

# 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, includes networking lunch

## 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** Grace Leotta 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 cost TBA

## 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 Helmrigh -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

## SAVE THE DATE! *Surviving and Thriving – supporting and managing volunteers so they stay with your organisation*

Volunteer Coordinator Forum  
26 March 2020, Venue TBA.

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

## ONSITE TRAINING

STARS have accredited trainers that can facilitate onsite training for your team.

Please contact Deb Helmrigh on [starstraining@4cs.org.au](mailto: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](mailto:customerservice@4cs.org.au)

