

Illawarra Shoalhaven Local Health District

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Recently received service flyers, program promotions and training opportunities.

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Compiled by:
ISLHD School-Link

Term 3 2022

Welcome !

Welcome to the 23rd edition of the ISLHD School-Link Newsletter!

This Term's focus is on stress reduction through time management.

Sometimes what we planned to do doesn't happen because we get pulled in many directions throughout the day, leaving us feeling frustrated, exhausted, and like you accomplished nothing at the end of the day. When this happens, you aren't managing your time, your time is managing you.

This newsletter explores ways of taking back control.

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>

ISLHD School-Link Website:

Find resources produced by Illawarra Shoalhaven School-Link and other 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)

1-5 Atchison St, Wollongong NSW 2500,
Tel: (02) 4254 1600

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

Modelling time management and stress reduction activities in the classroom will help make the classroom a more relaxed and enjoyable environment as well as teach students study techniques and other valuable skills that can be applied outside of class in times of stress.

Allocate time in the daily schedule for stress reducing and refocusing activities

Movement Breaks

A short burst of physical activity such as; standing up and stretching, a few yoga poses or walking around the desk can clear heads allowing students to refocus and improve productivity.

Breathing Exercises

Simply taking three deep breaths in and out can be enough to settle students after a period of excitement such as returning from lunch or a PE lesson.

Timetabling for Learning Styles

Many students have a preference for certain learning styles (Visual, Auditory, Reading/Writing and Kinaesthetic), some lessons are necessarily dependant on a certain learning style. Try to ensure that during the day that each lesson or activities within a lesson enable different learning styles. This type of timetabling will assist students who struggle with a certain learning style reducing their stress and potential classroom disruption.

Chunking and Scaffolding

Allocate time dedicated to how to identify, approach and problem solve an activity.

Breaking down a task into manageable steps or chunks can provide clarity around instructions, enhance task completion and improve compliance.

Where chunking involves the size of the bites of new content, scaffolding involves the content of the bites and their logical order. Scaffolding assists a student to solve a problem, carry out a task, or achieve a goal through a gradual shedding of outside assistance.

Visual Schedules

A series of images that depict a sequence of events that the student needs to complete. Visual schedules can be used to remind and guide a student on how to complete a single task or provide them an overview of their whole day.

Visual schedules can increase activity engagement for students who have difficulties following instructions, completing tasks or moving between activities, improving academic and social skills and managing disruptive behaviours. Visual schedules may reduce the dependence of the student on the teacher and the amount of prompting and support required from the teacher.

Useful Resource:

Link: [World Health Organisation: Doing What Matters in Times of Stress](#)

A stress management guide for coping with adversity. The guide aims to equip people with practical skills to help cope with stress. A few minutes each day are enough to practice the self-help techniques. The guide can be used alone or with the accompanying audio exercises.

Informed by evidence and extensive field testing, the guide is for anyone who experiences stress, wherever they live and whatever their circumstances.

With the HSC approaching, you should be thinking about how to get better at time management and organise your days so you can strike the right balance between home and school life.

By taking the time to arrange your priorities, you can give yourself the best chance of staying on track and organised during the exam period, which in turn can help reduce stress levels and assist you do your best in your exams.

Creating a Time Management Plan

1) List your priorities

List everything that you do each week; e.g. school times, household chores, sports and hobbies. Make a note of how much time each activity will take.

2) Create a life schedule

Plan your week by allocating time for all of your activities.

- Think about when you are most alert, so that you can plan your study periods around these times.
 - Make sure that you get enough sleep. Most teenagers need between 9 to 10 hours sleep every night to remain focused and alert during study periods.
 - Don't forget to eat three healthy meals a day, to keep your body and brain healthy and active.**
 - Find time to exercise, just ten minutes every now and then can clear your head and boost your brain power in between study sessions.
 - Find time for socialising with family and friends to relax and refocus.
- Be flexible, but realistic, things often take longer than expected. So, allow a little extra time in case you spend longer on a task than you thought you would.

3) Avoid procrastination and distraction

- Think about the different places you have been when studying – where were you the most focused? Where were you most distracted? Is there anything you can do to make studying actually somewhat enjoyable?
- Use different learning styles (Visual, Auditory, Reading/Writing and Kinaesthetic) if having difficulty focusing or just want to change things up.
- Remember, what works for one person might not work for you. For some, studying with friends can limit their productivity. But for others, studying in groups can help to increase motivation and avoid procrastination.

5) Reflect and review

Constantly reviewing and reassessing your schedule can help you to recognise whether you need to make any changes to help you complete your tasks and also have time to relax and spend time with friends and family.

Useful Resource: Study apps from Reachout.com

<https://au.reachout.com/articles/5-apps-to-help-you-study-at-home>

TEACHER'S GUIDE



Supporting the wellbeing of primary school children

A New Resource for Primary School Teachers

The Teacher's Guide provides intervention strategies to support a Primary School student demonstrating behaviours of concern, which may be affecting their capacity to engage educationally or socially.

Each intervention strategy can easily be applied by a teacher in the classroom or playground, they require no additional training or the purchase of extra resources.

Each intervention strategy has a strong evidence base. Interventions were selected via a comprehensive literature search of health and educational databases.

The Teacher's Guide takes an early intervention approach, applying effective intervention strategies early may prevent a behaviour escalating into something more difficult to manage. If behaviour is not addressed by these interventions, this may indicate that the student requires more specialist support.

Access the Teacher's Guide:
<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-teachers-guide>



This free resource is for any school staff working with Primary School students.



