



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

Compiled by:
ISLHD School-Link

Term 2 2021

Welcome !

Welcome to the 22nd edition of the ISLHD School-Link Newsletter!

This Term's focus is on Early Intervention

Prompt diagnosis and early intervention in the initial stages of a mental illness can have significant and life-changing consequences for a **person's mental health**.

Early intervention can lead to:

- improved diagnosis and treatment
- more timely and targeted referrals to specialist services
- improved confidence and engagement of primary care providers.

About School-Link

Aims of the **School-Link Initiative**:

- Early identification of mental health issues
- Provide access to evidence-informed mental health programs in schools and TAFEs
- Early-access to specialist mental health services
- Support for the recovery journey

• A Teachers Guide: Supporting the Wellbeing of Primary School Children

• The Teacher's Guide provides intervention strategies to support a Primary School student demonstrating behaviours of concern.

• Help us evaluate the resource by completing the survey at:

• <https://www.islhd.health.nsw.gov.au/services-clinics/school-link-teachers-guide>

Complete our Survey

ISLHD School-Link Website:

Find resources produced by Illawarra Shoalhaven School-Link and other NSW School-Link teams:

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

Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)

Child, Adolescent & Youth Mental Health Service (CAYMHS)

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

David Bunder: School-Link Coordinator

Mobile: 0427 424 514

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

Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

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

Early Intervention is the process of providing specialist intervention and support to a person who is experiencing or demonstrating any of the early symptoms of mental illness outlined below.

Intervention is not only critical for preventing or reducing the progress of a mental illness, but for improving a person's mental and physical health, community participation and socioeconomic outcomes far into the future.

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviours.

Examples of signs and symptoms include:

- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility or violence
- Suicidal thinking

If a student exhibits any of the above behaviours seek further advice and support from the School Counsellor, Year Advisor, Learning & Wellbeing Team or other professional support within the school.

The Teacher's Guide: Supporting the Wellbeing of Primary School Children

A resource to address behavioural concerns, that may lead to the early identification of mental health concerns and early intervention and support for students.

This resource provides strategies to support a student demonstrating behaviours of concern. Each strategy can easily be applied by a Teacher and requires no additional training or extra resources.

To access the Guide (and assist us with our evaluation of the resource):

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

Useful Resource: [Youth Mental Health - Early Intervention Guide \(pdf - 184.62kb\)](#).

Early intervention refers to recognising the early warning signs of a mental health or behavioural challenge and acting before it gets worse.

Noticing Warning Signs

A child or young person may display changes in:

- Behaviour e.g. acting out more or becoming withdrawn
- Social skills and attitudes towards friends or family e.g. not talking to friends
- Academic performance decreasing or becoming more negative towards studies
- Physical changes such as rapid gains or losses in weight, unexplained injury such as cuts on arms, appearing always tired or run down

This change may occur suddenly or slowly over time.

Benefits of Early Intervention

Early intervention can reduce a person's stress and make their recovery easier. Long delays between the start of concerns and getting help can make mild issues worse and recovery more difficult. With proper care and treatment a complete recovery is achievable.

Seeking Support

If you are concerned, the best first step would be to discuss your concerns with trusted adult such as your child's Teacher or Year Advisor. You could also speak to the School Counsellor or your General Practitioner (GP) who may provide you with the help you need or refer you and your child onto more specialist support.

Addressing Stigma

More than half of people with mental illness don't receive help for their disorders. Often, people avoid or delay seeking treatment due to concerns about being treated differently and what other people may think of them.

- Talk openly about mental health, with close family
- Educate yourself and others – respond to misperceptions or negative comments by sharing facts and experiences
- Be conscious of language – remind people that words matter
- Encourage equality between physical and mental illness – draw comparisons to how they would treat someone with cancer or diabetes
- Show compassion for those with mental illness
- Be honest about treatment – normalise mental health treatment, just like other health care treatment

TEACHER'S GUIDE



Supporting the wellbeing of primary school children

A New Resource for Primary School Teachers

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

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

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

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

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



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



Health

Illawarra Shoalhaven
Local Health District

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





ISLHD Shoalhaven Child and Family Psychology currently has capacity to accept new referrals.

Suitable referrals: Children aged 3-12 years living in the Shoalhaven LGA presenting with emotional, behavioural, and/or social difficulties.
NB: specialist services should be considered for certain cases to address significant disability, parent conflict, or child protection issues.

Location: Nowra Community Health Centre with Telehealth and outreach available to Ulladulla and St George's Basin.

Referrals: Via the ISLHD Access & Referral Service (ARC) || 1300 792 755
www.islhd.health.nsw.gov.au/access-referral-centre

Contact: If you would first like to discuss the suitability of a referrals with one of our clinical psychologists, please contact Margaret Musico or Dr Philomena Renner on 02 4424 6310



This service is part of the ISLHD Child & Family Allied Health Service

Website: www.islhd.health.nsw.gov.au/services-clinics/kids-and-families-334

ISLHD Child and Family Audiology Services

ISLHD Audiology services can see children 0-18 years of age with hearing/ear concerns or underlying risk factors.

Referrals:

For children in the Illawarra region:

Please contact Kids Cottage Warilla on: 4297 1022 or email: ISLHD-KidsCottage@health.nsw.gov.au

For children in the Shoalhaven:

Please contact Nowra family care centre on: 4424 6460 or email: ISLHD-NOW-FamilyCareCentreAdmin@health.nsw.gov.au

Please ensure families call to book an appointment.

