



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

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- ⇒ Positive self talk exercise

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Recently received service flyers, program promotions and training opportunities.

Circulation

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

Compiled by:
ISLHD School-Link

Term 2 2021

Welcome !

Welcome to the 20th edition of the ISLHD School-Link Newsletter!

This issue explores Problematic Interactive Media Use (PIMU) which usually appears in one of the following four ways:

- Gaming
- Social media
- Pornography
- Information-seeking

It is not a specific device or activity that is problematic, it is the interactivity that attracts young people, keeps them engaged, and immerses them to the point where they lose track of time and place.

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

New Resource: A Teachers Guide

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

Each intervention strategy can easily be applied by a Teacher and require no additional training or extra resources.

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

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

The Clinic for Interactive Media and Internet Disorders (CIMAID) Clinician Toolkit

digitalwellnesslab.org/cimaid/clinician-toolkit/

This toolkit is to help clinicians working with adolescent populations understand the importance of recognising media as an environmental health concern.

This Toolkit will help you better communicate with your patients and their parents about media exposure and use. Helping patients realise how media affect their health and well-being can help prevent poor health outcomes, and help them understand the complexity of a current health issue. This toolkit contains the research, anticipatory guidance, and patient education materials you need to inform your patients about the effects of media on their health, instruct them on how to best use media, and help prevent them from developing problematic media use behaviours by providing guidance, tips and tools that they can use in their everyday lives.

Strategies for the classroom

- Be aware that the perceptions of the benefits or harm of social media may be different when comparing adult opinions to students
- Encourage students to treat all aspects of media as tools used for what they do well and then put away so as not to impact on other aspects of life such as sleep, relationships, homework and outdoor activities
- Do not promote the abstinence of all screen media, this is unsustainable as students use technology for school, socialising and entertainment
- Contrast the superficiality of connections via media to face to face deep connectedness
- Discourage multitasking, multitasking on tasks that require concentration prevents focusing on critical thinking and leads to a 56% reduction in understanding and 80% loss of retention (Centre on Media and Child Health)
- Address fear of missing out (FOMO), encourage students to filter who they see in their feed, set time limits on different forms of media use, and be aware of what they are posting so as to not contribute to other people's FOMO
- Address self-defence concerns, similar to FOMO, a young person may feel they need to check social media constantly to find out what others may be saying about them
- Encourage authentic social media, while social media relationships should never replace real-life relationships as they use the same qualities that are needed in real life relationships
- Talk to your students about the ramifications of their social posting

It has been found that many of the young people with PIMU are struggling with underlying conditions such as ADHD, anxiety, depression that may have been unseen in their everyday lives, but revealed themselves in the interactive media environment (such as gaming) which provided distraction, mastery or "self-medication". When the young people's underlying condition is treated along with behavioural therapy for PIMU, they usually do well.

CIMAID: <https://cmch.tv/cimaid>

Office of the eSafety Commissioner: <https://www.esafety.gov.au>

Media when overused or used compulsively, can interfere with a young person's daily life and lead to poor school performance, family conflicts, emotional and psychological concerns and relationship problems.

Online Safety Book: A guide for parents and carers

<https://www.esafety.gov.au/parents/online-safety-book>

This book covers some of the key online safety issues for young people and includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support.

eSafety For Young People

<https://www.esafety.gov.au/young-people>

Useful information to help you stay safe online, topics include:

- Cyberbullying
- Trolling
- Banter vs Bullying
- Protecting your identity
- Fake news
- Online hate
- Catfishing
- Your digital reputation
- Someone is creating drama online
- Spending too much time online
- Pressures from social media
- Being out, trans or gender diverse online
- Being pressured to send nudes
- Receiving unwanted nudes
- Your nudes have been shared
- Keeping your online accounts secure

The Clinic for Interactive Media and Internet Disorders (CIMAID)

Family Media Plan

<https://www.healthychildren.org/English/media/Pages/default.aspx>

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalised Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool will help you to think about media & create goals & rules that are in line with your family's values.

CIMAID: <https://cmch.tv/cimaid>

Office of the eSafety Commissioner: <https://www.esafety.gov.au>

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





Health

NSW PERINATAL & INFANT MENTAL HEALTH

HOLDING THE INFANT: PARENT & INFANT MENTAL HEALTH

Join our free e-symposium on infant mental health.
Interactive Q & A sessions after each presentation.

NOVEMBER 12, 2021
9AM - 1 PM

VIRTUAL- USE THIS [LINK](#) ON NOV 12



Advancing the mental health of
infants, children and adolescents

NSW Health invites practitioners working with infants,
parents/caregivers in mental health, maternity, child &
family health, paediatric or related services

PROGRAM



Health

HOLDING THE INFANT: PARENT & INFANT MENTAL HEALTH

9:00 Welcome & acknowledgment

9:05 Infant mental health explained - Debbie Tucker, WS LHD

9:15 Parent-Child Interaction Therapy for Toddlers: Parenting support for mothers with depression - Jane Kohloff, UNSW/Karitane

9:45 Adverse childhood experiences and the father-infant relationship - David Hawes, University of Sydney

10:15 Guide for Dads - Melissa Coates, PIMHS SES LHD

10:30 Break - Emerging Minds - Infant mental health videos

10:45 Health of the Nation Outcomes Scale for Infants (HoNOSI) - Peter Brann, Monash University

11:15 Infant Massage: First essential touch - Greg Morling, Mostly Massage

11:45 Break - Emerging Minds - Infant mental health videos

12:00 Supporting Aboriginal infants and caregivers using Baby Coming You Ready - Jayne Kotz & Valerie Ah Chee, Murdoch University

12:30 Working with the dyad - PIMHS ISH LHD

1:00 Closing comments

Organisers: Brendan Cook, Maureen Lagan, Angeline Landry, Lee Meredith, Debbie Tucker.

Inquiries: tracey.faystambach@health.nsw.gov.au



24/7 Love

A free 6-week online group for people who care for a loved one living with a disability.

Who is it for?

24/7 Love supports parents and carers of people living with a disability. Caring for someone with a disability? Make time for your care and support too.

24/7 LOVE – Care for Carers online workshops

Starts Wed 29 September – Wed 17 Nov, 11-12:30PM

What will it be like?