Health

Illawarra Shoalhaven
Local Health District

The Teacher's Guide was developed by the
School-Link Initiative of the Illawarra
Shoalhaven Local Health District



NEWACCESS – a free mental health coaching service

NewAccess developed by Beyond Blue is available through Wellways across South Eastern NSW providing free and confidential mental health coaching.

The program is an evidence-based, short-term service that provides practical coping tools and strategies for people struggling with everyday life challenges and experiencing mild-to-moderate symptoms.

We can help people work with:

- general life problems
- general anxiety
- worry
- depression
- low mood
- situational stress
- life adjustment
- social anxiety
- phobias
- languish
- lacking motivation
- overwhelm
- obsessive-compulsive behaviours

What to expect from the program:

- Completely **FREE** with no out of pocket costs to work with a Coach
- Six weekly structured sessions to give practical tools to manage whatever you are facing
- Initial session is 1-hour followed by up to five 30-minute sessions
- Work confidentially with a Low-intensity Cognitive Behavioural Therapy Coach tailoring the program to each individual
- Progress is measured each week to show you how you are tracking
- Available via phone, video-call or face-to-face at one of our five locations – Wollongong, Nowra, Batemans Bay, Goulburn, and Bega – all our coaches are from within the community
- Where more intense or complex support may be required, we can assist in identifying and referring to services and resources that may be more suitable

Eligibility Criteria:

- Aged 12 Years +
- Lives in South Eastern NSW – from Helensburgh in the north to the Victorian border, and across to Yass and the Snowy Mountains
- Not currently receiving other psychological therapy (excluding medications) – however, there are times where this is okay
- Can be self-referred: no Mental Health Treatment Plan or GP referral required

Could you or someone you know benefit from this service? How to Refer:

- Website: <https://www.wellways.org/newaccess>
- Email: senswnewaccess@wellways.org
- Phone: 1300 921 535 (option 1)

NewAccess is not a crisis service and cannot offer crisis support. If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000. Alternatively, reach out to Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.



Go4FUN[®]

HEALTHY ACTIVE HAPPY FAMILIES




FREE



Term 3, 2022
East Nowra Public School
Register today!



 1800 780 900

 go4fun.com.au/register





Go4Fun

Healthy change
starts here!

Go4Fun is a FREE healthy lifestyle program. It helps families of 7-13 year old children above a healthy weight, to become fitter, healthier and happier!

When: Thursdays in Term 3, 2022 (starts July 21)

Time: 3:30pm - 5:30pm

Where: Barrack Heights Public School



1800 780 900



go4fun.com.au/register





Go4Fun

Healthy change
starts here!

Go4Fun is a FREE healthy lifestyle program. It helps families of 7-13 year old children above a healthy weight, to become fitter, healthier and happier!

When: Wednesdays in Term 3, 2022 (starts July 20)

Time: 3.15pm

Where: Nowra East Public School



1800 780 900



go4fun.com.au/register



A photograph of a person surfing on a wave. The surfer is wearing a dark wetsuit and is crouched on the surfboard, riding the face of a wave. The water is a deep blue-green color, and the sky is a pale blue with some light clouds. The surfer's right arm is extended forward, and their left leg is bent. The surfboard is yellow and white.

**You go surfing
with a leg rope.**

**Play Safe,
wear a
condom.**

Get free
condoms
here.

playsafe.health.nsw.gov.au

Play Safe



upcoming sessions

Parents, Carers, and Community Members in Illawarra Shoalhaven are invited to attend a free mental health education session in Term 3.



The sessions aim to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Increase your knowledge & understanding of the mental health challenges facing young people today.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.



Connecting and communicating with young people

Date: Monday, 8 August 2022
Time: 6:30 pm – 7:45 pm AEST
Location: Online webinar
Registration: <https://bit.ly/3yGZAVA>



Navigating uncertainty and change

Date: Tuesday, 6 September 2022
Time: 12:00 pm – 1:15 pm AEST
Location: Online webinar
Registration: <https://bit.ly/3RBntIA>



For more information

Contact us at programsupport@headspace.org.au



Upcoming Events for the 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.

We believe every person has their own journey, whether they are someone with a mental health concern or that person's family, friend or carer. Your journey might include your family or community, or it may be something which is private to you. Many people find the journey challenging, but renewed hope and meaning can enter their lives because of it. Whatever journey you wish to take, Stride's Family and Carer Program will not only support you in identifying what is important to you and your pathway there, but we will walk with you through the ups and downs along the way.

Please find a range of Family and Carer Groups/Events and Education sessions, which are included in the program. All events and workshops detailed below will occur between July and September 2022.

Using our Senses Workshop

Please join Support Worker, Megan and fellow carers in 3x workshops based around sensory modulation. Learning about sensory modulation and strategies to regulate our emotions.

Each session will include morning tea and take-home strategies to develop your own 'tool kit'.

When: Thursday 1st, 8th & 15th September

Time: 10am-12:30pm

Where: Stride Wollongong Office, U2 26-42 Auburn Street Wollongong

Bookings are essential, group has limited capacity!

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

Please Note: It is not a requirement to attend all 3x sessions.

