



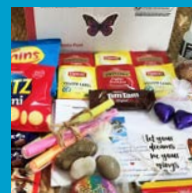
4CS NEWS

CANTERBURY CITY COMMUNITY CENTRE



A Life Changing
Experience...

PAGE 3



Social Inclusion
Care Packs

PAGE 9

OCT/DEC 2021

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Canterbury City
Community Centre

Community Building Community



CEO NEWS

.....

Hello everyone

It is wonderful writing to you in the first week of 'freedom' - rainy as it has been so far!

I use the word freedom cautiously though because I think we need to be responsible about how we manage our lives for a little while yet.

It has been a challenging few months for us all and for those of us who live in an area of additional concern, it was even stricter around our movements. We got there and we should be very proud indeed!

Many of you have missed visiting family, having people visit you, going on outings in our groups, having your garden tended to, coming to our groups, chats in the schoolyard with other carers or dropping in to us for information and support.

I want to say THANK YOU for your patience, resilience and for such high vaccination rates across our community. Once the community was assisted to access information about vaccination (that they understood) and had the vaccination widely available in our suburbs, our community responded. You responded in very large numbers.

We did our part in helping to get the right information out to our community and I know from the level of engagement in our social media, that many people appreciated the information we provided – especially our community videos early in the lockdown.

WHAT HAVE WE BEEN UP TO IN LOCKDOWN?

Lots of exciting and wonderful things as you will see from this edition of our Newsletter.

Our Staff quickly flicked the switch back to remote and digital ways of providing services to our community and in our Home Care Program – face to face services continued but with very strict Covid-safe practices in place.

Our online Salsa is quite popular as is Lakemba Ladies Lounge and not to mention the wonderful Care Packs that have gone out and about to our clients and community members.

Very recently, the Department of Communities and Justice provided us with funding to assist people while they isolate due to Covid-19. The aim of the program is to provide contactless support and culturally appropriate items to people while in isolation. If you or someone you know is in that situation, please call the Centre on 9750 9344.

In other exciting news, with funding from Western Sydney Community Forum and John Holland we were able to deliver a program to local families that focuses on wellbeing and mental health. The program is being delivered by our Community Builders team and a wonderful aspect to it is how families depict their time in lockdown visually and creatively.

A large part of our work during lockdown has been remaining abreast of changes to the Health Orders and helping keep our staff, clients and communities safe. This has been our core focus and when Canterbury Bankstown was named an area of concern we heightened our attention on this.

For me, I have spent a significant amount of time advocating for our community to people who make decisions which affect our lives. This work is a very important part of the work we do. I have been able to attend key community consultation meetings with Government agencies, The Premier, our local MPs, Canterbury Bankstown Council, NSW Police and various Ministers and in one meeting the Prime Minister even popped in.

These meetings are so important because through them we remain true to our community having its needs heard and (hopefully) met. We do not see the fruits of our work straight away but we know that our team has made a difference by having a seat at the decision making table.

RESPECT

I like to share a theme with you in each edition of our Newsletter and this time I choose respect.

I am choosing respect because of a range of things that occurred to me during lockdown.

When we saw Police on horseback, as leaders in our community we asked that our community be treated with more respect during lockdown and that was heard by decision makers.

We showed respect to our families and the wider community by taking up vaccination at high levels – that is such a significant thing. There were many doubters about how South Western and Western Sydney would fair in terms of vaccination but our respect for one another prevailed.

Above all I chose respect this time because I want you to know that we respect you, our community and it is a privilege for us at the 4cs to play our role in helping you live your life in the best way you can – especially in a lockdown.

I hope to see more of you over the coming months but if I do not – please stay safe and healthy!

Oh yes ... we can not wait to see the new 4cs 'Coaster' bus on the road with many of you in it!

Esta Paschalidis-Chilas, CEO

A LIFE CHANGING EXPERIENCE ON OLD PEOPLE'S HOME FOR 4 YEAR OLDS

The ABC's documentary series 'Old People's Home for 4 Year Olds', is a social experiment bringing together older people and preschoolers to see how their interaction affects each other's health, happiness and understanding.

The first season had a focus on residents of a retirement home, the second on older people living in the community. Local resident, John Williams, volunteered to be part of season two. We ask John a few questions about his experience.

What made you volunteer to be part of the show?

I was volunteering for Meals on Wheels and the only one in the group who was interested, over 80, living alone and fairly mobile. The Team Leader put my name forward and after an interview I got accepted.

