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Let's Read Wimmera, Early Years Awards Finalist

The Let's Read Wimmera program was an award finalist in the 'Creating collaborative community partnerships' category in the Department of Education Early Years Awards. Let's Read Wimmera is an early learning initiative, focused on improving literacy by supporting families to read daily to their children from birth onward.

Identifying children's literacy levels is a critical issue for the Wimmera district led to numerous collaborative community partnerships with great outcomes, something the initiative is hopeful to see implemented statewide.



Pictured at the award presentation, from left, Tim Shaw, Melanie Wade, Jenny Mikakos (Minister for Families and Children), Nanette Freckleton, Mandi Stewart

MATES – Youth Mentoring Week Celebrations

The MATES Mentoring Program celebrated Youth Mentoring week, (23-29 October) playing 'barefoot bowls' at Coughlin Park. Mentors and mentees who participate in the program came from as far as Kaniva and Apsley to join in the day's activities. Members of the Bowling Club were on hand to explain the objective of the game and offer some coaching. Following the bowling session, lunch was provided by Wimmera Southern Mallee LLEN. To celebrate the contribution that mentors play in the lives of the young people they mentor in the MATES Mentoring program, awards were presented to groups and individuals who have made significant contributions to the program.



Pictured from left: Mary Bysouth, Tanya Turner (Apsley Primary School- Mentoring Team of the Year), Tim Shaw



Apsley Primary School mentors (Mentoring Team of the Year) receiving awards from Tim Shaw and Mary Bysouth



Pictured from left, Mary Bysouth, Julie Merrett-Mills (Mentor of the year), Tim Shaw



Community Champion of the year award: Pictured from left, Mary Bysouth, Shane Gillespie (Bendigo Bank representative), Tim Shaw

Mentors Wanted - Sign up now for 2018

The MATES Mentoring program is seeking volunteer mentors to support young people in our local area. Now is an ideal time to sign up and complete the mentor training, meet your mentee and be ready to take on your mentoring role in the new year.

**Mentors
make a
difference!**

**Don't leave it too late to
become a mentor!**

Email: mary.bysouth@llen.com.au
Tel: (03) 5381 0122
www.llen.com.au/mates

#matesdrive
#WSMLLEN
#matesmentoring
#givingback
#volunteering
#1hourfortnight
#topCSRprogram

SWL Work Placement Opportunities

Students across the Wimmera are making their subject choices for 2018 and over the coming months, many will be seeking structured workplace learning opportunities with local employers.

Offering a work placement is a great way for businesses to try out potential new employees at very low cost (from just \$5 per day). Insurance is covered and you don't have to take out tax. Your business or organisation can provide an enormous amount of support for students in our region by providing work placements in the form of Structured Workplace Learning (SWL) and School Based Apprenticeships and Traineeships (SBATs). It is a great way to see if the young person is a good fit for your business.

Any students who are seeking Structured Work Placement opportunities can search online for local or statewide opportunities via the online portal. For local opportunities, go to:

<http://www.workplacements.education.vic.gov.au/lens/wsmllen/>



Community Action Network (CAN) Meetings Term 4, 2017

Dates for Community Action Network meetings for term 4 have been set and have been posted on our Website at: <http://www.llen.com.au/cans/>

Any individuals or representatives of organisations who have an interest in supporting young people in their local community are welcome to attend CAN meetings.

Community Action Network meetings are held in Dimboola, Edenhope, Horsham, Murtoa, Nhill and Warracknabeal. There is a Koorie Community Action Network that meets in Horsham.

If you would like to be included on the mailing lists to receive invitations to CAN meetings, please contact Lorraine Merton at info@llen.com.au



Skills and Jobs Centre - Fed Uni TAFE

SKILLS AND JOBS CENTRE

Free career and training advice with local knowledge for the local community.