Support Groups

Thirroul

First Wednesday of every month

Wednesday 6th July 2022

Wednesday 3rd August 2022

Wednesday 7th September 2022

TIME: 10:00am – 12:00pm

VENUE: Thirroul Community Centre: 352/360 Lawrence Hargrave Dr, Thirroul

Warilla

Fourth Thursday of every month

Thursday 28th July 2022

Thursday 25th August 2022

Thursday 22nd September 2022

TIME: 1:00pm – 3:00pm

VENUE: Warilla Community Centre: 69 Benaud Crescent, Warilla

Wollongong Evening

Second Wednesday of every month

Wednesday 13th July 2022

Wednesday 10th August 2022

Wednesday 14th September 2022

TIME: 5:30pm – 7:30pm

VENUE: Wollongong Stride Office: U2, 36-42 Auburn Street, Wollongong

Eating Disorder Support Group

Second Wednesday of the month, Bi-Annually

Wednesday 10th August 2022

TIME: 9:30am-11:30am

VENUE: Wollongong Stride Office, U2 36-42 Auburn Street Wollongong

Wollongong Carer Creative Space

Join fellow carers for a peer led creative space, where all supplies are provided!

1st & 3rd Tuesday of every month

Tuesday 2nd & 16th August 2022

Tuesday 6th & 20th September 2022

TIME: 10am-1pm

VENUE: Wollongong Stride Office, U2, 36-42 Auburn

Carers Dinner Out at Collegians

Do you find work hours stops you attending Stride groups and events?

Be treated to dinner and enjoy an evening out with fellow carers and Stride staff at The Collegian's Wollongong.

Meeting at Kitchen on Charlotte,
located within the Collegian's Club!

Wednesday 31st August 2022

TIME: 6:00pm – 8:00pm

VENUE: The Collegian's Wollongong, 3A Charlotte Street Wollongong

Bookings are essential!
familyandcarer@stride.com.au

Mental Health First Aid (MHFA) Training

Become a Mental Health First Aider to support friends, family members, colleagues, and others with a 12-hour educational course split over 2 days. Presented and facilitated by Toni Garretty and Layla Weiss, from Illawarra Shoalhaven Health District.

Recognise common mental health problems, provide initial help using practical, evidence-based action plan, seek appropriate professional help and respond in crisis situations.

WHEN: 11th & 18th August 2022, 10am-5pm – NO COST, lunch inclusive

VENUE: Wests Illawarra, 1 Hargreaves Street Unanderra

Available to carers, who care for a loved one with Mental Health Concerns.

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



NSW Health



Safe Haven

A calm, culturally-sensitive and non-clinical setting staffed by trained peer workers to support people experiencing suicidal distress.



Safe Haven is a NSW Health
Towards Zero Suicides Initiative
delivered in partnership with

STRIDE For better
mental health

Safe Haven is:

- An alternative to the emergency department for people in distress, experiencing a suicidal crisis
- Operated by peer workers with consultation and support by mental health professionals including use of sensory modulation
- A warm, welcoming and safe space.

No appointment or Medicare card required.

OPEN Wed-Sat 2:00pm - 10:00pm

LOCATION 55 Urunga Parade, Wollongong 2500

PHONE 0401 561 164

EMAIL Wollongong.safehaven@stride.com.au

If you or someone you know is in immediate danger, please call 000.

BE BodyKind

TO YOUR BODY AND TO OTHERS

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

REGISTER NOW

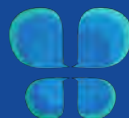
For Australia's largest positive body image initiative for schools and youth organisations.

This September

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

BodyKind

SCHOOLS *formerly Love Your Body Week for Schools*



Butterfly

BE BodyKind

TO YOUR BODY AND TO OTHERS

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

[REGISTER NOW](#)

BodyKind
SCHOOLS

This September

Formerly Love Your Body Week for Schools



BodyKind SCHOOLS

SUGGESTED NEWSLETTER COMMUNICATION

This September support young people and their body image by joining Butterfly's annual free awareness initiative, Body Kind Schools, formerly Love Your Body Week for Schools.

Body Kind Schools encourages schools (upper Primary and Secondary), and other youth settings to focus on the important issue of body image, specifically encouraging young people to be Body Kind; kind to their own body and to others; face to face and online.

Register now to access free evidence informed activities and resources including webinars for professionals and online student leadership workshops from the Butterfly Foundation, Australia's leading not-for-profit supporting those affected by negative body image and eating disorders.

Register – <https://butterfly.org.au/get-involved/campaigns/bodykindschools>

For further information:
education@butterfly.org.au
www.butterfly.org.au

Commissioned Mental Health Services

**COORDINARE—
South Eastern
NSW PHN**

2022



A stepped care approach to mental health service provision in South Eastern NSW

COORDINARE uses an integrated mental health and suicide prevention approach ('stepped care') to guide mental health activity. All regional mental health planning and commissioning of services is founded upon this approach.

A stepped care approach to mental health service provision involves the following elements:

1. stratification of the population into different 'needs groups', ranging from whole of population needs for mental health promotion and prevention, through to those with severe, persistent and complex conditions
2. setting interventions for each group – this is necessary because not all needs require formal intervention
3. defining a comprehensive 'menu' of evidence-based services required to respond to the spectrum of need
4. matching service types to the treatment targets for each needs group and commissioning / delivering services accordingly.

An individual is matched to the intervention level that most suits their need. They do not have to start at the lowest, least intensive level of intervention in order to access a different 'step'. Rather, they have their service level aligned to their requirements at the time of entering the mental health system.

The five steps in stepped care:



You can find a map of COORDINARE's region, South Eastern NSW, [here](#). The Illawarra Shoalhaven covers local government areas (LGAs) 1–4. Southern NSW covers LGAs 5–12.


Bushfire recovery







The cumulative impact of multiple disasters (drought, bushfires, floods, pandemic, and more floods) is starting to impact the community – normally resilient communities are at breaking point. The shortage of appropriate workforce and short-term contracts continues to be a barrier in supporting communities accessing services when they need them.

