



Inspiring Independence, Transforming Lives

Newsletter Term 2, Week 7, 4th June 2021

Principal's Message

Reminder!
Next Friday 11th June
is a pupil free day

Dear Parents, Students and Friends of St Edmund's,

National EREA Principals' and Business Managers' Conference

Last week I attended the National EREA Principals' and Business Managers' Conference in Brisbane. This was the first time this group had gathered since the first outbreak of COVID-19 so it was a great opportunity to reconnect with colleagues from across the country. This year's theme for the Conference was 'Looking out the window to the quay'.

Shortly after the death of Edmund Rice's wife Mary he felt God's calling to move away from his successful business and take on religious life. During this time of discernment, he was challenged to support those in need. The need was present just outside the window of his business in Waterford where the young poor boys roamed the docks seeking a better life. Like Edmund, we are challenged as an Edmund Rice School to support those in our community and ask 'Who are those in our school community who need our support? Who are the marginalised and most vulnerable? How do we seek to support those who need our support and assistance?' This was the challenge presented to us during the Conference.

During the Conference we also had the privilege to Walk Country with Uncle Joe Kirk, a Turrbul Elder and a great friend of EREA who led is through the city along the Brisbane River. He shared the stories of the vibrant Aboriginal communities who lived in the area for thousands of years and who endured the pain and destruction of colonisation. He also affirmed the great importance that education plays in reconciliation and the pivotal role that schools and educators play in bringing about a shared understanding and commitment to working for a more just Australia.

Eddies Big Night Out

This week I attended another of our Eddie's Mates meetings as part of the preparation for Eddie's Big Night Out 2021 on **Saturday 17th July.** Eddie's Mates, for those parents who are unaware, is a group of well-connected businessmen, some of whom are current parents at the College, some are former parents, and some have no connection to the College but have been heartened by the students and the sense of purpose we provide for our young people. This group has been together since the start of our Eddie's Big Night Out events and in that time have helped raise over \$2 million for the College, through their business connections, known supporters and their own wallets. This magnificent support has afforded new classrooms, air conditioning, technology, the main playground, buses, the commercial kitchen and recently, increased internet connectivity. To say this has made a difference is an understatement.

The College is once again abuzz with excitement in preparation for Eddie's Big Night Out 2021. This night is well known for its great atmosphere and spirit, both strong enough to bring many of you back year after year. After missing a year last year, I ask you to please consider attending as a means to connect with friends and experience this truly wonderful community event and all that it has to offer. Book a ticket or get together with your child's class parents and book a table if you can. The students have been practising dancing and drumming routines, honing their serving skills as part of Hospitality and parents have been wrapping prizes for the raffle and silent auction. It is such a joy to see and hear the 'noise' that this much needed event creates. All of us at the College are looking forward to celebrating as a community and celebrating 70 years of dynamic education at St Edmund's. We hope that you can be a part of it.

Please see over ...

Principal's Message continued ...

Wahroonga Rotary Club

Today three members of Wahroonga Rotary joined us for our Assembly. Janelle Speight, President, Peter Kirkwood, President-Elect, and Jo Karaolis presented two very special Awards. The first Award was to St Edmund's College and was a Community Caring Award for the care given by our staff to our community during the challenges of the COVID-19 pandemic.

The second Award was presented to Mr Terry O'Keefe and was a Community Service Award. This acknowledgement of Terry's many years of service to St Edmund's was richly deserved and very popular with our students.



Staffing

I write to advise you of some staff changes at the end of Term 2.

Mrs. Tina Portelli will be retiring at the end of the term so that she can spend more time with her family. We wish her all the very best for this new phase of her life.

Mr. Lionel Dickman will also be concluding his role in the Grounds and Maintenance Team after 25 years' dedicated service. Mr. Dickman has been working part-time and due to the ongoing and increased demands of the building program and associated works, his role has been restructured and will move to a full-time position at the end of the term.

Mrs. Eva Southern will also leave St Edmund's at the end of this term to take on the position of Year 8 Teacher at St Lucy's School. Mrs Southern could not pass up this opportunity, given her long standing employment at the school for many years. Given Mrs. Southern's experience at St Edmund's, she will be able to assist St Lucy's with the establishment of their newly developed high school program - a role that she is very excited about and which she will contribute to over the coming years.

We will have an opportunity to thank Mrs. Portelli, Mr. Dickman and Mrs. Southern for their service to the St Edmund's College community. An advertising campaign is underway to find replacements for these positions and once completed I will advise the College community accordingly.

Pupil Free Day - Strategic Planning

On Friday, 11th June, Bob White - Former National Director of Identity for EREA, will lead staff through a values based strategic planning process. This process is based on the understanding that all planning is founded on values. Values anchor the operations of the College and form the short and long-term direction for the College community. I look forward to all members of the College community contributing to this very important document and using this information to help set the direction for the College into the future.