For children with no hearing concerns who are over 4.5 years old, please complete a free hearing check through the Sound Scouts app: (<https://www.soundscouts.com/>)

If you have any questions or would like to discuss a potential referral further, please contact Kathryn Owens on 4297 1022.



ON THE COUCH WITH NURSE NETTIE

Thursday 9th June
2022
10am
60 minutes
FREE on Zoom



caddyshack
share affection, not infection

WWW.CADDYSHACKPROJECT.COM

Join Maddy Stratten sexual health promotion officer from Caddyshack Project as she hosts Nurse Nettie, a clinical nurse specialist in sexual health. Nurse Nettie provides clinical expertise for PlaySafe & NSW Sexual Health Infolink projects. She is passionate about de-stigmatising STIs & HIV and making health information accessible and inclusive for everyone.

"I'M NURSE NETTIE - A REAL, QUALIFIED SEXUAL HEALTH NURSE BASED IN SYDNEY. IF YOU'VE GOT A QUESTION ABOUT SEX OR SEXUAL HEALTH THEN I'D LOVE TO HEAR FROM YOU. IT'S COMPLETELY CONFIDENTIAL* AND TRUST ME I HAVE HEARD IT ALL. SO, ASK AWAY."

FREE ON ZOOM

[REGISTER HERE](#)

caddyshack
share affection, not infection

HEAD TO HEALTH

**Are you feeling anxious, stressed or down?
Then take the first steps and connect with
your local Head to Health Hub.**

The Head to Health Hub at Shellharbour is a FREE service now available to support the mental health of people of all ages.

If you're struggling with your mental health, now is the time to reach out, even if you've never felt like this or sought help before.

The Hubs offers:

- ✓ free mental health support with no referral needed
- ✓ psychologist, case management and peer support in 1:1 and group formats
- ✓ face-to-face or by phone/video
- ✓ no diagnosis or mental health treatment plan required
- ✓ unlimited sessions offered (reviewed every 3 months)

To book an appointment with the Shellharbour Hub:

- call **1800 372 000** and selection option 2
- walk into the Hub which is located at **Family Services House, Stockland Shellharbour City Centre** (entrance via the Lamerton Crescent carpark)

For more info go to: www.coordinare.org.au/headtohealthpopup/

This service is supported by funding from



Family Services Australia

upcoming sessions

Parents, Carers, and Community Members in Illawarra Shoalhaven are invited to attend a free mental health education session in Term 2.



The sessions aim to:

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



Helping my young person during COVID

Date: Tue, 10 May 2022
Time: 12:00 PM – 1:45 PM AEST
Location: Online webinar
Registration: <https://bit.ly/3LYs2Y5>



Helping my young person during COVID

Date: Tue, 24 May 2022
Time: 6:30 PM – 7:45 PM AEST
Location: Online webinar
Registration: <https://bit.ly/3rj5d9F>



Navigating uncertainty and change

Date: Wed, 15 June 2022
Time: 12:00 PM – 1:15 PM AEST
Location: Online webinar
Registration: <https://bit.ly/37Bh8IW>



For more information

Contact us at programsupport@headspace.org.au



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



Education

Contact Claire for all booking and enquiries

PH: 0448 564 219

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



Albion Park Rail School Community Centre

FREE PROGRAMS TERM 2

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Playgroup Birth to 5 Years Tuesday 9:30am - 11:30am</p> <p>Playgroup is a safe space for all families with young children. Our experienced and trained staff offer a variety of activities to promote early learning and wellbeing in children. Parents have the opportunity to meet other adults in a welcoming and relaxed environment.</p> <p>What to bring: - hat and sunscreen and water bottle. Fruit, tea and coffee provided.</p>	<p>Circle of Security Parenting Group 10:00am - 12:00pm</p> <p>School as Community Centre have partnered with Mission Australia to deliver the Circle of Security Parenting program.</p> <p>Starting, Wednesday 27 April 10.00am - 12.00pm.</p>	<p>Baby Beats Playgroup Birth to Crawling Thursday 9:00am - 10:00am</p> <p>Join us for singing, movement and a different activity each week.</p>	 <p>Cheeky Monkey's KinderGym 9:30am - 10:30am</p>
<p>Kindy Starters Playstrong Playgroup Tuesday 12:30pm - 2:30pm Transition To School Program</p> <p>What to bring: * Back pack * Hat and sunscreen * Crunch & Sip - fruit or vegetables * Drink bottle of water</p> <p>Kindy Starters Playstrong Playgroup works in partnership with Playgroup NSW and Mission Australia. Kristina from Mission Australia will be available to support families with; information, advice and referrals.</p>  	<p>This is an 8 week program that is designed for parents and carers of children aged 0-12 years who want to strengthen the bonds with their children and would like support to help their children to build secure relationships.</p> <p>Limited places Term 2 and Term 3.</p> <p>Free: child minding available.</p> 	<p>Kindy Starters Playstrong Playgroup Thursday 10:00am - 12:00pm</p> <p>Families are welcome to join us for activities to prepare children in their readiness for school. Children are encouraged to practise skills needed for Kindergarten 2023;</p> <ul style="list-style-type: none"> • Wash hands on arrival • Carry own bag to locker • Locate their Crunch and Sip snack themselves 	<p>Birth - 5 Years in the School Hall</p> <p>KinderGym is a movement based playgroup for families with young children.</p> <p>We provide opportunities for children to enhance early learning and well being in fun and challenging way.</p>
		<p>Discovery Playgroup Birth to 8 years Thursday 12:30pm - 2:30pm</p> <p>Discovery Playgroup will provide opportunities for children to follow their interests and learn through play based activities. We welcome home schooling families who would like to connect with others in our community.</p> <p>What to bring: - hat and sunscreen - water bottle Fruit, tea and coffee provided</p>	<p>Bring a drink and healthy snack.</p> 



DIVERSITY & INCLUSION TRAINING

BEYOND DIVERSITY: UNCONSCIOUS BIAS FOUNDATION PROGRAM



FREE for
members,
\$25 for non
members

Everyone knows that all human beings sometimes feel more comfortable with some people and not with others. We all get "triggered" by exposure to different kinds of people. Unconscious perceptions govern many of the most important decisions we make every day and these perceptions can potentially have a profound effect on our personal and professional lives.

