

# Illawarra Shoalhaven Local Health District

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Recently received service flyers, program promotions and training opportunities.

## Circulation

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

Compiled by L. Shields on behalf of ISLHD School-Link Team and Wollongong University

Term 4 2020

## Welcome !

Welcome to the 16th edition of the ISLHD School-Link newsletter. October is a busy time for teachers, students and families as we reach closer the end of 2020. A time of events, exams and assessments. It is important more than ever to maintain our wellbeing and implement self-care and coping strategies.

## 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

## Mental Health Month

During the month of October, it is a time to support positive mental health in our schools. It is a chance to reinforce activities, ideas and behaviours that can impact positively on students, teachers and families lives. It is crucial to remember the link between what we put in our bodies, how we look after our bodies and our mental wellbeing.

**More information at:** <http://mentalhealthmonth.wayahead.org.au/>



## 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

## Useful app My Study Life

My Study Life is a free planner for students and teachers to make your study life easier to manage; storing classes, homework and exams that is available on any device you sign into.



Term four can increase levels of stress, exhaustion and burn-out for students and teachers with final exams and assessments. It can be hard to maintain good mental health when you are not looking after your body also. It is important to minimise negative health by fuelling out body by **eating well, regularly exercising and having adequate sleep.**

## Exercise:

Exercising in almost any form can reduce feelings of stress and anxiety. Being active releases endorphins, while also giving you a break, which can be a massive stress reliever! Research has shown that physical activity has a positive impact on youth mental health.



- Dancing to some music
- Hit the gym
- Do a yoga class
- Go for a walk (rope in some friends and make it a social outing)

**In class** you can help students by taking breaks and getting them up and moving.

### You could try:

- Play some music for 5 minutes to refresh and regroup
- Complete a 5 minute physical activity break
- An icebreaker activity
- Practice mindfulness

### Resources: Moving-Minds Website

The moving minds website has activities and resources to purchase for teachers if you need ideas to engage in 5 minute exercises or mindfulness posters to stick around the classroom for students to do when they notice they are not engaging.

<https://www.moving-minds.com/classroom/resources/5-minute-physical-activities>

### Examples of In-school activity breaks:

[https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_455767.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf)

## Healthy Eating

Research has shown that there is a connection between what we eat and how we feel. Having a balanced, healthy diet improves our mental health. Healthy eating helps you have a better night sleep, gives you more energy, your immune system to be tougher and improves concentration.

- Drink water
- Don't fear fats: 'good' or unsaturated fats such as avocado, olive oils and nuts are important in your diet
- Cut down on sugar: as a rough guide, fewer than 10 teaspoons of sugar per day.

## Sleep

It is recommended that people under 25 years of age should have 8-10 hours of sleep per night. REM sleep decreases the levels of stress hormones in your body, therefore sleeping well is good for your brain and body.

Research says for every hour of sleep missed at night there is:

- **14% increased risk of unpleasant emotions and feelings that affect day to day function**
- **42% increase in the chance of having thoughts of suicide**
- **38% increase in the chance of feeling sad and hopelessness**

**Stress** impacts your body  
**physically, emotionally** and  
**behaviourally.**

## Useful and Free resources, apps and teaching guides

### Done: A Simple Habit Tracker

Helps create healthy routines, set goals and track progress. If you set a goal, it can remind you once or multiple times. This can help build and quite habits. Such as starting to drink more water, exercise three times per week or get 8 hours sleep.



### MindMax

is an app funded by Movember Foundation to maximise wellbeing and resilience and create a community of fit minds. The app engages large sporting league individuals to talk about normalising help seeking and discussions about mental wellbeing.



### References:

ReachOut: <https://schools.au.reachout.com/>

Headspace: <https://headspace.org.au/assets/Factsheets/>

Kids Helpline: [Kidsline.com.au/tools/apps](https://kidsline.com.au/tools/apps)

<https://headspace.org.au/assets/Sleep-Fact-Sheet-HSP225-DP3.pdf>  
Factsheets/

As we enter term four, students often feel more stressed and overwhelmed. Sometimes this means slacking off with exercise, eating and sleeping to be able to study and finish assignments. It is important to maintain a healthy routine of enough sleep, healthy foods and regular exercise to keep a healthy mind and maintain concentration and motivation.

## Be active

Keeping active and exercising is integral to maintaining your mental wellbeing. Often when we are feeling low, is when we most need to get up and moving. Even small activities help relieve stress, are a good distraction from thoughts, improve concentration and make you feel better. Exercising can be anything that get you up, moving and increasing your heart rate.

Experts recommend:

5-17 years old = 60 minutes a day



## Sleep

Developing a sleep routine or parent-set bedtimes promote good sleep. There is a link between poorer sleep and poorer mental wellbeing. Factors such as pre-bed social media usage and caffeine consumption can impact and delay young people from having adequate sleep. Waking up around the same time each morning and having a quiet, dark and decluttered bedroom is recommended. Under 12 years need 10-12 hours per night  
Over 12 years need 8-10 hours sleep

## Healthy eating and mental health

Eating well reduces the risk of physical health problems such as diabetes and assists with energy levels, sleeping patterns and general wellbeing. A good balanced diet with less junk food and sugar and more good foods such as fruits, vegetables and plenty of water makes sure that your body and brain function well. Our mood can affect our appetite and food intake, such as when young people are stressed about things like an exam they may snack more and eat unhealthy.



### Tips

- Start small! Swap an unhealthy afternoon snack for a healthy one. Such as unsweetened yoghurt and berries, cruskits or a piece of fruit.
- Avoid eating too much red meat: 3-4 times per week is enough.
- Avoid turning to unhealthy snacks when we are stressed. Try exercise or mindfulness strategies.
- Experiment with healthy foods and see which ones they like
- Have occasional treats

**Did you know** that regular physical activity can help treat depression and might prevent depression from developing?

## Online resources and mobile app's

### My Compass

A personalised self-help tool for mental health

<https://www.mycompass.org.au/>



### Chats for life

The Chats for life app will help you to plan a conversation with someone that you may be concerned about, who may be struggling or not going well.



### Balanced

Balanced is focused on creating healthy habits, focusing on sleep, exercise and time spent sitting. It focuses on three things to be overwhelming.



