



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

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Recently received service flyers, program promotions and training opportunities.

Circulation

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

Term 1 2021

Welcome !

Welcome to the 17th edition of the ISLHD School-Link Newsletter!

As we begin a new year, it is important to start fresh using positive coping strategies or starting to develop some new ones, for when difficult and challenging circumstances present themselves in the year to come.

It is never too early or too late to start using positive coping skills and find new ones to manage our emotions.

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 Resource: Australian Red Cross, helping children and young people cope with crisis

To help parents understand why and how children may react to challenging or overwhelming experiences.

https://www.redcross.org.au/getmedia/8c611269-b3fa-44bc-9226-b3011e231f1b/Helping-Children-and-Young-People-Cope_1.pdf.aspx



KEEP CALM AND USE COPING SKILLS

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

What is positive coping?

Positive Coping is behaviour that is designed to *work through* and *overcome the stressors and intrusive feelings* that occur in stressful or challenging times and situations. As a young person, with significant life events and changes and a number of stressors; hormonal changes, puberty, peer pressure and wanting to 'fit in' to name a few; it is no wonder sometimes young people struggle with these overwhelming feelings. To tackle the challenges that will come up, it is crucial young people develop **positive coping strategies** now to equip them for the future.

What positive coping means for students?

- Positive coping strategies can assist with temporary stress relief, long term stress relief, tackling challenges, increasing confidence and increasing motivation.
- Helping students to find the best strategies for them, no matter how big or small, can equip them for when stressful situations arise.

Preparing students with positive coping strategies

- Teaching positive-self talk
- Get kids to list their favourite things which they can turn to when they are stressed out: things at home, at school outside, by yourself & with others
- Practice mindfulness or breathing exercises

Emotion-focused coping strategies

Alleviate distress by minimising, reducing, or preventing, the emotional components of a stressor, by;

- Releasing pent-up emotions
- Distracting oneself
- Managing hostile feelings
- Mindfulness practices
- Using systematic relaxation procedures

Coping can be achieved by;

- Reappraising the stressor in a positive light
- Accepting responsibility
- Using avoidance
- Exercising self-control
- Distancing

Some techniques such as distancing or avoidance can help for a short time but can be detrimental when used over an extended period. Techniques such as seeking social support, and positive re-appraisal, can assist long term.

Example Learning Activity: What is self talk?

Negative self talk: is when we say negative things to ourselves

Positive self talk: is when we say positive things to ourselves

Technical self talk: is when we tell ourselves how to do things when we are doing them.

Scenario: You have to give a presentation today. You don't like standing up in front of the group and are becoming very nervous.

What would positive self-talk, negative self-talk and technical self-talk sound like?

Negative: may be telling yourself you will probably stuff up and embarrass yourself

Positive: may be telling yourself you can do this and you are capable

Technical: may be telling yourself you have practiced and know your speech

References:

Level 7-8 Building Resilience learning materials (Topic 3: Positive coping, Activity 1)
<https://positivepsychology.com/coping-skills-worksheets/>

Positive Coping Strategies are behaviours that manage the **stresses and strong feelings** that come in tough situations in a healthy, safe way. These are important for everyone to have to create long-term **resilience**, it is never too late or too early to start learning coping strategies.

Tips for promoting positive coping:

- **Talking it out:** encourage your child to speak up when they are having a hard time, by creating a safe space to discuss things without judgement. Try keep in mind that even if it is not a big deal to you, it is for them so try and be supportive.
- **Take a break:** encourage your child to take a break from something that is causing distress to refocus thoughts & energy.
- **Create a feelings book:** healthy coping begins when we can identify the feelings, connect and listen to ourselves. Name a feeling, ask your child to think of something that made them feel that way & write or draw about what happened.
- **You can't take on everything:** Make a list of things you need to do and a schedule on when you will do them by
- **Think about the big picture:** Encourage your child when they are in a stressful situation to think how important is this, will it matter long term?
- **Be positive!** Find at least one positive thing about a situation
- **Do something:** don't avoid everything, do little things at a time, break down your task into smaller ones to get there slowly.

What is resilience?

When a person is able to 'bounce back' from a hard situation they become more resilient. Resilient teenagers can control their emotions in times of hard challenges including:

- Physical illness
- The transition from High school to Primary School
- Changes to family/ family breakdown
- Peer conflicts
- Academic pressures

Gratitude

Gratitude takes focus away from the negative things in life. It can be as simple as spending five minutes per day to find three things you are grateful for. This helps to think positive and find the good in each day. Give it a go at home, you could do it at the dinner table as a family where each person mentions something they are grateful for.

Some prompts:

- Food on the table
- Family or friends
- Playing a sport
- Having a pet
- A warm bed to sleep in
- Someone who did something nice
- Academic achievement

References:

<https://au.reachout.com/articles/9-tips-for-coping-with-the-hard-stuff>
<http://www.distance.vic.edu.au/wp-content/uploads/2017/06/DevelopingPositiveCopingStrategies.pdf>

New Gratitude Journal

- Secure and private diary of life's best moments, evidence based program to help get you thinking about the positive parts of your day and your life. <https://apps.apple.com/us/app/my-gratitude-journal/id1164553256>



Calm Halm

- An app that provides tasks to help the person resist or manage the urge to self harm. The activities vary from things to comfort, to distract, to releasing emotions and breathing. <https://au.reachout.com/tools-and-apps/calm-harm>



My Life My Voice Mood Journal

- A confidential solution to track thoughts, feelings and moods right on your phone. It has emoticons to help identify your mood and track your changes. You can also get tips on ways to turn your mood around or phone/text/email someone. <https://apps.apple.com/us/app/my-life-my-voice-mood-journal/>



3 Ways to Talk Yourself Up

Here are some ways to help change the direction of your self-talk



1.