A parent evening has also been scheduled for Tuesday, 15th June and further information is contained in this edition of the Newsletter about the evening. I encourage all to attend. To RSVP to this important evening, please click on the link https://www.trybooking.com/BRVDH

Best wishes for the week ahead.

Jon Franzin
PRINCIPAL





Deputy Principal's Message ...

DISCO: It was fantastic to see our students enjoying our first College disco in a long time last Friday night. We had about 70 students who attended and the students had a fabulous time with their friends. A big thank you to DJ Andy and all of the staff who were there to support this event and ensured it went smoothly for students.

STAFF DAY: Next Friday 11th June/Queen's Birthday long weekend: A reminder that there will be a staff day on Friday 11th June. *This means that students will not*

attend the College on this day. The day will be used by staff to undertake training and to participate in strategic planning focus groups to develop the College Strategic Plan for the next 3 years. A reminder also that the following Monday is also a pupil free day due to the Queen's birthday public holiday.

CAMP: Our Year 7/8 students have enjoyed a wonderful few days so far at Stanwell Tops near Wollongong. Thank you to all of the staff who have facilitated this wonderful experience for our students and I hope that our families enjoy hearing all about their child's exciting stories upon their return this Friday.

BEANIE/SCARVES: As the weather becomes cooler, please ensure that your child has their blazer or jumper each day. If you require a new beanie or scarf, please contact Wendy in the uniform shop on scott@stedmunds.nsw.edu.au

VOLUNTEERS: St Edmund's is fortunate to have a very dedicated and loyal band of volunteers who come into the College through the week to work in classrooms and assist our teachers and our students. Unfortunately due to COVID, we have been unable to have them on site but thankfully, last week, all that changed. We have now been able to welcome back three of our volunteers, Diane, Geoff and Kathy and it was a joy to see the delight on the faces of our students and our staff as they joined our community once again.

MUFTI DAY: A big thank you to all the students who came along to our Mufti Day last week dressed in the colours of the Indian flag. The theme for our Mufti Day was to help support the Mithra Rehabilitation Centre in Chennai India, a school very much like our own but without the wonderful resources we are so fortunate to have. They have also been experiencing extremely difficult times during the pandemic so everything we can do for them will be very much welcomed. Altogether we raised \$270.10.

Rebecca Kirwan Deputy Principal



The Dish

Many thanks to the members of our community who support our outreach The Dish each term. The donations last week of such wonderful meals and large numbers of blankets were most appreciated in this very cold weather.

Jason Scanlon



Mission and Identity

EUCHARIST AS FOOD FOR THE JOURNEY - To go out to be like Jesus in the world

Go forth, the Mass is ended. The word 'Mass' comes from a Latin word missa which means 'dismissal'. We gather for Mass, celebrate Mass and are then dismissed with a mission: to go out and be like Jesus in the world; living life with, and for, each other so that we become one community one body, one spirit in Christ. When we go out from Mass,

Jesus is with us. 'I am with you always, to the end of the age.' (Mt 28:20) We are nourished and strengthened by sharing the Eucharistic meal with those gathered.

The Feast of Corpus Christi – The Body and Blood of Christ is a feast day to highlight that the Eucharist is a gift of life and for life. Our Communion in the Risen Christ extends beyond our psychical world and links us to the Communion of Saints in heaven. Sunday Mass is the event where we sit at the feet of Jesus to listen and learn so that our lives are changed. Jesus' real presence during the Eucharist helps us to go and be like Jesus in the world. This can be difficult, particularly if others at work and play do not think or act the same way.

Every day we are called to be people of faith, hope and love. This means to be strong in what you believe is right and to serve those in need, especially the disadvantaged. It also means to show love, even to your enemies. To be hopeful is a way to live a Eucharistic life. To bring hope to people who are suffering and in need is a special gift that Jesus calls us to give. We are called to develop different ways of being hopeful for ourselves and for others. In doing this, we are sharing the real presence of Jesus with those we meet and help. In the Eucharist we receive the Risen Body of Christ and the power of the Holy Spirit, along with the Church's companionship (the word literally means 'those who share bread') to strengthen us for our journey by an intimate contact with God.

It helps now and then to step back and take the long view.

The reign of God is not only beyond our efforts.

It is beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is another way of saying the reign of God always lies beyond us.

No statement says all that could be said.

No prayers fully express our faith. No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the church's mission.

We cannot do everything but there is a sense of liberation in realizing that, because this enables us to do something and do it well.

