



NSW

School-Link

Health and Education Working Together

Illawarra Shoalhaven Local Health District

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Recently received service flyers, program promotions and training opportunities.

Circulation

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

Compiled by:
ISLHD School-Link

Term 2 2021

Welcome !

Welcome to the 19th edition of the ISLHD School-Link Newsletter!

This issue explores the importance of early intervention, working to prevent problems occurring, or to tackle them head-on when they do, before problems get worse.

Families and schools and the community benefit from early intervention by being able to better meet their children's needs from an early age and throughout their lives.

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

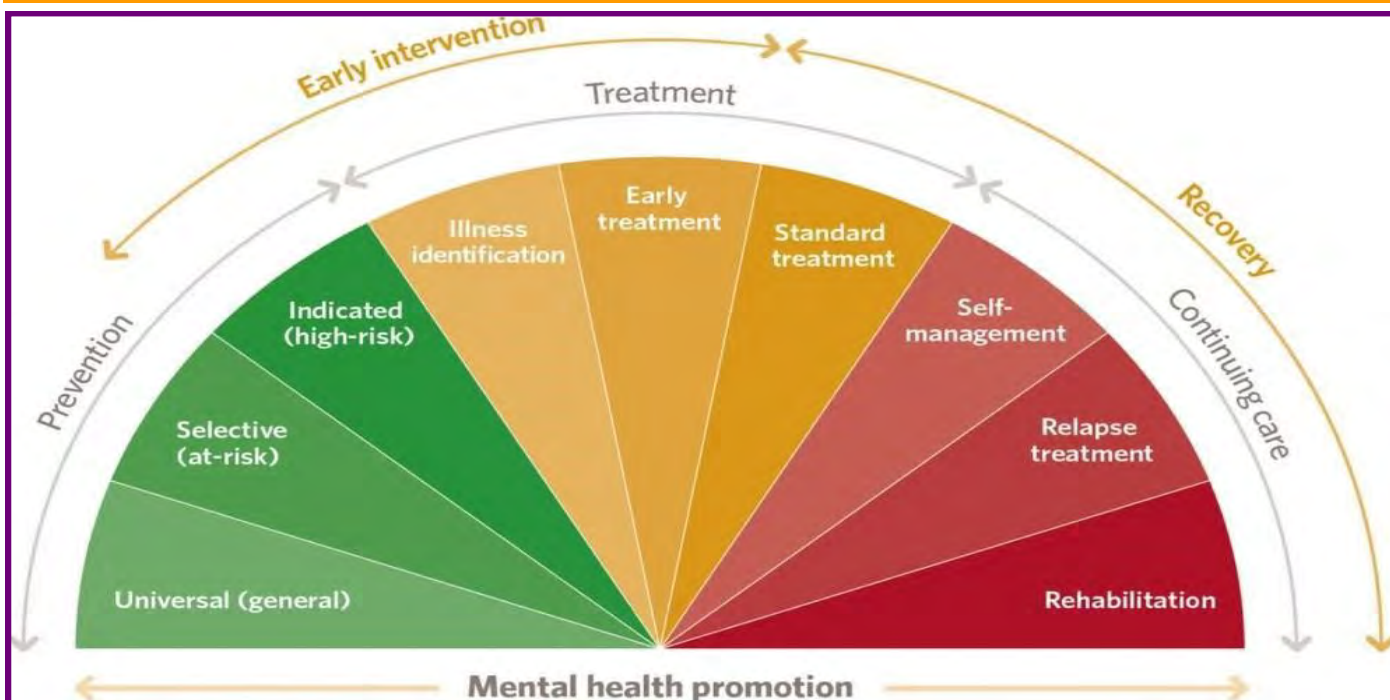
Johanne Sneddon: School-Link Coordinator

Mobile: 0459 880 578

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

The Importance of Early Intervention in Mental Health

Mental health problems and mental illness often first appear in adolescence or early adulthood, and can seriously disrupt school, work and family relationships. This can have immediate and potentially long-term negative personal and social outcomes, such as substance abuse and behavioural problems. Complex mental health problems can also appear in childhood and infancy and can impact on early development and long-term mental health and well-being. Within all age groups, some people may experience a single episode whereas others will have recurrences throughout their lives. Each episode may have economic and social repercussions, jeopardising education, job and housing security and disrupting relationships.



Everyone has a Role in Early Identification

Workers in sectors outside mental health also have an important role in early intervention because they are often well-placed to observe changes in an individual's behaviour or demeanour and intervene in these settings. A teacher may notice that a student has become withdrawn or is suddenly acting out. Families, carers and workers in relevant sectors must be given appropriate support and be equipped with the core knowledge, competencies and resources necessary to detect and respond appropriately to early signs of mental illness.

Providing Support

Successful early identification and intervention requires clear access pathways and a coordinated approach which is suited to individual life stages and situations and takes into account the impact of environmental and social factors on mental health and well-being. Early intervention involves an arrangement of health and other sectors, carers, advocates and families, and requires appropriate services accessible by well-supported referral pathways.

Available Support

If you need **immediate support** or a person's life is at immediate risk contact **000**

Family Connect and Support: <https://www.southcoastams.org.au/family-connect-and-support/>

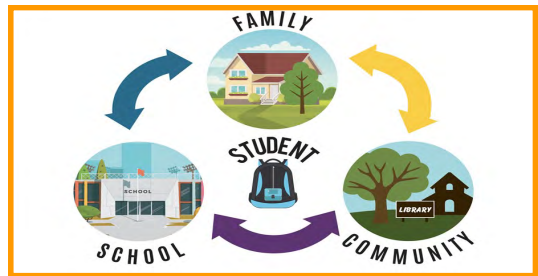
Mental Health services and supports: <https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx>

Reference

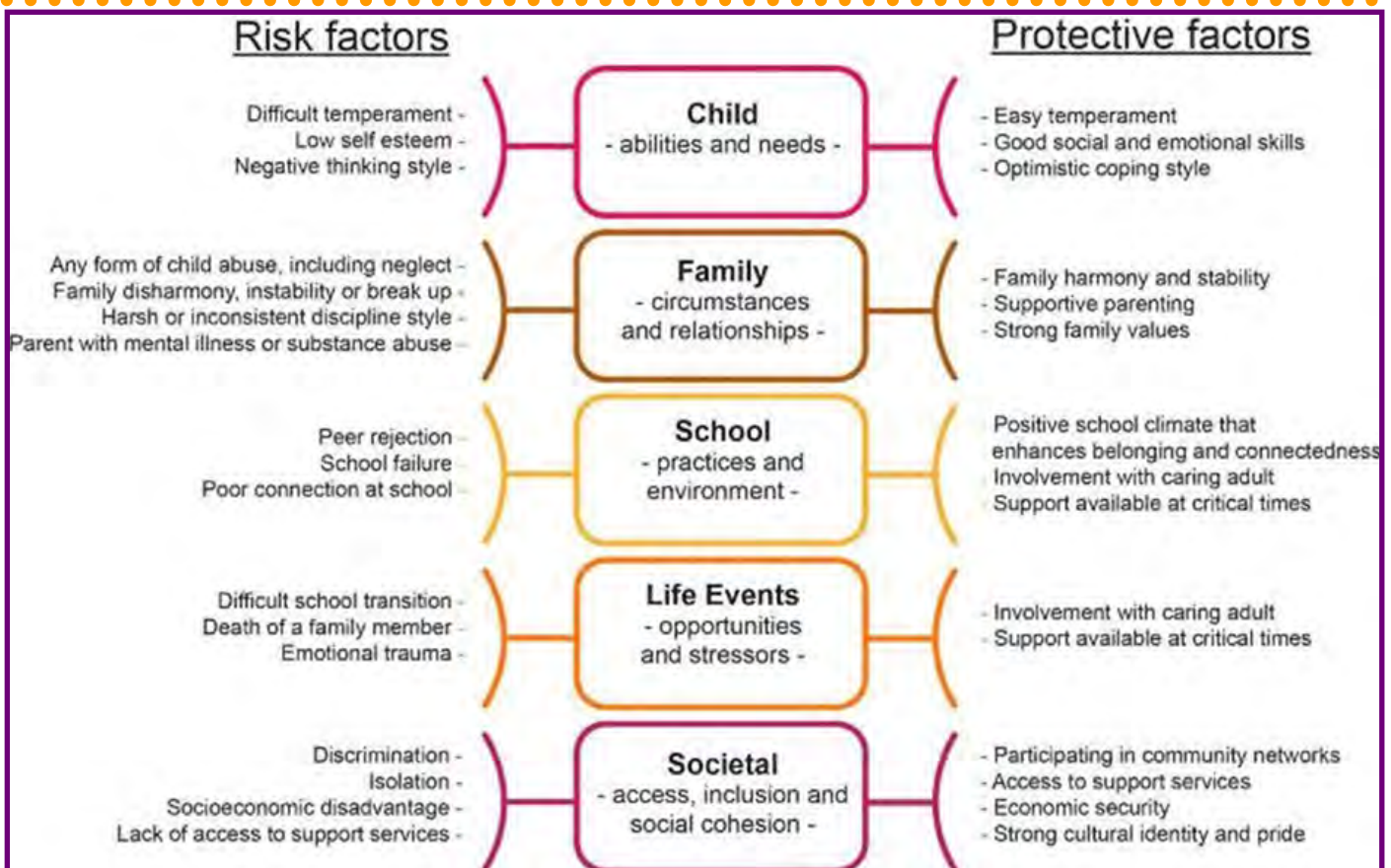
<https://www1.health.gov.au/internet/publications/publishing.nsf/Content/mental-pubs-n-pol08-toc~mental-pubs-n-pol08-2~mental-pubs-n-pol08-2-4>