### Mental Fitness Challenge—Bite Back

A six week program to help you get better marks, improve friendships, reduce stress levels, set goals and stick to them and more  
<https://www.biteback.org.au/>



### References:

<https://headspace.org.au/young-people/eating-for-a-healthy-headspace/>  
<https://au.reachout.com/articles/how-to-make-healthy-food-choices>



# 8 Healthy Habits

Information is relevant for children aged 2 years and older





# DEADLY TIPS TO

# STRESS LESS

**MAKE  
TIME  
FOR  
YOURSELF**

**SAFE  
SUPER  
VISION**

**HAVE  
A  
YARN**  
TALK  
ABOUT IT

**CLOSE  
YOUR EYES**

**FOCUS  
ON YOUR  
BREATH**

**SHARE  
SOMETHING THAT  
MAKES YOU  
LAUGH**

**SPEND  
TIME WITH PEOPLE  
YOU  
LOVE**

**CONNECT  
WITH THE  
LAND**

- GO BACK TO COUNTRY
- CATCH UP WITH YOUR MOB

**HAVE  
THE  
COURAGE  
TO BE  
IMPERFECT**

**GO  
AND SIT BY**  
➤ THE RIVER  
➤ WATERHOLE  
➤ OR THE OCEAN  
Take time  
to think

**YOUR  
MESSAGE  
HERE**

**LISTEN  
TO YOUR FAVOURITE  
MUSIC**

**LAUGH  
LOVE  
LISTEN**

**GET ACTIVE  
GO OUTSIDE**

- GET SOME FRESH AIR
- GO FOR A WALK
- KICK THE FOOTY
- GET THE FAMILY TOGETHER  
AND HAVE A GAME  
OF TOUCH

**LIGHT A  
CANDLE,  
HAVE A  
BUBBLE  
BATH**

**BE  
PROUD  
OF YOURSELF**

- WHO YOU ARE
- WHERE YOU'RE FROM

**SPEND TIME  
WITH  
ELDERS**  
SHARE STORIES



WayAhead



Aboriginal Health & Medical Research Council  
of New South Wales

[wsu@ahmrc.org.au](mailto:wsu@ahmrc.org.au)

[MENTALHEALTHMONTH.ORG.AU](http://MENTALHEALTHMONTH.ORG.AU)



#sharethejourney2018



The ISLHD Health Promotion Service invites local community service organisations to the

# PROTECTING MENTAL HEALTH

## WITH

# SOCIAL CONNECTION

## ONLINE SEMINAR 2

Caitlin Marshall is the co-founder of Makeshift (formerly Rumpus), a non-profit organisation that uses social connection and creative practice to support, improve and maintain mental health.



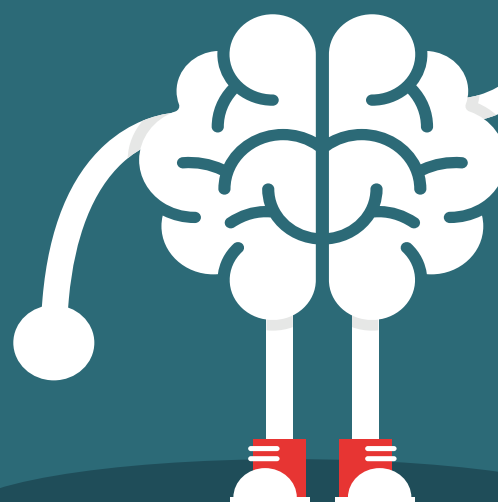
Caitlin has over 15 years experience working in community development, social work and adult education. She is leader in the newly-emerging field of social prescription, where the impact of play and creative immersion are proving to not only be fun, but also make us feel good, be less stressed and leads to greater social connection and improved mental health.

Caitlin will present on the importance of social connection in protecting mental health and provide simple examples of how you can achieve this using creative immersion in your practice.



TUESDAY  
**20**  
OCT

**11AM- 12:30PM**



### DETAILS

1 hour presentation, 30 minutes discussion & question time.

A **zoom link** will be provided before the event date.

### COST + ELIGIBILITY

**FREE.**

Bookings are essential.



This event is for local community organisations from the Illawarra and Shoalhaven regions only.

### REGISTRATION

To register:

<https://221020.eventbrite.com.au>

For more info:

**Karen.Waller@health.nsw.gov.au**



# SAVE THE DATE

## 2020 NSW ABORIGINAL MENTAL HEALTH & WELLBEING WORKFORCE WEBINAR SERIES

18 & 19 November  
25 & 26 November

Supporting Aboriginal Mental Health and Wellbeing in Challenging times



Aboriginal Health & Medical Research Council of NSW

### ‘Supporting Aboriginal Mental Health and Wellbeing in Challenging times’

• Virtual Environment

• Workforce

• Community Response

#### Webinar Series:

Webinar 1	<b>Wednesday 18<sup>th</sup> November</b>	<b>10.00am – 12.00pm AEST</b>
Webinar 2	<b>Thursday 19<sup>th</sup> November</b>	<b>10.00am – 12.00pm AEST</b>
Webinar 3	<b>Wednesday 25<sup>th</sup> November</b>	<b>10.00am – 12.00pm AEST</b>
Webinar 4	<b>Thursday 26<sup>th</sup> November</b>	<b>10.00am – 12.00pm AEST</b>

The NSW Aboriginal Mental Health and Wellbeing Workforce webinar series will take place over four half days during November 2020. The aim of the webinar series is to bring together the Aboriginal mental health and wellbeing workforce from NSW Health, Aboriginal Community Controlled Health Services (ACCHSs) and Community-Managed Organisations (CMOs) to showcase innovation and achievements and to share expertise in the delivery of services that improve mental health and wellbeing outcomes for Aboriginal people.

## REGISTRATIONS OPEN SOON





10.00AM - 11.30AM

# CONFIDENCE, CLARITY & CONTRACEPTIVE CHOICES

FEAT. THE FAMILY PLANNING NSW  
CONTRACEPTION KIT

[Click here to register](#)

NOV 10TH, 2020  
WEBINAR

**caddyshack**

share affection, not infection

WWW.CADDYSHACKPROJECT.COM



# GET FRISKY NOT RISKY

FIND OUT WHERE YOUR NEAREST  
FREE CONDOM DISPENSERS ARE

[www.caddyshackproject.com](http://www.caddyshackproject.com)

**caddyshack**  
share affection, not infection





**Could it be HIV?**

# **HIV 101 WEBINAR**

## **THURSDAY 10TH DEC 2020**

### **10.30 - NOON**

**[Register HERE](#)**

**GET INFORMED**

**GET TESTED**

**GET INVOLVED**



**FREE**

**GO4FUN**  
**ONLINE**




Help your child get  
healthy, active & happy  
with Go4Fun®



Go4Fun® Online is a free 10-week healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families.

Register now for Term 4.

Call to find out more, or visit our website.

-  Make healthier choices for your family
-  Personalised support each week
-  Online community - chat to other families in the program.

**TO REGISTER VISIT:**

**[www.go4funonline.com.au](http://www.go4funonline.com.au)**

FREE CALL 1800 780 900





# ILLAWARRA & SHOALHAVEN HEALTH & PE NETWORK

A FREE professional learning workshop for all Illawarra & Shoalhaven primary school teachers to support the teaching of the PDHPE curriculum.



