

# Illawarra Shoalhaven Local Health District

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Recently received service flyers, program promotions and training opportunities.

## Circulation

- ☐ Principal
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- ☐ HT Welfare
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Compiled by:  
ISLHD School-Link

Term 4 2022

## Welcome !

Welcome to the 24th edition of the ISLHD School-Link Newsletter!

October is Mental Health Month.

Mental Health Month is a chance to promote activities and ideas that can have a positive impact on our daily lives and the lives of others. These events and messages are tied together with a specific theme, and this year's is "Tune In".

Tuning in means being present, it means being aware of what is happening within you, and in the world around you.

## 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)

5 Bridge St, Wollongong NSW 2500

**David Bunder: School-Link Coordinator**

Mobile: 0427 424 514

Landline: (02)4286 8722

Email: [david.bunder@health.nsw.gov.au](mailto:david.bunder@health.nsw.gov.au)

**Johanne Sneddon: School-Link Coordinator**

Mobile: 0459 880 578

Landline: (02) 4286 8721

Email: [Johanne.Sneddon@health.nsw.gov.au](mailto:Johanne.Sneddon@health.nsw.gov.au)

### The Bigger Picture

Often, we only talk about mental health as an individual responsibility, but many things outside our control contribute to mental health.

Discrimination, inequality, intergenerational trauma, access to services, and government policies can negatively impact a person's and a communities' mental health.

During Mental Health Month we all have a chance to Tune In to things we can do as individuals for our own, and others' mental health. We also need organisations and groups working on the bigger picture, outside factors will continue to impact individual's mental health and wellbeing.

Creating a world where people can develop their own best possible mental health means a world where all systems, structures, policies, and services support this vision.

Reference: <https://mentalhealthmonth.wayahead.org.au/>

### Student Wellbeing Resources

- Connect: Information on people to talk with about your mental health and wellbeing, and ideas for breaking the ice
- Join In: Activities happening across communities to take part in
- Discover: A collection of food, fitness and fun activities
- Experience: Mental Health Month Connection Calendar with daily wellbeing suggestions



<https://education.nsw.gov.au/student-wellbeing/mental-health-month>

### Education Staff-only Website

Information and suggestions supporting the mental health and wellbeing of staff within the NSW Department of Education, and resources for supporting our work with students.

<https://education.nsw.gov.au/inside-the-department/>



### Classroom Mindfulness and Calming Activities

Illawarra Shoalhaven School-Link has collated a collection of easy to implement mindfulness and calming activities designed to support the wellbeing of students.

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

Ten Primary School and ten High School packs of instructions and resources are available for schools in the Illawarra and Shoalhaven. Contact School-Link to enquire about obtaining a mindfulness and calming activity pack from your school.

Tuning in means being present

Tuning in means being aware of what is happening within you, and in the world around you.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

You can tune in to many things:

- ⇒ Tune in to yourself – What can you sense right now? What can you feel?
- ⇒ Tune in to others – What might people around you be feeling? How can we connect?
- ⇒ Tune in to your communities – What is happening that you can be part of, or that you can help others be part of?
- ⇒ Tune in to stigma – How do attitudes and understandings of mental health and wellbeing impact on people's ability to live the lives they want? How can we help?

Reference: <https://mentalhealthmonth.wayahead.org.au/>

Wellbeing is about being both happy and healthy

Here are some points to think about:

1. Eat well
2. Move your body
3. Get enough sleep
4. Find time to stop and relax
5. Get outside
6. Spend time with the ones you love
7. Give back to others
8. Take time out for yourself
9. Break bad habits
10. Seek help



### Useful Resource: Mental Health and Wellbeing Hub

The NSW Department of Education mental health and wellbeing hub includes ways you can help yourself and others to strengthen mental health.

It has links and contact details for getting help when you need it, including help following a natural disaster. [directory-a-z/mental-health-month](https://education.nsw.gov.au/student-wellbeing/counselling-and-psychology-services)

<https://education.nsw.gov.au/student-wellbeing/counselling-and-psychology-services>



# ***“Staying Connected When Emotions Run High”***



*Photo supplied by: Stonemeadow Photography*

An introductory workshop  
for **Professionals**  
who work in **Government**  
and **Non-Government**  
**Organisations**

Proudly facilitated by

**Dr Annemaree Bickerton** (Child, Adolescent and Family Psychiatrist) and  
**Toni Garretty** (Clinical Coordinator) Family and Carer Mental Health Program,  
Illawarra Shoalhaven Local Health District.

This workshop introduces professionals to some frameworks and relationship strategies that can become a resource to people, 12yrs – 100yrs, who has;

- changeable and overwhelming emotions
- who displays impulsive and destructive behaviour or
- a diagnosis of marked emotion dysregulation (including personality disorder).

This workshop is based on the highly successful intervention for families and carers.

## **Learning outcomes**

- Increased understanding of emotion dysregulation
- Identify the ‘four carer dances’ and their role in emotion dysregulation
- Knowledge of the “five key relationship strategies” in order to become a helpful resource to someone in distress
- Understanding “relationship triangles” – Karpman’s Model
- Introducing the concept of Safety Planning “Like a Fire Drill” to promote safety when distress or risk escalates

*If you are working within the **Illawarra Shoalhaven Mental Health Service**, including Emergency Services, please disregard this flyer and contact Toni: [toni.garretty@health.nsw.gov.au](mailto:toni.garretty@health.nsw.gov.au) for further details.*





## ***“Staying Connected When Emotions Run High”***

**Venue:** Port Kembla Golf Club

24 Golf Place, Primbee

**When:** Tuesday 8<sup>th</sup> November, 2022

**Time:** 8:45am – 4:30pm.

Registration to open October 18th.

Completed registration forms, dietary needs and payment must be submitted by **Thursday 3 November 2022.**

***COST \$95 per person-*** Morning tea, lunch, workbook and certificate provided.

**Payment can be made via:**

- Credit Card Payments over the phone – by calling ISLHD Finance on: 4267 7311
- Cash, Credit Card, Cheque and Money Order at any ISLHD Cashier
- Cheque or Money Order and sent to ISLHD Finance, PO Box 239 Port Kembla, NSW, 2505

Please make all Cheque/Money Orders payable to: Illawarra Shoalhaven Local Health District

**REGISTRATION:** Please complete payment as above and return completed registration form to Toni Garretty email: [toni.garretty@health.nsw.gov.au](mailto:toni.garretty@health.nsw.gov.au)

**Further enquiries:** phone Toni Garretty 0421 054 741 or email as above

NAME	WORKSHOP DATE
ROLE	ORGANISATION
EMAIL	
MOBILE	
DIETARY REQUIREMENTS	
PAYMENT	<b>Registration payment \$95.00 completed</b> <b>PLEASE INCLUDE DATE OF PAYMENT MADE WITH CASHIER:</b>



# 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:** Saturdays in Term 4, 2022 (starts 16 October)

**Time:** 9am-11am

**Where:** University of Wollongong, Sports Hub



1800 780 900



[go4fun.com.au/register](https://go4fun.com.au/register)



Dear Colleagues

We would like to provide an update on Audiology and Audiometry services in the Illawarra and Shoalhaven regions. Due to the high demand, all hearing appointments now require a referral. **Please ensure patients call to book an appointment.** Please include all relevant information on the referral.

**Recent Changes:**

- Appointments for Adults are now available
  - Please only refer **when there are hearing and/or ear health concerns for children and adults**
- X Do not refer Adults/Pensioners who require hearing aids or cochlear implants. They should be referred for rehabilitation and not to our diagnostic service. Rehabilitative services are free of charge under The Office of Hearing Services (contact Hearing Australia).
- X A free hearing check of children over 4 years 6 months with [Sound Scouts App](https://www.soundscouts.com/) (<https://www.soundscouts.com/>) can be used to identify if further assessment is required. Children do not need a hearing test prior to school – Sound Scouts can be used to screen.

**Who can refer to our service?**

Appointments now require a referral from a GP, medical specialist, Allied Health professional, two failed sound scouts results, Aboriginal Medical Services and refugee organisations.

