



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

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Recently received service flyers, program promotions and training opportunities.

Circulation

- Principal
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Compiled by:
ISLHD School-Link

Term 2 2021

Welcome !

Welcome to the 18th edition of the ISLHD School-Link Newsletter!

This issue explores Adverse Childhood Experiences (ACEs), ACEs are potentially traumatic events that occur in childhood, for example witnessing violence, having a family member go to jail or having a family member with mental health concerns.

ACEs are linked with chronic health problems, mental illness, and substance use in adulthood.

About School-Link

Aims of the School-Link Initiative:

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

Useful Resource:

Murdoch Children's Research Institute:

- Summary of interventions to prevent adverse childhood experiences and reduce their negative impact on children's mental health: An evidence based review
- https://www.childhoodadversity.org.au/media/olcjin2nw/summary_evidence_interventions_report_final_aug20.pdf

TED Talk:

Paediatrician
Nadine Burke Harris
How Childhood Trauma affects health across a lifetime
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

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
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Johanne Sneddon: School-Link Coordinator
Mobile: 0459 880 578
Email: Johanne.Sneddon@health.nsw.gov.au

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years)). People experiencing ACEs have a higher risk for chronic health problems, mental illness, and substance use problems in adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. However, the impact of ACEs can be prevented.

Types of ACEs may be:

- Physical, Emotional or Sexual Abuse
- Physical or Emotional Neglect
- Mental Illness in the Household
- Substance Abuse in the Household
- Exposure to Domestic Violence
- Parental Divorce
- An Incarcerated Relative
- Loss of a Parent or Caregiver
- Living in Out-of-Home Care
- Experience of Bullying or Discrimination
- Having a Life-Threatening Illness
- Having a Serious Medical Procedure

<https://acestoohigh.com/got-your-ace-score/>

What can Schools do to Promote Protective Factors?

- Promote Social Norms Against Violence
 - Educate students on and encourage them to speak up when they see violence
 - Shift social expectations not just individual attitudes
- Teach Healthy Relationship Skills
 - Teach students how to handle conflict, negative feelings, and pressures from peers
 - Encourage students to be supportive of each other
- Connect Youth with Caring Adults and Activities
 - Be a positive role model for students
 - Reduce stigma around seeking help
 - Encourage and help students to access supports

The likelihood of health risks with four or more ACEs

Anxiety
3.7 times more likely

Cancer
2.3 times more likely

Cardiovascular disease
2.1 times more likely

Diabetes
1.5 times more likely

Obesity
1.3 times more likely

Respiratory disease
3 times more likely

Substance abuse
5.6 times more likely

Suicide attempts
30 times more likely

Teenage pregnancy
4.2 times more likely

Victim of violence
7.5 times more likely



Prevalence

In Australia, it is estimated that one in five adults are affected by the trauma caused by adverse childhood experiences.

Results from a study in the USA show that as many as 60% of the population have experienced at least one adverse experience during their childhood.

Benefits of Addressing ACEs

- Healthier relationships
- Better performance in school
- Higher graduation rates
- Fewer mental health problems
- Less substance use
- Fewer behavior problems and arrests for violent crimes

Resources:

https://www.cdc.gov/violenceprevention/aces/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Findex.html

Hughes KP, Bellis MA, Hardcastle KA, Sethi D, Butchart A, Mikton C, et al. The effect of multiple adverse childhood experiences on health: A systematic review and meta-analysis. *Lancet Public Health* [Internet]. 2017 Aug [cited 2018 Dec 04]; 2(8): e356-e366.

Kezelman C, Hossack N, Stavropoulos P, Burley P. The cost of unresolved childhood trauma and abuse in adults in Australia [Internet]. Sydney Australia: Adults Surviving Child Abuse and Pegasus Economics; 2015. 71

- Adverse Childhood Experiences (ACEs) describe stressful events or circumstances that children may experience during their childhood. There is a significant link between a person's exposure to ACEs in childhood and their physical and mental health throughout their lives.
- The more ACEs a person has experienced, the greater the risk of them experiencing a range of issues such as chronic disease, depression and anxiety throughout their lifetime.

Three Types of ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Source: Centers for Disease Control and Prevention

Credit: Robert Wood Johnson Foundation

- **What can help?**
- It has been shown that just one positive caring relationship can have a big impact on a child's healing and recovery from stressful life events:
 - An emotionally supportive person in their life that they could rely on for support
 - Someone who sees them as unique and is interested in them
 - Someone who supports their ideas or dreams and believes in them

Resource:

<https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/01/17104337/Parent-tip-sheet-Adverse-Childhood-Experiences-ACEs-and-children%E2%80%99s-wellbeing.pdf>



THE FACTS

- Vapes (e-cigarettes) aren't just air, they contain toxic chemicals that can damage the lungs.
- Kids who vape are more likely to smoke.
- It is illegal for any vape to be sold to teenagers under 18 years of age.
- Vapes that contain nicotine are illegal in Australia.
- Vaping is easy to hide because it doesn't smell like cigarette smoke.

WHY DO KIDS VAPE?

- Vapes come in many different flavours.
- Many vapes do contain nicotine and are addictive.
- They are small and discreet – easy to hide from adults.
- Teens try vaping to fit in with their friends.
- Disposable vapes only cost \$15.