This Diversity Australia workshop provides a comprehensive overview of the impact of "unconscious bias" on our personal beliefs and professional behaviour.

Program Learning Outcomes

- Be aware of your own Unconscious Biases and cultural influences.
- Be aware of judging other people's behaviour and beliefs according to the standards of your own Unconscious Bias.
- Be aware of making assumptions about Unconscious Bias influences and applying generalisations to individuals.
- Understand Unconscious Bias and behaviours and beliefs of people within each culture can vary considerably.
- Understand that the extent to which people adopt practices of their new country and retain those from their cultural background can vary within communities, even within families.
- Understand Unconscious Bias and that not all people identify with their cultural or religious background and Unconscious Bias.
- Understand that Unconscious Bias itself is a fluid entity, undergoing transformations as a result of globalisation, migration and the diaspora influence.
- Increase your knowledge about different cultural practices and issues through cultural background information sessions and/or resources and cultural awareness training.
- Understand the importance of appropriate communication around Unconscious Bias.

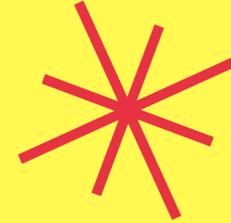
About your trainer



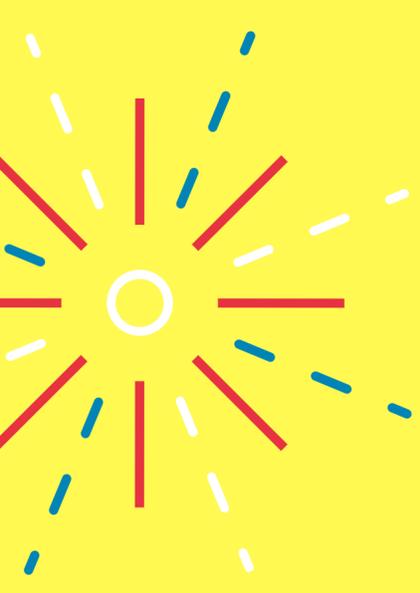
Steven Asnicar is the Chief Executive of Diversity Australia and has over 25 years' experience as a Senior Executive.

Steven is a leading National Keynote Speaker in Diversity, Inclusive Leadership, Gender Equity and Unconscious Bias and sits on several National and International Boards such as Accredited Global, Confidential Reporting and Auditor Training Global working across both public and private sectors.

To book your ticket visit: https://unconscious_biasjuly.eventbrite.com.au

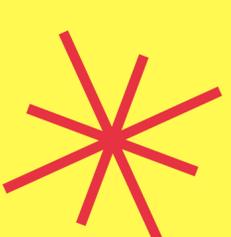


**The Salvation Army
First Floor Program Presents:**



Boosted!

A six-session program based on
daily habits proven to **enhance** your well-being
and create **happiness!**



Learn **practical strategies** in;