It may be incomplete but it is a beginning, a step along the way, an opportunity for God's grace to enter and do the rest.

YEAR 9 SPIRITUALITY DAY: Year 9 had their Spirituality Day last Friday 28th May, visiting Mary MacKillop Place and St Mary's Cathedral. It was a wonderful experience to see and engage with the story of St Mary MacKillop in a place where she lived and worked so many years ago. The spirit of St Mary MacKillop certainly continues and the students enjoyed being part of her story. We also travelled to St Mary's Cathedral and participated in Mass. Students were also invited to the Crypt of the Cathedral and shown around the burial places of former Archbishops including Cardinal Clancy and the first priest to Australia, Fr John Therry.







Jason Scanlon
Assistant Principal Religious Identity &
Mission

Congratulations to **Ben P of Year 10**, who was selected to compete in the All Schools Swimming Championships last Friday 28th May at SOPAC, as a member of the NSWCCC Swimming Team. This is a state wide competition for elite competitors from Catholic, Independent and State schools.

Ben's selection into the NSWCCC Swimming Team was well deserved after receiving the following results:

1st place in 50m freestyle 1st place in 50m butterfly 1st place in 50m breaststroke 1st place in 50m backstroke

1st place in 100m freestyle.

Ben's swimming performance in the NSW All Schools Swimming Championships was also outstanding. He achieved:

4th place in 50m freestyle (30.03 PB)

4th place in 50m butterfly (36.08 PB)

4th place in 50m breaststroke (45.03)

8th place in 50m backstroke (42.92)

4th place in 100m freestyle (1.12.93 PB)

2nd place in CCC Team relay (Silver medalist)

Our College community congratulates you Ben!



Lois Horne Coordinator PDHPE

Students enjoy a walk on the new concrete slab









Students were also shown samples of tiles, wall coverings and floor coverings.

Our new building is starting to come alive!



From the Parent Group

So I got asked the question by my son "Why do I go to St Edmund's? Why don't I go to the same school as my brother?"

It's not the first time I have been asked this, but each time the answer required is expected to have more details and it is always followed by another why? So I answer his questions, which he always seems to accept and moves on, however they always leave me feeling a

bit down. I know we, as parents, get that. I can't put it into words but if I was talking to one of you parents or carers, I wouldn't have to, there would be a nod and a look that says 'I know how you feel' - and you really do.

I didn't understand that I would get that when I enrolled Tom at a special needs school all those years ago; I didn't realise that Tom, being a part of a school, meant that I was part of this amazing community that just gets it! That he would benefit and I would too.

That is why we need to gather as a school community and celebrate St Edmund's, with those who support us through fundraising for those we love the most. *Eddie's Big Night Out raises awareness about St Edmund's and also our children.* It gives the community a chance to donate however it gives us a chance to unite, to enjoy and to appreciate with those who get it the most.

To be able to be amongst the parent community and to see people in a room support our students, for no reason other than because they want to, leaves you feeling rather hopeful about the future for our children; that there are generous people in the world, not just generous financially but from their heart as well.

So I really encourage you to consider coming to this event, with fellow parents, your friends or extended family. Or even on your own. There will be parent tables with space available on them; another wonderful opportunity to meet Eddie's parents. COVID-19 last year stopped this event. It was such a disappointment, so let's get together while we can!

BONUS - if you haven't already used your **NSW Dine and Discovery \$25.00 vouchers** you can redeem them when you book your ticket at the humanitix checkout.

Please read the beautiful message from one of our parents, Louise, mum to Brendan in Year 11 on the next page of this Newsletter. She has written this to other parents and specifically to Year 7 and 8 parents who have not experienced Eddie's Big Night Out before. I hope Louise's letter helps you to decide to come along on the night to support our children and to support St Edmund's. She has also given us lots of ideas to help complete our prizes for the auctions. Enjoy the read!

"The greatest strength of my child's school is the community. My children have made many friends, as have we, with other parents".



Janine Eastham, Tom's Mum Parent Group Leader

Parent Group

A message from a Year 11 parent to Years 7 and 8 parents ...

I am writing to you to let you know some details about Eddie's Big Night Out as your child is either in Year 7 or Year 8 and EBNO is new to you.

Our son Brendan is in Year 11 and just loves going to Eddie's each day. We are really excited about EBNO as we have been participating in this event every year since Year 7 (unfortunately last year, as you know, was cancelled due to COVID-19). Our daughter volunteered at the event as part of her Bennie's outreach hours when she was in Year 9 and enjoyed the event very much. She was amazed at how everyone was supporting her little brother and his friends!!