Listen to what you are saying to yourself



Notice what your inner voice is saying



Is your self-talk mostly positive or negative?



Each day, make notes on what you're thinking



2.

Challenge your self-talk



Is there any actual evidence for what I'm thinking?



What would I say if a friend were in a similar situation?



Can I do anything to change what I'm feeling bad about?



3.

Change your self-talk



Make a list of the positive things about yourself



Instead of saying: 'I'll never be able to do this', try: 'Is there anything I can do that will help me do this?'

Characteristics of

SUCCESS!

ZEST

"I show *enthusiasm*."

"I *actively participate*."

"My *enthusiasm* inspires others."

GRIT

"I *finish* what I start."

"I *never give up*,
I keep on trying."

"I work *independently*
with *focus*."

SELF CONTROL (School Work)

"I *remember and*
follow directions."

"I *pay attention* and am
not easily distracted."

"I get to *work*
right away."

"I come to class *prepared*."

SELF CONTROL (Interpersonal)

"I let *others speak*
without interruption."

"I *keep my cool* when *criticized*
or otherwise *provoked*."

"I am *polite*."

"I *control my*
temper."

OPTIMISM

"I get over *frustrations*
& *setbacks* quickly"

"I believe that *hard work* pays off and that I
control my future."

GRATITUDE

"I try to show my *friends, parents* and
teachers that they are *important to me*."

"I *recognize* and am *grateful*
for *opportunities* given me."

SOCIAL INTELLIGENCE

"I am able to *resolve*
conflicts with others."

"I always try to *respect*
the *feelings* of others."

"It feels bad to be excluded, so I always try to include others."

CURIOSITY

"I like to *explore* new things."

"Asking questions *helps me*
to *understand*."

✦ gratitude journal ✦

morning gratitude

before you begin your day, list 10 things you're grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

what I'm learning from my challenges

list three obstacles and what you're learning from them

1.

what I'm learning:

2.

what I'm learning:

3.

what I'm learning:

people I'm grateful for

list 5 people who made your life a little happier today. these could be friends, family or strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

the best part of my day

choose one moment of your day that made you happy and focus on it for 5 minutes before bed

Home Interaction Program for Parents and Youngsters (HIPPY)



We believe in children.



HIPPY Warrawong now taking enrolments for 2021!



What is HIPPY?

HIPPY is a FREE home-based early childhood education program, that runs during school terms. The HIPPY program is for children in their year before starting school, and continues in their first year of school.

HIPPY Warrawong is open to families who:

- Live in the Warrawong or surrounding areas
- Have a child aged 3 or 4 who will start kindergarten in **2022**

Interested in being involved?

Contact Rebecca at Barnardos

**13 Greene Street
WARRAWONG NSW 2502**

Phone :02 4275 8575

southcoast@barnardos.org.au



Brotherhood of St Laurence
Working for an Australia free of poverty

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government through the Department of Social Services. The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia



Family Connect and Support



Free and voluntary for children and families



Build on your strengths to make positive change



Right supports at the right time

Family Connect and Support helps children, young people and families in NSW with:

- parenting challenges
- financial stress
- substance use
- family breakdown
- housing issues
- mental health
- domestic and family violence
- and more.

Through an initial consultation, we get to know you and your individual circumstances.

Understanding your needs, and building on your strengths, we identify the support your family needs to make positive change in your lives.

We'll give you information and advice and help you connect to the services in your area so you don't have to retell your story.

We stay connected with you until you're matched with the right services or support.

We welcome families from all cultures and backgrounds, lands and communities.

Contact us to find out more

-  www.southcoastams.org.au
-  fcs@southcoastams.org.au
-  1800 AMS FCS (1800 267 327)

Proudly funded by





Be

someone's

Champion

**Know someone who would make a great
Champion for a child or young person?**

CareSouth is looking for new volunteers to support children in our Champions program in the Illawarra and Shoalhaven. Spending some quality time with a positive role model, doing everyday activities with you, can make a very real difference to a child's happiness, self-esteem or well-being. Children in our program are carefully matched with regular people from all walks of life.

Contact us to find out more.

1300 554 260

caresouth.org.au

EVERYDAY CareSouth



Contact us
to discuss
your idea
now!

Community Gardens Grants

2021 Round is now OPEN

Closing date: 18 March 2021

For new & existing community gardens

Kiama Municipal Council is offering up to \$4,500 to promote community gardening and sustainability. For more information on the eligibility and funding criteria:

<https://www.kiama.nsw.gov.au>

Applicants must contact Council prior to submitting their application.

