



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term 4 2023, Issue 28

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

Emergency Department Postcard

Encouraging communication with school following a presentation to the Emergency Department.



Mindfulness and Calming Activities

A collection of easy to implement activities designed to support the wellbeing of students.

These activities can be practiced by individuals, small or large groups, young children, teenagers and adults. They may be used to refocus when moving from one activity to the next or to de-stress in the middle



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.



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:



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

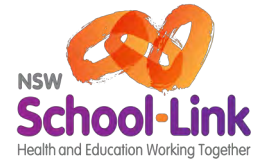
Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

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

ACEs

Adverse Childhood Experiences



Adverse Childhood Experiences (ACEs) is a term used to describe very stressful events or circumstances that children may experience during their childhood.

The most widely recognised and researched ACEs relate to abuse, neglect and household adversities, and include:

- childhood physical, sexual and emotional abuse
- physical neglect and emotional neglect
- exposure to family violence
- parental substance use
- parental mental illness
- parental separation or divorce
- parental incarceration

During childhood and adolescence, exposure to ACEs can result in:

- significant developmental delays
- lower educational attainment
- social and emotional maladjustment

ACEs are also associated with the onset of:

- substance use disorders
- eating disorders
- self-harming behaviours
- PTSD
- schizophrenia
- depression disorders
- anxiety disorders

Exposure to ACEs does not mean poor outcomes are inevitable. There are known protective factors that, if present and reinforced in a child's life, can build the child's resilience and reduce the impacts of adversity.

One of the most influential protective factors in a child's life is having a safe, caring and supportive relationship with someone they trust. Having just one positive caring relationship in their life can substantially improve a child's recovery and healing from stressful life events. A caring relationship can provide a young person:

- an emotionally supportive person in their life
- someone who saw them as unique and interesting
- someone who supported their ideas or dreams.

Prevention and early intervention measures regarding ACEs, including general practitioners' advice to parents and referral options, should focus on building and strengthening safe and positive relationships for the child.

How childhood trauma affects health across a lifetime | Nadine Burke Harris

Childhood trauma isn't something you just get over as you grow up. Paediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer. An impassioned plea for pediatric medicine to confront the prevention and treatment of trauma, head-on. <https://www.youtube.com/watch?v=95ovIJ3dsNk>



Reference: <https://emergingminds.com.au/resources/adverse-childhood-experiences-aces-summary-of-evidence-and-impacts/#the-impact-of-adverse-childhood-experiences-aces-on-health-and-functioning>



“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: Port Kembla Golf Course,
Primbee Rd Primbee

When: Tuesday 14 November 2023

Time: 8.30am registration for a 9.00am start - 1630 finish.

Completed registration forms, dietary needs and payment must be submitted by **Thursday 9 November 2023.**

COST \$95 per person includes: morning tea, lunch, workbook and certificate.

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 - Cheque/Money Orders payable to: Illawarra Shoalhaven Local Health District.

REGISTRATION: Please complete payment outlined 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 Toni

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

Agent C

Challenging fake news, conspiracy theories and online hate

- *Are you a school or youth service?
- *Are you worried about young people engaging with online fake news, misinformation and conspiracy theories?
- *Worried about the spread of racism and online hate?

We are inviting schools and youth services to participate in a FREE workshop program that will explore the emergence of online fake news and conspiracy theories with a focus on hateful and divisive narratives.

This program will give young people:

- ▶ Knowledge around fake news and conspiracy theories, in particular how to spot them and what you can do about it
- ▶ Communication skills – learn to address complex and controversial topics in this area with the people around you
- ▶ Networks and relationships – build connections with other likeminded young people who are passionate about this area.
- ▶ A better understanding of racism and hate

▶ An understanding of social identity, power and privilege and how they impact on our relationship with fake news and conspiracy theories.

▶ Leadership skills - this will be an exciting opportunity to take part in workshops tackling some of the most current and important issues.

Eligibility for young people:

- Live in NSW.
- Be aged 14-21 (years 8-12 for students)
- Agree to attend 3 x 1.5 hour interactive workshops online (Zoom)
- Agree to take part in evaluation after the workshops

Training Details:

- 3 x 1.5 hour workshops online. Can be facilitated during school times or evenings and weekends (for youth services)
- Delivered by 2 expert facilitators. All facilitators have valid WWCC's.
- Multiple slots available throughout 2023 and up until May 2024 Find dates and times that work best for your school or youth service!