- Early intervention means identifying and providing effective early support to children and young people who are at risk.
- Effective early intervention works to prevent problems occurring, or to tackle them head-on when they do, before problems get worse. It also helps to foster a whole set of personal strengths and skills that prepare a child for adult life.

Early intervention can take different forms, from home visiting programmes to support vulnerable parents, to school-based programmes to improve children’s social and emotional skills, to mentoring schemes for young people who are vulnerable to involvement in crime.



Early intervention works to reduce the risk factors and increase the protective factors in a child’s life.



References:
<https://www.eif.org.uk/why-it-matters/what-is-early-intervention>
<https://beyou.edu.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





Unpacking complex trauma

21 July 2021

Complex trauma - the impact of early life, repeated trauma and loss often involving trusted relationships

Program

Free live stream event

- 0900 - 0910 **Welcome and introduction**
Mrs Sue Foley, Director, NSW Children's Court Clinic, The Sydney Children's Hospitals Network (SCHN)
- 0910 - 0940 **Impact of complex trauma**
Ms Stephanie Helfer, Senior Clinical Psychologist, Complex Cases Consultant, The Children's Hospital at Westmead, SCHN
- 0940 - 1010 **Integrated Trauma-Informed Care - mitigating the impacts of trauma, preventing re-traumatisation and promoting healing for children and young people**
Ms Katherine Barnes, Acting Manager, Child Protection and Wellbeing Team, Prevention and Response to Violence, Abuse and Neglect Unit (PARVAN), NSW Ministry of Health; and Ms Helen Freeland, Managing Director, ACER Associates
- 1010 - 1025 **15-MIN BREAK**
- 1025 - 1055 **Trauma, cognitive development, and social and emotional wellbeing**
Dr Paul Gray, Associate Professor, Jumbunna Institute for Indigenous Education and Research, University of Technology Sydney
- 1055 - 1110 **Intensive Support Services for out of home care children and young people**
Mr Andrew Schacht, Principal Project Officer, Intensive Support Services, Department of Communities and Justice
- 1110 - 1120 **10-MIN BREAK**
- 1120 - 1150 **Trauma responsive practice for our youth - the Australian Childhood Foundation approach**
Ms Karyn Robinson, Senior Advisor, Professional Education Services, Australian Childhood Foundation
- 1150 - 1200 **Voice of youth**
Ms Emily Backhouse and Ms Sienna Acquara, CREATE young consultants, CREATE Foundation
- 1200 - 1230 **Panel discussion - joined by all Program speakers**



Health

Important live stream information, please read carefully

Due to the uncertainties of COVID- 19, this Forum will be live streamed to you to keep everyone safe.

To watch the Forum live stream anywhere on the Forum day (AEST), go to:

<https://www.thestreamingguys.com.au/production/youth-health-forum-unpacking-complex-trauma-210721/>




(Add this to your calendar, password and registration are not required to watch the live event)

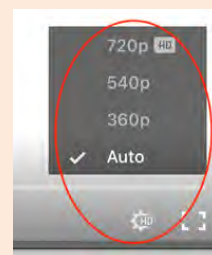
- Optional: If you wish to receive a reminder email to watch this event, register [here](#) by COB 16 July 2021.
- This Forum is not recorded for viewing later
- The speakers' presentations will be available within two weeks of each forum (search for 'Youth Health Forum' on the NSW Health website (www.health.nsw.gov.au))

If you encounter technical difficulty on the Forum day

Step 1: Check out the [streaming tips](#) for most common issues

Step 2: Check out other quick tips below

- Ensure you have up-to-date browser installed for example Chrome, Firefox, or Safari
- If your workplace's firewall blocks you from watching the live stream, try disconnecting your device from your workplace's network, or watch it from your own devices (eg. mobile phone, tablets)
- Depending on the quality of the video you are watching, approximately 2-3 GB of data will be consumed if you watch the whole 3.5hrs Forum without Wi-Fi
- The slides may look blurry, if you are watching at a lower resolution setting or your device automatically adjusted to lower resolution when your internet isn't very good. You can choose your preferred video quality by clicking on the setting/gear icon at the bottom right hand corner of the video screen (see screenshot  or check out [this video](#)).



Step 3: Video still not working? Email: info@thestreamingguys.com.au

To direct questions to Forum speakers during the live stream Please text questions to **0452 378 112** stating location and question. For example: [Dubbo], my Q to Speaker A is...."

- This number is for posing questions to speakers only (see text box above for technical difficulty)
- If your question doesn't get answered during the Forum due to time limitation, please feel free to contact the speakers directly, speakers' contact details can be found on [the speakers' presentations](#))

Forum's evaluation

Your feedback is very important to us, please fill in this **FIVE MINUTE**

Evaluation form on <https://www.surveymonkey.com/r/YHF21Jul2021>

Evaluation closes on the 6 August 2021

2021 Youth Health Forum theme and date:

- Early psychosis (**Wednesday, 20 October**) format: live stream

The Youth Health Forum Organising Committee includes representatives from Transition Care Network, Agency for Clinical Innovation; High Street Youth Health Service; Ambulatory & Primary Health Care, Illawarra Shoalhaven Local Health District (LHD); Area School Link Coordinator, Northern Sydney LHD; Disability, Youth and Paediatric Healthcare, NSW Health; CAPTOS, Department of Psychological Medicine, The Children's Hospital at Westmead (CHW); Children's Hospital School, CHW; The University of Sydney Academic Department of Adolescent Medicine, CHW; Aboriginal Health Unit, The Sydney Children's Hospitals Network (SCHN); Department of Adolescent Medicine, SCHN; Transcultural Mental Health Centre; and Department of Adolescent and Young Adult Medicine, Westmead Hospital.

PLEASE SAVE THE DATE REGISTRATION TO BE OPEN SOON.



Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and
Toni Garretty (Clinical Coordinator)
Family and Carer Mental Health Program,
Illawarra Shoalhaven Local Health District presents:

“Staying Connected When Emotions Run High”
Tuesday 24 August Port Kembla Golf Club 0900 -
1700

An Introductory Training Workshop for **Professionals** who work
within Government and Non-Government Organisations.

COST \$90 per person *Morning tea, lunch, workbook & certificate provided*

This workshop will introduce professionals with frameworks and relationship strategies to become a resource to someone (12yrs – 100yrs) who has changeable and overwhelming emotions; who displays impulsive and destructive behaviour or is diagnosed with marked emotion dysregulation (including personality disorder). This is based on the highly successful intervention for families and carers.

Learning outcomes:

- Increased understanding of emotion dysregulation
- Identify the ‘four carer dances’ and their role in emotion dysregulation
- Knowledge of the ‘five key relationship strategies’ in order to become a helpful resource to someone in distress
- Understanding relationship triangles – Karpmann’s Model
- Introducing the concept of Safety Planning “Like a Fire Drill” to promote safety when distress or risk escalates

Toni Garretty

Team/Clinical Coordinator, Family & Carer Program | **Mental Health Services**

Cnr Bridge & Tate St Coniston 2500

Tel. 02 4220 7919 | Fax. 02 4220 7950 | Mob. 0421 054 741 | toni.garretty@health.nsw.gov.au

Telehealth link: <https://conference.meet.health.nsw.gov.au/webapp/conference/4161954>



South Coast Child Wellbeing Network Conference

To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.

'Every child, in every community, needs a fair go'

Tuesday 7th September 2021 | The Pavilion, Kiama

Registration opens 8:30am | Conference from 9am until 4pm



Key Note Speaker - Dr Cathy Humphreys

'Every child, in every community, needs a fair go'

Cathy Humphreys is Professor of Social Work at University of Melbourne. She is co-chair of the Melbourne research Alliance to End Violence Against Women and Their Children (MAEVe).

She specialises in applied research. Four projects in the past 5 years have worked with the Safe & Together Institute using practice-led, action research through facilitated multi-stakeholder workshops and Communities of Practice. This approach reflects a profound interest in knowledge translation to ensure the support of practice through research.

Her research focuses on DFV and child abuse. She has a long-term interest in the intersection of DFV with other complexities including mental health and AOD. Professor Humphreys is a well published author of more than 125 journal articles. She worked at the University of Warwick for 12 years leading a domestic violence and child abuse research centre before returning to Australia in 2006. For 15 years she worked as a social worker.

Whole Group Workshop

Sensory Strategies to Support regulation

Presented by Kate Piromalli

This workshop will include interactive activities, discussion and the presentation of evidence-based strategies to support the regulation and sensory needs of children and young people experiencing mental health complexities, with a specific focus on Autism Spectrum Disorder and Developmental Trauma. The workshop will be delivered from an occupational therapy perspective, with additional reference to key neuroscience and attachment-based research.

Kate Piromalli is a senior Occupational Therapist currently working at the Autism Advisory and Support Service. Kate has fifteen years' experience in the child and family mental health sector, supporting children, families and communities with a range of vulnerabilities including developmental trauma and Autism Spectrum Disorder. Kate has worked in clinical and consultative roles across health, NGO and private organisations. She has also worked as a research associate for the University of NSW and an Occupational Therapy lecturer for the University of Sydney. Kate has specific interest and experience in providing training around the sensory and regulation needs of children and young people experiencing mental health complexities.

Workshops

Workshop 1

Trauma Sensitive Case Notes; The story of a child well loved

Presented by Sue Buratti

As a sector, there is a push towards a more trauma-sensitive approach in the way in which we therapeutically support Children and Young People who have experienced abuse and trauma. How we write about them must also change. As professionals our words are powerful, they can be used to advocate or undermine those we write about. Historically, how we represent children and young people in our written materials could have characterised them as the problem, inadvertently discounting their trauma experience and their desire to be seen heard, and valued by their trauma-based behaviors.

We must produce written materials that allow everyone who is a relational resource to a Child and Young Person to understand them in a way that sees the impact of their trauma experiences as the motivation for their behaviour.

Deficit-focused writing sits in the realm of the child's behaviour only. The trauma-sensitive practice invites us to represent them in a way that evokes an understanding of how that behaviour was an attempt at seeking connection rather than seeing it as a deficit of the Child. This workshop will explore ways to represent children in Trauma sensitive language that can be read and understood by all who care for Children and Young People, including them.

Sue Buratti is the Senior Manager for Therapeutic Services NSW for the Australian Childhood Foundation. She has worked in NGO, Government and private sectors for many years. She has provided therapy, supervision, training and consultancy, with a predominant focus on childhood trauma and its impact across the lifespan. She is an advocate for children's rights. Sue has trained and presented both Nationally and internationally.

Workshop 2

Child centred ways of resisting worker 'burnout' - Holding children, their contexts and a collective ethics at the centre of our work as a way of resisting invitations to 'burn out'.

Presented by Deanne Dale and Kimberly Chiswell

Inspired by the teachings of Canadian community worker and clinical supervisor Vikki Reynolds, this workshop will explore and contrast the ethics of individualised 'child centred practice' with a collective ethics where children and the socio-political, cultural and community contexts of their lives are at the centre of our understanding and practice.

The workshop will invite participants to consider their preferred personal and professional ethical stance and how this relates to the codified professional and organisational ethics of their workplaces. We will then explore how we can enact our preferred ethical stances in finding solidarity (points of ethical connection) with others and how this can be an effective response at times where we feel like we are exhausted or feel spiritually and emotionally spent and demoralised by our work contexts.

Deanne Dale has been a social worker for over 30 years, working as a clinical manager and supervisor in services working with children, young people and their families responding to interpersonal and systemic violence and trauma. In recent years she has been teaching and supervising social work students and has an independent clinical supervision practice.

Kimberly Chiswell identifies as a settler migrant of Anglo Mexican heritage with white privilege. She provides managerial support to the Nabu and Counselling teams at Waminda. She is also an Accredited Mental Health Social Worker with over 20 years experience, a clinical supervisor and an educator in the Advance Social Work Practice Course at the University of Wollongong. She specialises in the field of Violence and Systemic responses and is informed by Narrative and Response Based Practice.

Workshop 3

Reaching Children Where They Are: A framework that helps us understand the many elements contributing to a child's emotional capacity and build relationships that will nurture their engagement and emotional growth.

Presented by Fiona Beale

In this workshop, we will use the DIR Floortime® Model to explore the stages of functional emotional development and look at body, mind and relationship through videos and case studies. The aim of the workshop is to provide participants with practical skills and knowledge that can be used in their work with children.

Fiona Beale is a Senior Occupational Therapist and DIR Floortime® Practitioner with Noah's Inclusion services and has over 30 years' experience working with young children. Over the past 10 years she has worked closely with educators in Early Childhood Education Centres, providing mentoring and training and together developing strategies to support children with engagement and emotional regulation. Fiona is passionate about giving every child the opportunity to feel emotionally connected and to develop a sense of self-worth and confidence in their early years.

Workshop 4

Buiding the house from the ground up and roof down; “What’s next in trauma informed practice?”

Presented by Samantha Lukey

Increasingly we are hearing the words ‘we do trauma informed practice or we are a trauma informed agency’ throughout the sector, but what does this mean? This seminar will explore the concepts of trauma informed practice in an agency context, what it is and what it isn’t. Informed by the work of leading thinkers and organizations in this area, practical strategies will be introduced and the constraints of the trauma informed practice will be explored.

