



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

Term 4 2024

Welcome!

Welcome to the 28th edition of the ISLHD School-Link Newsletter!

This focus this Term is on the new **Get Active!** directory, a collection of outside of school sporting activities available across the Illawarra and Shoalhaven.

The **Get Active!** directory was developed to encourage discussions about engaging in physical activity and the physical, mental and social benefits of doing so.

Forty-nine different sporting associations have provided details about their sport to provide many different options and opportunities for people of all ages to get connected and active.

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

Useful website: ISLHD Mental Health Services

ISLHD delivers specialist mental health assessment and care across community and inpatient settings and in partnership with a range of other government agencies and services.

<https://www.islhd.health.nsw.gov.au/services-clinics/mental-health>



Circulation

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

ISLHD School-Link Website

Resources from NSW School-Link teams:

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



Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

Level 7, 5 Bridge St, Coniston NSW 2500

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

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

Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

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

Sports and active recreation are important in our communities, connecting people of all ages and backgrounds. Whether you're playing casually or at a high level, sports and activities help build community pride, strengthen friendships and create a sense of belonging.

When children, teens, and adults take part in sports and active activities, they are more likely to stay healthy and active throughout their lives. These activities can help people live longer and manage mental health issues. Studies also show that being active can improve thinking skills and school performance.

The **Get Active!** directory lists sporting opportunities within the Illawarra and Shoalhaven.

Use this resource to explore what is available in your local area for the children, young people and/or adults you support. Encouraging engagement in an activity can bring physical, mental, social and emotional health benefits.

Find the **Get Active!** directory on the School-Link internet page:

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

Any professional working with families can suggest that parents or carers consider options in the **Get Active!** directory. The directory provides advice on addressing questions parents and carers may have about any suggested activity:

- Will it be good for my child?
- Can it easily fit into our lives?
- Do I feel like my child and I can do it?

The **Get Active!** directory discusses additional benefits of engaging in outside of school physical activity:

- Supporting school attendance
- Discouraging excessive screen time
- Supporting adequate sleep
- Engaging those with additional needs

Some children and young people might be hesitant to try new activities. Advice for parents and carers to encourage their child to join out-of-school activities includes:

- **Start early:** Start exposing your child to different activities early on
- **Lead by example:** Children and young people are more likely to join in if they see their parents or carers taking part in activities
- **Support their choices:** Let your child choose from a range of affordable activities that you can manage
- **Keep it fun and positive:** Celebrate achievements by highlighting the fun and social aspects of the activity
- **Emphasise the benefits:** Teach children and young people that being active outside the home is important for their health and well-being
- **Be flexible:** Some children and young people might need to try a few activities before finding one they really enjoy

KIT BAG FOR KIDS



Help your Club support disadvantaged children across Australia.

We need your club shirts and shorts, boots, trainers and replica footy jerseys.

IT'S EASY TO GET INVOLVED!



.....
Drop your donations into the collection bins located at your home ground.

.....
Even better, agree with your teammates to donate a complete team-strip. Ask your coach or manager to contact us to arrange collection.

.....
Then follow our story on  and  @KitBagForKids

.....
For more information email ops@kitbagforkids.org

.....



Join Us Every Monday During Term 4 to bring Fathers and Father figures together connect and walk in our community!

When: Beginning 21.10.24

Where: Meeting at Shellharbour Rd & Parade, Lake Illawarra NSW 2528

To register contact Christopher via email or text

Christopher.Harrison@thefatheringproject.org

PH: 0427 777 631

**Walk
N
Talk**

A scenic photograph of a sunset over the ocean. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. In the foreground, a dark silhouette of a cliff or rock formation is visible, with a group of people standing on top, their arms raised in celebration. The overall mood is peaceful and hopeful.

wellbeing skills DBT group

headspace Shellharbour

Learn to understand and respond to emotions in a fun and supportive environment!

We use skills based on Dialectical Behavioural Therapy (DBT) to help you manage emotions and improve your communication and overall wellbeing.

Snacks will also be provided!

Places within the group will be limited so please submit your expression of interest ASAP!

details

who: young people aged 14-17

where: headspace Shellharbour

address: 162-172 Shellharbour Road, Warilla NSW 2528

when: Mondays 3:15-4:45pm

duration: weekly for 6-8 weeks

date: starts 28 Oct 2024

cost: FREE

RSVP

Please RSVP via phone or email by 14/10/24.

phone: (02) 4225 5670

email: headspaceshellharbour@gph.org.au



Family and Friends

focus group

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

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

The focus group will be held on November 20th at 5:30pm, with catering.

For further information please contact us on:
(02) 4220 7660
info@headspacewollongong.org.au

Have your say on:

1

Holistic care

Ensuring we have a holistic approach around the young people accessing our service

2

Improved Service

It is important to us to deliver appropriate services & to be a trusted/respected provider

3

Decision Making

Share, Collaborate & Support in organisational decision making

4

Collaboration

Share your own solutions/ initiatives supported by our staff

The Binder Collective



The Binder Collective is a donation-based initiative, running out of headspace Wollongong to enable local trans and gender-diverse young people to access to gender-affirming binders at no cost.