**Wednesday 28th October, 2020**

**Zoom Webinar**

**4.00-5.00pm**

A zoom link will be provided before the event date

## Protecting Students Mental Health with Physical Activity

*Presented by Pip Budgen (ISLHD Health Promotion Officer & Exercise Physiologist)*

*Also some local teachers doing great things*

This workshop will present on the importance of physical activity in protecting children's mental health. It will provide practical and innovative examples for promoting positive mental health in students through the integration of physical activity at your school.



**NSW  
EDUCATION  
STANDARDS  
AUTHORITY**

Completing the Physically Active Classrooms Workshop will contribute 1 hour and 30 mins of NESA Registered PD addressing 6.2.2 and 6.3.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

### RSVP to Pip Budgen

(P) 4221 6765 (E) [philippa.budgen@health.nsw.gov.au](mailto:philippa.budgen@health.nsw.gov.au) (F) 4221 6722

Name: ..... NESA:.....

Mobile : .....

Email address: .....

School: .....



**Health**  
Illawarra Shoalhaven  
Local Health District



FREE WORKSHOP

# Taking Care of Your Mental Health

This workshop focuses on what is mental health, recognising the importance of mental health and wellbeing, and the importance of taking care of your own mental health and wellbeing. Through discussion and activities, participants will have an opportunity to explore and make sense of recent life stress or crisis and ways to look after themselves.

**Wednesday 21 October**

10AM to 12PM

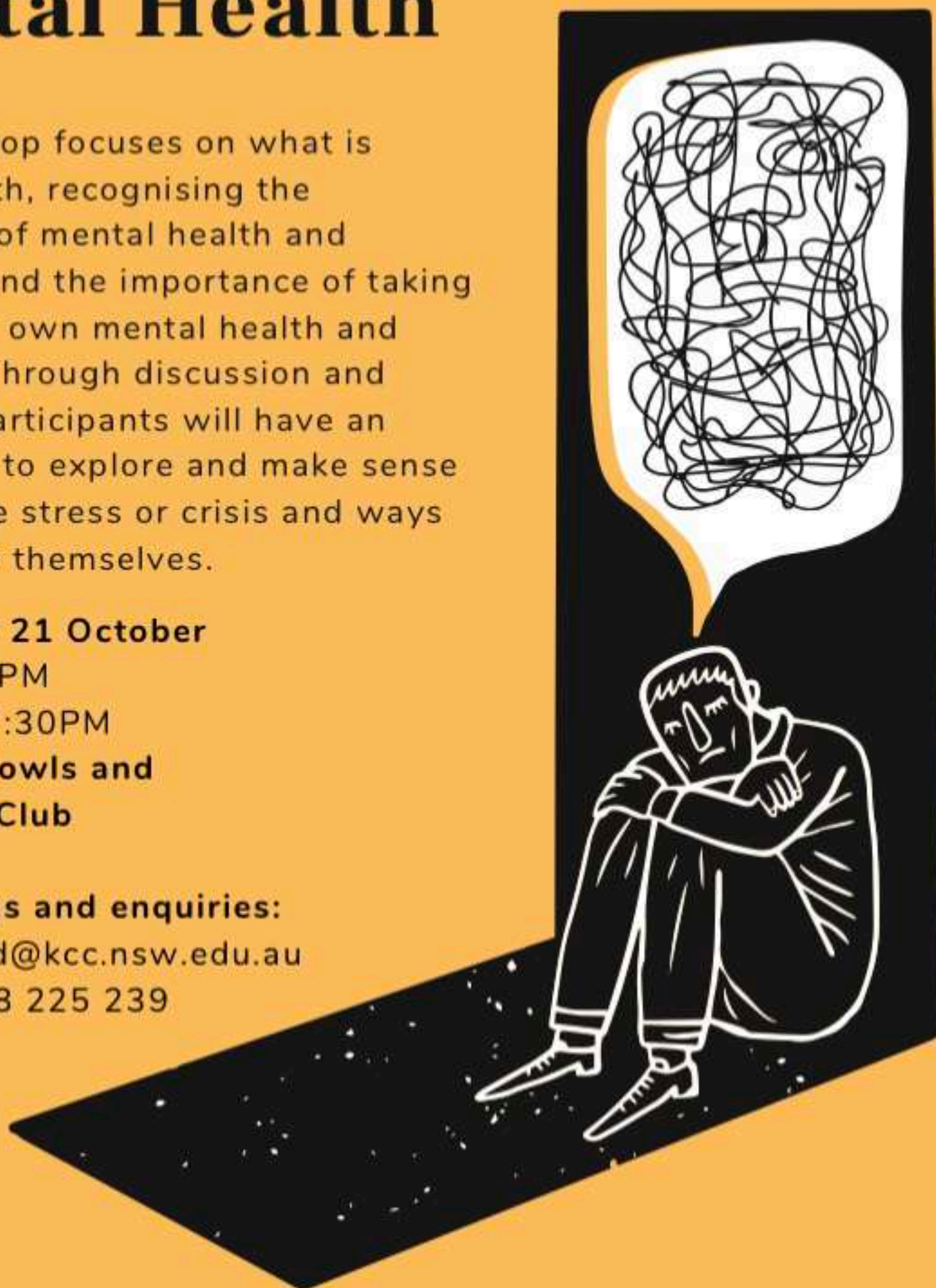
5:30PM to 7:30PM

**Jamberoo Bowls and  
Recreation Club**

**For bookings and enquiries:**

[Suzette.laird@kcc.nsw.edu.au](mailto:Suzette.laird@kcc.nsw.edu.au)

Or text 0418 225 239



**Health**  
Illawarra Shoalhaven  
Local Health District





**FREE WORKSHOP**

# **Looking After Yourself and Family after Adversity**

This workshop will discuss common reactions an individual may experience following an extraordinary event. Adversity, grief, coping strategies and help seeking will be explored in a safe and supportive environment.

**Wednesday 14 October**

10AM to 12PM

5:30PM to 7:30PM

**Jamberoo Bowls and  
Recreation Club**

**For bookings and enquiries:**

[Suzette.laird@kcc.nsw.edu.au](mailto:Suzette.laird@kcc.nsw.edu.au)

Or text 0418 225 239



**Health**  
Illawarra Shoalhaven  
Local Health District





FREE WORKSHOP

# 5 Ways to Wellbeing



This practical, interactive workshop introduces you to five simple and effective ways to improve your psychological, emotional and physical health.

