



NSW

# School-Link

Health and Education Working Together

## Illawarra Shoalhaven Local Health District

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#### Students &

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- × Strategies for Parents
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- × Resources

Recently received service flyers, program promotions and training opportunities.

### Circulation

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

Compiled by A. Evison on behalf of ISLHD School-Link Team and Wollongong University

Term 4 2019

### Welcome !

Welcome to the 12th edition of the ISLHD School-Link newsletter.

With exam time just around the corner, now is a great time to check-in with ourselves, our children and our students to help combat some of the stress, and work on ways to make sure we are taking care of ourselves.

### 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



### October is **Mental Health Month!**

This campaign promotes the de-stigmatisation of mental health while highlighting early intervention practices for positive mental health and wellbeing, which coincides nicely with the topic of self-care.

The ISLHD School-Link team encourages you to get involved with the campaign at school or in the community to promote mental health awareness.

More information at:

<http://mentalhealthmonth.wayahead.org.au/>

### Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)  
Child, Adolescent & Youth Mental Health Service  
(CAYMHS)

1-5 Atchison St, Wollongong NSW 2500,

Tel: **(02) 4254 1600**

**David Bunder: School-Link Coordinator**

Mobile: 0427 424 514

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

**Johanne Sneddon: School-Link Coordinator**

Mobile: 0459 880 578

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

### Useful Website

**Be You** aims to transform Australia's approach to supporting children's and young people's mental health in early learning services and schools, from early years to 18.

<https://beyou.edu.au>

Term four is a busy time of year for students and teachers, as we all prepare for the exam period, and finishing classes before the holidays. For teachers, taking care of your own mental health and wellbeing is important at this time. This assists you to better support the students you work with, and to avoid burn-out.

### Personal Self-Care:

- × Do things that give you energy:
  - × Exercise regularly
  - × Maintain a healthy diet
- × Maintain positive relationships with friends and family outside of your career.
- × Develop healthy sleeping habits.
- × Take part in hobbies and interests, especially during stressful times.
- × Use breathing or mindfulness techniques to ground you as you become stressed.
- × Make a self-care pledge to a friend or family member and have a deadline to check back in with them.

Your next step may be to have a go at making a self-care plan to identify all of the areas of your life where extra care is needed. A self-care plan template and more information can be found at:

<https://schools.au.reachout.com/articles/self-care-for-professionals>

### Self-care in the classroom

As part of Mental Health month, what better way to spread awareness about positive mental health, than by getting students involved in their own self-care plans?

Some helpful ways to bring self-care into the classroom are:

- × Class activities on identifying and coping with stress.
- × Mindfulness and breathing activities. Try 'yoga pretzel cards' or the apps outlined below.
- × Creating exam self-care plans.

For more information on stress and mindfulness activities, view the classroom resources at:

<https://schools.au.reachout.com/articles/managing-study-stress>

**Remember**, engage in these healthy activities regularly. Self-care takes practice and is different for everyone.

## Useful and Free resources, apps and teaching guides



The ReachOut website "For Schools" section has resources and lesson plans for getting through difficult times in the classroom. Have a look at their 4-session Lesson Plan on managing study stress for older students (Stages 9-12).

<https://schools.au.reachout.com/articles/managing-study-stress>



Research shows that slowing your heart rate increases calmness in your body. ReachOut Breathe is a useful app, for reducing the physical symptoms of stress, by slowing down your breathing and heart rate.

More information at:

<https://au.reachout.com/tools-and-apps/>  
or search "ReachOut Breathe" in the app store.



Everybody has worries from time to time. Especially around the exam period, it is important to take time to process these worries, so that they don't interfere with the rest of your day. ReachOut WorryTime is an App that encourages you to set aside some time in your day to focus on what is making you worry, when and where it suites you.

<https://au.reachout.com/tools-and-apps/reachout-worrytime>



The smiling mind website has a range of training for a more mindful classroom, through Professional learning, workshops and resources. They also have an App for guided meditation and mindfulness activities for the classroom and at home.

For more information visit:

<https://www.smilingmind.com.au/>

The "Smiling Mind" app is FREE and is available on Android or iOS.

### References:

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

The Smiling Mind: <https://www.smilingmind.com.au/>

As it nears the end of another big year, everybody can begin to get tired and run-down at school and at home. To give our children and young people a chance to finish off the year as best they can look at ways to get rid of stress at home.