Gratitude

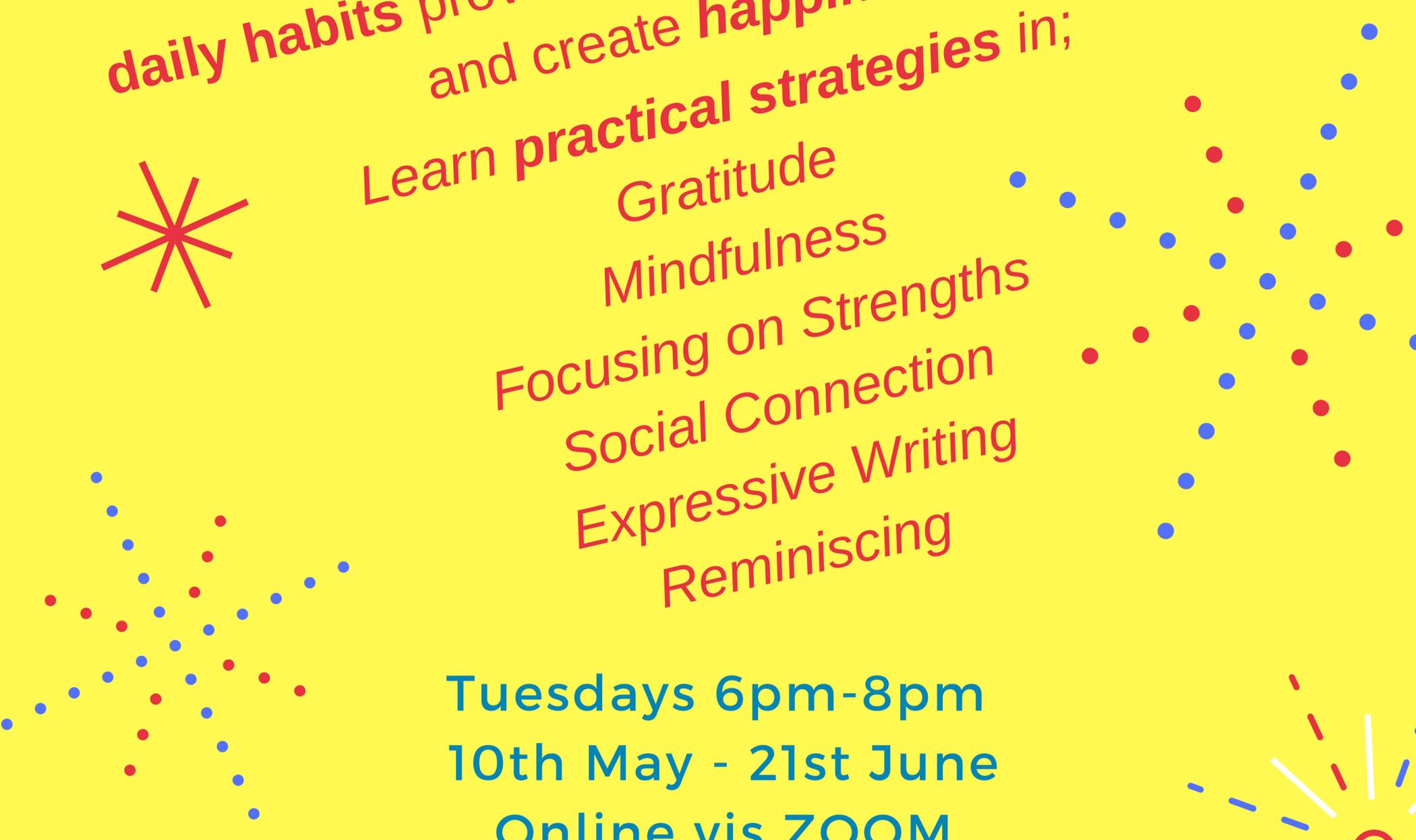
Mindfulness

Focusing on Strengths

Social Connection

Expressive Writing

Reminiscing



Tuesdays 6pm-8pm

10th May - 21st June

Online vis ZOOM

Bookings essential - Call 42291079

firstfloorprogram@salvationarmy.org.au



- Happiness is habit! -



CareWaysTM
community



Community Breakfast



Monday & Thursday 8:00am – 9:30am

Dapto Neighbourhood Centre

Within Dapto Ribbonwood Centre 93-109 Princes Hwy

Tuesday & Wednesday 8:00am – 9:30am

Koonawarra Community Centre

36 Fowlers Road, Koonawarra

ALL WELCOME | NO COST

Social Distancing rules apply

dapto
LEAGUES club

Phone 4262 1918





Berkeley Youth Project

Term 2 2022

Tuesdays- Sport and Rec

Water bomb fight, dodge ball comp, ping pong, Wii bowling and much more! prizes to be won.

Wednesday- Create

Tie dye, pot plant painting, slime workshop, sidewalk chalk and more!

Thursday- The Hang Out

A space to chill out and chat with friends and youth workers. Access support or referrals, get help with homework or life stuff. There will be snacks!!

4271 1661 or text 0466 001 145



Like us on facebook or Instagram @theberkeleyyouthproject



Bringing Up Great Kids



ANG6904

**BOOKINGS
ESSENTIAL**

This six-week program will assist parents and carers of children up to 12 years to:

- consider their own parenting style and how it can be more effective
- understand how children's brain development influences their feelings and behaviour
- recognise the meaning of children's behaviour
- communicate effectively with their children
- recognise the need to take care of themselves and find support when they need it.

When

Mondays

2 May – 6 June 2022

(6 weeks)

10:30am- 1pm

Where

Hope Centre

68 Plunkett Street

Nowra (rear of the church)

Anglicare group programs are funded through sources including the Australian Government Department of Social Services and NSW Department of Communities and Justice.

Bookings and information

Jessica 0439 474 154 | jessica.deans@anglicare.org.au

Michelle 0423 606 558 | michelle.quirque@anglicare.org.au

DIFFICULT BUT NECESSARY CONVERSATIONS

WEDNESDAY 11 MAY 2022, 8.30-11.30AM

Renee Howard Meeting Room, Flagstaff Building, 7/11 Flagstaff Road, Port Kembla
Free for members* \$50 for non members

**BOOK
NOW!**
Limited Places



Every organisation will have at some stage, an uncomfortable, complicated or charged conversation that hasn't happened but needs to.

Left unresolved, it can quickly become the 'elephant in the room' and impede your ability to do your job and achieve your goals. However, having difficult conversations can lead to many positive outcomes! It can help you and your colleagues understand different perspectives and consider new ideas.

By the end of this training session you will have the confidence and the step-by-step instructions to help you:

- Understand the triggers behind difficult conversations
- Recognise the benefit of having difficult conversations
- Develop an approach to holding difficult conversations

* This event is free for members however there is a \$50 attendance guarantee if you do not attend or send someone in your place, or cancel within 3 working days of the training date.

To book: <https://www.eventbrite.com.au/e/difficult-but-necessary-conversations-tickets-231281197287>

EXPRESSION OF INTEREST

FAMILY GROUP CONFERENCING FACILITATOR TRAINING



We are seeking expression of interest for Family Group Conferencing Facilitator Training to be delivered by CCWT, subsidised by Community Industry Group.