Some services report difficulty in identifying consumers as many fail to self-report as bushfire impacted feeling those services were only for individuals who had lost their homes. This was an issue particularly in the first 12 months where there was an overlap/duplication of services funded from multiple sources. Two years down the track and communities post disaster require services for the medium to long term yet services are limited as contracts are ending. Services and stakeholders are reporting an increase in domestic violence, homelessness and drug and alcohol related issues.








A success story from the measures that have been implemented to date, which have the potential to do great work to prevent strain on the system at the complex end has been the introduction of the non-clinical outreach support workers. These roles have made connections with communities who felt they had been left behind by society and have been enablers to assisting them find appropriate support from mental health, drug and alcohol, homelessness, employment, and welfare services.








COORDINARE funded mental health & suicide prevention services

| Program name | Type of service | Locations | Service provider details |
|---|--|--|--|
| Head to Health assessment and referral line All stepped care levels | Warm transfer to all levels of mental health care (1-5) | Telephone | Head to Health Initial Assessment and Referral (IAR) service 1800 595 212 Monday to Friday, 8.30am to 5pm (except public holidays). |
| Head to Health Hub  | Psychological therapy, as part of a multidisciplinary team, to support the mental health of people of all ages, struggling during extended lockdown. Delivered face-to-face in Shellharbour or via telehealth. | Illawarra Shoalhaven Southern NSW | Family Services Australia 1800 372 000 (option 2) coordinare.org.au/for-health-professionals/health-priorities/mental-health-and-suicide-prevention/headtohealth |









| Program name | Type of service | Locations | Service provider details |
|---|--|--|---|
| Children and Young People | | | |
| Connect for Kids   | Psychological therapy for children and young people in non-metro areas aged 0–15 years and their families. Referral from a doctor or school is required to access this service. Delivered via telehealth. | Shoalhaven Southern NSW | Royal Far West 1800 500 061 royalfarwest.org.au/program/telecare-for-kids |
| headspace   | Health professionals support children and young people aged 12–25 with mental and physical health, alcohol and other drugs, and work and study. Visits are confidential. | Illawarra Shoalhaven Southern NSW | Relationships Australia Batemans Bay: 1800 718 383 Grand Pacific Health Bega: 1800 959 844 Goulburn: (02) 4824 4944 Yass: (02) 4824 4950 Nowra: (02) 4446 7300 Wollongong: (02) 4220 7660 Marathon Health Queanbeyan: (02) 6298 0300 headspace.org.au |
| NewAccess   | A six-session coaching service using Cognitive Behavioural Therapy. For anyone aged 12+ who feels stressed, anxious or overwhelmed about everyday life challenges, such as work, study, relationships, health, and loneliness. Available in person, via phone or video call. | Illawarra Shoalhaven Southern NSW | Wellways Australia 1300 921 535 (option 1) wellways.org.au/our-services/newaccess |



| Program name | Type of service | Locations | Service provider details |
|--|---|--|---|
| Adults | | | |
| Integrated Recovery Services  | Recovery-oriented services for adults with severe and complex episodic mental health needs. Delivered by mental health clinicians and peer support workers with lived experience of mental ill-health. | Illawarra Southern NSW | Grand Pacific Health 1800 228 987 gph.org.au/our-health-services/integrated-recovery-services |
| Commonwealth Psychosocial Supports Program  | Psychosocial support service for people aged 16+ with episodic mental health conditions. Delivered by peer support workers with lived experience of mental ill-health to support individual recovery goals in groups and 1:1 support | Illawarra Shoalhaven Southern NSW | Flourish Australia 1300 779 270 Neami National (02) 4226 3277 One Door Mental Health (02) 4474 0811 The Disability Trust 1300 347 224 |
| NewAccess   | A six-session coaching service using Cognitive Behavioural Therapy. For anyone aged 12+ who feels stressed, anxious or overwhelmed about everyday life challenges, such as work, study, relationships, health, and loneliness. Available in person, via phone or videocall. | Illawarra Shoalhaven Southern NSW | Wellways Australia 1300 921 535 (option 1) wellways.org/our-services/newaccess |
| Psychological Therapies  | Flexible psychological therapies provided primarily through in-person consultations with a mental health professional. See website for some specialty services included. | Illawarra Shoalhaven Southern NSW | Grand Pacific Health 1800 228 987 gph.org.au/our-health-services/therapy-and-counselling-services |
| Rural Outreach Mental Health Service  | Recovery-oriented services for adults with severe and complex episodic mental health needs. Delivered by mental health nurses. | Illawarra (excluding Wollongong) Shoalhaven Southern NSW | Rural Outreach Mental Health Service (02) 4421 7525 romhs.com.au |
| Next Steps Suicide Prevention Aftercare  | A psychosocial program for people aged 16+ who have presented in suicidal crisis to EDs or community mental health teams. Staffed by skilled peer workers who work closely with the person to help reduce their risk and take steps towards the life they want. | Illawarra Shoalhaven Southern NSW | Grand Pacific Health 1800 228 987 |