**Priority referrals**

To manage the high demand for these services, referrals are being triaged. Please include all relevant history on the referral. The following groups are given priority for appointment slots:

- Sudden hearing loss
- Hearing loss due to trauma or infection/illness
- Ototoxicity (oncology referral)
- Indigenous children and adults, refugees, and culturally and linguistically diverse patients, with hearing concerns.
- Complex inner and middle ear pathology
- Children with developmental concerns/medical issues which increase the risk of hearing loss

### **Services are provided at the following locations:**

#### **Port Kembla Hospital (Cowper St, Warrawong)**

- Ph: 4223 8033 for an appointment
- Forward your referral to Fax: 4223 8025
- Please ensure patients call to book an appointment
- *Note:* this service is for 8 years and older.

#### **Kids Cottage Warilla (1/10 Belfast Ave, Warilla)**

(please note new phone number)

- Ph: 4233 3150 for an appointment
- Fax: 4233 3155
- Email: [ISLHD-KidsCottage@health.nsw.gov.au](mailto:ISLHD-KidsCottage@health.nsw.gov.au)
- This service is for children 0-8 years, or developmentally delayed.

#### **Kiama Integrated Primary and Community Health Centre (14B Bonaira St, Kiama)**

- Please call Kids Cottage on 4233 3150 to make an appointment at Kiama.
- This service is for children 4-18 years who are developmentally ready.

#### **Nowra Community Health Centre (5-7 Lawrence Ave, Nowra)**

- Contact Nowra Family Care Centre, Ph: 4424 6460 for an appointment.
- Please note: Appointments are seen at Nowra Community Health Centre
- Forward to [ISLHD-NOW-FamilyCareCentreAdmin@health.nsw.gov.au](mailto:ISLHD-NOW-FamilyCareCentreAdmin@health.nsw.gov.au) or Fax: 4424 6470
- Please ensure families call to book an appointment. This service is for all ages.

#### **Ulladulla HealthOne (Cnr South St and Princes Hwy, Ulladulla)**

- Please contact HealthOne Ulladulla on Ph: 4455 9999 for an appointment.
- This service is for children 4-18 years who are developmentally ready
- Please note: This is an outreach clinic so appointments are limited.

For further information, please see the website: <https://www.islhd.health.nsw.gov.au/services-clinics/allied-health#audiology-123> or contact The Audiology Team on Ph: 4233 3150.

### **Quick Reference Guide:**

<b>Under 4 years</b>	<b>4-8 years</b>	<b>8yrs – adult</b>	<b>Contact details</b>
Nowra	Nowra	Nowra	Nowra Ph: 4424 6460
Kids Cottage Warilla	Kids Cottage Warilla		Kids Cottage Ph: 4233 3150
	Kiama	Kiama (4-18 years)	Kids Cottage Ph: 4233 3150
		Port Kembla Hospital	Port Kembla Hospital Ph: 4223 8033
	Ulladulla	Ulladulla (4-18 years)	Ulladulla Ph: 4455 9999

*Note: Children who have developmental delay may need to be seen at Kids Cottage or Nowra Community Health Centre.*

Yours sincerely



Kathryn Owens  
Audiology Unit Head



Ruth Evans  
Allied Health Team Leader

Date: 20/7/22





**Health**  
Illawarra Shoalhaven  
Local Health District

## **Child & Family Allied Health Service**

### **Kids Cottage, Warilla**

Please note Kids Cottage Warilla has new phone and fax numbers

New Phone number: 4233 3150

New Fax number: 4233 3155

Address: ISLHD – Kids Cottage, 1/10 Belfast Ave, Warilla NSW 2528

Email: [ISLHD-KidsCottage@health.nsw.gov.au](mailto:ISLHD-KidsCottage@health.nsw.gov.au)

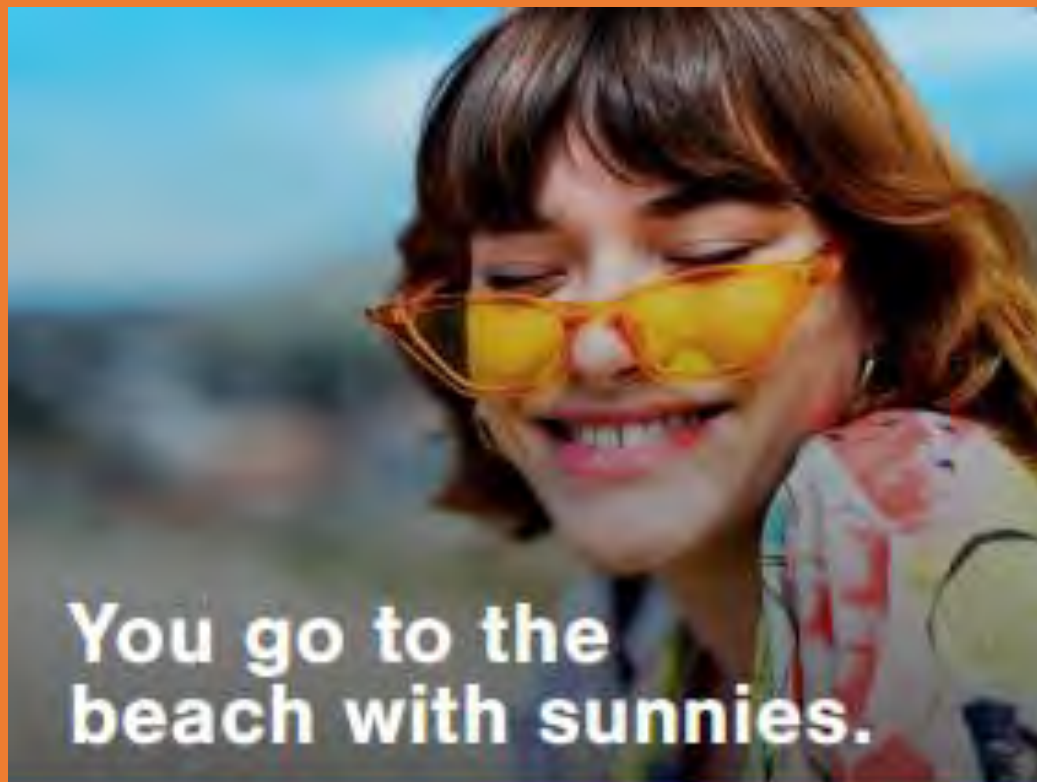
Website: <https://www.islhd.health.nsw.gov.au/services-clinics/child-and-family-allied-health-services-kids-cottage-warilla>

Child & Family Allied Health team at Kids Cottage accepts referrals for families who live in the Shellharbour and Kiama Local Government areas (from Yallah / South of the Windang Bridge, to Gerroa) for the following services:

- Speech Pathology (0-18 years)
- Occupational Therapy (0-18 years)
- Physiotherapy (0-18 years)
- Clinical Psychology (3-12 years)

For ISLHD district wide Audiology services, please see attached information for Paediatric and Adult services at various locations (Kids Cottage, Kiama, Port Kembla Hospital, Nowra, Ulladulla).

Schools & services in NSW can order a free bag of condoms Play Safe Pro and we'll ship them straight to your service. Each pack contains 144 Play Safe branded condoms from NSW Health. There is a maximum order of one bag per month. Click image below to go to the online form. Play Safe Pro is a free service to help service providers and organisations working with young people, it is not for individual use. We track your computer IP and may decline your order if it's found to be for personal use. The program is for services in NSW.



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

**Play Safe,  
wear a  
condom.**

**Get free  
condoms  
here.**

[playsafe.health.nsw.gov.au](https://playsafe.health.nsw.gov.au)

**Play Safe**



## Stride Family & Carer Program

### Illawarra & Shoalhaven

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.

Our Family and Carer Education and Support program includes:

Individualised sessions, support groups, information, education & training, self-care and advocacy.

