

STARS TRAINING WORKSHOPS

January to March 2020



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

Monday 17 February 2020
9:30 am to 1:00 pm, Campsie

Come and learn about volunteering, what opportunities are available and how to become a volunteer.

Facilitator Different agency representatives

Cost Free

SUICIDE PREVENTION

Monday 24 February 2020
10:00 am to 2:30 pm, Campsie

This is for community members, staff and volunteers. Informed by the latest research in suicide prevention this training equips participants with a variety of skills.

Facilitator Wesley Lifeforce

Cost Free

Registrations are via [Eventbrite](#)

GOVERNANCE TRAINING FOR BOARD MEMBERS

Thursdays 5, 12 & 19 March 2020
5:30 pm to 8:30 pm, Hurlstone Park

These free workshops cover essentials of being a board member, covering topics such as Understanding Governance, being an effective Board member and Understanding financial reports.

Facilitator Debbie Jamieson and Kirsten Forrester

Cost Free

CHSP CONFERENCE - *You Ain't Seen Nothin Yet!*

Tuesday 10 March 2020
9:00 am to 4:30 pm, Surry Hills

The CHSP Conference themes are Connection, The Future and Quality

and will feature showcasing of CHSP giving older people choice, control and dignity.

Facilitator Guest speakers from the sector

Cost Free for consumers and volunteers, staff \$50

WORKING WITHIN BOUNDARIES

Monday 16 March 2020
9:30 am to 1:00 pm, Campsie

This workshop will assist you to set up and maintain professional boundaries in your role. Includes case studies to workshop issues and strategies.

Facilitator Deb Helmrich -STARS

Cost Free

MANUAL HANDLING

Monday 23 March 2020
10:00 am to 3:00 pm, Campsie

This is for workers supporting people in the community and includes risk management, back care and practical application to relevant task. Practical training includes: on and off the bus, chair and car transfers, assist

people to stand, walk and manage steps, lifting and carrying shopping bags and pushing a shopping trolley.

Cost Free for CHSP staff & volunteers

VOLUNTEER COORDINATOR FORUM

Surviving and Thriving – supporting and managing volunteers so they stay with your organisation

Thursday 26 March 2020.
9:30 am to 12:45 pm, Haberfield

Following from previous forums, this be a fantastic opportunity to network with other volunteer coordinators, share resources and discuss what works.

Facilitator Angela Gallard -STARS

Cost Free, includes networking lunch

ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team. Please contact Deb Helmrich on starstraining@4cs.org.au or call 9750 9344 if you are interested in training contextualized to meet your teams needs.

THE BALANCING ACT - *Caring for others & yourself*

Monday 30 March 2020, 1:00 pm to 4:00 pm, Campsie
Free for CHSP volunteers, \$ 50:00 staff

Facilitated by Danni Meredith from VAST this workshop will help you learn how to invest in your own health & well-being so you can continue to deliver excellence in caring. The challenge is recognising when you are running on empty or low in reserves, then giving yourself permission to & knowing how to give back to yourself using an energising practise.

What's covered:

- The signs of compassion fatigue
- Becoming aware of your own levels of well-being
- Learning strategies that can help you to replenish & refuel your energy and regain your sense of balance / equilibrium
- Adopt an energising practice: putting the strategies into a self-care action plan

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