| Program name | Type of service | Locations | Service provider details |
|--|---|--|--|
| Older People | | | |
| Continuing 2 Be Me (C2bMe)   | Psychological therapy for people living in residential aged care facilities and in the community. For non-Indigenous people aged 65+ and Indigenous people aged 55+. | Illawarra Shoalhaven Southern NSW | Uniting 1800 422 263 (1800 C2bMe) parramattamission.org.au/c2bme/c2bme-sensw |
| Aboriginal and Torres Strait Islander People | | | |
| | | | Illawarra Aboriginal Medical Service (02) 4229 9495 illawarraams.com.au |
| | | | South Coast Medical Service Aboriginal Corporation 1800 215 099 southcoastams.org.au |
| Social and emotional wellbeing services    | Culturally safe social and emotional wellbeing services for Aboriginal and Torres Strait Islander people. | Illawarra Shoalhaven Southern NSW | Waminda South Coast Women's Health and Welfare Aboriginal Corporation (02) 4421 7400 waminda.org.au |
| | | | Katungul Aboriginal Corporation Regional Health & Community Services Narooma: (02) 4476 2155 Bega: (02) 6492 0532 Batemans Bay: (02) 4488 4050 katungul.com.au |
| Strong Foundations   | School-based mental health literacy and help-seeking program for Aboriginal and Torres Strait Islander children in years 3–6. Social and emotional wellbeing service for family members requiring additional support. | Shoalhaven | South Coast Medical Service Aboriginal Corporation 1800 215 099 southcoastams.org.au/strong-foundations |
| Strong Yawa  | After hours telephone support service for Aboriginal and Torres Strait Islander people who are experiencing distress. Available 5pm to 9pm, 7 days per week. | Shoalhaven | Waminda South Coast Women's Health and Welfare Aboriginal Corporation 1800 953 736 waminda.org.au/health/strong-yawa |

| Program name | Type of service | Locations | Service provider details |
|---|---|-------------|--|
| Bushfire Recovery Services – Non-Clinical | | | |
| Bushfire Recovery Support Service | Child and Family Program, a Rural Men's Program and Equine Assisted Learning Program | Monaro LGA | Monaro Family Support Services Cooma – 6454 3450 coom@mfss.org.au Bombala – 6458 4888 bombala@mfss.org.au Jindabyne – 6452 3450 e.maxwell@mfss.org.au Outreach – 6452 3450 e.maxwell@mfss.org.au |
| Bushfire Recovery Volunteer Program | Social Support for people impacted by the 2019-20 bushfires | Eurobodalla | Eurobodalla Shire Council 4474 7445 bushfire.volunteers@esc.nsw.gov.au |
| Bushfire Recovery Support – Child and Family | Child and Family Supports. | Bega Valley | Mission Australia Bega 4824 4000 6491 2300 admintablelands@missionaustralia.com.au |
| Journey of Hope | Child and Family Support through the delivery of Play2Learn and Journey of Hope programs. For children aged 6 and under and families. | Shoalhaven | Save the Children Australia journeyofhope@savethechildren.org.au |
| Rural Support Worker Outreach | For individuals, families, and communities. | Eden | Eden Community Centre 6496 3970 admin@eden.nsw.au |
| Recovery Support Worker Outreach | A specialised local service assisting people impacted by the 2019-20 bushfires. | Queanbeyan | Queanbeyan Palerang Regional Council (02) 6285 6789 recovery@qprc.nsw.gov.au |
| Revival | Supports communities with a collection of wellbeing, cultural, spiritual, recreational and psychological support to build a shared story of healing, survival and regeneration. | Eurobodalla | Revival Program – Marymead Children, Families, Community 0439 790 124 intake@marymead.org.au |

| Program name | Type of service | Locations | Service provider details |
|---|---|--------------------------------|---|
| Bushfire Recovery Services – Clinical | | | |
| Bushfire Recovery Counselling   | Counselling for individuals, families, and communities impacted by bushfires. | Shoalhaven Southern NSW | Catholic Care 1800 068 698 coordinare.org.au/assets/CatholicCare-flyer.jpg Grand Pacific Health 1800 228 987 coordinare.org.au/assets/GPH-Bushfire-Support-flyer.pdf |
| Continuing 2 Be Me (C2bMe)   | Psychological therapy for people living in residential aged care facilities and in the community. | Southern NSW | Parramatta Mission 1800 422 263 (1800 C2bMe) parramattamission.org.au/c2bme/c2bme-south-eastern-nsw |
| Regenerate   | Early intervention mental health outreach support services for children aged 5--12 years. | Eurobodalla area | Marymead 1800 427 920 regenerate@marymead.org.au |
| Child Mental Health Services   | Mental health services for children (under 12) and their families. | Eurobodalla and Bega area | Family Services Australia 1800 372 000 (02) 4256 7399 admin@familyservices.org.au |

All services are provided at no cost to recipient. **Level five services** are provided by the Local Health District (Illawarra Shoalhaven or Southern NSW) and can be accessed via the [NSW Mental Health Line](#) on **1800 011 511**.

Further information

- ▶ Information on local drug and alcohol services for health professionals – [click here](#).
- ▶ Managing drug and alcohol and drug related issues in general practice flyers:
 - [Illawarra Shoalhaven](#)
 - [Southern NSW](#)
- ▶ Information on local drug and alcohol services for the community – [click here](#).
- ▶ Information for carers: call the Carer Gateway on 1800 422 737 to help you to find local services and supports or visit carergateway.gov.au.
- ▶ Please note that the above list is of PHN-funded services only. Other services are listed in the [National Health Services Directory](#).
- ▶ For Australia-wide digital mental health services and resources, please visit the Australian Government's Head to Health hub at headtohealth.gov.au.
- ▶ Also see COORDINARE's [Community Supports page](#) that provides quick links to community supports available in South Eastern NSW.

Expressions of interest for 2023 are open!



The HIPPY program is a free early learning program for pre-school aged children that helps your child and family get ready for the transition to school and is done in your own home.

HIPPY helps children by:

- Preparing them for school
- Building their self-esteem and confidence through learning
- Giving them fun ways to learn and enjoy spending time with their parents.