**Friday 23 October**

10AM to 12PM

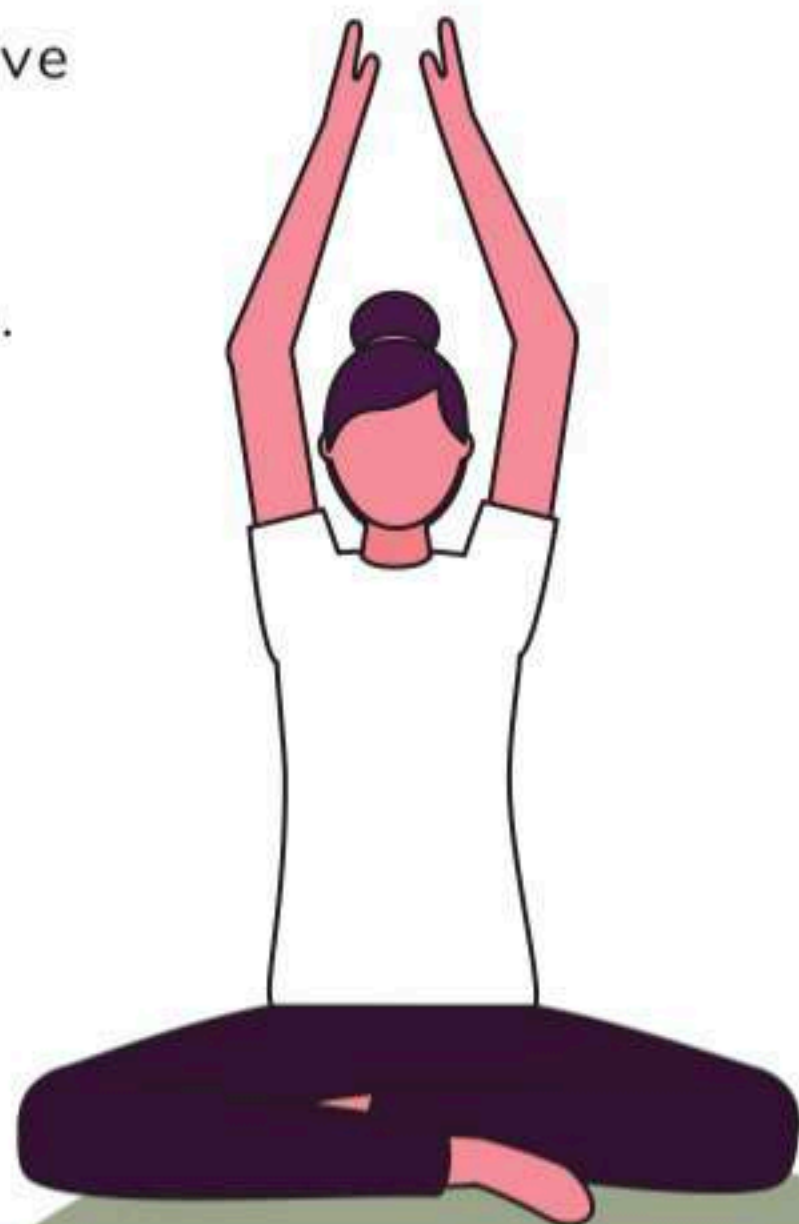
5:30PM to 7:30PM

**Kiama Leagues Club  
(Board Room)**

**For bookings and enquiries:**

[Suzette.laird@kcc.nsw.edu.au](mailto:Suzette.laird@kcc.nsw.edu.au)

Or text 0418 225 239



**Health**  
Illawarra Shoalhaven  
Local Health District

 **Lifeline**  
South Coast



FREE WORKSHOP

# 5 Ways to Wellbeing

This practical, interactive workshop introduces you to five simple and effective ways to improve your psychological, emotional and physical health.

**Tuesday 27 October**

10AM to 12PM

5:30PM to 7:30PM

**Gerringong Bowlo**

**(in the upstairs room)**

**For bookings and enquiries:**

[Suzette.laird@kcc.nsw.edu.au](mailto:Suzette.laird@kcc.nsw.edu.au)

Or text 0418 225 239



**Health**  
Illawarra Shoalhaven  
Local Health District

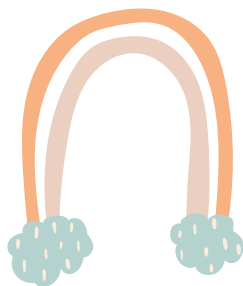


**Lifeline**  
South Coast



# PARENTS AND CARERS SUPPORT GROUP

Facilitated by Family Services Australia  
and Coordinare



**For parents and carers who have a child  
diagnosed with Autism Spectrum Disorder**

A space to connect and receive support  
from other carers in the local community



**When:** First Fridays: 9:30 - 11  
Third Thursdays: 1 - 2:30

**Where:** Family Services House  
Ground Level Office 136  
Stockland Civic Plaza  
211 Lake Entrance Road  
Shellharbour City Centre



Please contact us  
to register your  
interest for this  
group

**W:** [www.warehouseone7.com](http://www.warehouseone7.com) **P:** 1800 372 000 (Option 2)

**E:** [groups@familyservices.org.au](mailto:groups@familyservices.org.au)



This initiative is supported by  
funding from COORDINARE  
South Eastern NSW PHN through  
the Australian Government's  
PHN Program.



**Family Services Australia**







Family Services Australia



This initiative is supported by funding from  
COORDINARE  
South Eastern NSW PHN through the  
Australian Government's PHN Program.



FAMILY SERVICES AUSTRALIA  
& COORDINARE  
PRESENT

# TABLETOP GAME GROUP

Family Services Australia is hosting a fortnightly tabletop gaming group for high-school aged boys. Includes games such as Pandemic, Secret Hitler and The Mind.



**ALTERNATE  
WEDNESDAYS FROM  
3:30 - 4:45PM**

7th October  
21st October  
4th November  
18th November  
2nd December  
16th December

FAMILY SERVICES HOUSE.  
0136 GROUND LEVEL STOCKLAND CIVIC PLAZA, 211 LAKE  
ENTRANCE RD, SHELLHARBOUR CITY CENTRE

**IF YOU ARE INTERESTED**

please email [groups@familyservices.org.au](mailto:groups@familyservices.org.au)

**NO  
COST**






Family Services  
Australia & Coordinare  
present

# CRAFT GROUP


Fortnightly art and craft group for children and adolescents. Some activities include: drawing and origami.



Family Services House.  
O136 Ground Level  
Stockland Civic Plaza, 211  
Lake Entrance Rd,  
Shellharbour City Centre

3:30 - 4:45PM on alternate  
Wednesdays

Cost: Free



30th September  
14th October  
28th October  
11th November  
25th November  
9th December



PLEASE EMAIL  
[GROUPS@FAMILYSERVICES.ORG.AU](mailto:GROUPS@FAMILYSERVICES.ORG.AU) IF  
YOU ARE INTERESTED IN ATTENDING



Family Services Australia



This initiative is supported by funding from  
COORDINARE  
South Eastern NSW PHN through the  
Australian Government's PHN Program.





