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Rural Victoria's Largest Careers Expo



THINK THIS IS BIG?

*Come visit rural Victoria's
largest Careers Expo*



Tuesday 26 June, 2018
9.30 am - 2.00 pm
Wimmera Events Centre
37 Field Days Road, Longerenong,
Victoria

The Western Victorian Careers Expo has continued to grow since its humble beginnings in 1986 to become country Victoria's largest careers expo. The Expo offers a broad range of career and course information as well as interactive opportunities, including a 'Try-a-Trade' section.

Attendees have the opportunity to talk to a wide range of career, industry and course advisors on a one-to-one basis as well as attend some of the half-hour seminars that run throughout the day. Exhibitors and presenters consist of local, regional, metropolitan and interstate representatives, including more than 20 Victorian and South Australian universities.

A new feature of the 2018 Expo is the Emergency Services HUB, with representatives from defence force, Ambulance Victoria, Victoria Police, the Country Fire Authority, State Emergency Services, Parks Victoria and Forest Fire Management.

Visit the Western Victorian Careers Expo website to find out more information: <http://wimmeracareerexpo.com/>

On the Expo website, you can:

- View a complete list of exhibitors including 'Try-a-Trade' exhibits
- View the timetable of the Expo seminars
- Find find maps and floor plans of the Expo site
- Download a copy of the complete Expo program.

See page 2 for more Expo information.



Hear special guest speaker,
Damien Thomlinson's, amazing
story at 11.15 am
at the Careers Expo.

Be Inspired!

WESTERN VICTORIAN
CAREERS EXPO 2018

Be Informed!

What's on at the Expo?

Hot food for sale
(No cash machines or EFTPOS available)

Half-hour seminars
See the timetable on pages 8-9 for the seminars of your choice

Career and Tertiary Information Sessions

Netball Victoria
Meet representatives from Netball Victoria

Try out your goal shooting skills at the Netball Victoria site

Careers in Disability NDS

Disability Sector Virtual Reality Work Experience

New in 2018

20 New Exhibitors

Emergency Services HUB

Alan Heard Pavilion

Find a University
Meet and ask questions of representatives from Tertiary Institution from Victoria and interstate

Find University Accommodation
Meet representatives from University accommodation facilities to explore options for living away from home.

GWM Water

Water Quality
Can you taste the difference between drinking water sourced from surface water, groundwater or bottled water?

Science
See a simulation of a water treatment plant that removes turbidity and colour from water.

Technology
Use GWMWater's SCADA system to see if you can control a simulated water treatment plant.

Hands-on

36 Try-a-Trade exhibits

Try your hand at Welding with Smallaire

NEXUS Youth Centre

CHILL-OUT ZONE

Live performances throughout the day

DEMO

Le Cordon Bleu
Cooking demonstrations at 10:00 and 12:00.

Lincoln College
Enter a competition on their stand for a chance to win one of five \$1,000 gift cards.

WIN!

Special Guest
Damien Thomlinson

The special guest at this year's Expo, has an amazing story to tell about being in the armed forces, followed by several career changes due to a horrific accident.

Damien Thomlinson is an Australian veteran of the war in Afghanistan and former member of the elite 2nd Commando Regiment. Like many of his comrades in the armed forces, Damien can accurately be described as a war hero but it is his incredible achievements since leaving the forces that have inspired so many around the world. Since returning to Australia, he has become an acclaimed actor, an aspiring Paralympian, an author and a riveting keynote speaker.

Damien's story of losing his legs in Afghanistan then going on to appear in a film directed by Mel Gibson and training for the winter paralympics is an inspiration for expo attendees to continue to set goals, and believe that anything is possible, no matter what the circumstances.

11.15 am
Emergency Services HUB

Alan Heard Pavilion

GET MORE OUT OF YOUR CAREER WITH THE AUSTRALIAN DEFENCE FORCE

There are over 250 job roles available in the Australian Defence Force all offering world-class training, job security, free healthcare and a competitive salary.

If you've ever wondered what life as a sailor, soldier or airman/airwoman is like, come and visit us in the main expo arena and talk to current serving military personnel and learn about the steps they took in planning their future.

CALL 13 19 01 OR VISIT DEFENCEJOBS.GOV.AU

NAVY ARMY AIR FORCE

New in 2018

Emergency Services HUB

Alan Heard Pavilion

NAVY

ARMY

AIR FORCE

Defence Force Recruiting

Virtual Reality

HMAS Cerberus Navy Community Engagement

Police Command Centre
(outside the Alan Heard Pavilion)

Vic Police 3,000 new recruits wanted

Victoria Police are currently in their biggest recruitment drive ever, looking to recruit 3,000+ new Police, PSO and PCO's by 2021!