Find out more: www.cancercouncil.com.au
or scan the QR code



KNOW THE FACTS. TALK TO YOUR KIDS.

E-Cigarettes

What you need to know as parents.



If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

WHAT ARE E-CIGARETTES?

Also known as covies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.

Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.¹ The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.¹
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.¹

WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

K: Know the facts or where to find them from a reputable source

E: Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

Y: You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

Important note – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here:

www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/



FREE EVENT

Alcohol & Drugs: One Family's Story A Panel Discussion

**We can all help families by knowing where to get help.
Everyone is welcome to attend, including services.**

Different experts will talk about:

- Impact of alcohol and drugs
- Thinking about alcohol and drugs through a cultural lens
- Cultural concerns about getting help
- How to get help
- Hear from one panel member who has overcome their challenges with alcohol and drugs

Date: Wednesday 5 May, 2021

Time: 10.30am - 1.30pm | Lunch included

Location: Wollongong Town Hall
Crown St & Kembla St, Wollongong 2500



This event is FREE and includes morning tea and lunch

Registrations: Scan the QR code or visit <https://adpanel.eventbrite.com.au>

The Preventure program:

A personality-targeted wellbeing program

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

Next training workshop: 27 - 28 May 2021
The Orana Centre, Wollongong NSW

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

Time: 9.30am to 4pm both days

Cost: **FREE**. Cost of this training is usually \$750 per person. Sponsorships (Max 2 per school) are currently available for this training. High schools with a high proportion of students and families from multicultural background, or those impacted by bushfires are particularly encouraged to enquire about sponsored position. Positions within these training sessions are limited. Please contact Lucy to enquire.

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

For more information, visit

www.positivechoices.org.au/teachers/preventure



Sponsored Positions in this training have been provided by Coordinare and Illawarra Culturally and Linguistically Diverse Local Drug Action

Black Box Parenting



**BOOKINGS
ESSENTIAL**

ANC6491

This program supports parents expand their existing knowledge of a range of parenting challenges after disruption in family life due to loss, family violence or trauma

Topics include:

- how past experiences affect parenting
- building on your parenting skills with increased confidence
- managing child's behaviour and understanding emotions
- developing a positive relationship with your child
- self care for parents

When

Thursdays (fortnightly)

April 29

May 13, 27

June 10, 24

10:00am - 12:30pm

Where

St Mark's Anglican Church
429 Crown Street,
Wollongong 2500

Bookings and information
Jessica 0439 474 154
Kerry 4254 1600

This is a free course.
Child care is not available.



**Book early
Limited Places!**

Free workshop for Carers in Bomaderry

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 4 May, 11 May and
18 May 2021**

Time: 9:30am – 2:30pm

**Venue: Bomaderry Bowling Club
Bluegum Room
154 Meroo Rd Bomaderry**



Lunch provided

**To register please phone 0422 004 119 or
email carla.farrar@health.nsw.gov.au**

**If you need help with respite call Carer Gateway 1800 422 737
This Workshop may be affected by current Public Health Orders**



Organised by the Illawarra Shoalhaven Local Health District Carer Program

Carer Education Program

9.30am to 2.30pm

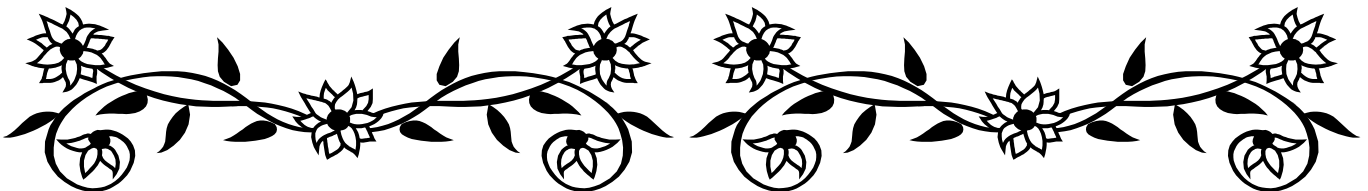
Topics covered

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

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

Evelyn 0421 099 005

Carla 0422 004 119





FREE WEBINARS ON SEXUAL & REPRODUCTIVE HEALTH 2021

For more info & to register visit the Illawarra
Shoalhaven Local Health District website

Nitty Gritty-April

Youth Empowerment Tool-April

Dolly Doctor answers the Top Ten-May

Sticky Stuff-May

STIs 101-June

Consent Labs-July

Health PathWays-August

Foof & Wanger-September

Out Of Home Care-October

HIV 101-November

Webinar: Wednesday 5th May 2021

DOLLY DOCTOR ANSWERS THE TOP TEN

10.00am for 60 minutes

[Register here](#)

www.caddyshackproject.com



caddyshack
share affection, not infection



Help

us

spread

the word

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

CareSouth is looking for new volunteers to support children in our Aunties & Uncles program in the Illawarra.

Spending some quality time with a positive role model, doing everyday activities with you, can make a very real difference to a child's happiness, self-esteem or well-being. Children in our program are carefully matched with regular people from all walks of life.

Contact us to find out more.