# Social Skills Group for Girls



Family Services Australia and COORDINARE  
are running a social skills group suitable for:



- Girls in **years 3 - 5 at school**
- Who **do not** currently have an NDIS package
- Are able to commit to an **8-week program**
- Have difficulty with social skills
- Want to learn tips and tricks to socialise
- Are able to work in a group of 6-10 peers

Each session will involve 45 minutes of skill development and 30 minutes of activities

If you are interested  
or have any questions,  
please contact us.  
More information can be  
found on our website or by  
using the QR code below  
Deadline for enrolment:  
9th October

**Date:** 19th October to 7th December

**Time:** Mondays 3:30 - 5:00 pm

**Location:** Family Services House

Ground Level Office 136

Stockland Civic Plaza

211 Lake Entrance Road

Shellharbour City Centre NSW 2529

**Cost:** Free



**W:** [www.warehouseone7.com](http://www.warehouseone7.com)

**P:** 1800 372 000 (Option 2)

**E:** [groups@familyservices.org.au](mailto:groups@familyservices.org.au)







# 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 2021**





# 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 2021





## Make Your Move Shoalhaven!

We get it. There is loads to do in your spare time and organised sport mightn't be your thing or as fun as Fortnite, Netflix or TikTok.

That's why we are trying something new in the Shoalhaven. Something that's a bit more you. Something that focuses on fitness rather than competition.

If you're aged 12-18, we've got heaps of programs that aren't your traditional sports. The best bit? All our programs are eligible for redemption of your \$100 Active Kids voucher.

These fab activities are kicking off this Spring, so get involved with the link below.

Available activities include:

- Teen boxing
- Body weight and resistance training
- Archery
- Aikido
- Mountain Biking
- Tennis
- Surf Lifesaving
- Dancing

Get involved and find out more at  
[www.sport.nsw.gov.au/active-kids-shoalhaven](http://www.sport.nsw.gov.au/active-kids-shoalhaven)



# Preventure

Preventure is a school-based intervention aimed at reducing drug and alcohol use and improving emotional well-being. It is for students in years 7-8 or 9-10. Students are provided with tailored intervention dependent on their personality profiles, which are linked to differing risks related to drug or alcohol use.

ISLHD Drug & Alcohol and Baptistcare have staff available to assist your school in implementing this program in Term 4 and have also commenced bookings for 2021. For more information or to book your school contact (Numbers of schools bookings each term are limited)

Illawarra Emily Deegan, Ph 42542700, [emily.deegan@health.nsw.gov.au](mailto:emily.deegan@health.nsw.gov.au)

Shoalhaven Lauren Simpson, Mob 0434 566 323, [Lauren.Simpson2@health.nsw.gov.au](mailto:Lauren.Simpson2@health.nsw.gov.au)

Personality profiles are identified by a screening questionnaire and students invited to participate in two 90-minute group workshops. The workshops focus on motivating teenagers to understand how their personality style leads to certain emotional and behavioural reactions. Four different workshops are run, each focused on developing specialised coping skills relevant to following personality styles:

- Sensation seeking
- Impulsivity
- Anxiety sensitivity
- Negative thinking.



To hear more about the strong research evidence of this program:

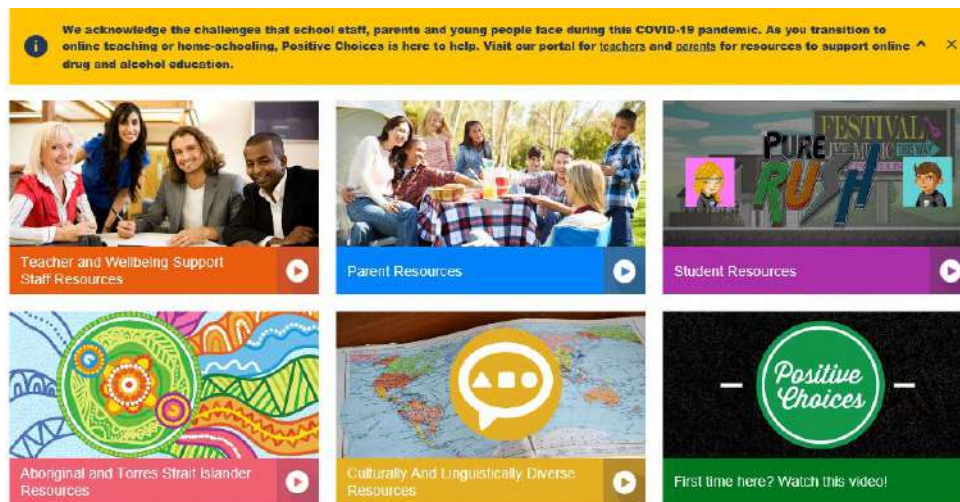
<https://www.youtube.com/watch?reload=9&v=D7InspbmwXA&list=PLgAlu6-ggfFaPe09jQJ5WEwfSTC1InMWd>



## Positive Choices

<https://positivechoices.org.au/> online drug and alcohol education portal.

With engaging resources that link to Curriculum



## Distilling our changing relationship with alcohol during COVID19

FREE 1 hour Webinar October 15<sup>th</sup>

<https://www.eventbrite.com.au/e/distilling-our-changing-relationship-with-alcohol-during-covid-19-tickets-122337333257?aff=ebdssbonlinesearch>



**Report launch presented by the Drug Policy Modelling Program**

## **About this Event**

The COVID-19 pandemic has brought with it many changes to alcohol availability, places for alcohol consumption, along with experiences that may change the motives for consuming alcohol. Media has noted that alcohol consumption is increasing; other sources report decreased alcohol consumption. What has been going on?

In this webinar we will present new longitudinal research on people's alcohol consumption over the last six months, and how it has changed.

Join us if you are interested in understanding more about:

- Decreases in alcohol consumption
- Increases in alcohol consumption
- Changes for different age groups and genders
- Whether changes are sustained as restrictions are eased, and
- Policy impacts, such as the closure of licensed venues.

### **Presenters from the [Drug Policy Modelling Program](#):**

Professor Alison Ritter

Dr Claire Wilkinson

Michala Kowalski

Liz Barrett



Do you help to support a family member or friend who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail. You are a young carer. For information that can help you with your caring role visit the Carers NSW Young Carers website [Young Carers](#)

Lisa and Jess Origliasso, aka The Veronicas, care for their mum, Colleen, and you can find out more via the following video  
<https://youtu.be/28WzN2Rdp9s>



# What is Saver Plus?



A free ten-month savings program providing financial education, budgeting and savings tips.



Participants receive up to \$500 from ANZ in matched savings for education costs for themselves or their children.



Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.



Offered in communities across Australia in every state and territory.

## A Saver Plus Participant's Journey



### Goal

Talks to a Saver Plus Coordinator from a community organisation and, if eligible for the program, sets a goal to save a regular amount of money over 10 months



### Saving

Opens an ANZ Progress Saver account and makes regular deposits



### Education

Completes the MoneyMinded financial education program with support from a Saver Plus Coordinator



### Matching

Reaches savings goal and receives matched funds, up to \$500, for their own or their children's education costs

## Who can join?

Participants must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education themselves
- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*

## Benefits for participants<sup>1</sup>



**87%**

**continue to save the same amount or more** 3 to 7 years after completing the program



**78%**

**were better equipped** for unexpected expenses



**88%**

**reported increased self-esteem**



**80%**

**had more control over their finances**

## How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 40,000 people, making it the largest and longest-running program of its kind in the world.