Through an online group over six weeks, you'll participate in discussions and guided activities. Experienced facilitators from Relationships Australia NSW will help you build skills to support you in your role as a carer. You'll also can connect with other carers in a safe and supportive environment.

This group program is run **online**, by our Disability Royal Commission group counselling team based at our Illawarra office in Wollongong.

The program will help you:

- Develop self-care practices you can do anywhere
- Support yourself and practice self-compassion
- Maintain and nurture healthy relationships
- Grow self-esteem and manage strong emotions
- Move through grief and loss
- Connect with helpful services and people.

Booking this program

You can book this program by either calling the Illawarra Centre on 02 4221 2000 or emailing us at illawarra@ransw.org.au.

Fees

This is a free program.

For other group programs coming up: [24/7 Love - Online Group Program for Carers of People with a Disability \(relationshipsnsw.org.au\)](#)

Community Fathering Program Connection Point

Connecting dads and kids for a brighter future

Stay up-to-date with fathering events and activities in the Illawarra



Let's Connect



Simple steps to receive
our quarterly newsletter

1. Scan the QR code below
2. Enter your details
3. You're now connected and will receive quarterly updates!



For more information about the
Community Fathering Program
scan the QR CODE

If you would like to speak directly to us:



David@thefatheringproject.org



0491 297 022



www.thefatheringproject.org



@communityfathering
@thefatheringproject

Strengthening your Relationships

Term 4, 2021

Call us 4254 9395

intakeservice@catholiccare.dow.org.au

www.catholiccare.dow.org.au



For Parents & Carers

CIRCLE OF SECURITY PARENTING™ **ONLINE GROUPS

At some point in time, all parents experience the uncertainty of not knowing what their children need. Imagine what it might feel like if you were able to make sense of what your child was really asking from you? This internationally recognised parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

5 x 2 hour sessions held weekly

\$75

Tuesday: 12, 19, 26 Oct, 2, 9 Nov, 12pm-2pm

Tuesday: 16, 23, 30 Nov, 7, 14 Dec, 5.30pm-7.30pm

NO SCAREDY CATS **ONLINE GROUP

For Parents / Carers of children with anxiety

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

3 x 2 hour sessions held weekly

\$45

Tuesday: 23, 30 Nov, 7 Dec, 10am-12pm

123 MAGIC & EMOTION COACHING **ONLINE GROUP

Supporting your child through the many challenging behaviours they may display can be difficult. This group will help you understand why the behaviour may be occurring, and simple strategies to manage the behaviours in a safe and effective way.

3 x 2 hour sessions held weekly

\$45

Wednesday: 24 Nov, 1, 8 Dec, 10am-12pm

Please note some groups may have **limited availability**.
All attendees are expected to follow Covid Safe procedures when attending face to face.



FREE WEBINARS

Visit our website to view our on demand webinars

NATIONAL FAMILIES WEEK WEBINAR SERIES

A 5 part webinar series celebrating and supporting National Families Week.

Sessions include: Family Resilience, Family Values, Family Connection, Family Self-Care, Family Mindfulness

*A downloadable document covering the content is also available

KEEPING CALM & CONNECTED—A series of 6 webinars

Let us support you to stay calm and connected. With so much change and uncertainty in our lives, it is important to spend time to stop and reflect, providing an opportunity to refocus, reenergize and reconnect with who we are.

Sessions include: Mindfulness, Mindfulness & Self Care, Mindfulness & Sleep, Mindfulness & Compassion, Mindfulness & Worries, Mindfulness & Gratitude

CatholicCare's Families & Communities Program is funded by the Australian Government

Concessions available *GST may apply **Schedule subject to change

Please note conditions apply to complete groups online

SCAN HERE TO ACCESS OUR ONLINE INTAKE FORM



catholiccare

Always
connected



With a Special Focus

SEEING RED - Introduction to managing challenging emotions

For Adults

Strong emotions are natural and are felt by everyone. Learn to recognise, and listen to your feelings, as well as the feelings of those around you. In a supportive group setting, learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

5 x 2 hour sessions held weekly

\$75

CAMPBELLTOWN ONLY - may be moved online or cancelled depending on COVID

Wednesday: 10, 17, 24 Nov, 1, 8 Dec, 10am-12pm

STANDARD MENTAL HEALTH FIRST AID - **BLENDED DELIVERY

Support mental health in your community by learning how to assist other adults who are developing a mental health problem or who are experiencing a mental health crisis. Based on the Mental Health First Aid guidelines this course is suitable for everyone including clinical and frontline staff, teachers, volunteers and the general public.

Blended delivery includes:

Self paced learning to be completed prior to attending 2 x 2 1/2 hr online sessions.

Friday: 3, 10 Dec, 9.30am—12.00pm

ONLINE

\$220



For Parents after Separation

KEEPING KIDS IN MIND **ONLINE GROUPS

For Parents/Carers of children and young people post separation

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

5 x 2.5 hour sessions held weekly

\$150

Monday: 11, 18, 25 Oct, 1, 8 Nov, 10am-12.30pm

Tuesday: 12, 19, 26 Oct, 2, 9 Nov, 10am-12.30pm

Thursday: 18, 25 Nov, 2, 9, 16 Dec, 5.30pm-8pm

Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family and relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations
- trauma

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.

Phone or ZOOM (Video) counselling available.



Always
connected

Please note some groups may have **limited availability**.
All attendees are expected to follow Covid Safe procedures when attending face to face.

CatholicCare's Families & Communities Program is funded by the Australian Government

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SCAN HERE TO ACCESS OUR ONLINE INTAKE FORM →



catholiccare



The Driver Licensing Access Program helps remove the barriers that prevent Aboriginal people and other disadvantaged communities in NSW from entering the driver licensing system.



Objectives

- Improve safety outcomes among participants, leading to reduced crash and injury rates.
- Provide culturally appropriate support and resources that assist participants to obtain, retain and regain their driver's licence.
- Contribute to improved access to education, employment, health and other community services.
- Increase equity of opportunity for participants to obtain their driver's licence and be safe and legal road users.



