



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term 2 2023

Welcome !

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

This Term's focus is on wellbeing within which we consider:

- Physical, psychological and emotional health.
- Access to and engagement with supportive services.
- Engagement in supportive relationships and connection to culture.
- Involvement in activities that will foster development.

About School-Link

Aims of the School-Link Initiative:

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

A Teachers Guide: Supporting the Wellbeing of Primary School Children

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

Access the Teacher's Guide:

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



Circulation

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

ISLHD School-Link Website

Resources from NSW School-Link teams:

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



Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

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

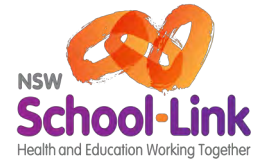
Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

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

Mental Health Resources

Wellbeing



Physical, psychological and emotional health

A whole of life approach to health, working on physical, social, emotional, and mental health is necessary for physical and psychological wellbeing.

Taking care of your physical health is shown to improve mental wellbeing, and vice versa. If one declines, the other can be affected too.

Emotional and psychological wellbeing affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Physical wellbeing including; regular exercise, a balanced diet, proper sleep, and cutting down unhealthy habits such as smoking, alcohol, and drugs helps a great deal with managing emotional and psychological stress.

Engagement in supportive relationships

When you feel good about your child or student and the things they do, mention it to him or her:

- Take an interest in what is happening in their lives, talk to them about classes, friends and concerns
- Be generous with praise where your child or student is doing a good job or displaying a talent, use praise to point out positive character traits
- Teach your child or student to practice making positive self statements, what we think determines how we feel and how we feel determines how we behave
- Teach your child or student about decision-making and to recognise when they have made a good decision
- Parents; spend quality time with your child, listen to them, and help them learn new things and achieve goals
- Parents; Speak positively about school help your child find something they enjoy about school

Activities to foster wellbeing

- Respect and care for your body
- Stop living in the past or be overly concerned about the future
- Manage your stress
- Enjoy, laugh and celebrate
- Put yourself in a productive state of mind
- Make and keep good relationships
- Nurture optimism

Connection to culture

Your culture may shape how you relax, practise self-care, and resolve conflicts. Living in a community that accepts aspects of your culture, such as identity, beliefs, or sexual orientation, has positive impacts on wellbeing.

Accessing and engaging with supportive services

- Lifeline on 13 11 14
- Kids Helpline on 1800 551 800
- Beyond Blue on 1300 224 636
- Mental Health Line on 1800 011 511
- Suicide Call Back Service on 1300 659 467
- Aboriginal & Torres Strait Islander crisis support line 13YARN on 13 92 76
- ReachOut at <https://au.reachout.com>
- Head to Health at <https://www.headtohealth>

Safe Haven- A safe place to be

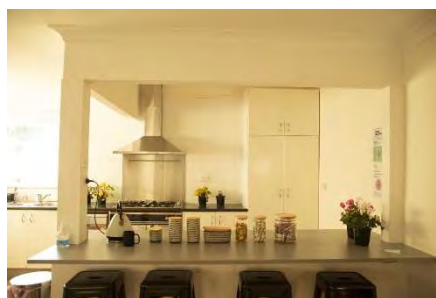


Safe Haven offers a non-clinical alternative to the Emergency department for people experiencing emotional or suicidal distress.

Located within walking distance of Wollongong Hospital and staffed by trained Peer Workers, Safe Haven offers a calm, welcoming and homelike environment.

With no Medicare card required, no appointment necessary and at no cost, Safe Haven is open from 2pm-10pm from Wednesday to Saturday to all ages.

While at Safe Haven guests can sit in the massage chair, try out different forms of sensory modulation, engage in art making or do a safety plan.



At Safe Haven we acknowledge that every lived experience is valuable and unique, and as such deserves to be heard in a space of non-judgement and compassion. If you or someone you love is in distress, please know Safe Haven is a safe alternative.

Is your child in year 7 or year 10?

Provide your consent for routine school vaccinations online.