#### **Support Groups**

Wollongong – 1<sup>st</sup> Wednesday of the month

Warilla – 4<sup>th</sup> Thursday of the month

Nowra – 2<sup>nd</sup> Thursday of the month

Kiama – 4<sup>th</sup> Tuesday of the month

Ulladulla – 3<sup>rd</sup> Friday of the month

#### **Carer Coffee Club**

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

Kiama – 2<sup>nd</sup> Tuesday of the month

Huskisson – 4<sup>th</sup> Friday of the month

Corrimal – 2<sup>nd</sup> Thursday of the month

#### **Carers Week Events - OCTOBER**

##### **Illawarra**

- Hiromi Tango Wollongong Art Gallery and Coffee Session
- Carer's Week Luncheon at the Illawarra Yacht Club
- Wollongong Botanic Gardens Walk

##### **Shoalhaven**

- Carers Celebration Lunch at the Husky Pub
- Kiama Cake and Coffee
- Ulladulla Cake and Coffee

#### **Carers Walk and Talk**

Join us for a relaxing walk and tea/coffee at a range of locations along the south coast!

Wollongong – 2<sup>nd</sup> Tuesday of the month

Huskisson – 1<sup>st</sup> Thursday of the month

Kiama – 3<sup>rd</sup> Tuesday of the month

#### **Educational and Self-Care Events/Workshops**

A range of educational and self-care events/workshops are available to families and carers throughout October – December 2022. These are available at both Illawarra and Shoalhaven sites.

**\*\* For full details of each event, group and workshop please contact the Stride Family and Carer Program directly.**

**Wollongong:** (02) 4229 7254

**Nowra:** (02) 4422 1547

**Email:** [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au)

# Physical Health and Mental Health Forum 2022

**3rd  
NOVEMBER**

**The Ministry of Health, Mental Health Branch and the ACI Mental Health Network are hosting the 2022 Physical Health and Mental Health Forum**

**Date:** Thursday 3rd November 2022

**Location:** Online via Microsoft Teams and in-person at 1 Reserve Road, St Leonard's\*

**Who:** Medical staff, Nursing, Allied Health Professionals, Peer Workforce, Health Managers, staff working with people living with mental health issues in both hospital and community settings

*\*Limited in-person attendance. Districts and Networks will be requested to nominate in-person attendees.*



**Register here for online admission:**

<https://PHMHforum2022.eventbrite.com.au>

**Email for further information:**

MOH-MHB-ClinicalServices@health.nsw.gov.au



*A collaboration between the NSW  
Ministry of Health and the Agency  
for Clinical Innovation*



## Physical Health and Mental Health Forum 2022

### Agenda

09:30 - 09:40am	<b>Welcome to Country</b> <b>Acknowledgement of Lived Experience</b>
09:40 - 09:50am	<b>Introduction to the day</b>
09:50 - 10:00am	<b>Networking activity</b>
10:00 - 10:15am	<b>Equally Well</b>
10:15 - 10:30am	<b>Physical Health Care Guideline and Implementation</b> <i>Mental Health Branch, Ministry of Health</i>
10:30 - 11:00am	<b>Using linked NSW data to support improvement: the Mental Health Living Longer Project</b> <i>Dr Grant Sara</i>
11:00 - 11:30am	<b>Morning tea</b>
11:30 - 12:30pm	<b>Project Showcase</b> Prevention and Health Promotion Access and Intervention Comprehensive Assessment
12:30 - 1:30pm	<b>Lunch</b>
1:30 - 2:15pm	<b>Project Showcase</b> Effective and Integrated Care Value-based Care
2:15 - 2:45pm	<b>Panel discussion</b> <i>Chair - Dr Jackie Curtis</i>
2:45 - 3:00pm	<b>Wrap up and close</b>
3:00 - 3:30pm	<b>Networking and Afternoon tea</b>



THIRRILI

# Support for Aboriginal and Torres Strait Islander communities after suicide



*Indigenous Suicide Postvention Service*

**Call 1800 805 801 - 24/7  
Australia Wide**

THIRRILI - INDIGENOUS SUICIDE POSTVENTION SERVICE

An Australian Government initiative. Proudly supported by the National Indigenous Australians Agency

For more details, visit our official website at [thirrili.com.au](http://thirrili.com.au) or follow us



# LOOKING AFTER FAMILIES & COMMUNITIES - OUR WAY

*Our advocates are experienced in listening, and providing culturally responsive support*

## SEEK SUPPORT

When you call us, the call is answered by an Aboriginal and/or Torres Strait Islander Advocate.

If we miss your call please leave your name and best contact number and we will call you back.



## MOB SUPPORTING MOB

If a family member invites us we can travel to provide support to you and your family. We also work with communities to help them identify and access the supports they need.



## WE'RE HERE FOR YOU

Our advocates

- We provide emotional and practical support to Aboriginal and/or Torres Strait Islander families and communities impacted by loss from suicide or other fatal traumatic incidents.
- Continue to be there for you no matter how long it may take.
- We provide throughcare and continue linking people to supports as needs change over time.



Australian Government

National Indigenous Australians Agency

Proudly supported by the National Indigenous Australians Agency





# After School Fun!

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

Active In-Betweens provides opportunities for children to:

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

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

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

- Tues 3-3.45pm | Bellambi Neighbourhood Centre
- Weds 3-4.30pm | Bundaleer Community Centre, Warrawong
- Weds 3-5pm | Shellharbour Aboriginal Community and Youth Association (SACYA)
- Thurs 3-4.30pm | Horsley Community Centre
- Thurs 3-5pm | Warilla Neighbourhood Centre

For more information please contact

**[michelle@healthycities.org.au](mailto:michelle@healthycities.org.au)**

**t: 02 4283 8111**







# Learn to cook together and eat together.

The Dinner Table Project is a 6-week family cooking program that aims to build stronger family units whilst improving individual health and wellbeing. Families will prepare healthy home-cooked meals together and share in quality interactions at the dinner table.

## Warilla Neighbourhood Centre

69 Benaud Crescent, Warilla, NSW 2528

Every Tuesday for 6 weeks starting 25th October - 29th November

**Time:** 5-7pm | **Cost:** FREE | For families with children 8 years plus.



**Scan QR Code to register.**

Information: Linda t: 02 4283 8111

[linda@healthycities.org.au](mailto:linda@healthycities.org.au)

**Communities for Children**  
Shellharbour



**The  
Dinner  
Table  
Project.**

**Healthy Cities. Healthy People.**



**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](mailto:Claire.jones42@det.nsw.edu.au)



Albion Park Rail School Community Centre

**FREE PROGRAMS TERM 4**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Playgroup Birth to 5 Years</b> <b>9:00am - 11:00am</b></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><b>What to bring:</b> hat and water bottle. Fruit, tea and coffee provided.</p>	<p><b>MyTime Support Group</b></p> <p>MyTime is a place where you can unwind, and share ideas and experiences with others who understand.</p> <p>MyTime is for all parents and carers of children under the age of 18 who need a higher level of care than other children. This might be because of disability, chronic medical condition, or other additional needs including developmental delay. MyTime members come from different backgrounds and their children have different abilities and needs.</p> <p><b>Confident Carers Cooperative Kids</b></p> <p>A parenting program for parents and carers raising 3-11 years old. Children with challenging behaviours.</p> <p><b>Dates:</b> Wednesday 19/10/22 - 17/12/22</p> <p> <b>Family Services Australia</b></p> <p><b>Time:</b> 10:00am - 12:00pm Presented in partnership with <b>Family Services Australia</b> <b>Free:</b> child minding and morning tea <b>Contact</b> Claire for bookings and enquires. <b>M: 0448 564 219</b></p>	<p><b>Kindy Starters</b> <b>Playstrong Playgroup</b> <b>9:00am - 11:00am</b></p> <p>Families are welcome to join us for activities to prepare children in their readiness for school.</p> <p>Children are encouraged to practise skills needed for Kindergarten 2023;</p> <ul style="list-style-type: none"><li>• Wash hands on arrival</li><li>• Carry own bag to locker</li><li>• Locate Crunch and Sip snack themselves.</li></ul> <p>Kindy Starters Playstrong Playgroup works in partnership with Playgroup NSW</p> <p></p> <p>Please note the same programs run on Tuesday and Thursday.</p> <p></p>	<p> <b>Cheeky Monkey's KinderGym</b> <b>9:30am - 10:15am</b></p> <p><b>Crawlers to 8 Years old in the School Hall</b></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><b>Bring:</b> a drink and healthy snack.</p> <p></p>



**FREE FAMILY HOLIDAY PROGRAM**  
**LIMITED PLACES AVAILABLE**



**When: Wednesday 28/09/2022 and Friday 07/10/22**

**Where: PCYC Wollongong, 2 Exeter Ave, North Wollongong, 2500**

**Kindergym Time: 9:30 am - 10:15 am**

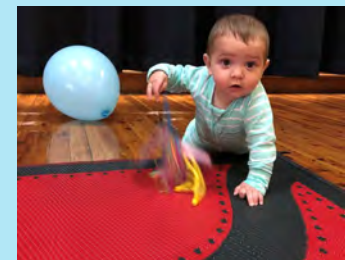
**Contact Claire for bookings and enquires**

For children birth to 5 years with parent or carer



**Junior Gym Time: 10:30 am - 11:30 am**

For children 4 to 6 years old.



