

GRIFFITH CONNECTIONS

AN
INTERAGENCY
NEWSLETTER



Griffith Connections Newsletter takes on new directions...

Griffith Connections newsletter is taking on new directions in 2011 copartnering with Griffith Interagency Group. This new initiative is designed to provide you, your families and friends with a comprehensive update on the latest support services, seminars, workshops and information in Griffith and surrounding hamlets.

Griffith Interagency Group meet on fourth Wednesday of every month at Griffith Regional Art Gallery and attracts over 30 support agencies both government and non government . Group convenor and coordinator of Neighbourhood House Community Centre, Barbara Penninga says, "the exchange of information, introduction of new support services to town, discussion on current family and social issues and brainstorming potential solutions , plays a vital role in building community capacity and a healthier community for our families".

Keeping the community informed and aware is also the key element behind a current project driven by Griffith Connections, Griffith Neighbourhood House and Griffith City Council who are in the process of completing the Roadmap of Griffith. This guide will provide every

householder with an extensive overview of children, education, community, health, Aboriginal & Torres Strait Islander, CALD, disability, transport, housing and legal services in the Griffith Community and how to get there.

The Griffith community have also been fortunate to have Maggie Dent, nationally acclaimed adolescent and family resilience educator, back in March to facilitate workshops with over 750 of the Griffith community including adolescent service providers, teachers, doctors, families and adolescents. Workshops covered such topics as Adolescent Bootcamp, Loss and Grief, Top Tips for Dads and Adolescence and Alcohol.

"The response to Maggie's work in Griffith is indeed outstanding" remarked Marg Couch, Griffith Connections Project Worker. " Maggie's empowering and practical approach to building resilience in families and the community at large has left not only parents and adolescents with strategies to utilise but a group of 16 adolescent service providers trained over 2 days with the skills and a toolbox of

solutions to improve the lives of 12 - 25yr olds in our community."

Facebook, cyber bullying, internet proofing families, the words on the lips of most frustrated parents of adolescents in our community is being addressed on May 4, when Dr Robi Sonderreger speaks as the guest of the Griffith Connections programme. Informed parenting at all ages is vital so watch this space....and many more opportunities to improve your knowledge on opportunities for families, come this way through this community based newsletter delivered quarterly.

Remember supporting these initiatives and becoming more informed builds a stronger innovative community and a better place for us all to live!

Marg Couch
Griffith Connections

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NATIONAL FAMILY
DAYCARE WEEK



2011

Celebrate National Family Daycare Week with the Griffith Family Day Care on May 11, 2011. Drop in for a chat and a bite to eat and learn more about the service between 9am - 4pm



This month something significant happened in early childhood in NSW, the incoming Minister for Education, Adrian Piccoli, in one of his first acts as Minister, announced that Early Childhood would move from the Department of Human Services to the Department of Education.

This is a significant step and for the first time in NSW we see early childhood education and care as part of the education continuum. In effect, the Department of Education now has as its brief children from Birth to 18 years. There is lots of work to be done on how this will work and how the complex world of early years service provision will be looked and be cared for within the DET. But I'm hopeful that this amazing change will see the early years have greater influence on schools and the continuum of learning.

There is a national focus on the early years in our nation. We see all governments realizing that if we support children and families in the formative years then we make a difference across the whole of the life span.

The provision of high quality care and education for children under five years, with high staff child ratios, highly trained staff, a program lead by university trained early childhood teachers, a play based curriculum, environments that support children's play and learning and that reflect the natural world are seen as critical factors by all governments and reflect the new National Agenda for Early

Childhood. This is supported in the new National Quality Standard that begins in 2012, the Early Years Learning Framework that forms the basis of the early years curriculum and articulates into the new National Schools Curriculum, and a new national regulation covering all early childhood settings.

Changing tack ... Did you read the recent article in Time Magazine on childhood depression? Jeffrey Kluger's article "Small Child, Big Worries" (Time, 21st March 2011) examined the rise in anxiety and depression in young children and some of the research that is being undertaken in this field.

