



Williamstown
Community
and Education
Centre Inc

Newsletter November 2020

Joan Kirner House and Spotswood Community House
For Members, Committee, Staff, Volunteers, Students, Parents,
Stakeholders, Centre users, Partners, Sponsors and Our Community



Victorian Training Awards

As mentioned in the last Newsletter, we are Finalist in the 2020 Victorian Training Awards.

The winner of the **Community Training Provider of the Year** will be announced on **Thursday November 5 at 10.30am** via social media.

Follow the 'Victorian Training Awards' on social media: [Facebook](#) [Twitter](#) [LinkedIn](#)

Term Four Celebration - Dance Video Project!

'We are very excited to announce that to celebrate our strength, resilience, friendship and ongoing commitment to learning throughout this pandemic, everyone is invited to have the opportunity to be part of a fabulous dance project this term.'

Over the next few weeks, we will be learning the steps to an uplifting dance and our efforts will culminate in a fabulous YouTube video to be shared and enjoyed by all.

This is the just kind of fun we need to be having together right now to help us all to continue to feel connected.

The dance has been choreographed for us by the wonderful Sally Smith, who is an experienced teacher and arts educator

If interested, email Jodie Whitehurst at jodiwhitehurst73@gmail.com



Our Jodie Doing PD for Our Sector

"Trainers will be introduced to a variety of drama-based approaches to energise and engage pre-accredited Language, Literacy and Numeracy learners.

Learn Local Organisations showcase best practice in blended delivery. Tips and tricks on designing and delivering quality pre-accredited programs.

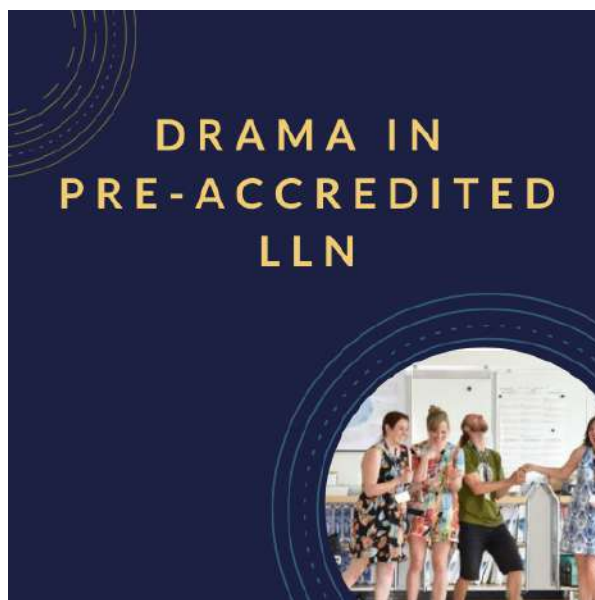
Showcasing innovation and Learn Local Organisations response to the pandemic.

Look at learnings, what worked well, and recognising the work of the sector.

Presenter: Jodie Whitehurst, The Language Scene

When: November 4, 2.00pm to 3.00pm."

[Register Here](#)



Zooming Cuom

A good news story from Lynne and IT teacher Jim.

"Hi Lynne,

Cuom wrote this happy story and said she is happy for you to put it in the newsletter if you like.

Regards

Jim."

"My name is Cuom, I would like to share my experience of learning Zoom.

I am in Jim's computer class. One month ago, I learned how to use Zoom in my class, when I first started, I felt Zoom was not easy, but Jim taught me, I could understand Zoom. I feel happy and excited.

Three weeks ago, I did Zoom with my daughter. She lives in Texas, USA.

It was the first time seeing her since four years ago. I was so emotional, I wanted to hug her. I saw my granddaughter for the first time, I was so happy. She is very cute and beautiful.

Every week I practise Zoom in my computer class. From now on I can talk with my daughter whenever I want to with Zoom. I love Zoom.

Thank you, Jim, for teaching me Zoom. I really appreciated it."



TUNING IN TO TEENS™

A seven session parenting program for parents of teens

Would you like to learn how to:

communicate more effectively with your teen?

understand your teen better?

help your teen to manage those difficult emotions?

help to prevent behavioural issues in your teen?

teach your teen how to deal with conflict more effectively?

Tuning into Teens shows you how to help your teen to develop emotional intelligence. Research shows teens with higher emotional intelligence:

- have more stable and satisfying relationships as adults
- are able to deal with peer pressure better
- are more able to cope positively when upset or angry
- have fewer mental health issues and substance abuse difficulties
- have greater career success

Hobsons Bay UP

9932 4000

adminys@hobsonsbay.vic.gov.au

hobsonsbay.vic.gov.au/teens

Facilitated by:

Hobsons Bay City Council
and Hobsons Bay UP



**HOBSONS
BAY CITY
COUNCIL**





Information for applicants

Are you ready to learn a new skill and start a new job?

THE PLACEMENT CIRCLE PILOT PROGRAM

Research shows that women are increasingly at risk of homelessness and financial hardship as they get older. Women from diverse backgrounds, especially those in the 25-65 age bracket are often excluded from the workforce due to caring responsibilities, time out of the workforce and being unable to find suitable work for their existing skills.

Here at The Placement Circle, we know that these amazing women have a lot to offer a workplace and we want to help them find meaningful work that allows them to use their unique skills and life experience.

The Placement Circle is working with women to help them gain vocational qualifications, meaningful employment, linking them to financial literacy training and create a supportive community of women.

We're doing this by establishing a pilot program that links communities of peer supported women to vocational based training at TAFE and a place based employer.

ABOUT THE PILOT

We are currently running a pilot to ensure our programs meet the needs of participants with our key objective being for them to find sustainable and meaningful employment.