How did you find being in front of the camera?

We were wired up with a belt which connected us to the speakers. The room was set up like a pre-school. They had about 6 cameras pointing at us through windows. After about the first half hour we forgot we were on camera and just walked around naturally interacting with the kids. They used clapper boards sometimes when they wanted to capture a particular moment up close but mostly it was all hidden away behind the walls and windows.

How did you find the interaction with the children and in particular, your child?

The children were marvelous, so well behaved and easy to get along with. Within the first half hour they'd picked the person they were going to pair up with. It was incredible how they spontaneously gravitated to each of us.

What was the most valuable experience or biggest learning you felt after being involved in the show?

It changed my attitude to children.



"MY DAUGHTER ASKED WHY I WAS DOING THIS BECAUSE I WASN'T REALLY A CHILDREN PERSON ... BUT SPENDING TIME WITH THOSE CHILDREN REALLY CHANGED MY LIFE."

My daughter said to me 'why are you doing this?... you're not really a children person Dad!' Spending time with those children really changed my life.

Do you have any other reflections you would like to share?

Before we started the program they tested mental and physical health, 90% of us had improved by the end. It really was mostly about the adults and the impact the children had on us. It took me a while to work this out. It was an

emotional roller coaster particularly at the end.

On the last day they had set the room up for high tea, each of us sitting with our children and we were told it would be the last time we would see the one another. Some of us broke down, including me!

We have been back to the park a few times as a group and I recently met Abel's parents at a concert and luncheon. I'm keeping in touch with some new friends from the group.

COMMUNITY BUILDERS

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Unfortunately due to Covid-19 we have been unable to run our usual activities and programs at the Cottage, instead our English Classes and Lakemba Ladies Lounge groups have gone online.

The women are still learning, chatting and having fun, only difference is that it is online.

If you have a phone or access to a computer or tablet you can easily access the activities and programs... and we can show you how!

For more details about how to join in these activities please call Romana on 0412 270 811 or email romana.waseem@4cs.org.au



GREAT NEWS...

We have been successful with a couple of small grant opportunities and are pleased to announce the purchase of 12 new sewing machines, equipment and fabrics thanks to Canterbury Leagues Club.

We are really excited to start sewing classes early next year as well as **'Lakemba sewing space'**, where women can borrow a machine and work on their own projects, or just practice.

NEW OUTREACH SERVICE – LEGAL ASSISTANCE



We are very pleased to announce that in partnership with Marrickville Legal Aid Service we will be able to provide an outreach legal service from the Centre fortnightly on a Thursday.

The service will provide individual and free advice on a range of issues including;

- about money (such as personal/ credit debt),
- traffic offences, parking fines, motor vehicle accidents, employment, discrimination, domestic violence, apprehended violence orders
- family law (such as divorce and parenting after separation).

If you would like to book a free and confidential appointment. Please call the Centre on 9750 9344.

We know we have some great sewers in the community making wonderful clothes and furnishings and we are looking forward to running a range of classes and learning from them.

In addition to sewing machines we also received extra funding from Department of Communities to purchase 12 laptops and a printer.

This means we will be able to run a range of computer classes and like the sewing machines, have a time when people can come in and use them.

We will also have some laptops that people can borrow to take home and use at home.

Remember if you need help we are still here even though our doors might be closed.

You can call the Centre Monday to Friday on 9750 3744, Romana on 0412 270 811 or email romana.waseem@4cs.org.au

We are here to help and get you the support you and your family need – so if you need help please call!



COMMUNITY BUILDERS ACTIVITIES

TERM 4 - Commencing October 2021



Canterbury City
Community Centre
Community Building Community

We have some new activities this Term - please see below. If you would like more information call Romana on 0412 270 811 or romana.waseem@4cs.org.au

HOME GARDENING PROJECT



Would you like to grow your own flowers, vegetables or herbs and have primary school aged children?

We can supply you with a Kitchen Garden Kit to grow and enjoy your own Kitchen Garden. We supply the pot, seeds and pellets, all you need to do is water them regularly, take good care of them and watch them grow.

If you are interested please call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

MUMS IN LOCKDOWN! TALK, SHARE AND LAUGH ON WEDNESDAYS



Join this new group of local women to share the good and bad times, as well as experiences of being a mother in Lockdown.