**Gym Fun Time: 11:30 am - 12:30 pm**

For children 6 to 8 years old.



**Bring:** Lunch and a water bottle.

Dress in comfortable clothes children can move in  
and tie hair away from face.

**Optional: Meet at Albion Park Train Station:**





# Kids Time and Cooinda Playgroups

for children 0-5 years with their families

We  
believe  
in  
children.



Barnardos  
Australia



Call 4275 8575  
to find out more  
\*  
or just come along

## Join our free community playgroup -

Bellambi Neighbourhood Centre  
Mondays 10am-12pm

Warrawong Child and Family Centre  
Greene St  
Tuesdays 10am-12pm

Bundaleer Community Centre  
Northcliffe Drive Warrawong  
Wednesday 10am-12pm

Berkeley Community Centre  
Wednesdays 10am-12pm

Aboriginal playgroups  
Lakeside Reserve Kanahooka  
Thursdays 10am-12pm  
&

Berkeley Community Centre  
Friday 10am-12pm

Play Ranger Dapto   
Park based playgroup  
Lakeside Reserve Kanahooka or  
Dimond Bros Dapto  
Tuesdays 10am-12pm

\* playgroups operate during school terms



# GRIT

COPE ADAPT THRIVE

# 1 ROAD IN 1 ROAD OUT

**PODCAST:** Released September 2022- on all major platforms.  
Check out our social pages Facebook and Instagram to Listen.



Get in touch:

sam@be.org.au  
0491 932 936

## GRIT PROJECT

GRIT is a responsive action project that aims to:

- Build capacity
- Relationships and
- Resilience

Within the bushfire affected Shoalhaven. The Project is led by Young people, Businesses and Community.

GRIT will engage with community, gathering stories which will be shared in Podcasts and Forums (Podformances)

RESULTING IN A FUTURE PREPARED COMMUNITY.



Beyond Empathy acknowledges the Traditional Owners of country throughout Australia and pays its respect to their Elders past and present.





# BodyKind

## YOUTH SURVEY

Your Body Image, Your Voice.

TAKE THE SURVEY



### Aged between 12-18?

## Butterfly wants to hear from you, the experts on young people's body image.

Help drive positive changes and create an Australia that is kinder to all bodies.

If you're under 15, you'll need parental consent. Over 15, go for it!

You can enter the draw to win one of 20 gift vouchers.

For more information and to access the online, anonymous survey (15 minutes) visit [butterfly.org.au/bkyouthsurvey/youngpeople](https://butterfly.org.au/bkyouthsurvey/youngpeople).

**Got a question? Contact: [education@butterfly.org.au](mailto:education@butterfly.org.au)**

Butterfly is an Australian charity supporting those affected by eating disorders and body image concerns.

Butterfly's National Helpline is free and confidential.  
Chat online, call or email 7 days a week, 8am - Midnight (AEST)

**Visit: [butterfly.org.au/helpline](https://butterfly.org.au/helpline)**



# EDUCATED

**An online program providing school staff with the necessary skills to identify and support young people with an eating disorder**

## Overview of the program

EducatedED is an online tool that provides school staff with the skills to identify early, provide support, appropriately respond to, and refer school students with or at risk of an eating disorder.

## What you will learn

This essential information will upskill staff members and help decrease anxiety around dealing with eating disorders, increase understanding of how to manage them in the school context, provide pathways to medical and psychological care and ensure safety.

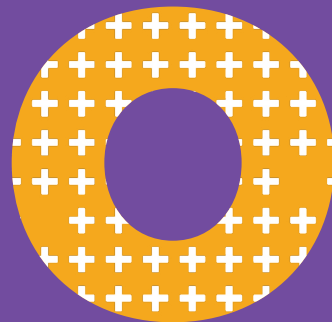
## Objectives of the program

- Increased understanding of eating disorders, its prevalence, symptoms and risks
- Increased understanding of the function an eating disorder plays in the young person's life
- Increase in the ability to identify an eating disorder
- Increase in staff confidence in approaching and responding to a student with an eating disorder
- Increased knowledge about the types of medical and psychological interventions recommended for different diagnoses and level of severity and the role of the school in supporting these interventions
- Increased understanding of the care pathways for eating disorders

## Find out more

For more information, head to:

**[insideoutinstitute.org.au/  
resource-library/educated](https://insideoutinstitute.org.au/resource-library/educated)**



**INSIDEOUT**  
Institute for Eating Disorders





# PARENTING GROUP ALBION PARK RAIL

## CONFIDENT CARERS COOPERATIVE KIDS

**Confident Carers Cooperative Kids (CCCK)** aims to help parents and carers feel more confident and to create more positive relationships with their school-aged (0-12 years) children

### You Will Learn

- How to respond to your child's needs
- To understand and support your child's feelings
- Help your child to have higher self-esteem
- Learn more on our website [www.familyservices.org.au](http://www.familyservices.org.au)

### When and Where

This free group runs over 8 sessions during Term 4, 2022

- Wednesday's from 10am to 12 noon
- 19 October to 7 December 2022
- Albion Park Rail Public School  
Schools as Community Centre  
Tongarra Road  
Albion Park Rail

### Bookings Essential To register

- Email [admin@familyservices.org.au](mailto:admin@familyservices.org.au)
- Phone 0455 892 092
- Limited free child minding available

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



Family Services Australia



# FREE PARENTING GROUP NOWRA

## **CIRCLE OF SECURITY**

### **0-12 Years**

This 8-week Program focuses on building relationships between parents and children. The idea of a circle of security helps parents understand their child's need for security as well as their child's need to explore. This helps with understanding emotional needs of children and improves behaviour and self-esteem.

Families experiencing stressful events, divorce, conflict, mental health issues, disability or adoptive parents will benefit from this Program.

#### You Will Learn

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

#### When and Where

The Group runs over 8 sessions during School Term 4, 2022

- Thursday's from 10am to 12pm
- 20 October to 1 December 2022
- Family Services Australia  
1/ 80 Park Road, Nowra  
[www.familyservices.org.au](http://www.familyservices.org.au)

#### Bookings Essential To register

- Email  
[admin@familyservices.org.au](mailto:admin@familyservices.org.au)
- Phone  
0455 892 092
- Limited child minding available

**Do you have a State Debt?**

**We may be able to help you pay off your fines with a Work & Development Order**



Family Services Australia



**Circle of Security**  
INTERNATIONAL  
*Early Intervention Program for Parents & Children*





**Share your world**

**Be a Foster Carer**

## **Did you know educators are excellent Foster Carers?**

Educators know what it takes to be patient, be great listeners and use creativity to form nurturing environments. Exceptional Foster Carers have all the same qualities.

Life Without Barriers is currently looking for Carers who understand that children do well with the right help.

If you can share your world and be a positive change in a young person's life for one weekend a month or longer, please contact us today!



Scan to find out more!

1300 592 227

[lwb.org.au/foster-care](http://lwb.org.au/foster-care)

**LIFE  
WITHOUT  
BARRIERS**





# HIPPY

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

JOIN THOUSANDS OF FAMILIES DOING  
HIPPY ACROSS AUSTRALIA

Play-based  
activities

Empowers  
you to be your  
child's first  
teacher

Supports  
your child's  
transition to  
school

Supports  
development,  
community  
connection &  
confidence

## OUR PROGRAM

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



Express your interest

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

Starting when your child turns three, 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 COORDINATOR IS

NAME : Ciemara Williams

PHONE : 42758575

EMAIL : Ciemaraw

@barnardos.org.au  
[www.hippyaustalia.bsl.org.au](http://www.hippyaustalia.bsl.org.au)  
[www.bsl.org.au](http://www.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.*



# OUR PROGRAM



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

Starting when your child turns three, 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.

