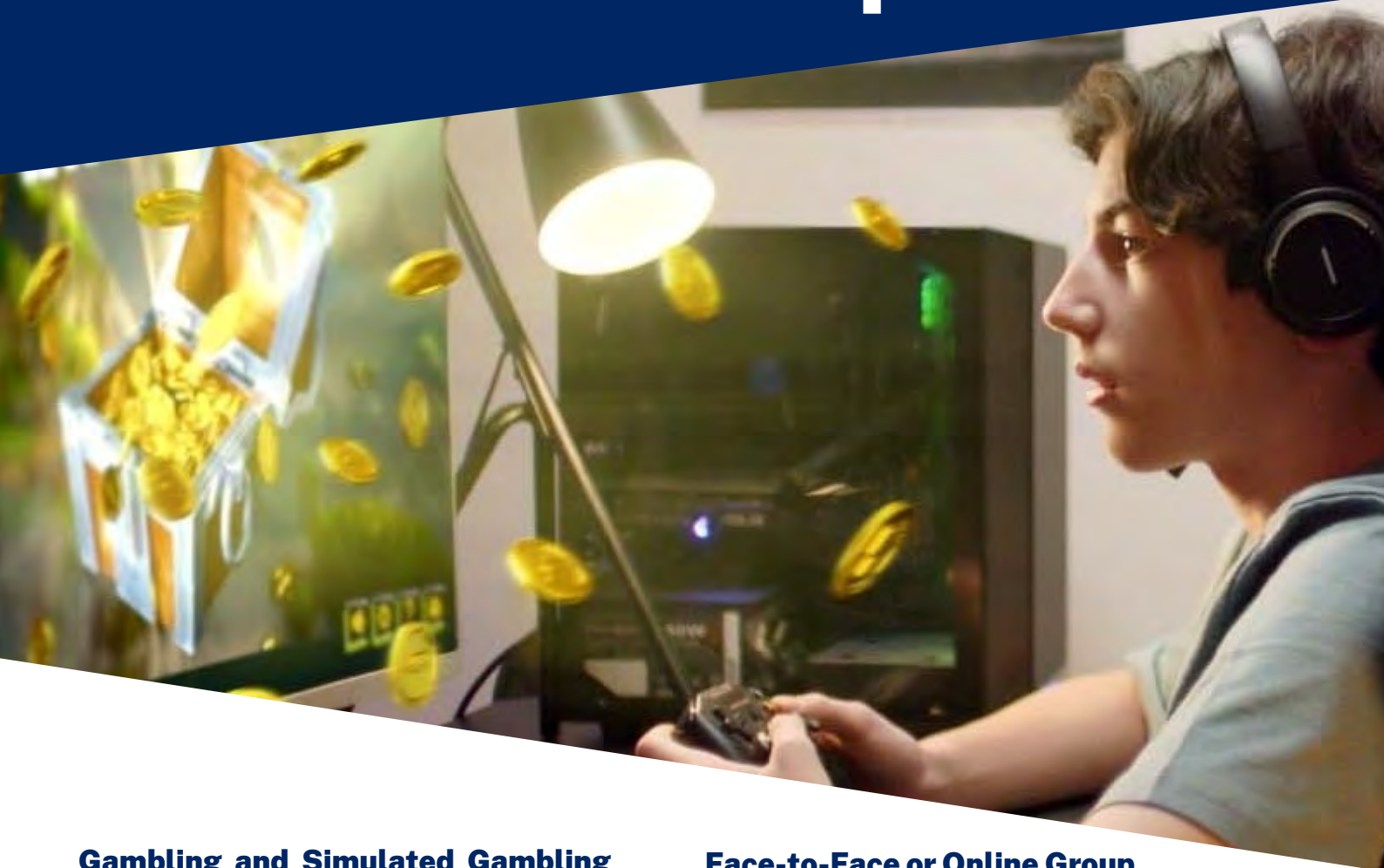
Book in with a doctor today

headspace Wollongong offer a free GP service for 12-25 year olds, specialising in youth mental health and sexual health.

All you need to do is call to book in a chat with one of our intake team on 4220 7660 and have access to a valid Medicare card number.



GambleAware Parents Workshop



Gambling and Simulated Gambling Can Harm Children

This free workshop will educate parents and carers about the connection that exists between gaming and simulated gambling.