How to register:

- Get in touch to arrange a set of workshops for your school or youth service: agentc@alltogethernow.org.au

The Agent C project is funded by the NSW government through Multicultural NSW under its COMPACT program. It is led by All Together Now, in partnership with Headspace Camperdown. All Together Now aims to prevent racism by promoting racial equity through education:

<http://alltogethernow.org.au/>



Family Services AUSTRALIA
Health & Wellbeing

WESTMEAD *Feelings* PROGRAM

A PROGRAM SUPPORTING YOUNG PEOPLE TO DEVELOP SKILLS TO:

- UNDERSTAND EMOTIONS
- BUILD SOCIAL AWARENESS
- DEVELOP EMOTION REGULATION SKILLS

LET US KNOW IF YOU ARE:

- 6 - 12 YEARS OLD
- WANTING TO BUILD EMOTIONAL AND SOCIAL SKILLS
- OPEN TO MEETING NEW PEOPLE

OUR GROUP WILL RUN
ACROSS 3 SCHOOL
TERMS STARTING IN
TERM 1 2024

NDIS FUNDING CAN BE
UTILISED FOR THIS PROGRAM

FOR FURTHER INFORMATION ABOUT FEES
PLEASE GET IN TOUCH WITH FSA.

GROUND LEVEL OFFICE 136, STOCKLAND CIVIC PLAZA, 211 LAKE
ENTRANCE RD, SHELLHARBOUR CITY CENTRE NSW 2529

To Register please contact 1800 372 000 (option 2) or triage@familyservices.org.au

Be You: Strategies for addressing school refusal



Join Be You as we discuss some early intervention strategies for school refusal and proactive strategies to support positive attendance.

This webinar is designed for both primary and secondary school staff and will support you to:

- Develop an understanding of school refusal
- Discuss early intervention strategies for school refusal
- Share resources to support concerns with school refusal
- Discuss proactive strategies to support positive attendance

Thursday 2 November
1:00pm - 2:00pm



Register now using the QR code or go to bit.ly/3LNZblm

Be You has also partnered with Catholic Schools NSW to offer this event exclusively for Catholic Schools across NSW.

This webinar will be held on Wednesday 1 November, 3:30-4:30pm.

Registration is via the Catholic Schools NSW professional learning platform

For more information on either events, contact us at beyounswact@headspace.org.au



With delivery partners



Funded by



Australian Government
Department of Health
and Aged Care



Go4Fun

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

Come along for a morning 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 next term!

Where: Dapto Ribbonwood Centre

When: Thursdays in Term 4, 2023

Time: 4pm - 6pm

Scan to register



For any questions or to register:



1800 780 900



go4fun.com.au





Go4Fun

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

Come along for a morning 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 next term!

Where: Nowra Showground

When: Tuesdays in
Term 4, 2023

Time: 4pm - 6pm

Scan to
register



For any questions or to register:



1800 780 900



go4fun.com.au



Go4Fun



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



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



Learn about healthy eating and keeping active.



Fun games and lots of goodies.

★ This program is for children above a healthy weight. A parent, grandparent or carer must attend.

Join in the fun in Term 4!

Dapto Ribbonwood Centre

Thursdays in Term 4

4pm - 6pm

Nowra Showground

Tuesdays in Term 4

4pm - 6pm

For questions or to register:



1800 780 900



go4fun.com.au



PROGRAMS FOR OUR FAMILIES

Every year we run a mixture of fun cultural experiences & learning activities for our children and carers. These can include, but are not limited to the following:

Weaving, Painting & Cooking Workshops

Family Christmas Party

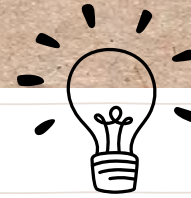
**Cultural Workshops at Local Sites of
Significance**

Attend Local NAIDOC Events

Nature Talks & Bush Walks

Informative Bush Tucker Sessions

“
Help us improve outcomes
for Aboriginal children
”



CONTACT US:

Please don't hesitate to call or email us if you would like more information about how to become a carer.

02 4211 0601

iacoohc@iac.org.au

www.iac.org.au

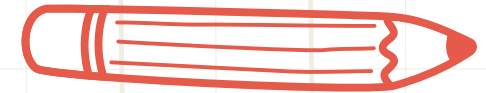
**1 Bakers Lane, Windang
NSW, 2528**

DO YOU



WANT TO BE A FOSTER CARER?

ILLAWARRA ABORIGINAL
CORPORATION



Myimbarr Permanency Support Program upholds the care for Aboriginal children and young people in the Illawarra region.

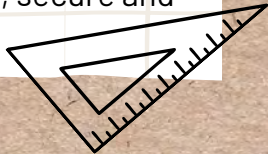




ABOUT OUR ORGANISATION


Illawarra Aboriginal Corporation (IAC) is an Aboriginal, community-controlled, not-for-profit organisation. Working across the Illawarra region, we are driven to achieve excellence in providing advocacy and culturally appropriate services to meet the needs of the local Aboriginal and Torres Strait Islander communities.