For more information contact Council's Health Promotion Officer on 02 4232 0444 or council@kiama.nsw.gov.au



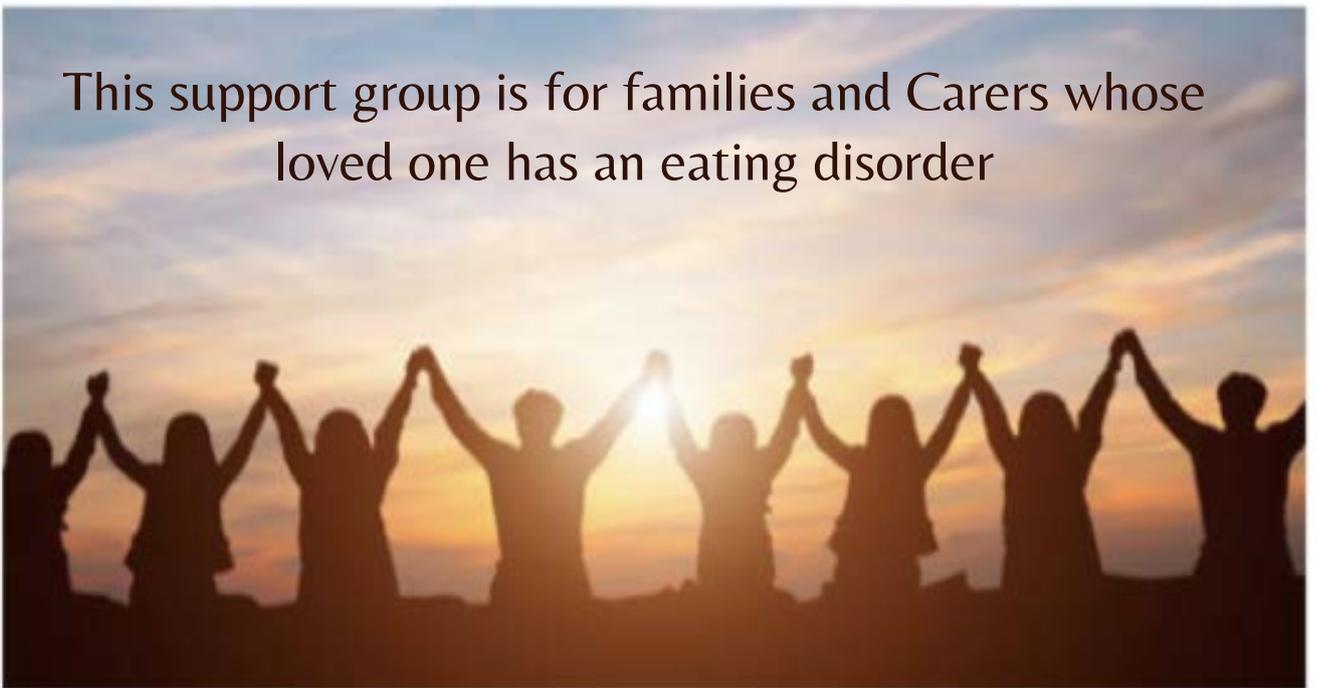
KIAMA MUNICIPAL COUNCIL
your council, your community

Stride Family & Carer Program

Eating Disorder Carers Support Group

Are you a family member or Carer who is caring for a loved one with an eating disorder?

This support group is for families and Carers whose loved one has an eating disorder



A safe space to discuss your experiences of caring for someone with an eating disorder.

Every Second Wednesday of the Month, 10am – 12noon

Venue: 2/ 36-42 Auburn Street, Wollongong

For enquiries and registration:

Call (02) 4229 7254 or

Email: familyandcarer@stride.com.au



**Book early
Limited Places!**

Free workshop for Carers in Fairy Meadow

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

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

Dates: Tuesdays 2 March , 9 March and 16 March 2021

Time: 9:30am – 2:30pm

**Venue: The Fraternity Club
11 Bourke St
Fairy Meadow**



Lunch provided

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

**If you need help with respite call Carer Gateway 1800 422 737
This Workshop may be affected by the Public Health Order in March 2021**



Organised by the Illawarra Shoalhaven Local Health District Carer Program

Carer Education Program

9.30am to 2.30pm

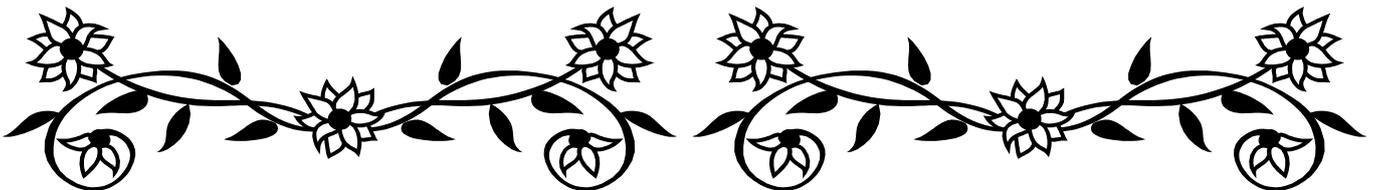
Topics covered

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

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

Evelyn 0421 099 005

Carla 0422 004 119





Good Grief Ltd. is a not-for-profit organisation committed to empowering and bringing hope to those living with change, loss and grief through a range of evidence based education programs.