With the increased accessibility of online gaming and simulated gambling featured in online games, children are at a higher risk of experiencing gambling harm.

Key Learning Objectives

- Gain knowledge of how young people are affected by gambling harm and the links to gaming
- Understand the major influences on young peoples gambling behaviours
- Learn strategies to help prevent young people from being affected by gambling harm

Face-to-Face or Online Group Sessions

This workshop is 1 hour in length and can be delivered face-to-face or online. The workshop will cover the following topics:

- Gaming and young people
- Gambling and simulated gambling
- Gambling advertising
- Parental influence
- Support services

To Register Your Interest

**Call Joseph Lyons on
0436 944 701 or email
lyonsj@missionaustralia.com.au**

GambleAware

Illawarra & Southern NSW

gambleaware.nsw.gov.au

1800 858 858





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



Contact Claire for booking
 and enquiries
 PH: 0448 564 219

E: Claire.jones42@det.nsw.edu.au

FREE PROGRAMS TERM 3 2023

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.



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

TUESDAY

PLAYSTRONG TRANSITION TO SCHOOL PLAYGROUP

12:30am- 2:30pm

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

Presented in partnership with
 Playgroup NSW.



WEDNESDAY

MYTIME COFFEE CONNECT

9:00am - 10:00am

Drop in for a cuppa and a chat. Coffee connect is a group initiated by local parents looking for a safe, informal setting to catch up and support each other.

Make new friends, share parenting successes and frustrations and develop strategies in a non judgmental environment.



CONFIDENT CARERS COOPERATIVE KIDS - CCCK PARENTING PROGRAM 10am - 12pm

You will learn;

- How to respond to your child's needs.
- To understand and support your child's feelings.
- Help your child to have higher self-esteem

Learn more on our website
www.familtservices.org.au



WEDNESDAY

BARISTA TRAINING 12:30pm – 2:30pm

This short 2 hour course is designed for individuals and jobseekers who are wishing to learn some basic practical barista skills.
 Child minding available

Contact Claire for more information
 M: 0448 564 219



THURSDAY

PLAYGROUP 9:00am - 11:00am

Parents have the opportunity to meet other adults in a welcoming and relaxed environment.

What to bring:
 hat and water

Fruit, tea and coffee provided.



FRIDAY

KINDERGYM

9:30am - 10:15am

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: a bottle of water



FRIDAY

TRANSITION TO SCHOOL GYM

10:30am - 11:30am

TTS Gym is a play and movement based transition to school program. Which helps children develop and practise skills needed for school.

What to bring: a bottle of water



APR School as Community Centre (SaCC)

IT'S ON AGAIN!

**CORRIMAL
ROTARY'S
LEGENDARY**



A night filled with fun & laughter, a game or two, bargains and prizes! So, come along, bring some friends and have a great time!

**Saturday 12th August 2023
6:30 for 7:00pm START**

**Woonona High School Hall
Car park on Nicholson Rd**

**Only \$15 pp, 8 - 10 people per table
BYO food, drinks, glasses, etc**

Book a table or some places by

**email to John at jakele@daley.com.au
or text/phone to 0411 094 586**

Rotary  Club of Corrimal

Proceeds to Imagination Library Illawarra Literacy Project.



HIPPY 2024

**CHILDREN
LEARN EVERY
DAY WHEN
FAMILIES
DO HIPPY
ACTIVITIES
TOGETHER**

**JOIN THOUSANDS OF FAMILIES DOING HIPPY
ACROSS AUSTRALIA**

**Play-based
activities**

**Empowers
you to be your
child's first
teacher**

**Supports
your child's
transition to
school**

**Supports
development,
community
connection &
confidence**

HIPPY BEGINS AT AGE 3

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



Express your interest

HIPPY is a free two year, play based curriculum of fun activity packs.

Starting when your child turns 3, your HIPPY Tutor will practice the activities with you using role play in home visits.

Each pack has activities for you to do with your child and ideas so that learning can happen anywhere at any time.

HIPPY assists children to become curious learners and to achieve important developmental milestones.



YOUR HIPPY SITE IS WARRAWONG

NAME : Ciemara Williams

PHONE : 42758575 / 0482 186447

EMAIL : coordinatorHIPPY@barnardos.org.au

www.hippyaustralia.bsl.org.au

HIPPY Australia acknowledges Elders and Traditional Owners of the lands and seas across Australia.