Starts Wednesday 13 October, 10.30 am - 12 pm

Online via Zoom (Limited iPads are available for loan for women needing to join online)

Facilitated by Jennifer Brackman (Counsellor) and Romana Waseem, 4cs

Places limited: To book your place call Romana on 0412 270 811 or email romana.waseem@4cs.org.au

This wonderful artwork "Lockdown Mother 2021" was done by Banafshia Syeda and we thank her so much for sharing it with us!

FREE WOMEN'S ENGLISH CLASSES NOW ONLINE VIA ZOOM



Mum 2 Mum Beginners to Intermediate

Starts Term 4

Monday 11th October, 10.00 am - 12.00 pm

Women's Beginner English Class

This class is for women starting to learn English and is held every Monday afternoon during school term.

Mondays - Starts 11th October, 12.30 - 2.30 pm

For details on how to join call Romana on 0412 270 811 or romana.waseem@4cs.org.au.

LOOK OUT FOR OUR DIGITAL STORYBOARD OF FAMILY LIFE IN LOCKDOWN...

A BIG THANKYOU to everyone that entered.

We received over 200 entries including photos, drawings, poems and videos capturing family life during Covid-19.

Look out for it on our facebook page!

As for all service providers, the extended COVID-19 lockdown has presented some challenges for STARS.

Many of our planned face to face courses, forums and workshops had to be postponed or cancelled.

On a positive note, we have been adapting our courses so they can be delivered online and have found that even practical training such as Manual Handling can be successfully delivered this way.

Our trainers have been flexible, innovative and willing to try new methods, which is really appreciated!

STARS training is eager to continue offering a range of options to CHSP volunteers and staff over coming months. We are still very interested in hearing from you

if you have specific training requests or ideas based on needs you see emerging in the aged care sector due to COVID or upcoming aged care reforms.

In-house online training is also available, specially tailored for your team of staff and volunteers.

To discuss further, contact STARS Training Officer Leonie Puckeridge, leonie.puckeridge@4cs.org.au

See our STARS Training Calendar for the latest on all our training and forums for staff and volunteers working in CHSP services.



For the latest training and forums, visit 4cs.org.au/stars-training

AND THE AWARD GOES TO...



The 2021 NSW Volunteer of the Year award recipients for Mid-western Sydney region.

The Centre for Volunteering has had to move the regional awards in the lead up to the NSW Volunteer of the Year award online for the second year in a row.

Eighty-eight people attended the 2021 ceremony which was held via zoom. Congratulations to all the nominees and winners. **The winners are:** Young Volunteer: Anhaar Kareem, Adult volunteer: Fiona Carr, Senior volunteer: Alois Winder and Volunteer team: Gunawirra mums.

UPCOMING DATES ON THE VOLUNTEERING CALENDAR

International Volunteer Managers' Day 5th November 2021. An opportunity where we get to thank our incredibly hardworking volunteer managers and coordinators!

International Volunteers Day – 5th December 2021. An International Day of Celebration for volunteers and volunteering worldwide!

IT'S ALL IN THE REPORT

A report was recently released by The Centre for Volunteering on the State of Volunteering NSW 2020.

This research was the first of its kind in our state and had a close look at the economic, social and cultural value of volunteering during 2019-2020. You can see the key findings here: volunteering.com.au/ In 2020 4.9 million, or 75.9 percent of NSW residents aged over 18 volunteered. This was in both formal programs and organisations and as informal volunteers for family and community. 1.5 billion hours was given by volunteers and the research found this was worth approximately \$127 billion dollars to NSW!



\$127BILLION

THE VALUE OF VOLUNTEERING TO NSW

The cost benefit ratio for volunteering in NSW in 2020 was 3.3:1
For every dollar invested, approximately \$3.30 is returned.



Please note that for STARS training there is a priority of access to CHSP volunteers and staff working in the Canterbury Bankstown and Inner West Local Council Areas.

STEP INTO VOLUNTEERING

Thursday 14 October 2021
2.00 pm - 3.00 pm
Free Online Information Session
Facilitator - Angela Gallard

This information session by IWC Libraries is for Inner West Residents wanting to find out more about volunteering.

Registrations via eventbrite.com.au/e/step-into-volunteering-information-session-with-stars-tickets-169045472559

MANUAL HANDLING (ONLINE)

Wednesday 20 October 2021
9.30 am - 12.00 pm
Free Online course - For CHSP volunteers or staff in individual or group social support & transport
Facilitator - Susan Smith

This is for workers supporting people in the community and includes risk management, back care, and practical ways to ensure safe manual handling.

