

Illawarra Shoalhaven Local Health District

Term 3 2024

Welcome!

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

This focus this Term is on the COPMI (Children of Parents with a Mental Illness) Coordinator role:

- The COPMI Coordinator position is a consultative, supporting role to Illawarra Shoalhaven Local Health District Child, Adolescent and Adult Mental Health services.
- The COPMI Coordinator supports the needs of children and families where a parent experiences a mental illness.

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

Useful website: ISLHD Mental Health Services

ISLHD delivers specialist mental health assessment and care across community and inpatient settings and in partnership with a range of other government agencies and services.

<https://www.islhd.health.nsw.gov.au/services-clinics/mental-health>



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

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

Mental Health Resources

COPMI (Children of Parents with a Mental Illness) Coordinator



Over a million Australian children have at least one parent with a mental illness and may face a range of challenges. The COPMI (Children of Parents with a Mental Illness) national initiative was a program of Emerging Minds and funded by the Australian Government's Department of Health.

COPMI developed information for children, young people, parents, and their family and friends about parents and parenting with a mental illness to support the wellbeing of children and young people. This information complemented online training courses for professionals to support families either individually or through community services and programs.

COPMI resources were developed under the guidance of people who share the experience of living in families where parental mental illness is a part of family life, and by leading researchers and service providers in the mental health field.

What the service is:

The COPMI Coordinator position is a consultative, supporting role to Illawarra Shoalhaven Local Health District Child, Adolescent and Adult Mental Health services, with strategic leadership duties encompassing both hospital and community services, across the lifespan. This service is consultative and unfortunately external referrals are not available.

What the Coordinator does:

The COPMI Coordinator supports the needs of children and families where a parent experiences a mental illness. Services may include, consultation and staff training, brief interventions (jointly with the clinical team), group programs, liaison with partner agencies, provision of education, resources and referral options.

Contact the COPMI Coordinator

The COPMI Coordinator in your local health district is a consultative supporting role to all mental health services within the Illawarra Shoalhaven Local Health District (ISLHD).

ISLHD COPMI Coordinator: Maris Depers
Ph. 0429 778 670
Email: Maris.Depers@health.nsw.gov.au

For more Information about COPMI:

<https://www.copmi.net.au>



The COPMI Role Involves:

- Consultation and support to community and hospital based ISLHD Mental Health Services.
- Referral and advice in the area of COPMI and the needs of consumer parents.
- Education and mentoring of clinicians, including time limited joint consultations with families.
- Provision of resources to support COPMI and their families.
- Coordination of relevant activities in collaboration with other staff members.
- Consultation and liaison with relevant agencies to develop sustainable partnerships.



Help the NSW Government
improve experiences for
young people in NSW.

Have your say for
a chance to **WIN***



Scan the QR code and tell us
what is important to you.

bit.ly/YourVoiceOurFuture-NSW

* Terms and conditions apply.
See website for more information.





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



Join our

DADS GROUP



**JOIN US ON
THE LAST
THURSDAY OF
EVERY MONTH**

11:30AM - 1:00PM

**Meet up with other dads in
your local area.**

WHERE:

**Port Kembla, The Foundry
132 Wentworth St,
Port Kembla NSW**

CONTACT INFORMATION

**christopher.harrison@thefatheringproject.org
or tim.wemyss@thefatheringproject.org**

thefatheringproject.org



“Every Kid Deserves a Terrific Life”

**Ask us about
foster care today**



You can help a vulnerable local child or young person to build a terrific life.

- We need foster families for kids of all ages and backgrounds.
- Our foster carers are everyday people from all walks of life; what matters most is you have space in your home and your heart.
- You can help in many ways, including short-term or long-term care, and you will receive financial support through a carer allowance.
- Becoming a foster carer is a very rewarding journey and we support you every step of the way.

Interested in finding out more? Our friendly team is ready to answer all your questions on 1300 554 260.



Strengthening Relationships

Term 3, 2024

For parents and carers

Circle of Security Parenting™ (abbreviated) - 5 x 2 hours weekly / \$75

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Term	Location	Dates	Day	Time
Term 3	Online	31 July, 7, 14, 21, 28 August	Wednesday	10-12
	Campbelltown	21, 28, August, 4, 11, 18 September	Wednesday	10-12

Supporting Your Child Experiencing Anxiety - 3 x 2 hours weekly / \$45

Understanding how to support your child through feelings of anxiety can be very challenging. This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage anxiety.