### How parents can help at home.

- × Help your child set up a study space and make sure the family understands their need for space.
- × Encourage your child to keep doing the activities they did before exams.
- × Chat to your child about what they want to do in the holidays.
- × Remind your child to go to bed, and help them to wake up at reasonable hours.
- × Go on study break walks with your child and try to cook them wholesome meals.
- × Make time to chat with your child and let them vent.
- × No electronics ideally an hour before bed.
- × Give your child time off some chores and non-urgent family stuff.

### Self-care and what feels good, is different for everyone. Here are some ideas to get your children started.

- × Prioritise chill-out time, away from electronics.
- × Keep up with hobbies.
- × Spend time with your family and friends.
- × Find a way to manage your time—Try the useful scheduling app below.
- × Eat healthy food.
- × Find exercise that you like doing.
- × Make sure you are taking regular, short breaks from study.
- × Keep a healthy sleep schedule.
- × Listen to music you like.
- × Give Meditation or yoga a try. It's can be relaxing and helpful for reducing stress.

### Parents, here is a quick way to help your children to understand their stress.

- × **Talk:** What are the things causing your child stress?
- × **Perspective:** Are these things within your child's control? (E.g. Not prepared for an upcoming exam).
- × **Offer assurance:** If the stress is within their control, tell your child that there are things that your child can do, and that you'll be there to help with these things.
- × **Plan:** Encourage your child to write down the things that are within their control, talk about them together and discuss what might make a difference.
- × **Seek:** Get extra support if needed by contacting the school counsellor, or GP if needed.

## Apps and more information



### 'Recharge' App

A six week program to improve sleep and health through a focus on sleeping patterns and creating healthy morning routines.

More Info: <https://au.reachout.com/tools-and-apps/recharge>

### 'My Study Life' App

A study tool to assist managing study responsibilities to reduce stress throughout the school term.

More Info: <https://schools.au.reachout.com/articles/my-study-life>



### 'Get some Headspace' App

A beginners guide to mindfulness through a 10-part series on meditation.

More info: <https://www.headspace.com/>

All apps can be accessed for **FREE** and are available for download on your iOS or Android devices via your preferred app store, or their websites.

### References:

All Information found via the ReachOut Website: <https://au.reachout.com/>

Tool for understanding stress found at: <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/help-your-child-develop-coping-skills-for-stress>