A small group program that helps children and young people process their experience of natural disaster

Other programs



Loss and change are part of life. Grief is a normal response to these losses.

We design and support a unique range of grief education programs that build resilience and wellbeing.



For more information contact us:

Good Grief Ltd.
Level 3, 12 Mount Street, North Sydney NSW 2060
Ph: (02) 8912 2700
Fax: (02) 9923 1655
Email: info@goodgrief.org.au





Overview

Seasons for Growth are a suite of innovative grief and loss programs that use the imagery of the seasons to illustrate the experience of grief.

The programs aim to strengthen the emotional wellbeing of adults and young people who are dealing with significant life changes by:

- exploring the impact of change and loss on every-day life
- learning new ways to respond to these changes.

Trained 'Companions' facilitate the small group programs.

The programs use a structured small group peer learning process with 4-7 participants.

The programs normalise participants' experience and increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing. They do not provide counselling or therapy.

For information on the program's theory visit www.goodgrief.org.au

Outcomes for Participants

The programs provide support and space for people to:

- learn** about how different people respond to change, loss and grief
- understand** that it is normal to experience a range of grief reactions
- explore** new approaches to dealing with change in their lives
- build** communication, decision making and problem solving skills
- participate** in a supportive network of peers
- integrate** their new learning into their relationships with family, friends and others.

Companions

Trained 'Companions' facilitate the programs using the materials provided at training and available on the Good Grief website. Companions may be agency staff, endorsed volunteers or other suitable people who undertake a two-day training workshop, and subsequent accreditation, with Good Grief to deliver the program. Good Grief provides Companions with regular opportunities to meet, network and learn throughout the year through Reconnectors, newsletters, conferences and the website.

Children and Young People's Program

Throughout its 20 year lifespan the *Seasons for Growth* Children and Young People's Program has gone through three iterations to incorporate new evidence and ensure that it continues to provide a relevant and highly valued experience for participants.

Over its lifetime, over 200,000 children and young people have participated in the *Seasons for Growth* Program.

The Program's longevity speaks to its success.

Parent Program

Supporting your Child following separation and divorce
Supporting your Child following the death of someone they love



Adult Program



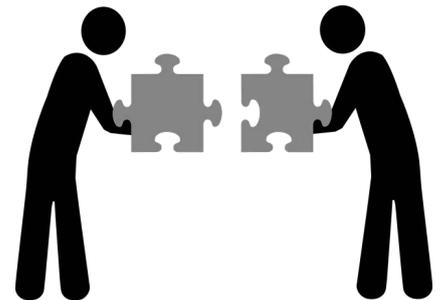
Free Information Sessions for Carers at Kiama Community Health Centre in 2021



Do you help someone who has a disability, a chronic illness, mental health issues or who is frail aged?

We cover:

- How to get help at home
- Supports for carers
- Planning ahead
- How to have a break



Held the 3rd Monday of the month in 2021:

15 Feb, 15 March, 19 April, 17 May, 21 June, 19 July,

16 Aug, 20 Sep, 18 Oct, 15 Nov, 20 Dec

Contact Carla on 0422 004 119 or carla.farrar@health.nsw.gov.au

If you prefer to join via SKYPE please let me know and a link will be sent

These sessions maybe affected by the Public Health Order during 2021.

**Kiama IP Community Health Centre
Multipurpose Meeting Room
10.00am to 11.00am**



Peer Support Australia recognise the impact that positive and empowering transitions have on young people's wellbeing. The disruptions of 2020 may impact students' school transitions, sense of belonging to their school and connectedness with others. Building on 50 years of experience, we continue to work with school communities, placing students at the centre of their learning, equipping them with wellbeing skills and strategies to navigate life and its changes. Our resources and professional learning offerings help school communities create authentic leadership opportunities and purposeful connections.

The Peer Support Program

The Peer Support Program enables a whole school environment of supported connection and positive role modelling in which the social and emotional skills needed for a successful start to school can be fostered. It provides students with key tools and strategies such as starting conversations, welcoming others into a group, persevering through challenge and managing change. The Program links conceptual understanding with skill development to help promote the quality and range of relationships and positive thinking habits that support effective transition. Join us for an Implementation Workshop to find out more.

SRC Leadership

We offer a 2 hour online Student Representative Council Leadership Workshop for Teachers (SRC) which assists SRC coordinators to establish and maintain an effective Council, allowing representatives to strengthen student voice and develop skills to enhance a positive and engaged school culture.



Ongoing Support

Our Wellbeing Education Consultants are available to support you with the implementation of the Program and developing a coherent & strategic whole school approach to wellbeing, with students actively at the centre. Our tailored wellbeing workshops and presentations to staff, students or parents provide the understanding and tools to develop a sustainable and empowering positive school culture.

Please visit our website for dates, prices, and to register for a workshop, or call us to find out more.
peersupport.edu.au | 1300 579 963

The Preventure program:

A personality-targeted wellbeing program

Preventure is a brief intervention aimed at improving mental health and preventing adolescent substance use. By developing personality-specific coping skills, the Preventure program has been effective in reducing the uptake and harmful use of alcohol, reducing symptoms of anxiety and depression, and reducing conduct problems.