Samantha Lukey has worked in the community services sector for 34 years. She is an Accredited Mental Health social worker working independently as well as holding a lecturing and tutoring role at the University of Wollongong. She has worked as a case worker, senior health clinician and manager, providing supervision for more than 18 years. She has a particular passion and interest in Trauma-Responsive Practice and is currently completing doctoral studies in this area. She is particularly interested in the interface between working in a trauma responsive context and collaborating within systems where trauma informed practice is still to be understood.

South Coast Child Wellbeing Network Conference 2021

Tuesday 7th September 2021

The Pavilion, Kiama

Cost
\$70



To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.

In celebration of Child Protection Week, we welcome clinicians and other professionals who work in the field of child wellbeing and protection to our annual conference.

This year we are excited to feature our Keynote Speaker, **Dr Cathy Humphreys** as well as **Kate Piromalli, Sue Buratti, Deanne Dale, Kimberly Chiswell, Fiona Beale and Samantha Lukey** who will be presenting fantastic workshops.

Buy tickets at www.sccwn.org.au/conference2021

Closes Monday 30th August 2021.



Dr Cathy Humphreys

www.sccwn.org.au

**Child Protection Week
5 - 11th September**

Keynote Speaker

Cathy Humphreys is Professor of Social Work at University of Melbourne. She is co-chair of the Melbourne research Alliance to End Violence Against Women and Their Children (MAEVe). Over the last 5 years, she has worked on four projects with the Safe and Together Institute using practice-led, action research through facilitated multi-stakeholder workshops and Communities of Practice. This approach reflects a profound interest in knowledge translation to ensure the support of practice through research.

Workshops

Kate Piromaalli is a senior Occupational Therapist currently working at the Autism Advisory and Support Service. Kate has fifteen years' experience in the child and family mental health sector, supporting children, families and communities with a range of vulnerabilities including developmental trauma and Autism Spectrum Disorder.

Sue Buratti is the Senior Manager for Therapeutic Services NSW for the Australian Childhood Foundation. She has provided therapy, supervision, training and consultancy, with a predominant focus on childhood trauma and its impact across the lifespan. Her workshop '*Trauma Sensitive Case Notes; The story of a child well loved*' focus on the push towards a more trauma-sensitive approach in the way in which we therapeutically support Children and Young People who have experienced abuse and trauma. How we write about them must also change.

Deanne Dale and Kimberly Chiswell have over 50 years experience, combined, in Social Work. Their workshop will explore and contrast the ethics of individualised 'child centred practice' with a collective ethics where children and the socio-political, cultural and community contexts of their lives are at the centre of our understanding and practice. They will also explore how we can enact our preferred ethical stances in finding solidarity (points of ethical connection) with others and how this can be an effective response at times where we feel like we are exhausted or feel spiritually and emotionally spent and demoralised by our work contexts.

Fiona Beale is a Senior Occupational Therapist and DIR Floortime® Practitioner with 30 years' experience working with young children. She is currently working with Noah's Inclusion services in the Illawarra region. Fiona is passionate about giving every child the opportunity to feel emotionally connected and to develop a sense of self-worth and confidence in their early years.

Samantha Lukey has worked in the community services sector for 34 years. She is an Accredited Mental Health social worker working independently as well as holding a lecturing and tutoring role at the University of Wollongong. She has a particular passion and interest in Trauma-Responsive Practice and is currently completing doctoral studies in this area.

NSW Post Suicide Support initiative



We support anyone who has been bereaved or impacted by suicide including individuals, families, friends, witnesses and first responders.

What support do we provide?

- Face to face, phone and online support for individuals and families
- Support with processes after a suicide such as coroners, funerals and media
- Specialised post-suicide counselling
- Information resources
- Support to access other local services
- One-on-one connections and support groups with other people bereaved by suicide
- Training and workshops for communities and workplaces to build skills to respond to a suicide

To access 24/7 phone support call
1300 727 247
www.standbysupport.com.au



In partnership with



upcoming sessions

Parents, Carers, and Community Members in the Illawarra and Shoalhaven are invited to attend a free mental health education session in Term 3.



The sessions aim to:

- * Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
 - * Strengthen your skills in how to cope and where to find help.
- Need more information? headspaceSchools@headspace.org.au



Kiama

Date: 19 July 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>



Wollongong

Date: 20 July 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>



Nowra

Date: 9 August 2021
Time: 12 - 1pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



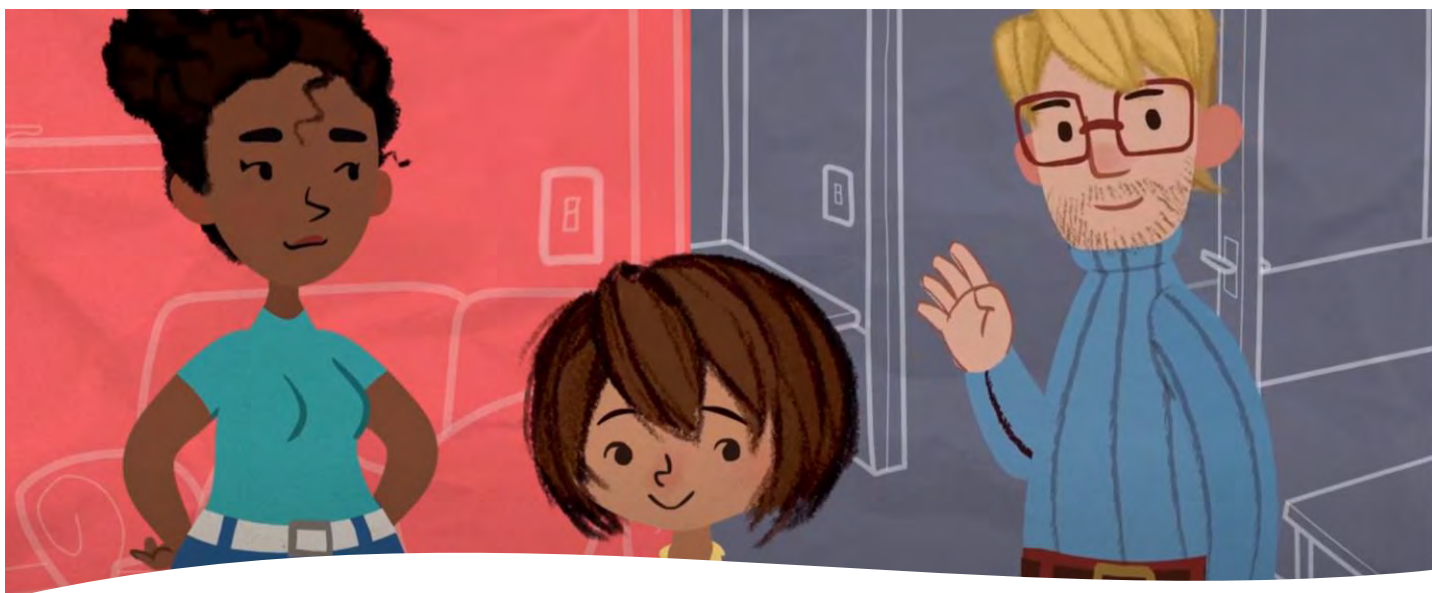
Kiama

Date: 10 August 2021
Time: 12 - 1pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Wollongong

Date: 30 August 2021
Time: 7 - 8.15pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



School-refusal e-Learning Module for Child and Adolescent Mental Health and School Counselling Staff

Access Instructions

Who has access?