How to access

If you are in need of a new binder or want to try one out to see if binding is something that gives you gender euphoria then you can access the QR code or you can email us at headspace@gph.org.au to put your name down to be contacted when we have a donation in your size.

Each binder comes with some care instructions and an information sheet on how to bind safely.

We are able to offer binders to young people aged 14-25, and 12-13 with parental consent.

How to donate

If you are interested in donating a binder you no longer need, please contact headspace Wollongong on 4220 7660 to arrange an appropriate time to drop off your donation.



or visit bit.ly/thebindercollective



Strengthening Relationships

Term 4, 2024

For parents and carers

Circle of Security Parenting™ (abbreviated) - 5 x 2 hours weekly / \$75

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Term	Location	Dates	Day	Time
Term 4	Online	24, 31 Oct, 7, 14, 21 November	Thursday	5.30-7.30
	Wollongong	13, 20, 27 Nov, 4, 11 December	Wednesday	10-12

Supporting Your Child Experiencing Anxiety - 3 x 2 hours weekly / \$45

Understanding how to support your child through feelings of anxiety can be very challenging. This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage anxiety.

Term	Location	Dates	Day	Time
Term 4	Online	3, 10, 17 December	Tuesday	10-12

123 Magic and Emotion Coaching Inclusive - 3 x 2 hours / F2F 3 x 2 ½ hours / \$45

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple effective strategies to manage the behaviours in a safe and effective way.*This program is inclusive of parents of neurodivergent children and our F2F sessions will be an opportunity for parents with similar experiences to explore and discuss the content together.

Term	Location	Dates	Day	Time
Term 4	Online	27 November, 4, 11, December	Wednesday	10-12

Bringing Up Great Kids - 4 x 2 hours weekly / \$60

Bringing Up Great Kids promotes and supports respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

Term	Location	Dates	Day	Time
Term 4	Online	28 Nov, 5, 12, 19 December	Thursday	5.30-7.30

Bringing Up Great Teens - 4 x 2 hours weekly / \$60

Support your child through this time of development, learn how to stay connected, while giving them the independence they desire, understand the changes they are going through, and how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

Term	Location	Dates	Day	Time
Term 4	Online	24, 31 Oct, 7, 14 November	Thursday	10-12

For parents after separation

Keeping Kids in Mind - 5 x 2.5 hours weekly / \$150

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

Term	Location	Dates	Day	Time
Term 4	Online	22, 29 Oct, 5, 12, 19 November	Tuesday	10-12.30
	Nowra	23, 30 Oct, 6, 13, 20 November	Wednesday	10-12.30
	Wollongong	21, 28 Nov, 5, 12, 19 December	Thursday	5.30-8

Strengthening Relationships

With a special focus

Seeing Red - 5 x 2 hours weekly / \$75

Strong emotions are natural and are felt by everyone. Learn to recognize, communicate and listen to your feelings, as well as the feelings of those around you. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

Term	Location	Dates	Day	Time
Term 4	Campbelltown	23, 30 Oct, 6, 13, 20 November	Wednesday	5.30-7.30

Black Box Parenting - 5 x 2.5 hours weekly / FREE

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

Term	Location	Dates	Day	Time
Term 4	Campbelltown	22, 29 Oct, 5, 12, 19 November	Tuesday	10-12.30
	Wollongong	23, 30 Oct, 6, 13, 20 November	Wednesday	10-12.30

Supporting Families - 5 x 2.5 hours weekly during school terms / FREE

Being a parent can be one of the most challenging and rewarding experiences of your life. Sleep deprivation, health issues, relationship stress and endless advice can become overwhelming, even more so if we are experiencing feelings of anxiety, depression, grief and loss, or other mental health issues. Sessions may focus on areas such as child development, parenting, self-care and wellbeing. We will also invite caregivers to identify areas of family life they would like information on.

Term	Location	Dates	Day	Time
Term 4	Nowra	24, 31 Oct, 7, 14, 21, 28 Nov, 5, 12, 19 December	Thursday	10-12.30

My Kids and Me - 7 x 2.5 hours weekly / FREE

The jumble of emotions and processes involved when having a child removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment, to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

Term	Location	Dates	Day	Time
Term 4	Wollongong	29 Oct, 5, 12, 19, 26 Nov, 3, 10 Dec	Tuesday	10-12.30

Seasons for Growth - Adults - 4 x 2.5 hours fortnightly / \$60

Learn about the personal impacts of change, loss, and grief, in a safe and supportive environment. Improve your wellbeing, learn new coping skills to manage how you are feeling and connect with others

Term	Location	Dates	Day	Time
This program is not currently scheduled for term 4, please contact our intake team to express interest in the next available group or to place your name on the waiting list.				