HIPPY helps parents to learn:

- How to be more involved in their child's learning
- About child development and the different ways that they learn
- How to make the transition to big-school easy for you and your child.

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

**For further information or to enroll
contact Ciemara Williams on 02 4275 8575
or visit hippyaustralia.bsl.org.au**



**Barnardos
Australia**

THE SALVATION ARMY FIRST FLOOR PROGRAM

PROGRAMS - TERM THREE 2022

BOOSTED FOR TEENS

Our six-session program of practical strategies to boost your psychological and emotional well-being.

Tuesdays 4pm-5.30pm
16th August - 20th September
Online via ZOOM

ART FOR HEALING

Our weekly art group - a safe place to connect, explore, create and reflect.

Fridays 10am-11.30am
Foundry Family Centre
132 Wentworth St, Port Kembla

Fridays 12pm-1.30pm
Online via ZOOM

FAMILY EMPOWERMENT VILLAGE PROGRAMME

A 12-week empowerment program for families impacted by a loved one's substance use or mental health issues - clarify your values, focus on strengths and move closer to the life you want for you.

Wednesdays 6pm-8pm
20th July - 5th October
Online via ZOOM

SEE CHANGE

For families impacted by drug and alcohol use and/or mental health issues of a loved one - understand the process of change and reclaim your life.

Tuesdays 6pm-8pm
16th August - 20th September
Online via ZOOM

For bookings or more information please contact:
The Salvation Army First Floor Program on (02) 42291079
or email: firstfloorprogram@salvationarmy.org.au

Problem Gambling - Affecting the Illawarra

An informative session for those who encounter the impacts of gambling.

Use this Opportunity to learn more about...

- The effects of problem gambling on individuals, families, friends, colleagues and employers
- The wider impacts on the community
- How you can help others who may be affected
- How to access problem gambling support services in your area

When: Tuesday 17th May, 10am – 11am

**Where: The Salvation Army First Floor Program
132 Wentworth St, Port Kembla**

Cost: FREE

**To register contact the FFP on (02) 42291079
or firstfloorprogram@salvationarmy.org.au**

GAMBLING
Impact
Society NSW



Northfields Psychology Clinic Group Programs

Parenting Confident Carers - Cooperative Kids

Strengthen relationships to reduce behavioural problems (3-11yr)



Thursdays 6-8 pm (8 weeks)
Each School Term
Cost: \$120 / \$60 concession

Child Anxiety - Cool Kids

Learn strategies for managing anxiety for children (8-12yr) and their parents/carers



Each School Term
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Social Anxiety Group

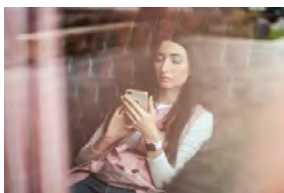
Learn strategies for managing anxiety



Once per year (10 weeks)
Cost: \$120 / \$60 concession

Adolescent Anxiety - Chilled

For Adolescents (13-17yrs) with anxiety and their families



Once per year (9-10 weeks)
Cost: \$120 / \$60 concession
Additional \$45 for workbooks

Doing ADHD Differently

Addresses concerns related to ADHD / ADD and provide practical skills to help manage associated difficulties



Several times per year (6 weeks)
Cost: \$120 / \$60 concession

Please Contact
Northfields Psychology Clinic
for further information

phone: 02 4221 3747
email: nfc-uow@uow.edu.au

Participants must complete pre-group meeting prior to attending



CareWaysTM
community



COME JOIN US AT
**HORSLEY
PLAYGROUP**

9.30AM to 11:30AM THURSDAYS

**HORSLEY COMMUNITY CENTRE
82 BONG BONG ROAD HORSLEY 2530**

Morning tea provided.

For more information, please call 4262 1918 or email help@careways.org.au





CareWaysTM
community



COME JOIN US AT

KOONAWARRA PLAYGROUP

9.30AM to 11:30AM WEDNESDAYS DURING SCHOOL TERMS ONLY

**KOONAWARRA COMMUNITY CENTRE
36 FOWLERS ROAD KOONAWARRA 2530**

Morning tea provided.

For more information, please call 4261 8426 or email help@careways.org.au



Noah's Inclusion Services - Term 3 2022 Groups Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| Young Yarns Playgroup 9.30am-12pm 172 Shellharbour Road, Warilla Playgroup for Aboriginal children 0-5 years | Koori Kids Together 9am-1pm Jervis Bay/Wreck Bay Identify and support Aboriginal children with additional needs | Koori Kids Together 9am-3pm Jervis Bay/Wreck Bay Identify and support Aboriginal children with additional needs | PlayConnect Playgroup 10am-11.30am Noah's Ulladulla Playgroup for children 0-5 years with Autism or developmental concerns | Little Steps Playgroup 9.30am-11am Sanctuary Point Connect 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 | Cullunghutti Aboriginal Playgroup 10am-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 9.30am-11.30am Noah's Nowra Communication, physical and social skills for pre-schoolers with a NDIS Plan | |
| Skills Development Program 10am-11.30am Noah's Nowra Language skills for pre-school age children with a NDIS Plan | My Time 10am-12pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs | My Time 9.30am-11.30am Noah's Sanctuary Point Peer support group for parents/carers of children with additional needs | My Time 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs | |
| | PlayConnect Playgroup 10am-11.30am Noah's Nowra Playgroup for children 0-5 years with Autism or developmental 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 10am-11.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care | PEERS Program 3pm-4.30pm Noah's Nowra Social skills program for young people 13-18 years with a NDIS Plan | | |
| | Language for Learning 1pm-2.30pm Noah's Nowra Early literacy skills building for preschool 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 | | |
| | Secret Agent Society (SAS) 3pm-4.30pm Noah's Nowra Social skills program for children 8-12 years with a NDIS Plan | | | |
| | SOS Feeding Program 3.15pm Noah's Nowra A transdisciplinary program for assessing and treating children with feeding difficulties with a NDIS Plan | | | |