- This is a two day course (14 hrs) and can be delivered online or Face to face. Max 8 participants.
- Cost: \$350pp for members, \$900pp for non-members. This course usually costs \$1450pp.
- To be run sometime in June/July/August.
- If you would like to attend please fill in the following questions and return to Mel Breuker on mbreuker@cigroup.org.au. This will help with decision making.
- EOI closes Friday 6 May 2022, or earlier if full beforehand.

Please note if your EOI is successful, you or someone from your organisation is expected to attend the training.

Name:	
Organisation:	
Location:	
Would you prefer online or face to face?	
Are you doing this training to tender or be part of the approved DCJ facilitator panel or learn new skills to support your organisation client base?*	
What is your preferred day(s) for training?	

*If you require an assessment there will be an additional cost. Please contact Mel on mbreuker@cigroup.org.au for further information.

Family Group Conferencing is a process that brings families together to develop solutions for the issues that children and young people are facing. In NSW it is increasingly being used in the out of home care system to support decision making processes about where children and young people in care can find a permanent placement.

This course will provide you with the mediation skills needed to successfully facilitate a family group conferencing process. It is presented in a blended delivery format, with some modules required to be completed prior to attending the face to face workshop days.

The course also includes assessment against the units of competency:

- CHCMED001 Prepare for mediation
- CHCMED002 Facilitate mediation
- CHCMED003 Consolidate and conclude mediation
- CHCCCS020 Respond effectively to behaviours of concern.

Some assessment will be conducted in the pre-workshop package and the workshop. However there will be the need to complete further assessment tasks after the workshop. This will include a simulated family group conference, which will require you to video your facilitation of a conference.

Topics covered in the course include:

- The origins of Family Group Conferencing model
- The Family Group Conference process
- Negotiation and mediation styles and techniques
- Strategies to manage and resolve conflict and other difficulties
- Working collaboratively with families and other stakeholders
- The role, tasks and skills of a facilitator
- The face to face workshops focus on putting the skills learnt into practice.

Trained Family Group Conference facilitators can apply to be part of an approved panel of facilitators which is managed by the Department of Family and Community Services NSW (FACS). This course has been given approval by FACS as meeting the required qualification in mediation. However other factors are also considered in the application process for this panel and the decision is made by FACS. ACWA does not guarantee that completion of this course will lead to your placement on the approved panel.

Participation in this workshop also entitles you to attendance at a bi-monthly online support group for FGC Facilitators.

HOW TO ETHICALLY ENGAGE & SUPPORT YOUNG PEOPLE IN OUR CHANGING SOCIETY

WEDNESDAY 15 JUNE 2022, 10AM-2PM

Shellharbour Civic Centre, 76 Cygnet Avenue, Shellharbour City Centre
\$25 members, \$75 non members

BOOK
NOW!

Limited Places



Experienced Youth Work Practitioners Sam & Megan, will provide you with an opportunity to explore current youth work theory & practice using case studies from your work place & the experience of the facilitators. You will also be able to explore your own practice to ensure you stay energised and enthused.

The Workshop will cover:

- Unpack case studies to reflect on your actions and explore and implement best practice in your own work.
- Develop a strong support network of fellow Youth Practitioners.
- Explore your self-care practices to ensure you stay ahead of the game.
- Explore Youth Work Code of Ethics and how it relates to how you support young people

Session Trainers

Megan Lee

Megan is an experienced Youth specialist with over 20 years of experience working with Young People, their families, and communities. Megan holds a Bachelor of Youth Work and has completed post-graduate studies in positive psychology, counseling, and mental health & wellbeing.

Sam Kettlewell

Sam has over 15 years of industry experience in a wide range of contexts in both government and non-government organisations, including Education Support Officer Community Services, Trainer and Assessor with TAFE NSW, Community Engagement Officer for Headspace, Youth Development Coordinator for PCYC Shoalhaven and currently holds the position of Creative Director for GRIT and Ethics Officer for Beyond Empathy.



CareWaysTM
community



FOR YOUNG PEOPLE
AGED 10 - 16 YEARS

KOONAWARRA YOUTH CONNECT

THURSDAYS

3:00PM - 5:30PM

DURING SCHOOL TERMS ONLY

KOONAWARRA COMMUNITY CENTRE
36 FOWLERS ROAD, KOONAWARRA



@CAREWAYS

FOR MORE INFORMATION
PHONE: 4261 8426 OR EMAIL
help@careways.org.au



FREE!

Free wi-fi
Video games
Table tennis | Sports
Resume writing | Trivia
Cooking classes | Card games
Arts & crafts | Health workshops
Information sessions | Puzzles
Board games | Books | Bingo
Movies | Free afternoon tea





LEARN HOW TO SUPPORT SOMEONE WHO IS FEELING SUICIDAL

Mental Health First Aid (MHFA) training will teach you practical skills to support someone who is feeling suicidal. Make a real difference to people in your community.

MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

"A really great course that has given me confidence and practical strategies to support a person with mental health challenges. I have already recommended this course to pretty much everyone I know." - George



LEARN PRACTICAL FIRST AID SKILLS

- Recognise the signs that someone may be suicidal
- Help the person stay safe
- Connect people to professional and other supports, and
- Respond in a crisis situation

This is a 4-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Contact the trainer - suzannefreund@outlook.com or phone 0421 279 156 to register
Course Manual, Certificate of Attendance and tea and coffee provided

The event is funded by Shoalhaven City Council, supported by SSPAN and Firefly.