Registrations via 4cs.org.au/civcrm/event/info?reset=1&id=226

COMMUNITY GOVERNANCE TRAINING (ONLINE)

Thursdays 28 October, 4, 11, 18 and 25 November 2021
Short evening sessions on consecutive weeks from 6pm.
All sessions are free for existing or potential board members

Sessions 1 - 3 Navigating Governance with Debbie Jamieson, D Jamieson Consulting.

Sessions 4 - 5 Understanding Financial reports with Kirsten Forrester, Accounting for Good.

Registrations via 4cs.org.au/news-events/events/stars-governance-training

VOLUNTEER ESSENTIALS (ONLINE)

Tuesday 9 & 16 November 2021
9.00 am - 12.00 pm
Free - CHSP Volunteers & Staff
Online course
Facilitator - Leonie Puckeridge

Are you about to start volunteering or recently started? Over 2 half days, this online training course will cover the essentials for volunteers in CHSP funded services.

Registrations via 4cs.org.au/civcrm/event/info?reset=1&id=227

VOLUNTEERING COORDINATOR MEETING (ONLINE)

Tuesday 9 November 2021
1.30 pm - 3.00 pm

Are you a Volunteer Coordinator or have Volunteer Coordination as a part of your role? Come and join other coordinators for connection and support in this virtual meeting.

Registrations contact Angela angela.gallard@4cs.org.au

MANUAL HANDLING (ONLINE)

Friday 26 November 2021
9.30 am - 12.00 pm Free
Online course - For CHSP volunteers or staff in individual or group social support & transport
Facilitator - Susan Smith

This is for workers supporting people in the community and includes risk management, back care, and practical ways to ensure safe manual handling.

Registrations via 4cs.org.au/civcrm/event/info?reset=1&id=229

CHANGE MANAGEMENT & RESILIENCE (ONLINE)

For CHSP staff

Tuesday 30 November,
9.00 am - 12.00 pm
\$ 50 for CHSP staff
Facilitator - Tulsi van de Graaff

More change is in store for the aged care sector. This workshop aims to:

- Support you to identify the challenges & emotions you face during change & transition
- Build a sense of control & acceptance by focusing on what can be changed or needs to be accepted.
- Consolidate goals that will assist you to develop a plan that gives a sense of direction whilst encouraging commitment to acceptance, self-care & support.

Registrations via 4cs.org.au/civcrm/event/info?reset=1&id=228

ONSITE AND CUSTOMISED TRAINING

STARS have accredited trainers that can facilitate onsite or online training for your team. Contact Leonie Puckeridge on 9750 9344 or leonie.puckeridge@4cs.org.au if you are interested in training contextualized to meet your team's needs.

GARDEN CARE

Unlike other spring seasons this year we will all start in lockdown!

Hopefully you have access to a garden area where you live so that you can enjoy the spring blooms.

Short of that going on a walk around your local neighbourhood will reveal a plethora of colour and smells to warm your heart.

For the past couple of months the Garden Care crew have been in lockdown and unable to perform their normal duties.

We are all very eager to get back into the garden and get our hands dirty again but the priority now is to keep our clients and ourselves safe from catching, and spreading, the virus.

In the mean-time the team have been video meeting online with each other and volunteers to catch up on how we are traveling through this extraordinary period.

While it's great to see each other online it will be even better when we can come together again in the workplace.

THINGS TO DO IN THE GARDEN IN SPRING...



Spring can be such a lovely time to be outside in the warmth, enjoying your garden and working on a few fun Spring jobs.

It's a great opportunity to get stuck into pruning to remove dead wood and keep plants at a good manageable size for your garden and to generally encourage beautiful new growth and flowering. When pruning it is always a good idea to feed your plants to aid in their recovery at the same time.

There are lots of products on the market including organic foods, manures and compost which are great for your plants and soil health. If you are unable to get out in the garden often maybe a type of slow release product will suit your need better. Always make sure to read the instructions carefully when it comes to application rates and how to apply.

Enjoy your Springtime in the garden no matter what you enjoy doing and remember the sunscreen and hat

ENVIRONMENT@LAKEMBA

Environment@Lakemba is a group of local residents keen to reduce littering and household dumping of goods in Lakemba and surrounds.