Other Programs offered at Noah's by arrangement:

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

NDIS Services by appointment (subject to 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"> • Language for Learning • Making Friends • Little Learners • Skills Development Program • SOS Feeding Program • Secret Agent Society (social skills group for 8-12 years) • PEERS (social skills group for 13-18 years) • Westmead Feelings Program (various ages) | <ul style="list-style-type: none"> • Costs (charged to NDIS Plan) are according to the NDIS Price Guide • Waiting lists exist for some groups • Mainly internal referrals accepted |
| 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) | <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: Flagstaff Road, Port Kembla, Ph: (02) 4423 5022
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*

Early literacy event

PAINT THE GONG REaD!



Join BrightSpark, Billy Backpack and our special guest star story tellers for our annual reading day to celebrate Book Week! All families with children 0-5 years are invited!

Thursday 11 August
9.30 - 11.30am

Warrawong Plaza
Meet at centre stage

STORIES,
ACTIVITIES,
READING TENTS,
MUSIC MAT,
ABORIGINAL
ART+MORE!

WCC@50.03.313



Cook Chill Chat Cooking Workshops

Do you want to **meet new people**
while **learning healthy cooking**
tips and kitchen tricks?

Join Us!

Family Services Australia

1/80 Park Rd, Nowra

Date: Starting Wednesday 3 August for 8 weeks

Time: 10:30am – 1:30pm (lunch included)

Cost: FREE

Bookings: To book your spot, call Katie on 0439 887 554
or Linda on 4283 8111

Free child minding available – bookings essential

Cook Chill Chat is a weekly community cooking program to
increase social connections, happiness and healthfulness.



**FAMILY SERVICES
AUSTRALIA**
SAFE • WELL • STRONG • CONNECTED





PRIDE! Project

Berkeley Youth Project

Last Tuesday of each month

3pm-5:30pm

For more information call
or text 0466 001 145
or find us on our socials.





**Book early
Limited Places!**

Free workshop for Carers in Shellharbour

Do you provide support to a family member or a friend because of chronic illness, disability, mental health issues or frail age?

Our three day workshop covers services and supports, planning ahead, health and wellbeing plus an opportunity to meet other carers.

Dates: Tuesdays 16 August, 23 August and 30 August 2022

Time: 9:30am – 2:30pm

**Venue: Shellharbour Council, Gadhu Room
76 Cygnet Ave
Shellharbour City Centre**
Parking available underneath Council

Lunch provided

**To register please phone 4253 4501 or
email evelyn.jelercic@health.nsw.gov.au**

FREE!

**If you need help with respite call Carer Gateway 1800 422 737
Organised by the Illawarra Shoalhaven Local Health District Carer Program**



Carer Education Program

9.30am to 2.30pm

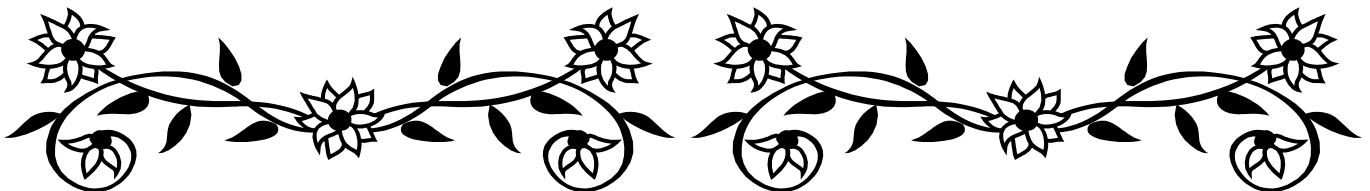
Topics covered

- Week 1**
- Welcome & Introductions
 - Overview of caring role & impacts of caring
 - Value of respite and other community support
 - Caring Smarter Not Harder
 - Home Modifications and Maintenance
- Week 2**
- Centrelink Financial Information
 - Legal Planning Ahead
 - Advance Care Planning
 - Grief and Loss
 - Relaxation
- Week 3**
- Stress Management
 - Carer Wellbeing
 - National Disability Insurance Scheme
 - Advocacy
 - Review and Evaluation

Please contact us if you are unable to attend or will be running late

Evelyn 0421 099 005

Kellie 0422 004 119



The Peer Support Program equips students with the skills and tools to manage their wellbeing now and into the future.

- ✓ Student led and peer-to-peer
- ✓ Evidence-based universal program
- ✓ Supported by 50 year history
- ✓ Easy to implement
- ✓ Modules and guidelines provided
- ✓ Developed and supported by Peer Support Australia, a not-for-profit organisation



Implement the program in your school

Join an upcoming workshop to implement the Peer Support Program in your school.

- **Sydney**, Thursday 28 July
- **Canberra**, Wednesday 3 August

[Find out more here.](#)

"We have been running the program for 2 years. Over this time, students have formed and maintained strong cross grade relationships... an enhanced sense of connection and widened support networks from students in Years K-6."