- Employability skills workshops
- Skills review and advice
- Training advice
- Employer networking
- Local employment market information
- Barriers to employment and training explored

To book a time, or discuss services available, please call **03 5327 6540** or email skillsandjobs@federation.edu.au

FedUni TAFE



Services offered include:

Career pathways: We can help you map a path to your dream job, assisting you to gain the skills and experience it will require.

Employability 'soft skills' workshops: These workshops provide you with the skills to prepare for your next role, including exploring the hidden job market, resume writing and application letters, through to interview skills and presentation.

Employer forums: Our series of forums focus on the skills and qualities required to be successful in various sectors. They are presented by specialised employers and staff. Please visit our website for dates and to see which industries are being discussed.

Addressing barriers to training and employment: We will help you explore any challenges that may be impact upon your next steps, develop resolutions to overcome them, and assist you to succeed.



Federation
UNIVERSITY • AUSTRALIA

Over 230 students enrolling in one of the Vocational Education and Training (VET) courses available through the Wimmera Southern Mallee VET Cluster, attended an Induction Day on 1 November. Eighteen courses were offered for 2018 and thirteen of these received sufficient enrolments to run in 2018.

See the data info-graphic on Australia-wide participation in VET in schools:

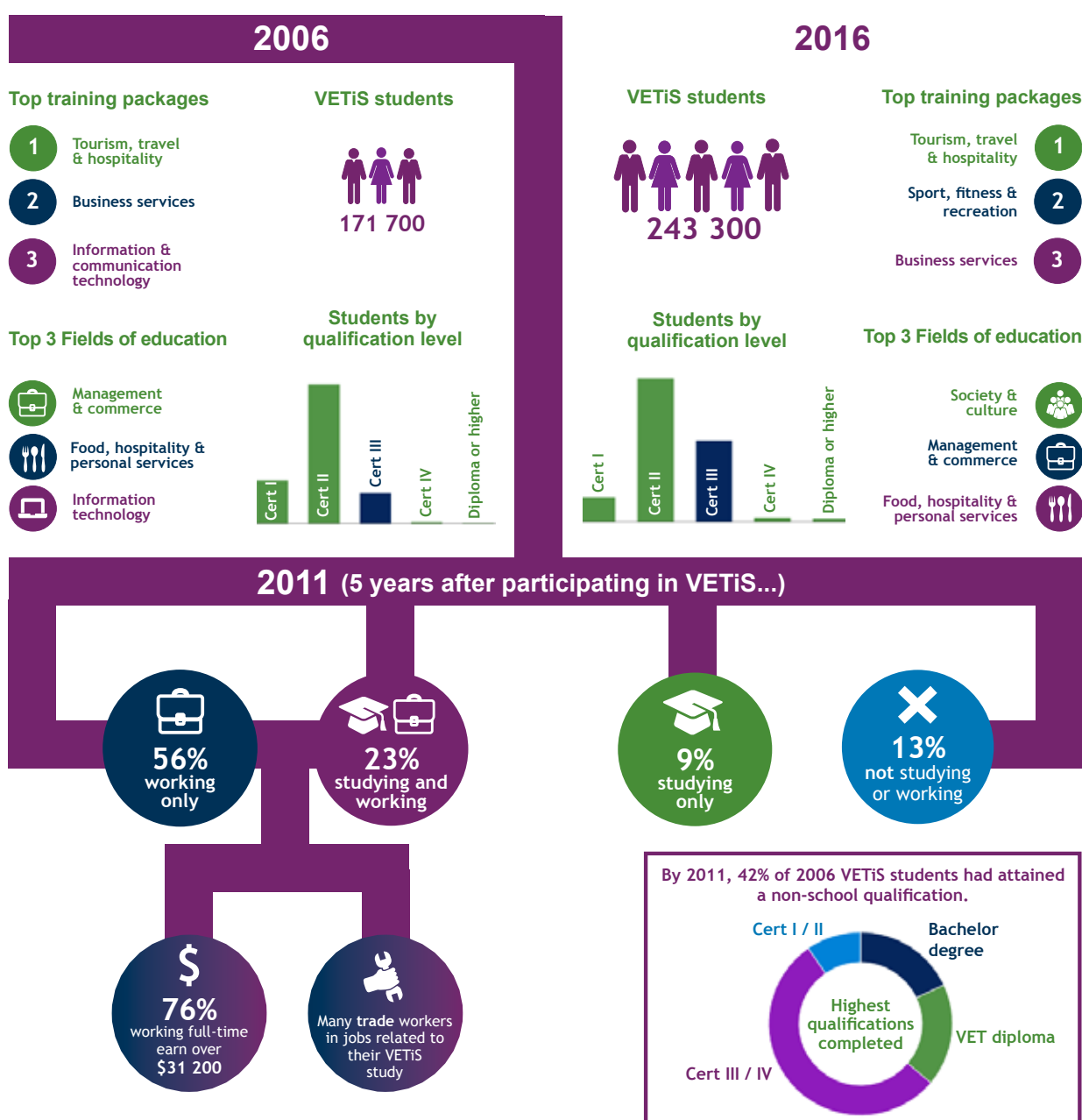
VET IN SCHOOLS

A PATHWAY TO POST-SCHOOL EMPLOYMENT AND TRAINING



VET in Schools (VETiS) refers to the vocational education and training (VET) undertaken by school students as part of their senior secondary certificate of education. The VET in Schools arrangement offers two main options: most students undertake VET subjects and courses as part of their school curriculum while some students undertake school-based apprenticeships and traineeships.