Myimbarr is the IAC's Permanency Support Program dedicated to working with children, youth, carers and families. This program aims to give every Aboriginal child and young person a loving home for life, whether that be with parents, extended family/kin, or a foster carer placement. As one of the few local Aboriginal-led Out of Home Care services, Myimbarr provides tailored and culturally appropriate services to vulnerable children so that they can grow up in stable, secure and loving homes.



CAN I BECOME A FOSTER CARER?

Use the list below to determine whether you might be suitable to apply



Are you willing to provide high quality care by ensuring a safe & nurturing home environment?

Is there at least one Aboriginal adult in your household who will be assessed as a foster carer?*

(*If not, households with non-Aboriginal carers can be assessed as short-term, emergency or respite carers).


Are you willing to work alongside Myimbarr to help children reach their greatest potential?

Do you have suitable accommodation (including spare bedroom) and resources to care for a child?


Do you reside in Wollongong, Shellharbour or Kiama LGA?

Are you willing to complete a foster carer assessment?

Are you willing to undergo a Working with Children Check and National Criminal Record Check?



"IT'S REWARDING AS A CARER TO KNOW YOU HAVE BEEN ABLE TO MAINTAIN THAT CONNECTION TO CULTURE AND ENSURING THESE CHILDREN DON'T LOSE THEIR IDENTITY"



What do we mean when we talk about 'Permanency'?

Myimbarr's permanency support program aims to place Aboriginal children, young people and their families within a strengthened environment to remain in culturally rich settings. Aboriginal children should be raised in connection with kin and community to ensure they can create stable relationships & identities which will last their life time. Giving children in Out of Home Care the opportunity to live with long term carers who foster their connection to culture allow them to establish this sense of stability and safety.



What's on

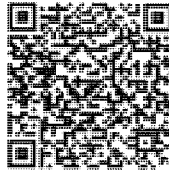
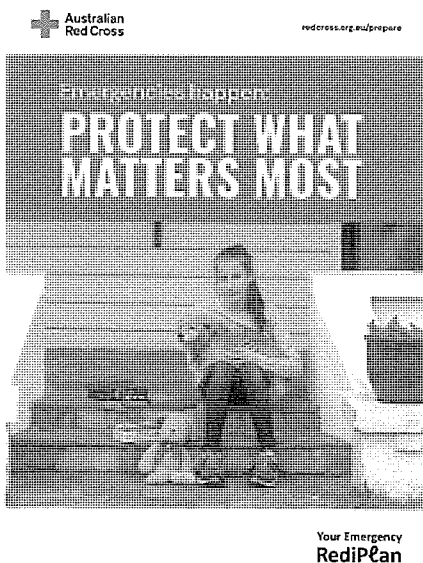
Hub Happenings | Update September 2023

As part of the ongoing social recovery support for community who have been affected by fires and floods Shoalhaven City Council is extending this invitation to come along and join us at these health and wellbeing workshops.

Location | Shoalhaven Recovery Hub | The Lounge, Ulladulla Civic Centre, 81B Princes Highway, Ulladulla. Please book your spot !

Australian Red Cross *RediPlan* workshop

Book your spot with Red Cross – places are limited to 20.



When: Thursday 21 September 2023

Time: 10.00 – 12 noon followed by a light lunch, cuppa, and a chat

Join us at the HUB for a workshop on Emergency Preparedness . This is hosted by Red Cross who will support community to have a conversation about emergency preparedness.

The Outreach Recovery Team is supporting Red Cross at this workshop and looks forward to welcoming you along !

This workshop will cover

- ✓ What is preparedness
- ✓ Why it is important
- ✓ Preparing your mind for emergencies
- ✓ How to assess your own risks and capacities
- ✓ How to prepare your household for an emergency
- ✓ Guidance on completing your own emergency *RediPlan*
- ✓ Other ways you can take action to prepare yourself, your household, and your community

Need more information please contact Council's Recovery Team **4429 5888** Monday to Friday 9.00am – 5.00pm

Email Janis.gordon@shoalhaven.nsw.gov.au or Jennifer.healey@shoalhaven.nsw.gov.au

SEEDing Carer Wellbeing

ART SPACE & MORNING TEA

A FREE ART WORKSHOP FOR UNPAID CARERS in celebration of Carers Week 2023.

This workshop invites carers with any level of art ability to enjoy creating a guided art project on concepts of self-reflection, affirmation, resilience, and preparedness as a carer living in the natural environment of the Shoalhaven.