# DEADLY TIPS TO

# STRESS LESS

**MAKE  
TIME  
FOR  
YOURSELF**

**SAFE  
SUPER  
VISION**

**HAVE  
A  
YARN**  
TALK  
ABOUT IT

**CLOSE  
YOUR EYES**

**FOCUS  
ON YOUR  
BREATH**

**SHARE**  
SOMETHING THAT  
MAKES YOU  
LAUGH

**SPEND  
TIME WITH PEOPLE  
YOU  
LOVE**

**LISTEN**  
TO YOUR FAVOURITE  
MUSIC

**CONNECT  
WITH THE  
LAND**

- > GO BACK TO COUNTRY
- > CATCH UP WITH YOUR MOB

**HAVE  
THE  
COURAGE  
TO BE  
IMPERFECT**

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

**YOUR  
MESSAGE  
HERE**

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

**BE  
PROUD  
OF YOURSELF**

- > WHO YOU ARE
- > WHERE YOU'RE FROM

**SPEND TIME  
WITH  
ELDERS**  
SHARE STORIES

**LAUGH  
LOVE  
LISTEN**

**GET ACTIVE  
GO OUTSIDE**

- > GET SOME FRESH AIR
- > GO FOR A WALK
- > KICK THE FOOTY

GET THE FAMILY TOGETHER  
AND HAVE A GAME  
OF TOUCH



Wor Ahead



Aboriginal Health & Medical Research Council  
of New South Wales

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

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



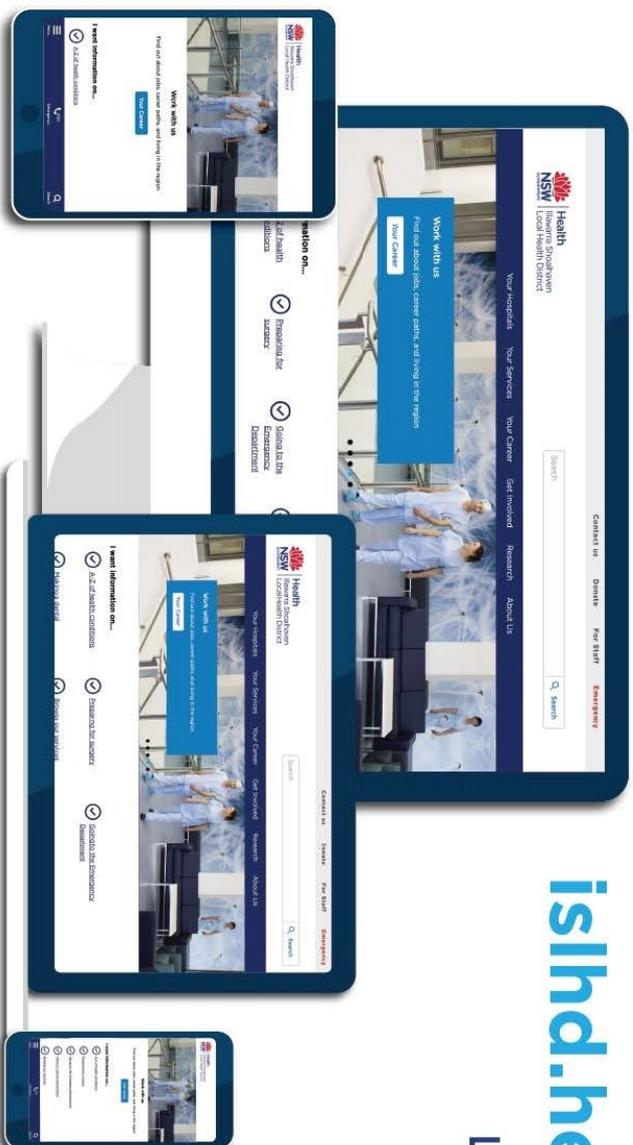
#sharethejourney2018

Illawarra Shoalhaven Local Health District has a new website!

[islhd.health.nsw.gov.au](http://islhd.health.nsw.gov.au)

Learn more about:

- Coming to hospital as a patient or visitor
- Services and clinics
- Health information
- Referring a patient
- Latest news and what's happening around the District
- Working with us
- Research and innovation



Visit our website: [islhd.health.nsw.gov.au](http://islhd.health.nsw.gov.au)



We want your feedback:

[www.surveymonkey.com/r/ISLHD\\_new\\_website](http://www.surveymonkey.com/r/ISLHD_new_website)

**GO4FUN IS COMING TO BOMADERRY IN TERM 4!**

**Shoalhaven Indoor  
Sports Centre**

## What is Go4Fun?

Go4Fun is a free program for 7-13 year olds who are above a healthy weight, and their families.

-  Play fun games and activities
-  Make healthier choices for your family
-  Make new friends

**Places are limited. Register now!**

 [www.go4fun.com.au](http://www.go4fun.com.au)

 **1800 780 900**



**Health**  
Illawarra Shoalhaven  
Local Health District

GO4FUN IS COMING TO **WARILLA** IN TERM 4!

## What is Go4Fun?

Go4Fun is a free healthy lifestyle program for 7-13 year olds and their families

-  Play fun games and activities
-  Make healthier choices for your family
-  Make new friends

Places are limited. Register now!

 [www.go4fun.com.au](http://www.go4fun.com.au)  1800 780 900

### Warilla Public School

**Where:** Leawarra Avenue, Warilla

**When:** Wednesdays, starting 16<sup>th</sup> October

**Time:** 3:15pm-5:15pm





# Go4Fun

Healthy · Active · Happy · Families

## Aboriginal Go4Fun®

A healthy-lifestyle program for  
Aboriginal children and their families



Help your family to get healthy, active and happy with Go4Fun.

Go4Fun is a healthy-lifestyle program for kids aged 7-13 years.

A parent or carer is required to attend each session.