This infographic is based on the reports *Australian vocational education and training statistics: VET in Schools 2016* and *VET in Schools students: characteristics and post-school employment and training*, both of which are available from the NCVER Portal <<https://www.ncver.edu.au>>.

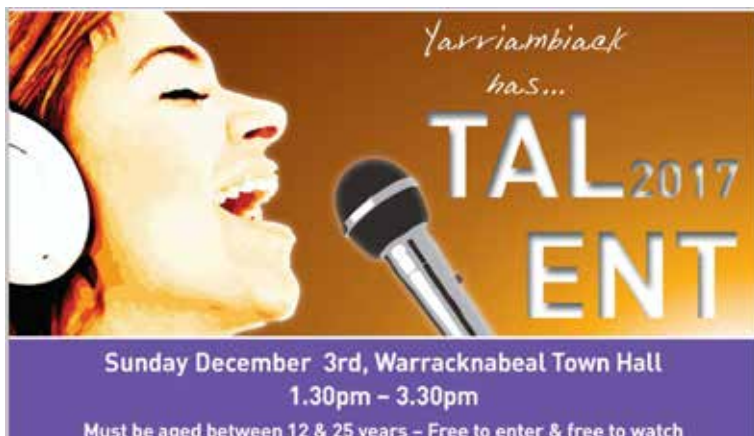


SOURCE: 2006 & 2016 National VET in Schools Collection (NCVER); 2006 National VET in Schools Collection (NCVER) and 2011 Census of Population and Housing (Australian Bureau of Statistics) Integrated Data Set.

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Produced by the National Centre for Vocational Education Research on behalf of the Australian and state and territory governments, with funding provided by the Australian Government Department of Education and Training. For further information, see <<http://www.ncver.edu.au>>.

Yarriambiack Has Talent



Yarriambiack Shire Council wants its best performers to contest the 2017 Yarriambiack Has Talent on 3 December.

The theme for the competition is, "This is me".

To be eligible to enter people must be aged between 12 and 25 years during 2017, be either a resident, work or be educated or have a mailing address within the Yarriambiack Shire Council boundaries.

The three categories available for competitors are:

1. Photography
2. Drawings, Sketches and Paintings
3. Musical/Dance Performance.

Entries close 24 November

Download an entry form: http://yarriambiack.vic.gov.au/media/uploads/Entry_Form_2017.pdf

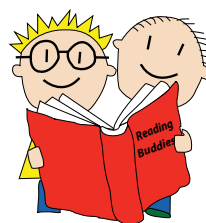
The event is a Yarriambiack FReeZA event being organised by the Shires Ramp it Rage It Stage It, FReeZA committee and the Shire's Youth Action Council.