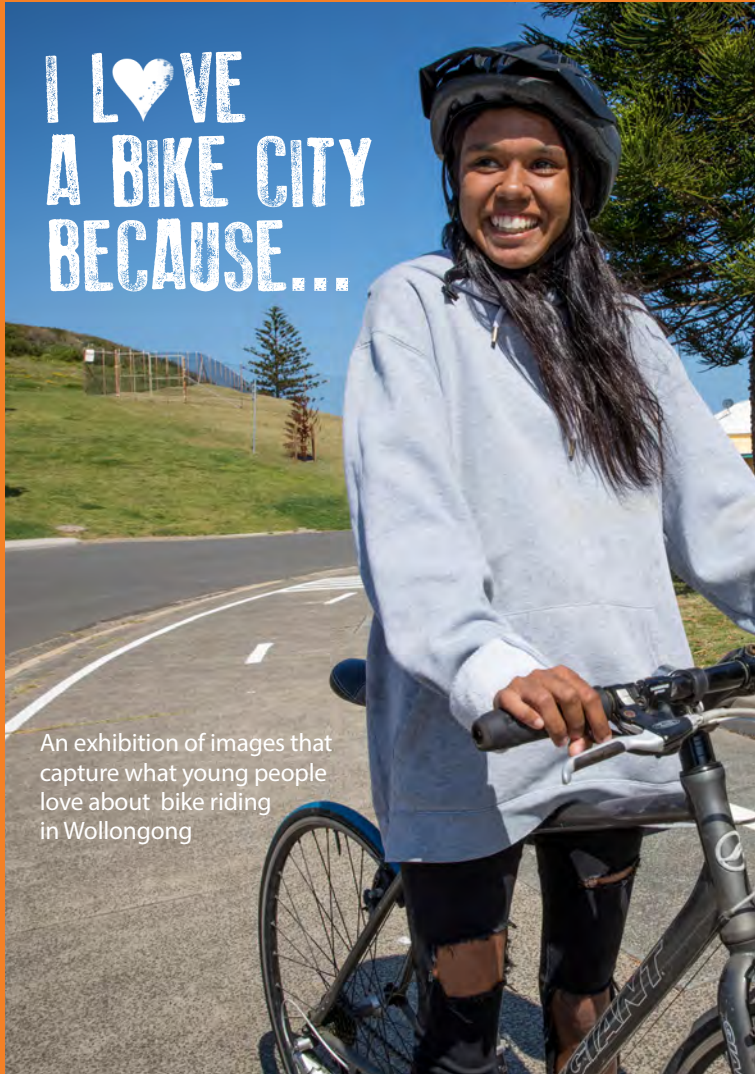
1300 554 260

caresouth.org.au

EVERYDAY CareSouth

I ♥ A BIKE CITY BECAUSE...

An exhibition of images that capture what young people love about bike riding in Wollongong



I ♥️ A BIKE CITY BECAUSE...

We are inviting young people to capture what they love about bike riding in Wollongong as an image and submit it to be part of a public exhibition.

Twenty images will be exhibited on the panels located on the exterior walls of Wollongong Youth Centre and others will be displayed in the exhibition space inside the building.

To find out more about submitting an image visit wollongong.nsw.gov.au/youthservices

An exhibition will be launched at Wollongong Youth Centre.

Thursday 1 July 2021, 4pm

The exhibition will run from July-October 2021

For more information please contact Wollongong Youth Services on 4227 8222 or email youthservices@wollongong.nsw.gov.au



Wollongong Youth Centre is a service of Wollongong City Council and is located at 85 Burelli Street.



REACHING OUT
TO ALL SERVICE
PROVIDERS AND
PROFESSIONALS
WORKING IN THE
TWEEN SPACE

LET'S TALK

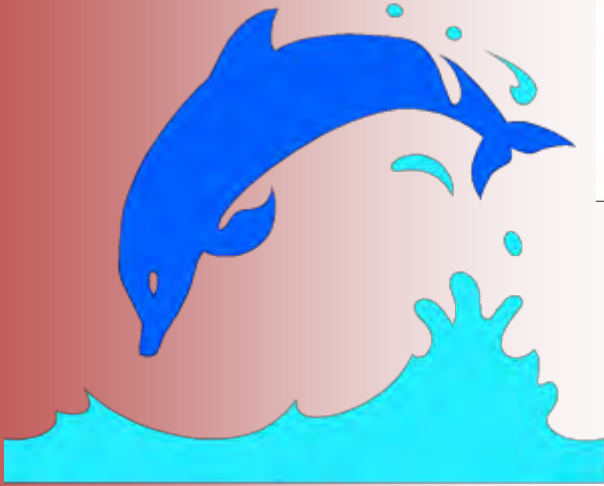
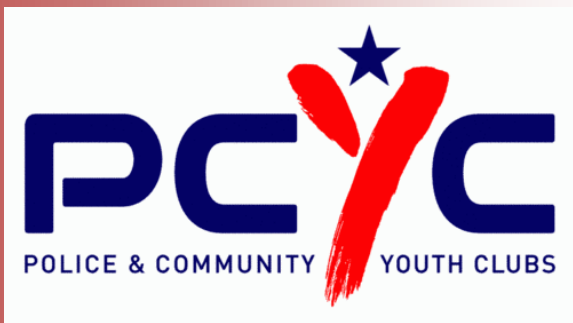


CALL CAROLYN 0468 600 574

CARDLER@UNITING.ORG

WWW.FIREFLYBAYANDBASIN.COM

We are opening the conversation to talk about how to best work together to allow our tweens (10-14year olds) to flourish and thrive. Contact us today to map the gaps, highlight the strengths and design a new future of collaboration.