Next training workshop: 18-19 March 2021 Kiama High School, Kiama NSW

The 2-day workshop will provide practical training on delivery of the Preventure program. This workshop is aimed at educators, such as teachers, school counsellors, and youth workers.

Time: 9am to 3.30pm both days

Cost: There are a limited number of scholarships available to cover the cost of training (usually \$750 per person). Please contact us to inquire.

To register for training, please email lucinda.grummitt@sydney.edu.au

For more information, visit

www.positivechoices.org.au/teachers/preventure



THE UNIVERSITY OF
SYDNEY
—
Matilda Centre



Free Workshops for Carers in 2021

Information to help people providing support to a family member or friend because of illness, disability, mental health issues or frail age.

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

Dates and Locations

9.30am to 2.30pm

- **Fairy Meadow— Tuesdays 2nd, 9th and 16th March
Fraternity Club –To register call 4253 4501**
- **Bomaderry – Tuesdays 4th, 11th and 18th May
Bomaderry Bowling Club –To register call 0422 004 119**
- **Shellharbour— Wednesdays 14th, 21st and 28th July
Shellharbour Library –Contact 4253 4501 to register your interest**
- **Milton — Wednesdays 1st, 8th and 15th September
Ulladulla venue to be confirmed - To register call 0422 004 119**
- **Dapto– Tuesdays 2nd, 9th and 16th November
Dapto venue to be confirmed -To register call 4253 4501**

Lunch and morning tea provided

You can register by email:

**Fairy Meadow/Dapto/Shellharbour—evelyn.jelercic@health.nsw.gov.au
Bomaderry/Milton—carla.farrar@health.nsw.gov.au**

If you need help with respite call Carer Gateway 1800 422 737

These Workshops may be affected by the Public Health Order during 2021

Organised by the Illawarra Shoalhaven Local Health District Carer Program

Please Book Early as Places Are Limited

Carer Education Program

9.30am to 2.30pm

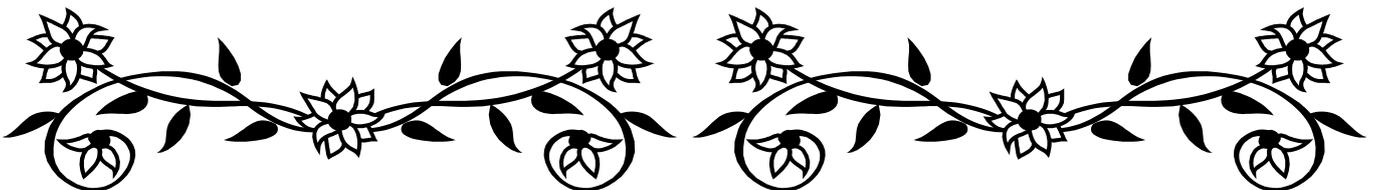
Topics covered

- Week 1**
- Welcome & Introductions
 - Overview of caring role & impacts of caring
 - Services and Carer Support
 - Caring Smarter Not Harder
 - Home Modifications and Maintenance
- Week 2**
- Centrelink Services and Payments
 - Legal Planning
 - Advance Care Planning/Loss and Grief
 - Relaxation
- Week 3**
- Stress Management
 - Carer Health and Wellbeing
 - National Disability Insurance Scheme
 - Advocacy
 - Review and Evaluation

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

Evelyn 0421 099 005
Carla 0422 004 119

Please Note: The order of the topics presented may change





Caring Dads

A 17-week parenting program specifically designed for fathers whose behaviour may be placing their children at risk of harm.

The program aims to strengthen relationships between fathers and their children and increase their understanding of abusive and neglectful behaviours.



Why Caring Dads?

This program is appropriate for fathers wishing to increase and strengthen their relationship with their children and learn strategies to manage behaviours which may be placing their children at risk of physical or emotional harm or neglect. This program has an underlying focus on the impact of domestic violence and harmful adult relationships on children.

The program is designed to counter attitudes and behaviours linked to abusive and neglectful behaviour, motivate fathers and develop accountability for abuse, and promote healthy relationships between fathers and their children and children's mother(s).

Caring Dads is coordinated in partnership with ongoing services in child protection. A key element of the program is 'partner-contact', where mothers of children and partners of participants are contacted and provided with telephone support and practical assistance. This is provided for the purposes of safety planning, providing information about Caring Dads content, making referrals to supportive services, or having provisions in place to ensure that these activities are being undertaken by other professionals already working directly with mothers of men's children.

Eligibility:

- Father's who have physically or emotionally abused or neglected their children
- Fathers who are interested in increasing their understanding of children's needs and safety
- Fathers who are concerned about their behaviour towards their child or children's mother and/or exposed their children to domestic violence

Fathers **must** have some form of contact with/access to their children to participate in the group. They must also be agreeable to partner-contact.

How do I refer a client to this group?

- Referrals are being accepted now for the group due to commence in February 2021.
- Referrals are made by completing the referral form and contacting:
 - **Lauren Alla** on 0472 877 229 or allal@missionaustralia.com.au (Wollongong/Shellharbour)
 - **Gill Quinn** on 0438 411 204 or QuinnG@missionaustralia.com.au (Nowra/Shoalhaven)
- Once the referral is received, an Intake appointment and interview is arranged to determine suitability for the group and assessment of risk of continued abuse.