What the research tells us so far is that we are unsure of what causes a child to become anxious or depressed. It could be partly genetic, but it is more commonly linked to environmental and behavioral factors that the child is growing up in. If you are raising a child in an environment of violence, fear, where there isn't enough love, play and emotional support for the child and the adults who care and raise the child then the outcomes will be poor.

If you can change the circumstances for the adults, then you change and brighten the circumstances for the child. Maggie Dent's building blocks to resilience outlines simple steps, that are essential if you want to change the circumstances of how children are raised. We each have a part to play in this. We need to ask ourselves when we see a parent not coping or in distress, how can I make a difference? How can I support them to be the best parent they can be.

Be the person you want your child to be. Adults are the role model for children.

10 BUILDING BLOCKS TO RESILIENCE

Maggie Dent in her recent visit to Griffith spoke about the 10 important building blocks that support children to be resilient, capable and resourceful learners.

1. Positive healthy pregnancy
2. Good nutrition and sunlight
3. Safe nurturing care within the family circle
4. Plenty of play
5. Opportunities to build life skills
6. Meaningful involvement with positive adults.
7. Clear boundaries
8. Absence of stress
9. Self mastery
10. The ability to strengthen the spirit.

Griffith Blood Bank

Child and Family Counselling Service

Griffith Early Intervention Services

BLOOD IN SHORT SUPPLY - DONATE TODAY !!!

Hello Supporters,

As you can see from the information below and you may have heard the call on the news the ARCBS is critically short of blood at present which is not good coming into a five day public holiday period.

If you receive a call or SMS to donate please don't ignore the need for blood at present and donate soon. If you have colleagues who have never donated before here's a great opportunity to encourage them, after all the life they save could be their own or that of a loved one.

The Griffith Blood Bank have partnered with the RELAY FOR LIFE event this year to highlight the importance Blood Products make to improving the lives of Cancer Patients. This is an opportunity to raise awareness of PLASMA donation and new developments at the Donor Centre.

Please spread the word to your contacts and show your support of our valuable service. Appointments available every day over the coming weeks so call 13 14 95, Roll up Your Sleeves together and donate blood.

WE ARE OPEN FOR COLLECTIONS

Lower ground floor,
Griffith Base Hospital
P: +61 2 49258402

MONDAYS	1PM - 6PM
TUESDAYS	2PM - 8PM
WEDNESDAYS	11AM - 3PM
1ST FRIDAY OF MONTH	10AM - 2PM

"Please support our CLUB 500 initiative by motivating someone you know to become one of the 500 NEW DONORS needed in Griffith in 2011."

Do something special. Give blood.
Call 13 14 95 or visit
donateblood.com.au

Child & Family Counselling



What does the child and family counselling service provide?

- A family friendly counselling service for children, young people and their families.
- Specialist interventions in anxiety, depression, self-esteem, behaviour, grief and loss, separation, anger management, and trauma.
- The use of the sandtray, art therapy, and play therapy techniques
- A wholistic approach involving the whole family, narrative therapy a really lovely approach when working with children, strengths based work, and solutions focussed brief therapy.
- A professional service being a member of C.A.P.A nsw inc.
- Experience working with children and families over the past 10 years in varied and different roles including child protection, youth work, and primary school counselling.

Shop 12 Griffith City Plaza Griffith
Appointments
call Katie Bryant on 0415458876
The Child and Family Counselling Service

Early Childhood Intervention

At the beginning of the year Griffith Early Intervention Service voiced their intention to merge with Kurrajong Waratah. It is anticipated the merger will be finalised by 1st July, 2011.

Kurrajong Early Childhood Intervention Service is under the umbrella of the Kurrajong Waratah organisation. Through Griffith Early Intervention Service merging with Kurrajong Waratah Griffith Early Intervention Service will

have access to the systems and procedures of Kurrajong Early Childhood Intervention Service. Kurrajong Early Childhood Intervention Service is nationally recognised as a high quality early childhood intervention service and provides support, therapy and education services to families and their children with a disability and or developmental delays.