Bellambi Neighbourhood Centre

7:00am–8:30am Monday mornings!

**Start the day with a 40min
workout followed by
a healthy breakfast!**

Ages 12–17 years.

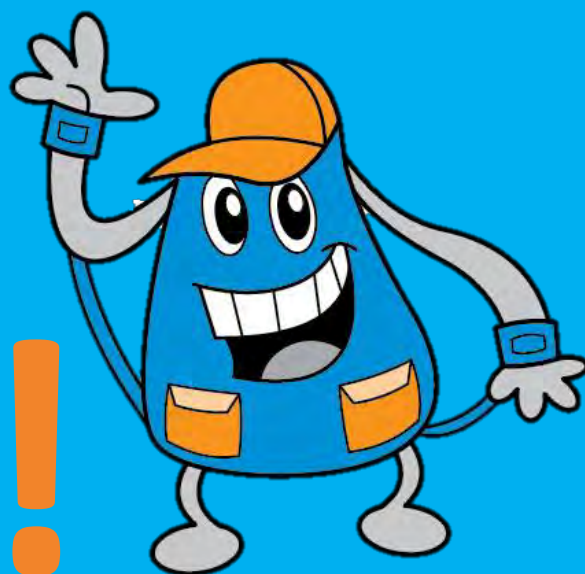


RISE UP

Do you have a child starting school next year?
Are you unsure about school enrolments and the transition to school process?
Would you like support in learning more about 'School Readiness'?

ASK

BILLY!



Parents, carers, and friends are invited to contact us via our friendly mascot Billy Backpack's Facebook page to ask any and all questions about our program, School Readiness, and the Transition to School process.

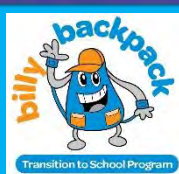


Like us on Facebook for tips, updates, events and photos

www.facebook.com/billybackpack

www.bigfatsmile.com.au/transition-to-school

transitiontoschool@bigfatsmile.com.au



Giving kids a brighter future

At FreeSchool we are passionate about education. We believe every child deserves access to quality education that allows them to learn anytime, anywhere for free.

We want to ensure no one falls behind and all kids have the opportunity to improve their educational outcomes and build a brighter future.

Our goals are to:

Deliver equitable access to quality education to all anytime, anywhere.

Support all students in particular those in rural & remote areas of Australia, those who are financially disadvantaged, and those who are sick or unable to attend school for health reasons.

Why it's important?

Once students fall behind it is difficult to catch up. Sometimes they never do.

We want to ensure all students get access to inspiring teachers from around the country so they can continue learning outside the classroom.

Let's give kids access to inspiring teachers delivering quality lessons from all around Australia!

What is FreeSchool?

FreeSchool is an online library of teacher-led, curriculum-based video tutorials that students can access anytime, anywhere for free.

So far we have grades 7-12 English, Maths, Science, and Humanities subjects with 7400+ lessons are adding more lessons, subjects & grades each week.

Here is a [link](#) to a short video on FreeSchool

How FreeSchool can help

Students can visit www.freeschool.org.au

Select their grade and subject area they would like help with. They will then find a variety of video lessons from a variety of teachers that they can learn from. They can find a teacher that resonates with them and watch lessons at their own pace and as many times as they need to until they understand.

Contact Details

connect@freeschool.org.au



**OUR MISSION IS TO
GIVE EVERY CHILD
EQUITABLE ACCESS
TO QUALITY
EDUCATION**

Circle of Security

A free 8 week
parenting group

Tuesday 27th April
– Tuesday 15th June 2021

Tuesdays 12.30pm – 2.30pm
at Farmborough School Community Centre

Farmborough Road School Community Centre in partnership with Barnardos are offering a Circle of Security parenting group in Term 2.

This 8 week group is designed to help parents and carers improve their confidence with their parenting skills and learn how to better identify their children's needs. The step-by-step program approach promotes secure attachments between parents and their young children.

Free 8 week course open to all parents and carers

Childcare available, please register

ASAP to secure a spot

Tea and coffee provided

Contact Emma to register

Phone: 0439 648 778

Email: Emma.Montalti@det.nsw.edu.au



A community based feminist health care centre for women only.

We provide a safe place for women to access specialised women's medical and health care services, including female GPs, nurses and counsellors.

We also offer a wide range of health and wellbeing programs and group activities.

Our services, programs and groups are provided at little or no cost.