Give a Book for Christmas

A call to all parents, grandparents,
uncles and aunties – give a book to
a child this Christmas!



Kids who read succeed!



NEXUS Term 4 **COMING EVENTS**

SAT OCT 21

MILDURA BATTLE - BUS TRIP
CONTACT MURRAY - 0407 585 097

FRI 27 OCT

COMEDY NIGHT

SAT 11 NOV

NORTHFEST FESTIVAL

WED 15 NOV

MOTOV8- @NEXUS 7-9PM

THUR 16 NOV

HORSHAM NORTH DISCO
@ NEXUS (Private event)

WED 22- THUR 23 NOV

SCHOOL TOUR

FRI 24 NOV

KANAMAROO FESTIVAL - NEXUS STAGE

SAT 25 NOV

ALCOHOL CHANGE LAUNCH
SAWYER PARK 6-9:30PM

SUN 3RD DEC

YARRIAMBIACK HAS TALENT
WARRACKNABEAL TOWN HALL

FRI 8 DEC

NEXUS OPEN DAY - TBA
JUNIOR BLUE LIGHT ?

MON 18- WED 20 DEC

YOUNG G CAMP



PH 5362 1500

NEXUS YOUTH CENTRE
14 PYNSENT ST HORSHAM



This is a Drug & Alcohol Free Youth Event - Ages 12-17



teen and Youth Mental Health First Aid

A new training package for high schools to improve their response to youth mental health problems

This training package, offered by Mental Health First Aid (MHFA) Australia, aims to improve the mental health literacy of staff and students within high school communities and promote adolescent early-help seeking and treatment for mental health problems. With secondary schools, this program concurrently teaches evidence-based mental health first aid skills to school staff via the 14-hour Youth MHFA course and to adolescents in years 10-12 via the teen MHFA course.



What is the Youth Mental Health First Aid course?

The Youth Mental Health First Aid (YMHA) course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

Further info under the 'Resources' > 'Guidelines' menu at the MHFA website.

Course Content

The YMHA course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis.

Developing mental health problems covered:

- Depression
- Anxiety problems
- Eating disorders
- Psychosis
- Substance use problems.

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Participants will learn about adolescent development and the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format

This is a 14-hour course. The delivery format is flexible. Course participants receive a copy of the YMHA Manual to keep and a Certificate of Completion.

Where can YMHA courses be held?

The course can be conducted wherever a YMHA Instructor can travel. If extended travel is required, the instructor's expenses may need to be met (to be negotiated with the instructor). If delivered with tMHFA, the YMHA Course is delivered in secondary schools that have taken on this training package.

Upcoming YMHA courses

MHFA courses for members of the public are advertised through the MHFA website, under the 'Courses' menu > 'Courses Calendar'.

Finding a YMHA Instructor

You can find Youth/teen MHFA Instructors in your area on the MHFA website, under the 'Courses' menu > 'Find an Instructor'.

You can contact Youth/teen MHFA instructors directly about conducting courses for your secondary school. Alternatively, you can contact YMHA Instructors about conducting a course in your organisation or workplace. Instructors' fees vary, so we recommend requesting several quotes and comparing.

Who can attend a YMHA course?

Any interested adult can attend. Please note that this course is not for adolescents to attend. This course is not a therapy or support group, rather it is an education course.

All instructors of this course are trained by Mental Health First Aid Australia



What is the teen Mental Health First Aid course?

The teen MHFA Course (tMHFA) is based on a study undertaken to determine the best actions a young person can undertake to support a peer with a mental health problem, using consensus of Australian and Canadian youth mental health consumers and experts.

Further info under the 'Research' > 'Course Development' menu at the MHFA website.

Course Content

In recognition that young people have a preference for sharing problems with peers, the tMHFA Course teaches high school students in years 10-12 how to provide mental health first aid to their friends and to get the help of an adult quickly.