**Play-based activities**

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

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

**Supports development, community connection and confidence**



**Barnardos  
Australia**



## HIPPY TUTORS

HIPPY Tutors are parents who have also done HIPPY with their own child. They are then trained in the activities, ready to practice them with you.

This peer-to-peer learning supports a safe and nurturing learning space for parents.

## GROUP GATHERINGS

Group Gatherings give parents a chance to learn more about their children's development and behaviour; and to find out about local services, schools, and free local activities.

You'll meet new families and make friends. There is usually good food and coffee, and you can relax and chat while your children play supervised with other HIPPY children.

**“The first three years of life are critical for building children's brains”**



## **Park Locations – Term 4, 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](http://www.familyservices.org.au)



**Family Services Australia**

# upcoming sessions



headspace is offering free mental health education webinars in Term 4 for Parents and Carers in the **Illawarra Shoalhaven**. Follow the links to register.



## Navigating uncertainty and change

Date: Tuesday, 11 October 2022

Time: 6:00 - 7:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3SdfUWL>

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people



## Connecting and communicating with my young person

Date: Monday, 5 December 2022

Time: 12:00 - 1:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3r4OUgf>

This session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking



**For more information:** Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)





# STEPPING UP

**A well-being mentoring program  
for boys aged 10-13.**

## WHY IS THIS NEEDED?

A series of consultations with various primary schools and principals has revealed a concerning increase in the number of reports regarding antisocial behaviours of male students, and a need for a social education program specifically designed for boys aged 10-13.

This age group is ill-equipped to handle issues like bullying, mental health and digital activity. Stepping Up aims to address many of the emerging social issues facing boys, as well as effect long-term attitudinal and behavioural change by helping boys develop key social and decision-making skills.


## ABOUT TOP BLOKES FOUNDATION

We are an organisation focused on improving the mental health, emotional resilience and community engagement of young males across Australia. Through our peer-led mentoring and community leadership programs, boys and young men develop positive decision-making skills and decrease their risk-taking and antisocial behaviours, while developing personal qualities of integrity and self-respect.

## FIND OUT MORE

For more information, contact us or visit:

 [info@topblokes.org.au](mailto:info@topblokes.org.au)

 1300 450 850

 [www.topblokes.org.au](http://www.topblokes.org.au)

## AVAILABLE PROGRAM WORKSHOPS



# NOW TAKING BOOKINGS FOR 2023



# JUNIOR TOP BLOKES

**A peer mentoring group program for young men aged 14-17.**

## WHAT IS IT?

The Junior Top Blokes mentoring program was designed as a direct response to the current trends of antisocial behaviour, community isolation and higher incidence of mental health issues amongst males.

Delivered in high schools and community settings, this program uses an early intervention framework, discussing key social issues and fostering participants' sense of well-being, self-control, critical thinking and positive decision-making skills.

## THE BOYS HAVE THEIR SAY






*You learn things that change the way you treat other people.* - Christian, program participant

*Top Blokes is completely related to us as young men. It's more personal and you can connect to what's being talked about.* - Brodey, program participant


*I felt like it was a really good environment to open up and to realise there were boys in that room that I could talk to.* - Billy, program participant

## PROGRAM OUTCOMES


Those who've participated in the program exhibit the following outcomes:

-  Improved physical well-being
-  Improved personal well-being
-  Decreased antisocial behaviour
-  Increased social connectedness
-  Improved academic performance

## FIND OUT MORE

info@topblokes.org.au 

1300 450 850 

www.topblokes.org.au 



**NOW TAKING  
BOOKINGS  
FOR 2023**

# SCHOOL LEAVERS YOU'VE GOT THIS!

## GAIN YOUR NATIONALLY RECOGNISED QUALIFICATION HERE!

If you are finishing school and looking for what's next, we can help launch your career! We offer small class sizes, experienced trainers plus access to a dedicated Student Support Officer who will guide and assist with your study/life needs. We can also support you in seeking work placement and employment. We're here to help you get prepared and to make decision time easier.

### WE PROVIDE YOU WITH A NATIONALLY RECOGNISED QUALIFICATION.

As your local Registered Training Organisation (RTO) overseen by the Australian Government, we provide a wide range of nationally recognised qualifications. Our qualifications will give you the skills to launch your chosen career path and are recognised by employers across the country.

### YOU WON'T GET LOST IN THE CROWD.

You'll be noticed, developed and supported as an individual. We pride ourselves on our small class sizes, trainer support and a range of learning and well-being services.

### WE HAVE EXCELLENT COURSE COMPLETION RATES.

We don't see the same dropout rates as many larger VET course providers.

### WE'RE A MORE AFFORDABLE OPTION.

Fee-free places or government subsidies apply to all courses for school leavers.\*

### WE'RE YOUR TRUSTED, LOCAL OPTION.

You don't have to travel far to get quality education. Study locally in Kiama or Bomaderry.

### 2023 COURSE PROGRAM

Our 2023 program includes courses in:

- Hairdressing
- Beauty
- Outdoor Leadership
- Business & Accounts Administration
- Aged Care

Our course co-ordinators are available now to talk through your career options with you. To make an appointment in person or chat by phone visit <https://bit.ly/3Cakmi2> or scan the QR code.



I went to uni after school but it wasn't for me. Studying at the Community College has been the best decision I've made. I'm graduating with my qualification, a great job and with more confidence.

— COLLEGE STUDENT

\*Places are subsidised by the NSW Government. Please call us for more information regarding program eligibility.

## We're backing you.

CHOOSE LOCAL, QUALITY COLLEGE COURSES

**KIAMA & SHOALHAVEN  
COMMUNITY COLLEGES**

RTO ID: 90087



Kiama Campus 02 4232 1050  
Shoalhaven Campus 02 4423 0351

**kcc.nsw.edu.au**



# BECOME A BUSINESS PROFESSIONAL

## CERTIFICATE III IN BUSINESS (ADMINISTRATION) BSB3O12O

This nationally accredited qualification will provide you with the skills and knowledge to enhance your employment prospects. You will learn practical, in-demand skills to work in an office environment and to undertake administration tasks in a large range of roles.

You will also have access to great support and the opportunity to undertake work placement as you successfully pathway to employment or further studies. Topics covered include popular software applications, business technology, communication and financial transactions.

On successful completion of the course, participants will receive a Certificate III in Business (Administration) BSB3O12O



<b>VENUE</b>	Kiama Campus
<b>COMMENCES</b>	Wed 2 November 2022
<b>SESSIONS</b>	Wed & Thu 9am-3pm until 8 June 2023
<b>COST</b>	\$0-\$1,580* (Normally \$5,930)
<b>TO ENROL</b>	Contact Kiama Community College on (02) 4232 1050

\*This training is subsidised by the NSW Government.  
Please call to determine your eligibility.



**SUBSIDISED  
COURSE\***

**Learn local.  
Thrive anywhere.**

**KIAMA & SHOALHAVEN  
COMMUNITY COLLEGES**

RTO ID: 90087



Kiama Campus 02 4232 1050  
Shoalhaven Campus 02 4423 0351

**kcc.nsw.edu.au**





### What is Carer Gateway?

**Carer Gateway is a new national service funded by the Australian Government, providing a range of phone-based, online and face-to-face services and supports specifically for carers.**

### Who is Carer Gateway for?

You can be any age and be helping a family member, a friend or neighbour who has a disability, chronic illness, dementia, mental illness, an addiction or is frail aged.

Some carers look after another person 24 hours a day and help with daily living activities, while other carers look after people who are fairly independent but need help with some everyday tasks. Whatever your circumstance, Carer Gateway is here to help.

Carer Gateway also offers specialised support to young carers under 25, older carers, working carers, Aboriginal and Torres Strait Islander carers, and culturally and linguistically diverse carers.