HEALTH

- sexual health
- cervical screening
- contraception
IUD, implanon
- pregnancy options counselling
- medical terminations
- continence management
- pelvic floor health
- breast checks
- menopause

WELLBEING

- counselling & psychologist
- quit smoking
- massage
- dietitian
- domestic & family violence support
- legal advice
- anxiety, stress and self esteem programs
- wellbeing workshops
- beautician

COMMUNITY

- yoga
- craft
- art
- singing
- tai chi
- drumming
- exercise
- meditation
- carers
- social groups
- support groups
- outreach
- pre loved clothing

all medical services bulk billed

Free, confidential telephone counselling
1800 TALK HI • 1800 82 55 44

2-10 Belfast Ave Warilla NSW 2528
PO Box 61 Warilla NSW 2528
t. 4255 6800

e. info@womenshealthcentre.com.au

www.womenshealthcentre.com.au

Funded by Illawarra Shoalhaven Local Health District

women supporting women



for all women of the Illawarra

Our vision: A society where women and girls are respected, safe, free and healthy, and achieve their full potential; where they enjoy well-being, prosperity and equality and fully participate in a local and global community.



We treat all women with dignity and respect.

We respect women's racial, cultural, sexual and lifestyle diversity in accordance with basic human rights.

We acknowledge women's ability to define their own health needs.

We support women's ability to participate in and take responsibility for their own wellbeing.

We strive to improve women's health status through advocacy and social change strategies at local, state and federal levels.

FREE SUPPORTED PLAYGROUP

FOR CHILDREN WITH
ADDITIONAL
NEEDS

9:30-11:30am
Tuesday Mornings
at Cringila Public School

Big Fat Smile manages a number of supported playgroups that are funded by the NSW Government, and facilitated by qualified and experienced early childhood educators.

This free supported playgroup is designed for children with additional needs and their siblings. Children can play and learn in a stimulating and friendly environment with fun, play-based learning experiences offered to enhance all areas of their development.

Parents are welcome to remain with their children or have morning tea in the room next door and chat with other parents. In a relaxed and welcoming atmosphere, parents and caregivers are able to connect with other parents as well as topical speakers, while their children are cared for by early childhood educators.

The program is flexible and strives to meet the needs of children and families. During the session we have a morning tea break, so please bring along something your child likes to eat and drink.

**For more information contact Jane Warren on
0407 220 979 or visit includeme.com.au**

**Big Fat
Smile**



**Include
Me.**
Child and Family
Inclusion Programs.



Noah's Inclusion Services – Term 2 2021 Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Young Yarns Playgroup 9.30am - 12pm 172 Shellharbour Road, Warilla Playgroup for Aboriginal children 0-5 years</p>	<p>Cullunghutti Aboriginal Playgroup 10am – 12pm Hollaway Street, South Nowra Playgroup for Aboriginal children 0-5 years</p>	<p>Start Up 9am - 10.30am or 12.30pm – 2pm Noah's Nowra Developmental Assessment Program for children 0-5 years</p>	<p>PlayConnect Playgroup 9.30am – 11am Noah's Ulladulla Playgroup for children 0-5 years with Autism or developmental concerns</p>	<p>Little Steps Playgroup 9.30am – 11am Sanctuary Point Connect Playgroup for children 0-5 years who don't attend other care</p>
<p>Sanctuary Point Aboriginal Playgroup 9.30am – 12pm Sanctuary Point Connect Playgroup for Aboriginal children 0-5 years</p>	<p>My Time 10am – 12pm Noah's Ulladulla Peer support group for parents/carers of children with special needs</p>	<p>Little Steps Playgroup 9.30am – 11am Noah's Ulladulla Playgroup for children 0-5 years who don't attend other care</p>	<p>Early Intervention Group 9.30am – 11.30am Noah's Nowra Communication, physical, social and play skills for preschool age children with NDIS Plan</p>	<p>Ulladulla Aboriginal Playgroup 9.30am – 12pm Noah's Ulladulla Playgroup for Aboriginal children 0-5 years</p>
<p>Early Language Skills 10am – 11.30am Noah's Nowra Language skills for pre-school age children with NDIS Plan</p>	<p>Little Steps Playgroup 10.30am – 12pm Noah's Nowra Playgroup for children 0-5 years who don't attend other care</p>		<p>My Time 10am – 12pm Noah's Nowra Peer support group for parents/carers of children with special needs</p>	<p>Other Programs offered at Noah's by arrangement:</p> <ul style="list-style-type: none"> Be My Best Behaviour Support Program Peer Mentoring (for parents) Parent Room Sector Capacity Building SWAY Program <p>NDIS Services offered at Noah's by appointment:</p> <ul style="list-style-type: none"> Plan Management Key Worker (0-7 years) Speech Pathology Occupational Therapy Physiotherapy Psychology Behaviour Support Skills Building Groups Social Skills Groups Secret Agent Society
	<p>Social Language Group 3.30pm – 4.30pm Noah's Nowra Language and social skills for primary age children with NDIS Plan</p>			

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: Bookings are essential for all groups, programs and service and timetable is subject to change.
Most groups and programs do not run during the school holidays.



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

The Peer Support Program

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

SRC Leadership

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



Ongoing Support

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

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



CareWaysTM
community



RECONCILIATION WALK

TUESDAY 27th APRIL 2021

Join us from 11am for Welcome to Country and a Smoking Ceremony at Lakeside Reserve, Koonawarra Bay followed by a short walk and a sausage sizzle at 12pm at Koonawarra Community Centre.

Limited spaces. FREE tickets available online.