Term	Location	Dates	Day	Time
Term 3	Online	4, 11, 18 September	Wednesday	5.30-7.30

123 Magic and Emotion Coaching Inclusive - 3 x 2 hours / F2F 3 x 2 ½ hours / \$45

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple effective strategies to manage the behaviours in a safe and effective way.*This program is inclusive of parents of neurodivergent children and our F2F sessions will be an opportunity for parents with similar experiences to explore and discuss the content together.

Term	Location	Dates	Day	Time
Term 3	Online	1, 8, 15 August	Thursday	5.30-7.30

Bringing Up Great Kids - 4 x 2 hours weekly / \$60

Bringing Up Great Kids promotes and supports respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

Term	Location	Dates	Day	Time
Term 3	Online	30 July, 6, 13, 20 August	Tuesday	10-12

Bringing Up Great Teens - 4 x 2 hours weekly / \$60

Support your child through this time of development, learn how to stay connected, while giving them the independence they desire, understand the changes they are going through, and how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

Term	Location	Dates	Day	Time
Term 3	Online	29 August, 5, 12, 19 September	Thursday	5.30-7.30

For parents after separation

Keeping Kids in Mind - 5 x 2.5 hours weekly / \$150

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

Term	Location	Dates	Day	Time
Term 3	Online	31 July, 7, 14, 21, 28 August	Wednesday	10-12.30
	Online	27 August, 3, 10, 17, 24 September	Tuesday	5.30-8

Strengthening Relationships

Term 3, 2024

With a special focus

Seeing Red - 5 x 2 hours weekly / \$75

Strong emotions are natural and are felt by everyone. Learn to recognize, communicate and listen to your feelings, as well as the feelings of those around you. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

Term	Location	Dates	Day	Time
Term 3	Wollongong	29 August, 5, 12, 19, 26 September	Thursday	5.30-7.30

Black Box Parenting - 5 x 2.5 hours weekly / FREE

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

Term	Location	Dates	Day	Time
Term 3	Nowra	31 July, 7, 14, 21, 28 August	Wednesday	10-12.30
	Wollongong	1, 8, 15, 22, 29 August	Thursday	10-12.30

Supporting Families - 5 x 2.5 hours weekly during school terms / FREE

Being a parent can be one of the most challenging and rewarding experiences of your life. Sleep deprivation, health issues, relationship stress and endless advice can become overwhelming, even more so if we are experiencing feelings of anxiety, depression, grief and loss, or other mental health issues. Sessions may focus on areas such as child development, parenting, self-care and wellbeing. We will also invite caregivers to identify areas of family life they would like information on.

Term	Location	Dates	Day	Time
Term 3	Nowra	1, 8, 15, 22, 29, August, 5, 12, 19, 26 September	Thursday	10-12.30

My Kids and Me - 7 x 2.5 hours weekly / FREE

The jumble of emotions and processes involved when having a child removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment, to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

Term	Location	Dates	Day	Time
Term 3	Wollongong	6, 13, 20, 27 August, 3, 10, 17 Sept	Tuesday	10-12.30
	Campbelltown	6, 13, 20, 27 August, 3, 10, 17 Sept	Tuesday	10-12.30

Seasons for Growth - Adults - 4 x 2.5 hours fortnightly / \$60

Learn about the personal impacts of change, loss, and grief, in a safe and supportive environment. Improve your wellbeing, learn new coping skills to manage how you are feeling and connect with others

Term	Location	Dates	Day	Time
This program is not currently scheduled for term 3, please contact our intake team to express interest in the next available group or to place your name on the waiting list.				

Contact us

02 4254 9395
intakeservice@catholiccare.dow.org.au
www.catholiccare.dow.org.au

Wollongong 25-27 Auburn Street Wollongong
Campbelltown 35A Cordeaux Street, Campbelltown
Nowra 55 Worrigea St, Nowra

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Concessions available *GST may apply **Schedule subject to change ***Conditions apply to complete online groups
Please note some groups may have limited availability.

Scan QR code to access
your online intake form





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

Depending on individual circumstances, a combination of these assessments may be required. If so, fees will be discussed with you, and tailored to suit which assessments are needed.

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.

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

Supporting your Health
and Wellbeing

STUDY DETAILS

WHEN WILL IT TAKE PLACE?

From Term 3 2024

WHAT'S ON OFFER?

If your school decides to take part, you may deliver **OurFutures** (any module of your choice) and/or **Preventure**, free of charge. Schools delivering *Preventure* will be provided with free training (2-days either online or in-person) for 2-4 staff members.

WHAT IS REQUIRED?