Contact us

02 4254 9395
intakeservice@catholiccare.dow.org.au
www.catholiccare.dow.org.au

Wollongong 25-27 Auburn Street Wollongong
Campbelltown 35A Cordeaux Street, Campbelltown
Nowra 55 Worrigea St, Nowra

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Concessions available *GST may apply **Schedule subject to change ***Conditions apply to complete online groups
Please note some groups may have limited availability.

Scan QR code to access
your online intake form





Did you know 1 in 3 youths aged between 12-17 years have gambled?

Gambling is so widespread that young people encounter it as part of their everyday life, and they have a higher risk of experiencing gambling harm.



Sports



Video
games



TV and
advertising



Social media
and online

Teach your students to be GambleAware with curriculum-aligned lessons

Gambling education is an important way to equip young people with the skills and knowledge to make safer gambling choices. GambleAware has created a suite of free and easy-to-use lesson plans for teachers, to help educate high school students about gambling risks while teaching to the curriculum.

- **Maths:** using concepts of odds, risk, and probability, teach students to understand the mechanics behind the different types of gambling.
- **English:** using mediums like videos, poems, and articles, teach students how to express and debate different viewpoints about gambling.
- **PDHPE:** using group activities and discussion, teach students how gambling can impact their personal and community's health.

Start using GambleAware's classroom resources

To learn more about these resources and seamlessly integrate them into your everyday classwork, visit gambleaware.com.au/classroomresources



POP UP GROUP
**CARING
CONNECTIONS**

FOR PARENTS & CARERS



WEDNESDAY 6TH NOVEMBER 2024
9:30AM - 12:00PM
FREE

ALBION PARK RAIL PUBLIC SCHOOL
SACC
TONGARRA ROAD

TO REGISTER PLEASE CALL FSA
KARAN 0455 892 092

COME ALONG AND HAVE SOME TIME OUT WHILE WE CHAT
ABOUT WHY WELLBEING IS SO IMPORTANT AND NOT A
LUXURY! THIS IS YOUR TIME!



Family Services Australia



Education



Family Services Australia



Education



CARING CONNECTIONS

FREE

POP UP GROUP FOR PARENTS & CARERS

THRIVING TOGETHER - EMOTIONAL REGULATION FOR PARENTS.N& CARERS... LETS CHAT!

**WHERE?
AT ALBION PARK RAIL SACC TONGARRA ROAD**

Join us for a morning of learning and connection as we share food, ideas and parenting information.

Limited child minding available.
Any queries please call.

**TERM 4 WORKSHOPS
DATES:
WED 30TH OCTOBER
10AM TO 12PM**

**REGISTER WITH JO
0408 258 605**





Empowering women to thrive in work and in life.

Dress for Success NSW & ACT supports women entering and re-entering the workforce by providing quality clothing for job interviews and significant life events. Our career support services include help to write a resume and prepare for interviews, plus our Career Hub provides a full range of online resources to support every step of your job search and career journey.

All women are welcome, and all of our services, and clothing are provided free of charge.

What to Expect at your Styling Session

On arrival, you will be matched with a dedicated Volunteer Stylist for a personal one-hour styling session. The Stylist will help you choose a full outfit of clothes, including shoes and accessories, so you can feel prepared and present yourself confidently.



Book a Styling Session

Book for your free Illawarra Styling Session for a job interview, new role, training or other important occasion.



Get Career Support

Tailored one-on-one advice to review your resume and prepare for job interviews.



Join our Career Hub

24/7 access to online workshops and essential career resources, to help build your skills and confidence.



Learn More About Our Free Services
<https://nswact.dressforsuccess.org>

Our Branches

Illawarra: 2/210 Cowper Street, Warrawong
Sydney: 1/7 Prospect Road, Summer Hill
Newcastle: 82-84 Belford Street, Broadmeadow



**DRESS FOR
SUCCESS**

NSW & ACT - ILLAWARRA

Empowering women
with the tools they need
to seek employment and
financial independence.

Supporting Women



Dress for Success NSW & ACT offers women free clothing and employment services. We provide quality clothing for job interviews and significant life events.

What to Expect

On arrival you'll meet with a dedicated Volunteer Stylist who will help you choose a full outfit including shoes and a handbag. You can also access our free career support services including resume review, and mock interviews which are all provided via our Online Career Hub.



Book a Styling Service

Book your free Styling Appointment at Illawarra via the QR code: Court Appearance, Release Clothing and New Beginnings Wardrobe.



Get Career Support

Tailored one-on-one services include Career Coaching, Mock Interviews, and Resume Review.



Join our Career Hub

24/7 access to online workshops and essential career resources, to help build skills and confidence.



Learn More About Our Free Services
<https://nswact.dressforsuccess.org>

Our Branches

Illawarra: 2/210 Cowper Street, Warrawang 0473 875 338
Sydney: 1/7 Prospect Road Summer Hill 1800 773 456
Newcastle: 82-84 Belford Street, Broadmeadow 0468 444 376



Get Ready!

Prepare your child for a healthy transition to kindergarten in this four-session program featuring community experts and play-based learning.