Ambulance Victoria

Recruitment for paramedics

Hands-on

Parks Victoria & Forest Fire Management...

Hands-on interaction with fire vehicles and equipment

VET Health

Certificate II in Health Support Services is a new course being offered to VET students by the Wimmera Southern Mallee VET Cluster in 2019. The course is being offered by Federation University.

This course would be well suited to year 10-12 students, VCE or VCAL, who would like to make a start on their health career training whilst still at school. The course provides credit transfer of units into Certificate III in Individual Support (aged care) and Diploma of Nursing (both of which will run at Horsham Fed Uni in 2019). The Bachelor of Nursing, 1st Year, will also be returning to Horsham Fed Uni in 2019.

Students who are interested in this course can find out more by attending a half-hour seminar at 10.30 am at the Western Victorian Careers Expo. This seminar will be presented by Gab McCullough, Diploma of Nursing and VET Health Support Services teacher.

The Health sector is a growing industry and provides a high number of employment opportunities across our region. There are currently a reported 50 vacancies in nursing positions in the Wimmera and reports of difficulties in filling allied health positions in areas of speech pathology, occupational therapy and psychology.



WESTERN VICTORIAN CAREERS EXPO SEMINAR

**Start your health career without leaving home
(VET Health & Nursing)**

***Presented by Gab McCulloch
Federation University, Horsham***

10.30 am - 11.00 am

At the Careers Expo, 26 June, 2018

Try VET Day

Students in senior secondary school will be considering their options for 2019. Students undertaking a VET subject in 2019 have the opportunity to attend Try VET day on 2 August, 2018 (third week of term 2). Seventeen VET courses are being offered by the Western Victorian VET Cluster in 2019. Courses will only run in 2019 if sufficient enrolments are received for the course.

Wimmera and Southern Mallee

**Try
VET
Day
2018**

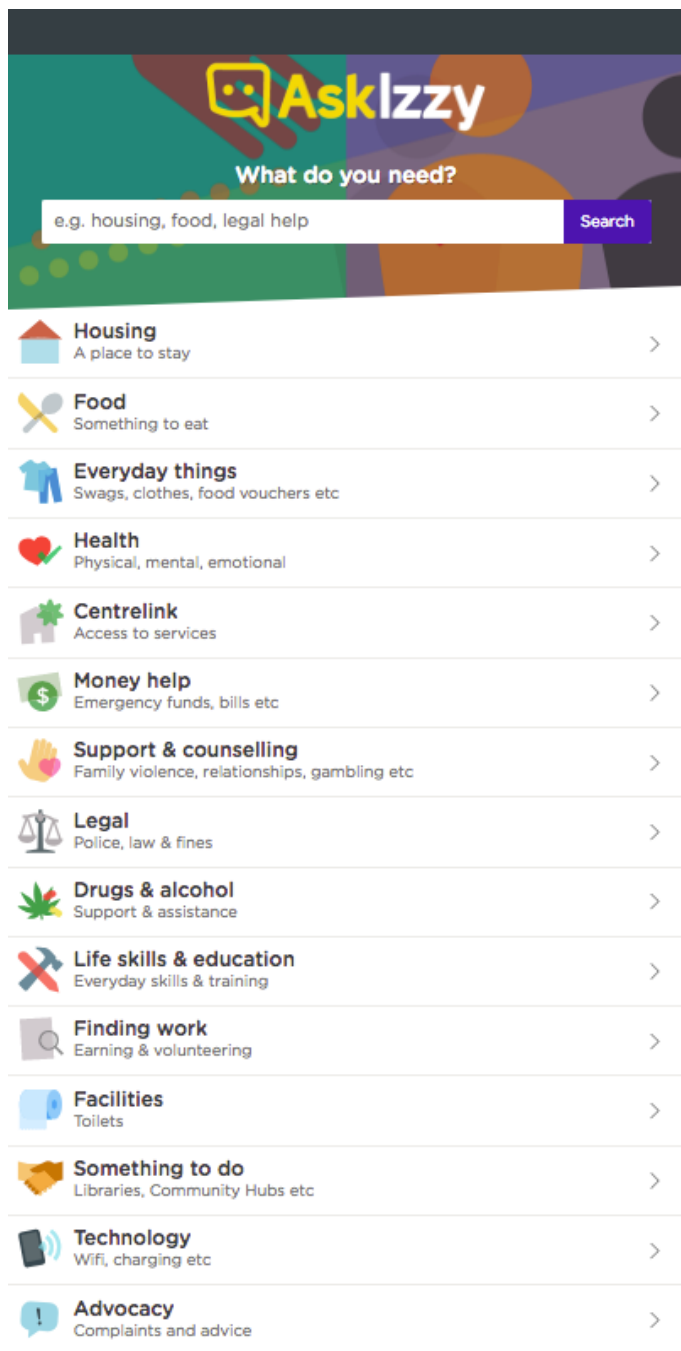
Try any 2
VET subjects
to help decide which
one to enrol in for
2019.