After delivering your chosen program/s, participating school staff will complete a brief survey focused on the feasibility and acceptability of the program/s.

WHAT IS THE EVIDENCE?

OurFutures: Through 8 large trials involving 240 schools and >21,000 students, the OurFutures Modules have been shown to be more effective than health education as usual in preventing substance use, mental health problems and related harms among adolescents, with lasting effects into early adulthood (7 years after intervention delivery).

Preventure: Robust international evidence supports the efficacy of *Preventure* at preventing substance use and mental health problems. Recent Australian studies found reductions in depressive and anxiety symptoms, suicidal ideation, conduct and hyperactivity problems, and smoking 3 years post-intervention, and reductions in drinking and alcohol-related harms at 7 years.



Taking evidence-based health and wellbeing programs to scale

Our team at the [University of Sydney's Matilda Centre](#) has pioneered the development, and rigorously trialled, an internationally award-winning suite of evidence-based interventions for secondary school students known as [OurFutures](#) and [Preventure](#).

These programs have been shown to be effective at preventing substance use, mental disorders, suicidal ideation, and related risk behaviours.

This study aims to help us better understand what works for delivering these programs in Australian schools and how they can be improved.



Preventure takes place over two 90-minute workshops and is designed to upskill adolescents with personality-targeted coping skills, with the aim of preventing substance use and mental health problems. The program focuses on four personality traits:



OurFutures utilises interactive cartoon storyboards to empower secondary school students to improve their health and wellbeing across 4-6 lessons. There are currently five OurFutures Modules available to choose from, all of which are aligned with the Health and Physical Education curriculum:



Alcohol
Year 8



Alcohol & Cannabis
Year 8/9



Cannabis & Psychostimulants
Year 9/10*



Mental Health
Year 8/9/10**



MDMA & Emerging Drugs
Year 10+*

*This Module can also be delivered in Year 11 as a wellbeing initiative

**It is recommended that the Mental Health Module be delivered in combination with the Alcohol and Cannabis Module for best effects.



For more information about Preventure head to:

<https://positivechoices.org.au/teachers/preventure>



For more information about OurFutures head to:

<https://ourfuturesinstitute.org.au>

For more information about the study or to enroll to participate please contact:

Annabelle Hawkins

annabelle.hawkins@sydney.edu.au

Wollongong and North Meals



Daily			
Location	Time	Meal	Provider
Wollongong	9am - 12:30pm	Breakfast- young people	CHAIN 1A Denison Street, Wollongong
Wollongong	11:30am - 1:30pm	Lunch	Wesley Community Care 116 Crown Street, Wollongong

Monday			
Location	Time	Meal	Provider
Wollongong	3pm - 5pm	Afternoon tea/ dinner	St Marks Anglican Church 429 Crown Street, Wollongong
Wollongong	6:30pm - 7pm	Dinner	Vinnies Van Wollongong Train Station

Tuesday			
Location	Time	Meal	Provider
Bellambi	7:45am - 8:30am	Breakfast- children	Bellambi Neighbourhood Centre Corner of Cawley Street and Rothery Road, Bellambi
Bellambi	12pm - 1pm	Lunch	Bellambi Neighbourhood Centre Corner of Cawley Street and Rothery Road, Bellambi
Wollongong	5:30pm - 6pm	Dinner	Kind Hearts Illawarra Burelli Street, Wollongong (near MacCabe Park)
Wollongong	5:30pm	Dinner	Lighthouse Community Kitchen 1 Railway Square, Wollongong

Wednesday			
Location	Time	Meal	Provider
Bellambi	7:45 - 8:30am	Breakfast- children	Bellambi Neighbourhood Centre Corner of Cawley Street and Rothery Road, Bellambi
Corrimal	11am - 1pm	Morning tea/ lunch	Corrimal Uniting Church 4 Russell Street, Corrimal

Thursday			
Location	Time	Meal	Provider
Bellambi	7:45am - 8:30am	Breakfast- children	Bellambi Neighbourhood Centre Corner of Cawley Street and Rothery Road, Bellambi
North Wollongong	7am - 8am	Breakfast- school aged	PCYC Wollongong 2 Exeter Street, North Wollongong
Bulli	11am - 11pm	Lunch \$	Need a Feed Bulli Uniting Church, Point Street, Bulli

Friday			
Location	Time	Meal	Provider
Bellambi	7:45am - 8:30am	Breakfast- children	Bellambi Neighbourhood Centre Corner of Cawley Street and Rothery Road, Bellambi
Bellambi	5:30pm - 6pm	Dinner	Vinnies Van, Bellambi Neighbourhood Centre Corner of Cawley Street and Rothery Road, Bellambi
Wollongong	5pm	Dinner	Fresh Start Mission Burelli Street, Wollongong