<https://www.eventbrite.com.au/e/reconciliation-walk-and-bbq-lunch-at-koonawarra-community-centre-tickets-149984901879>



You MUST register online with the link above or contact CareWays Koonawarra on 4261 8426 or georgiao@careways.org.au





8th Early Literacy National Conference

Enhancing Early Literacy
by Embracing Cultural
Diversity

19 – 21 May 2021

Registrations now open for our Hybrid Conference!

We will be meeting on the lands of the Bediagal and Cabrogal Clans of the Darug Nation.
19 May Pre Conference Symposium Bankstown Campus - Western Sydney University,
20/21 May Conference at Bankstown Sports Club, Bankstown NSW.

Come and join us – in person or online for our first **hybrid** Conference. [Register](https://www.eventbrite.com.au/e/8th-national-early-literacy-conference-tickets-132771508155) now!
<https://www.eventbrite.com.au/e/8th-national-early-literacy-conference-tickets-132771508155>

Keynote Speakers

Jennie Cusiter

Paediatric Team Leader Speech Pathology Liverpool Hospital.

Rachelle Coe and Rosemary Signorelli

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)

Dr Liquan Lui

Postdoctoral Fellow – Centre for Multilingualism in Society across the Lifespan, Norway

Associate Prof Shanti Raman

Director - Community Paediatrics, South Western Sydney Local Health District. Conjoint Associate Professor – UNSW Australia

+ Conference Dinner, Workshops, Taste Tour, Exhibitors, Free Giveaways and more!!

We are currently applying for NESAs approval 😊

Any questions? Please email us at conference@paintthetownread.info

Our **co- hosts** for this Conference are the South Western Sydney PTTR communities of Liverpool, Fairfield, Bankstown and Canterbury.



Our Patron – Her Excellency, Mrs Linda Hurley

ABN: 96 164 664 724

61 Byrne Street, Lapstone 2773 | www.paintthetownread.info

Donations \$2 and over are tax deductible

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
April 27 - 15 June

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

First Floor Program
42291079



RENEW YOU.

This workshop series will boost your confidence in communicating with others, setting goals for the future and promoting health and wellbeing in your home.

If you want to connect with new people in your community, renew your mindset, firm up your budget and improve your wellbeing - then this is for you!

- ✓ Gain confidence and interact effectively with others
- ✓ Set goals and look ahead
- ✓ Promote mental health and physical wellbeing in your home
- ✓ Budget and prep for healthy eating and nutrition
- ✓ Aromatherapy for self-care

Delivered within school hours at a local, friendly location.

Make the time for your self-growth and self-care.

On successful completion of the course, participants will receive a statement of attainment from Certificate II in Skills for Work and Vocational Pathways (FSK20119)[#]



LOCATION	Bellambi Neighbourhood Centre 49a Cawley Street, Bellambi
COMMENCES	Thursday 22 April Limited places will be available.
ATTENDANCE	Thursdays, 9.30am-2.30pm for 8 weeks
COST	\$0* for eligible participants
TO ENROL	Contact Bellambi Neighbourhood Centre on (02) 4285 3055 or Kiama Community College on (02) 4232 1050



[#]On successful completion, participants will receive a statement of attainment from Certificate II in Skills for Work and Vocational Pathways (FSK20119) in the following units: FSKOCMOO7 Interact effectively with others at work and FSKLRGO10 Use routine strategies for career planning. Plus, receive a statement of participation in ACE4835 Plan a budget for healthy eating, ACE4906 Aromatherapy for self-care and ACE4762 Bush walking for outdoor recreation.

* This training is subsidised by the NSW Government and is free for eligible participants.

**SUBSIDISED
COURSE***

**Learn local.
Thrive anywhere.**

**KIAMA & SHOALHAVEN
COMMUNITY COLLEGES**

RTO ID: 90087



Kiama Campus O2 4232 1050
Shoalhaven Campus O2 4423 0351

kcc.nsw.edu.au

Shoalhaven Event Calendar 13-24 April 2021

In 2021, NSW Youth Week is from 16-24 April and the NSW Seniors Festival is from 13-24 April.

This presents a unique opportunity to offer a range of intergenerational and interest-based activities that bring our community together in new ways.



YOUTH

Wednesday 14 | **Harry Potter Trivia Afternoon**
3pm-5pm

Ulladulla Library & Ulladulla Civic Centre
Princes Highway, Ulladulla
Contact | Janelle Smith
(02) 4444 8820 to RSVP

free

Seniors

Monday 19 | **Sizzling Seniors Fun & Learning Day**
10am-1pm

Yulunga Hall
195 Sunset Strip, Manyana
Contact | Patti Bartlett 0408 678 250
Booking required (numbers limited)

free

Friday 23 | **Croquet Day Seniors Festival**
10am-1pm

127 Cambewarra Road
Bomaderry
Contact | Norma Windley
(02) 4421 2556

free

Thursday 29 | **Keeping Connecting Happening**
12.30pm-3.30pm

7/168 Jacobs Drive
Sussex Inlet
Contact | Leanne Pinder
0448 525 194 to RSVP

free

INTER GENERATIONAL

Wednesday 14 - Saturday 24 | **Connect & Chat**
Multiple times

All Shoalhaven Library Branches
Contact | Shoalhaven Libraries (02) 4429 3705

free

Thursday 15 | **Youth & Seniors Water Works**
10am-12pm

Sanctuary Point Youth & Community Centre
34 Paradise Beach Road, Sanctuary Point
Contact | Donna Corbyn
(02) 4443 9244 to RSVP