## Since 2003<sup>1</sup>:



**40,000+** participants



**\$23m+** total amount saved by participants



**\$18m+** matched funds paid by ANZ

## Find out more

- 📞 1300 610 355
- ✉ [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)
- 🌐 [saverplus.org.au](http://saverplus.org.au)
- 📱 @SaverPlusAU

\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

<sup>1</sup> RMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003. For more information see [anz.com/saverplus](http://anz.com/saverplus)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

  
**saverplus**

# \$500 towards you or your children's education



**Join Saver Plus.**  
Free financial education and your savings  
matched dollar for dollar, up to \$500.

**[saverplus.org.au](https://saverplus.org.au)**

**1300 610 355**





# Saver Plus is a free financial education program that matches your savings, dollar for dollar, up to \$500.

## What can the \$500 be used for?



laptops & tablets



lessons & activities



uniforms & shoes



books & supplies



vocational education



camps & excursions

## Can I join?

**To join Saver Plus, you must meet all of the below criteria:**

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education yourself
- Have regular income from paid employment (you or your partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*

### To find out more:

Enquire online at [saverplus.org.au](http://saverplus.org.au)

Email [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)

Call 1300 610 355

Like us on Facebook 



Or contact the nearest office for your area:

\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



**Noah's**  
EVERY CHILD.  
EVERY OPPORTUNITY.

# Noah's Inclusion Services

## We're here for your child and family

**Noah's Inclusion Services works with you and your child to provide a whole range of services, when and where they are most beneficial.**

From **birth to 18 years** we focus on creating a long-term relationship with each child. We work at family homes, pre-schools, schools, our centres and in the community to build the capacity of your child and those around them.

We have been operating since 1981, nurturing families and helping children of all abilities to make the most of every opportunity in life.

When you come to Noah's **you join our community**. This gives you access to an incredible range of support from our highly experienced and committed teams who all work around the needs of you and your child.

Noah's is a **one-stop shop** for assessments, individual and group programs, reporting, parent and peer programs, behaviour support and plan management.

We are an NDIS registered provider, so you can come to us no matter how your plan is managed, and you are guaranteed to only be charged fees that are in line with the NDIS.

**Your child and family is at the centre of everything we do**



### INDIVIDUAL PROGRAMS

Wholistic family centred key worker (children 0-7 years) and therapy team supports.

Our staff teams include:  
Speech Pathologists, Occupational Therapists, Educators, Psychologists, Physiotherapists, Behaviour Support Practitioners.



### GROUP PROGRAMS

We offer groups such as:  
Start Up Assessment, Transition to School, Be My Best Program, Little Steps supported playgroups, Aboriginal Family Playgroups, Koori Kids Together (Wreck Bay and Jervis Bay) and school holiday workshops.

### PLAN SERVICES

Noah's can help you make the most of your child's NDIS plan through our dedicated Plan Management team.



### FAMILY SUPPORT

Support includes answering your questions, Parent Room information sessions, Peer Mentoring, MyTime Support and our Family Disability Support Program.



We offer services in the Shoalhaven, Jervis Bay and Illawarra with offices in Nowra, Ulladulla and Port Kembla. For more information, please call on (02) 4423 5022 or email [nowra@noahsark.nsw.edu.au](mailto:nowra@noahsark.nsw.edu.au)



# Family & Carers Illawarra & Shoalhaven Support Groups

Join the Family & Carers team at our Support Groups. These sessions are free of cost and provide a supportive environment for carers of people with mental health concerns.

## Nowra

- 2nd Thursday of the month
- 10:00am - 12:00pm
- Stride Nowra Office, 52a Worrigee Street

## Ulladulla

- 3<sup>rd</sup> Friday of the month
- 10:30am - 12:30pm
- Ulladulla Civic Centre, 81b Princes Highway

## Wollongong

- 1st Wednesday of the month
- 5:30pm - 7:30pm
- Stride Wollongong Office
- 2/36-42 Auburn Street  
**(CURRENTLY POSTPONED)**

## Thirroul

- 3<sup>rd</sup> Thursday of the month
- 10am – 12pm
- Thirroul District Library Red Cedar Room, 352-358 Lawrence Hargreaves Drive

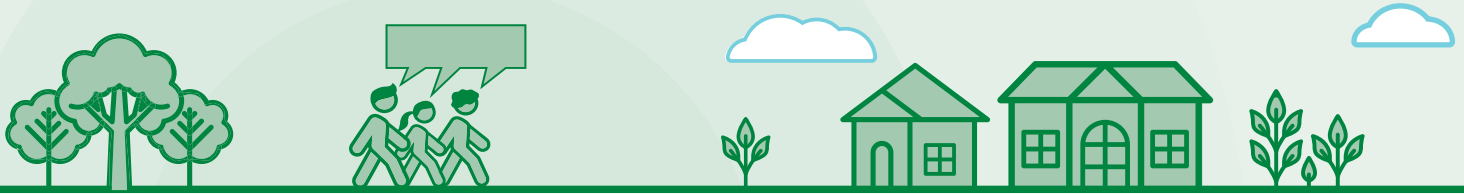
## Warilla

- 4th Thursday of the month
- 1:30pm – 3:30pm
- Warilla Community Centre, 69-72 Benaud Crescent

## RSVP

- To register to attend please contact:
- Wollongong Stride Office on 4229 7254
- Nowra Stride Office on 4422 1547

# TALK-AND- WALK-A-THON



## WHAT IS THE TALK-AND-WALK-A-THON?

The Talk-and-Walk-a-Thon is a wellbeing initiative to foster a positive culture of connection in schools. The aim is to promote the importance and benefits of building connections with others and to provide an opportunity for students to communicate with each other in a relaxed and healthy way.

Mental health for young people is enhanced by positive connections with others. This helps develop a sense of self and promotes important social skills. Enabling connectedness among students is essential work for schools, particularly in times of change and uncertainty. Schools play a key role in ensuring students understand how to establish healthy relationships, seek help when required and continue learning and growing.

October is Mental Health Month and there's no better time to promote the importance of connectedness in schools.

### 1. Talk

Students are provided with speaking prompts to engage in conversation and build connections

### 2. Walk

While they talk, students walk together, in groups or pairs, to create a positive environment for conversation and promote physical activity

## HOW DOES IT WORK?



## WHAT'S NEXT?

### 1. Register your school:

<https://peersupportaustraliatalkandwalkathon.eventbrite.com>

### 2. You will receive a detailed toolkit including:

Information sheets, conversation starters, guide for planning your route, events checklist, tips for social distancing and communication materials for you to successfully run the initiative with minimal cost and resources.



## WHO ARE WE?

Peer Support Australia is a not for profit organisation that has been working in partnership with schools for almost 50 years to improve the mental health and wellbeing of school communities.