Wollongong and North Groceries



Daily

<i>Location</i>	<i>Time</i>	<i>Provider</i>	
Coniston	9am - 12pm	St Vincent De Paul 12-16 Miller Street, Coniston	free

Monday

<i>Location</i>	<i>Time</i>	<i>Provider</i>	
Wollongong	9am - 4pm	Women Illawarra 170 Corrimal Street, Wollongong	free

Tuesday

<i>Location</i>	<i>Time</i>	<i>Provider</i>	
Wollongong	5:30pm - 6:30pm	Kind Hearts Illawarra Burelli Street, Wollongong (MacCabe Park)	free

Wednesday

NIL

Thursday

<i>Location</i>	<i>Time</i>	<i>Provider</i>	
Bulli	9:30am - 11:30am	Bulli Community Centre 328 Princes Highway, Bulli	free
Fairy Meadow	10am - 11am	Food for Life Community Care Guest Park carpark, Balgownie Rd, Fairy Meadow	\$

Friday

<i>Location</i>	<i>Time</i>	<i>Provider</i>	
Various	9am - 4pm	Wollongong Homeless Hub Various Locations – Ph. (02) 4228 0955	free

Wollongong and South Meals



Daily

Location	Time	Meal	Provider
Wollongong	11:30am - 1:30pm	Lunch	Wesley Community Care 116 Crown Street, Wollongong
Wollongong	9am - 12:30pm	Breakfast- young people	CHAIN 1A Denison Street, Wollongong
Port Kembla	9:15am - 2:30pm	Breakfast and lunch	Hope St Community Centre 27-29 Wentworth Street, Port Kembla

Monday

Location	Time	Meal	Provider
Wollongong	3pm - 5pm	Afternoon tea/dinner	St Marks Anglican Church 429 Crown Street, Wollongong
Wollongong	6:30pm - 7pm	Dinner	Vinnies Van Wollongong Train Station
Warrawong	5:30pm - 6pm	Dinner	Vinnies Van - Warrawong Community Centre 9 Greene Street, Warrawong

Tuesday

Location	Time	Meal	Provider
Warilla	11:30am - 12:30pm	Lunch \$	Hope Street Warilla North Community Centre 2-6 Hill Street, Warilla
Warrawong	11:30am - 12:30pm	Lunch	Warrawong Community Centre 9 Greene Street, Warrawong
Wollongong	5:30pm - 6pm	Dinner	Kind Hearts Illawarra Burelli Street, Wollongong (near MacCabe Park)
Wollongong	5:30pm	Dinner	Lighthouse Community Kitchen 1 Railway Square, Wollongong

Wednesday

Location	Time	Meal	Provider
Warrawong	11:30am - 12:30pm	Lunch	Warrawong Community Centre 9 Greene Street, Warrawong
Warrawong	5:30pm - 6pm	Dinner	Vinnies Van - Warrawong Community Centre 9 Greene Street, Warrawong

Thursday

Location	Time	Meal	Provider
Warrawong	11:30am - 12:30pm	Lunch	Warrawong Community Centre 9 Greene Street, Warrawong
Figtree	5pm - 6:30pm	Dinner	Manna house - Figtree Anglican Church 4-10 Gibsons Road, Figtree
Wollongong	5:30pm	Dinner	Lighthouse Community Kitchen 1 Railway Square, Wollongong

Friday

Location	Time	Meal	Provider
Port Kembla	6:30pm - 8:30pm	Dinner	Port Kembla Senior Citizens Centre Cnr Allan Street & Wentworth Lane, Port Kembla
Wollongong	5pm	Dinner	Fresh Start Mission Burelli Street, Wollongong

Wollongong and South Groceries



Daily			
Location	Time	Provider	
Coniston	9am - 12pm	St Vincent De Paul 12-16 Miller Street, Coniston	free
Unanderra	9:30am - 2:30pm	Unanderra Community Centre Corner Factory Rd and Princes Hwy, Unanderra	free

Monday			
Location	Time	Provider	
Wollongong	9am - 4pm	Women Illawarra 170 Corrimal Street, Wollongong	free
Unanderra	9:30am - 2:30pm	Unanderra Community Centre Corner Factory Rd and Princes Hwy, Unanderra	\$
Various	9am - 4pm	Wollongong Homeless Hub Various Locations – Ph. (02) 4228 0955	free