Benefits of providing online consent:

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

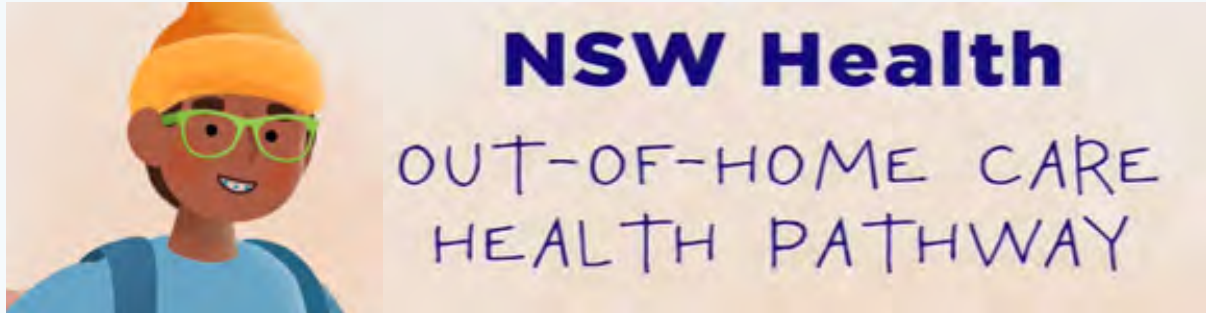
To provide online consent, you will need:

- to visit: nswhealth.service-now.com/school
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.



For more information on vaccination visit:
health.nsw.gov.au/schoolvaccination



Improving the health of children and young people in out-of-home-care

- Provide health assessments for children and young people in out of home care
- Develop an individual health management plan
- Refer to other health services as required
- Promote health and wellbeing.



Here's how it works

- Health Management Plan reviewed 6 monthly for children aged under 5 years, and yearly for those 5 -17 years old
- Summary and recommendations for individual health needs
- Support carers to promote health and wellbeing.



Aboriginal Art elements by Frances Belle Parker

Scan here to watch a video on OOHCHP

For enquiries, contact your local **OOHC Health Pathway coordinator:**

ISLHD-OOHC@health.nsw.gov.au (02) 4224 2900

Porter Street Child Health Centre 42a Porter Street North Wollongong NSW 2500

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



This information has been tested with Consumers



Illawarra Shoalhaven Local Health District

Go4Fun

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

Unanderra Public School

Wednesdays in Term 2

3:30pm - 5:30pm

UOW Sportshub

Saturdays in Term 2

9am - 11am



1800 780 900



go4fun.com.au/register



Sexual Consent:

Sexual Consent is giving someone permission to act sexually towards you, including the act of sex.

Sexual Consent:

- can only legally be given if you are 16 years and over (in NSW)
- means you can say no if you don't feel comfortable (if you say no, your partner must stop)
- should be a mutual decision, both people need to say 'yes' to make it ok
- cannot be given under the influence of drugs/alcohol, as you may not be able to make clear decisions
- sex without consent is illegal and is treated as a sexual assault offence

Want to know more?

Sexual Health Infolink

Weekdays 9am-5:30pm 1800 451 624

www.playsafe.health.nsw.gov.au

Sector briefing: 'Totally Completely Fine'

Tuesday, 11th April 2023

Please cascade to all appropriate staff

This briefing advises the mental health and suicide prevention sectors of the upcoming release of the television series 'Totally Completely Fine' on Stan. A trailer is currently available for season 1 (6 episodes), which will be released on the **20th of April 2023**. There is concern that this series will attract considerable attention due to significant promotion and as it draws inspiration from a true story.

Overview

The black comedy series follows the life of a woman in her early 20s who inherits not only her grandfather's house, which backs onto a public site with a high number of suicide attempts or deaths, but also his role in preventing suicide. The story follows the main character, Vivian, who is experiencing mental health issues, substance use and the grief of losing her parents, with the show's overarching premise '*how many lives do we have to save before we'll save ourselves?*'. The series is fictional but draws on the true story of Don Ritchie, who was referred to as 'The Angel of the Gap'.

Context

Noting that the series centres on suicide intervention and sites of concern, Everymind provided advice and support through the *Mindframe* program during the development and production stages of the series. This included two training sessions for the show's writers and production crew on safe communication about mental-ill health and suicide and a review of early draft scripts. In our initial review, Everymind provided several recommendations, including the reduction/removal of references to suicide methods or locations, the portrayal of suicide intervention activity and the inclusion of content warnings and appropriate help-seeking information. The Everymind team has not reviewed the final cut of the six episodes.