This is a module for clinicians. Access is available to:

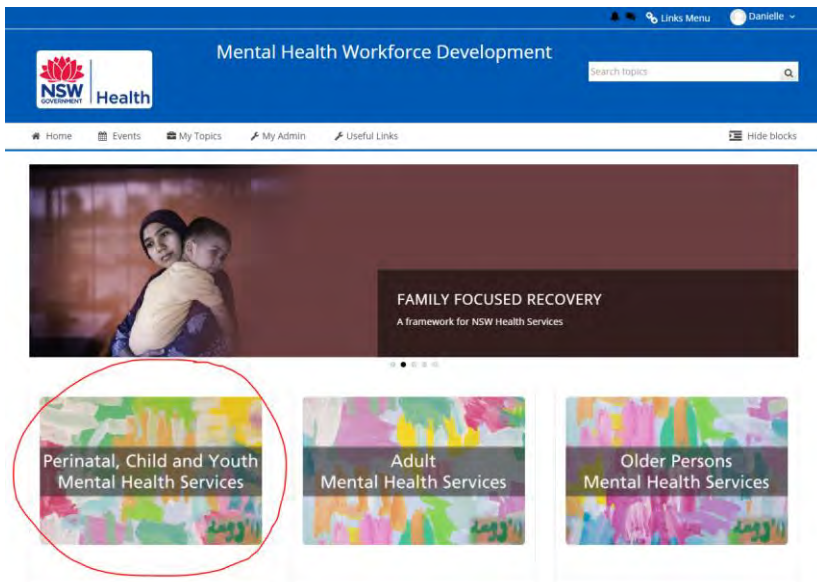
- NSW Health CAMHS/CYMHS Workers
- NSW Department of Education School Counselling Staff
- NSW Catholic School Counselling Staff
- NSW Independent School Counselling Staff

How to access

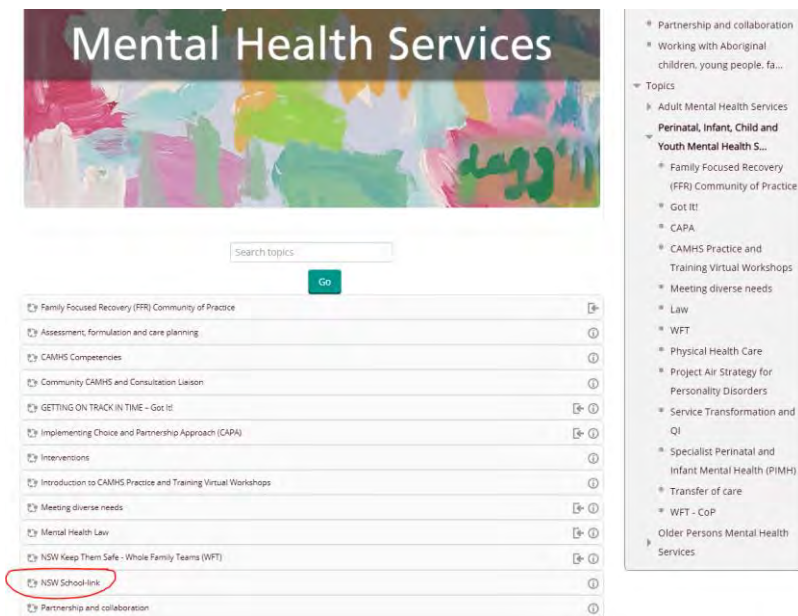
- ▶ Go to the Mental Health Workforce Development Site <http://mhwfd.heti.edu.au/login/index.php> and create new account or log in

The screenshot shows the login page for the Mental Health Workforce Development site. At the top, there is a blue header with the NSW Health logo on the left, the text "Mental Health Workforce Development" in the center, and a search bar on the right. Below the header, there are two main sections. The left section is titled "Log in" and contains fields for "Username / email" and "Password", a checkbox for "Remember username", and a "Log in" button. Below these fields are links for "Forgotten your username or password?" and "Cookies must be enabled in your browser". The right section is titled "Is this your first time here?" and contains the text "For full access to this site, you first need to create an account." and a "Create new account" button. At the bottom of the page, there is a blue footer with the text "© 2017 - MH-Children and Young People".

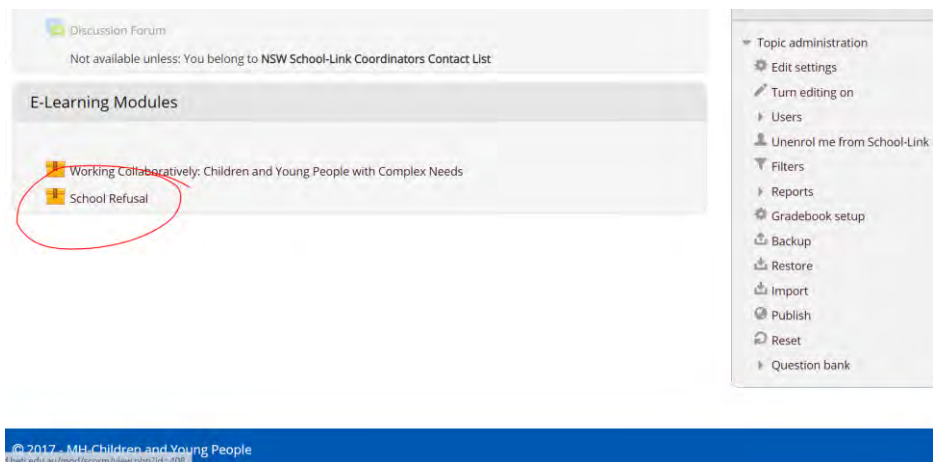
► Click on Perinatal, Child and Youth Mental Health Services



► Click on "NSW School-Link"



► Scroll down to E-Learning Modules then click on "School Refusal"






Stride Family & Carer Program

Eating Disorder Carers Support Group

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



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

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

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

Venue: 2/ 36-42 Auburn Street, Wollongong

For enquiries and registration:

Call (02) 4229 7254 or

Email: familyandcarer@stride.com.au

GambleAware support services in NSW



From 1 July 2021, GambleAware is the new gambling support and treatment service in NSW. Like Gambling Help, GambleAware will provide support and counselling for individuals and their families in NSW, and much more.

The change to GambleAware is more than a rebrand. GambleAware is a redesign of how the NSW Government provides gambling information, education, support and treatment all over the state. It is designed to connect more people across NSW to the right help, at the right time, from services that are right for them.

Why change now?

Gambling counselling and support services have helped tens of thousands of people experiencing gambling harm for over 20 years, all over the state. But we knew that many people in NSW affected by gambling were not getting all the help they needed. We took a hard look at the system NSW had in place to see what was working and what wasn't.

Here is what we found:

- Despite the vast range of services available to people affected by gambling harm, many didn't see themselves as candidates for those services.
- Stigma around gambling was a barrier to seeking support, and people didn't realise how much free confidential support was available – before they reached crisis point.
- There were challenges in coordinating services in some geographic regions. This disadvantaged individuals and communities when they needed support most.

GAMBLEAWARE
gambleaware.nsw.gov.au
1800 858 858

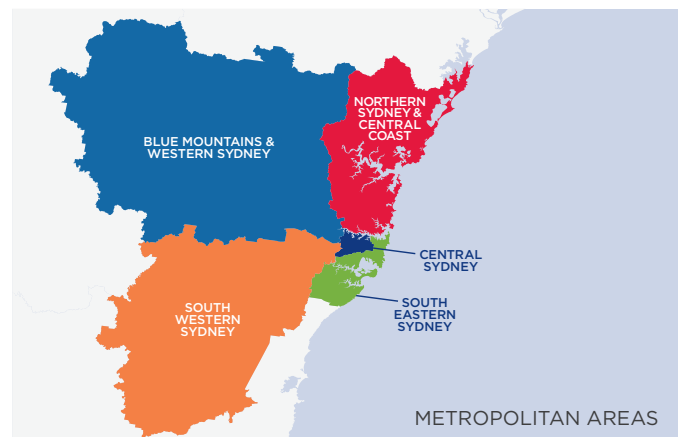
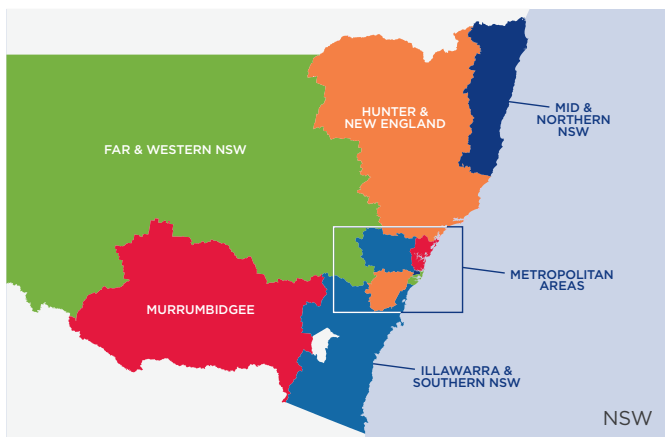


What has changed?