Saturday 30th April 2022

Vincenia Leisure Centre (Creche)
10am – 2pm

Wednesday 25th May 2022

Jervis Bay Maritime Museum, Huskisson
10am – 2pm

Friday 24th June 2022

St Georges Basin Community Centre
10am – 2pm

More information
suzannefreund@outlook.com | 0421 279 156

Early literacy event

PAIN THE GONG REaD!



.....

All families with children
0-5 years are invited to
come and celebrate
BrightSpark's 7th
birthday with us!

STORIES
ACTIVITIES
READING TENT
BIRTHDAY CAKE
CRAFT CORNER
MUSIC MAT
+MORE!

Dapto Mall,
top of the escalators

Thursday 12 May
9.30 - 11.30am

Play + Learn Together

playandlearntogether.com.au

Play & Learn Together is a unique, FREE resource for parents and carers of young children

Babies



Toddlers



Preschoolers



Proudly brought to you by:



Early Childhood Australia
A voice for young children



Problem Gambling - Affecting the Illawarra

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

Use this Opportunity to learn more about...

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

When: Tuesday 26th April, 6pm – 7.30pm

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

Cost: FREE

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

GAMBLING
Impact
Society NSW





CareWaysTM
community



We would appreciate your participation in our
RECONCILIATION WALK
on Thursday 19th May 2022

You're invited to join us from 11am for a Welcome to Country and a Smoking Ceremony at Koonawarra Bay, Followed by a short walk to Koonawarra Community Centre where a sausage sizzle will take place from 12pm.



For more information please contact CareWays Neighbourhood centre team on 4261 8426 or email help@careways.org.au

Please note that a photographer will be present on the day of the event. Please advise CareWays staff if you do not consent for your images to be featured in photos and videos that may be used by CareWays for promotional purposes.



reSolve

A seven-session small group program
for kids aged 7 to 10.

Helping them understanding their
feelings and healthy ways to express
them through games and creative
activities!

When: Tuesdays 3.30pm-5.30pm
10 May - 21 June

The Foundry Family Centre
132 Wentworth St, Port Kembla
For more information contact:

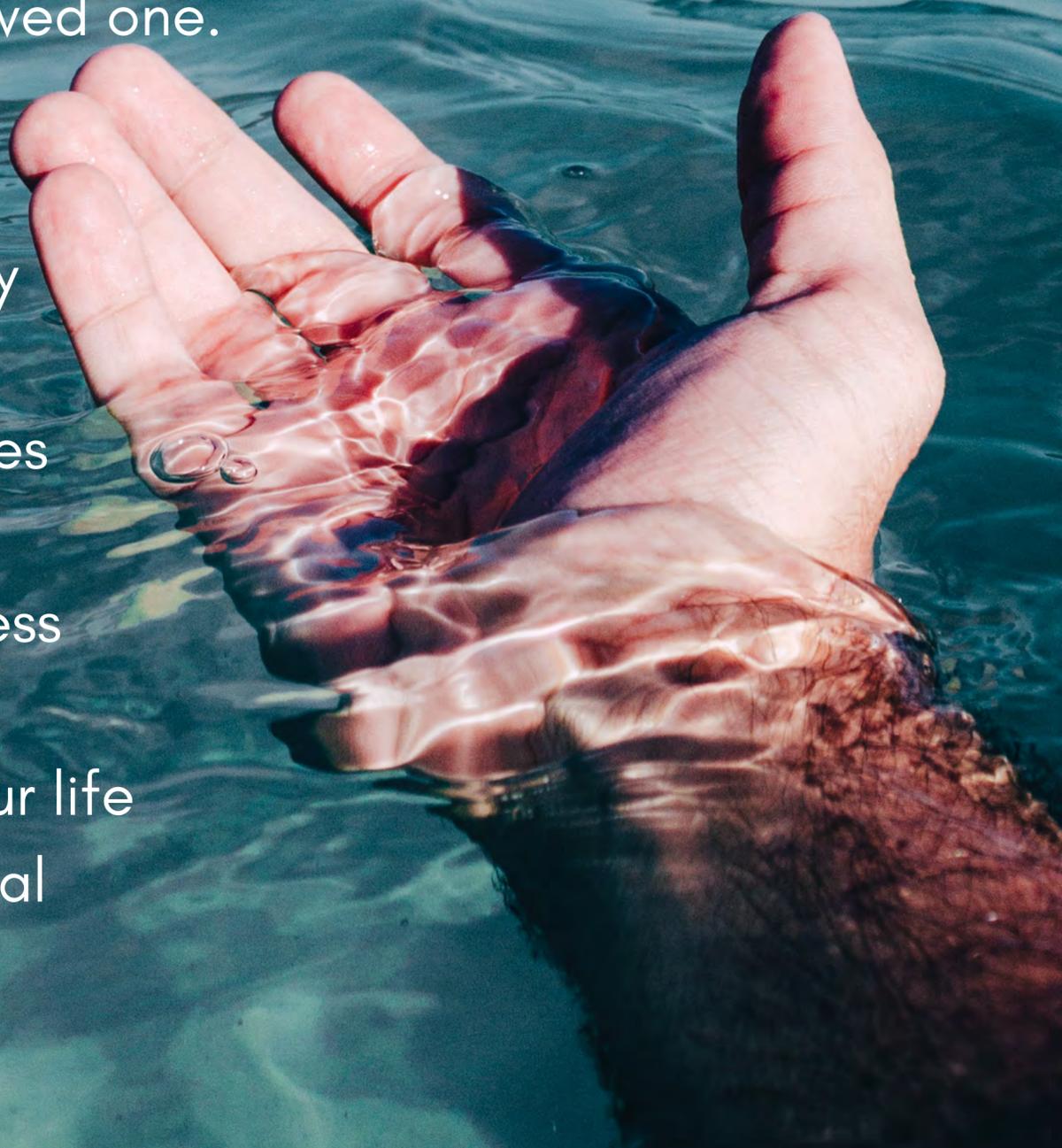
First Floor Program
42291079



See Change

See Change is a six-session program for families whose lives have been impacted by the drug and alcohol or mental health issues of a loved one.