Recommendations

Organisations are advised to increase support and prevention-focused messaging to communities, particularly those in coastal areas with a similar site of concern. Increased support and prevention-focused messaging may also be appropriate for those with a lived or living experience of suicide, mental ill-health and alcohol and other drug use.

In public communication about the series, Everymind also recommends:

- The inclusion of at least two 24/hr crisis support services for those who may be experiencing immediate distress
- The inclusion of information and supports for those bereaved by suicide, such as Stand-by Support After Suicide.

As professionals in the suicide prevention and mental health sectors, you may also be asked to reflect on the impact of these issues. Please refer to the *Mindframe* guidelines and this alert when communicating with the media. The Everymind team is available to provide support to you as needed; please see contact details below.

Themes

A list of the series' themes is provided below to assist your organisation in identifying appropriate levels of support for your communities.

- Suicide, including portrayal or discussion of suicide method and location
- Suicide intervention activities, including conversations or physical interventions with people in distress
- Mental health concerns and mental distress
- Alcohol and other drug use.

If you wish to discuss any of the above information, please contact:

Telephone: (02) 4924 6900

Email: mindframe@health.nsw.gov.au

Twitter: @MindframeMedia

Support services

Adult

Lifeline: 13 11 14 | Text 0477 13 11 14
lifeline.org.au

Suicide Call Back Service: 1300 659 467
suicidecallbackservice.org.au

Beyond Blue: 1300 224 636
beyondblue.org.au/forums

MensLine Australia: 1300 789 978
mensline.org.au

StandBy Support After Suicide
1300 727 247

Youth

Kids Helpline: 1800 551 800
kidshelpline.com.au

headspace: 1800 650 890
headspace.org.au

ReachOut: ReachOut.com

Aboriginal and Torres Strait Islander: 13YARN.org.au or 13 92 76

Lesbian, gay, bisexual, trans, and/or intersex: 1800 184 527 qlife.org.au

Culturally and linguistically diverse: embracementalhealth.org.au

Other resources

Head to Health: mental health portal
headtohealth.gov.au

Life in Mind: suicide prevention portal
lifeinmindaustralia.com.au

SANE: 1800 187 263 (10am-10pm)
online forums: saneforums.org



Mindframe



@MindframeMedia

mindframe.org.au



EVERYMIND

Suicide Intervention Skills Training

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



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



LivingWorks Training - Our Programs, Your Choices

LIVINGWORKS Start



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

-  90 minutes online
-  Individual access, self-paced

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

LIVINGWORKS safeTALK



For teachers, support staff and broader school community

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

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

LIVINGWORKS ASIST



For school well-being teams, leadership and support teams

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

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

LIVINGWORKS safeYARN



For Indigenous teachers, support staff and the broader school community

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

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

LIVINGWORKS I-ASIST

For Indigenous leaders, teachers and the broader school community



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

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

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

LIVINGWORKS Faith

For Christian faith leaders

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

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

Stride Family & Carer Program

Stride's Family and Carers Program aims to ensure that families and carers of people with a mental health concern are adequately supported and have sufficient information and skills to fulfil their caring roles.

Please find information on a small number of groups available to families and carers below. For more information on our program, as well as additional groups and events, please email familyandcarer@stride.com.au or call the Wollongong Stride Family and Carer team on (02) 4229 7254

Mental Health First Aid (MHFA) Training for Carers and Families

Become a Mental Health First Aider to support friends, family members, colleagues, and others with a 12-hour educational course split over 2 days.

Standard MHFA Training benefits are:

- Knowledge – improved knowledge of mental illnesses, treatments and first aid actions
 - Confidence – increases confidence in providing first aid
 - De-Stigmatising – Decreases stigmatising attitudes
 - Support – Increases the support provided by others

Presented and facilitated by Toni Garretty and Layla Weiss, from the Illawarra Shoalhaven Health District.

