

STARS *Training Workshops*

October to December 2019



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.

OLDER PERSONS MENTAL HEALTH FIRST AID (OPMHFA)

Thursdays 3 and 10 October 2019
(both days must be attended)

9:30 am to 4:00 pm Marrickville

Facilitators Danni Meredith - VAST Program Facilitator Accredited OPMHFA & SMHFA trainer, RN & accredited adult educator & trainer Jane Massa - Coordinator, Suicide & Depression Prevention, Older Persons Mental Health, SLHD BA Hon (Psych) & OPMHFA trainer

Cost Free

SUICIDE PREVENTION

Monday 28 October 2019

10:00 am to 2:30 pm Campsie

October is Mental Health Month - due to the high interest and a wait list from the training on 26 August 2019 STARS have organised a second Suicide Prevention workshop for community members, staff and volunteers.

Facilitator Wesley Lifeforce

Cost Free

VOLUNTEER COORDINATOR FORUM: *Building your Story*

Tuesday 29 October 2019

9:30 am to 1:00 pm Marrickville

Attracting passionate volunteers requires a great story. In this Forum, we'll engage in a series of fun, creative activities to help us think about our organisations from a new perspective and workshop how to tell our stories in interesting and fresh ways.

Facilitator Craig New, Story Factory.

Cost Free, includes networking lunch

EASY MOVES FOR ACTIVE AGEING LEVEL 1 *accredited training is back!*

Wednesday 30 October 2019

9:00 am to 4:30 pm, Marrickville

EMAA® Leader, Level 1 is a competency based course which equips participants with the skills to plan and lead safe, fun and evidence based group exercise classes for older adults. Easy Moves was developed by physiotherapists to develop understanding about basic anatomy, physiology, exercise prescription, falls prevention, and conditions related to ageing (including joint replacement, arthritis, and dementia).

Topics include the role of physical activity in healthy ageing, flexibility, strength and balance, catering for special needs, class design, effective leadership, communication and practical teaching skills.

Facilitator Active Ageing Australia

Cost 2 day EMAA \$500 CHSP, \$550 non CHSP NFP, \$600 others

EASY MOVES FOR ACTIVE AGEING LEVEL 2 *first time offered*

Friday 1 November 2019

9:00 am to 4:30 pm, Marrickville

The prerequisite for this one day training is the Leader Level 1. Leader Level 2 is available to all EMAA® Leaders who want to build on their skills and knowledge. New ideas, new exercises, new online learning. More affordable and accessible! EMAA® Leader, Level 2 is conducted in an interactive 1 day training format

Facilitator Active Ageing Australia

Cost 1 day EMAA \$280 CHSP, \$330 non CHSP NFP & \$380 others

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.

MENTAL HEALTH MONTH *October*

October is Mental Health Month - STARS have organised a second Suicide Prevention workshop for community members, staff and volunteers, following on from the success of the first workshop in August. The new training will be

Monday 28th October 10 am - 2:30 pm at Campsie. There is no charge to attend the workshop. The program helps participants recognise when a person may be having thoughts of suicide, and provides strategies to intervene and assist them. If you know of any individuals or groups who may be interested in attending this workshop please ask them to register using this link:

<https://www.eventbrite.com.au/e/wesley-lifeforce-suicide-prevention-half-day-workshop-campsie-nsw-tickets-71463891423>

The training is open to community members aged over 18 years. We would appreciate it if you could please forward this information on to others who you feel may also be interested in attending the workshop. Each participant will receive a certificate of attendance as well as support materials. Light Lunch will be provided by City of Canterbury Bankstown.

Thank you for your support.

Please ensure that you only book if you genuinely intend to attend as catering is costly and seating is limited. Non-attendance in the past has reduced the opportunities for others to attend.

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