Tuesday			
Location	Time	Provider	
Wollongong	5:30pm - 6:30pm	Kind Hearts Illawarra Burelli Street, Wollongong (near MacCabe Park)	free
Unanderra	9:30am - 2:30pm	Unanderra Community Centre Corner Factory Rd and Princes Hwy, Unanderra	\$
Warrawong	11:30am - 12:30pm	Warrawong Resident Forum 9 Greene Street, Warrawong	free
Warilla	1pm - 3pm	Warilla Neighbourhood Centre 69 Benaud Crescent Warilla	free
Unanderra	1pm - 6:30pm	Food for Life Community Care 56 Doyle Avenue, Unanderra	\$
Berkeley	1:30pm - 2:30pm	Anglicare Mobile Pantry 34 Winnima Way, Berkeley	\$

Wednesday			
Location	Time	Provider	
Unanderra	9:30am - 2:30pm	Unanderra Community Centre Corner Factory Rd and Princes Hwy, Unanderra	\$
Unanderra	10am - 2pm	Food for Life Community Care 56 Doyle Avenue, Unanderra	\$

Thursday			
Location	Time	Provider	
Unanderra	9:30am - 2:30pm	Unanderra Community Centre Corner Factory Rd and Princes Hwy, Unanderra	\$
Wollongong	9am - 10:30am	Pulse Pantry – (for UOW students only) Building 11, University of Wollongong	\$

Friday			
Location	Time	Provider	
Various	9am - 4pm	Wollongong Homeless Hub Various Locations – Ph. (02) 4228 0955	free
Unanderra	10am - 2pm	Food for Life Community Care 56 Doyle Avenue, Unanderra	\$
Koonawarra	3pm - 4pm	CareWays Community 36 Fowlers Road, Koonawarra	free



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.

85%

I'm inspired to make better choices in my life.

74%

I have better strategies to control my anger.

83%

I have better tools to manage my mental health.

88%

I understand how to have healthy relationships.

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



Seasons for Life

Strengthening mental health through loss and grief education



A fully funded, evidence-based initiative for Australian high schools, with the aim of 'upstream' youth suicide prevention.

Seasons for Life builds on 27 years' experience implementing the highly successful Seasons for Growth suite of loss and grief programs, which strengthen young people's resilience to adapt well to change, loss and grief in their lives. The approach is educative, increasing understanding of loss and grief, building social and emotional coping skills, and strengthening supportive relationships. Substantial evidence suggests such an approach is integral to positive mental health and suicide prevention.

Seasons for Life is a national initiative funded by the Australian Government Department of Health and Aged Care (2022-25) under the National Suicide

Prevention Leadership and Support Program. It is available at no cost to high schools across Australia.

Seasons for Life: Four components, one wraparound initiative

Schools can choose to benefit from one, more or all four components.

1. Seasons for Growth: Young People's Program

Seasons for Growth is a small-group loss and grief education program facilitated by a trained adult Companion. The program comprises eight x 1 hr sessions (plus one celebration session). Through a sound curriculum structure and a range of age-appropriate, creative activities young people:

- Learn about the grief process
- Strengthen emotional literacy
- Develop skills for coping, problem solving, decision making and goal setting
- Identify support networks
- Build self-confidence and self-esteem.

Through the Seasons for Life initiative, schools can access fully funded training for staff to become accredited Companions of the Seasons for Growth Children and Young People's Program. This allows schools to routinely offer the program, supporting young people to adapt well to a wide range of losses, such as parental separation and divorce,



Seasons for Life

Strengthening mental health through loss and grief education

bereavement, out of home care experiences, parental incarceration and migration. In addition to the Seasons for Growth training, the Seasons for Life initiative includes an added component on facilitating groups following suicide loss in the community.

2. Parent and Carer Session

The Seasons for Growth suite includes a Parent Program. This helps parents and carers build on the learning in the children and young people's program with their child at home. As part of the Seasons for Life initiative, a new component of the parent/carer program has been developed – 'Supporting young people following a suicide loss in the community'. This is a single learning session of 1.5h duration, which is delivered onsite in schools. In the session, parents and carers learn:

- Why loss and grief can be a challenge for young people
- How suicide loss impacts on young people
- Worden's Tasks of Grief in the Seasons for Growth programs
- What parents can do to support their children
- Why quality relationships and communication are important.

Funding is available to train and support school staff to deliver this session for parents and carers. This is intended to strengthen wraparound support for students following suicide loss, including supporting parent-child relationship building and communication.