This is FREE training for Mental health Families and Carers

WHEN: Wednesday 3rd May and 10th May 2023 (it is essential to attend both sessions for full accreditation)

VENUE: West's Illawarra, 1 Hargreaves Street, Unanderra

TIME: 10am-5pm (morning tea, lunch and afternoon tea will be provided)

It is essential to book, please contact the Wollongong office to book: (02) 4229 7254

Carers Coffee @ Corrimal

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

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

Held on the 2nd Thursday of every month

Thursday 13th April 2023

Thursday 11th May 2023

Thursday 8th June 2023

TIME: 10am-12pm

VENUE: Corrimal RSL Memorial Club, 168 Princes Highway, Corrimal

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

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



Eating Disorder Carer Support Group ONLINE

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

4th Thursday of every month (ONLINE)

Thursday 25th May 2023

Thursday 22nd June 2023

TIME: 10am – 11:30am

VENUE: Online – zoom link sent prior to online event commencing

Please register by emailing: familyandcarer@stride.com.au

Sculpture in the Garden Wollongong Botanic Gardens



Join Stride Staff and fellow carers for a morning at the Wollongong Botanic Gardens, immersing ourselves in the biggest Sculpture in the Garden exhibition. Experiencing thought provoking sculptures for local, national, and international artists.

WHEN: Wednesday 19th April 2023

WHERE: Meeting at the Coffee cart of the botanic gardens (near the Murphy's Ave Car Park)

TIME: 10:30am-12pm (coffee and morning tea provided)

To register your attendance, please call:

(02) 4229 7254 or email:

familyandcarer@stride.com.au

Bringing Up Great Kids

Online program



This four-week program will assist parents and carers of children up to 12 years to:

- consider their own parenting style and how it can be more effective
- understand how children's brain development influences their feelings and behaviour
- recognise the meaning of children's behaviour
- communicate effectively with their children
- recognise the need to take care of themselves and find support when they need it.