## How can Carer Gateway help me?

Carer Gateway provides a range of information that can help carers in their role, from practical advice and resources, to help finding support services including:

- Advice on how to look after yourself while caring for someone
- Managing at home and in your caring role
- Assistance in navigating financial support services
- What to do in an emergency or crisis situation
- Help on combining caring with work or study
- Planning for the future
- Linking you with people in similar caring situations and share your stories, knowledge and experiences
- Counselling - if you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

By answering a couple of questions when you call, Carer Gateway will provide you information on services in your area, to suit your needs.

## How do I contact Carer Gateway?

### Call 1800 422 737

Monday – Friday between 8am and 5pm to speak to our helpful intake team or visit [carergateway.gov.au](http://carergateway.gov.au) for information. You can also request for someone to call you back at a convenient time by clicking on the phone icon at the top of each page.

## What if English is not my first language?

If you are more comfortable having a conversation in a language other than English, you can phone the Translating and Interpreting Services (TIS) on 131 450. TIS can translate in more than 100 languages and is available 24 hours a day, 7 days a week.

## What if I can understand English, but have difficulty reading it?

Carer Gateway website includes a read aloud function provided by Readspeakr which automatically changes written text to speech, providing an audio version of the information on the website.

Simply click the “listen” button on any page and it will be read aloud to you.

## What if I have a hearing or speech impairment?

If you have a hearing, speech or vision impairment, you can contact Carer Gateway through the National Relay Service (NRS) by visiting the National Relay Service website ([www.relayservice.gov.au](http://www.relayservice.gov.au)) to choose your preferred access point or asking for Carer Gateway on 1800 422 737.

LEARN THE SKILLS TO HELP KEEP OUR YOUTH

# Safe

from suicide



**FREE LivingWorks training for NSW parents, schools and community groups coming up in your area.**

- Training suitable for anyone 16+
- Learn practical skills from an accredited Trainer
- **NESA Accredited (great for Teachers!)**
- **FREE!** Fully funded by NSW Health

**Browse workshop locations  
& book online**

[www.livingworks.com.au/NSW](http://www.livingworks.com.au/NSW)



Being a very difficult topic to discuss I feel better equipped to ask the question and talk about suicide. The videos and discussions were fantastic!

**-Workshop participant**  
Mum of two

If you can't find a workshop in your suburb, register your interest for a free workshop to be hosted for your community! Fill out the form at the QR code or call 1300 738 382.

Proudly funded by



**LIVINGWORKS**



Scan here

# THE LORD MAYOR'S

# *Picnic* *in the park*

**FOR 2023 SCHOOL  
STARTERS AND  
THEIR FAMILIES!**

**FREE** entertainment and giveaways  
for all 2023 school starters. Join in  
the fun while finding  
out more about starting school!

**Sunday 6 November, 10am-12pm  
@ MacCabe Park (southern end)  
Cnr Church & Ellen Street, Wollongong**

**[www.transitiontoschool.com.au](http://www.transitiontoschool.com.au)**

**For more information or to RSVP contact:**

John Walsh on 4283 9943, or  
[transitiontoschool@bigfatmile.com.au](mailto:transitiontoschool@bigfatmile.com.au)

Tracey Kirk-Downey on 4227 7158, or  
[tkirk-downey@wollongong.nsw.gov.au](mailto:tkirk-downey@wollongong.nsw.gov.au)



Communities and Justice





## PARENTING GROUP

Discovery Space, University of Wollongong

# Let's Play, Let's Eat

**Let's Play, Let's Eat** - Join with the staff of Family Services Australia to cook some delicious meals and snacks while your children play in the exciting Discovery Space at the University of Wollongong.

A great way for families to live well, connect and build community.

### Learn

- More about the Let's Play, Let's Eat program on our website [www.familyservices.org.au](http://www.familyservices.org.au)
- 12-month membership to the Discovery Space upon completion of the program

### When and Where

- Friday's from 10am to 12pm
- 28th Oct 2022 to 16<sup>th</sup> Dec 2022
- Early Start Discovery Space, University of Wollongong. Building 21, Ring Road Northfield Avenue, Wollongong

### Bookings Essential

To register

- Email: [admin@familyservices.org.au](mailto:admin@familyservices.org.au) or
- Phone 1800 372 000 Option 4
- Free child minding available

Do you have a State Debt?

We may be able to help you pay off your fines with a Work & Development Order



Family Services Australia

NOT  
I'M OK.

## What is NewAccess?

NewAccess is a free and confidential mental health support program developed by Beyond Blue that can help you manage life challenges and get you back on track. NewAccess coaches are specifically trained to provide a practical approach to problem solving.


At your first appointment your coach will complete an initial assessment with you, and develop a program tailored to your individual needs. If you are 12 and over and not currently accessing mental health support, NewAccess could be right for you.

## Why you'll love NewAccess

- It's free, so no out of pocket costs!
- It's completely confidential.
- You don't have to visit a doctor to get help from NewAccess.
- It's available via phone, video call or face to face.
- Progress is measured every week, so you know how you're tracking.
- The six structured sessions give you practical tools to manage whatever you're facing.

## Contact us to find out if the program is right for you

Contact your local provider Wellways

 **1300 921 535**

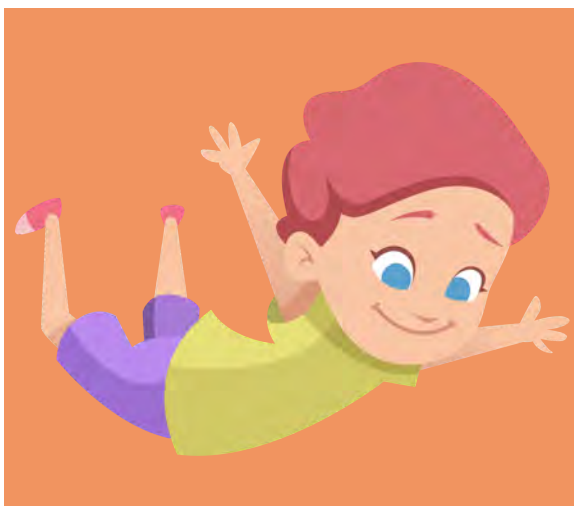
 **[wellways.org/newaccess](https://wellways.org/newaccess)**

 **NewAccess**  
Developed by **Beyond Blue**

Delivered by  
**wellways**

Supported by  
 **phn**  
Partnership for Health and Wellbeing

This service is supported by funding from COORDINARE - South Eastern NSW PHN



# NOAH'S CHALLENGE

Don't miss the Shoalhaven's best family day out!

The Noah's Challenge features a range of checkpoints and activities designed for maximum fun for all ages.

Gather your family and friends together to enjoy this event in support of Noah's Inclusion Services.

**SUNDAY  
30  
OCTOBER  
2022  
10am to 3pm**

UOW Shoalhaven Campus  
69 George Evans Road  
West Nowra  
(off Yalwal Road)



**Giant slide  
Local performers  
Face painting  
Dragon Training Zoo  
Drumming circles  
Teddy Bear Clinic  
Art workshop  
Checkpoint games  
Prizes  
Food  
Family picnic zone  
Smoking ceremony  
and much more!**

**FREE ENTRY**

**BRING A GOLD COIN DONATION  
TO NOAH'S INCLUSION SERVICES  
OR MAKE AN ONLINE DONATION**



**Visit [www.noahschallenge.com.au](http://www.noahschallenge.com.au)  
or call (02) 4423 5022 for more information**



All proceeds will enhance  
Noah's Inclusion Services  
programs for local  
children and families,  
including therapy, education  
and support

Thanks to  
our major  
sponsors:



**Regional  
NSW**



**nowchem**  
When smarter chemistry matters

**HISWAY**  
ENVIRONMENTAL • CIVIL • EARTHWORKS

# Noah's Inclusion Services - Term 4 2022 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Young Yarns Playgroup</b> <b>9.30am-12pm</b> <b>172 Shellharbour Road, Warilla</b> Playgroup for Aboriginal children 0-5 years	<b>Koori Kids Together</b> <b>9am-1pm</b> <b>Jervis Bay/Wreck Bay</b> Identify and support Aboriginal children with additional needs	<b>Koori Kids Together</b> <b>9am-3pm</b> <b>Jervis Bay/Wreck Bay</b> Identify and support Aboriginal children with additional needs	<b>PlayConnect Playgroup</b> <b>10am-11.30am</b> <b>Noah's Ulladulla</b> Playgroup for children 0-5 years with Autism or developmental concerns	<b>Little Steps Playgroup</b> <b>9.30am-11am</b> <b>Sanctuary Point Connect</b> Playgroup for children 0-5 years who don't attend other care
<b>Aboriginal Playgroup</b> <b>9.30am-12pm</b> <b>Noah's Sanctuary Point</b> Playgroup for Aboriginal children 0-5 years	<b>Cullunghutti Aboriginal Playgroup</b> <b>10am-12pm</b> <b>Holloway Street, South Nowra</b> Playgroup for Aboriginal children 0-5 years	<b>Start Up</b> <b>9am - 10.30am or 12.30pm-2pm</b> <b>Various locations</b> Developmental Assessment for children 0-5 years	<b>Little Learners</b> <b>9.30am-11.30am</b> <b>Noah's Nowra</b> Communication, physical and social skills for pre-schoolers with a NDIS Plan	Secret Agent Society (SAS) and PEERS Program recruiting now for 2023. Contact Noah's for more information or to register.  <b>Other Programs offered at Noah's by arrangement:</b>  Be My Best Behaviour Support Westmead Feelings Program Secret Agent Society Peer Mentoring (for parents) The Parent Room Sector Capacity Building SWAY Program  <b>NDIS Services by appointment (subject to availability)</b>  Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology (current clients) Behaviour Support
<b>Skills Development Program</b> <b>10am-11.30am</b> Language skills for pre-school age children with a NDIS Plan	<b>My Time</b> <b>10am-12pm</b> <b>Noah's Ulladulla</b> Peer support group for parents/carers of children with additional needs	<b>My Time</b> <b>9.30am-11.30am</b> <b>Noah's Sanctuary Point</b> Peer support group for parents/carers of children with additional needs	<b>My Time</b> <b>10am-12pm</b> <b>Noah's Nowra</b> Peer support group for parents/carers of children with additional needs	
	<b>PlayConnect Playgroup</b> <b>10am-11.30am</b> <b>Noah's Nowra</b> Playgroup for children 0-5 years with Autism or developmental concerns	<b>Little Steps Playgroup/Sing &amp; Grow</b> <b>9.30am-11am</b> <b>Noah's Ulladulla</b> Playgroup for children 0-5 years who don't attend other care	<b>Sibworks</b> <b>Noah's Ulladulla</b> Support group for siblings 8-12 years of a child with a disability	
	<b>Little Steps Playgroup</b> <b>10am-11.30am</b> <b>Noah's Nowra</b> Playgroup for children 0-5 years who don't attend other care	<b>Making Friends</b> <b>3.30pm-4.30pm</b> <b>Noah's Nowra</b> Language and social skills for primary school age children with a NDIS Plan		
	<b>Language for Learning</b> <b>1pm-2.30pm</b> <b>Noah's Nowra</b> Early literacy skills building for preschool age children with a NDIS Plan			
	<b>Sing &amp; Grow</b> <b>1pm-2pm</b> <b>Noah's Sanctuary Point</b> Music and movement session building a child's development led by a qualified Music Therapist			
	<b>SOS Feeding Program</b> <b>3.15pm</b> <b>Noah's Nowra</b> A transdisciplinary program for assessing and treating children with feeding difficulties with a NDIS Plan			

## Noah's Locations:

Nowra
Ulladulla
Sanctuary Point

Illawarra - no groups this term





GROUP/PROGRAM/SERVICE	DESCRIPTION	OTHER INFO
<b>NDIS Services - Individual</b>	<ul style="list-style-type: none"> <li>• Plan Management</li> <li>• Key Worker (0-7 years)</li> <li>• Speech Pathology</li> <li>• Occupational Therapy</li> <li>• Physiotherapy</li> <li>• Psychology</li> <li>• Behaviour Support</li> </ul>	<ul style="list-style-type: none"> <li>• For ages up to 18 years</li> <li>• Available at Noah's, home or education and community settings</li> <li>• Costs (charged to NDIS Plan) are according to the NDIS Price Guide</li> <li>• Waiting lists exist for some services</li> <li>• Limited access to some services in some locations</li> </ul>
<b>NDIS Services - Groups</b>	<ul style="list-style-type: none"> <li>• Language for Learning</li> <li>• Making Friends</li> <li>• Little Learners</li> <li>• Skills Development Program</li> <li>• SOS Feeding Program</li> <li>• Secret Agent Society (social skills group for 8-12 years)</li> <li>• PEERS (social skills group for 13-18 years)</li> <li>• Westmead Feelings Program (various ages)</li> </ul>	<ul style="list-style-type: none"> <li>• Costs (charged to NDIS Plan) are according to the NDIS Price Guide</li> <li>• Waiting lists exist for some groups</li> <li>• Mainly internal referrals accepted</li> </ul>
<b>Be My Best</b>	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"> <li>• Non-NDIS Program</li> <li>• Intensive Program (Nowra only) - parents commit to 2-3 sessions per week on Mon, Tues and/or Thurs for around 10 weeks</li> <li>• Coaching Program available at Nowra and Ulladulla</li> <li>• Contact us for more information, including costs and availability</li> </ul>
<b>Start Up</b>	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"> <li>• Non-NDIS Program</li> <li>• Contact us for more information, including costs and availability</li> </ul>
<b>Playgroups</b>	Noah's runs a series of playgroups for families with infant or pre-school age children <ul style="list-style-type: none"> <li>• Playgroups for Aboriginal families</li> <li>• Little Steps (for children who do not attend other early childhood education services)</li> <li>• PlayConnect (Supported Playgroup)</li> <li>• Sing &amp; Grow</li> </ul>	<ul style="list-style-type: none"> <li>• Non-NDIS Program</li> <li>• Contact us for more information or to register</li> </ul>
<b>Carer Support Services</b>	<ul style="list-style-type: none"> <li>• My Time</li> <li>• The Parent Room</li> <li>• Peer-to-Peer Mentoring</li> <li>• Sibworks</li> </ul>	Contact us for more information or to register
<b>Early Childhood Early Learning Services</b>	<ul style="list-style-type: none"> <li>• Mundamia Early Learning Centre</li> <li>• SWAY (language and literacy program for early childhood services based on Aboriginal culture)</li> <li>• Koori Kids Together (targeted support for pre-schools and schools in Wreck Bay/Jervis Bay Territory)</li> <li>• Sector Capacity Building Program (supporting community pre-schools with a focus on inclusion)</li> </ul>	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](http://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*



# ParentsNext.

Supporting Parents and Carers to plan  
and prepare for their study and work goals.



**Always  
connected.**



ParentsNext is an Australian Government funded initiative designed to assist parents who are planning to re-enter the workforce by supporting them to access study and work opportunities. CatholicCare delivers this program in a number of locations across the Illawarra, Southern Highlands and Shoalhaven areas.

CatholicCare is here to support you with developing a pathway to employment. You will have access to one-on-one support with career coaching, referrals to suitable activities, access to financial support for course enrolment fees, training and other work-related expenses, or connecting you to local wellbeing support services.

To be eligible to voluntarily participate in ParentsNext you must answer yes to the following questions:

- Are you a parenting payment recipient?
- Is your youngest child under 5 years and 6 months of age?

**Call us on 4243 5806  
or visit [catholiccare.dow.org.au](https://catholiccare.dow.org.au)  
for further information.**



**CatholicCareWollongong**

CatholicCare is a non-profit social services agency that works with everyone – regardless of religious beliefs.

[catholiccare.dow.org.au](https://catholiccare.dow.org.au)

V1 18.11.2021



## Wesley LifeForce Suicide Prevention Training

Essential skills training to recognise and respond to someone at risk of harm.

Educating, empowering and resourcing local Australian communities

### Program outline

Wesley LifeForce offers suicide prevention training to educate and provide people with the tools to recognise and help someone who is at risk.

Since 2002, we have provided suicide prevention skills training to more than 33,000 people in metropolitan, regional, rural and remote Australia

### The outcomes

- understand risk and protective factors
- how to identify the warning signs that someone may be at risk of suicide
- how to ask directly about suicide intent
- understand what local and national support resources are available to support a person at risk.