3. Seasons for Life: Keeping Spirit Strong Resources

Aboriginal and Torres Strait Islander young people in Australia are at higher risk of suicide and of experiencing suicide loss. Their loss and grief, as well as their resilience, needs to be understood in the context of ancestral and on-going losses and supported in culturally responsive ways that recognise Aboriginal ways of being, knowing and doing. The Seasons

for Life initiative incorporates culturally co-developed materials which offer staff opportunities to develop cultural knowledge and understandings, build confidence, skills and attitudes. Staff can then offer culturally safe and appropriate support through relationships, hard-copy/digital resources and through links to external existing supports. This also includes a 90 minute staff session created for Aboriginal and Torres Strait Islander school staff, Wellbeing, Pastoral Care staff and/or school leadership exploring how schools can provide support to Aboriginal and Torres Strait Islander families experiencing loss and grief.

4. Staff Professional Learning Session

Young people can experience grief following a wide range of changes and losses in their lives. Teachers often see the impacts on student wellbeing, behaviour and performance, but can feel uncertain about how best to offer support.

Through the Seasons for Life initiative, a team of State Coordinators are available to deliver a professional learning workshop to upskill staff in understanding and recognising loss and grief and how best to support students, including in the context of suicide loss.

Get in touch

To find out more about the Seasons for Life initiative please e-mail seasonsforlife@mackillop.org.au and a Seasons for Life Coordinator will contact you.



connect. learn. create.



MOMENTUM

**Fridays during Term 3
Starting 26 July
2 - 4.30pm @
Wollongong Youth Centre
Young men, ages 15 - 24**

Participate in a range of workshops while enjoying activities such as graffiti workshops, football games, BBQ's and more!

Bookings Essential.

**Activities are free + supervised for ages 15-22 years
For more info or to book, DM our socials, email
youthservices@wollongong.nsw.gov.au or call 4227 8222**

PlayConnect+

A free new online program for children with a disability or chronic medical condition aged 0-8 years.

Wednesdays
10:00 - 10:30 am
Online

Connect.
Play.
Learn.

Weekly programming
including Story, Play
Experiences and Craft time

For more information, email
Tammy at
tammy.cooper@includeme.com.au or scan
the QR code



The logo for Playgroup NSW, featuring a stylized sun icon above the text "Playgroup" in a bold, sans-serif font, with "nsw" in a smaller font below it.

The logo for Big Fat Smile, featuring the text "Big Fat Smile" in a bold, sans-serif font, with "Big" and "Fat" stacked above "Smile". The text is white and set against a background of vertical rainbow stripes.





Get up to \$500 extra in the bank to lighten the load of education expenses



Count me in.

Commit to saving up to \$50 a month for 10 months and **we'll double it.**

saverplus.org.au
1300 610 355



Save \$500 and ANZ will top up your bank account with another \$500.

Yes, it's true. No catch, no scam.

Just real knowledge and information for real people that's easy to understand... It's just, down-to-earth money talk - and a \$500 incentive to build your savings!

Join Saver Plus and get



Free financial education



Your savings doubled (up to \$500)

What can the \$500 be spent on?



Laptops and tablets



Uniforms and shoes



Vocational education



Lessons and activities



Books and supplies



Camps and excursions

Can I join Saver Plus?

To be eligible, you need to meet these requirements:



Be 18 years or older



Have a current Health Care or Pensioner Concession Card



Have a child in school, starting school next year, or be studying yourself



Have regular income (you or your partner)*



Agree to join in free online financial education workshops

Ready to start saving? Let's talk.

saverplus.org.au | saverplus@bsl.org.au | 1300 610 355

* Most types of income are valid. Speak to your local Saver Plus Savings Coach if you're not sure.

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 **Wollongong** on 25 July, **Sydney** on 13 August, & **Bankstown** on 28 August.

We also offer regular online workshops.

Book your place at www.peersupport.edu.au



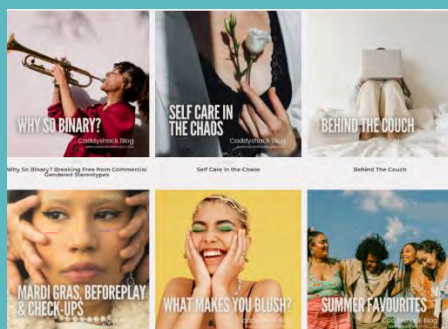
Subscribe to the Caddyshack Project Mailing List

We are NSW Health sexual health program which promotes a positive approach to sex and sexuality for young people and the broader community. Our aim is to reduce the harms associated with STIs, including HIV & Hepatitis C, through partnerships with youth services, LGBTQI+ agencies & community groups.