With the current restrictions due to Covid-19, the group has not been able to meet or continue working on the project funded the Environment Protection Agency. When back together the group will focus on educating

the community to reduce litter caused by take-away food, with a focus on Wiley Park, Haldon St, Hampden Rd and Fairmount St.

If you would like to learn about other activities of Environment@Lakemba and get involved, please call Kate at the Centre on 9750 9344 or email kate.maclean@4cs.org.au



COMMUNITY GARDEN

With the weather warming up many of the community gardeners have been busy preparing their plots for spring.

Gardeners can still tend to their plots as exercise during Covid, but please be mindful of social distancing by keeping 1.5 metres apart and wearing a mask at all times. The rules for social distancing, wearing masks and what we can do outside is always changing. Please keep up to date via the NSW Health Website. You can check out the website here for all the latest requirements and restrictions nsw.gov.au/covid-19/rules/affected-area

DATES FOR WORKING BEE



With Covid it has been difficult to get together in the garden but we are hoping to come together on Saturday 6th November and Saturday 4th December 8.30 am – 12.30 pm.

A text will be sent out to all gardeners to confirm the working bees.



SOCIAL INCLUSION

All face-to-face activities are still postponed, due to the COVID-19 outbreak.

It is very pleasing to hear that most of our clients, volunteers and staff from the Social Inclusion and Wellness Program are either partly or fully vaccinated against COVID.

We look forward to reinstating our activities at the Centre, once NSW Health gives us the green light.

Clients and volunteers were excited to receive their care pack at the end of August.

Volunteers were especially touched, they didn't know they too would be receiving a care pack, so it was a lovely surprise for them.

Megan has been busy painting rocks to go in the next care pack. Each care pack will contain a rock painted by Megan plus some plain rocks, paint pens and photos of different designs for inspiration.



NEW BUS FOR CANTERBURY CITY COMMUNITY CENTRE

Earlier this year, Canterbury City Community Centre purchased a new bus.

Our Social Inclusion groups had been on outings with buses from a private company when NSW was hit with COVID Stay at Home orders on 26 June as a result of the highly infectious Delta variant.

The new bus is booked in for a wheelchair hoist conversion using the existing doors at the back of the bus. The fixed seats are replaced with fold up seats, to enable us to carry a maximum of 2 people in wheelchairs.

The 21-seater bus (including the driver) will carry a maximum of 19 passengers or 13 if the wheelchair option is used.

The benefit will be to enable anyone with reduced mobility to attend group activities or go on outings once we are given the go-ahead from the NSW Government.

We look forward to getting the conversion underway and celebrating the new bus when it arrives back ready for use.

HOME CARE

Home Care Packages (HCP) provide support for people to remain living at home.

The Commonwealth Government allocates specific amounts of money to cover the cost of caring for a person in their own home. Support includes showering, cleaning, preparing meals or light gardening. There are four levels of care assessed by the Aged Care Assessment Team.

The first step is to contact My Aged Care, register for an Aged Care number and request an assessment. My Aged Care writes to advise the package level, provide a referral code and if there is a waiting list.

The Aged Care Royal Commission identified difficulties for Package clients to cover the costs of expensive items from monthly Package funds. The client forgoes the expensive item (wheelchair or home modifications) in favour of support with the tasks of daily living (meals or personal care).

In their report comparing funding for aged care with the National Disability Insurance Scheme (NDIS) support, Leading Age Services Australia (LASA) found discrepancies between NDIS and HCP funding.

The report argues that access to separate funding is needed to accommodate changes in functional capacity not supported through capped HCP funding.

For Level three and four HCP clients, the funding from the Government plus participant contributions (\$47,701 pa) still only represent 68% of the average high level in-home NDIS funding (\$70,000 pa). This puts the HCP client at considerable disadvantage when it comes to purchasing power.

Many HCP participants interviewed stated that they saved funds when they were on Level one and two to help plan for additional support when their condition declined. If insufficient funds have been accumulated, then the client may move prematurely into residential care.

The report argues strongly for an 'on demand' system to avoid clients accumulating unspent funds to the detriment of other care needs. Higher cost items would remain separate from supports assessed as necessary to daily living.

The government support the recommendation for 'an assistive technology and home modifications category within aged care for aids and equipment'. Grant funding would be separate to the monthly Home Care Package amount. The recommended start date is 1 July 2022.



HELPING THE COMMUNITY NAVIGATE AGED CARE

The Commonwealth Department of Health provided funding to FECCA to lead the EnCOMPASS program until June 2023. FECCA is the national peak body representing Australians for culturally and linguistically diverse backgrounds.