 **Starts Friday 1 November**
10.30am to 11.30am

 **Warrawong Library**



FREE. Bookings required. Scan the QR code for more information or speak with library staff.



Wollongong **City Libraries**



Get Ready!

Prepare your child for a healthy transition to kindergarten in this four-session program featuring community experts and play-based learning.

 **Starts Monday 4 November**
10.30am to 11.30am

 **Corrimal Library**



FREE. Bookings required. Scan the QR code for more information or speak with library staff.



Wollongong **City Libraries**



Get Ready!

Prepare your child for a healthy transition to kindergarten in this four-session program featuring community experts and play-based learning.

 **Starts Tuesday 19 November**
10.30am to 11.30am

 **Thirroul Library**



FREE. Bookings required. Scan the QR code for more information or speak with library staff.



Wollongong **City Libraries**



HIPPY Early **FREE** Education Program

The HIPPY program is a **FREE** early learning and parenting program for children in the two years before they start school.



HIPPY runs during school terms and supports:

- play based learning
- you as your child's first teacher
- your child's transition to school
- child development, community connection and confidence

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

All learning materials are provided by our educators.

For more information contact our HIPPY Co-ordinator by calling 4275 8575 or email us coordinatorhippy@barnardos.org.au

Express your interest today!

Scan the QR code to find out more



barnardos.org.au



WorkAbility EXPO

Together with Platinum Sponsor
Uniting, an NDIS partner in the community

 
Delivering the NDIS in your community

Beyond Possible

Connecting employers
& people with disability


**FREE
ENTRY**

Wollongong WorkAbility Expo
Tue 3 December 2024

10am – 3pm | The Fraternity Club



Who should exhibit

- > Mainstream employers
- > Employers specialising in disability employment
- > Disability Employment Services
- > Australian Disability Enterprises
- > Advocacy organisations
- > Training organisations
- > Government organisations dedicated to supporting people with disability into the workforce
- > People with disability who have started their own business
- > Support service organisations

Who the expo is for


School aged young adults looking for information about entering the workforce

Employers who want to learn more about inclusive employment

Family and carers

People with disability who are jobseeking, looking for training, information & resources


People with disability who want to start their own business

For more information please visit workabilityexpo.com.au



Something TO DO

Oct-Dec 2024

Dharawal Country

COLOURFUL CONNECTIONS

A monthly event that creates a safe space for LGBTQIA+ young people.

28 October
25 November
16 December

MOMENTUM

Activities for young men aged 14 - 22 including graffiti workshops, football games, BBQ's + more!

Tuesdays 3 - 4.30pm
@ Wollongong Youth Centre

CRAFTS + CHAT

Come and try new art + craft mediums including water colour, embroidery, clay + more.

Fridays 3.30 - 5pm
@ Wollongong Youth Centre

REHEARSAL SPACE

Fully equipped sound proof music rehearsal room \$5pp for 2hr sessions - bookings essential.

Tuesday, Thursday + Saturdays
@ Wollongong Youth Centre

STUDY SESSIONS

Need a place to focus and study, with some additional support? Come along to our study sessions. Snacks provided.

Wednesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

BARISTA EXPRESS

Learn to make coffee.

Session 1: 30 Oct, 6 + 13 Nov
Session 2: 20 + 27 Nov, 4 Dec

Wednesdays 3.30 - 5pm
@ Wollongong Youth Centre

TABLETOP GAMES

Come and play tabletop games in our Auditorium.

Tuesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

TEAM IGNITE

Boost the music + performance scene for young people. Learn skills in AV production, event management + promotion.

Thursdays 4 - 5.30pm
@ Wollongong Youth Centre

BELLAMBI CONNECT

Learn new stuff + meet new people. A range of activities including games, art + more for young people aged 12 - 18.

Mondays 1.45 - 3.15pm @
Bellambi Neighbourhood Centre

TEENZ CONNECT

Learn new stuff + meet new people. A range of activities including games, resume writing, self care ideas + more for young people aged 12 - 24.

Thursdays 3 - 4.30pm
@ Warrawong Library

BUNDALEER CONNECT

An arvo of sports, games + food. Get active, catch up with friends + more for young people aged 12 - 18.

Mondays 3 - 4.30pm
@ Bundaleer Community Centre

DAPTO CONNECT

Learn new stuff + meet new people. A range of activities including games, art + more for young people aged 12 - 18.

Tuesdays 3 - 4.30pm
@ Horsley Community Centre

ON STAGE

Live music, performances, open mic + workshops. Check out our socials for details.

Thursdays 5.30 - 7.30pm
@ Wollongong Youth Centre

EVENTS

25 October - Music for the Mind
15 November - Silvia Lane Single Launch
20 December - Jamble Bells 2

Check our socials for updates.

GOT A QUESTION?

Chat to our youth workers. They take time to listen, understand + provide info + help you explore your options.

Drop by, give us a call or DM our socials
@ Wollongong Youth Centre

HANG OUT

Comfy lounges, WiFi, pool, table tennis, gaming, charging stations + more.