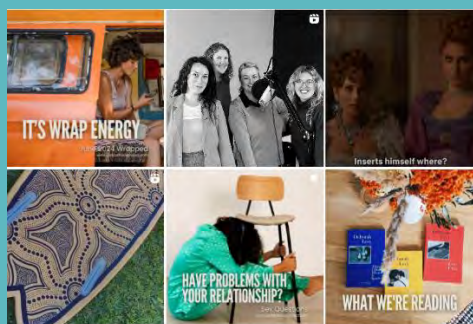
Caddyshack Project covers the Illawarra and Shoalhaven regions on the South Coast NSW, Australia. We are proud to work and live on Dharawal and Yuin Country and we Acknowledge the Traditional Custodians of these land.

Our program was established in 2007 and we work with people, who work with people and together have over 40 years' experience in the sector.

Blogs



Instagram



Monthly newsletter & podcast



What We're Reading



For more information please contact: Jennifer.Farinella@health.nsw.gov.au

caddyshack
share affection, not infection

TAG

TRANS AND GENDER DIVERSE GROUP WOLLONGONG

A Monthly Social Group

Held on the second Wednesday of the month, TAG offers a safe space for Trans, Gender Diverse, and Questioning individuals aged 18-25 to connect with others who share similar experiences. Due to room capacity limitations please register with the QR code below or email creed@gph.org.au for more information.



Book your Small Steps: Childhood Anxiety seminars now! A few dates left for 2024 . Book now for 2025

In Australia, half of all adult mental health challenges emerge before the age of 14 and more than 50% of children experiencing mental health challenges are not receiving professional help. Wayahead Mental Health Association NSW has been delivering Small Steps seminars in schools for over 20 years to educate school communities about childhood anxiety.

We've booked more than 50 Small Steps seminars and workshops so far this year in both Public and Catholic schools.

Small Steps: Professional workshop-BOOK NOW for 2025 Professional Development days

Build your team's skills to support students with anxiety in the classroom. Our 120 minute workshop can be held on School Development days or after school PD. Teachers collaborate in practical activities including creating Small Steps plans for real life classroom scenarios.

Small Steps: Childhood Anxiety (for parents of children K-6)

Help your parent community understand anxiety and learn strategies they can use to support children experiencing anxiety. Book a 90 minute seminar stand alone event or combine with your Meet the Teacher, P&C or School Council meeting.

Great as part of Orientation programs....

Small Steps: Separation Anxiety (parents of new or prospective Kindy students)

Set your new parents up for success. Book a 75 minute seminar as part of your Orientation.

Small Steps: Transition to High School (parents of students in Years 5&6)

Help your parent community support their young person as they prepare for the transition to high school. Book a 75 minute seminar for Term 4.

Seminar topics include:

- When anxiety becomes a problem
- Types of anxiety and children's stories
- Using Small Steps to face fears and worries
- Resources for teachers, parents and carers

What our recent attendees are saying about Small Steps:

"The small steps strategy is very parent friendly"

"Found it amazing and so helpful"

"Very informative session"

The fee for each seminar is \$150.

Find out more or book through

Schools and Community Education Lead,
monique.brunello@wayahead.org.au



The Caddyshack Project [Surfboard Competition](#) is now open for upcoming [NAIDOC Week](#).

Simply text: **'Share Affection Not Infection'** and your **Postcode** to Caddyshack Project on **0434 568 233**.

You will get a reply text. Enter as many times as you like.

The winner will be drawn 1st December to acknowledge [World AIDS Day](#).

[See previous Surfboards.](#)

This year's artwork is provided by local artist Zach Bennett Brook. You can check out more of his stunning work at [Saltwater Dreamtime](#).



Pictured Zach with surfboard & in his words: Artwork and story wise it is a variation on my Travelling pattern, highlighting our journey through life that no one's journey is a straight path.

We all face various challenges with ups and downs that at times can alter our plans and direction, but those challenges can also bring us closer together with those around us. [Watch Zac on Instagram.](#)

Introducing Transition to Work

The Transition to Work service support young people to gain the skills and experience they need for work.

Transition to Work focuses on practical support and work experience to build skills, confidence and readiness for employment.

- **Young people** receive intensive, pre-employment support to improve their work readiness and help them into work or education, including apprenticeships or traineeships.
- **Employers** receive help to recruit young employees who meet their business needs.
- **Transition to Work providers** have experience working with disengaged and disadvantaged young people, and strong links with employers, community services and schools in their local community.

