



Contents

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SWL - Structured Workplace Learning



Call out for employers to host students!

WSMLLEN supports senior secondary school students undertaking Vocational Education and Training (VET) by identifying employers who are willing to offer students a relevant and quality placement – Structured Workplace Learning (SWL). An SWL placement with an employer provides students with the opportunity to integrate on-the-job experience with what they are learning at school.

Employers have much to gain from hosting a student. It's a great way to see if a young person is a good fit for your business.

Supervision of a student is an opportunity for your staff to develop their management and leadership skills. A student can also be used to look at your workplace and workflows with "fresh eyes" to identify potential areas for improvement. A young person can also bring a new energy to your workplace. and best of all, it only costs \$5 per day, days and hours are flexible, you don't have to worry about taking out tax or insurance and there is no ongoing commitment.

With a new intake of students in VET courses we are seeking more opportunities and are on the lookout for more employers. Please get in contact with Vanessa: Phone 03 5381 0122 or email swl@llen.com.au

More, More, More... Mentors

Hello MATES!

Welcome to the new school year and an exciting year ahead! As most of you know, Wimmera Southern Mallee LLEN said farewell to Mary Bysouth in November 2018. Mary coordinated the MATES Mentoring program as well as providing support in the area of Structured Workspace Learning. Sam Flaherty has taken on the role of coordinating the MATES program. With the new year, we are also welcoming back our MATES Newsletter! This newsletter will be sent out once a term and is aimed to keep everyone involved with the MATES program updated on all things MATES related. If you would like a copy sent to you please email the MATES team (mates@llen.com.au).

As always, if you have potential volunteers in the community you think would be great for the MATES Mentoring program and would like to hold an information session, please contact Sam at Wimmera Southern Mallee LLEN to arrange a suitable time. We also have upcoming mentor training throughout term one. If you have multiple volunteers wanting to undertake the training but unable to attend the listed times, please contact Sam to arrange an alternative.

A reminder for mentors that your Mentee's anxiety may be a little up due to the holiday break and the return to school, so please be prepared for either added excitement, or seemingly disengagement...they will eventually return to their normal selves!

Please note that your mentee may

also have a new teacher this year, So please make sure you contact your school to arrange a new catch up time! Again, we would like to welcome back all our great volunteers, teachers, and MATES support staff and acknowledge all your great work within the program. If you have any questions, queries or concerns regarding the MATES program, please feel free to contact your school's MATES Mentoring coordinator, we're also here to help.

Welcome back and here's to a great 2019!

The MATES Mentoring Team at Wimmera Southern Mallee LLEN

...and remember "It only takes 24 hours to change a life!"

TRAINING – 2019 Full Day

Mentors can attend 1 full day training event to complete all 3 training sessions.

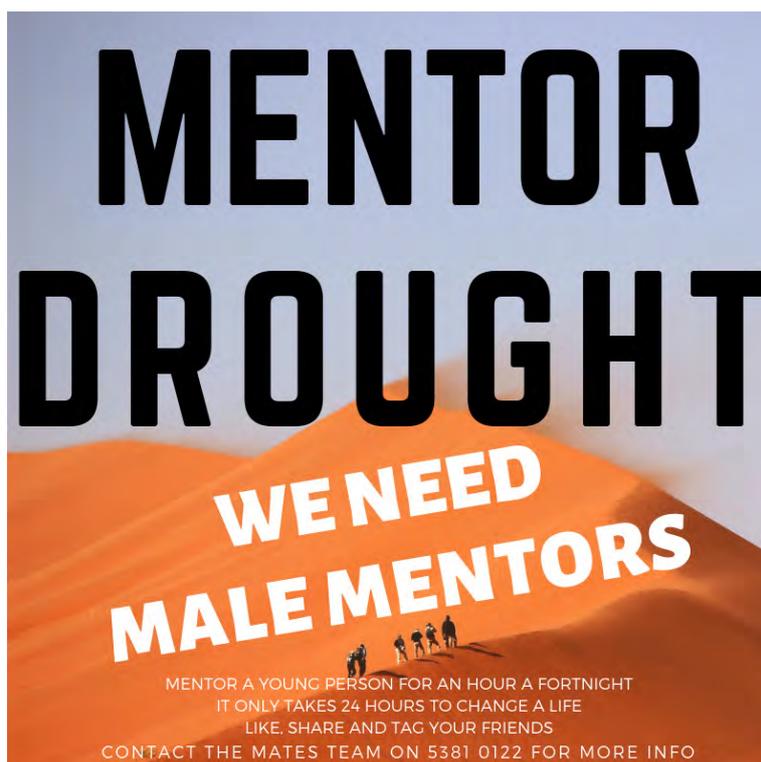
The full day sessions run from 9:30am – 4:00pm

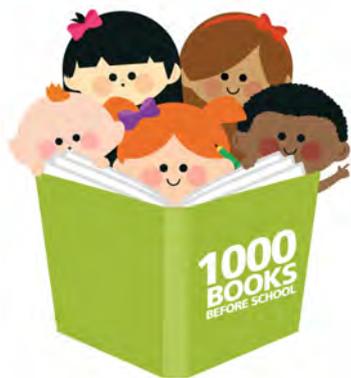
Dates Friday 15th March
 Tuesday 2nd April

TRAINING 2019 - Session 1 (2 Hours)

Mentors can attend Session 1 of the MATES training which will be sufficient to mentor a young person in a local school.