- Information on mental health, drug dependency and recovery
- The impact of these issues on families
- Understanding the process of change
- Strategies to reclaim your life
- Tools to enhance personal and family wellbeing



Be change, See Change

When: Tuesdays 10.30am - 12.30pm

17th May - 14th June

Where: The Foundry Family Centre

132 Wentworth St, Port Kembla

**Bookings Essential - to reserve your place call
The Salvation Army First Floor Program on 42291079**



Join us for Sing&Grow!

Albion Park Rail Community Centre and Sing&Grow would like to invite you to play and make music with us.

Thursday 9:15 am

Albion Park Rail Community Centre

The Sing&Grow program will run for 8 weeks starting 28 April 2022

A total of 10 families can register for this program. To take part please contact Danna at (02) 4256 4404.



What to expect at Sing&Grow

Sing&Grow is a community Music Therapy program for Mums, Dads and Carers with children from birth to five years.

During sessions, a Music Therapist will lead you in singing, dancing and playing instruments with your child.

We use familiar and original songs to help you and your child have fun playing together.



Benefits for Children

Sing&Grow helps children

- Focus
- Learn about their emotions
- Follow instructions
- Make choices
- Practice their language and numbers
- Practice big and small movements
- Make friends



Benefits for Parents and Carers

Sing&Grow will help you

- Learn how to use music and play with your child
- Connect with other parents
- Share your experience of parenting and be supported through parenting challenges



Supporting Children with Autism in Early Childhood



This workshop will provide educators with an understanding of neuro-diversity and what this can look like for children in the early childhood setting, with a specific focus on Autism Spectrum Disorder. This workshop will be exploring specific activities, routines and tasks that may be challenging for children on the spectrum and strategies of support will be discussed through the use of case studies.



Presenter:

Kate Piromalli
Clinical OT Advisor

Friday 20th May
4pm - 6pm

Cost: \$30

[Book here](#)



This Workshop is suitable for :

- Community professionals supporting children in the context of school/preschool
- Teachers / Educators
- Counsellors
- Allied Health Clinicians



Contact for more information:

Lisa Campbell lisa@aass.org.au Phone: 02 9601 2844

All programs are FREE and located at Farmborough Rd School Community Centre unless otherwise stated

Monday	Tuesday	Wednesday	Thursday	Friday
<p>COOK, CHILL, CHAT COOKING PROGRAM Meet new people, learn healthy cooking tips and kitchen tricks! FREE 8-week program – bookings essential. Child minding available 9.30am – 12.00pm (lunch included)</p>  	<p>PLAYGROUP BIRTH TO 5 YEARS FREE for families with young children to connect, play and explore. All welcome, bring a hat and healthy morning tea 9.30am – 11.30am</p> 	<p>COMMUNITY SUPPORT PROGRAM 9.00am – 2.00pm This is a closed group</p> <p>Farmborough Road School Community Centre aims to support families in the local community to enhance the development and wellbeing of children aged 0-8 yrs. Our centre provides opportunities to strengthen connections between the school and families through a variety of free programs</p>	<p>PLAYSTRONG KINDY STARTERS Our weekly Transition to School Program for families with children starting school at FRPS in 2023. Please bring a hat and healthy morning tea</p>   	<p>250 Stories Before Christmas Our Centre is participating in the 250 stories project!</p>  <p>This project encourages each child, with the help of their parent/ Carer/ Brother/ Sister/ Aunty/ Uncle/ Friend/ Everyone to JOIN IN to complete 250 stories before Christmas. Stories are told in many ways in different cultures, through reading, singing, dancing, talking and rhyming and all are important in helping the brain to grow and develop.</p> <p>Contact Dani to get involved</p>
<p>CRAFTERNOON FREE for families with young children, head down to our centre for an hour of craft, creativity, gardening, messy play, painting, recycle art and more! 1.30pm – 2.30pm</p> 	<p>CIRCLE OF SECURITY PARENTING GROUP Circle of Security is designed for parents and carers of children aged 0-12 years to strengthen the bonds with their children, and seek support to help their kids to build secure relationships Free child minding. From 3rd May – 21st June. Bookings essential 12.30pm – 2.30pm</p> 	<p>SPECIAL DATES Thursday 12th May 9.30am – 11.30am Paint the Gong ReAD Community Event – celebrate Bright Sparks Birthday at Dapto Mall! FREE event, reading tent, music mat, craft, gift bags and more!</p> 	<p>THE SMITH FAMILY PEER TO PEER PARENT GROUP 12.30pm – 1.30pm</p> <p>Invitation only – for more information, please contact Shannon on 0466 745 454 or Shannon.Couley@thesmithfamily.com.au</p> 	



CareWaysTM
community



**FOR YOUNG PEOPLE
AGED 10 - 16 YEARS**

THIRROUL YOUTH DROP-IN

**WEDNESDAYS
2:30PM - 5:00PM**

DURING SCHOOL TERMS ONLY

THIRROUL NEIGHBOURHOOD CENTRE

**LOCATED INSIDE THIRROUL COMMUNITY CENTRE
352-358 LAWRENCE HARGRAVE DRIVE, THIRROUL**



@CAREWAYS

FOR MORE INFORMATION
PHONE: 4261 8426 OR EMAIL
help@careways.org.au



FREE!