When Brendan was in Year 7 we were not sure what to expect. Without wanting to ruin any of the elements of the evening, I would have to say it is probably unlike any other experience you have had before and you have so much fun. The buzz of the room and the joy our Eddie's kids bring us is like nothing else!! (leaving the kids at home for the night and being able to spend time with your partner is just the start!) Being special needs parents, we all know what a massive effort it is for us to leave the house. Feeling the joy in the room and knowing that everyone is there for our kids, is a privilege.

Organising a table with your year group is a great way to get to know the other parents. We know how special our kids are, wait until you see how special they are to all of the EBNO guests.

The College has asked us to supply prizes. I know after coming off the back of primary school and all the fundraising commitments it sometimes feels exhausting but we are very fortunate that this is the *only* fundraising the College asks of us. There prizes form part of the Silent Auction and Live Auctions. Let me tell you from experience that no prize is too large or too small. If you are like me, you have to take a big breath before you ask for sponsors to donate. Hopefully you will be pleasantly surprised by donations. If asking for prizes isn't your thing, no problem - a cash donation to the College office will allow prizes to be purchased so that they can be auctioned and it is tax deductible too.

- Try and think of companies you do business with, where you shop, where you spend money or any household large items that you need. Are you about to make a white goods purchase (i.e. can you ask the store you purchase from to donate a gift when you are buying a new fridge?)
- Are you having your car serviced; will they donate a voucher?
- Do you have a local nursery who will donate plants or a voucher?
- Do you buy tickets to events eg; Waratahs rugby, State of Origin, netball, AFT soccer; as you have already purchased tickets from them, will they donate tickets to you?
- How about approaching the sponsors of box seats at Stadium Australia? They are allocated tickets to every game as part of their sponsorship
- McDonalds/KFC/Hungry Jacks might like to donate a coffee card/icy drinks for a year or 50 x Big Mac's (one per week)
- Your local bottle shop may donate a bottle or two of champagne next time you are there
- Think of any businesses running promotions. I have heard radio ads for Star Casino they may donate a hotel night stay
- Where was your last holiday? Will that venue donate a night?
- Does your workplace have suppliers? I was able to use an old corporate contact for some prizes
- Attractions you have been to
- Xbox, PlayStation will they donate one?
- Gold Coast theme park tickets?
- Pet barn?
- Luxury care hire?

It is exciting on the night to see how much is raised from the items that you donate. Once you get the first 'yes' it is much easier to ask again. If you would like support, I am happy to help, just give me a call on 0403 707 908.

Thank you, Louise John Brendan's Mum, Year 11



CORPORATE TABLES - PLEASE CLICK HERE





Eddie's Big Might Out

CELEBRATING 70 YEARS OF DELIVERING DYNAMIC EDUCATION TO STUDENTS WITH DISABILITIES

MATE'S TABLE OPTIONS

TOP MATE TABLE \$10,000

- 2 tables of ten guests each
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening
- Half page advertisement in the Events Program
- (\$6,400 tax deduction sponsorship)

BEST MATE TABLE \$5,500

- I table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening
- Quarter page advertisement in the Events Program
- (\$3,700 tax deduction sponsorship)

GREAT MATE TABLE \$3,500

- I table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening & in the Events Program
- (\$1,700 tax deduction sponsorship)

All Mate's Tables can be booked online on https://events.humanitix.com/ebno2021 or please email Cathy McNally-Sheppard at events@stedmunds.nsw.edu.au to discuss securing your Corporate table or for any enquiries.

Thank you.











We need YOUR help with our Eddie's Big Night Out 2021 prize pool.

HOW CAN YOU HELP?

SOURCE PRIZES AND/OR VOUCHERS FROM BUSINESSES YOU FREQUENT:

Suggestions - hotels, restaurants, your local shops, beautician, hairdresser, butcher or family and friends' contacts.

ITEMS WE NEED FOR HAMPERS:

Gourmet items: specialty oils, pickles, mustards, vinaigrettes, dressings, olives

Sporting items: balls, sport towels, hiking, golf Baby / Toddler / Kids items/educational toys

Alcohol for hampers

LET US DO THE SHOPPING FOR YOU:

We know you lead busy lives so we are happy to do the shopping for items for our Silent Auction hampers for you. Please send your taxable donation to the College Office marked 'Donation EBNO'.

COME ALONG TO THE EVENT BRING FAMILY & FRIENDS

Bring a table of 10 or join a year group table. Please click on the link below for more information.

https://events.humanitix.com/ebno2021

If you have any questions please email Wendy Scott on scott@stedmunds.nsw.edu.au.

Thank you for your support!