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government through the Department of Social Services. The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia.



Family Services AUSTRALIA
Health & Wellbeing

Family Services Australia is putting together a Youth Collective and we want to hear from you!

FSA is looking for young people (12 - 25 years old) who are interested in sharing their ideas about our service's engagement and connection with the local community.

If you are:

- Passionate about mental health
- Open to meeting new people
- Wanting your voice heard

We would love to hear from you!

What will we do?

As a part of the youth collective you will share your thoughts and ideas on FSA Health & Wellbeing's programs, service delivery, and projects.

Where will we meet?

Youth Collective meetings will be held every 2 months at the Family Services House.

*Family Services House
1 Lamerton Crescent
Shellharbour City Centre*

If you'd like to be a part of our Youth Collective please let us know!
You can send us a message at triage@familyservices.org.au
Or give us a call at 1800 372 000 (option 2)

Wear your slippers to work on 26 July to support kids in need

CareSouth

Aunties
& Uncles

DAY

26 July

WARM HEARTS
WARM FEET

It's **National Aunties & Uncles Day** on 26 July! CareSouth is celebrating and raising awareness of its Aunties & Uncles mentoring program, and your school or workplace can **join in the fun**.

ABOUT THE CAMPAIGN:

You can warm your heart while you warm your feet with CareSouth's Aunties & Uncles program.

The program connects vulnerable children with carefully matched volunteers to help them experience new, everyday things. It's all about helping them navigate challenges, build resilience and develop important social and emotional skills to reduce their chances of entering the foster care system.

This campaign is a nod to how our Aunties & Uncles make kids feel safe, snug and supported – just like a pair of cosy slippers on your feet. It warms everyone's hearts; the child, the volunteer, and ours.

Event kit for participation:

- 5x pairs of fluffy slippers – you can also request more
- Colouring in sheets for kids to complete as an activity on the day
- Resources to help you spread the word
- Information about the Aunties & Uncles program and CareSouth.

HOW YOU CAN GET INVOLVED:

- **Register to participate** – If you sign up your workplace or school to wear your slippers on 26 July, we'll send you a FREE event kit, including pairs of fluffy slippers, a kids activity, and digital resources to help you spread the word about your involvement.
- **Donations** – If wearing slippers to work isn't your thing, perhaps your workplace could host a morning tea and raise funds to donate to CareSouth's Aunties & Uncles program.
- **Share to win** – Keep an eye out on CareSouth's social media channels, where you can enter for the chance to win a winter warmer prize pack. You simply share the warmth and show us all the fun things you do on the day wearing your slippers.
@caresouth_ #auntiesandunclesday
- **Become a volunteer** – CareSouth's Aunties & Uncles volunteers are people just like you who have a warm and understanding nature and desire to support a child in your community who needs a helping hand. Visit our website to learn more.

Register for CareSouth's Aunties & Uncles Day and receive your fluffy slippers by: email caresouth.comms@caresouth.org.au or call 1300 554 260.

Confident Carers

Cooperative Kids

A Parenting Program for Parents and Carers Raising 3-12 year old Children with Problem Behaviours



Learn to increase your child's positive behaviours through:

- Mindful play & positive engagement
- Effective praise & rewards
- Effective instructions, household rules and routines
- Preventative strategies
- Managing difficult emotions

Where: Northfields Psychology Clinic, UOW

Dates: 27th July to 14th Sept 2023 (8 weeks)

Time: Thursdays @ 6 - 8pm

Cost: \$120 standard / \$60 concession

Contact: 02 4221 3747 or

nfc-uow@uow.edu.au
(pre-group meeting required)



YOUTH WORKER FACTSHEET



Supporting young people to get a **sexual health check**



Youth workers can be the first point of contact for young people who have questions about sexual health and sexual health checks.

As a youth worker, you can follow these steps to support a young person to access a sexual health service, a youth health clinic, Aboriginal Medical Service, or a GP for a sexual health check.

A GP is often the best initial point of contact and encouraging a young person to build a relationship with a GP may help them look after their general health and wellbeing.