Support

- Learner driver supervision and instruction.
- Access to a roadworthy vehicle for driving practice and the driving test.
- Mentoring individuals through the licensing system to achieve the learning and practical outcomes.
- Debt negotiation and management.
- Road safety training and licensing initiatives such as the Safer Drivers Course and more.
- Facilitating employment through driving skills and community networking.

Licence classes that are suitable for the program are:

- Pre-learner – gain a learner's licence.
- Learner Licence – current holder of a P1 licence and eligible to progress to P2.
- P1 (Red Ps) – current holder of a P1 licence and eligible to progress to P2.
- P2 (Green Ps) – current holder of a P2 licence and eligible to progress to Full licence.
- Full licence holders with entry or retention barriers such as Revenue NSW fines and debts.

Contact your local club for details:



PCYC Wollongong
2 Exeter Ave, North Wollongong, NSW
PH: 02 4229 4418
Email: wollongong@pcycnsw.org.au



www.pcycnsw.org.au



SUPPORTING FAMILIES IN THE ILLAWARRA AND SHOALHAVEN

Family Services Australia offers a range of free services aimed at building stronger families and creating a safer environment for children to flourish through in-home and group programs. We offer a broad range of services for families who live between Helensburgh and North Durras.

In Home Programs

Our Family Support Workers can visit you in your home and give advice on and practical support on:

- Child Youth and Family Support
- Establishing routines and building stronger family relationships
- Parenting skills and
- Advocacy, referral and support with health, financial, education, NDIS and legal services

Group Programs

Group Programs are a powerful way to develop new skills and to learn from the experience of others. Our group programs include:

- Healthy Relationships
- Bringing Up Great Kids
- Let's Play Let's Eat
- Money Minded
- Turning into Teens / Kids
- And many more!

Multidisciplinary Approach

Family Services Australia are here to support your whole family through wrap around services including:

- Mental Health and Wellbeing
- Intensive Child Youth and Family Services
- Early Intervention and Park & Play
- Disability Employment Services
- Domestic and Family Violence Support
- Early Childhood Education and Supervision

FOR MORE INFORMATION OR TO MAKE A REFERRAL

CALL 1800 372 000 Option 5 OR

VISIT OUR WEBSITE www.familyservices.org.au



Family Services Australia

Family Services House
Illawarra-Shoalhaven Community Services Hub
0136 Ground Level, Stockland Civic Plaza
211 Lake Entrance Road, Shellharbour City Centre
(Entry via Lamerton Crescent Carpark)



**Come along to our virtual
Mental Health Living Library.**

We're bringing our recovery stories to life
in the best way we can!

Come and connect with our diverse range
of books, listen to their stories while
expanding your knowledge and breaking
stigma around mental health.

29th October 2021 1:00-4:00PM



TUNE IN FOR MORE INFO COMING SOON

Mental Health Virtual Living Library 2021

Register your interest at: mentalhealthlivinglibrary21@gmail.com



Did you know?

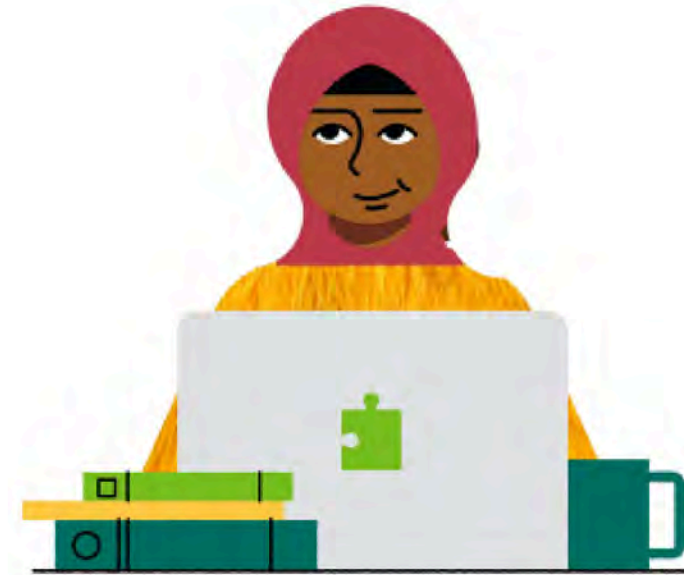
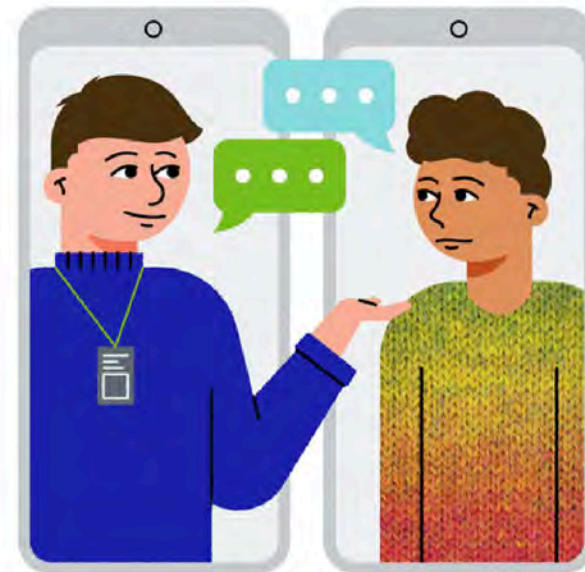
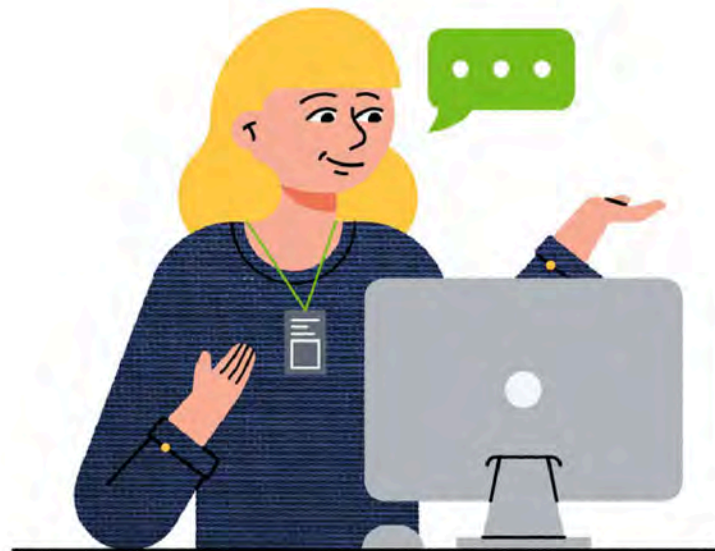
headspace's mental health and wellbeing supports for young people and families are also available online

online parent and carer information sessions

direct support with eheadspace clinicians

digital work and study service

group chats and online communities



go to www.headspace.org.au to create an online account today

for details on how to register for the next parent and carer sessions in August please go to the headspace Wollongong facebook page
headspace Wollongong welcomes the input and feedback of those who support young people on ways we can keep our service family friendly
please contact us by email headspace@gph.org.au for information on how to join our family and friends committee

Did you know?