Dates Monday 11th March 5:30pm
 Monday 1st April at 5:30pm





1000 Books Before School

1000 Books before School is a special fun program to encourage your child to enjoy 1000 books before they reach school. There is significant research, both in Australia and overseas, to show that reading to and with a child before they start school, gives them the best chance to succeed once they begin school.

The 1000 books program can be joined at any of our library branches - join up, get your first record sheet and start reading - you can read any book you like and as many times as you like! As you progress through the program there are small incentive prizes to mark milestones. Children of any age can join (as long as they are not yet at school) - see your local library for more details.

Storytime and Rhymetime

Our regular Storytime and Rhymetime programs have commenced for 2019. Storytime sessions are aimed at pre-school children and consist of songs/rhymes, stories and a simple craft activity. Rhymetime sessions are for babies aged 0-2 years and have songs, rhymes and stories. All sessions are great social events for both children and parents.

Rhymetime sessions are held at:

- Horsham - Wednesday mornings at 10.30am.
- Kaniva - Thursday mornings at 10.00am during school terms.

Storytime sessions are held at:

- Dimboola - 2nd Wednesday of month at 2.00 pm
- Horsham - Monday and Friday mornings at 10.30 am
- St. Arnaud - 1st and 3rd Wednesday of the month at 10.30am
- Stawell - Thursday and Friday mornings at 10.30 am.
- Warracknabeal - Wednesday afternoons at 3.30pm



Be Connected
Every Australian online.

Network Partner

Be Connected - Online Tech Tutorials

Got a new tablet, smart phone or computer for Christmas and need some assistance in getting on line and discovering what you can access with it?

Our Be Connected program has a range of easy to access tutorials that cover a range of topics from the very basics of computers through to online safety and social networks, and using wifi or mobile data. The program aims to help all Australian, regardless of age, thrive in a digital world.

The Be Connected program lets you work through the topics that are relevant to you. You can access the tutorials via your own mobile device or use one of the PCs or iPads available at the library.

Library staff can assist you in logging into and setting up a profile on Be Connected and can give you additional assistance as required as you work through the tutorials. Contact your local branch for more details and to book a time for assistance.

Get Social at your local library

Your local library has a great range of social programs that you can attend. Talk to your local staff to get full details of dates and times for activities.

Monthly Book Chat groups are a fun way of sharing what you have read and enjoyed with other readers. These are held at Dimboola, Horsham and St. Arnaud. Kaniva and Edenhope libraries have monthly book clubs.

Craftanoon sessions invite you to bring your own hand-held craft project along and work on it in a social setting. Dimboola, Edenhope and Goroke hold weekly sessions, while St. Arnaud's group meets monthly.

Edenhope has a monthly Pop-up cinema that features quality films, often based on books.

Warracknabeal Library has very active Duplo & Lego clubs that meet Wednesday and Friday afternoons at 3.30pm. Nhill library will be hosting After School Games on Wednesdays from 3.30pm.

Our branches have spaces for you to just sit and chat. There is also coffee available at a number of branches. If you need to catch up with a friend, why not do so at your local library.

Growing a Mentally Healthy Generation

Be You and headspace Melbourne will be offering training in Horsham: 'Be You and Suicide Postvention' workshop for Term 1, 2019.

Location:

headspace Horsham 77 Hamilton St, Horsham VIC 3400

Dates and Times:

25 March 2019 12.30pm – 4.00pm

25 March 2019 4.30pm – 8.00pm

26 March 2019 7.30am – 11.00am

If these times do not fit schedules/travel into Horsham and you would really like to do the training, contact headspace Horsham on 03 5381 1543 about linking in via telehealth teleconferencing for training.

Growing a mentally healthy generation

Be You aims to transform Australia's approach to supporting children's and young people's mental health in early learning services and schools. Our vision is that every learning community is positive, inclusive and resilient – a place where every child, young person, educator and family can achieve their best possible mental health.



Professional learning, tools and support

Be You promotes mental health and wellbeing, from the early years to 18, and offers future and current educators and learning communities evidence-based online professional learning, complemented by a range of tools and resources to turn learning into action.