Talking with the young person

Sexual health is an important part of young people's development and wellbeing. You can:

- Normalise talking about sexually transmissible infections (STIs), pregnancy prevention, healthy relationships and other aspects of sexuality.
- Show that you are a safe and trustworthy resource by being clear about confidentiality and your mandatory reporting obligations.
- Be non-judgmental about young people's sexual preferences and sexuality and listen to them openly and constructively.
- Get familiar with local referral pathways to ensure young people have access to the care they need.

It is important that you know your professional scope of work, which should include supporting young people to access sexual health services and providing them with accurate information. The [Talking About Sexual Health](#) tool can help guide you in these conversations.

Medicare card

Does your young person have access to their own Medicare card? If not, most people can [sign up](#) for their own Medicare card from the age of 15.

If a young person does not have their own Medicare card and does not know the number from their parents' card, the receptionist at the service can look this up for them. Health services are also available for young people who don't have Medicare, including international students.

Booking the appointment

You can support a young person to book their appointment by booking the appointment together. A young person can attend a GP or other service for a sexual health check. If you're going to a GP, check that they bulk bill. If the GP or health service doesn't bulk bill you can ask them to give you the name of a practice that does.

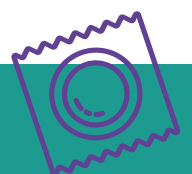
You can call the NSW Sexual Health Infolink on 1800 451 624 for and referral on where to book an appointment. You can also find your nearest service [here](#).

When booking, you might be asked what the appointment is for so the correct time can be allotted. You may want to find a service that caters for your young person's specific needs. Sexual health clinics, youth clinics, LGBTQIA+ services, refugee health services, Aboriginal Community Controlled Health Services are some of the specialist services that may be available in your area.

Programs

Play Safe

**Safer sex.
Stronger workforce.
Healthier communities.**



pro.playsafe.health.nsw.gov.au

YOUTH WORKER FACTSHEET



Supporting young people to get a sexual health check

About the appointment

A first sexual health check can be a daunting experience for a young person. A young person can always take a support person with them, like a friend, sibling, youth worker, or other trusted adult.

If they know what to expect at an appointment, it can make the experience a bit easier for them. Some information that you can provide to help is:

Confidentiality

The appointment is confidential. What a young person discusses with the doctor or nurse will stay between them. The only time when this may not happen is in circumstances where they may be at risk of harm.

To find out more about confidentiality, view this [resource](#). The resource may also be shared with the young person, or posters put up around your service.

Questions during the appointment

The doctor or nurse will ask a series of questions about who the young person has sex with, if they use contraception and other health questions. This helps the doctor or nurse identify what tests are required. Reassure the young person that you can help them understand any terminology used by the doctor or nurse.

You can also let the young person know that they don't have to answer a question if they feel uncomfortable.

Testing

The most common way to test for an STI is by providing a urine sample. Sometimes a blood test, vaginal, anal or throat swab is recommended. For patients without symptoms, these are self collected.

If the young person has any symptoms, the doctor or nurse may ask to examine them or take the swab. Reassure the young person that this will only happen with their permission.

Results

During the appointment the doctor or nurse will say how they will contact the young person to provide their results. Results can take a couple of days. If treatment is required the doctor or nurse will contact the young person to organise a prescription and any further treatment needed.

The young person may need to go to a pharmacy to fill out their prescription. You can support them to find a local pharmacy.

Contact tracing

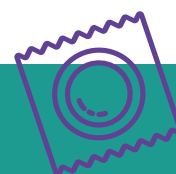
If the young person has tested positive to an STI they may be encouraged to let their recent sexual partners know they should go and get a test as well.

You can support them to let their previous partners know. Often, this is done via a private message or using the [Let Them Know](#) website.

Other ways to get resources for young people

You can contact your HIV and Related Programs (HARP) Team or view these websites for more information:

- [Sexual Health Infolink](#)
- [International Student Health Hub](#)
- [Play Safe](#)
- [Play Safe Pro](#)
- [Family Planning NSW](#)
- [Body Talk](#)
- [ACON](#)
- [Twenty10](#)
- [The Gender Center](#)
- [TransHub](#)





**Family
Services**
AUSTRALIA
Psychology

Psychological assessment & intervention across the lifespan

HOW WE SUPPORT YOU



Anxiety and depression



Neuroaffirmative care



Grief and life transition



Supporting parents and carers



Trauma-informed care



Understanding childhood behaviour



Learning assessments



Connection and belonging



LGBTIQ+ affirming practices

SAFE - WELL - STRONG - CONNECTED



Family Services AUSTRALIA
Health & Wellbeing

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

Ph: 1800 372 000 (select option 2)

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



Illawarra

Women's Health Centre

A community based feminist health care centre for women only.