When

Fridays

28 Apr - 19 May 2023

9:30am - 11:30am

**This is a free course
FMHSS is funded by the
Australian Department of
Social Services.**

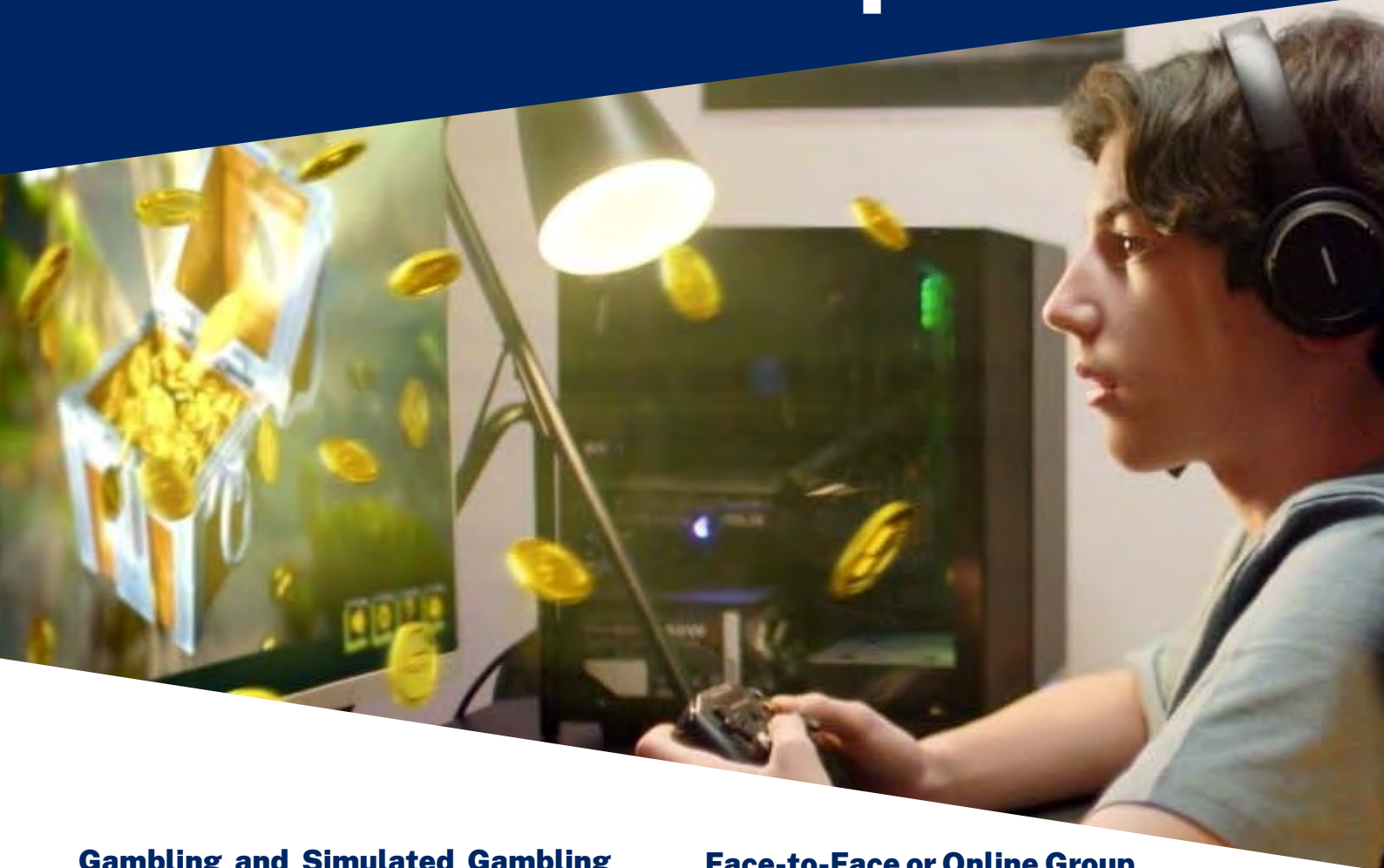
Bookings and information

Hayleigh: 0447 328 119 | Hayleigh.topping@anglicare.org.au

Hayley: 0437 468 494 | Hayley.saye@anglicare.org.au



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



How to reach your Savings Goals with Saver Plus



+



+



=



Set a savings goal for an education cost

Make regular savings deposits for 10 months

Complete online financial education workshops

Receive up to \$500 in matched savings from ANZ

Key eligibility criteria to join Saver Plus:

- Have a current health care card OR pensioner concession card
- Be studying yourself OR have a child in school
- Have regular income from work, yourself OR your partner

Learn more



saverplus.org.au



1300 610 355



saverplus@bsl.org.au

@SaverPlusAU

For full eligibility requirements, speak to a Saver Plus Coordinator.

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.



BUILD STUDENTS' SOCIAL AND EMOTIONAL SKILLS POST COVID

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 upcoming workshops in **Canberra** on 2 May, **North Ryde** on 9 May, **Ballina** on 23 May, **Gymea** on 31 May, **Dubbo** on 8 June and **Albury** on 28 June. We also offer regular online workshops.

[Book your place](#)





Family and friends

focus group

We are looking for individuals 26+ years old who have experience in caring for a young person with mental health concerns to join our family and friends focus group.

Our aim is to have a diverse range of people provide feedback and input into all aspects of our service. The feedback will then form part of our strategy for quality improvement for the following 12 months.

The focus group will be held on 17th May at 5:30pm, with catering.

Interested?

Please contact 4220 7660 or email headspace@gph.org.au for further information.

Illawarra Shoalhaven, Parent/Carer webinar: Supporting young people impacted by suicide

headspace National are hosting an education webinar for parents and carers of young people in the Illawarra Shoalhaven region of NSW.

The session aims to:

- Provide information regarding a young person's mental health.
- Increase your awareness of how to support young people impacted by suicide.
- Provide information about what grief might look like, and strategies to support a young person who is grieving.
- Build awareness of local, state and national support services.

When:

Tuesday 18 April 2023
6:00 - 7:15pm AEST.

Where:

Online webinar.

How do I register?

Click here to register via Eventbrite: bit.ly/3G2zOQm or copy the URL into your web browser.

All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

Contact:

For more information email: programsupport@headspace.org.au



supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care.

Where:

Online webinars.

When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AET or 6 - 7pm AET.

Session dates will be listed on Eventbrite.

How do I register?

Click the link to register for a session via Eventbrite: bit.ly/3UVKYQM, or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

Need more information?

Email us: programsupport@headspace.org.au.