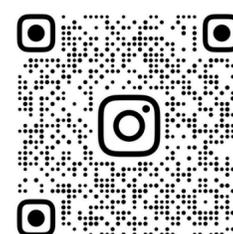
Tuesdays 3 - 6pm
Thursdays 3 - 8pm
Saturdays 1 - 4pm
@ Wollongong Youth Centre

* Programs start in Week 2 of the term.

For more info DM our socials or call 4227 8222

Activities are free, supervised & for ages 12 - 24 years

(unless otherwise specified)



WOLLONGONGYOUTHSERVICES

NOAH'S CHALLENGE

SUNDAY 27TH OCTOBER 2024

UOW SHOALHAVEN CAMPUS, WEST NOWRA

10AM TO 3PM

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

Featuring rides, music,
picnic zone, activities,
face painting, prizes,
food and fun!



Noah's

EVERY CHILD.
EVERY OPPORTUNITY.

FREE ENTRY

including all activities
and attractions.

Donations to support
Noah's Inclusion Services
collected at the event.

Visit noahschallenge.com.au
for more information or to
make an online donation.



Thanks to our
major sponsors:



**Regional
Strata** NSW



**DYNAMIC
TRADIES**
PLUMBING + ELECTRICAL



macey
INSURANCE BROKERS

Noah's Inclusion Services - Term 4 2024 Groups Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Young Yarns Playgroup 9.30am-11.30am Albion Park Rail Public School Playgroup for Aboriginal children 0-5 years</p>	<p>Gubidja Wurrangalali Gooyoong 9.30am-11.30am Cullunghutti, South Nowra Playgroup for Aboriginal children 0-5 years</p>	<p>PlayConnect Playgroup 9am-10.30am Noah's Sanctuary Point Playgroup for children 0-5 years with Autism or development concerns</p>	<p>Burri Burri Playgroup 9.30am-11am Gerrongong Public School Playgroup for Aboriginal children 0-5 years</p>	<p>Little Steps Playgroup 9.30am-11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care</p>
<p>Bilima Booris Playgroup 9.30am-11.30am Noah's Sanctuary Point Playgroup for Aboriginal children 0-5 years</p>	<p>PlayConnect Playgroup 9.30am-11am Noah's Batemans Bay Playgroup for children 0-5 years with Autism or development concerns</p>	<p>Jump Together 9.30am-11am Noah's Nowra Early Intervention program for children with NDIS Plan with parent and carer training</p>	<p>Little Steps Playgroup 9.30am-11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care</p>	
<p>Bugunyal Bagan Playgroup 9.30am – 11.30am Noah's Ulladulla Playgroup for Aboriginal children 0-5 years</p>	<p>My Time 11am – 12pm Noah's Batemans Bay Peer Support Group for parents/carers of children with additional needs</p>	<p>My Time 10.30am-12pm Noah's Sanctuary Point Peer support group for parents/carers of children with additional needs (not held every week)</p>	<p>My Time 10am-12pm Noah's Nowra Peer support group for parents/carers of children with additional needs (not held every week)</p>	
<p>PlayConnect Playgroup 9.30am – 11am Noah's Nowra Playgroup for children 0-5 years with Autism or development concerns</p>	<p>Little Steps Playgroup 9am-10.30am Noah's Nowra Playgroup for children 0-5 years who don't attend other care</p>		<p>Creative Connections 3pm - 4.30pm Noah's Sanctuary Point Social and creative group for children 7-9 years with a NDIS Plan</p>	
<p>Jump In Early Intervention Group 9.30am – 11am Noah's Batemans Bay Early intervention group for children 3-6 years</p>	<p>My Time 10am-12pm Noah's Ulladulla Peer support group for parents/carers of children with additional needs (not held every week)</p>		<p>Drumming for R&R 5pm-6pm Noah's Sanctuary Point Drumming group for children 10-14 years with a NDIS Plan which helps to build regulation & relationship skills</p>	
	<p>Language for Learning 11am-12.30pm Noah's Nowra Early literacy skills building for preschool age children with a NDIS Plan</p>			
	<p>Build & Connect 3.30pm – 4.30pm Noah's Batemans Bay Social skills group for children 5-8 years with a NDIS Plan</p>			
	<p>Connection to our Backyard 3.30pm-5pm Noah's Nowra Play and language group for school age children with a NDIS Plan</p>			

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

Be My Best Behaviour Support
Family Support and Training
Parent Connect
The Parent Room
SWAY Program
PEERS Program
Secret Agent Society
SOS Feeding Program
Circle of Security

NDIS Services by appointment (contact us for availability)