The program and results will be tracked by Victoria University to establish a model that can be rolled out in other areas, and to grow and include other areas of high skill demand.

The first round of pilots will run in Dandenong, Footscray, Bendigo and Shepparton.

Contact

theplacementcircle.org contact@womencanaustralia.com
(03) 9114 7826

The Placement Circle

Helping women learn new skills and find paid employment

-Respect Matters-





The Water Well Project

Online Health Information Sessions for communities from migrant, refugee and asylum seeker background

The Water Well Project is a not-for-profit health promotion organisation made up of over 650 healthcare professional volunteers.

The Water Well Project partners with organisations working within the refugee support sector, including playgroups, English language schools and settlement organisations.

- The **mission** of The Water Well Project is to improve the health and wellbeing of communities from migrant, refugee and asylum seeker background by improving health literacy.
- Our **vision** is that all individuals from refugee and asylum seeker backgrounds achieve equitable access to healthcare to enable them to live full lives and contribute to the wider community.

The Water Well Project has delivered over 750 free, interactive health education sessions across Victoria, New South Wales and Tasmania. These sessions are facilitated by two healthcare professionals and run for approximately an hour. Sessions aim to be interactive whilst allowing for dissemination of health promotion messages.

Some topics include, but are not limited to are:

- Coronavirus
- Mental Health
- Navigating the Australian Healthcare System
- Healthy Eating and Exercise
- Diabetes
- Oral Health
- Heart Health
- Women's health topics
- Childhood development
- Immunisations

We have access to interpreting services for these sessions and deliver these sessions at no cost to your organisation. Our healthcare professionals will meet with your groups or community members online, and utilise an interpreter where required, using Zoom.

Please contact our Project Administrator, Krystina Savvas on 0411 987 149 or email projectadmin@thewaterwellproject.org for further information or to book a session for your groups.

The Water Well Project
PO Box 6218, Vermont South, VIC 3133, Australia
www.thewaterwellproject.org
ABN 38 177 188 057 | ACN 626 808 811

Sad?

Stressed
out?

Angry?

Feeling
helpless?

Financial
pressure?

Burnt
out?

Nowhere
to turn?

No one to
talk to?

Alone?

It's OK if you're not feeling OK



1800 595 212



HeadtoHelp

HeadtoHelp is a collaborative initiative of Victoria's Primary Health Networks and funded by the Australian Government.



1800 595 212



HeadtoHelp

1
Have a conversation

2
Determine the level of help that you need

3
Connect to the best service for you

Who it is for	The HeadtoHelp service is open to Victorians of any age who may be experiencing distress or mental ill health. This includes people who have never accessed mental health services before and their family and friends. It also is for family and friends of those in aged care.
Where it is located	There are 15 HeadtoHelp hubs across the state. In the North Western Melbourne PHN region, our three hubs are located in the Wyndham LGA, Hume LGA and Inner Melbourne, but you can access services via phone no matter where you are.
How you can access	You can call HeadtoHelp on 1800 595 212 and we will help you find the support you need. Your GP or another health professional might also suggest you use the HeadtoHelp service.
How it works	When you call HeadtoHelp on 1800 595 212, an experienced mental health professional will listen and work with you to find the best ways to get you the help you need.
What help you receive	Depending on the assistance you need, we may connect you with online support or an existing mental health service, such as a GP, or other health or support service to get you back on track. The hubs can help you find a GP if you do not have one, as it's really important that your mental and physical health are looked after together.
Who is involved	The HeadtoHelp hub's multidisciplinary team has GPs and mental health workers, including psychologists, mental health nurses, social workers and alcohol and drug workers, who can support you through telehealth, or onsite at a hub.
What to expect	Your mental and physical wellbeing are linked, so the best way to improve your mental health is with a team-based approach that includes your GP. We can also help with the other essentials of life such as housing, work, education and training.

It's OK if you're not feeling OK

To find out more go to:
headtohelp.org.au

HeadtoHelp is a collaborative initiative of Victoria's Primary Health Networks and funded by the Australian Government.



Australian Government



An Australian Government initiative

Manager's musings

Childcare is now up and running, although only a couple of three-hour sessions.

We have a wait list, but need to get our systems and processes, in a pandemic world, correct, before we expand further.

In education our Zoom subscription use is excellent. In the first four weeks we had over 45 Zoom meetings and online classes. Sometimes up to five a day!

Participant numbers ranged anywhere from two to 23.

This tells us it was well worth the effort to get Zoom, and its popular!

We are also still mailing out study packs to students.

Although officially still closed as a training organisation and community centre, with the easing of restrictions some teachers are starting to meet with up to nine students outdoors, always practicing COVID Safe guidelines.

Aside from childcare enquiries, we are starting to get a steady stream of people calling up and enrolling in online English and computer classes.

We also still have people dropping off items in our recycling program. For more details on local recycling initiatives see [HERE](#).

Our Willi Walking Group will be up and running starting Wednesday November 4, with limited numbers. If you are interested in joining, call us on 9397 6168.

As mentioned in a previous Newsletter, The Committee and management are currently planning a business continuity 'Rebuilding Post Pandemic Project' for our Centre.

Once we are able, we need to re start a wide range of initiatives such as the Pop up Café, BBQs, Morning Teas, exercise initiatives, recycling programs, garden beds, produce exchange, regular events, etc and we want to expand further the range of initiatives and programs we run.

All within a 'COVID Normal' world, which will create challenges for us all.

We will secure a 'Community Development Coordinator' for this work, so as a 'heads up' if you, or you know of anyone who might be interested in overseeing this initiative, please let me know.

Many thanks.

Mark.

Dr Mark Brophy PhD
Manager / CEO
Williamstown Community and Education Centre Inc