Berkeley Youth Project // Week One - Week Six

TERM 2 2023

Tuesday 25	The Hang Out	Tuesday 16	The Hang Out
Wednesday 26	Cooking	Wednesday 17	Cooking
Thursday 30	Pride Project	Thursday 18	Mystery Day
Tuesday 2	The Hang Out	Tuesday 23	The Hang Out
Wednesday 3	Cooking	Wednesday 24	Cooking
Thursday 4	Mystery Day	Thursday 25	Mystery Day
Tuesday 9	The Hang Out	Tuesday 30	The Hang Out
Wednesday 10	Cooking	Wednesday 31	Cooking
Thursday 11	Mystery Day	Thursday 1	Pride Project

**For more information, contact us on
0466 001 145 or find us on social media**



@BerkeleyYouthProject



Berkeley Youth Project // Week Seven - Week Ten

TERM 2 2023

Tuesday 6	The Hang Out	Tuesday 27	The Hang Out
Wednesday 7	Cooking	Wednesday 28	Cooking
Thursday 8	Mystery Day	Thursday 29	Pride Project
Tuesday 13	The Hang Out		
Wednesday 14	Cooking		
Thursday 15	Mystery Day		
Tuesday 20	The Hang Out		
Wednesday 21	Cooking		
Thursday 22	Mystery Day		

**For more information, contact us on
0466 001 145 or find us on social media**



@BerkeleyYouthProject





HIPPY

ENROLMENTS OPEN NOW!

**THREE YEAR OLDS
ARE CURIOUS AND
KEEN LEARNERS
OF THE WORLD
AROUND THEM**



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

01
Play-based
activities

02
Empowers
you to be your
child's first
teacher

03
Supports
your child's
transition to
school

04
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
<https://forms.office.com/r/d614NK4aAD>

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**

PHONE : 42758575

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.



Family Services Australia

NOWRA Playgroup

2023

1/80 Park Road Nowra



Term 2 starts
10am-12pm
Wednesday
26th



Sing and Grow
is back term 2
come along and
learn some new
songs.



* **FREE
PLAYGROUP
Morning tea
Provided**

Fun & Creative
Outdoor Activities

Are you the parent, grandparent or caregiver of a child under 5? Come along to our free playgroup and join in our wide variety of fun activities!

For more information regarding Playgroup in Nowra please call Ebony on 0458 010 900 or FSA on 1800 372 000 (option 4)



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



FREE

POPPY Playgroups

Make Way For Play



**Mental health well being support for parents
and their children birth to five years**



**Connecting with your children
through fun play activities in a
safe and supportive setting.**

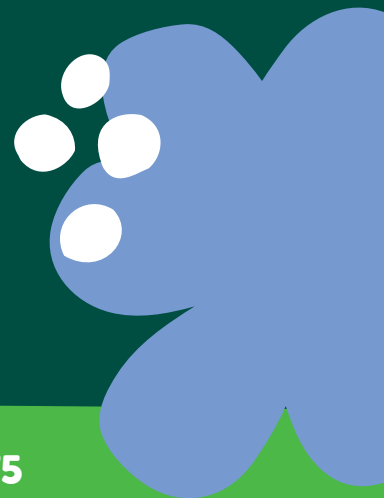
Sessions include morning tea, planned and spontaneous play activities, health, nutrition and other useful parenting information.

Meet other parents and have a break from your daily routine.

Some transport help may be available.

**Supported by Early Childhood
professionals with information on:**

- Child development and behaviour
- Baby care
- Self care
- Health and nutrition
- Links to other support services



For more information, please call us on 4275 8575
Playgroup operates during school terms

barnardos.org.au

 **Barnardos
Australia**

ABN 18 068 557 906 | A Company Limited by Guarantee
Registered Charity | SC_22_275739



Dapto Play Ranger

Make way for play



Free, fun play sessions in local parks for children aged 0-5 years and their families.

Safe outdoor play where you can meet your neighbours and obtain information about local family services and support from our qualified Play Rangers.

Every Tuesday during school term | 10am till 12pm

Alternating at Lakeside Reserve or Diamond Brothers Reserve

**For more information, please call
Barnardos Children's Family Centre South Coast on 4275 8575**

barnardos.org.au



Sing & Grow

FREE Music Sessions

for children birth to 5 years and a parent/carer.