Where: Ulladulla HealthOne

Corner of South Street, and Princes Highway, Ulladulla

Time: 9.30-11.30am

Date: Tuesday 17th October 2023

To register, contact: Kellie Sale, Carer Program,
Illawarra Shoalhaven Local Health District at:

ISLHD-CarersProgram@health.nsw.gov.au or on 0422 004 119

This workshop includes information and tools for carers who feel their wellbeing has been affected by natural disasters in the Shoalhaven. Morning tea, activity supplies, and other resources are provided.

FACILITATED BY

CARE2PREPARE, CARERS NSW

ILLAWARRA SHOALHAVEN LOCAL HEALTH DISTRICT (ISLHD),

ISLHD CARER PROGRAM, AND ISLHD SEED PROGRAM/CLINICAL GOVERNANCE UNIT

EVENT SUPPORTED BY CARERS NSW CARERS WEEK GRANTS

Carers Week

15 - 21 OCTOBER 2023

FREE EVENTS FOR UNPAID
CARERS IN THE SHOALHAVEN

Tuesday 17th - Wreath Making Workshop

9.30-11.30am, Nowra Showground, contact Illawarra Shoalhaven Local Health District Carer Program Coordinator, Kellie at ISLHD-CarersProgram@health.nsw.gov.au or on 0422 004 119. Hosted the Illawarra Shoalhaven Local Health District (ISLHD) Carer Program.

Wednesday 18th - Carers Vision Board Workshop and Morning Tea

10am-12pm, All Saints Anglican Church, Nowra, contact ISLHD Carer Program Coordinator, Kellie at ISLHD-CarersProgram@health.nsw.gov.au or 0422 004 119. Or STRIDE at familyandcarer@stride.com.au to register. Facilitated by STRIDE, Anglicare, & ISLHD Carer Program.

Thursday 19th - Art Space and Morning Tea - SEEDing Carer Wellbeing

9.30-11.30am, HealthOne Ulladulla, contact Carer Program Coordinator Kellie at ISLHD-CarersProgram@health.nsw.gov.au or 0422 004 119. Hosted by Care2Prepare, Carers NSW, the ISLHD Carer Program, & ISLHD SEED Program/Clinical Governance Unit (CGU).

Friday 20th - Chair Yoga and Morning Tea

10am-12pm, The Salvation Army, 162 Anns Street East Nowra, contact Local Weaver's Connector Kristina on 0428 070 670. Hosted by Mission Australia, and Carer Gateway.



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](mailto: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.



PARENTING GROUP- Albion Park Rail

BRINGING UP GREAT KIDS

Bringing Up Great Kids (BUGK) aims to help parents and carers of children aged 0-12 years develop confident, loving and positive relationships.

You Will Learn

- The magic of the human brain.
- How to send helpful, loving and positive messages to us and our children.
- Practical information to support parenting.
- Build positive relationships with your children.
- Learn more on our website www.familyservices.org.au

When and Where

This free group runs over 5 sessions during School Term 4, 2023

- Thursday 12th October until 9th November 2023
- 10am – 12noon.
- Albion Park Rail Public School Schools As Community Centre,

Bookings Essential

To register

Phone:

Jo. Ph. 0408258605

Or

Joanne.cunningham@familyservices.org.au

Free limited child minding available.

Do you have a State Debt?
We may be able to help you pay off your fines with a Work & Development Order



Family Services Australia



Australian
Childhood Foundation
Protecting Children



are you supporting someone with their mental health?

Family, friends and caregivers can provide vital support for young people when they are having a tough time. We want to ensure our service is the best it can be so we want to hear from you!

Join our focus groups to meet other people with lived experience, and help shape your local and regional headspace centres!

upcoming focus group

Tuesday 14th November

5:00pm to 6:30pm

Online via Microsoft teams

scan to register



VAPE CHECK

Worker's notes

This tool is designed to help a worker have a conversation with someone who is frequently using unregulated vapes. That is, vapes purchased without a prescription. It is not designed to be used with people who have never vaped, only vaped once or twice, or adults who are vaping to reduce harm from tobacco smoking.

This icon  indicates a conversation point.

A guide to using this tool can be found at www.dovetail.org.au

This tool will provide you with some useful information and practical tips about vaping. It only takes about 10-15 minutes to complete.



There are no health benefits from vaping for people who don't smoke tobacco. For people who regularly smoke, evidence suggests switching to vaping may be less harmful, but not harmless. Long-term harms of vaping are unknown.

1 START HERE

In the past 3 months, how often have you smoked tobacco?