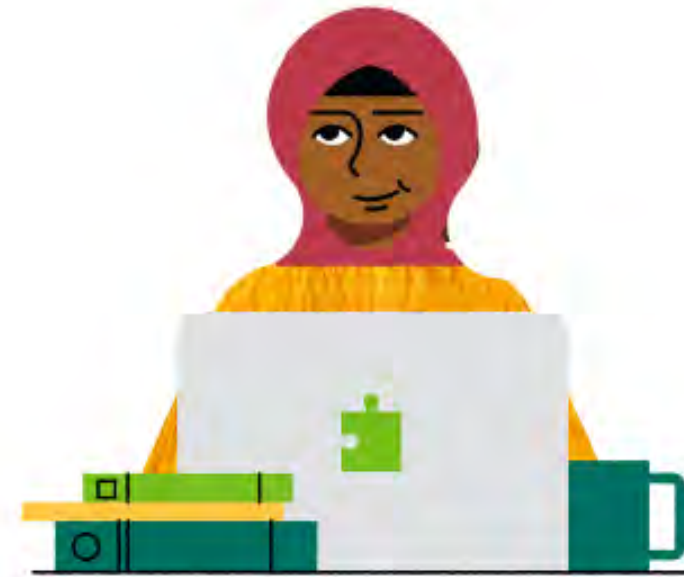
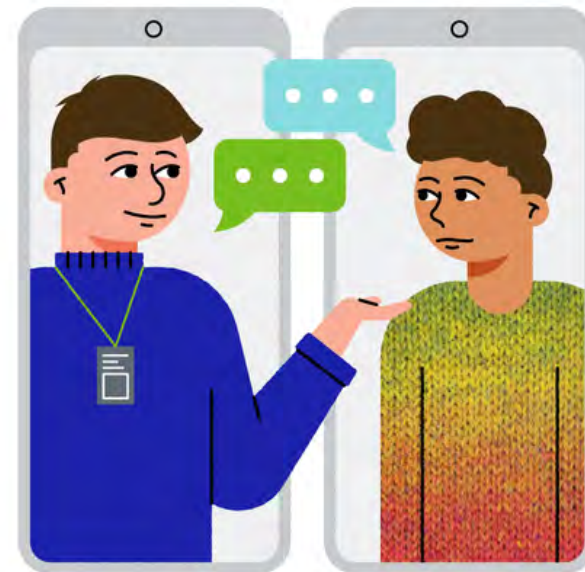
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Could it be HIV?

HIV 101 WEBINAR
THURSDAY 11TH NOV 2021
2.00PM FOR 90 MINUTES

[Register here](#)

GET INFORMED

GET TESTED

GET INVOLVED

www.caddyshackproject.com

[#endthestigma](https://twitter.com/endthestigma)

upcoming sessions

Parents, Carers, and Community Members in Illawarra Shoalhaven are invited to attend a free mental health education session in Term 4.



The sessions aim to:

- Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.



Communicating with young people

Date: 10 November 2021

Time: 12 – 1:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3hE6aEB>



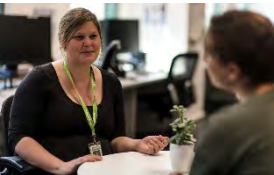
Supporting young people impacted by COVID-19

Date: 24 November 2021

Time: 6 – 7:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3nDpgG4>



For more information

Contact us at programsupport@headspace.org.au



JUNIOR TOP BLOKES

A peer mentoring group program for young men aged 14-17.

WHAT IS IT?

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

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

THE BOYS HAVE THEIR SAY






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

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


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

PROGRAM OUTCOMES

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

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

FIND OUT MORE

info@topblokes.org.au 

1300 450 850 

www.topblokes.org.au 



**NOW TAKING
BOOKINGS
FOR 2022**

Online Activities to Keep Youth Active

PCYC NSW

[PCYC NSW - YouTube](#)

Stay Active series helps both kids and adults stay active and fit when they are confined to their homes due to Covid lockdowns.

PCYC aims to encourage frequent activity in a fun and engaging way via free, short YouTube videos, replicating sports and activities typically hosted by the clubs.

Office of Sport

[Get Active at Home | NSW Government](#)

At the Office of Sport, we remain committed to our mission of building active communities across New South Wales.

We've compiled this resource to help you find suitable ways to safely exercise in and around your home during the COVID-19 outbreak

NSWIS Stay Active

[High Performance at Home | NSW Institute of Sport \(NSWIS\)](#)

Helping everyday Australians maintain their physical and mental wellbeing at home. Latest tips & advice from the NSW Institute of Sport

Virtual YMCA - Online fitness classes

[Fitness | Virtual Y \(ymca.org.au\)](#)

There has never been a more important time to exercise and get your body moving. This page offers access to our Virtual Timetable and hundreds of pre-recorded classes. Work out virtually with family and friends to reap the benefits movement and routine can have on your mental and physical health.