Where: Green Street Community Centre, Warrawong

Time: 3:30pm - 5:30pm

When: Tuesdays, Term 4 2019

This program is being run in partnership with Coomaditchie

**FREE**

TO REGISTER: FREE CALL

**1 800 780 900**

sms 0409 745 645 for a call back

MAKE  
HEALTHY  
NORMAL

betterhealth  
company

NSW  
GOVERNMENT | Health



One Door Illawarra Clubhouse are designing and hosting a young carers program and we are seeking your expertise!

## Offering a \$50 JB HI-FI Giftcard for attending a 60-minute focus group

One Door Mental Health are seeking 3-4 young carers to participate in a one-hour focus group on 4pm 30<sup>th</sup> October 2019 to design a young carers program.

We are seeking input to make this program the best experience possible for participants.

Limited spots available, location to be confirmed with successful participants.

### Requirements:

- Aged between 14 – 17 years old
- Live in the Illawarra area and be able attend a 60-minute focus group
- Provide unpaid care and support to a family member or friend with a disability

When: 4pm 30<sup>th</sup> October 2019

Where: Wollongong City Centre: Details to follow registration

What: You will have opportunity to provide input into our young carers program and receive a \$50 JB Hi-Fi giftcard as a thank you

Secure a spot by emailing or calling **Brooke Jeffries**

**0402 976 529** [brooke.jeffries@onedoor.org.au](mailto:brooke.jeffries@onedoor.org.au)

Places limited

One Door. Many Opportunities. [onedoor.org.au](http://onedoor.org.au)



2019 ILLAWARRA

# WHITE RIBBON DAY WALK

**SEE  
Something**

**SAY  
Something**

**DO  
Something**

**Friday, 22  
November 2019  
7.00am - 8.30am  
North Wollongong Surf  
Club**



- Meet at Wollongong Surf Club
- Walk to the lighthouse and back
- **FREE** BBQ Breakfast
- Speakers - What **you** can do to prevent men's violence against women.

**For more information  
visit  
[icadv.org.au](http://icadv.org.au)**



**For updates about the event, visit the  
facebook pages**

**Illawarra Committee Against Domestic Violence  
and  
Illawarra White Ribbon Walk**



## Talking Tactics Together Program

ISLHD and BaptistCare staff are able to assist your school in implementing this program at **NO COST.**

*Some funding* is available to support supper on the family evening event.

**ONLY ONE BOOKING SPACE AVAILABLE FOR TERM 4**

**EOI for TERM 1 NOW being taken**

*An interactive family drug education program for parents and their primary Stage 3 students*

'Talking Tactics Together' is an interactive drug education program, for stage 3 students & their parents. The program has interactive activities designed to increase student knowledge around alcohol, nicotine & prescription medications as well as developing their drama & facilitation skills. The program culminates in a parent event hosted by students, teachers and health professionals with the aim of increasing communication within families whilst having fun.



The program meets all aspects of Drug Education within the Stage 3 Curriculum.

### Aims

The aims of *Talking Tactics Together* are to:

- enhance communication between parents/carers and their children
- strengthen positive role modelling by parents
- increase parents/carers and student knowledge and understanding regarding drugs and related issues
- build student and family resilience

For booking or further information please contact:

Bianca Ring [Bianca.Ring@health.nsw.gov.au](mailto:Bianca.Ring@health.nsw.gov.au) ph 0450646080



# Caddyshack Awards 2019

## Nominations now open!

Annual awards to acknowledge individuals, services & projects within the Llawarra & Shoalhaven contributing to the sexual health and well-being of our communities.

To nominate a person,  
a service or a project.

[Jennifer.Farinella@health.nsw.gov.au](mailto:Jennifer.Farinella@health.nsw.gov.au)  
02 4254 2762

Nominations close: Friday 25th October 2019

# caddyshack

share affection, not infection

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



Support us  
to empower our  
young people and reduce  
crime in our communities

# CHARITY GOLF DAY

**8th November 2019**  
**Port Kembla Golf Club**  
**18 holes**  
**\$100 per player**  
**8am tee off shot gun start**

**Professional Golf Assistant**  
**Egg and Bacon roll before tee off**  
**Alternate drop lunch – Steak and Schnitzel**  
**2 standard drinks – Tap beer, wine or soft drink**

**There will also be the club bar open as well for drink and food.**

**Register through PCYC Wollongong or PCYC Bulli**

**ADDRESS:** Exeter Avenue North, Wollongong NSW 2520  
T (02) 4229 4418 E [wollongong@pcycnsw.org.au](mailto:wollongong@pcycnsw.org.au)  
| [www.pcycnsw.org.au/wollongong](http://www.pcycnsw.org.au/wollongong)



24/9/2019

## CHARITY GOLF DAY

Police Citizens Youth Clubs of Bulli and Wollongong are holding a Charity Golf Day on Friday 8th of November at Port Kembla Golf Course.