- Never
- Once or twice only
- A few times a month
- A few times a week
- Daily/almost daily

In the past 3 months, how often have you vaped?

- Never
- Once or twice only
- A few times a month
- A few times a week
- Daily/almost daily

What age did you first start vaping?

Since you started, has your vape use:

- Increased?
- Decreased?
- Stayed the same?



Most unregulated vapes in Australia contain nicotine even if the label says otherwise. Nicotine is the same chemical in cigarettes that makes you addicted.

2

The following questions will help us work out if you are becoming addicted to nicotine (tick all that apply)

- Have you ever tried to stop vaping, but couldn't?
- Do you need to vape if you're feeling stressed?
- Do you ever have strong cravings/urges to vape?
- Is it hard to keep from vaping in places where you are not supposed to, like school, work or home?
- Do you find it hard to concentrate, or do you get anxious, restless, or irritable if you haven't vaped in a while?
- Do you feel stressed if you can't find your vape or it runs out?

Answering yes to any of these may indicate possible nicotine addiction.



What do you think about this?

Dovetail

Supporting the youth alcohol and other drug sector in Queensland



Cutting back or quitting can be easy for some people and hard for others. You may experience withdrawal symptoms – things like difficulty concentrating, being irritable, feeling anxious or having cravings to vape. These withdrawal symptoms will fade within a couple of weeks.

My goal is to... (e.g. cut back to 1 vape a month, stop vaping at school/work, improve my fitness, quit by Christmas)

I'm making a change because...

People who could support me...

Things which might make it hard to reach my goal...

Some steps to help reach my goal are...

Tip: include steps that use your support people, and come up with a plan to deal with the things that might make it hard to reach your goal.

Other strategies you might like to try (tick)

Resist the urge to vape with the "3D's"

Delay: If you can delay the decision to vape for a few minutes or more, a craving (urge) can pass on its own.

Distract: It's easier to delay the decision if you are doing something to distract yourself (e.g. Snapchat a friend, go for a walk, look at Instagram, listen to music, have a lolly the same flavour as your usual vape, drink some water).

Deep breathing: breathing and other relaxation techniques can help you to stay calm during a craving.

Remember: cravings are like a stray cat – if you keep feeding them, they will keep coming back.

Reduce the temptation to vape

If your goal is to quit vaping, throw your vape out. If your plan is to cut back, put your vape out of reach between use so you're not tempted to use it more. To avoid vaping in places you shouldn't (like schools/public indoor spaces), leave your vape at home.

Learn relaxation strategies

Learning relaxation strategies can help reduce stress, manage cravings and improve overall physical and mental health. Apps about relaxation or mindfulness can be helpful.



Your GP or Quitline can help with strategies and explore options like nicotine replacement therapy (NRT) including patches, lozenges, or gum to help manage nicotine withdrawals and cravings.



Southern Youth and Family Services

Resourcing Adolescent and Families Team (RAFT)

The RAFT Program targets 12 to 17 years inclusive who are at risk of leaving home or who have been out of home for up to six weeks and their families. The focus is on intervening as early as possible to maintain or restore family relationships and maintain young people's engagement in education, training, employment, and the community.

Contact: 4221 7764 (Wollongong) 4295 8775 (Shellharbour) 4448 2477 (Shoalhaven)
0412 999 968 0412 999 967 0423 820 505

Family Counselling Project

This Project targets children and young people aged 0 to 17 years inclusive who are vulnerable, disadvantaged, homeless or those at risk of disadvantage or homelessness as well as their families. Support can also be provided to young parents. The Project focuses on assisting young people to face issues causing problems in their lives and will work towards reconciliation where family relationships have broken down. The Project is flexible and uses several methods to deliver services including case management.

Contact: 4221 7766 (Wollongong) 4295 8777 (Shellharbour)
0400 499 234 0412 999 965

Newly Arrived Youth Specialists (NAYS)

This Program assists young people aged between 12 to 21 years inclusive who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and their families, who have migrated to Australia in the last five years. Priority is given to those who have entered Australia on humanitarian visas.

Contact: 4221 7765 0427 496 204

Child Adolescent and Family Service (CAFS)

CAFS supports families with children and young people, aged 0 to 17 years inclusive, where the child or young person is:

- Showing early signs of emerging, or are at risk of developing, mental health issues.
- Are affected by the mental health issues of another family member.

The service has a primary focus on the child or young person while working in a whole of family context. The focus is on improving their wellbeing and enabling them to better participate in their communities and reach their full potential.