Be You empowers educators, helping them to develop valuable mental health skills and knowledge, while also providing an effective model for implementing a whole-learning community approach to mental health and wellbeing.



Wimmera Southern Mallee LLEN
PO Box 841 Horsham
www.llen.com.au





TEACHING YOUNG AUSTRALIANS TO BE
mentally healthy

PARENT INFORMATION NIGHT

Come along to our parent information night to learn more about methods to support mental health and wellbeing

WHEN: Tuesday 12th of March, 2019

TIME: 7:00PM-8:30PM

WHERE: Horsham Town Hall

For tickets go to box office, call 53829555; email: boxoffice@hrcc.vic.gov.au
or visit: www.horshamtownhall.com.au

THERESILIENCEPROJECT.COM.AU



Discovering the Best You

Don't miss this opportunity!

Book a session with
Alistair Mitchell at
your school, business,
organisation or club.

Coming to Horsham

9th-14th March 2019

Alistair is a qualified performance coach who specialises in Mental Health & Well-Being and his qualifications support his lived experience.

Presentations on:

- Mental Health
- Well-Being
- Self Care
- Supporting others

Open to:

- Schools
- Businesses
- Teams/Clubs
- Anyone interested in supporting others

Alistair lives in Queensland and is returning to Horsham, offering this opportunity in his home town.



***We work on the 'Day Time You'
to create the best 'Game Time You'...***

...whether that be in sport, work or life in general!
We simply help you discover the best version of YOU!

To book a session or for more information
call 0457 756 004 or email
admin@discoveringthebestyou.com.au



Alistair Mitchell
Discovering The Best You

RURAL SUPPORT & ASSISTANCE CONTACTS

FEBRUARY 2019



Counselling, Local Support & Rural Outreach

24-Hour Mental Health Triage
Grampians - 1300 661 323

Rural Outreach Program
Worker - 0418 981 210
Co-ordinator - 0419 412 290
West Wimmera, Hindmarsh,
Yarriambiack and Horsham Rural City

Flying Doctor Wellbeing
(03) 8412 0480
www.flyingdoctor.org.au/vic/our-services/wellbeing/
West Wimmera, Yarriambiack & Buloke Shires

Centacare & Family Relationship Centre
Counselling & family relationship services and Victims Assistance
1300 303 988

Christian Emergency Food Centre
Emergency supplies & materials to Wimmera residents - 5381 2311
www.cefc.org.au

Grampians Community Health
Intake – 5358 7400
www.grampianscommunityhealth.org.au

Headspace Horsham
Youth Counselling 12-25 years
5381 1543
www.headspace.org.au

The Salvation Army
Horsham - 5382 1770
Kaniva - 5392 2304
Stawell - 5358 4072
Ararat - 5352 2720
www.salvationarmy.org.au/horsham

Uniting Wimmera
Family Counselling & Support
1800 195 114
www.unitingwimmera.org.au

Youth Specific Services

Headspace Horsham
Youth Counselling 12-25 years
5381 1543
www.headspace.org.au

Victoria Police
Youth Resource Officer
Horsham - 5382 9240
Northern Grampians - 5358 8261

Yarriambiack Shire Youth Services
Community Engagement Programs
12-25 years. Contact - 1800 065 647
www.yarriambiack.vic.gov.au

Health Services

Edenhope & District Memorial Hospital
5585 9800
www.edmh.org.au

Goolum Goolum Aboriginal Cooperative
Aboriginal Health - 5381 6333
www.goolumgoolum.org.au

Harrow Bush Nursing Centre
5588 2000
www.hbnc.org.au

Rural Northwest Health
Warracknabeal, Hopetoun and Beulah
Wellbeing Team 1800 667 301
www.rnh.net.au

West Wimmera Health Service
Nhill, Goroke, Jeparit, Kaniva, Rainbow,
Natimuk, Murtoa, Minyip & Rupanyup
Social Work Intake - 5391 4292
www.wwhs.net.au

Wimmera Health Care Group
Horsham – Social Work - 5381 9242
Switch 5381 9111
www.whcg.org.au

Woomelang Bush Nursing Centre
5072 6100
GP available (Weds) & full support for
Psychiatric Telehealth
www.wbnc.org.au

Rural Support Organisations

Rural Financial Counselling Services
Wimmera South West
1300 735 578 - www.wswrcs.com.au/
North West Victoria
1300 769 489 - www.sunrcs.com.au/

Victorian Farmers Federation
State President David Jochinke
5383 4524/0427 834 524
National Centre for Farmer Health
5551 8533
www.farmerhealth.org.au

GWMWater
Water Carting and General Enquiries
1300 659 961 www.gwmwater.org.au
Bethany Community Support
1300 510 439
www.bethany.org.au