We provide a safe place for women to access specialised women's medical and health care services, including female GPs, nurses and counsellors.

We also offer a wide range of health and wellbeing programs and group activities.

Our services, programs and groups are provided at little or no cost.

HEALTH

- sexual health
- cervical screening
- contraception IUD, implanon
- pregnancy options counselling
- medical terminations
- continence management
- pelvic floor health
- breast checks
- menopause

WELLBEING

- counsellor & psychologist
- domestic & family violence support
- massage therapist
- dietitian
- legal advice
- anxiety, stress and self esteem programs
- wellbeing workshops
- advocacy
- outreach

COMMUNITY

- yoga
- craft
- art
- singing
- tai chi
- drumming
- exercise
- meditation
- carers
- social groups
- support groups
- community events
- pre loved clothing

all medical services bulk billed

Free, confidential telephone counselling
1800 TALK HI • 1800 82 55 44

2-10 Belfast Ave Warilla NSW 2528
PO Box 61 Warilla NSW 2528
t. **4255 6800**

e. info@womenshealthcentre.com.au
www.womenshealthcentre.com.au

Funded by Illawarra Shoalhaven Local Health District

women supporting women



for all women of the Illawarra

Our vision: Women and girls are respected, safe and healthy and experience full participation and equality in their lives.



We treat all women with dignity and respect.

We respect women's racial, cultural, sexual and lifestyle diversity in accordance with basic human rights.

We acknowledge women's ability to define their own health needs.

We support women's ability to participate in and take responsibility for their own wellbeing.

We strive to improve women's health status through advocacy and social change strategies at local, state and federal levels.

Noah's Inclusion Services - Term 3 2023 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years</p>	<p>Koori Kids Together 9am-3pm (Tuesday & Wednesday) Gudgahjhamiamia and Jervis Bay Preschool Identify and support Aboriginal children</p>	<p>Start Up 9am - 10.30am or 12.30pm-2pm Various locations Developmental Assessment for children 0-5 years</p>	<p>Little Learners 9am-10.30am & 11am-12.30pm Noah's Nowra Building skills for pre-schoolers with a NDIS Plan</p>	<p>Little Steps Playgroup 9.30am-11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care</p>
<p>Aboriginal Playgroup 9.30am-12pm Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years</p>	<p>Cullunghutti Aboriginal Playgroup 10am-12pm Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years</p>	<p>My Time 10.30am - 12.30am Noahs Sanctuary Point Peer support group for parents/carers of children with additional needs</p>	<p>Learning Together 9.30am – 11am Noah's Illawarra Parent capacity building for social communication and physical skills for children 3-5 years with a NDIS Plan</p>	
<p>Making Friends 3.30pm-4.30pm Noah's Nowra Language and social skills for primary school age children with a NDIS Plan</p>	<p>Little Steps Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care</p>	<p>PlayConnect Playgroup 9am-10.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns</p>	<p>Little Steps Playgroup 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care</p>	
<p>PlayConnect Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years with Autism or development concerns</p>	<p>My Time 1pm-3pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs</p>	<p>PALS Playgroup 9.30am – 11am Noah's Ulladulla Supported playgroup for all children and families in conjunction with Playgroup NSW</p>	<p>My Time 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs</p>	
	<p>Language for Learning 1pm-2.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan</p>	<p>Creative Connections 3pm – 4.30pm Noah's Sanctuary Point Creative play and connection for children 7-9 years with a NDIS Plan</p>	<p>Connection to Our Backyard 10.30am-12.30pm Noah's Nowra Play and language group for preschool age children with a NDIS Plan</p>	
	<p>Connection to Our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with a NDIS Plan</p>			

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

- Be My Best Behaviour Support
- Peer Mentoring (for parents)
- The Parent Room
- SWAY Program
- Secret Agent Society
- PEERS Program
- SOS Feeding Program

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 Locations:

Nowra
Ulladulla
Sanctuary Point
Illawarra



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

Bookings are essential for all groups

Timetable is subject to change

Some groups and programs do not run during the school holidays



Kids Time Playgroups

“Make Way For Play”



Free fun weekly play sessions for children aged birth to 5 years and their families/carers. All playgroups 10am to 12 during school terms.