The merger with Kurrajong Waratah will support Griffith Early Intervention Service to grow and extend its practices and services. Kurrajong Waratah will provide administration support to Griffith Early Intervention Service and Annette Ryan will remain employed to support the administration processes. Overall Griffith Early Intervention Service will be managed by Kurrajong Early Childhood Intervention Service but more importantly maintain is local identity.

As the Service Manager of Kurrajong Early Childhood Intervention Service I will extend my role to support Griffith Early Intervention Service. I will be visiting Griffith Early Intervention Service on a regular basis to provide mentorship and assistance with service planning.

The merger with Kurrajong Waratah is an exciting opportunity for Griffith Early Intervention Service to be part of a larger organisation and leading edge early childhood intervention service.

I am greatly looking forward to working with the Griffith Early Intervention Service team and meeting families and children.

Susan Macgillycuddy

Service Manager



SMART Recovery

Western Riverina Family Day Care Scheme

Ningana Enterprises Market Garden

SMART Recovery Australia

S.M.A.R.T Recovery – Self Management and Recovery Training is a community based, not for profit charity, set up to promote and support the provision of the SMART Recovery program in the community. It is delivered via self-help



groups in which people learn and practice skills derived from Cognitive Behavioural Therapy and Rational Emotive Behavioural Therapy in order to manage and overcome their

addictive behaviours.

The SMART Recovery program is made up of 4 key components:

Point 1: Enhancing and maintaining motivation

Point 2: Coping with urges

Point 3: Problem solving

Point 4: Lifestyle balance

SMART Recovery offers an alternative to the 12-step programs, such as Alcoholic Anonymous, in the community. People now have a choice and may even decide to attend both groups for different reasons. SMART Recovery is based on well researched cognitive behavioural practices. The emphasis is on self management.

The SMART program provides a solid structure with a participants' manual that gives easy to follow suggestions. People are helped to meet challenges and develop ideas and strategies and taught skills to manage their dependence.

Every Thursday 1.00 pm – 2.30 pm, at Griffith Neighbourhood House Community Centre, 80 Benerembah Street, Griffith. For more information, phone 02-6962 4144

Western Riverina Family Day Care Scheme

WRFDCS provides a flexible, high quality home based childcare service. Registered Educators provide education and care to small groups of children in a warm, family setting. Childcare is available for long day care, preschool, before and after school, for shift workers, on weekends and overnight.

Financial assistance for childcare fees is available to eligible families through the Family Assistance Office as either a weekly fee reduction or a lump sum after the end of the financial year.

WRFDCS is a Nationally Accredited Service and is licensed through the Department of Human Services (Community Services). WRFDCS is a non profit community based organisation overseen by a volunteer Management Committee.

WRFDCS has an ongoing recruitment process for Educators who work from home running their own small business, setting their own fees and hours of work.

WRFDCS is holding an open day during National Family Day Care Week. Interested community members are encouraged to come along, collect information, speak to staff and have a bite to eat on Wednesday May 11th 2011 between 9am and 4pm.

Contact details:

Address: Shop 1, 18-20
Probert Ave, Griffith, NSW, 2680

Phone: 02 6964 3440

Email: counter@wrfdc.com.au

NEW ENTERPRISE

NINGANA ENTERPRISES INC chemical free strawberries have been a very popular produce grown at NEI Market Garden. Due to the success of our 11,000 strawberry plants we had significant excess produce and have commissioned Riverina Grove



to manufacture NEI's very own chemical free Strawberry Jam.

Production will be starting in the very near future and the product will be available from our main office at If you would like to purchase our jam please feel free to place an order either in person or by phone.



NEI

Market Garden is proudly funded by the Australian Government and provides employment opportunities' for people who have a disability



1 Kooyoo St GRIFFITH
PH: 6962 3162.



What is ON FIRE?

A new service available to families in the Riverina.....

The purpose of ON FIRE is to cultivate hope, resilience and wellbeing in children and young people aged 8-17 yrs in families affected by mental health issues.