Rural Support – Local Government

Buloke Shire Council

5478 0175

www.buloke.vic.gov.au

Hindmarsh Shire Council

5391 4444

www.hindmarsh.vic.gov.au

Horsham Rural City Council

5382 9777

www.hrcc.vic.gov.au

Northern Grampians Shire

5358 8700

www.ngshire.vic.gov.au

West Wimmera Shire Council

5585 9900

www.westwimmera.vic.gov.au

Yarriambiack Shire Council

5398 0100

www.yarriambiack.vic.gov.au

Rural Support – Government Organisations

Agriculture Victoria

Dry Seasons Support
136 186

www.agriculture.vic.gov.au

Centrelink

132 316

www.centrelink.gov.au

Information Victoria

1300 366 356

www.vic.gov.au

State Ombudsman

1800 806 314

www.ombudsman.vic.gov.au

Australian Competition & Consumer

Commission - 1300 302 502

www.accc.gov.au

Consumer Affairs Victoria

1300 558 181

www.consumer.vic.gov.au

Legal Aid

Horsham based agency providing free
legal advice - 5381 6000

www.legalaid.vic.gov.au

Victoria Business Line

132 215

www.business.vic.gov.au

Australian Tax Office

deferred payments - 131 142

www.ato.gov.au

Dispute Settlement Centre of

Victoria - 1300 372 888

www.disputes.vic.gov.au

Regional Development Victoria

Horsham Office

5381 2762

www.rdv.vic.gov.au

Wageline

Federal awards and agreements and
industry rates - 131 394

www.fairwork.gov.au

Other Assistance Services

Lifeline

131 114

www.lifeline.org.au

Suicide Call Back Service

24/7 service 1300 659 467

www.suicidecallbackservice.org.au

Kids Help Line

1800 551 800 Ages 5-25

www.kidshelpline.com.au

Suicide Helpline

1300 651 251

www.suicideline.org.au

Parentline

132 289

www.parentline.vic.gov.au

The Sexual Assault & Family Violence Centre

24-Hour Crisis Line 1800 806 292

Horsham Office - 5381 1211

www.safvcentre.org.au

Mensline Australia

Online Counselling

1300 78 99 78

www.mensline.org.au

Men's Referral Service

No To Violence

1300 766 491

www.ntv.org.au

Beyond Blue

1300 224 636

www.beyondblue.org.au

SANE

Mental Health Information

Line - 1800 187 263

www.sane.org

Nurse-On-Call

24-Hour Service

1300 606 024

GP helpline

1800 022 222

www.healthdirect.gov.au

Women's Health Grampians

5322 4100

www.whg.org.au

Women's Information Referral Exchange

1300 134 130

www.wire.org.au

Red Cross

1800 131 701

www.redcross.org.au

Family Drug Support

1300 368 186

www.fds.org.au

Family Relationship Service

1800 050 321

www.familyrelationships.gov.au

Qlife

LGBTIQ Peer Support

1800 184 527

www.qlife.org.au

Counselling Online

Free drug & Alcohol
counselling online

www.counsellingonline.org.au

Head to Health

Digital mental health
services & resources

www.headtohealth.gov.au

In addition to this list, there are a number of private psychologists, social workers and counsellors available. Check out **Wimmera Counsellors Directory** via the Wimmera Primary Care Partnership Website– www.wimmerapcp.org.au

This list has been developed and prepared by Wimmera Primary Care Partnership. If you have any questions regarding this list please call (03) 5362 1222 or email kellie.mcmaster@wimmerapcp.org.au



14 February 2019

Development in focus: What is holding regional Victoria back?

How can new research pave the way for regional development and opportunity?

Join the Regional Incubator for Social and Economic Research as they delve into the challenges and opportunities that exist for rural and regional Victoria in 2019.

This free public event is a must attend for government, industry bodies, social agencies, researchers and community stakeholders to hear about new findings about the current barriers to social and economic development across five key topic areas:

- Redefining the socio-political position of the modern farm
- Entrepreneurship, Management and Community Leaders in a Regional System
- Political representation, equity and competition in Rural Victoria
- Young people's agency and mobility in and out of small towns
- A Study of Downshiffters in Australia and the UK

TICKETS NOW AVAILABLE

Date: 25 March 2019

Time: 11.00 am to 1.30 pm (Lunch will be provided)

Venue: Auditorium, Wimmera Campus, Federation University, Baillie Street, Horsham

Cost: Free of charge

Registrations: Via Eventbrite by 20 March 2019: riser.eventbrite.com

The learnings from the RISER's research will identify current barriers to social and economic development in regional and rural Victoria, which will be critical to informing how these can be overcome to enable communities to reach their full potential.

[Register Here](#)

Contributions to News You Can Use

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

WSMLEEN 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 a majority 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.