Frequently Asked Questions

What time does the group run?

The group runs during evenings between 5:30-7:30pm.

Is there a cost associated with attending the group?

This is a fee-free program. There are no costs associated for participants.

Is food provided?

Light refreshments and food is provided during a 10 minute break.

Is transport provided or available for participants?

Unfortunately Mission Australia does not offer transport for participants to attend the group however public transport is available via bus routes to Stocklands Shellharbour.

'I am unable to make a number of sessions due to other commitments, am I able to miss a few sessions?'

Participants are required to attend at least 14 of 17 sessions (80% attendance) and cannot miss more than two sessions in a row in order to complete the course.

'I currently do not have access to my children pending court proceedings. Am I still able to participate in the group?'

Unfortunately it is a requirement of Caring Dads to have contact between a father and his children in order to participate in the group. Contact allows participants the ability to complete homework and implement strategies learnt each week.

Is Caring Dad's being offered via online services?

Unfortunately Caring Dads is not currently able to run via online mediums. Participants are required to attend face to face group sessions and cannot be offered online catch up sessions.

Are certificates of completion issued to participants?

Participants are not provided with certificates of completion. Participants are alternatively provided with a final report which outlines their observed progress towards program goals and includes a warning around the limitations of these observations. It is required that men be willing to sign consent for sharing the final report with at least one other person whose role it is to consider the safety and well-being of children. In most cases, this would be the referring professional.

In cases where no other professional is involved with a man's family, arrangements may be made to share the report with someone taking on a protective role. This might be men's partners, a community leader willing to prioritize the safety and well-being needs of children in this man's family, or another person willing to take on this role.

Is there Disabled Access to the premises?

Yes. The Mission Australia site offers Disabled Access via elevator and ramp access onto Level 1 of Family Services House Australia.

This term's Group Programs

RELATIONSHIPS AUSTRALIA ILLAWARRA REGION GROUP PROGRAM SCHEDULE

Group	Group Dates	Address	Facilitators	Supervisor	Fee
Parenting After Separation – Day	Wednesdays 3/2/21 – 10/3/21 10.00am – 12noon	Online via Starleaf	Devlin & Kirrily	Janine	\$20 per session
Parenting After Separation – Day	Mondays 8/2/21 – 15/3/21 10.00am – 12noon	Online via Starleaf	Kate & Kobie	Alicia	\$20 per session
Parenting After Separation – Night	Mondays 15/2/21 – 22/3/21 5.45pm – 7.45pm	Online via Starleaf	Kobie & Alex	Alicia	\$20 per session
1 Day Parenting After Separation	Tuesday 19/1/21 or Wednesday 7/4/21	Level 1, 63B Market Street, Wollongong	Merran & Kirrily Devlin & Alex	Janine	\$120 per person
Managing Anger	Mondays 8/2/21 – 29/3/21 5.45pm – 7.45pm	Online via Starleaf	Carol & Ramsay	Janine	\$20 per session
Self Esteem	Mondays 8/2/21 – 29/3/21 12.15pm – 2.15pm	Warilla Women's Health Centre 4255 6800	Kirrily & Dom	Janine	Free
Positive Relationships	Thursdays 4/2/21 – 25/3/21 10.00am – 12:30pm	WWIS Corrimal St, Wollongong 4228 1499	Janine & Lynelle	Alicia	Free
Introduction to Mindfulness	Wednesdays 17/3/21 – 7/4/21 5pm -6:30pm	Online via Starleaf	Devlin & Alicia	Janine	Free
Taking Responsibility	Tuesdays (18 weeks) 2/2/21 with a new intake every 7 weeks 5.30pm – 8pm	Level 1, 63B Market Street Wollongong 42212000	Devlin & Teresa	Andrew	\$10 per group session and \$40 per individual session
Women: Choice & Change	Wednesdays 10/2/21 – 31/3/21 10.00am – 12.30pm	Level 1, 63B Market Street Wollongong 42212000	Kobie & Annelie	Andrew	Free
KYAKK (Koori Youth)	Wednesdays 13/1/21 – 14/4/21 11am – 2.30pm	2 Wilga Close Albion Park Rail	Alicia	Janine	Free

Seasons for Growth Companion Training for the Adult Program



The **Seasons for Growth Adult Program** is an innovative education program that uses the imagery of the seasons to illustrate the experience of grief. It aims to strengthen the social and emotional wellbeing of adults who are dealing with significant life changes by:

- exploring the impact of change and loss on every-day life
- learning new ways to respond to these changes

A trained Companion facilitates the seminar or small group program, in which participants explore feelings, memories, loss and grief in a safe way.