**For further information contact a Peer Support Australia Consultant on 0401 797 421.**

We have flexible resources to promote connectedness in different learning modes, as well as our student led approach to wellbeing, the Peer Support Program <https://peersupport.edu.au/>



TALK-  
AND-  
WALK-  
A-THON™



© Peer Support Australia 2020





# 'DERRA BREKKY

Every **Monday** and **Thursday** from 7:30am!

You are invited to attend our **FREE** nutritious breakfast program, every **Monday** and **Thursday** from **7:30am-8:30am**, in the **small hall** at the **Unanderra Community Centre**.

There will be a selection of cereal, toast and fruit for all children and families to enjoy!

**For more information please call: 4271 2213**

*Please Note: If parents are unable to attend, please ensure arrangements are made for your child to get to school.*

# Green Connect Farm

Discover our 11-acre permaculture farm in the heart of Warrawong. Started eight years ago, the vision was to turn a steep block of unused land into a thriving farm. Today the farm has grown enormously and produces fruit, vegetables, herbs, eggs, honey and free-range meat using organic principles. It's also home to pigs, sheep and chickens. As well as growing fair food, the farm creates jobs for young people and former refugees. Last year, Green Connect grew and distributed 35,166kg of chemical free food and employed 122 former refugees and young people. We'd love you to come visit us!

## Spring Workshops announced! Bookings essential

Sat & Sun Oct 31 – Nov 1 [Introduction to Permaculture](#) 9-5pm each day

Put the principles of permaculture into action on the Green Connect farm whilst taking in the theory over two days.

Sat Dec 5 [Gardening Basics](#) 9:00am-12:30pm

Dip your toe in the waters of growing an edible garden at home! With the change of season, now is the perfect time to make plans, learn simple skills and start thinking long-term to ensure the success of your edible garden.

Sat Dec 5 [Working with Nature](#) 1:30-5pm

The *Working with Nature* workshop will give you the knowledge and skills to design your garden as an interconnected system, bringing together seemingly separate elements such as water, soil and sunlight with the flora and fauna that makes your garden a true ecosystem.

Sun Dec 6 [Fruit trees and food forests](#) 9:00am-12:30pm

Harvesting fruit off a tree you have nurtured is a truly rewarding experience! Join us for a morning on the farm where we focus on the knowledge and skills required to grow healthy fruit trees and productive food forests.

Sun Dec 6 [Native Plant Nourishment](#) 1:30-5pm

How to feed the native plants that feed us? That's what Clarence Slockee (from ABC's Gardening Australia) and Matt McKay will teach you all about in the *Native Plant Nourishment* workshop. This workshop caters to anyone new to these concepts as well as those more well-versed.

## Tours and field work on Green Connect Farm. Bookings essential

Our tours run first Saturday of the month and do sell out so book quick to secure your spot! Can't common the set date? You might prefer to book a [Private Tour of the Farm](#) (suitable for groups of 15 or more).

[Monthly Farm Tour](#) – October 31st 10:00-11:15am

On this 75-minute tour, you will see how our market gardens work and talk about Green Connect as a whole, what running a social enterprise entails, and our plans for the future.

[Farm Tour for Families with Kids](#) – October 31<sup>st</sup> 11:30am and 1pm

Bring the whole family to the Green Connect farm for a fun and educational farm tour where everyone can touch, hear and smell their way through our 11-acre farmlands and market gardens.

[Bring your school for a field work visit](#). As a COVID-safe business, Green Connect Farm is equipped to safely host field for school groups of all ages. Students will explore the farm and complete field work in Geography and Science. Let our experienced, local educators (with up-to-date WWCCs) make the curriculum links for you. Certain to delight your school group, our field work options feature unique hands-on learning experiences only a real-deal working farm can provide.



# Green Connect Farm

## Work Experience at Green Connect Farm and Green Connect Op-Shop

Green Connect offers COVIDSafe work experience for school based young people and young people under the age of 25 experiencing barriers to employment.

Work experience is one day at week (days to be negotiated due to COVIDSafe restrictions) and can be undertaken at either the farm or the op-shop.

Supervised by Green Connect staff we offer real world experience, a supportive environment and the opportunity for young people to develop and enhance their skills.

For more information please contact Ann Burbrook on [ann.burbrook@green-connect.com.au](mailto:ann.burbrook@green-connect.com.au) or phone 0436 864 404



FREE BREKKY  
HOMEWORK HELP  
POOL  
CRAFT  
FOOD  
SPORTS & MUSIC EQUIPMENT  
COMPUTERS  
INTERNET & WIFI  
PLAY STATION  
NETFLIX

WE OFFER INFORMATION, SUPPORT & REFERRAL  
FOR ALL YOUNG PEOPLE

Contact us>

E: [unanderrayouth@gmail.com](mailto:unanderrayouth@gmail.com)

M: 0457 077 157 & 42725582

  @unanderrayouthproject

# UNANDERRA YOUTH CENTRE

Want a free Brekky?  
Join us  
every Mon & Thurs  
730m-830am

8-18 year olds

Every Tue & Wed: 3-5pm

Cnr Princess hwy and Factory Rd. Unanderra, 2526





# THE LORD MAYOR'S

# ~~Picnic in the park~~

**DUE TO COVID-19  
We are sadly  
unable to host  
our event in  
November 2020**

To register your expression of interest  
for a gift bag from Billy Backpack and  
Bright Spark, contact Emma or Tracey  
on the details below

[www.transitiontoschool.com.au](http://www.transitiontoschool.com.au)  
[facebook.com/billybackpack](https://facebook.com/billybackpack)  
[facebook.com/PainttheGongREaD](https://facebook.com/PainttheGongREaD)

For more information contact:

Emma Montalti 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)



Warilla North  
Supported Playgroups  
0 -5 years  
Wednesday and Thursday  
9:15am - 10:45am  
and  
11am - 12:30pm  
*Limited places*

Due to Covid Restrictions our Supported playgroups are running a little differently to ensure everyone's safety.

Warilla North Community Centre  
2-6 Hill Street Warilla  
42987200

*Because  
we care*



## OUR GUIDING PRINCIPLES

### CHOICE

Empowering you to design an individualised support plan focused on assisting you to achieve your goals.

### FLEXIBILITY

Delivering flexible and responsive services and support to suit your individuality and changing requirements.

### CONTROL

Giving you control over how your funds are spent and what services form part of your tailored support plan.



*For more information please call or email:*

#### **IMS Head Office**

***Monday to Friday***

Level 1, 67–69 Market Street,  
WOLLONGONG NSW 2500

Illawarra Multicultural Services

**phone:** 02 4229 6855

**email:** [ndis@ims.org.au](mailto:ndis@ims.org.au)

**website:** [www.ims.org.au](http://www.ims.org.au)



**IMS** ILLAWARRA MULTICULTURAL SERVICES  
advancing participation



**MAKING A DIFFERENCE TO PEOPLE'S LIVES**



**NDIS  
SUPPORT  
COORDINATION**

## WHAT DOES A SUPPORT COORDINATOR DO?

Our role is to assist you to achieve your goals and make the decisions that provide the best value and the right choices for you.