ALBION PARK RAIL SCHOOL AS COMMUNITY CENTRE

FAMILY CENTRED. CHILD FOCUSED.
CONNECTING SCHOOLS AND COMMUNITIES



Education

FREE programs

Term 4 2021

Contact Claire for bookings and enquires Phone: 0448 564 219 Email: claire.jones42@det.nsw.edu.au

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>STORY TIME</p> <p>Storytime introduces your child to books, rhymes and rhythm, music and songs, puppets, felt board stories, taking turns, paying attention, and being in a group.</p> <p>Time: 10.00am - 10.45am Meeting ID: 680 9250 9128 Passcode: 371732</p>	<p>CREATIVITY WITH CLAIRE</p> <p>Let your creativity run wild with our fun, easy craft activities, gardening, messy play, recycled art and more.</p> <p>Time: 10.00am - 10.45am Meeting ID: 680 9250 9128 Passcode: 371732</p>	<p>COOKING WITH CLAIRE</p> <p>Learn to make simple healthy recipes, save money on groceries while developing children's independence, self help skills and so much more.</p> <p>Time: 10.00am - 10.45am Join Zoom Meeting Meeting ID: 680 9250 9128 Passcode: 371732</p>	<p>KINDY STARTERS</p> <p>FREE Transition To School Program for families with children starting school in 2022. Join us for, stories, music, and activities to prepare children in their readiness for school.</p> <p>Time: 10am - 10.45am Meeting ID: 680 9250 9128 Passcode: 371732</p>
<p>KINDY STARTERS</p> <p>FREE Transition To School Program for families with children starting school in 2022. Join us for, stories, music, and activities to prepare children in their readiness for school.</p> <p>Time: 2.00pm - 2.45pm Meeting ID: 680 9250 9128 Passcode: 371732</p> <p>In partnership with Mission Australia.</p> 	<p>SING AND GROW TRANSITION TO SCHOOL MUSIC PROGRAM</p> <p>Free 8 week music program 13th October - 1st December with Janet Andrews For children starting school in 2022.</p> <p>Meeting ID: 673 500 6595 Passcode: 288561</p> <p>Time: 2.00pm - 2.45pm Bookings essential</p> 	<p>BABY BEATS PLAGROUP Birth - 18mths</p> <p>Join us for singing, movement and a different activity each week.</p> <p>Time: 1.30pm - 2.00pm Meeting ID: 680 9250 9128 Passcode: 371732</p>	  <p>COFFEE CONNECT</p> <p>Drop in for a chat and catch up with friends.</p> <p>Time: 1.30pm - 2.30pm Join Zoom Meeting Meeting ID: 680 9250 9128 Passcode: 371732</p>



[https://m.facebook.com/Albion -Park-Rail-School-Community-Centre-289008761465034/](https://m.facebook.com/Albion-Park-Rail-School-Community-Centre-289008761465034/)

Stride Family and Carer Program

Online Family and Carer Education Workshops

During Mental Health month, the Stride Family and Carer Program are hosting ONLINE education sessions every Thursday in October.

All workshops will be facilitated by Toni Garretty and Layla Weiss from ISLHD Family and Carer Mental Health Service.

Thursday 7th October, 10am-1pm:

Understanding Personality Disorders

- Understanding the pattern of traits that affects people's emotions, behaviours and relationships
- Helpful tips for your relationship

Thursday 14th October, 10am-1pm:

A diagnosis of depression is so much more than feeling a little sad

- Understanding symptoms and recognising early warning signs, treatments, and supports
- Helpful tips for your relationship
- Health and wellbeing strategies

Thursday 21st October, 10am-1pm:

Psychosis – reducing stigma, dispelling the myths, and learning the facts

- Understanding symptoms and recognising early warning signs, treatments and supports
- Helpful relationship strategies and communication tips
- *Managing your worry and filling your "tank"*

Thursday 28th October, 10am-1pm:

A diagnosis of anxiety is more than just feeling a little stressed or worried

- Understanding symptoms and recognising early warning signs
- Treatment and supports
- Tips to notice your feelings, how it's affecting your relationships, and what you can do to support yourself in your caring role

Registration to attend any online sessions is essential! Please contact your local support worker to register:

South East Sydney: Jessica.Harris-Ward@stride.com.au or 0434 428 666

Illawarra: Megan.Bland@stride.com.au or 0434 559 316

Shoalhaven: Polly.Worsnip@stride.com.au or 0403 259 178

Please Note: All sessions will be presented via Zoom. Registered carers will receive the Zoom link the morning of the workshop. For any technical issues or troubleshooting questions, contact your support worker.

Webinar: Thursday 14th October 2021

OUT OF HOME CARE

Trauma Informed Training for Sexual Health

10.00am for 60 minutes

[Register here](#)

www.caddyshackproject.com

caddyshack
share affection, not infection

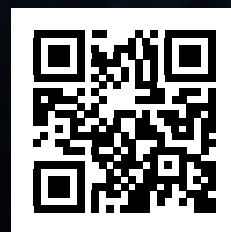
**Emerging
Minds.**

National Workforce
Centre for Child
Mental Health

Need help supporting your child's mental health during COVID-19?

This free online toolkit includes videos, fact sheets, podcasts and guides to help your family navigate the pandemic.

Scan the QR code to get started.