Play sessions include morning tea, fun play and learning activities, and parenting and community information.



Monday

Bellambi Neighbourhood Centre
Cawley Road, Bellambi

Tuesday

Warrawong Children’s Family Centre
13 Greene Street, Warrawong

Wednesday

Berkeley Neighbourhood Centre
Winnima Way, Berkeley

Bundaleer Community Centre
Northcliffe Drive, Warrawong

Aboriginal/Torres Strait Islander Playgroups:

Thursday

Lakeside Reserve, Lakeside Dr, Kanahooka

Friday

Berkeley Neighbourhood Centre
Winnima Way, Berkeley



For more information, please call us on 4275 8575

*Playgroup operates during school terms



Cooinda Playgroups

Make Way For Play



FREE playgroups for Aboriginal and Torres Strait Islander children 0-5 years, and their families/carers.

Yarn, play and share your culture with your kids.

Locations and Times:

Koonawarra Public School
Fowlers Road
Thursdays 10am-12pm

Berkeley Neighbourhood Centre
Winnima Way
Fridays 10am-12pm

Can't get there?

Give us a call to see if we can help (02) 4275 8575

For more information, please call us on 4275 8575

Playgroup operates during school terms

barnardos.org.au



Barnardos
Australia

Are you caring for a loved one with a mental health concern?

The Stride Family & Carer Program is here to provide support to those in caring roles of loved ones with Mental Health Concerns, through emotional support, education and training, and groups/events.

See below a snapshot of a variety of groups and events we have on offer to families and carers.

If you are interested in registering to be apart of our program, please call (02) 4229 7254 or email: familyandcarer@stride.com.au

Candle Making Workshop for Carers in Wollongong

Come along for a self-care event, joining other carers in a Candle Making Workshop. Presented and facilitated by Tegan from Your Story, you will learn about the art of candle making and be provided with all the tips and tricks to creating your own custom candle to take home.

WHEN: Thursday 7th September 2023
TIME: 10am-12:30pm (morning tea provided)
WHERE: Wollongong Stride Office
U2, 36-42 Auburn Street Wollongong

Bookings are essential, this group has capacity limits!

To register, please call
(02) 4229 7254 or email:
familyandcarer@stride.com.au



Carers Coffee @ Corrimal

Please join Stride staff and fellow carers at our Coffee @ Corrimal.

A great way to get together with other carers informally, have a chat and some time out!

Held on the 2nd Thursday of every month

Thursday 13th July 2023
Thursday 10th August 2023
Thursday 14th September 2023

TIME: 10am-12pm
VENUE: Corrimal RSL Memorial Club
168 Princes Highway, Corrimal



Please ensure you contact the Wollongong office to register your attendance to this group:

Please call (02) 4229 7254 or email:
familyandcarer@stride.com.au



Understanding Mood Disorders

Please join the Stride Family and Carer Program for a 1-day carer workshop on Understanding Mood Disorders.

Presented by Toni Garretty, Family & Carer Mental Health Team, Illawarra Shoalhaven Local health District.



WHEN: Thursday 17th August 2023
TIME: 10am (for a 10:15am start), concluding at 4pm
WHERE: Wests Illawarra, 1 Hargreaves Street, Unanderra
COST: FREE for Families and Carers registered with Stride (light refreshments & lunch provided)

Bookings are essential!

Please call (02) 4229 7254 or email: familyandcarer@stride.com.au to register

Eating Disorder Carer Support Group ONLINE

A safe online space to discuss the specific challenges you face in your caring role. We will focus on your health, wellbeing and resilience through supported discussion and psychoeducation on disordered eating and related carer issues.

Held 4th Thursday of every month (ONLINE)

Thursday 27th July 2023
Thursday 24th August 2023
Thursday 28th September 2023

VENUE: Online – zoom link sent prior to online event commencing
Please register by email:
familyandcarer@stride.com.au

USE YOUR SCHOOL'S STUDENT WELLBEING BOOST TO BUILD STUDENT WELLBEING WITH THE PEER SUPPORT PROGRAM

The Student Wellbeing Boost means that every school in Australia will receive government funding to put towards student wellbeing.

The aim of the funding is to address impacts on student wellbeing caused by disruptions to school due to COVID.