Around the College Awards

Students of the Week:

7F	Evangelia and Elle	7V	Finley and Gemma
8T	Arpita and Bradley	8S	Liam and Rosie
9C	Christian and Moses	9E	Kavya and Tom P
10M	Tom E and Teena	100	Athena and Mark
11J	Ben M and Angelica	11S	Owen and Ryan
12 G	Angelica and Michaela	12L	Grace and Shontelle

Eddie's Best:

7F	Isaac	7V	Riarna
8T	Lauren	8S	Ella
9C	Sean	9E	Zane
10M	Victoria	100	Sam
11J	Josh W	11S	Lorelle
12 G	Mitch	12L	Anant

Seniors and Disability Bowling

Ten pin bowling has never been so fun. Anyone with a valid seniors card, disability card or carers card can now enjoy \$8 ten pin bowling games all day on Thursdays (10.00 a.m. - 10.00 p.m.) and Fridays till 5.00 p.m. Bookings can be made by emailing theattic@hornsbyrsl.com.au or by phoning 9477 7777.

Absentees

If your child is absent from the College for any reason:

- ⇒ Please phone Mrs Acret in the College office or email: secretary@stedmunds.nsw.edu.au on the first morning your child is absent so that the homeroom teacher can be advised; and
- ⇒ A written note (or email) must accompany your child when he/she returns to the College this is a legal requirement for the class roll.

Requesting Leave during College term (for any reason)

It is expected that every endeavor is made for students' leave to be taken during the College holidays. If however, this is not possible, a request should be:

⇒ Emailed to Mr Franzin on **franzin@erses.nsw.edu.au** asking for permission and giving the reason for the leave. The necessary form will be emailed back to you to be completed and returned to the College. Mr Franzin will respond to your email, copying in the Homeroom teacher and Mrs Acret. This is also a legal requirement for the class roll.

Around the College - Important Dates

Term

Thu 10th Jun Term 2 Men's Group Meeting at St Edmund's -see this Newsletter

Fri 11th Jun Staff Day (pupil free day)

Mon 14th Jun Queen's Birthday public holiday

Tue 15th Jun Strategic Directions Planning Meeting for Parents - see this Newsletter

Fri 18th Jun Leadership Assembly & Cadet Graduation

Fri 18th Jun Last day of Term 2

Term 3

Mon 12th Jul First day of Term 3 for students and staff

Sat 17th Jul Eddie's Big Night Out (Miramare Gardens, Terrey Hills)

Tue 3rd Aug Subject Selection Evening Fri 6th Aug Disco (former students only)

Tue 10th Aug Term 3 Men's Group Meeting at St Lucy's School

Tue 17th Aug Term 3 Mufti Day

Fri 13th Aug Staff Day (pupil free day)

Tue 31st Aug Athletics Carnival (to be held at PLC Pymble)

Fri 3rd Sep Father's Day Breakfast
Tue 7th Sep Father's Day Breakfast
Term 3 Parent Group Meeting

Thu 9th Sep St Edmund's Golf Day
Fri 10th Sep Eddie's Got Talent
Wed 15th - Fri 17th Sep Senior Retreat
Fri 17th Sep Last day of Term 3

Term 4

Mon 4th Oct Public Holiday

Tue 5th Oct First day of Term 4 for students and staff
Tue 12th Oct Swimming Carnival (to be held at PLC Pymble)
Fri 22nd Oct Term 4 College Disco (current students only)
Thu 28th Oct Term 4 Men's Group Meeting (external venue)

Tue 2nd Nov Term 4 Mufti Day
Wed 10th Nov - Fri 12th Nov Years 9 & 10 Camp
Tue 23rd Nov Term 4 Parent Group Meeting

Tue 10th Nov
Fri 19th Nov
Abbotsleigh Concert
Fri 26th Nov
Tue 30th Nov
Fri 3rd Dec
Fri 3rd Dec
Fri 3rd Dec
Last day of Term 4



Canteen Roster - Term 2

WEEK / DATE	YEAR GROUP	NAME
Week 8 8 June	7	Georgia Hicks, Tessa Tobin, Tina Triantafilakis
Week 9 15 June	8	Scarlett Howard, Con/Cordelia Kalantzis, Angela Roberts

Men's Group - Exciting guest speaker

The Men's Group is a quarterly 'get together' for a few drinks and a light dinner with other dads from St Edmund's College and St Lucy's School. We have lots of laughs, share stories and discuss relevant topics around the pressures that our families encounter from day to day. Come along and bring another dad from your child's class!

As this will be Mental Health Week, Ku-ring-gai Council have asked if they could join our meeting and provide dinner. The focus for this meeting will be facilitated by **David Smith** who is the Managing Director of Employ for Ability Pty Ltd and is a neurodiversity employment specialist. Among David's extensive qualifications is a Graduate Certificate in Autism Studies from Griffith University. David will share his own personal story, having a son who is neurodiverse and will discuss some of the signs and symptoms to look for in your own mental health and some of the services available. David will hold a discussion on understanding communication and interpreting behavior in relationships with partners and your children with psychosocial disability.