This Service is offered in the Wollongong and the Shellharbour - Kiama Statistical Areas:

Contact: 4221 7762 (Wollongong) 4295 8773 (Shellharbour - Kiama)
0421 634 537 0423 885 938

Parenting Program

The Parenting Program supports vulnerable children, aged 0 to 12 years inclusive and their families. The focus is on the achievement of positive outcomes in child development, behaviour, safety, physical and emotional well-being, the child parent relationship, and childcare competency. This Service is offered in the Shellharbour LGA only.

Contact: 4295 8774

Homeless Youth Assistance Program (HYAP)

The HYAP Program assists young people 12 to 15 years inclusive who are homeless or at risk of homelessness. HYAP aims to restore family relationships and reconnect young people with family and wider support networks, and to facilitate transition to appropriate long-term solutions.

Contact: 0427 404 159

Group Programs

- Resourceful Adolescent Program for Adolescents (RAP-A) aimed to the prevention of depression and enhanced resilience in young people.
- Resourceful Adolescent Program for Parents (RAP-P) aimed to increase parental/family protective factors and understanding of adolescence.
- Circle of Security Parenting Program aimed to enhance the attachment security between parents and their children (aged 0 – 12 years).
- Cool Kids Program teaches children (aged 7+) and their parents' practical skills on how to better manage a child's anxiety.



**You go to the
beach with sunnies.**

**Play Safe,
wear a
condom.**

**Get free
condoms
here.**

playsafe.health.nsw.gov.au

Play Safe





2023 Conference

Neurodivergence, Identity and Self-determination: Enhancing understanding and connections.

Scan the QR Code to register or select here



SCAN ME

4th & 5th November 2023

University of Wollongong, Wollongong NSW

For further information

<https://neurodivergenceconference2023.com.au>

Activities, information sharing and networking for professionals, researchers and autistic/neurodivergent individuals, families