free

Friday 16 | **Movie Under the Stars - The Greatest Showman**
5.30pm start

Ulladulla Civic Centre
Princes Highway, Ulladulla
Contact | Joanne Seibright
(02) 4429 3440

gold coin donation

Monday 19 - Friday 23 | **Aquatic Classes Come & Try Days**
Varying times

Bay and Basin Leisure Centre
The Wool Road, Vincentia
Contact | Bay and Basin Leisure Centre (02) 4406 2022

free

Monday 19 - Saturday 24 | **Aquatic Classes Bring a Friend for Free**
Varying times

Ulladulla Leisure Centre
139 Warden Street, Ulladulla
Contact | Ulladulla Leisure Centre (02) 4444 8811

free

Monday 19
11am-3pm

Culburra Beach Youth & Seniors Celebration

Culburra Beach Community Hall
Weston Street, Culburra Beach
Contact | Joan Turner
0408 406 974 RSVP for catering

free

Wednesday 21
11.30am-1.30pm

Youth & Seniors Festival High Tea

Mission Australia
80 St Vincent Street, Ulladulla
Contact | Dean Naylor-Clark
(02) 4454 6600 to RSVP

free

Wednesday 21
3pm-5pm

Beach Volleyball Day

Mollymook Beach Surf Life Saving Club
83 Ocean Street, Mollymook
Contact | Matt Duncan 0411 692 574

free

Wednesday 21
6pm-9pm

Indoor Volleyball Day

Ulladulla High School
St Vincent Street, Ulladulla
Contact | Matt Duncan 0411 692 574

free

Friday 23
5.30pm start

Movie Under the Stars - Jurassic Park (1993)

Harry Sawkins Park Outdoor Auditorium
Graham Street, Nowra
Contact | Joanne Seibright
(02) 4429 3440

gold coin donation

INDIGENOUS YOUTH PROGRAM



FREE 10 WEEK PROGRAM
STARTING FROM 19 APRIL, EVERY MONDAY
LIMITED PLACES AVAILABLE

4.30 TO 5 PM FOR 8 TO 12 YEAR OLD (ORANGE BALL)
4 TO 4.30 PM FOR TEEN GIRLS 13 TO 17 YEAR OLD
4.30 TO 5 PM FOR TEEN BOYS 13 TO 17 YEAR OLD



SHOALHAVEN DISTRICT TENNIS ASSOCIATION

Narang Road NSW 2535

FOR MORE INFO CONTACT OUR CLUB TODAY
CALL MARK: 0427 961 101 OR VICKI: 0412 134 840
OR VISIT OUR WEBSITE WWW.SHOALHAVENTENNIS.COM.AU



SOMETHING TO DO

MAY-JULY 2021

FREE for 12-24year olds [unless otherwise specified]

RAINBOW LEAGUE

A social group for same-sex attracted, gender diverse or questioning young people aged 16-25.

Mondays (fortnightly) 4 - 6pm
@ Wollongong Youth Centre

Q-MUNITY

A social group for same-sex attracted, gender diverse or questioning young people aged 12-15.

Mondays (fortnightly) 4 - 6pm
@ Wollongong Youth Centre

ON AIR PLAY OUT

Tune into 106.9 VoxFM to listen to radio hosted by young people.

Mondays 8 - 9pm
106.9 VoxFM

LEGAL WALL

The back wall at the Youth Centre is a legal aerosol art wall. Bring your own paint + practice your aerosol art skills.

Anytime
@ Wollongong Youth Centre

HANG OUT

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

Tuesdays 3 - 6pm
Thursdays + Fridays 3.30 - 7.30pm
@ Wollongong Youth Centre

2518 CONNECT

A range of activities including art, craft, games, trivia + more for young people aged 12-18 years.

Wednesdays 3 - 5pm
@ Bellambi Neighbourhood Centre

BUNDALEER CONNECT

An arvo of sports + games. Get active, catch up with friends.

Tuesdays 3.15 - 4.30pm
@ Bundaleer Park

CREATE

A space to get creative, try new art forms + experiment with new ideas.

Tuesdays 4 - 5.30pm
@ Wollongong Youth Centre

ACTING UP

Get involved in theatre sports, drama activities & performance. Gaining skills & confidence in fun interactive activities.

Wednesdays 3.30 - 5.30pm
@ Wollongong Youth Centre

TEENZ CONNECT

Learn new stuff + meet new people— resume writing, self care ideas, your rights at work + more.

Tuesdays 3 - 5pm @ Dapto Library
Thursdays 3.30 - 5pm

LATE NIGHT

Music, food, stuff to do, a place to hang out with friends ... WiFi, pool, gaming + more.

Thursdays 3.30 - 7.30pm
Fridays 3.30 - 7.30pm
@ Wollongong Youth Centre

BOOK A ROOM

Are you a young person who needs a space for your group to meet? Book a space at the Youth Centre for FREE!