Students learn how to:

- Recognise the signs of a mental health problem developing
- Recognise the signs of a mental health crisis, particularly suicide
- Get a responsible and trusted adult to take over as necessary.

The tMHFA course does not focus on specific illnesses, but on the pattern of thoughts, feelings and behaviour that show there might be a problem. It does not teach or encourage students to offer each other counselling of any kind, or to try to handle these problems alone. Diagnosis and treatment are the responsibility of properly trained mental health professionals. Rather, students are taught to seek help from a trusted adult who can get their friend this kind of help as soon as possible.

Course Format

This is a 3.5-hour course, delivered across 3 interactive classroom sessions of 75 minutes each. The course has specifically been designed to engage this age group. Course participants receive a copy of the tMHFA Manual to keep and a Certificate of Completion.

Where can tMHFA courses be held?

The tMHFA Course can only be taught to year 10-12 students in participating high schools, i.e. those that also have YMHA Courses conducted for school staff.

Finding a tMHFA Instructor

You can find Youth/teen MHFA Instructors in your area on the MHFA website, under the 'Courses' menu > 'Find an Instructor'.

You can contact Youth/teen MHFA instructors directly about conducting courses within your secondary school.

Who can attend a tMHFA course?

Only adolescents in years 10-12 at participating high schools can attend. This course is not a therapy or support group, rather it is an education course. Instructors' fees vary, so we recommend requesting several quotes and comparing.

More info for students, parents and schools available at:

<https://mhfa.com.au/teen-further-info>

Contact your local teen and Youth MHFA Instructor:

Name/s: Felicity Johns
Ph: 5362-1226
Email: felicity.j@grampianscommunityhealth.org.au

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

www.mhfa.com.au



Save-a-mate Alcohol and Other Drugs Workshop

The Australian Red Cross save-a-mate (SAM) program aims to provide participants with the skills and knowledge to prevent, recognise and respond to emergencies that may result from alcohol and other drug use.

Although there is no safe way to use drugs, and despite the harms associated with them, some people will still choose to use them. This course provides accurate and non-judgemental education allowing participants to make informed decisions and support others to do the same.

On successful completion of a SAM course participants will be awarded a certificate of attendance.

What does the course cover?

- Drugs and their classifications
- Drugs and the central nervous system
- Risk factors for overdose
- Signs and symptoms of an overdose
- Responding to an overdose
- Harm reduction strategies

look after
your mates

Course Information

The SAM program has been running in Australia for nearly 20 years, educating approximately 10,000 young people each year. In 2013, SAM received a Highly Commended Award for Excellence in Service for Young People from the Alcohol and other Drugs Council of Australia.

The relevance of the SAM program lays in the fact that many alcohol and other drug emergencies (including overdoses) are actually witnessed by someone else. Early intervention can have a significant impact on the outcome.

The training is an interactive 2 hour workshop. Group sizes and duration of the workshops can be negotiated in the booking process. SAM workshops are charged on a case by case basis, please contact to discuss.

For more information contact:
Jesse Hinch
Youth and Community
Development Officer
Mobile - 0437 134 551
jehinch@redcross.org.au



www.saveamate.org.au

Contributions to News You Can Use

Anyone wishing to contribute news or information about events, is welcome to submit articles for inclusion in the WSMLEN Newsletter. Articles can be forwarded to info@llen.com.au

WSMLEN reserves the right not to include items deemed to be incompatible with the purpose of the LLEN.

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Wimmera Southern Mallee LLEN is a recognised Gold Skilled Workplace with 100% of our current staff having completed the Youth Mental Health first aid training. We highly recommend YMHFA training for everyone who works with young people.

To find out more about being a skilled MHFA workplace, or to apply for recognition for your organisation, go the Mental Health First Aid website. <https://mhfa.com.au/cms/mental-health-first-aid-skilled-workplace-initiative>

The Wimmera Southern Mallee LLEN Newsletter is sent electronically to over 300 people across the region.