Grace Tame

James Best & Benison O'Reilly



Yenn Purkis



Melanie Heyworth

Tim & Judy Sharp



Randa & Richard Habelrih

Awesome lineup of keynote speakers



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

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

*Many types of income and Centrelink payments are eligible

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



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



DELIVERED BY

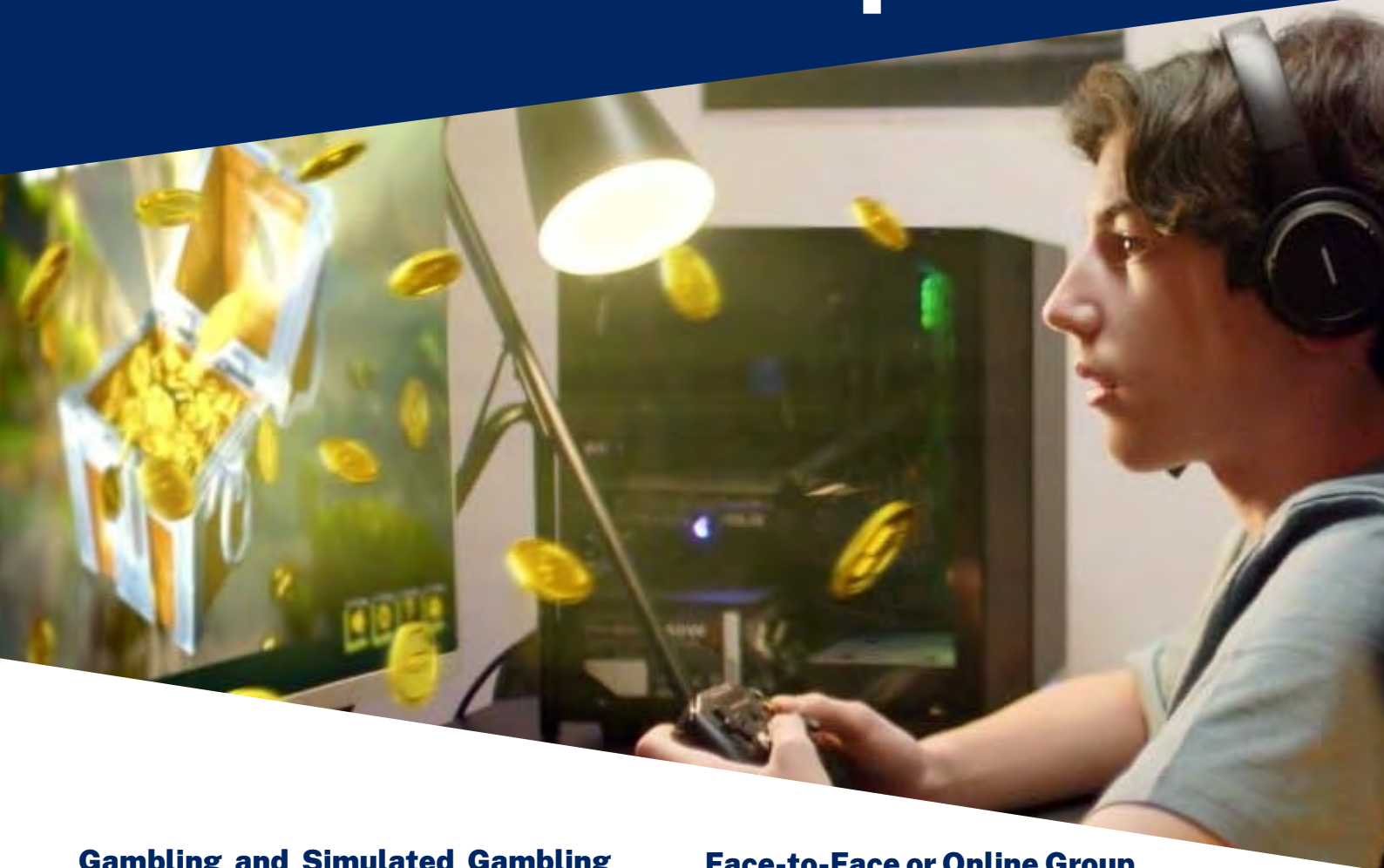


Learn today, change tomorrow.

Find out more at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

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





Noah's
EVERY CHILD. EVERY OPPORTUNITY.

Help Noah's Inclusion Services to support the wellbeing of local children & families

**Sunday 29th
October 2023
10am to 3pm**

NOAH'S CHALLENGE

Enjoy the Shoalhaven's
Best Family Day Out...

Featuring rides, workshops,
activities, face painting,
family picnic zone, music,
food, prizes & fun!

**UOW Shoalhaven Campus
George Evans Road
West Nowra**

FREE ENTRY

Bring a donation to
support the work of
Noah's Inclusion Services

Visit noahschallenge.com.au
for more information



Special thanks to
our major sponsors



Noah's Inclusion Services - Term 4 2023 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Koori Kids Together 9am-3pm (Monday - Wednesday) Gudgahjhamia and Jervis Bay Preschool Identify and support Aboriginal children	Cullunghutti Aboriginal Playgroup 9.30am-12pm Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years	Start Up 9am - 10.30am or 12.30pm-2pm Various locations Developmental Assessment for children 0-5 years	Little Learners 9am-10.30am & 11am-12.30pm Noah's Nowra Building skills for pre-schoolers with a NDIS Plan	Little Steps Playgroup 9.30am-11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care
Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years	Little Steps Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care	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	
Aboriginal Playgroup 9.30am-12pm Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years	Multiple Birth Group 10am-11.30am Noah's Ulladulla Supported playgroup for twins, triplets etc	My Time 10.30am - 12.30pm Noahs Sanctuary Point Peer support group for parents/carers of children with additional needs	Circle of Security 9.30am-11.30am Noah's Ulladulla Connected parenting program for parents and carers	
PlayConnect Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years with Autism or development concerns	My Time 12.30pm-2.30pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs	PALS Playgroup 9.30am – 11am Noah's Ulladulla Supported playgroup for all children and families in conjunction with Playgroup NSW	My Time 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs	
	Language for Learning 1pm-2.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan	Creative Connections 3pm – 5pm Noah's Sanctuary Point Creative play and connection for children 7-9 years with a NDIS Plan	Connection to Our Backyard 10.30am-12pm Noah's Nowra Play and language group for preschool age children with a NDIS Plan	
	Building Connections 3pm-5pm Noah's Sanctuary Point A social skills group for children 8-12 years with an NDIS Plan based on Lego play			
	Secret Agent Society 3pm-4.30pm Noah's Nowra A social skills program for children 8-12 years with a NDIS Plan			
	Connection to Our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with a NDIS Plan			
	Making Friends 3.30pm-4.30pm Noah's Nowra Language and social skills for primary school age children with a NDIS Plan			

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

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

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 (no groups this term)