**emerging
minds.
com.au**

**For translated resources available in
18 different languages, check out:**

Helping
children
cope with
stress during
COVID-19



Using play
to support
children
during
COVID-19



PSYCHOLOGICAL FIRST AID

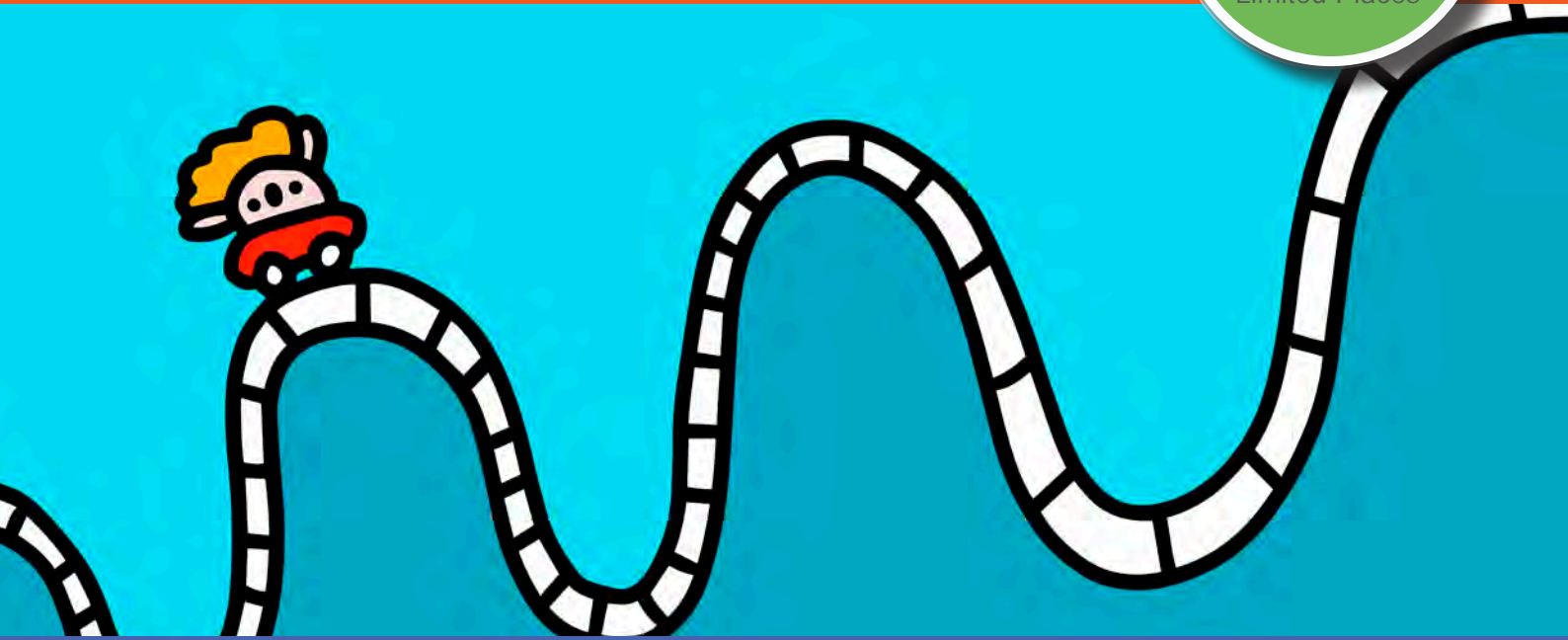
TUESDAY 19 OCTOBER 2021, 10AM-1PM

Online Delivery

\$50 members, \$150 non members

BOOK
NOW!

Limited Places



Participants will learn how to provide human social support to people impacted by a disaster or critical event and aid community recovery.

- Now internationally recognised as the recommended initial response to assisting people in following a disaster is Psychological First Aid, an evidence-based approach.
- Participants will develop valuable skills in supporting the people they are working with to rebuild a sense of control and empowerment in the face of disaster, and utilise their own strengths and abilities to identify and address their immediate needs.

Session Trainer

Lifeline South Coast

Lifeline South Coast was established in Wollongong in 1969 and the Nowra branch was opened in 1981.

They are a local Charity, with a local Board, focusing on delivering suicide prevention programs to meet the needs of our local community.

Lifeline South Coast's service area spans the coastal strip between Helensburgh in the north to the Victorian border in the south.

Lifeline's vision is an Australia free from suicide.



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: Wednesdays 10.30am - 12.30pm

11th August - 15th September

Where: Online (via ZOOM)

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





SpeakUP

Building skills and confidence
for participation at school

We have listened

Bringing you an exciting free
online program co-designed with
young people.

Students

- Do you feel like you are missing out on doing things at school?
- Would you like to feel more confident making decisions about what you would like to join in with at school?
- Have you thought of ideas you would like to try?

Parents/Ally

This program can assist you to build your confidence when supporting your student with their advocacy skills for inclusion and participation in mainstream school activities.

What do we offer?

- A unique and time limited online program available to students 7-14 years with a disability enrolled in any mainstream schools across NSW.
- Open to young people with or without an NDIS plan.
- Our skilled facilitators are experienced in working with young people and families to deliver this program online.
- Each student will have individualised sessions working towards their identified goal.
- Access to a range of resources through an online resource bank.
- This program will offer parent training sessions to develop and support their student's advocacy skills.

**For more information or to refer
please contact:**

Email: speakup@lifestart.org.au

Phone: 1800 317 030

If interested [click here.](#)



How to reach your **SAVINGS GOALS** with Saver Plus



Set a savings goal for an education cost



Make regular savings deposits for 10 months



Complete online financial education workshops



Receive up to \$500 in matched savings from ANZ

Key eligibility criteria to join Saver Plus:

- Have a current health care card OR pensioner concession card
- Be studying yourself OR have a child in school
- Have regular income from work, yourself OR your partner



For full eligibility requirements, speak to a Saver Plus Coordinator.

Learn more

-  saverplus.org.au
-  1300 610 355
-  saverplus@bsl.org.au
-  @SaverPlusAU

Australia's longest-running financial education & matched savings program

Eligible families and individuals on low-income will:

-  Build budgeting skills
-  Develop life-long savings habits
-  Receive up to \$500 in matched savings for education costs

*Eligibility criteria applies.

50,060

TOTAL PARTICIPANTS SINCE 2003

86%
female
participants



14%
male
participants



75% Saving for children's education

17% Saving for own education

8% Saving for both



\$26 million
Amount saved



\$21 million
Amount received in matching from ANZ

FINANCIAL WELLBEING¹ AFTER SAVER PLUS

Average financial wellbeing score before Saver Plus:

36

Average financial wellbeing score after Saver Plus:

64

Australia average financial wellbeing score¹:

59

Want to share Saver Plus with your community?

Here are some suggestions:

For more information, please contact your Saver Plus coordinator:







Delivered by



everyone's family

Family and Carer Mental Health Program Family and Carer Education and Support

Stride's Family and Carers Program aims to ensure that families and carers of people with a mental health concern are adequately supported and have sufficient information and skills to fulfil their caring roles.

We believe every person has their own journey, whether they are someone with a mental health concern or that **person's family, friend or carer. Your journey might include your family or community, or it may be something** which is private to you. Many people find the journey challenging, but renewed hope and meaning can enter their lives because of it. **Whatever journey you wish to take, Stride's Family and Carer Program will not only support you** in identifying what is important to you and your pathway there, but we will walk with you through the ups and downs along the way.

Our Family and Carer Education and Support program includes:

- Individualised sessions – one on one sessions tailored to individual needs
- Support Groups – strengthening your support network and coming together with people sharing common life experiences
- Information – understanding the Mental Health network, accessing resources and referral to helpful services
- Education & Training – around mental health and resources, plus specialised programs.
- Self-care – tips for strengthening yours **and your family's wellbeing. Taking time out for you through** group activities.
- Advocacy – practical assistance dealing with health and welfare services, daily challenges etc.