Our Term 2 gathering is **Thursday 10th June at St Edmund's.** Please see the Important Dates in this Newsletter for all the 2021 dates.

6.30 p.m. Light dinner and drinks

7.00 p.m. - Discussion and guest speaker

8.00 p.m.

Venue: St Edmund's College hall

RSVP: Cathy Laing on 9487 1044 or email laing@stedmunds.nsw.edu.au

Please watch for reminders in these Newsletters and also information on who the guest speakers will be at the upcoming meetings.



Semester 1 Reports

Reports for each student in years 7-12 will be published on Sentral Parent Portal on Friday 18th June at 5.00 p.m. These Reports give an overview of your child's learning and progress this semester.



This semester the College Reports will follow a different format to previous years. This change is intended to give parents a more wholistic view of their child's development at the College in the curriculum areas, as well as in social and transition skills. You will find that your child's Homeroom teacher has made a comment on their overall progress through Semester 1 as well as their assessment of certain social and transition skills. Subject teachers will report on a selection of tasks that students have completed, by no means a complete list but one intended to give you an overview of classroom activities. Subject teachers will also now report on the overall achievement of a student in the class. I encourage you to read these Reports with your children and help them reflect on the progress and achievements they have made in Semester 1.

If you would like to request a printed copy of your child's report, please contact Cathy Laing on laing@stedmunds.nsw.edu.au.

The Parent Portal user guide is attached to this Newsletter. New users can register at https://sentral.erses.nsw.edu.au/portal/register and current parent portal users can login at https://sentral.erses.nsw.edu.au/portal. If you have questions about accessing the parent portal, please contact the College.

Vivienne Gilkes Head of Teaching & Learning

Community News

Planet Puberty is providing free interactive webinars to help parents and carers navigate puberty with their child:

https://mcusercontent.com/b2ab18aead865d56ccc1c263b/images/2bb3c221-3dc4-4563-8a07-69c05df52542.jpg>

Puberty is a world like no other – for both you and your child.

That's why Family Planning NSW created Planet Puberty, a new suite of resources to help parents and carers of children with intellectual disability and/or autism to navigate this strange new world.

Workshops just for you. Over the next few months, we're running live interactive webinars for parents and carers of children with intellectual disability and/or autism spectrum disorder on five distinct topics.

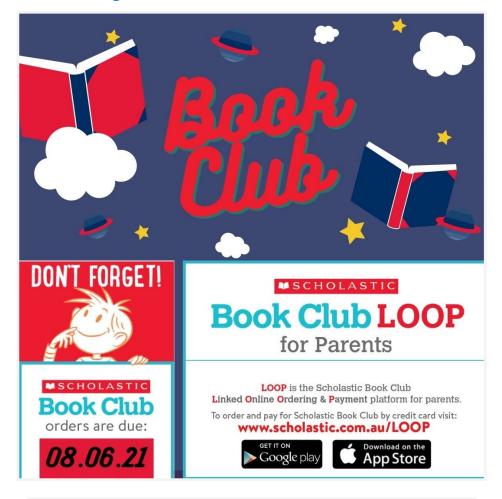
Changes to your child's body during puberty means they will need to include new activities in their personal care and hygiene routines. Join us as we discuss tips and strategies for supporting your child to learn about new hygiene activities like using deodorant, showering regularly and shaving facial hair.

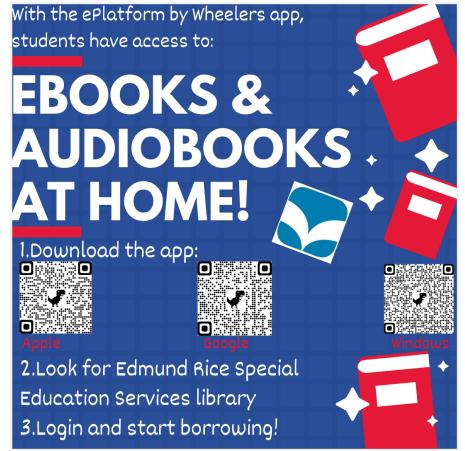
The workshop is for parents and carers and *is not suitable for children*.

The webinar runs for an hour and there will be an opportunity for you to ask questions at the end.

Register = < https://fpnsw.us13.list-manage.com/track/click? u=b2ab18aead865d56ccc1c263b&id=8b71c7ff00&e=6a20686cb6

See how Planet Puberty can support you!