"Grieving is like being in a fog: you can't see much, and you wonder if people can see you.
Seasons for Growth helped lift the fog"
Participant

ATTEND THIS 2 DAY TRAINING
to become a qualified
Seasons for Growth Program Companion

Seasons for Growth Book Your Two-Day Online Training:

27 & 28 January, 2021

8.50am – 3.00pm

6 & 7 April, 2021

8.50am – 3.00pm

Upcoming Dates 2021

CLICK TO BOOK

goodgrief.org.au/product/966

CLICK TO BOOK

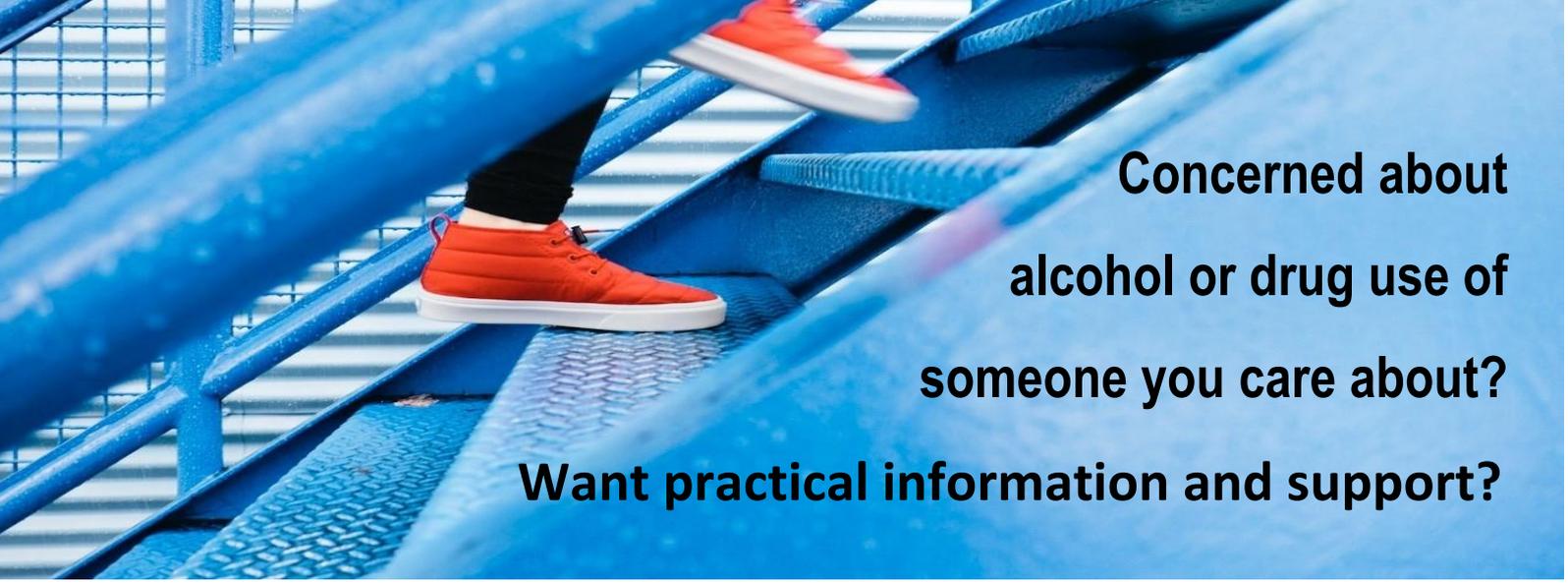
goodgrief.org.au/product/967

GOOD GRIEF WEBSITE

goodgrief.org.au/training

Online Training via Zoom. Instructions will be emailed to you a week prior to training, inviting you to join the training meeting.





Concerned about
alcohol or drug use of
someone you care about?
Want practical information and support?

FREE

FAMILY DRUG SUPPORT

presents

STEPPING FORWARD

Clear & practical information with a safe place to share & to feel supported.



Stages of Change & Balance Pole

- The stages of change for those engaged in using
- The stages of change for families
- How to cope through self-care
- Letting go and still remain supportive and caring

Effective Communication

- What works
- What doesn't
- Some practical and simple changes that will make a difference

Setting Workable Boundaries

- Defining & setting boundaries
- Why setting boundaries are difficult
- Tips on setting boundaries

Each session is designed so that you will have something of value to take away and help you on your journey.

Cost: Workshop is Free to attend – Tea, Coffee and lunch will be available.

Bookings are essential.

NOWRA

Friday March 12th 2021

9.30am – 4.00pm

Nowra School of Arts, Berry St, Nowra 2541

To register: <https://nowra-stepping-forward.eventbrite.com.au>

WOLLONGONG

Saturday March 13th 2021

9.30am – 4.00pm

Wollongong Hospital Auditorium, Level 8, Block C
Loftus Street, Wollongong NSW 2500

To register: <https://wollongong-stepping-forward.eventbrite.com.au>

Or contact: Amy Steven 0457 260 079, amy@fds.ngo.org.au



Health
Illawarra Shoalhaven
Local Health District



Mental Health Carers
ARAFMI ILLAWARRA
Caring for Carers





\$500 to help with education costs for you or your children

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for education costs.



laptops & tablets



uniforms & shoes



vocational education



lessons & activities

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

- have a Centrelink Health Care or Pensioner Concession Card
- be at least 18 years old
- have some regular income from work (you or your partner)
- have a child at school or attend vocational education yourself.