Carer Support Groups	Frequency	Venue
Randwick Carer Support Group	Monthly	Margaret Martin Library
St George Carer Support Group	Monthly	Art Co-Op Shop Front
Sutherland Carer Support Group	Monthly	Sutherland Library
Thirroul Carer Support Group	Monthly	Thirroul Community Centre
Warilla Carer Support Group	Monthly	Warilla Community Centre
Wollongong Evening Carer Support Group	Monthly	Stride Office, Wollongong
Ulladulla Carer Support Group	Monthly	Ulladulla Community Centre
Nowra Carer Support Group	Monthly	Stride Office, Nowra
Kiama Carer Support Group	Monthly	Joyce Wheatley Community Centre
Other Carer Groups	Frequency	Venue
Carer Coffee Clubs	Monthly	Various Locations
Carers Walk & Talk	Monthly	St George – First Tuesday Huskisson – First Tuesday
Creative Art Space	Monthly	Wollongong – First Tuesday Nowra – Fourth Tuesday
Carer Self Care Days	Quarterly	Various Locations
Mental Health First Aid for Carers	Bi-Annually	Various Locations
Seasons for Growth	Bi-Annually	Various Locations
Staying Connected When Emotions Run High	Bi-Annually	Various Locations
Online Education Workshops	Various	Online Platform

For more information, please email familyandcarer@stride.com.au or call your local Stride Family and Carer team:

Sydney Office: (02) 8287 6810 Wollongong Office: (02) 4229 7254 Nowra Office: (02) 4422 1547

Unit 2, 36-42 Auburn Street, Wollongong NSW 2500

1300 00 1907 | Stride.com.au

ABN: 58 000 020 146

Talk-And-Walk-A-Thon

WHY SHOULD YOUR SCHOOL PARTICIPATE?

Human connection is vital to our mental health. Connectedness is linked to feelings of wellbeing and contributes to a positive school culture. It's been a tough year for students across the country staying connected, with many learning from home.

The Talk-And-Walk-a-Thon is an opportunity to build connectivity between students, and help develop your students' conversational skills and self-confidence.

You can host your event any time during October as part of Mental Health Month.

HOW DOES IT WORK?

1. Talk

The event usually runs for 1 – 2 hours on any day and time in October, as selected by your school. Students from across the school walk or move along a predetermined route in pairs or small groups.

2. Walk

At checkpoints along the walk, students are given new conversation cards to discuss as they walk to the next point with a new peer or group of peers. The aim is to help students create new connections, and to develop their social skills and confidence.

WHAT'S NEXT?

1. Register your school.

Find our more and sign-up at peersupport.edu.au/talk-and-walk-a-thon or email sophie@peersupport.edu.au

2. You will receive a digital toolkit.

We provide resources and information to help you run your event. The toolkit includes a planner, conversation starter cards, and materials to help promote your event.

WHO ARE WE?

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

For further information contact a Peer Support Australia consultant on 1300 579 963.



TALK-AND-WALK-A-THON



© The Peer Support Foundation 2021

Noah's Inclusion Services – Term 4 2021 Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Young Yarns Playgroup 9.30am - 12pm 172 Shellharbour Road, Warilla Playgroup for Aboriginal children 0-5 years	Koori Kids Together 9am – 1pm Gudgahjhamia, Wreck Bay Identify and support Aboriginal children with additional needs	Koori Kids Together 9am – 3pm Gudgahjhamia and Jervis Bay Preschool Identify and support Aboriginal children with additional needs	PlayConnect Playgroup 9.30am – 11am Noah's Ulladulla Playgroup for children 0-5 years with Autism or developmental concerns	Little Steps Playgroup 9.30am – 11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care
Sanctuary Point Aboriginal Playgroup 9.30am – 12pm Sanctuary Point Youth and Community Centre Playgroup for Aboriginal children 0-5 years	Cullunghutti Aboriginal Playgroup 10am – 12pm Holloway Street, South Nowra Playgroup for Aboriginal children 0-5 years	Start Up 9am - 10.30am or 12.30pm – 2pm Noah's Nowra/Ulladulla Developmental Assessment Program for children 0-5 years	Early Intervention Group 9.30am – 11.30am Noah's Nowra Communication, physical, social and play skills for preschool age children with NDIS Plan	Ulladulla Aboriginal Playgroup Playgroup for Aboriginal children 0-5 years Ph: Mel Harpur 0447 272 354
Skill Building Group 10am – 11.30am Noah's Nowra Language skills for pre-school age children with NDIS Plan	My Time 10am – 12pm Noah's Ulladulla Peer support group for parents/carers of children with special needs	Little Steps Playgroup 9.30am – 11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care	My Time 9.30am – 11.30am Sanctuary Point Youth and Community Centre Peer support group for parents/carers of children with special needs	Some programs are only available to children with an NDIS Plan and in discussion with their regular therapist Other Programs offered at Noah's by arrangement: Be My Best Behaviour Support Program Peer Mentoring (for parents) Parent Room Sector Capacity Building SWAY Program NDIS Services offered at Noah's by appointment: Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology (current clients) Behaviour Support
	Little Steps Playgroup 10.30am – 12pm Noah's Nowra Playgroup for children 0-5 years who don't attend other care	PEERS Social Skills Group 3pm-4.30pm Noah's Nowra Social skills group for teens 13-18 years	My Time 10am – 12pm Noah's Nowra Peer support group for parents/carers of children with special needs	
	Secret Agent Society (SAS) 2.30pm – 4pm Noah's Nowra Social skills group for children 8-12 years	Social Language Group 3.30pm – 4.30pm Noah's Nowra Language and social skills for primary age children with NDIS Plan	Secret Agent Society (SAS) 2.30pm – 4pm Noah's Ulladulla Social skills group for children 8-12 years	
	Social Language Group 3.30pm – 4.30pm Noah's Nowra Language and social skills for primary age children with NDIS Plan			

For more information about Noah's Groups, Programs and Services or to book phone (02) 4423 5022 or visit www.noahs.org.au
 Follow us on Facebook for the latest news and updates

Noah's Nowra: 69 George Evans Road, Mundamia (UOW Shoalhaven Campus), Ph: (02) 4423 5022
Noah's Ulladulla: 158 Green Street, Ulladulla, Ph: (02) 4455 1318
Noah's Illawarra: Flagstaff Road, Port Kembla, Ph: (02) 4423 5022

PLEASE NOTE: Some programs are currently full – contact us to discuss waiting list options
 Bookings are essential for all groups, programs and service and timetable is subject to change
 Some groups and programs do not run during the school holidays



VIRTUALLY Something TO DO

October -
December
2021



Rainbow League Qmunity

Mondays 4-5.30pm

Rainbow League 16-25yrs + Qmunity 12-15yrs.