Where: Bellambi Neighbourhood Centre

When: 1st May to 5th June 2023 (Mondays)

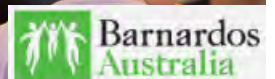
Starting time: 10am

Music Therapist: Elena

Dancing, singing, playing percussion instruments, and relaxing to music is great for stimulating your child's development. And the benefits are even greater when you share these activities together!



For more information phone: 4275 8575 or just come along!





Session Locations - Term 2, 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



**FAMILY
ADVOCACY
& SUPPORT
SERVICES**

Funded by the Australian Government



An Australian Government Initiative

FASS Service Networking Event

Family Advocacy and Support Services

Friday 9th June

2pm-3.30pm

**Women Illawarra Women's Centre
170 Corrimal Street Wollongong**

The Family Advocacy and Support Service (FASS) support women who are affected by family violence and have a family law issue, This service for women is **FREE** and can also support family members like grandmothers and aunties. Join us for a bite to eat, meet with our team and learn more about our service, referral pathways, and how we can offer support.

to RSVP

email FASS@womenillawarra.org.au by 2nd June

Women
ILLAWARRA

EST. 1979



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



**Contact Claire for booking
 and enquiries**
PH: 0448 564 219

TERM 2 2023 FREE PROGRAMS

TUESDAY

PLAYGROUP

9:00am - 11:00am

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

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

TUESDAY

**PLAYSTRONG TRANSITION
 TO SCHOOL PLAYGROUP**

12:30am - 2:30pm

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

Presented in partnership with Playgroup NSW.



WEDNESDAY

MYTIME

COFFEE CONNECT

9:00am - 10:00am

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

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



**BRINGING UP GREAT KIDS
 PARENTING PROGRAM**

10AM - 12PM

Supports parents to:

- * look at effective communication with their children;
- * strengthen relationships and,
- * encourage the development of children's self esteem and resilience.

6 week program
 17/05/2023 - 21/06/2023



THURSDAY

PLAYGROUP

9:00am - 11:00am

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

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

Sing & Grow will be joining our playgroup during Term 2

8 week Sing & Grow program from
 9:30am - 10:30 am



FRIDAY

KINDERGYM

9:30 am - 10:15am

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

What to bring: a bottle of water



FRIDAY

**TRANSITION TO SCHOOL
 GYM**

10:30am - 11:30am

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

What to bring: a bottle of water

Claire M: 0448 564 219

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



APR School as Community Centre (SaCC)

Noah's Inclusion Services - Term 2 2023 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years</p>	<p>Koori Kids Together 9am-3pm (Tuesday & Wednesday) Gudgahjhamiamia and Jervis Bay Preschool Identify and support Aboriginal children with additional needs</p>	<p>Start Up 9am - 10.30am or 12.30pm-2pm Various locations Developmental Assessment for children 0-5 years</p>	<p>Little Learners 9am-10.30am & 11am-12.30pm Noah's Nowra Building skills for pre-schoolers with a NDIS Plan</p>	<p>Little Steps Playgroup 9.30am-11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care</p>
<p>Aboriginal Playgroup 9.30am-12pm Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years</p>	<p>Cullunghutti Aboriginal Playgroup 10am-12pm Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years</p>	<p>Jumpstart 9am – 10.30am Noah's Nowra Assessment and skills building for children 3-5 years with a NDIS Plan</p>	<p>Learning Together 9am – 10.30am Noah's Illawarra Parent capacity building for social communication and physical skills for children 3-5 years with a NDIS Plan</p>	
<p>Making Friends 3.30pm-4.30pm Noah's Nowra Language and social skills for primary school age children with a NDIS Plan</p>	<p>My Time 10am-12pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs</p>	<p>My Time 10.30am-11.30am Noahs Sanctuary Point Peer support group for parents/carers of children with additional needs</p>	<p>Little Steps Playgroup 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care</p>	
	<p>Little Steps Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care</p>	<p>PlayConnect Playgroup 9am-10.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns</p>	<p>My Time 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs</p>	
	<p>PlayConnect Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years with Autism or development concerns</p>	<p>PALS Playgroup 9.30am – 11am Noah's Ulladulla Supported playgroup for all children and families in conjunction with Playgroup NSW</p>	<p>Connection to Our Backyard 10.30am-12.30pm Noah's Nowra Play and language group for preschool age children with a NDIS Plan</p>	
	<p>Language for Learning 1pm-2.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan</p>	<p>Creative Connections 3pm – 4.30pm Noah's Sanctuary Point Creative play and connection for children 7-9 years with a NDIS Plan</p>		
	<p>Connection to Our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with a NDIS Plan</p>	<p>PEERS Program 3pm – 4.30pm Noah's Nowra A social skills program for young people 13-18 years with a NDIS Plan (not running for whole term)</p>		