**Resume writing
Pool table | Trivia
Arts & crafts | Video games
Information sessions | Puzzles
Health workshops | Card games
Board games | Books | Bingo
Movies | Free afternoon tea**





Times Like These



Pandemic... War... Climate change. These big world problems are here, they fill up our news feeds every day. Our children know. If they are not tuned into news snippets, then they watch the way their adults are coping with the suffering and uncertainty that goes along with these big problems. Our children try to make sense of these big things because that is what we all do. In times like these they need their adults' support.

Spend extra one to one time with your child/ren. You could go for walks, play basketball, or watch the sun set together. You might find your children open-up more doing these side-by-side activities.

Children need their feelings to be acknowledged and validated. Give them more hugs and hold them close. They need to know that it is ok to feel whatever they are feeling in relation to the big problems, and that they have an adult that can be with their hard feelings.

Children need to know that it is ok to ask questions and talk about big world problems. They need to feel listened to. Don't worry about not knowing 'the right things to say', speaking with an open heart and honesty shows your children you are doing your best.

Children need re-assurance that we will get through this. Wherever there are big problems there are always smart, kind helpers. Focus on the work of the helpers with your children.

Some ways adults can support their children who feel affected by big world problems.

Do more kind things in your family and neighbourhood. Show your children kindness exists in the world.

Some children may need specialist support to help them cope with the uncertainty and anxiety that accompanies these big world problems. Some children won't. It is strong to seek support if you need it.

Look for active ways to join with others to help out. Support your children to write letters to leaders, or make and share art about the problem, or donate time to provide assistance.

Giving children space to express themselves through play or art when it comes to big problems can be helpful. Play and art can help children show us how they are going and what they need in ways that don't always translate into talk.



THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT YOU'RE VAPING?



NICOTINE

Many vapes contain nicotine making them **very addictive**

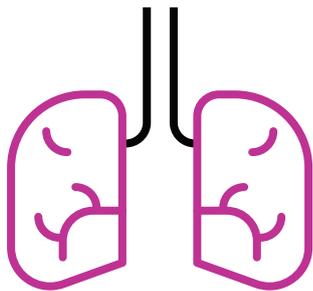



FRUITY

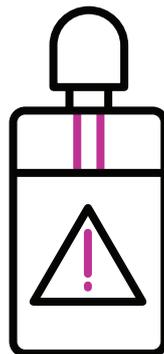
The nicotine in 1 vape can
= 50
cigarettes



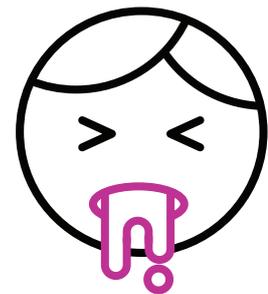
If you vape you are **3 times** more likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



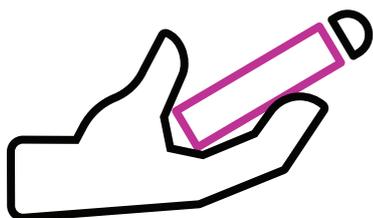
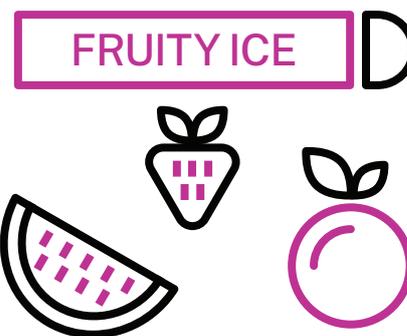
Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



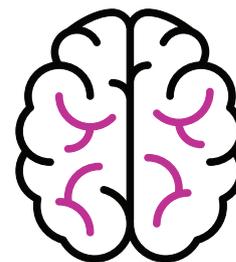
MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that 4 in 5 young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of vaping are just starting to emerge.**

Any take up of vaping by young people is worrying.

NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory.

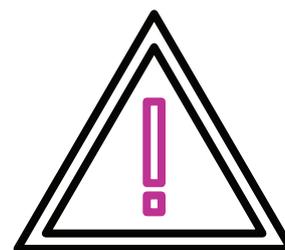
RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



Do you know what you're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website

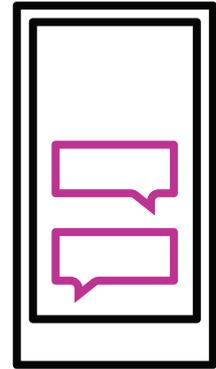


SELLING VAPES TO PEOPLE UNDER 18 IS ILLEGAL

It is illegal for anyone to sell any vape to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. **It is also illegal to sell vapes to friends or contacts under 18 on social media.**

You may have heard that nicotine vapes are available with a prescription from a doctor. This is only for people over 18 years as a tool to help quit smoking. Even then, doctors will explain the risks of using vapes to patients.

There are a number of retailers who might illegally sell you vapes. This is a crime. If you think someone is selling vapes illegally, you can report this to NSW Health via its website or call the Tobacco Information Line on 1800 357 412.



THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

This can mean feeling irritable or anxious, as well as craving to vape.

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.

NICOTINE FREE



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals.

They just don't put it on the pack.



GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

Have a reason or two that you can tell your mates why you don't want to vape.

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



Do you know what you're vaping?
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*All statements are backed by evidence which can be found on the website