BlowFly Cricket Winter Indoor Season



When: Sunday evenings from 5:30-6pm (BBQ) with play commencing afterwards and finishing at 7:30pm.
(Final session will be Sunday 12th September)

Cost: \$75 per player/family and Active Kids Vouchers can be used (note, no change can be given).

Registration is through the Play Cricket website.

All NEW registered players will receive a winter cricket playing shirt.









TEENS SCHOOL HOLIDAY PROGRAM

DROP OFF/PICK UP
2 THOMAS STREET, CHATSWOOD
(OUTSIDE GUIDE DOGS)
9:30AM - 3:30PM

These activities are all excursion based to practice community skills and social skills. This is a great opportunity for young people to reach goals, laugh, make new friends and try something new.

HAVE FUN WITH US!

PROGRAM FOR TEENS

28, June - Walking tour (\$20)

29, June – Zoo (\$27)

30, June - Cockatoo Island (\$20)

1, July - Aquarium (\$30)

2, July - Putt Putt - Northern Beaches (\$20)

5, July - Maritime Museum (\$20)

6, July - Hyde Park Barracks (\$20)

7, July - Ferry Ride (\$20)

8, July - Botanical Gardens (\$20)

9, July - BBQ & Games - Northern Beaches (\$20)

What to bring:

Activity Fee

Morning Tea and Lunch (Nut Free please)

Water Bottle

Hat and Sunscreen

Topped up Opal card

Companion Card

Money for a treat (optional)

RSVP BY FRIDAY 27TH OF JUNE

Email: info@thinkahead.com.au

Phone: 99813003

NDIS Support Cost for 1:2 \$134 NDIS Support Cost for 1:1 \$268









WE CARE WITH PASSION

SUPPORT | ACCOMMODATION | COMMUNITY | GROWTH

School Holidays Program

Explore and learn!



Why join us:

- We provide services you require
- We provide transport to pick up and drop off
- We match your Timings for services
- We can provide services at your own home
- Our hub is in walking distance to public transport
- We have variety of programs

Registration is now open!

ENQUIRE NOW

02-84060842 enquiries@saharaservices. com.au

Tel-(02)84060842/1800-4-724272 enquiries@saharaservices.com.au www.saharaservices.com.au

Warekila Adult Mental Health Service Information for Referrers



WHAT IS WAREKILA?

Warekila is a **voluntary** adult mental health service for people with GP diagnosed mental illness aged 18 years and over and living in the following local government areas (LGA):

- o Hunters Hill
- o Ku-ring-gai
- o Lane Cove
- Mosman
- North Sydney
- Northern Beaches
- Ryde
- o Willoughby

Warekila provides the following types of support:

- Recovery Focused Mental Health intervention
- Clinical Case Management
- Outreach Support
- Peer Support
- Psychiatry Support
- Liaison with client's General Practitioners
- Liaison with community support network including families or significant others and other external service providers

Should a client require a more specialist service for psychosocial needs they can be referred onwards i.e. Housing, Social Support, Centrelink or NDIS.

The duration of care with Warekila is generally 12 months from the date of the initial assessment and aims to work concurrently with the client's existing treating team such as their local GP. The treatment aims to empower the client to independently manage their mental health and, if required, will be linked to external services upon discharge for continuity of care.

Warekila is a service that operates **Monday to Friday between the hours of 9.00am to 5.00pm,** excluding Public Holidays. After hours appointments are available for registered clients until 8:00pm by appointment only.

Warekila is a recovery focused ongoing mental health support program which <u>does not operate as a crisis</u> <u>support service</u>. Should the client find themselves in crisis outside of Warekila's operating hours, a list of two crisis support lines will be provided by our Mental Health Clinicians.

As a condition of acceptance to the Warekila Service, the client will agree to develop a Safety Plan which includes a next of kin or support person, as well as completion of outcome measures.

It is an expectation that the client will work collaboratively and respectfully with the Warekila team.

THE WAREKILA TEAM

Warekila consists of a multidisciplinary team of mental health clinicians. What is unique about Warekila is that we work in a team-based approach and therefore a client will meet several people on the team during their journey of recovery with Warekila in various combinations. Our clinicians provide intake/triage, assessment and recovery focused clinical care coordination and psychological interventions. Should a client continue in their journey with Warekila they will be allocated one of our mental health clinicians as their case manager.

The Warekila Psychiatrist guides the Warekila multidisciplinary team and the treatment planning process. They also work alongside the GP to assist with the client's mental health management.

A Peer Coach is a person with lived experience of their own or a family member with mental health concerns who aims to support a client's recovery journey. The Peer Coach at Warekila offers individual sessions to the client or their families or carers. They support treatment and facilitate group sessions (when available) for social support. The opportunity to engage with a Peer Coach will be determined as the client moves through the service.