IMS has qualified Support Coordinators who have extensive knowledge of local services to assist you to access the services your NDIS plan offers.

### Our services include:

- Helping to understand the NDIS and your NDIS plan
- Assisting you to set up your online NDIS account
- Identifying possible service providers, to give you choices, and arrange appointments
- Contacting providers to obtain service agreements, and help you to understand them
- Working with you to review your supports and goals
- Helping you find opportunities to connect to the community.



### Your IMS Support Coordinator can:

- Contact providers to obtain service agreements, and help you to understand them
- Make sure you are receiving all payments that are available to you
- Help you to prepare for your NDIS plan review
- Connect you to the right service providers
- Offer knowledge and understanding
- Attend meetings with you
- Arrange for an interpreter if required
- Ensure goals important to you are being met.

## What to do next?

### STEP 1

Contact Illawarra Multicultural Services on:  
**02 4229 6855 – [ndis@ims.org.au](mailto:ndis@ims.org.au)**  
**Monday to Friday 9:00am – 5:00pm**

Our friendly team can assist to connect you to the right support coordinator.

### STEP 2

A meeting will be arranged at a location to suit you to discuss your plan, your goals and an action plan to meet those goals. Our service agreement, confidentiality and privacy policy will be explained clearly and transparently. You are welcome to have someone there to support you during this discussion.

### STEP 3

Your support coordinator will then identify services and providers, in collaboration with you and arrange their service agreements for you. Culturally appropriate factors will be highly considered.

### STEP 4

Commence your supports when and where you decide. You can change or stop your services at any time you like. You can start the supports ...and live a happier and fulfilling life.



**ASK YOUR NDIS PLANNER TO INCLUDE  
SUPPORT COORDINATION IN YOUR PLAN**



## Service Provided by IMS Settlement Engagement and Transition Support (SETS)

### Client Services

- Information, Support, Referral and Assistance through the drop-in services at Wollongong and Nowra offices
- Casework management and support for families and youth
- Community education and targeted information sessions
- Specific programs and events to target Education, English language learning and Employment pathways.

### Community Capacity Building

- Support for new and emerging communities and organisations to enhance resettlement in Australia.



*For more information please call or email:*

**Hussam Hattar**

**phone: 02 4210 9905**

**email: [hhattar@ims.org.au](mailto:hhattar@ims.org.au)**

**IMS Head Office**

*Monday to Friday*

Level 1, 67-69 Market Street,  
WOLLONGONG NSW 2500

**IMS Nowra Outreach Office**

*Wed and Thur only*

Shoalhaven Neighborhood Services Inc  
41 Worrigea Street, NOWRA NSW 2541

**phone: 02 4229 6855**

**email: [info@ims.org.au](mailto:info@ims.org.au)**

**website: [www.ims.org.au](http://www.ims.org.au)**



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**SETS-SETTLEMENT  
ENGAGEMENT AND  
TRANSITION SUPPORT**

Funded by Department of Home Affairs





## SETTLEMENT ENGAGEMENT AND TRANSITION SUPPORT (SETS)

Illawarra Multicultural Services (IMS) is funded by the Department of Home Affairs to deliver the SETS program. This program aims to equip and empower humanitarian visa entrants, other eligible permanent migrants and their communities to address their settlement needs with the objective of transitioning successfully into Australian life.

### IMS SETS covers the following regions:

- Illawarra region
- Wingecarribee region
- Shoalhaven region.

### IMS SETS focuses its activities on two streams:

- **Client Services**
- **Community Capacity Building.**



### SETS target groups are individuals that:

- Arrived in the last 5 years as follows
  - Refugees and humanitarian visa sub-class entrants
  - Family stream visa sub-class migrants with low English proficiency
  - Dependants of skilled visa sub-class migrants with low English proficiency
  - People of refugee background and migrants with low English proficiency
  - Selected temporary residents such as: Prospective Spouse, Provisional Spouse, Provisional Partner, Provisional Interdependency visa holders and their dependants.

IMS extends program to also target youth from the above groups.

## Overall objectives of the program

Ensure positive and long-term settlement outcomes.

Equip clients with knowledge and skills to identify and address their settlement needs.

Prevent clients falling through the gaps and fail in their settlement.

Equip and empower new and emerging organisations and communities to increase their social participation.

Support members of new and emerging organisations and communities to become active citizens.

Support new and emerging organisations and communities to increase their social economic and personal well-being.

### REFERRALS:

- [www.ims.org.au/contact-us/referrals/](http://www.ims.org.au/contact-us/referrals/)





## SERVICES PROVIDED BY IMS

### 1. Targeted Support

- Case Management interventions
- Multicultural Supported Playgroups
- Information, advice and referrals
- Parenting support programs
- Family Capacity Building.

### 2. Community Connections

- Community and sector planning
- Community building events and activities
- Workshops (for target groups and for other service providers)
- Collaborations with relevant stakeholders.

### 3. Community Support

- Education and skills training
- Community engagement
- Social participation.



*For more information please call or email:*

**Moises Espinoza**

**phone: 02 4210 9918**

**email: mespinoza@ims.org.au**

**IMS Head Office**

***Monday to Friday***

Level 1, 67–69 Market Street,  
WOLLONGONG NSW 2500

**IMS Nowra Outreach Office**

***Wed and Thur only***

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**TARGETED EARLY  
INTERVENTION  
(TEI) PROGRAM**

Funded by NSW Department of Communities and Justice





## TARGETED EARLY INTERVENTION (TEI) PROGRAM

Illawarra Multicultural Services (IMS) is funded by the NSW Department of Communities and Justice to implement the **Targeted Early Intervention Program** which focuses on ensuring better short, medium, and long-term outcomes for children and families, in order to reduce the risk of entering into the child protection system. The IMS TEI program covers the whole of Illawarra, as well as Nowra in the Shoalhaven.

### IMS focuses on three TEI program activities:

- Targeted Support
- Develop Community Connections
- Provide Community Support.



### The *priority target groups* for the TEI program are:

- Children 0-5
- Young parents
- Younger people aged 8-14.

### The IMS TEI program extends these *priority groups* to:

- People of refugee background and their emerging communities
- Culturally and linguistically diverse (CALD) communities.



## OVERALL OBJECTIVES OF TARGETED EARLY INTERVENTION

- Improve child health and well being
- Reduce levels of vulnerability
- Prevent escalation of risk through early intervention
- Reduce the number of children and families at Risk of Significant Harm
- Prevent entry into out-of-home care system.

### REFERRALS:

- [www.ims.org.au/contact-us/referrals/](http://www.ims.org.au/contact-us/referrals/)