The Vision

ON FIRE vision is for our members to learn, grow, and flourish.

The objectives of ON FIRE are:

1. Increase positive emotions (by providing children and young people with opportunities to have fun, enjoy leisure, and experience respite)
2. Increase social belonging and engagement (by providing children and young people with opportunities to experience peer support and interact with positive adult figures).
3. Increase social-emotional life skills (such as hope, positivity, resilience, and positive coping, awareness, through individual coaching and group discussions and activities).
4. Increase knowledge and understanding about mental illness, mental health, and wellbeing.

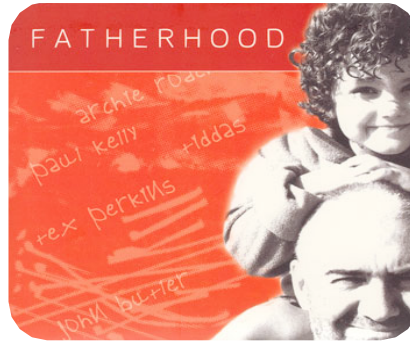
These objectives are achieved through a range of program activities including regular fun days, camps, tele-chat groups and coaching. The

ON FIRE is supported by funding from nib foundation and auspiced by The Schizophrenia Fellowship of NSW Inc.

ON FIRE is currently recruiting volunteers to assist with the program.

For further information about the program and up coming FUN DAYS & CAMPS contact ON FIRE Area Co-ordinator Wagga Wagga, Bev Denley

Ph: 6925 9259 or 0422 371 322 E: beverly@sfnsw.org.au



THE FATHERHOOD INITIATIVE.....

The fatherhood initiative is a programme designed to support peace, health and positive parenting in the important role of being a dad.

Griffith Connections have embarked on a programme to support the role of fatherhood in the Griffith community. This initiative is a response to recommendations made by parents in feedback from other parenting workshops and seminars.

The program provides not only provides support for men to discuss their roles as dads today, promoting a father's active presence in their children's lives, it seeks to build men's capacity within their families so that their experience of fatherhood is enriching for themselves and their families. Fatherhood Initiative also provides support for men who parent from a distance to have a productive and meaningful role in the lives of their children.

Fatherhood sessions, with dads only, have already been introduced, in partnership with the antenatal course at Griffith Base Hospital as an introduction to the Fatherhood Initiative.

Research has shown that children perform significantly better in the classroom with the interested involvement of their dad.

Griffith Connections have designed a monthly programme of talks highlighting issues surrounding fatherhood, culminating in a Fatherhood Festival on September 3, 2011 (Father's Day) at Griffith Cottage Gallery. This will be a day of great entertainment and celebration of the gift of fatherhood.

We look forward to hearing your stories, sharing your challenges and seeking positive solutions to parenting issues in your life. These sessions are held in the informal setting of the Griffith Leagues Club.

Antenatal Classes: FREE

Monthly Sessions: \$10/session or \$35/ 4 sessions

FATHERHOOD

The toughest job you will ever love!

For Dads Only

Dr Robi Sonderegger is a Clinical Psychologist renowned for taking psychology

from the frontline to the home front

Dr Robi's

PRACTICAL TIPS FOR SAFE INTERNET USE

- Teach children ethical online behaviour.
- Limit the amount of time the internet may be accessed, and set firm boundaries around its use. At work, we sign internet ethic and boundary contracts. Do the same at home with family members and demonstrate (by example) healthy surfing habits.
- Computer passwords should not be allowed for children. Computers should always be kept in common areas and online accounts be easily monitored.
- Make it your business to know what internet sites your kids visit, who their online chat friends are (who is on their buddy list), and monitor chat room discussions.
- Never allow kids to delete Website Browser History (time/date coded) or Messaging and Chat Room dialogue logs.
- Ensure open and comfortable dialogue about internet risks (including sexually explicit material and online predators) with your kids, such that when (not if) they are exposed to inappropriate content (intentionally or unintentionally), they feel safe to talk to you about it.
- Have a generic family email address, allowing all correspondence to be transparent.