Dedicated regional GambleAware Providers

GambleAware has created 10 regions in NSW that align with local health districts to better integrate them with local community and health services. That means you're now in a region overseen by a specialist GambleAware Provider dedicated to providing support to everyone impacted by gambling harm throughout your region.

GambleAware Provider	Key centres include ...
Blue Mountains & Western Sydney	Parramatta, Penrith, Lidcombe, Blacktown, Katoomba, Lithgow, Springwood, Emerton, Richmond
Central Sydney	Campsie, Belmore, Camperdown, Ashfield, Lewisham
Far & Western NSW	Bathurst, Bourke, Broken Hill, Cobar, Coonamble, Dubbo, Orange
Hunter & New England	Cardiff, Forster, Gloucester, Maitland, Mayfield, Muswellbrook, Singleton, Taree, Armidale, Glen Innes, Gunnedah, Inverell, Moree, Narrabri, Tamworth, Walgett
Illawarra & Southern NSW	Wollongong, Shellharbour, Nowra, Ulladulla, Batemans Bay, Bega, Goulburn, Queanbeyan, Cooma, Harden
Mid & Northern NSW	Coffs Harbour, Grafton, Lismore, Port Macquarie and Tweed Heads
Murrumbidgee	Albury, Wagga Wagga, Corowa, Finley, Deniliquin, Holbrook, Glenroy
Northern Sydney & Central Coast	Manly Vale, Narrabeen, Ryde, Tuggerah, West Gosford, Wyong, Toukley, San Remo
South Eastern Sydney	Kogarah, Sutherland, Bondi Junction, Darlinghurst
South Western Sydney	Fairfield, Bankstown, Liverpool, Campbelltown, Bonnyrigg, Wingecarribee, Wollondilly



More community engagement

There will be more community engagement officers in your region to work with communities through outreach and community engagement. This means we can support more people who may not know help is there for them, particularly in Aboriginal and multicultural communities.

Greater access to specialised counsellors

The GambleAware framework makes more counsellors available and provides more ways for people to speak with them one on one – including in person, by video chat or using online chat.

People already accessing services in your region will continue to get ongoing support when they need it. Because the new GambleAware Provider will be delivering their local specialist services, they may be introduced to new services.

New GambleAware digital platform

We have invested in digital technology to improve the service experience for people seeking help and to provide more self-help options through apps and digital tools. This means the support people receive should just get better.

The new GambleAware website gambleaware.nsw.gov.au provides more gambling information and access to a greater range of support – from self-help to free peer-to-peer support to in-person and online counselling.

Need to refer a client to GambleAware?

If you or your organisation has a client you'd like to refer to a GambleAware service in your region, call GambleAware Illawarra and Southern NSW on **02 4267 6600**. Later this year, you will be able to refer or book appointments for your clients the digital platform at gambleaware.nsw.gov.au. Alternatively, call GambleAware on **1800 858 858**.

More questions about GambleAware?

The transition to GambleAware is a significant change for everyone in NSW experiencing gambling harm. If you have questions about supports and services in your region, get in touch with your GambleAware Provider.



Suicide remains the leading cause of death for young people aged 5–17 years old – and schools have a critical role to play in supporting their mental health.

Join us for [Leading the Way to Mentally Healthier Schools – The Next Frontier](#), an online conference from the Black Dog Institute in collaboration with the Australian Psychological Society.

This event provides a unique opportunity for mental health professionals with an interest in child and youth issues to engage with the latest developments in mental health and the suicide prevention sector.

Leading the Way to Mentally Healthier Schools - The Next Frontier

Thursday 26 August 2021 | 9:30am – 3:30pm AEST

Online conference

[Learn more about this online conference](#)

At this event, you will:

- gain access to the latest research in mental health for schools
- explore its translation into action
- hear from leading mental health and suicide prevention sector voices.

With keynote presentations and facilitators from the Black Dog Institute, the Matilda Centre for Research in Mental Health and Substance Use, and the Youth Special Interest Group of the Australian Psychological Society, this is a professional development opportunity not to be missed.

We hope that you can join us for this informative event. For any queries, please email education@blackdog.org.au.



RED FLAG

A domestic and family violence learning session for students and teachers in the Illawarra.

SAHSSI is a Specialist Homelessness Service that provides support to women and children who are affected by homelessness and domestic and family violence.

SAHSSI's case managers has been delivering RED FLAG for the past 3 years and continues to offer the presentation to all high school aged students in the Illawarra.

For information and/or book a FREE
sahssi.org.au/programs

The facilitators are flexible with the delivery in terms of group size and length of presentation that comply with COVID safe protocols





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**

Strengthening your Relationships Nowra Courses - Term 3, 2021

FACE TO FACE & ONLINE



For Parents & Carers

CIRCLE OF SECURITY PARENTING™

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

FREE

Wednesday: 21, 28 July, 4, 11, 18 Aug, 10am-12pm

BRINGING UP GREAT KIDS

Promotes and supports respectful, caring, and nurturing relationships between you and your children. In a supportive group setting, you are encouraged to become more reflective and mindful in your parenting approach.

4 x 2 hour sessions held weekly

\$60

Thursday: 22, 29 July, 5, 12 Aug, 10am-12pm **ONLINE Group**

NO SCAREDY CATS

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

Wednesday: 25 Aug, 1, 8 Sep, 10am-12pm **ONLINE Group**

123 MAGIC & EMOTION COACHING

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

Tuesday: 31 Aug, 7, 14 Sep, 10am-12pm **ONLINE Group**



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

KEEPING CALM & CONNECTED—A series of 6 x 1/2hr 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

This is only a selection of our groups, to view all of them please visit:
www.catholiccare.dow.org.au

68 Shoalhaven St, Nowra *location subject to change

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

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

catholiccare

Always
connected

Strengthening your Relationships Wollongong Courses - Term 3, 2021

FACE TO FACE & ONLINE



For Parents & Carers

CIRCLE OF SECURITY PARENTING™

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**
Thursday: 19, 26 Aug 2, 9, 16 Sept, 10am-12pm

BRINGING UP GREAT KIDS

Promotes and supports respectful, caring, and nurturing relationships between you and your children. In a supportive group setting, you are encouraged to become more reflective and mindful in your parenting approach.

4 x 2 hour sessions held weekly **\$60**
Thursday: 22, 29 July, 5, 12 Aug, 10am-12pm **ONLINE Group**

NO SCAREDY CATS

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**
Wednesday: 25 Aug, 1, 8 Sep, 10am-12pm **ONLINE Group**

Please note some groups may have **limit ed availa bilit y**.
All attendees are expected to follow Covid Safe procedures when attending face to face.

25-27 AUBURN ST, WOLLONGONG

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

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

Call us 4254 9395

intakeservice@catholiccare.dow.org.au

www.catholiccare.dow.org.au

123 MAGIC & EMOTION COACHING

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This is only a selection of our groups, to view all of them please visit:
www.catholiccare.dow.org.au

catholiccare

Always
connected

Wellbeing. Led by students. Owned by students.