Contact

your local Saver Plus Coordinator

Phone

Call or SMS your postcode to 1300 610 355

Email

saverplus@bsl.org.au

Web

www.saverplus.org.au



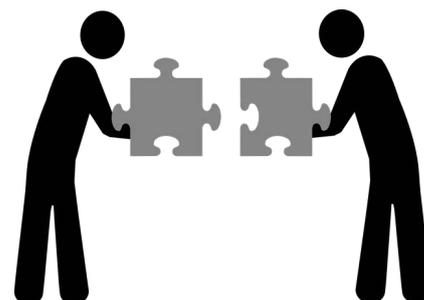
Free Information Sessions for Carers at Wollongong Hospital 2021



Do you help someone who has a disability, a chronic illness, mental health issues or who is frail aged?

We cover:

- How to get help at home
- Supports for carers
- Planning ahead
- How to have a break



Held the 3rd Monday of the month in 2021:

15 Feb, 15 March, 19 April, 17 May, 21 June, 19 July,
16 Aug, 20 Sep, 18 Oct, 15 Nov, 20 Dec

Please let us know you are coming on 4253 4501 or
evelyn.jelercic@health.nsw.gov.au

If you prefer to join via SKYPE please let us know and a link will be sent

**Wollongong Hospital, Block C, level 5, Allied Health
Meeting Room
10.00am to 11.00am**

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 participants¹



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 2003¹:



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
-  saverplus.org.au
-  @SaverPlusAU

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

¹ RMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003. For more information see 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 for more information.


saverplus

Is your child Ready for School?



How will I know if my child is ready to start school? It's important to look at your child's readiness in all areas of development.

<h2>Independence</h2>	<h2>Social Skills</h2>
<p>Is your child:</p> <ul style="list-style-type: none"> • attempting to dress themselves? • verbalising their needs? • toileting themselves? • following a routine? • being responsible for their own belongings? 	<p>Is your child:</p> <ul style="list-style-type: none"> • socialising with other children? • sharing and taking turns? • playing group games? • using basic problem solving strategies?
<h2>Resilience</h2>	<h2>Language Development</h2>
<p>Is your child:</p> <ul style="list-style-type: none"> • expressing their thoughts and needs? • working through conflicts with friends? • using strategies to deal with emotional situations? • solving problems themselves? 	<p>Is your child:</p> <ul style="list-style-type: none"> • having conversations with children and adults? • understood by other children and adults when talking? • asking questions? • playing with words, singing songs and rhymes? • recognising signs and logos in the community? • comprehending sentences and instructions?
<h2>Reading</h2>	<h2>Writing</h2>
<p>Is your child:</p> <ul style="list-style-type: none"> • showing an interest in reading? • attempting to recognise their own name? • asking to be read to? • listening, comprehending and retelling what is happening in stories and pictures? 	<p>Is your child:</p> <ul style="list-style-type: none"> • showing an interest in making marks on paper? • attempting to hold a pencil correctly? • showing an interest in letters and how to write them?
<h2>Co-ordination</h2>	<h2>Mathematical Awareness</h2>
<p>Is your child:</p> <ul style="list-style-type: none"> • showing an interest in threading, building with blocks, cutting, doing puzzles, drawing and using play dough? • able to walk and use stairs without tripping? • engaging in physical activities such as climbing, skipping, jumping, running, throwing and catching a ball? 	<p>Is your child:</p> <ul style="list-style-type: none"> • showing an interest in playing with numbers, counting, sorting, labelling and naming shapes? • identifying colours? • using concepts such as above, below, inside, outside, in, out, on, up and down?

Starting School with Billy Backpack



February

Start health checks (eye, dental, hearing) and ensure immunisation is up to date.

Practice independent skills with your child (going to the toilet and dressing independently, being responsible for their own clothes and toys).

March-April

Speak with your child's early childhood educator about their school readiness. Consider all aspects of their social and emotional development.

Enquire now for Independent and Catholic school enrolments.

May-June

Attend a Transition to School info session. Check the Transition to school website or Facebook page for local dates and venues.

Enrol now for public schools: visit your school to complete an enrolment form.

July-August

Meet with other parents and organise regular play time with other children who will be attending the same school.

Look out for Transition to School playgroups.

Contact your school for orientation dates.

September-October

Buy uniforms and label everything.

Participate in orientation programs and school events.

Visit your school and point out important buildings.

Practice eating lunch with a lunch box, opening drinks and putting things in a school bag.

November-December

Practice walking to school or catching the bus.

Visit your local School Age Care service to discuss before, after and vacation care options.

Check your school's start date for next year.

January

Practice morning routines and wearing uniforms.

Speak to your preschool director or local school principal or contact:

Illawarra Transition to School Program
at Big Fat Smile on 4283 9900 or
www.transitiontoschool.com.au

Tips for Parents

- Talk regularly about school and encourage your child to express their thoughts and needs.
- Pack a spare pair of underpants and socks in case of any accidents.
- Label equipment and clothing.
- Read to your child every day and limit screen time.
- Practice road safety.

- Establish routines with your child. Make a daily routine that includes mealtime, talking time and reading time.
- Become familiar with school activities – develop a relationship with the school. If you are positive, and comfortable at the school, your child will be too!

Big Fat Smile® **familiesnsw**
supporting families to raise children

Department of Education and Communities
on 4251 9900 or www.dec.nsw.edu.au