DR ROBI SONDEREGGER

presents

KEEPING IT SAFE....

practical tips for safe internet use.

Griffith Southside Leagues Club

May 4th, 2011

6.30 - 8.30pm \$10

TICKETS AVAILABLE

GRIFFITH SOUTHSIDE LEAGUES CLUB

WHAT'S ON IN GRIFFITH..

MULTICULTURAL TALKS

ART SESSIONS FOR
PARENTS AND
CHILDREN

INTERNET PROOFING
FAMILIES
INFORMATION
NIGHTS

SESSIONS AT LIBRARY
FOR PARENT AND
CHILDREN

TALKS ON CARING FOR
ELDERLY WITH DIABETES

FIRST TIME PARENTS
INFORMATION
SESSIONS FOR DADS

NATIONAL FAMILY DAY
CARE WEEK
CELEBRATIONS

NATIONAL SORRY DAY
26 MAY

NATIONAL
RECONCILIATION WEEK
27 MAY - 3 JUNE

MABO DAY
3 JUNE

Calendar of workshops, forums, talks etc in Griffith

MAY

Tuesdays May

BABY BOUNCE & RHYME TIME

0 -2 YEARS

GRIFFITH REGIONAL LIBRARY

10 - 10.30 FREE

FOR MORE INFO PH: 0269622515

4 MAY

DR ROBI SONDEREGGER

PRESENTS

KEEPING IT SAFE....

*practical tips for safe internet
use.*

6.30 - 8.30PM \$10

GRIFFITH SOUTHSIDE LEAGUES CLUB

PH: 0269626833

FRIDAYS MAY

2-5 YEARS

GRIFFITH REGIONAL LIBRARY

11AM - 12PM FREE

FOR MORE INFO PH: 0269622515

6,14,21,28 MAY

ART4KIDS

0 -5 YEARS

GRIFFITH REGIONAL ART GALLERY

FOR MORE INFO PH: 0269625991

10 MAY

FATHERHOOD INITIATIVE

PARENTING ISSUES, RELATIONSHIPS &
COMMUNICATIONS

(DADS ONLY)

6.30 - 8.30PM \$10

GRIFFITH SOUTHSIDE LEAGUES CLUB

PH: 0269626833

18 MAY

ISLAM & LIFE OF AUSTRALIAN MUSLIMS

BURLEY GRIFFIN ROOM

GRIFFITH REGIONAL THEATRE

1-3PM FREE

INCLUDES AFTERNOON TEA

PH: 02 69629985

19 MAY

CARING FOR THE ELDERLY WITH DIABETES

GRIFFITH EXIES CLUB

1-5PM \$10

PH: 02 69718400

24 MAY

ANTENATAL CLASSES

TIPS FOR FIRST TIME DADS

GRIFFITH BASE HOSPITAL

NURSE TRAINING CENTRE

FREE

PH: 0269626833

JUNE

7 JUNE

FATHERHOOD INITIATIVE

FATHERS IN SCHOOL & CHILDCARE

PH: 0269626833

21 MAY

ANTENATAL CLASSES

TIPS FOR FIRST TIME DADS

GRIFFITH BASE HOSPITAL

PHaMS

(Personal Helpers & Mentors)

The Personal Helpers & Mentors Program (PHaMS) is a program that supports people whose lives are severely affected by mental illness. It is a key part of the Australian government's Mental Health package which was announced in the 2006 Budget and is part of the Council of Australian Government's National Action Plan on Mental Health.

The programme focuses on strengths - what people with mental illness can do, rather than what they can't do. It focuses on recovery - demonstrating that people with mental illness can lead a fulfilled life in the community with the same opportunities as other people.

People who join the programme will work with their own Personal helper and mentor who will support them on their recovery journey.

For more info :
GRIFFITH CENTACARE
140 Yambil St
GRIFFITH
PH: 69641447



Personal Helpers
& Mentors Program

An Australian Government Initiative