GROUP/PROGRAM/SERVICE	DESCRIPTION	OTHER INFO
NDIS Services - Individual	<ul style="list-style-type: none"> Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology Behaviour Support 	<ul style="list-style-type: none"> For ages up to 18 years Available at Noah's, home or education and community settings Costs (charged to NDIS Plan) are according to the NDIS Price Guide Waiting lists exist for some services Limited access to some services in some locations
NDIS Services - Groups	<ul style="list-style-type: none"> Groups offered are as listed in the timetable Groups vary each term according to time of year and demand 	<ul style="list-style-type: none"> Costs (charged to NDIS Plan) are according to the NDIS Price Guide Waiting lists exist for some groups
Be My Best	Be My Best is for families who are experiencing difficulties managing the behaviour of their child/ren ages 2.5 to 7 years.	<ul style="list-style-type: none"> Non-NDIS Program Intensive Program (Nowra only) - parents commit to 2-3 sessions per week on Mon, Tues and/or Thurs for around 10 weeks Coaching Program available at Nowra and Ulladulla Contact us for more information, including costs and availability
Start Up	Start Up is a developmental assessment program for families with a child under school age who is not meeting milestones	<ul style="list-style-type: none"> Non-NDIS Program Contact us for more information, including costs and availability
Playgroups	<p>Noah's runs a series of playgroups for families with infant or pre-school age children</p> <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



Support the transition to high school with the Peer Support Program

The Peer Support Program offers resources for both high schools and primary schools to support Year 6 students move into Year 7.

High schools use the program to help foster relationships and introduce incoming Year 7 students to their school. Primary schools use the program to build a range of skills, like confidence and organisation, in their Year 6 students that will support them to navigate high school.

The start of high school is usually the time when peer groups are established. The Peer Support Program can help students develop new friendships and connections across the school community. And you can use your school's Student Wellbeing Boost to fund the program.

Get Peer Support's free guide for teachers to support the transition to high school.

[Download the free guide](#)

The Peer Support Program helped me adapt to high school because they (the Peer Leaders) helped me get around the school when I was lost. And I knew I could always go to them when I had a problem or I was struggling with studying or being organised.

I just felt like I could talk to them about anything.

- Harper, Year 7, Mamre Anglican College

PLAY GROUP



TERM 4 NOWRA

WEDNESDAYS
10AM - 12PM

COME ALONG TO OUR FREE PLAYGROUP EVERY WEDNESDAY DURING SCHOOL TERM, MORNING TEA PROVIDED.

1/80 PARK
ROAD NOWRA

CONTACT
JASMINE
0458010900

PLAY GROUP IS A GREAT WAY TO MEET NEW FRIENDS AND JOIN IN MEANINGFUL ACTIVITIES WITH YOUR CHILD.



Family Services Australia





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



Session Locations - Term 4, 2023

Monday

McDonald Park, Station Road, Albion Park Rail

9:30am – 11:30am

Tuesday

Reddall Reserve, Reddall Parade, Lake Illawarra

9:30am – 11:30am

Wednesday

Dawes Park, Junction Rd, Barrack Point

9:30am – 11:30am

Thursday

Lower District Park, Escarpment Drive, Calderwood

9:30am – 11:30am

In the event of poor weather conditions Park & Play relocates to a local library, this information will be shared on our Facebook page.

Website: www.familyservices.org.au

Phone: 1800 372 000 (option 4)

Facebook: Park and Play

Along with Park and Play, **Family Services Australia (FSA)** provide a range of other support services including:

- Early Intervention
 - Park and Play, Parenting Programs
- Child, Youth and Family Services
- Mental Health Support & Wellbeing (Adult & Child Psychology)
- Disability Employment Services
- Domestic and Family Violence
- Intensive Family Preservation
- Drugs & Alcohol in Pregnancy & Parenting



Session Locations - Term 4, 2023

Monday

McDonald Park, Station Road, Albion Park Rail
9:30am – 11:30am

Tuesday

Reddall Reserve, Reddall Parade, Lake Illawarra
9:30am – 11:30am

Wednesday

Dawes Park, Junction Rd, Barrack Point
9:30am – 11:30am

Thursday

Lower District Park, Escarpment Drive, Calderwood
9:30am – 11:30am

**In the event of poor weather conditions Park & Play relocates to a local library,
this information will be shared on our Facebook page.**

Website: www.familyservices.org.au

Phone: 1800 372 000 (option 4)

Facebook: Park and Play

Along with Park and Play, **Family Services Australia (FSA)** provide a range of other support services including:

- Early Intervention
 - Park and Play, Parenting Programs
- Child, Youth and Family Services
- Mental Health Support & Wellbeing (Adult & Child Psychology)
- Disability Employment Services
- Domestic and Family Violence
- Intensive Family Preservation
- Drugs & Alcohol in Pregnancy & Parenting



Family Services Australia



park & play

TERM 4

LAKE CONJOLA

Every Monday

during school term

9:30AM - 11:30AM

Hoylake Grove Park



Please note that parents or carers are required to be present at all times as they are responsible for the supervision and safety of their child/children

Contact 1800 372 000 (option4)

Follow us on Facebook for any weather updates or changes

Family Services Australia