Contact us for current availability

TEAM IGNITE

Join Team Ignite to boost the music & performance scene for young people in Wollongong. Learn skills in AV production, event management + promotion.

Thursdays 4.30 - 5.30pm
@ Wollongong Youth Centre

ON STAGE ON:LINE

A chance to perform live, record & film your performances & learn stagecraft, AV skills + more. Equipment provided.

Thursdays 6pm
@ Wollongong Youth Centre

BIG SCREEN GAMING

Come & play video games on the BIG Screen in the Audi + snacks.

Tuesdays 3.30 - 5.30pm
@ Wollongong Youth Centre



To make a booking or to find out more information:
CONTACT THE YOUTH SERVICES TEAM
DM: Our socials P: 4227 8222
E: youthservices@wollongong.nsw.gov.au





What's On @ Illawarra Women's Health Centre Term 2 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Tai Chi (Intermediate/Advanced & Beginners) 9:30-10:30am 11:00am-12:00pm 12:30-1:30pm	Yoga (with Tracy) 10:00-11:00am	Spiritual Development Circle 10:00am-12:00pm	Tai Chi (Arthritis Fan & Beginners) 9:30-10:30am 11:00am-12:00pm	Yoga (with Lisa) 9:00-10:00am	Alcoholics Anonymous "Each Day a New Beginning" 2:00-3:00pm (every Saturday) Sharing experience, strength & hope. "One day at a time" book reading, support group plus afternoon tea
Death Café 2nd Monday of every month 10:00am-12:00pm	Carers Support Group 10:00am-11:30am	Illawarra Legal Centre Every fortnight, Appointment required	Musical Moments 10:00am-12:00pm	Jiggle & Giggle Workshop 9:30am-12:00pm; <u>16th April</u>	Debbie 0421 283 313 Rose 0416 180 057
Women Choice & Change Program (Relationships Australia) 12:15-2:15pm	Craft Connections 11:30am - 2:30pm	Art Support Group 2:00-3:30pm	"The Pure Drop" (Irish Music-Tin Whistle) 12:30-1:30pm	Meditation 10:30-11:30am	
'More Than Just the Notes" (Music Notation) 2:30-3:10pm	Creative Space (High School Aged Girls) *On Hold* 3:30-5:00pm	Qigong (with Terri) 2:00-3:00pm	Technology Lessons for older women: (ongoing 2 week programs) 12:30-2:30pm	Playing with Colour 1:00-2:30pm	Crystal Sound Therapy Meditation 2:00-5:00pm (3rd Sunday of every month)
Sing For Fun 3.30pm - 4.30pm	Belly Dance 7:00pm-8:30pm	Aromatherapy Classes 6:00-8:00pm Every Fortnight	Ukulele 3:30-4:30pm	Qigong (with Myra) 3:00pm-4:00pm	
African Drumming Classes Beginners 6.00 - 7.30pm Advanced 7.15pm - 8.30pm		Mothers & Daughters Puberty Matters Term 2: 6pm - 8pm Enrolment open	Mothers & Sons Program Term 1: Enrolment open 29th April-3rd June, 4:00-6:00pm	Feminist Book Club "Finding Eliza" by Larissa Behrendt 3rd Friday of every month, 7:00-9:00pm	

Healthy Eating & Weight Management Workshop Thursday 29th April 11:00am-12:00pm; cost: free

Healthy eating and exercise are important but not enough. Come and learn about non-hungry eating and other aspects of weight management facilitated by our Nurse Practitioner.

NSW Schools as Community Centres Project – Supporting families with children birth – 8 years

Monday

**COFFEE CONNECT
FRPS PARENTS/CARERS**

Enjoy a coffee, tea or juice - meet local parents, explore various parenting topics and find out more about our Community Centre and School

Child minding available

9.00am – 11.00am



Tuesday

**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



Wednesday

**COMMUNITY SUPPORT
PROGRAM**

10.00am – 12.00pm

This is a closed group

Thursday

**PLAYGROUP
KINDY STARTERS**

Our weekly Transition to School Program for families with children starting school at FRPS in 2022. Bring a hat and healthy morning tea

9.30am – 11.30am



Friday

**FRIDAY
PROGRAMS
TBA**

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!

1.15pm – 2.30pm



**CIRCLE OF SECURITY
PARENTING GROUP**

Circle of Security is a program designed for parents and carers of children aged 0-12 years to strengthen the bonds with their children and seeking support to help their children to build secure relationships. Child minding available, start 27th April

12.30pm – 2.30pm



Farmborough Rd School Community Centre aims to support families in the local community to enhance the development and wellbeing of children aged birth to 8. Our centre provides opportunities to strengthen connections between the school and families through a variety of free programs.

SPECIAL COMMUNITY EVENTS

Thursday 13th May, 9.30am – 11.30am
Dapto Mall

Paint the Gong ReAD celebrate Bright Sparks Birthday! FREE event, reading tent, music mat, craft, giveaways & more!

Wednesday 19th May, 11.00am
National Simultaneous Storytime
'Give me some space' by Philip Bunting

20th June – 26th June 2021
Refugee Week



**250 Stories
Before Christmas**

Our Centre is participating in the 250 stories project!



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.

Contact Emma to get involved