An online social space for same-sex attracted, gender diverse or questioning young people.

Create

Tuesdays 3-4.30pm

A space to get creative, work on your individual projects + experiment with costume, set + production skills.



Tuesdays 3-5pm

Are you up for the challenge? Join us online for board games like Tabletop Simulator.

Teenz Connect

Thursdays 3-5pm

Connect and catch up + new activities to get your mind and body moving.

Acting Up

Wednesdays 3.30-5.30pm

Get involved in theatre sports, drama activities + performance. Gain skills + confidence in fun interactive activities.



Guitar 101

Wednesdays 3-5pm

Want to play a guitar but not sure where to start? Learn the basics + be playing songs before you know it. Half hour sessions.

What Now? Adulting 101

Thursdays 7.30pm

Check out our socials for a new short video each week with tips + tricks on topics like getting a Medicare card, tax file number or ID, moving out + your rights at work.



Team Ignite

Thursdays 4-5pm

Team Ignite check in + convos about how to boost the music + performance scene for young people.

Hang Out Online

Fridays 2-4pm

Connect online, bunch of activities for something to do, chat to a Youth Worker.



GOT A QUESTION? NEED SUPPORT?

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

Give us a call or DM our socials Monday-Friday 9am-5pm

All activities are online

To get the link DM our socials email youthservices@wollongong.nsw.gov.au or call 4227 8222. Activities are free, supervised + for ages 12-24years (unless otherwise specified)





WOLLONGONG FLEXIBLE LEARNING CENTRE



Why might you give this a go?

- You're ready to try again
- Like learning in small groups
- Want to make a fresh start
- Bored with doing nothing
- Want to reconnect with young people your age in a learning environment

For more information contact.

Head of Campus: Atesh Maharaj
E: wollongongflc@ereafsn.edu.au

To arrange a referral or enrolment interview, drop into the school to pick up a referral form, or contact the school.

T: 02 4201 1900 or 0407 381 345.

Flexible learning choices

Our program focuses on:

- Individual needs of young people
- Small group learning with a teacher and a youth support worker
- Learning experiences supporting social and emotional needs of young people as well as academic skills
- Empowering young people to take personal responsibility for their actions and learning

When does it run?

Hours: Mon to Fri 9am – 2.30pm



Wollongong FLC

Wollongong Flexible Learning Centre is a registered secondary school offering an educational and wellbeing program for young people in our community. At WFLC we use a 'common ground' approach to help guide relationships and support learning.

Our school offers a socially inclusive educational environment responding to the individual needs and goals of young people.

Our Principles

Our FLC program uses the following principals to guide how the group works together:

- Respect
- Safe and Legal
- Participation
- Honesty

They are used by young people and staff to:

- Encourage learning
- Build personal relationships
- Resolve conflict

Young People

We celebrate the unique character and hopes of young people of secondary school age.

What will we learn about?

As a registered school we provide the NSW NESA Syllabus for years 7-10 alongside a range of wellbeing programs.

In addition, we offer a transition to work program with several accredited pathways:

- Cert I in Functional Literacy
- Cert I in Access to Vocational Pathways
- Cert I in Sports and Recreation
- Cert I in Visual Arts
- Cert II in Music Industry
- Cert II in Skills for Work and Vocational Pathways

And have some fun along the way...



ONLINE MENU

We're offering **FREE** online programs for your students.
You provide the students, we'll provide the program.

Our Wollongong Our Future

We're updating our city's Community Strategic Plan. The Plan sets out the community's goals and priorities for the next 10 years.

1-1.5 hr online workshop

Project: Pride

An interactive session to explore LGBTQI+ identities and experiences and encourage allyship to increase inclusion and belonging.

1-1.5 hr online workshop

Mindfulness 101

The session will support students to improve physical fitness, regulate stress and reduce anxiety and depression associated with the impact of lockdown.

1hr online workshop

Info + Referral

Our team can talk to students about what programs, services and supports are available to help them through these interesting times.

1-2hrs via Teams, skype or phone

If you'd like to book any of these services, or have an idea for another program you'd like us to deliver, please contact the team on
4227 8222 or youthservices@wollongong.nsw.gov.au



Dream up activities for young People!

Are you a young family member of someone living with a mental illness? Help us to dream up activities and supports for young people (aged 16-25) who live with or care for someone with a mental illness.

To tell us your ideas or sign up to
join a focus group go to:

<https://www.surveymonkey.com/r/5THSD56>



Mental Health Carers NSW plans to apply for grants so that we can fund activities and supports for young people who live with and/or care for someone who has a mental illness. This includes young people who live with or care for a parent, sibling, partner, relative, kin, family member or close friend.

This is your chance to help us design your dream activities and supports. Please be as creative as you like! We would like to hear your suggestions of anything from arts and crafts groups, sports, coffee catch ups, online forums, events, festivals, information and resources, training or advocacy activities, leadership opportunities, school/TAFE/uni study groups, financial planning, etcetera, etcetera! Would you like to be supported, to meet other young people in similar situations, to take a moment to relax, to learn something new, to lead or work on your personal life goals or some combination of both?

We know how challenging it can be to be a young person who cares. Between caring, school, work and relationships it can be hard to find time for yourself. We are keen to build up young carers by listening to what they want and then supporting them in the way that they want.

Fill out the survey at <https://www.surveymonkey.com/r/5THSD56> to tell us about your dream activities or supports in 500 words or less or to sign up to join us for a quick chat or focus group where you can discuss your ideas.