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



GROUP/PROGRAM/SERVICE	DESCRIPTION	DETAILS
NDIS Services - Individual	<ul style="list-style-type: none"> • Plan Management • Key Worker (0-7 years) • Speech Pathology • Occupational Therapy • Physiotherapy • Psychology • Behaviour Support 	<ul style="list-style-type: none"> • For ages up to 18 years • Available at Noah's, home or education and community settings • Costs (charged to NDIS Plan) are according to the NDIS Price Guide • Waiting lists exist for some services • Limited access to some services in some locations
NDIS Services - Groups	<ul style="list-style-type: none"> • Groups offered are as listed in the timetable • Groups vary each term according to time of year and demand 	<ul style="list-style-type: none"> • Costs (charged to NDIS Plan) are according to the NDIS Price Guide • Waiting lists exist for some groups
Be My Best	Be My Best is for families who are experiencing difficulties managing the behaviour of their child/ren ages 2.5 to 7 years.	<ul style="list-style-type: none"> • Non-NDIS Program • Contact us for more information, including costs and availability
Playgroups	Noah's runs a series of playgroups for families with infant or pre-school age children <ul style="list-style-type: none"> • Playgroups for Aboriginal families • Little Steps (for children who do not attend other early childhood education services) • PlayConnect (Supported Playgroup) 	<ul style="list-style-type: none"> • Non-NDIS Program • Contact us for more information or to register
Carer Support Services	<ul style="list-style-type: none"> • MyTime • The Parent Room • Family Support and Training • Parent Connect 	Contact us for more information or to register
Early Childhood Early Learning Services	<ul style="list-style-type: none"> • Mundamia Early Learning Centre • SWAY (language and literacy program for early childhood services based on Aboriginal culture) • Koori Kids Together (targeted support for pre-schools and schools in Wreck Bay/Jervis Bay Territory) 	Contact us for more information or to register

For more information about Noah's groups, programs and services or to book phone (02) 4423 5022 or visit www.noahs.org.au

Follow us on Facebook for the latest news and updates

Noah's Nowra: 69 George Evans Road Mundamia (UOW Shoalhaven Campus) - Phone: (02) 4423 5022
Noah's Ulladulla: 158 Green Street Ulladulla - Phone: (02) 4455 1318
Noah's Illawarra: 41 Willinga Road Flinders - Phone: (02) 4288 8024
Noah's Sanctuary Point: 48-52 Paradise Beach Road Sanctuary Point - Phone: (02) 4423 5022
Noah's Batemans Bay: 1a Melaleuca Crescent Catalina – Phone (02) 4472 6939
Noah's Moruya: 2809 Princes Highway Moruya – Phone (02) 4472 6939

Bookings are essential for all groups

Timetable is subject to change

Some groups and programs do not run during the school holidays

Get up to \$500 for education costs

Achieve a savings goal for 10 months,
and **ANZ will match it up to \$500.**

To be eligible, you need to meet these requirements:



18 years
or older



A regular
income
(you or your
partner)



Attend
free online
financial
education
workshops



Are studying
yourself or
have a child
at school, or
starting next
year



Current
**Health Care
or Pensioner
Concession
Card**



Saverplus.org.au
1300 610 355


saverplus

Dapto Play Ranger

Make Way For Play



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

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



Every Tuesday during school term

Alternating at Lakeside Reserve or
Dimond Brothers Reserve

**For more information, please call
Barnardos Children's Family Centre South Coast
on 4275 8575 or 0477 808 026**



**Barnardos
Australia**



Unanderra Play Ranger

Make Way For Play

**Free fun weekly play sessions
for children aged 0 to 5 years and
their families/carers. 10am to 12pm
during school terms.**

**Play sessions include, fun play
and learning activities, and parenting
and community information.**

Our playgroups are currently located at
Charcoal Park Factory Road, Unanderra
From 10am-12pm

Monday - during school term



Please come along and join us or call for more
information 4275 8575 or 0477 808 026.

barnardos.org.au



**Barnardos
Australia**



Cooinda Playgroups

Make Way For Play

Free playgroups and morning tea for Aboriginal and Torres Strait Islander children aged 0 to 5 years, and their families/carers.

10am to 12pm during school terms.

Yarn, play and share culture with your kids.

Friday

Berkeley Neighbourhood Centre
Winnima Way, Berkeley



Please come along and join us or call for more information 4275 8575 or 0477 808 026.

Limited transport support for this playgroup may be available.

barnardos.org.au





Kids Time Playgroups

Make Way For Play

Free fun weekly play sessions for children aged 0 to 5 years and their families/carers. 10am to 12pm during school terms.

Play sessions include morning tea, fun play and learning activities, and parenting and community information.

Tuesday

Barnardos Children's Family Centre
13 Greene Street, Warrawong

Wednesday

Berkeley Neighbourhood Centre
Winnima Way, Berkeley

Bundaleer Community Centre
Northcliffe Drive, Warrawong

Thursday

Koonawarra Public School
Byamee St, Koonawarra



Please come along and join us or call for more information 4275 8575 or 0477 808 026.

barnardos.org.au



**Barnardos
Australia**



Support the transition to high school with the Peer Support Program

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

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

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

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

[Download the free guide](#)

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

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

- Harper, Year 7, Mamre Anglican College



CARE

with

foster care

At CareSouth we are everyday people with big hearts.