Use your Student Wellbeing Boost to embed a culture of Peer Support

Peer Support is more than just a program: it's a whole-of-school approach to mental health and wellbeing. It's embedding a school culture that puts relationships at the core of everything. It's embracing a wellbeing strategy that is universal, strengths-based, preventative, and holistic.

Use your Student Wellbeing Boost to:

- Implement and run the Peer Support Program.
- Build wellbeing through student voice by training your SRC coordinator.
- Enhance your student wellbeing strategy with the support of a Peer Support expert.
- Embed a school culture of wellbeing with educational talks delivered to staff, students and parents.
- Train your entire staff in the Peer Support approach with a tailored workshop delivered at your school.

Peer Support is backed by 50 years of research and practice

Peer Support schools experience a range of benefits, including:

- Improved wellbeing across the whole school community.
- Positive relationships across peer groups and cohorts.
- Students who are empowered to take personal responsibility.
- Students who are better equipped to manage life's ups and downs.

The Peer Support Program is evidence-based, cost-effective, and has a long-term impact on the mental health of students and the school culture.

New to Peer Support?

Register today to receive staff training, access to all our online resources, and more

REGISTER NOW

☎ 1300 579 963
✉ admin@peersupport.edu.au
🌐 www.peersupport.edu.au



Workforce Australia

Employment. Skills.
Support.



TRANSITION TO WORK PROGRAM

Supporting young people aged 15-24 to move into ongoing employment or education

Workforce Australia - Transition to Work is a time limited (18-24 month) employment service that supports disengaged young people at risk of long-term unemployment.

Participants receive intensive, pre-employment support to develop practical skills to get a job, connect with education or training, find local job opportunities and connect with relevant local community services.

TtW has a strong focus on helping young people to understand what is expected in the workplace and to develop the skills, attitudes and behaviours expected by employers.

Eligibility

Group 1 – On income support and referred by Services Australia

Group 2 – Not on income support and self-referred

To be eligible participants in most cases need to be disengaged from education or employment (or worked less than 8hrs average per week for the previous 4 weeks).

The Services – Employers

Employers are provided with tailored support to help fill vacancies.

Consultants work closely with employers to identify their needs and aim to provide participants that are suitable for the job.

Wage Subsidies are available of up to \$10,000 for some participants. Additionally the program can assist with work related costs such as uniforms, training, tools and travel expenses.

Post placement support is provided to support both the employer and participant in employment, this support is provided for at least 6 months from commencement in employment.



The Service – Participants

Participants are connected with a Transition to Work Employment Consultant on commencement who will work closely with them throughout their time in the program.

Transition to Work Consultants support participants throughout their journey from commencement until they are successful in finding and sustaining suitable employment.

Our Transition to Work consultants work closely with each participant, assessing participant's unique strengths, skills, goals and dreams, as well as any barriers that may prevent those goals from being reached. Providing services tailored to the individual participants needs.

We equip young people to compete in their local labour market through the development of individual Job Plans and coaching in the skills required to secure employment.

We connect participants to accredited vocational training and relevant licences or accreditations.

We connect young people to specialist support services such as mental health support and cultural services.

Participant Requirements

The program is designed to engage participants in activities to prepare them for work. In most cases participants are required to participate in 25 hrs per week of activities. Activities can include vocational activities such as paid work, training, work experience and volunteer work. Activities can also include non-vocational activities such as counselling, mentoring and workshops.

More Information

Contact **OCTEC's Transition to Work Program** to get more information.

OCTEC Transition to Work Contacts – Illawarra:

Lesley Hallett – Illawarra Regional Manager – 0411438257

Storm Dallas – Shellharbour – 0413500353

Abby Brownlee – Wollongong – 0413504215

Seychelle Albert – Corrimal - 0411430503



Centre Group Timetable

Winter 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tai Chi</p> <p>9:30am-10:30am: advanced 11:00am-12:00pm: beginners</p>	<p>Carers Support Group</p> <p>10:00am-11:30am</p>	<p>Death Café 19th July & 20th Sept.</p> <p>10:00am-12:00pm</p>	<p>Musical Moments</p> <p>10:00am-12:00pm</p>	<p>Yoga (online & in person)</p> <p>9:00am-10:00am</p>
<p>Macrame: Owl Wall Hanging</p> <p>4 week course, starting 14th August</p> <p>9:30-11:00am</p>	<p>Craft Connections</p> <p>11:30am-2:30pm</p>	<p>Gardening Club</p> <p>10:00am-12:00pm</p>	<p>Irish Music on the Tin Whistle</p> <p>12:30pm-1:30pm</p>	<p>Family Law Information Session 4th August</p> <p>10:00am-12:00pm</p>
<p>African Drumming Class</p> <p>6:00pm-7:00pm: beginners 7:00pm-8:00pm: advanced</p>	<p>Digital Skills Technology Course for Older Women</p> <p>2:30pm-4:30pm</p>	<p>ISLHD Chronic Pain Presentation 26th July</p> <p>10:00am-11:30am</p>	<p>Chronic Pain Support Group (fortnightly)</p> <p>1:00pm-2:00pm</p>	<p>Centre for Women's Economic Safety Financial Counselling Outreach</p> <p>9:00am-5:00pm</p>
<p>Coming Soon!</p> <p>Women's 6 week Wellbeing Circle</p> <p>Date & Time TBA</p>	<p>Belly Dancing</p> <p>7:00pm-8:30pm</p>	<p>Women's Spiritual Group (starting 26th July)</p> <p>1:00-2:00pm</p>	<p>Legal Support Outreach (Thursday afternoons)</p> <p>By appointment</p>	<p>Playing with Colour</p> <p>12:30pm-2:00pm</p>
		<p>Aromatherapy Classes (monthly)</p> <p>6:00pm-8:00pm</p>	<p>Ukulele</p> <p>2:00pm-3:00pm</p>	<p>Qigong (with Myra)</p> <p>3:00pm-4:00pm</p>
<p>SATURDAY</p> <p>Maggie Dent Parenting Seminar: Anxiety 19th August 2:00-4:00pm</p>	<p>SATURDAY</p> <p>Alcoholics Anonymous 2:00pm-3:00pm</p>	<p>SUNDAY</p> <p>Qigong (with Terri) 9:00-10:00am</p>	<p>SUNDAY</p> <p>Fun with Crystals Workshop 23rd July 10:30am-12:30pm</p>	<p>SUNDAY</p> <p>Crystal Sound Therapy Meditation (3rd Sunday of month) 2:00pm-5:00pm</p>



Something TO DO

Jul-Sept
2023

RAINBOW LEAGUE

A social group for same-sex attracted, gender diverse or questioning young people aged 15 - 24.

Mondays 4 - 6pm
@ Wollongong Youth Centre

FRIDAY COOKING

A space to cook, try new meals + hang out with friends. For young people aged 12 - 18.

Fridays 4 - 5.30pm
@ Wollongong Youth Centre

CRAFTS + CHAT

Come and try new art + craft mediums including water colour, embroidery, clay + more.

Fridays 3.30 - 5pm
@ Wollongong Youth Centre

REHEARSAL SPACE

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

Tuesday - Friday 4 - 6pm
Saturday 2 - 4pm
@ Wollongong Youth Centre

GIRLS CAFÉ

A fun program for CALD young women. Arts + craft, baking, sports + presentations from other services.

Wednesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

BUNDALEER CONNECT

An arvo of sports, games + food. Get active, catch up with friends.

Tuesdays 3 - 4.30pm
@ Howard Fowles Park + Bundaleer Community Centre

DUNGEONS + DRAGONS

Come meet new friends + play table top games.

Tuesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

HANG OUT

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

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

YOUTH CONNECT

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

Thursdays 3 - 5pm
@ Bellambi Neighbourhood Centre

ACTING UP

Get involved in theatre sports, drama activities + performance. Gain skills + confidence in fun interactive activities.

Wednesdays 3.30 - 5.30pm
@ Wollongong Youth 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 - 18.

Thursdays 3 - 4.30pm
@ Warrawong Library

GUITAR 101

Come and learn the guitar basics + meet new people. Aimed at beginners.

Saturdays 1.30 - 2.30pm
@ Wollongong Youth Centre

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. Check out our socials for details.

Thursdays 6pm
@ Wollongong Youth Centre

FIT YOUTH

A fun program for young women to learn different fitness skills + enjoy healthy eating.

Tuesdays 4 - 5.30pm
@ 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

For more info DM our socials or call 4227 8222

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

(unless otherwise specified)