Transition to Work is separate to Enhanced Services Workforce Australia, Disability Employment Services and the Community Development Programme.

Services for young people

Transition to Work helps young people understand and develop the skills, attitudes and behaviours employers expect in the workplace. Transition to Work providers help young people:

- develop practical skills to get a job
- connect with education or training
- find and participate in work experience opportunities
- identify employment opportunities in the local area
- connect with relevant local community services.

Services for employers

Transition to Work providers ensure young people meet employer needs and are supported to settle into a job. For example, providers make sure young people receive pre-employment skills directly relevant to employer needs and local labour market conditions.

Transition to Work providers can also offer a youth bonus wage subsidy of up to \$10,000 over six months, to help employers take on eligible new starters and cover costs, such as hiring or training expenses.

Providers also offer post-placement support. This includes regular contact to ensure young people are settling in and meeting employer expectations.



Who is eligible for Transition to Work?

Transition to Work is for young people aged 15 to 24 years. It is targeted to early school leavers and young people who have experienced difficulty transitioning from education to employment. All young Aboriginal or Torres Strait Islander people are eligible.

Young people don't need to be receiving income support to participate in this service.

Who is eligible for Transition to Work?

Eligible young people are referred to the service in different ways, depending on their circumstances. For example:

- Services Australia (Centrelink), may refer a young person when they first claim income support
- An Enhanced Services Workforce Australia provider may refer a young person
- a young person may directly register with a Transition to Work provider.

Need help with this fact sheet?

If you need an interpreter, please call the Translating and Interpreting Service (TIS) on **131 450***.

If you are a young person, ask for the Jobseeker Hotline on **13 62 68***.

If you are an employer, ask for the Employer Hotline on **13 17 15***.

If you are deaf, or have a hearing or speech impairment, you can use the National Relay Service.

**Note, call charges apply when calling '13' numbers from mobile phones.*

ARE YOUR STUDENTS

WORK READY?



Young people starting their first job probably don't know their rights at work. This makes them vulnerable to exploitation and puts their wellbeing at risk.

[The Respect at Work Legal Service](#) at [Legal Aid NSW](#) has developed Work Ready, a free legal education program for young people that we are delivering to schools.

Work Ready is an interactive workshop that:

- Is aimed at students transitioning to work (years 10,11 and 12)
- Introduces young people to Australian laws that protect them in a workplace
- Develops young people's ability to identify unfair treatment at work
- Gives young people information on how to access free and confidential advice and support for problems at work.

Work Ready covers basic work rights including:

Getting paid correctly

- Unpaid work
- Award wage
- Pay slips
- Tax file number
- Superannuation

Being safe and respected at work

- Work safety
- Bullying
- Discrimination
- Sexual harassment

Speaking up if things feel wrong

- Protection against victimisation
- Protection against losing your job unfairly

It also covers information about the range of advice and support options including:

- Mental health support services
- Legal help
- Useful online resources

How to get Work Ready into your school

We will be delivering the program in locations across NSW during all four school terms of 2024. We can tailor our sessions, anywhere between 40 minutes and 2 hours, to the needs of students and schools.

Register your interest here: [Legal Aid NSW's Work Ready Workshop](#)

Noah's Inclusion Services - Term 3 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 9.30am-11.30am Cullunghutti, 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	Jump In 9.30am-11am Noah's Nowra Early Intervention program with parent and carer training	My Time 10am-12pm Noah's Nowra Peer Support group for parents/carers of children with additional needs (not held every week)	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
Bugunyal Bagan 9.30am – 11.30am Noah's Ulladulla Playgroup for Aboriginal children 0-5 years	My Time 11am – 12pm Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs	Envisage Program/My Time 10.30am-12.30pm Noah's Sanctuary Point Support and mentoring program for parents/carers	Creative Connections 3pm - 4.30pm Noah's Sanctuary Point Social and creative group for children 7-9 years 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 9am-10.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care	Art for Wellbeing 3pm-4.30pm Noah's Sanctuary Point Social skills/cooking program for young people 12-15 years with a NDIS Plan		
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 (not held every week)			
	Language for Learning 11am-12.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan			
	Build & Connect 3.30pm – 4.30pm Noah's Batemans Bay Social skills group for children 5-8 years with a NDIS Plan			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
	Connection to our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with a NDIS Plan			
	Feeding Group 3pm-4pm Noah's Nowra Group for children with feeding difficulties with a NDIS Plan			



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 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) 	<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