The program will provide support to older people from diverse backgrounds to navigate access to the aged care system.

By understanding more about how the system works, older people from CALD backgrounds and their carers will be empowered to make choices about which organisation can provide the support they need.

The 4cs put in an Expression of Interest, however, we were advised last month that the field of applicants was highly competitive and our application was not successful.

Congratulations to the following organisations:

- Co.As.It. Italian Association of Assistance – covering the Inner West
- CASS Care – covering South West Sydney, Cantonese and Vietnamese
- Multicultural Care – covering South West Sydney and based in Campsie
- Western Sydney Migrant Resource Centre – covering South West Sydney, Arabic, Assyrian and Khmer

COVID-19 UPDATE

Where to get the latest rules and restrictions in NSW

- Visit nsw.gov.au/covid-19/rules
- Call Service NSW 24 hours, 7 days a week on 13 77 88
- For free help in your language, call Translating and Interpreting Services on 13 14 50 and ask them to contact us on 13 77 88.

VACCINATION INFORMATION



- **Call the National Coronavirus and Covid-19 Vaccine Helpline 1800 020 080 24 hrs/7 days a week.**
- **COVID-19 vaccination:** nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/get-your-covid-19-vaccination-nsw
- **Vaccine FAQs:** ncirs.org.au/covid-19/covid-19-vaccines-frequently-asked-questions
- **Eligibility Checker now available in community languages:** covid-vaccine.healthdirect.gov.au/
- **Vaccination Resources in your language:** health.gov.au/initiatives-and-programs/covid-19-vaccines/covid-19-vaccine-information-in-your-language

VAX AT HOME PROGRAM - FOR HOUSEBOUND PEOPLE ONLY

The CESPHN Vax at Home Program is ONLY for those people who are housebound and not able to leave their house to receive a COVID-19 vaccination (their carers will also be able to be vaccinated). The Program is being offered across SLHD and South Eastern Local Health District.

Referrals for people who live in the Sydney Local Health District (Canterbury and Inner West Areas) can be emailed to SLHD-AHCCR-InreachClinic@health.nsw.gov.au. For more information, email coronavirus@cesphn.com.au



SERVICE NSW COVID CHECK-IN CARDS

Do you have trouble checking in at shops using a smartphone? Perhaps you don't have a smartphone?

Service NSW has made COVID-19 check-in cards available as an alternative and these can be requested from Service NSW on 13 77 88.

The card comes with your name, phone number and a QR code printed on it. When you enter a shop, the employee scans the card to register you as being at the premises. This is very helpful for contact tracers should someone later test positive for COVID. However, there are a high volume of applications and delays on receiving your card in the mail.

Anecdotally, there have been some issues with the card when it has been presented to smaller businesses. Larger stores, such as supermarkets, are more likely to have a device to scan your card. So, it may still be necessary to sign in using pen and paper in some places.

Please Note: This check-in method is only available at businesses that have a QR compatible device. It is not mandatory for businesses to accept COVID-19 check-in cards.

GETTING TESTED FOR COVID-19

- Anyone who has symptoms should get tested for COVID-19, as this might mean you are sick. The symptoms include fever; scratchy or sore throat; cough; runny nose; feeling short of breath; loss of your sense of taste and loss of your sense of smell or taste.
- To get tested call your GP, or call the National Coronavirus Helpline on 1800 020 080 (24-hour help line) or visit one of the COVID-19 clinics listed. Clinics are listed at health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx

CHANGE MANAGEMENT AND RESILIENCE



A dynamic and inspiring online workshop for CHSP staff



More change and reform is in store for the aged care sector. How can we adapt and thrive in an environment of uncertainty and constant change?

In this interactive online workshop, learn practical strategies and skills to:

- Deal with change and uncertainty
- Enhance resilience and wellbeing.
- Manage challenging emotions

Facilitator: Tulsi van de Graaff from Brave People Solutions specialises in supporting individuals, teams, groups and leaders to manage change and uncertainty, communicate effectively, resolve conflict, support wellbeing and develop resilience.

When: Tuesday 30th November 2021, 9:00 am to 12:00 pm - Online

Cost: CHSP staff \$50

Registrations via: 4cs.org.au/civicrm/event/



Funded by the Australian Government Department of Health

Bookings and enquires 9750 9344 or leonie.puckeridge@4cs.org.au