We support vulnerable local families in the Illawarra to create a better future. Have you ever considered fostering a child or young person? If you are responsible, warm-hearted and patient, you can make a positive difference for a short time or a lifetime. Our team is ready to answer all your questions on **1300 554 260**. Join the CareSouth family and show how much you care.

EVERYDAY

CareSouth

caresouth.org.au



Carer helps keep
families
connected

Bernadette has been a CareSouth foster carer for more than a decade. Based in Thurgoona, just outside of Albury, she has provided a loving home for dozens of children and young people in our southern region.

One of the things that makes Bernadette such an exceptional carer is her ability to recognise the importance of keeping families connected. She does this by maintaining

strong familial attachment throughout the time a child is under her wing.

"At the end of the day I believe kids should be with their family if it is safe for them," said Bernadette. "I became a foster carer to help these little people, to give them somewhere safe while whatever is going on in the background gets sorted out."

Bernadette knows that her role as a short-term, emergency

The hope is that this holistic approach to foster care will mean better, more positive outcomes for children, young people, birth parents and carers.

and respite foster carer is transient and, as emotionally difficult as this can sometimes be, the goal is to return children and young people to their families wherever possible.

"It makes me feel grateful I can do that for kids," said Bernadette. "For them to be in this situation in the first place, it's not the child's fault. And many parents have had their own trauma history, so I really feel for them."

Bernadette, and her extended family, form strong attachments to the young people in her care and saying goodbye is always hard. But she knows the best place for them is with their family, if possible. While children remain in Bernadette's home she does everything in her power to maintain and facilitate birth family bonding and attachment, moving heaven and earth to ensure children and young people have regular face-to-face and phone contact with their birth families.

"If a child is of an age where they can understand what is happening in their lives, it is very important that they know that your relationship with their birth parents is a positive one," said Bernadette.

"I do always try to build a very nice bond with the birth parents I get to meet or talk to. Some you don't always get to meet. But I think the ones you do meet, most of the time they feel the same way. They appreciate that you are taking care of their child, until they are able to take over where possible."

Recently Bernadette helped one birth parent, who was working towards restoration of her child, get back on her feet by providing "bits and pieces, and a few knick-knacks to make her house more of a home".

"By doing this I knew in my heart she had everything she needed in the home so all she had to do was provide lots of love and hugs once her children were home," said Bernadette. "At the end of the day our primary responsibility is to look after children, but we need to look after birth parents as well."

CareSouth also recognises the importance of looking after our foster carers, who are often the glue that hold fractured families together while they heal and rehabilitate.

Last year CareSouth launched its Carer Experience Project, as part of the organisation's commitment to providing the best quality care and service to our clients and carers like Bernadette. The project captures the wealth of knowledge and experiences of carers from across our regions, through targeted interviews and consultation meetings.

The information collected from carers who have been interviewed will be used to increase carer satisfaction and retention across CareSouth's wide geographic footprint. The Carer Experience Project will also identify opportunities to innovate our service delivery to carers and the children they support.

In the first phase of this project CareSouth focused on short-term, emergency and respite carers, as their role has changed in both complexity and compliance over recent years with the introduction of the government's Permanency Support Program (PSP).

Introduced in October 2018, PSP improves safety, permanency and well-being outcomes for children and young people who are currently in care or at risk of coming into care. Under PSP foster carers provide a loving home while the best permanency pathway – restoration, guardianship, adoption or long-term foster care - can be found so children and young people have safe homes.

Future phases will look at other aspects of care so we can get an overall view of what being a foster carer with CareSouth looks like.

The hope is that this holistic approach to foster care will mean better, more positive outcomes for children, young people, birth parents and carers.

Subscribe to the Caddyshack Project Mailing List

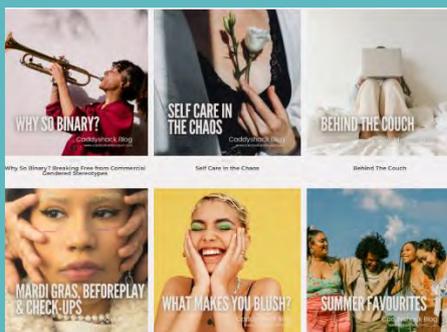
We are NSW Health sexual health program which promotes a positive approach to sex and sexuality for young people (aged 15-29) and the broader community.

Our aim is to reduce the harms associated with STIs, through partnerships with youth services, LGBTQI+ agencies & community groups.

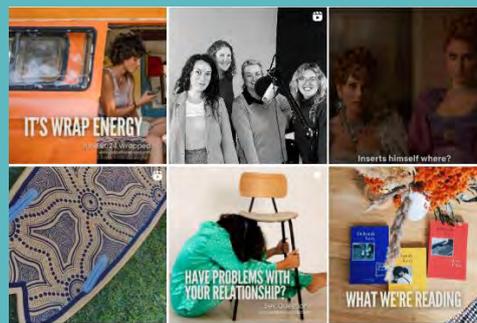
We cover the Illawarra and Shoalhaven regions and are proud to work and live on Dharawal and Yuin Country and we Acknowledge the Traditional Custodians of these land.