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

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

NDIS Services by appointment (contact us for availability)

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

Noah's Locations:

Nowra
Ulladulla
Sanctuary Point
Illawarra



GROUP/PROGRAM/SERVICE	DESCRIPTION	OTHER INFO
NDIS Services - Individual	<ul style="list-style-type: none"> • Plan Management • Key Worker (0-7 years) • Speech Pathology • Occupational Therapy • Physiotherapy • Psychology • Behaviour Support 	<ul style="list-style-type: none"> • For ages up to 18 years • Available at Noah's, home or education and community settings • Costs (charged to NDIS Plan) are according to the NDIS Price Guide • Waiting lists exist for some services • Limited access to some services in some locations
NDIS Services - Groups	<ul style="list-style-type: none"> • Groups offered are as listed in the timetable • Groups vary each term according to time of year and demand 	<ul style="list-style-type: none"> • Costs (charged to NDIS Plan) are according to the NDIS Price Guide • Waiting lists exist for some groups
Be My Best	Be My Best is for families who are experiencing difficulties managing the behaviour of their child/ren ages 2.5 to 7 years.	<ul style="list-style-type: none"> • Non-NDIS Program • Intensive Program (Nowra only) - parents commit to 2-3 sessions per week on Mon, Tues and/or Thurs for around 10 weeks • Coaching Program available at Nowra and Ulladulla • Contact us for more information, including costs and availability
Start Up	Start Up is a developmental assessment program for families with a child under school age who is not meeting milestones	<ul style="list-style-type: none"> • Non-NDIS Program • Contact us for more information, including costs and availability
Playgroups	Noah's runs a series of playgroups for families with infant or pre-school age children <ul style="list-style-type: none"> • Playgroups for Aboriginal families • Little Steps (for children who do not attend other early childhood education services) • PlayConnect (Supported Playgroup) • PALS Playgroup (Supported Playgroup for all abilities) 	<ul style="list-style-type: none"> • Non-NDIS Program • Contact us for more information or to register
Carer Support Services	<ul style="list-style-type: none"> • My Time • The Parent Room • Peer-to-Peer Mentoring 	Contact us for more information or to register
Early Childhood Early Learning Services	<ul style="list-style-type: none"> • Mundamia Early Learning Centre • SWAY (language and literacy program for early childhood services based on Aboriginal culture) • Koori Kids Together (targeted support for pre-schools and schools in Wreck Bay/Jervis Bay Territory) • Sector Capacity Building Program (supporting community pre-schools with a focus on inclusion) 	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), Ph: (02) 4423 5022
Noah's Ulladulla: 158 Green Street, Ulladulla, Ph: (02) 4455 1318
Noah's Illawarra: 41 Willinga Road, Flinders, Ph: (02) 4288 8024
Noah's Sanctuary Point: 48-52 Paradise Beach Road, Sanctuary Point

Bookings are essential for all groups

Timetable is subject to change

Some groups and programs do not run during the school holidays



park & play

**ULLADULLA
2023**

**Come along to Ulladulla's FREE
Mobile Playgroup.**

-Mollymook Park, Golf avenue,
Mollymook.

-Every Monday during school term.

-9.30am till 11.30am

-Don't forget to bring water, a hat, sun
cream and a snack.



**PLEASE FOLLOW OUR FACEBOOK PAGE
PARK AND PLAY ULLADULLA
FOR WET WEATHER CHANGES
FOR MORE INFORMATION CALL 1800 372 000
(OPTION 4)**

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



Family Services Australia