For over 60 years our clubs have successfully served our area as a charity empowering young people through partnership with NSW Police and community. Our programs get kids active in life, promote youth leadership and reduce youth crime through sports, arts, vocational and educative programs.

We are seeking sponsorship and prizes for this year's Golf Day.

Sponsorship cost is \$200 per hole and entitles the sponsor to advertising and complimentary entry for one player. Your sponsorship funds from this event will go toward Police youth diversionary programs and activity equipment.

We have two Police Youth Case Managers attached to our Club who work tirelessly with young people that have become exposed to crime. The Police build a positive mentoring relationship with the youth and the PCYC provides the resources necessary for their work including an office, vehicles and funds to cover activities, food and other program costs.

We are also inviting teams of four, or individual players, to participate on the day. Please see the attached flyer for further details of the cost and programme.

We will be very grateful if you can assist us with sponsorship, prizes or participants. If you can do so, please phone PCYC Wollongong Club Manager Matt Bourne on 0417 686 076 or email [mbourne@pcycnsw.org.au](mailto:mbourne@pcycnsw.org.au).

Yours Faithfully,

A handwritten signature in blue ink, appearing to read 'Matt Bourne', is written over a horizontal blue line.

Matt Bourne

**POLICE CITIZENS YOUTH CLUBS NSW LTD**  
ABN 89 401 152 271 ACN 000 041 056 DONATIONS \$2 AND OVER ARE  
TAX DEDUCTIBLE

**ADDRESS:** Exeter Avenue North, Wollongong NSW 2520  
T (02) 4229 4418 E [wollongong@pcycnsw.org.au](mailto:wollongong@pcycnsw.org.au)  
| [www.pcycnsw.org.au/wollongong](http://www.pcycnsw.org.au/wollongong)



**Book early  
Limited Places!**

## **Free workshop for Carers in Dapto**

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 22nd & 29th October and  
5th November 2019**

**Time: 9:30am – 2:30pm**

**Venue: Ribbonwood Centre -Acacia room  
Princes Hwy (behind McDonalds)**

**FREE!**

**Lunch provided**

To register please phone 4253 4501 or  
email [evelyn.jelercic@health.nsw.gov.au](mailto:evelyn.jelercic@health.nsw.gov.au)

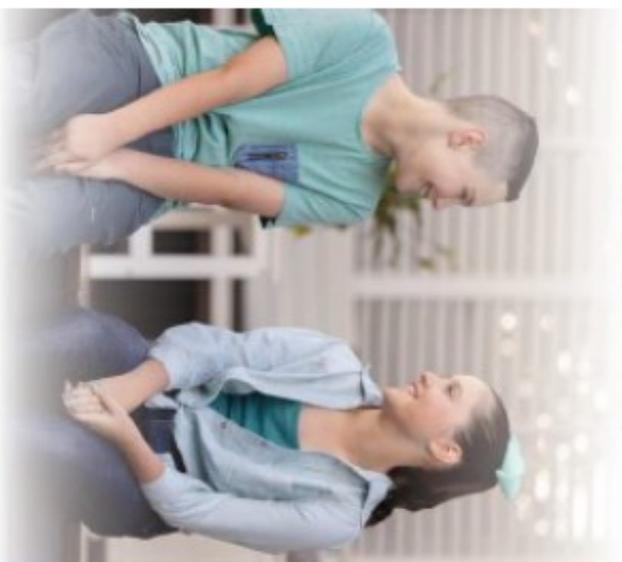
If you need help with respite call 1800 052 222



Organised by the Illawarra Shoalhaven Local Health District Carer Program

## FAMILY & SIBLING SUPPORT (SIBS) PROGRAM

*Focusing on siblings  
of kids with disability*



### SIBS — Fun days for kids who have a brother or sister with disability!

Disability impacts everyone in the family. Sometimes this can be an intensely positive and rewarding experience and at other times it can be really challenging! The SIBS program is all about placing a special focus on the brothers and sisters in families who have a child with a disability. It's about giving kids time-out from their caring role to relax, have fun and just be kids.