Who is Eligible for the Warekila Adult Mental Health Service?

Inclusion Criteria:

- Help-seeking and willing to engage in recovery focused therapeutic interventions and treatment plan
- Has a next of kin or emergency contact that they can provide to Warekila
- Be registered with a GP or be willing to be registered with a GP and preparedness to develop an ongoing partnership in health with your GP
- Be living in the following local government areas (LGA):
 - Hornsby
 - Hunters Hill
 - o Ku-ring-gai
 - Lane Cove
 - Mosman
 - North Sydney
 - Northern Beaches
 - Ryde
 - Willoughby
- Aged 18 years and over, there is no ceiling for age on our service provision (unless otherwise determined more suitable for a youth or older person's-based service)
- A Step-up service for GPs for clients for a broad range of mental health presentations including:
 - o For those unable to receive care from the MHTP or receive care from the private sector
 - The person is experiencing mental health issues which require more than GP, private psychiatry and/or mental health care plan.
 - Step-down from the Community Mental Health Teams is on a case-to-case basis only.
 These clients will be required to be linked in with their GP.
- Client's symptoms have led to a significant decline in functioning in society such as work, relationships or meaningful activities.
- Symptoms such as depression, anxiety, and emotional dysregulation with or without formal diagnosis and co morbidities
- Severe emotional distress or dysregulation
- Requiring Recovery focused therapeutic work

Exclusion Criteria:

- A client who has not consented to a referral to our service
- Client has declined service or does not wish to engage with the service
- Already receiving a mental health service/s from Local Health District (LHD) or on a Community Treatment Order (CTO)
- Lives outside catchment area or soon to relocate
- Under 18 years of age
- Clients requiring urgent or crisis support
- Considered risk whilst actively experiencing suicidal thoughts/harm to others with plan and intent
- Considered risk of violence and aggression which precludes safe contact from our staff in community context
- Direct step-down for longer term clients from the Community Mental Health Teams
- Primary presenting issue being a neurodevelopmental disorder (e.g., ADHD, ASD, ID)
- More suitable "fit" for another service provider i.e., requiring specialist services
- Clients with duplication of services i.e., client is actively engaged with their own multidisciplinary team or private services
- Clients only seeking psychiatry component
- Clients presenting with Drug and Alcohol use, for example:
 - o If AOD use is a primary issue please refer client to AOD services
 - Clients with intravenous drug use, opiate use, amphetamine use
 - Clients with daily dependence on THC
 - Actively using illicit substances which significantly impede client's mental health stability and prevent therapeutic engagement. Significant substance use has negative impact on ability to engage in recovery focused care. Warekila is not a specialist drug and alcohol support.

Please note:

Clients presenting with recreational THC and alcohol use may be accepted on a case-by-case basis. Client must have or be willing to engage with drug and alcohol services to work alongside Warekila for recovery focused mental health support and psychological interventions.



Warekila Adult Mental Health Service

Northern Sydney/Northern Beaches

Unit 12, 47 Neridah Street, Chatswood, NSW 2065

Ph: 02 9196-8700 | Fax: 02 8820-0736

snphn.adultmentalhealth@parramattamission.org,au



Our email is not monitored 24 hours a day. If your correspondence is urgent and you require more immediate support please contact LifeLine on 131114 or the Mental Health Access Line on 1800 011 511.

Invitation For Carers Tuesdays, 8 June - 29 July



BETTER LIFE FOR CARERS ... nake the charge!

6 –Workshop plus Individual Coaching Online Course for Carers

"A truly unique development and coaching journey for carers, helping them to make long-term changes in order to practise self-care, reduce stress, increase overall well-being, and to become a more skilled, balanced, resilient and more effective person and carer"

Features and Outcomes of the Journey Include:

- A forum to exchange stories, challenges and ideas
- An ongoing network to support one another
- An opportunity to learn more about yourself the way you "Tick" and how this may help or hinder you in improving your life.
- Learn and apply techniques for setting and following through with realistic goals to implement real, positive change to create better balance and joy in life.
- An opportunity to build and maintain a habit of looking after yourself
- An opportunity to build your capacity and effectiveness as a carer.
- Actually doing it not just learning about it!

For more information: http://www.betterlifeforcarers.com.au/

Your Side



Tuesdays, 8 June - 29
July,
6:30pm to 9:00pm
(excluding 29 June)
or
Thursdays, 10 June 15 July,
12pm to 2:30pm

Location: Online (Zoom)

Max. 10 participants per course

Carers registered with the 'Carer Gateway' are likely be eligible for full funding.

To express your interest and to find out about your eligibility for funding,

go to:

<u>betterlifeforcarers</u>
.com.au/upcomingevents