Our program was established in 2007, and we work with people, who work with people. Together we have over 40 years' experience in the sector.

Blogs



Instagram



Monthly newsletter & podcast



What We're Reading



For more information please contact: Jennifer.Farinella@health.nsw.gov.au

caddyshack
share affection, not infection



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



Education

Contact Claire for booking and enquiries

PH: 0448 564 219

FREE PROGRAMS TERM 4, 2024

MONDAY

Young Yarns Playgroup

9:30am - 11:30am

Aboriginal families are welcome to come along to Noah's playgroup.

Playgroup is a fun place for you to play with your Booris, connect with other families and be supported in your important role as your child's first teacher. You and your Booris can read books together, play music, sing, dance, paint, draw, cook, meet new friends, try new activities and enjoy free morning tea.

Playgroup is a safe space for families with young children. Our experienced and trained staff offer a variety of activities to promote early learning and wellbeing in children.

Bring: spare clothes.
Contact Jocelyn McGrath from Noah's on 0427 565 697



Noah's
EVERY CHILD
EVERY OPPORTUNITY

TUESDAY

PLAYGROUP

9:00am - 11:00am

Parents have the opportunity to meet other adults in a welcoming and relaxed environment.

This term Aspect will attend our playgroup to offer additional support to children and families transition to early childhood education and care settings.

What to bring: hat & water



TRANSITION TO SCHOOL PLAYGROUP

12:30pm - 2:30pm

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

What to bring: School bag, hat, water, crunch & sip.

WEDNESDAY

Caring Connections Parenting Group

Join us for a morning of learning and connection as we share food, ideas and parenting information.

30th October and 6th November contact Claire for details



Family Services Australia

MYTIME PARENT SUPPORT GROUP

12:30pm - 2:30pm

MyTime is a support group for parents and carers of children with disabilities or other additional needs. It's a place for you to unwind and talk about your experiences.

Trained staff help group members get to know each other and learn more about resources and support.

While you unwind, your child's kept engaged by our MyTime play leaders.



THURSDAY

PLAYGROUP

9:00am - 11:00am

Playgroup is a safe space for families with young children. Our experienced and trained staff offer a variety of activities to promote early learning and wellbeing in children.

What to bring: hat & water bottle. Fruit, tea, coffee & cool drinks provided.



HOME SCHOOLERS PLAYGROUP

12:30pm - 2:20pm

Our new Home Schoolers Playgroup has been designed to support families with children aged 5 - 8 years. Activities will be based on the children's interests such as cooking, experiments and gardening.

What to bring: hat, snack and water bottle.

FRIDAY

KINDERGYM

9:30am - 10:15am

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

What to bring: water bottle



TRANSITION TO SCHOOL GYM

10:30am - 11:30am

TTS Gym is a gymnastics based movement class for children starting school in 2025. Children will have the opportunity to develop and practice skills needed for school through fun, hands-on play-based activities.

What to bring: water bottle

Claire M: 0448 564 219 E: Claire.jones42@det.nsw.edu.au



APR School as Community Centre (SaCC)

Introducing Transition to Work

Intensive employment assistance for eligible 15 to 24 year olds.

If you're aged 15 to 24 and you left school early, or you're having difficulty finding a job after school, the Transition to Work program can help. The program can help you into work, apprenticeships and training, or education.

What you'll get

You'll get:

- practical support to build your skills and confidence and continue your education
- help with challenging situations you might be experiencing
- tailored, intensive support to prepare for work, apprenticeships, traineeships or education.

Your Transition to Work Provider will work with you to find the best mix of activities and services to help you achieve your goals.

This may include:

- capability development and adult life skills
- career guidance
- access to job-specific training, work experience and internships
- job search and interview preparation and support
- networking with local employers
- supporting you and your employer to help you stay in a job
- connecting with local support services, such as housing assistance or mental health support.



All Transition to Work Providers have experience with helping young people. They have strong links with local employers, community services and schools.

Eligibility

To take part in Transition to Work you must be aged 15 to 24 and have either:

- Australian citizenship or
- an appropriate visa.

Eligibility also depends on your individual circumstances, including whether you:

- have a Year 12 certificate or equivalent, such as a Certificate III
- have been employed within the last 6 months
- are receiving an income support payment such as Youth Allowance
- are participating in another employment service.

To check if you are eligible, talk to a Transition to Work Provider.

Find a Transition to Work Provider

Search for your local Transition to Work Provider

<https://www.workforceaustralia.gov.au/individuals/coaching/assistance/transition-to-work>

Need help with this fact sheet?

If you need an interpreter, please call the Translating and Interpreting Service (TIS) on 131 450*.

If you are a young person, ask for the Jobseeker Hotline on 13 62 68*.

If you are an employer, ask for the Employer Hotline on 13 17 15*.

If you are deaf, or have a hearing or speech impairment, you can use the National Relay Service.

**Note, call charges apply when calling '13' numbers from mobile phones.*