#### Saturday SibsClub (5-12 years) Teensibs (12-16 years)

- Is for anyone who has a brother or sister with a disability
- Lives between Helensburgh & Kiama
- Meets monthly, membership is flexible
- Costs between \$5-25 per activity
- Features a range of exciting outings and activities—Sunset Cinemas, Jamberoo Rec Park, Shoalhaven Zoo, Dolphin cruises, kayaking, pizza & movie nights, picnics, art & craft (just to name a few!)
- Workshops sibling issues & an annual camp.

For more information contact Kath Walsh  
4254 9332 or [kathw@catholiccare.dow.org.au](mailto:kathw@catholiccare.dow.org.au)

#### DEADLY SIBS - Fun days for Aboriginal & Torres Strait Islander kids who have a brother or sister with a disability!

A SIBS engagement initiative that takes into account a cultural perspective on disability and carer needs in Indigenous community.

For more information contact Rod Broad  
4254 9328 or [rodneymb@catholiccare.dow.org.au](mailto:rodneymb@catholiccare.dow.org.au)



[www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)

## DEADLY SIBS



[www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)



# STEPPING UP

**A wellbeing mentoring program  
for boys aged 10-13.**

## WHY IS THIS NEEDED?

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

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

## ABOUT TOP BLOKES FOUNDATION

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

## FIND OUT MORE

For more information, contact us or visit:

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

 1300 450 850

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

## AVAILABLE PROGRAM WORKSHOPS



**NOW TAKING BOOKINGS FOR 2020**



# JUNIOR TOP BLOKES

**A peer-mentoring program for boys aged 14-17.**

## WHAT IS IT?

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

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

## THE BOYS HAVE THEIR SAY

*You learn things that change the way you treat other people.* - Christian, 2018 participant

*Top Blokes is completely related to us as young men. It's more personal and you can connect to what's being talked about.* - Brodey, 2018 participant

*I felt like it was a really good environment to open up and to realise there were boys in that room that I could talk to.* - Billy, 2018 participant

## PROGRAM OUTCOMES

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

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

## FIND OUT MORE

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

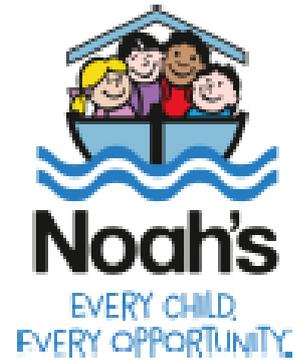
1 300 450 8 50 

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



**NOW TAKING  
BOOKINGS  
FOR 2020**

# noah's challenge



Sunday 3rd November 2019

10am-1pm, Moorhouse Park, Nowra

Get together with family and friends and challenge yourself in honour of the challenges that children with disabilities take on every day.

The short course on the banks of the Shoalhaven River will feature physical, mental and creative challenges for all ages. There will be music, entertainment, refreshments and lots of prizes to giveaway – a fun family day out!

All funds raised will help Noah's Inclusion Services to provide services and support for local children with disabilities and their families.

Register today at [noahschallenge.com.au](http://noahschallenge.com.au)  
or call (02) 4423 5022 for more information



Major Sponsors



South Coast Register



## Back on Track

A FREE and confidential support service to help you deal with day to day stresses and pressures



### Are you experiencing any of the following?

- Feeling overwhelmed or not your usual self
- Pressure of caring for a loved one
- Sleep issues
- Financial worries
- Work or family stress
- Struggling with life transitions

### We can help

When you're feeling lost, it can really help to have a space to talk things through. We have trained staff to do just that and coach you to get back on track within 1-2 sessions.

### How to book

Book online at [www.gph.org.au](http://www.gph.org.au) or by calling 1800 228 987. No referral needed, you can refer yourself. However, a GP or health professional, school or workplace can also refer you.