Laura McLaughlin, Teacher
Bourke Street Public School, NSW

www.peersupport.edu.au
1300 579 963





Park Locations – Term 3, 2022

Monday

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

Tuesday

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

Wednesday

Central Park, The Boulevarde, Oak Flats
9:30am – 11:30am

Thursday

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

Website: www.familyservices.org.au



Family Services Australia

Term 3 Berkeley Youth Project



Tuesdays 3pm-5:30pm

Flavours of the World!

Learn how to follow delicious recipies and cook a yummy meal.

Wednesdays 3pm-5:30pm

Paint and Create!

Unwind, paint and create as we work through a variety of activities such as, slime making, newspaper fashion parade, rock painting and more

Thursdays 3pm-5:30pm

The Hang Out!

A space to chill out and chat with friends and youth workers. Access support, get help with homework or life stuff.



**Berkeley
Youth
Project**



Family Services Australia

ectarc

EARLY CHILDHOOD
EDUCATION SERVICES & TRAINING
ECTARC: Clipper Road Education & Care Service

TERM 3
STARTS 26TH
JULY

NOWRA SUPPORTED PLAYGROUP

PARTNERING WITH ECTARC CLIPPER
ROAD EDUCATION AND CARE SERVICE

10AM - 12PM
TUESDAYS



Are you the parent, grandparent or caregiver
of a child under 5?

Come along to our FREE playgroup!

1/80 Park Road East Nowra

Call Katie on 0439887554 for further
information





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

Contact Claire for all booking and enquiries

PH: 0448 564 219

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



Albion Park Rail School Community Centre

FREE PROGRAMS TERM 3

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|
| <p>Playgroup Birth to 5 Years Tuesday 9:00am - 11:00am</p> <p>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.</p> <p>What to bring: - hat and sunscreen and water bottle. Fruit, tea and coffee provided.</p> | <p>Coffee Connect Wednesday 9:00am - 12:00pm</p> <p>Coffee connect is a new group initiated by local parents looking for a safe, informal setting to catch up and support each other.</p> <p>Make new friends, share parenting successes and frustrations, develop strategies in a non judgmental environment.</p> <p>BRINGING UP GREAT KIDS - BUGK Starting in August 9:00am - 12:00pm</p> <p>Supports parents to:</p> <ul style="list-style-type: none">- look at effective communication with their children;- strengthen relationships and,- encourage the development of children's self esteem and resilience. <p>Presented in partnership with:</p> <p> Family Services Australia</p> <p>Free: child minding and morning tea Contact Claire for bookings and enquires M: 0448 564 219</p> | <p>Kindy Starters Playstrong Playgroup Thursday 9:00am - 11:00am</p> <p>Families are welcome to join us for activities to prepare children in their readiness for school. Children are encouraged to practise skills needed for Kindergarten 2023;</p> <ul style="list-style-type: none">• Wash hands on arrival• Carry own bag to locker• Locate their Crunch and Sip snack themselves <p>Kindy Starters Playstrong Playgroup works in partnership with Playgroup NSW</p> <p>The same program are run on Tuesday's and Thursday's</p> | <p> Cheeky Monkey's KinderGym 9:30am - 10:30am</p> <p>Crawlers to 8 Years old in the School Hall</p> <p>KinderGym is a movement based playgroup for families with young children.</p> <p>We provide opportunities for children to enhance early learning and wellbeing in a fun and challenging way.</p> <p>Bring a drink and healthy snack.</p> <p></p> |



Jiggle and



Giggle

Jiggle and giggle is a workshop that combines the benefits of music, movement and laughter.

Come and learn from Linda about the benefits of movement,

Women's Wisdom Group

*For women who have
experienced a
relationship that
makes them
feel bad*



Would you like to learn skills to help you feel happier
choose healthier relationships, communicate better and
manage depression, guilt and anxiety?

Come and join us at the Centre for this 6 week
Skill and Personal Development Program.

Free

Tuesday mornings 10.00am - 12.30pm

Program begins

16th August to 20th September 2022

Bookings essential

Shoalhaven Women's Health Centre

4421 0730

Understanding Lymphoedema



Come and join us for a 1 hour education and discussion session about lymphoedema with Jennifer Romanczukiewicz from Calm and Connection Physiotherapy.

Lymphoedema is a condition that causes swelling in a part of the body. It can occur in any body area and can happen to anyone. However, it most often occurs when there has been damage to your lymphatic system and is especially common after cancer treatments.

This session will discuss what our lymphatic system does and what lymphoedema is as well as gives practical ideas to help prevent lymphoedema and keep your lymphatic system healthy.

Wednesday 24th August 2022

10.00a.m. - 1.00a.m.

Cost \$5.00

Bookings essential

Shoalhaven Women's Health Centre

4421 0730



CALM & CONNECTION
— PHYSIOTHERAPY



Pelvic Floor

Care Throughout the lifespan

Over our lifetime, our pelvic floor is subjected to many stresses that can contribute to weakness and dysfunction. Lifestyle factors, structural abnormalities, ageing and injury can contribute to bladder and bowel weakness, prolapse or pain. One in three women who

have had a baby have experienced bladder leakage or weakness, and as many as 50% of women suffer from some level of prolapse, according to the Continence Foundation of Australia.

Throughout this workshop, Julia Urquhart (Physiotherapist) will discuss the pelvic floor and what happens to our bodies during the childbearing years, menopause and beyond. Julia will also discuss how to avoid extra stress on the pelvic floor, when to get help and who to talk to.

This workshop is ideal for every woman.

Tuesday 26th July 2022 12.30 p.m. to 2.00 p.m.

Cost \$5.00

Bookings essential

Shoalhaven Women's Health Centre

4421 0730



CALM & CONNECTION
— PHYSIOTHERAPY