### Training session details

**Date:** Tuesday, 8 November 2022

**Time:** 10:00 am – 3:00 pm AEDT

### Location:

**Worrigeer Sports**

**131 Greenwell Point Rd**

**Worrigeer, NSW 2540**

### Free Event

Light lunch will be provided

**Register online:** <https://www.eventbrite.com.au/e/wesley-lifeforce-suicide-prevention-half-day-workshop-worrigeer-nsw-tickets-419338411477>

**Or email** [lifeforce@wesleymission.org.au](mailto:lifeforce@wesleymission.org.au) **or call** 1800 100 024

**The Wesley LifeForce Suicide Prevention Program gratefully acknowledges the funding provided by the Australian Government.**



# HELP YOUR STUDENTS CONNECT WITH A FREE TALK-AND-WALK-A-THON

## WHY HOST A TALK- AND-WALK-A-THON?

Human connection is vital to our mental health. Connectedness is linked to feelings of wellbeing and contributes to a positive school culture.

The Talk-And-Walk-A-Thon is an opportunity to build connections between students, and help develop your students' conversational skills and self-confidence.

Research has shown the benefits of students feeling a sense of connectedness at school include:

- A positive school culture.
- A reduction in bullying behaviours.
- Higher attendance rates.
- Improved academic outcomes.

Visit [www.peersupport.edu.au/talk-and-walk-a-thon](http://www.peersupport.edu.au/talk-and-walk-a-thon) for more information and to register your school.



Students chatted about a variety of topics, including what they are grateful for, subjects at school, and things that make their mums and dads most proud. There was such positive feedback from students, staff, and parents that we will definitely hold this event again.

Peta Kapor, Deputy Principal  
Carcoola Primary School

**2022**  
**TALK-AND-  
WALK-A-THON**



# THE TALK-AND-WALK-A-THON IS RUN IN YOUR SCHOOL, BY YOUR SCHOOL.

The event usually runs for 1 to 2 hours on any day and time, as selected by your school. Students from across the school walk or move along a predetermined route in pairs or small groups.

At checkpoints along the walk, students are given new conversation cards to discuss as they walk to the next point with a new partner or small group. The aim is to help students create new connections, and to develop their social skills and confidence.

Try to involve your whole school, taking this opportunity to build connections across all years and stages. However, you can also run your event with just one class or year or stage if that works for your school. This may also be necessary to reduce the risk of COVID.

This is a great opportunity for students to move their bodies, but also to engage in discussions and build connections with their fellow students. We also provide conversation cards that students can use at home with their family or carers.



## REGISTER YOUR SCHOOL

Once you register, we will email you a digital tool kit with everything you need to run your event.



## ORGANISE YOUR EVENT

Plan and promote your event using the free resources in the digital toolkit. This includes posters, guides, an event planner, conversation cards and signage.



## RUN YOUR EVENT

Set up your route and checkpoints, where students will swap conversation cards. Start walking and talking. Relax and have fun.

**2022**  
**TALK-AND-  
WALK-A-THON**





Family Services Australia



October 18th  
TO DECEMBER



# NOWRA PLAYGROUP TERM 4

End of year  
Raffels and  
Prizes to be  
Won!



TUESDAY  
10-12PM

COME ALONG TO OUR FREE PLAY GROUP EVERY TUESDAY DURING THE SCHOOL TERM, MORNING TEA PROVIDED. PLAY GROUP IS A GREAT WAY TO MEET NEW FRIENDS AND JOIN IN MEANINGFUL ACTIVITIES, WITH YOUR CHILD.

1/80 Park Road, Nowra  
contact Ebony 0458010900

[www.familyservices.org.au](http://www.familyservices.org.au)





Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?

Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you answered yes to any of these questions, Carer Gateway can help you.

## How can I access the Young Carer Program?

Call our Care Team on **1800 422 737**  
Monday to Friday between 8am and 5pm  
or visit [www.carergateway.gov.au](http://www.carergateway.gov.au)

Henry, carer to his mother.



[caregateway.gov.au](http://caregateway.gov.au)

Connecting carers ●●●● to support services

## Young Carers Program

Are you aged 14 to 25 and currently caring for a loved one or friend?

Are you experiencing challenges within your caring role?

**We can help.**

Henry, carer to his mother.

Summar, carer, to her brother.



## Who are Young Carers?

Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age? Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you are aged between 14 to 25 and care for someone, you may be a Young Carer. Young Carers often provide more support and help than most people their own age. They may also support and help with daily activities such as:

- Domestic tasks
- Movement assistance
- Preparing meals
- Transportation
- Making appointments
- Shopping

It can be hard work being a Young Carer with many responsibilities and less free time. Whilst many Young Carers cope well with their caring role, there may be times when it can become difficult to balance this and commitments like studying and catching up with friends.

## How we can help

The Carer Gateway Young Carer's Program aims to support Young Carers to develop new skills and strengths while continuing their education

The Carer Gateway Young Carer program can help with:



### Education and training

- Help with tutoring fees
- Fee assistance with driving lessons to obtain a drivers license
- Fee assistance for approved training courses



### Coaching

- Learn and discover new ways to manage stress and improve your wellbeing
- **Self-guided coaching:** online interactive self-guided courses (Mid 2021)



### Counselling

- **In-person:** speak one-on-one with a professional counsellor in your local area (Mid 2021)
- **Phone counselling:** speak with a counsellor over the phone in the comfort of your own home



### Online skills courses

Learn new skills in caring for someone and your own wellbeing, including dealing with stress and legal issues.



### Individualised coordination

- Receive support, information and referral and service review with our Client Support Partner



### Respite care

- **Emergency respite:** get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example, if you get sick or injured.
- **Planned respite:** plan for regular breaks to rest and recharge while respite services look after the person you care for.



### Connect with other carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person:** meet local Carers, share advice and learn from each other in a safe space (Mid 2021)
- **Online forum:** join the online forum and be part of a supportive community with other Carers



### Financial support

Get financial support to assist you in your caring role.

#### Financial support packages:

- One-off practical support in the form of equipment or an item to assist you in your caring role
- A range of ongoing practical supports such as planned respite, transport provided over a twelve-month period



# Illawarra Women's Health Centre Young Women's Program

## ABOUT

The Illawarra Women's Health Centre works with schools to deliver specialised health and healthy relationship programs and workshops for young women and non-binary students. Using evidence-based psychoeducational and therapeutic engagement tools, our programs promote resilience and respect in a trauma-informed setting.

Our women's health team designs and delivers sessions tailored to the specific and diverse student backgrounds and learning needs, in collaboration with your school. We bring our experience and expertise to current and emerging issues identified by students, teachers, and the wider school community, with a focus on young women and non-binary students.

We provide information, skill development and practical strategies for students to be better equipped for contemporary and challenging issues and situations.

## OFFERINGS

### **Weekly term-based program held at your school**

A comprehensive eight session series designed in consultation with you on topics such as:

- Girls and women's health
- Healthy and harmful relationships
- Consent, communication, and boundaries
- Self-care and mental health
- Online safety with explicit content, dating apps and more
- Body image, wellbeing, and self-esteem

One Term | \$2,000

Full year | \$7,500







# Illawarra Women's Health Centre Young Women's Program

## OFFERINGS

### **Tailored Workshops held at your school**

Choose a single topic (such as the ones listed earlier) or request a series of workshop topics.

One to four 90-minute sessions at \$250 per session.

### **Tailored Health Forums held at the Illawarra Women's Health Centre**

Forums can provide interactive and engaging experiences for young women and include guest speakers, lunch, and opportunities for learning and building relationships in the community.

Topics include:

- Inspiring positive futures for young people
- Introduction to the women's health centre and services for young women
- Young women and leadership
- Young women and Advocacy
- Taking care of yourself and your community

### **Individual counselling with our Young Women's Program psychotherapist and social worker**

By referral, Free of charge.

## MORE INFO

For more information please contact  
Young Women's Program Coordinator:  
[georgiei@womenshealthcentre.com.au](mailto:georgiei@womenshealthcentre.com.au), 0437 771 002  
or Mental Health Team leader: [laurab@womenshealthcentre.com.au](mailto:laurab@womenshealthcentre.com.au)