We believe that students supporting students is the most effective way to build wellbeing. Peer Support Australia enables teachers and schools to utilise student-to-student support for wellbeing through experiences and skills acquisition.

Peer Support Australia helps students develop resilience, sense of self, sense of possibility, connectedness and optimism. We equip teachers with the skills and resources to coordinate wellbeing initiatives that are led by students.

Implementation Workshop

The first step to implementing the Peer Support Program at your school, is to attend an Implementation Workshop. The Peer Support Program is a student-led approach to creating healthier relationships, improving student wellbeing and enhancing positive school culture.

Workshops are held 9:00am – 4:00pm local time. These offer a comprehensive guide to implementing the Peer Support Program in your school.

We also offer online workshops. These run for two hours, offering an abridged version of the full day event. Check our website for dates.

Date	Location
Tues 27 Jul	Wagga Wagga, NSW
Wed 4 Aug	Sydney, NSW
Thur 2 Sep	Brisbane, QLD
Tues 19 Oct	Grafton, NSW
Thur 21 Oct	Penrith, NSW
Tues 26 Oct	Belmont, WA
Thur 4 Nov	Orange, NSW
Wed 10 Nov	Towradgi, NSW

SRC Leadership Workshops for Teachers

SRC workshops run for two hours online. This workshop supports teachers to establish and maintain an effective SRC, allowing representatives to strengthen student voice and develop skills to enhance a positive and engaged school culture.

Date	Time
Tues 7 th Sep	9:30am – 11:30am
Wed 17 th Nov	9:30am – 11:30am

Ongoing Support.

Our Wellbeing Education Consultants are available to support you with the implementation of the Program or other wellbeing initiatives across your school community, including tailored wellbeing workshops and presentations to staff, students, committees or parents.

Please visit our website to register for a workshop. Or call our office to find more information about what we can offer your school community.

1300 579 963

peersupport.edu.au



Albion Park Rail School Community Centre

Family focused, Child friendly

For bookings, information and enquiries please contact Claire PH: 0448 564 219

E: claire.jones42@det.nsw.edu.au

TUESDAY

FREE Term 3 Programs

9.00 AM - 11.00 AM

FREE SUPPORTED

PLAYGROUP

Birth - 5 years

Our playgroup is a safe space for all families with young children from birth - 5

Playgroup provides a variety of activities to promote early learning and well being.

Bring a hat and water

Tea, coffee and morning tea provided.



WEDNESDAY

12.30 PM - 2.30 PM

**KINDY STARTERS
SUPPORTED PLAYGROUP**

We are excited to partner with **Kristina** from **Mission Australia** to be able to offer support to local families during their transition to school 2022.

This program will give children and families the opportunity to become familiar with the school environment, teachers and playgrounds. As well as participate in activities to prepare for school.

Bring a back pack, hat, drink and some healthy morning tea.



THURSDAY

Program to be advised

FRIDAY

9.00 AM - 11.00 AM

**KINDY STARTERS
PLAYGROUP**

Kindy Starters playgroup is a weekly program for all families with children starting Kindergarten at APRPS in 2022.

Bring a back pack, hat, drink and some healthy morning tea.

Speech Therapy Sessions available please contact Claire for more details PH: 0448 564 219



Drop in afternoons 2.00pm - 3.00pm Thursday and Friday

All parents and carers are welcome to drop In to our school community centre for a chat, meet local parents, explore various parenting topics and find out more about APR school and school community centre. Tea, coffee provided

DADS' TOOLBOX TALKS



Are you a DAD?

Come along to our Dads' Toolbox Talk.

Connecting with your kids in a connected world.

We know **being a father is the most important job** you'll ever have!We also know it can be **tough at times**, so let's talk about how to **connect better with your kids**.SECOND
WEDNESDAY
MONTHLYFREE
DINNERThe Foundry Family Centre
132 Wentworth St, Port KemblaWednesday June 9 2021
6:45PM-8:30PMFollow us on instagram
@communityfathering
for updates on events

PS They say men don't talk but we have found whenever we give dads a chance to talk to other dads about their kids, you can't shut them up.

Scan the QR code with your
smart phone to RSVP

For anyone who is a father or father figure.

We'll eat FREE PIZZA and then chat about

A barrier to connecting with your kids can be technology and devices. So, this month we will look at how to father effectively in a tech full world. We will also talk through the different ages and stages of development that children go through in their first 12 years. As the kids change, we need to adjust our ways to connect and father.

We will also be playing cards and a couple of other games to have a laugh and to demonstrate things you can do to connect with your kids. We always want you to leave with some practical tips for parenting.

Bookings are essential:**Let's get the conversation about fathering
moving in the Illawarra.**www.thefatheringproject.org

\$500 towards you
or your children's
education



Join Saver Plus.

Free financial education and your savings
matched dollar for dollar, up to \$500.

saverplus.org.au

1300 610 355


saverplus

Saver Plus is a free financial education program that matches your savings, dollar for dollar, up to \$500.

What can the \$500 be used for?



laptops & tablets



lessons & activities



uniforms & shoes



books & supplies



vocational education



camps & excursions

Can I join?

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

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education yourself
- Have regular income from paid employment (you or your partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

To find out more:

Enquire online at saverplus.org.au

Email saverplus@bsl.org.au

Call 1300 610 355

Like us on Facebook 



Or contact the nearest office for your area:

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

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Drug Trends & Reducing Stigma

**End the
stigma.
End the
silence**

This workshop is for community members and people who work with, care or support others that may use alcohol or other drugs

Workshop includes:

- ✓ Drug trends informing support and help for people who may use alcohol or drugs
- ✓ Important considerations to reduce stigma and promote health equity
- ✓ Respectful and helpful use of language
- ✓ Facilitating access to Naloxone to enhance overdose response

FREE Workshop
LIMITED PLACES
AVAILABLE

**International Presenter
ANNIE BLEEKER**



WOLLONGONG

 **Book Now**

We use the secure service of trybooking.com

Wollongong Hospital,
Auditorium Level 8 Block C
Entry via Lotus St

Time: 2:30-5:00pm

Date: Thurs 19th Aug

Booking:

www.trybooking.com/BSGYZ

SHELLHARBOUR

 **Book Now**

We use the secure service of trybooking.com

Civic Centre,
76 Cygnet Avenue
Shellharbour City Centre

Time: 9:30-12:00pm

Date: Thurs 19th Aug

Booking:

www.trybooking.com/BSHFF

NOWRA

 **Book Now**

We use the secure service of trybooking.com

School of Arts
Berry St
Nowra

Time: 9.00-11:30am

Date: Fri 20th Aug

Booking:

www.trybooking.com/BSGXU

ONLINE

 **Book Now**

We use the secure service of trybooking.com

*Information only for those
who cannot attend an
interactive session.*

Time: 10.00-11:30am

Date: Wed 25th Aug

Booking:

<https://www.trybooking.com/BSHFO>

Please book directly online or contact Tammy Raikko, Phone 42542700, Tammy.Raikko@health.nsw.gov.au



FRAMERUNNING

WOLLONGONG

A NEW community experience for primary school-aged children of the Illawarra with a disability or impaired balance.

Giving them the freedom to run with the aid of a Frame Runner.

It's all about inclusive sporting fun, playing games, making new friends and feeling the freedom of movement.

Contact Us TODAY!



JOIN IN ON THE ACTION!



WHEN: Every Monday 4:30PM - 5:30PM (School Terms)
WHERE: Sports Hub, Uni of Wollongong
CONTACT: info@framerunningwollongong.org.au | 0402 850 593
WEBSITE: www.framerunningwollongong.org.au



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.