### Locations

Grand Pacific Health  
Ground Floor, 336 Keira Street  
Wollongong (Entry on West Street)

MIND the GaP | Faculty of Science,  
Medicine & Health | Bdg 306  
UOW Shoalhaven Campus  
George Evans Road, Mundamia

**GPH Mental Health Access team**  
**1800 228 987**

This service is funded by COORDINARE. For more info: [www.coordinare.org.au](http://www.coordinare.org.au)

# Health Hub

## FREE Health Checks for Children

9am – 5pm



### Services

#### Teeth\*

- Comprehensive oral exam and teeth clean, including fluoride treatment

#### Eyes

- Vision clarity check
- Eye muscle coordination and movement test
- Colour vision test

#### Ears

- Thorough ear function and hearing assessment
- Individual reports provided

#### Speech

- Speech/language screenings to detect communication difficulties
- Recommendations for further assessment or speech therapy intervention if needed

#### Occupational therapy

- Assess fine motor coordination, gross motor and self-care skills to determine the need for further evaluation

### Dates & Venues

**Wed 2 Oct**

#### Sanctuary Point

Sanctuary Point Youth & Community Centre  
34 Paradise Beach Road

**EYES, EARS, TEETH, OT & SPEECH**

**Wed 9 Oct**

#### Goulburn

CareSouth, 2/148 Sloane Street, Goulburn  
(Enter via Clinton Street)

**EYES, EARS, TEETH, OT & SPEECH**

**Thurs 3 Oct**

#### Nowra

CareSouth, 11 Haigh Avenue, Nowra

**EYES, EARS, TEETH, OT & SPEECH**

**Thurs 10 Oct**

#### Berkeley

CareSouth, 2 Matilda Way, Berkeley

**EYES, EARS, TEETH & OT**

Book online [www.bookitlive.net/caresouth](http://www.bookitlive.net/caresouth)

For further information contact us on **1300 554 260**

or via email [bookings@caresouth.org.au](mailto:bookings@caresouth.org.au)

**EVERYDAY**  
CareSouth

\* Free under the "Child Dental Benefits Schedule" which offers \$1000 per child over a two year period (must be in receipt of Family Tax Benefit A or a relevant Australian Government payment).



CareWays  
community

# SENSORY ROOM

CareWays Community Sensory Room is the result of community research built on best practice. It is open to the community and can be of benefit to all ages.

\$33 p/hr (inc GST) or include it in your NDIS plan

**Horsley Community Centre**  
**82 Bong Bong Rd Horsley**

To book, or for more information head to  
[www.careways.org.au](http://www.careways.org.au)  
or call 02 4260 8245 or 02 4262 1918



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA





**CareWays**<sup>TM</sup>  
community



# Come Join Us Community Breakfast



**Monday & Thursday 8:00–9:30am**  
**Dapto Neighbourhood Centre**  
Within Dapto Ribbonwood Centre 93-109 Princes Hwy

**Tuesday & Wednesday 7:30–9:00am**  
**Koonawarra Community Centre**  
36 Fowlers Road, Koonawarra

**ALL WELCOME!**  
**No Cost**

dapto  
**LEAGUES**club

Phone 4262 1918



CareWays community

Connected, caring and supportive communities





**CareWays**<sup>TM</sup>  
community



# DROP-IN

TUESDAYS 3-5PM

FREE!

for young people aged 12-18 years

## KOONAWARRA COMMUNITY CENTRE

**BASKETBALL**

**INDOOR SOCCER**

**INDOOR CRICKET**

**BADMINTON**

**FREE MILKSHAKES**

For more info

[help@careways.org.au](mailto:help@careways.org.au)

42621918

 @careways

KOONAWARRA COMMUNITY CENTRE IS A DRUG AND ALCOHOL FREE  
SPACE SUPERVISED BY TWO FRIENDLY YOUTHWORKERS

CareWays community

Connected, caring and supportive communities





**CareWays**<sup>TM</sup>  
community



# Koonawarra Playgroup

**What?** Playgroup and morning tea  
**When?** Wednesdays from 9:30 - 11:30  
**Where?** Koonawarra Community Centre  
gold coin donation

**Everyone welcome!**



**Runs During School Terms**  
**Koonawarra Community Centre**  
**36 Fowlers road**  
**Phone number 4261 8426**



dapto  
**LEAGUES**club



## Tuesdays

### Homework + Job Readiness Program



Homework and job  
readiness support in a  
super chill environment.  
Free brain food  
provided!