“Because you care: Fostering conversations about sexual and reproductive health”



Because You Care Fostering conversations about sexual and reproductive health



Module 2 [Start](#)

The Out Of Home Care (OOHC) [Playsafe](#) Program, is just one of many, who work towards improving sexual health outcomes for young people across NSW guided by the work of the State wide [Sexually Transmitted Infections Programs Unit](#) (STIPU).

Sexual Health needs should be considered through a trauma informed lens when working with young people in the OOHC sector. This is due to a likelihood of past trauma experiences, possible disrupted educational experiences and therefore less knowledge around sexual health and relationships and being placed with adults who may feel uncomfortable to engage the young person in a discussion around sexual health.

For these reasons, and to assist carers in increasing their knowledge around sexual health and their confidence in having these conversations with young people, a trauma informed training package was developed.

This **free** training module is now available at [PlaySafe Pro](#). Whilst targeted towards foster carers, the training is relevant to anyone interested in starting conversations around sexual and reproductive health, particularly with young people who may have had experiences of trauma.

The training takes approximately 90mins to complete and is made up of 3 modules which are self-paced and can be completed either all together, or separately. Topics covered include: sexually transmitted infections, trauma informed care, contraception and conversation starters. At the completion of the 3 modules, you will receive a certificate of participation.

For more information about this training please contact Naomi.Viret@health.nsw.gov.au

Seasons for Growth

Growing Your Professional Learning:
fostering resilience and wellbeing in children
and young people.



'Great program!
I believe it changes
people's lives...'
- Seasons for Growth
Companion



Seasons for Growth is a change and loss education program supporting children and young people following significant life events.

Program Overview

Seasons for Growth is an evidence-based, early intervention program that strengthens emotional wellbeing of children and young people who are dealing with changes in their life by:

Exploring the impact of change
and loss on every-day life

Learning new ways to respond
to these changes.

There are four levels of the program to support children and young people 6-18 years. 'Companions' train to facilitate the small group (4-7 participants) over 8 sessions.

Companions include teachers, chaplains, psychologists, social workers and appropriately skilled professionals and volunteers.

Engage in the theory and principles underpinning Seasons for Growth, experience the content, and learn strategies for implementation.

Seasons for Growth is recognised as an evidence-based program: Communities for Children facilitating partners

Outcomes

Helps children and young people experiencing change, loss and grief;

Builds participants' understanding and skills and enables them to express their views, thoughts and feelings;

Strengthens participants' social and support networks;

Improves participants' wellbeing.

Professional Learning



Completing *Seasons for Growth* will contribute to **10 hours of NESA Registered PD** addressing **3.2.2, 3.3.2, 4.2.2, 6.2.2, 7.2.2** from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



Completing *Seasons for Growth* will contribute to **10 hours** of ACT Teacher Quality Institute (TQI).



Australian Government
Australian Institute of
Family Studies

Register Now for Seasons for Growth Two Day Online Companion Training

JULY 2021

Wed 14 & Thurs 15 July, 2021

[Click Here to Register](#)

Tues 27 & Wed 28 July, 2021

[Click Here to Register](#)

AUGUST 2021

Wed 11 & Thurs 12 August 2021

[Click Here to Register](#)

Thurs 26 August & Thurs 2 September

[Click Here to Register](#)



Seasons for Growth



Growing Your Professional Learning:
fostering resilience and wellbeing in children
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Australian Government
Australian Institute of
Family Studies

Seasons for Growth Book Your Two-Day Online Training:

Wed 16 & Thurs 17 June
9am to 3pm – [CLICK TO BOOK](#)





**Book early
Limited Places!**

Free workshop for Carers in Shellharbour

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: Wednesdays 14th July , 21st July
and 28th July 2021**

Time: 9:30am – 2:30pm

**Venue: Shellharbour Council, Gadhu Room
76 Cygnet Ave
Shellharbour City Centre**
Parking available underneath Council

Lunch provided

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

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

FREE!



Organised by the Illawarra Shoalhaven Local Health District Carer Program

Carer Education Program

9.30am to 2.30pm

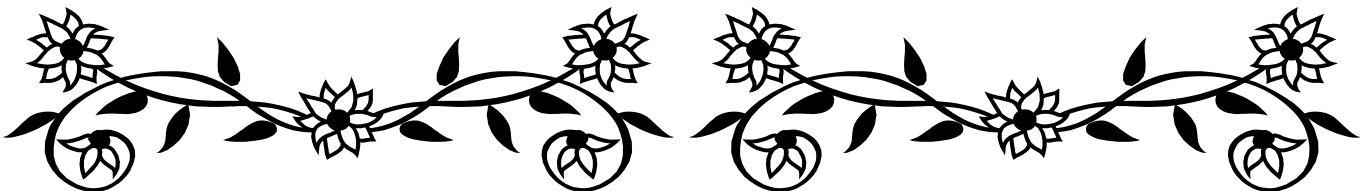
Topics covered

- 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



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
Sanctuary Point Carer Support Group	Monthly	St George's Basin 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
Carer Retreats	Bi-Annually	Various Locations

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

What is Saver Plus?

 A free ten-month savings program providing financial education, budgeting and savings tips.

 Participants receive up to \$500 from ANZ in matched savings for education costs for themselves or their children.

 Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.

 Offered in communities across Australia in every state and territory.

A Saver Plus Participant's Journey



Goal

Talks to a Saver Plus Coordinator from a community organisation and, if eligible for the program, sets a goal to save a regular amount of money over 10 months



Saving

Opens an ANZ Progress Saver account and makes regular deposits



Education

Completes the MoneyMinded financial education program with support from a Saver Plus Coordinator



Matching

Reaches savings goal and receives matched funds, up to \$500, for their own or their children's education costs

Who can join?

Participants must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education themselves
- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

Benefits for participants¹



87%

continue to save the same amount or more

3 to 7 years after completing the program



78%

were better equipped

for unexpected expenses



88%

reported increased self-esteem



80%

had more control over their finances

How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 40,000 people, making it the largest and longest-running program of its kind in the world.

Since 2003¹:



40,000+ participants



\$23m+ total amount saved by participants



\$18m+ matched funds paid by ANZ

Find out more

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

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

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

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.


saverplus



Savings for **EDUCATION**

Join us to learn how you can support your community members to receive up to \$500 for school costs and improve their financial literacy skills.



Learn more at saverplus.org.au

WHERE

Digital Information Session

Zoom Access Code: 969 2226 1328

Password: 944514

WHEN

Wednesday 21st July 2021 12pm



Laura Wilson



Laura.Wilson@thesmithfamily.com.au



0427 439 234

DELIVERED BY

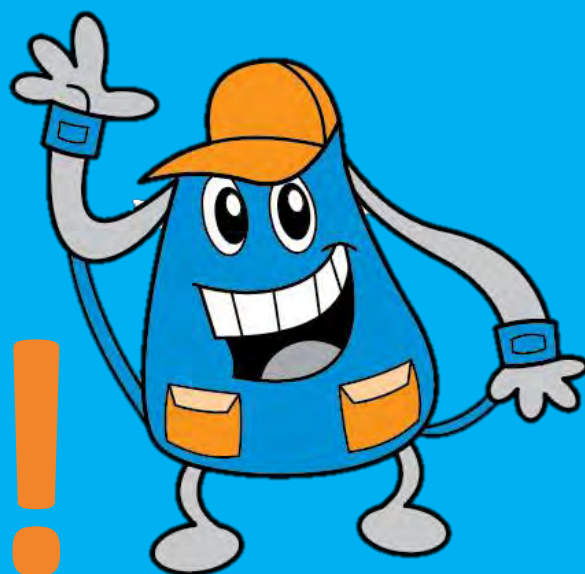


everyone's family

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