## Term 4 2019

Programs for young  
people aged 12 - 18



3:30 pm - 6:00 pm

@ Berkeley Community  
Centre



4271 1661

## Wednesdays

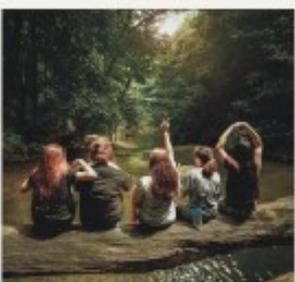
### End Of Year Celebration Planning Group



We've done a heap of  
really cool things at the  
Berkeley Youth Project this  
year. Come along to be  
part of planning our  
celebration and awards  
party!

## Thursdays

### Drop-In



A safe space to  
chill, have some  
snacks and see  
your mates!

Want to play  
ping pong  
after school?  
Ask us for a loan  
of ping pong bats  
and balls!



Like us on Facebook! @TheBerkeleyYouthProject



# CatholicCare Courses

## Strengthening your Relationships

Call 4254 9395

enquiries@catholiccare.dow.org.au  
catholiccare.dow.org.au



## For Parents & Carers

### BRINGING UP GREAT KIDS

For Parents/Carers of children aged 2-10 years

Reflect on your own parenting style and develop strategies to support your child whilst taking care of yourself. Designed to promote positive and respectful parent-child relationships.

4 x 2.5 hour sessions held weekly

\$60

Wednesdays, 13, 20, 27 November & 4 December, 10am-12:30pm

**CatholicCare Shellharbour Office**

7/5 Burra Pl, Shellharbour City Centre

CatholicCare's Families & Communities Program is funded by the Australian Government. Concessions may apply dependent upon financial circumstances.





## Eat Plant Learn

Eat Plant Learn is a group program that promotes healthy and sustainable eating. It consists of six structured sessions and covers topics such as:

- Introduction to healthy and sustainable food
- The benefits of healthy eating
- Growing your own food
- Seasonal cooking
- Sourcing healthy and sustainable food at affordable prices.

Participants can opt to take part in all or some of the sessions. The sessions are held at different local venues, such as community centres, and are run during the day and evening, according to individual needs.

## Coaching for Physical Health

Coaching for Physical Health provides up to eight one-to-one coaching sessions to work on an identified physical health goal. These sessions are delivered face-to-face at the participant's home, at a preferred community location, or over the phone.

Coaches have a broad experience of recovery from mental illness and an understanding of the challenges of making physical health behaviour changes when living with a mental illness. They are trained in the delivery of Coaching for Physical Health, with ongoing professional development to support their practice.

## Kick the Habit

Kick the Habit is a person-centred tobacco management program that supports participants to monitor, reduce or quit smoking.

Kick the Habit provides up to ten one-on-one coaching sessions to assist participants in developing an individualised plan based on their own goals and reasons for reducing or quitting. The sessions are delivered face-to-face at the participant's home, at a preferred community location, or over the phone.

The Kick the Habit program also offers subsidised Nicotine Replacement Therapy (NRT).

There are three phases of Kick the Habit:

- Phase 1: Talk, Assess and Ask
- Phase 2: Educate, Plan and Support
- Phase 3: Review

“Since I started the program I’ve stopped relying on frozen meals and started making my own food. I feel more confident with my ability to cook for myself and enjoy food again.”

- Participant, Eat Plant Learn

## Accessing Active8

Referral to Active8 can be made over the phone or via a simple referral form that can be emailed, faxed or posted (see the back of this brochure for contact details).

Referrals are accepted from any source (self-referral, GP, psychologist or other), provided the person being referred meets the eligibility criteria and is present when the referral is being made.

### Eligibility

To be eligible for the Active8 program, people must:

- Have experience of ill health
- Have a clearly identified physical health goal or a neediness to make changes to improve physical health
- Be aged over 16
- Live in either the Illawarra-Shoalhaven or South Eastern NSW region.

The referral form can be found on our website:

[www.mentalhealthnsw.gov.au/active8](http://www.mentalhealthnsw.gov.au/active8)

### Tools for support

Participants of Active8 can access the following tools during the program, to help achieve their goals:

- Nazem’s Collaborative Recovery Model
- The SMART Goal Model
- Nazem’s Physical Health Prompt
- Consumer feedback processes.