Students
must complete a
registration form to be
able to attend.

Thursday 2 August
A free lunch will be provided by the LLEN

See your VET Coordinator for a registration form or for more information





Ask Izzy
What do you need?
e.g. housing, food, legal help Search

- Housing**
A place to stay
- Food**
Something to eat
- Everyday things**
Swags, clothes, food vouchers etc
- Health**
Physical, mental, emotional
- Centrelink**
Access to services
- Money help**
Emergency funds, bills etc
- Support & counselling**
Family violence, relationships, gambling etc
- Legal**
Police, law & fines
- Drugs & alcohol**
Support & assistance
- Life skills & education**
Everyday skills & training
- Finding work**
Earning & volunteering
- Facilities**
Toilets
- Something to do**
Libraries, Community Hubs etc
- Technology**
Wifi, charging etc
- Advocacy**
Complaints and advice

Have You Ever Asked Izzy?

When you're looking for support, Ask Izzy can help you to find the services you need, right now and nearby. It is free and anonymous, and you can search over 350 000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more.

If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.

You can find services and information on: Housing, Food, Everyday Things, Health, Centrelink, Money help, Support and Counselling, Legal, Drugs and Alcohol support, Life Skills and Education, Finding Work, Facilities, Something to Do, Technology, Advocacy.

Searching category and refining by postcode can find services in a local area. <https://askizzy.org.au/>

Service providers can add information about the services they provide via the Ask Izzy website at <https://askizzy.org.au/add-service>

Youth Services Directory



Wimmera Southern Mallee LLEN maintains a Youth Services Directory on their website at <http://www.llen.com.au/directory/>.

This directory lists a range of local services for youth in the Wimmera Southern Mallee region. There are over 90 organisations listed that provide services. To help keep this information up-to-date, please contact Lorraine Merton at the LLEN office to add new information or if you notice any information that is incorrect. Email info@llen.com.au

Pick my project community grants program

Pick My Project, is a new community grants program that gives Victorians the chance to suggest project ideas, and then decide which ones will most improve their communities by voting. Winning ideas will be funded!

You can apply for funding for ideas costing between \$20K – \$200K, and focus on things like:

- Funding for sport and recreation activities
- Improving health and well-being
- Innovation and technology
- Arts and culture projects
- Ideas that improve community and bring people together

Pick My Project starts in May 2018. See <https://pickmyproject.vic.gov.au/> for the details or connect on facebook.com/pickmyproject.





Training for professionals, carers, family &
friends of individuals who have
Self-Destructive Behaviours
in our Community.
Mental Health—Walk the Talk!



**CENTRE for
PARTICIPATION**

ABN: 69 130 594 302

is presenting a 2 day training workshop in partnership with ...

‘An Introduction To Working With Individuals Who Have Self-Destructive Behaviours’

[This is a pre-requisite for the 3 day training ‘Facilitating the SAFE in Oz Consumer Recovery Program’]

Monday & Tuesday

10th & 11th September 2018

CENTRE for PARTICIPATION

39 Urquhart Street
Horsham VIC 3400

\$440.00 [Inclusive of GST]

If you register and pay **at least 30 days BEFORE** the commencement of the workshop you will
qualify for our Early Bird payment of **\$400.00** [incl GST]

Light refreshments will be provided - **BYO Lunch**

Day 1 - 9am for 9.15am prompt start until 4.30pm

Day 2 - 9am prompt start until 4.30pm

There are strictly limited places available for this workshop.

A hard copy of the Registration Form can be accessed at www.safeinoz.com.au

or contact Annie for an electronic version. Upon receipt of your completed
Registration Form a Tax Invoice will be issued for payment and a place secured
in the workshop. **This workshop is accredited for 6 CPE points with ACWA.**



If you require any further information please contact;

Annie - 03 5176 2616

[Office hours Tuesday - Thursday 9am - 4pm EST]

Perdie said ... *“I am a 32 year old person. I say person because I don't know who I really am. I have the body of a disfigured woman and the mind of a dead soul. Self-harming for me is a physical manifestation of the extreme internal distress and trauma I feel each day of my life. The feelings of guilt, shame and self-hatred for what I allowed to happen in the past. It is my punishment, yet release from this intense inner pain”....*

Further testimonies, poetry, music and art can be accessed at www.safeinoz.com.au
under ‘Sharing the Experience’ - ‘Self-Abuse Finally Ends’ page...

'An Introduction To Working With Individuals Who Have Self-Destructive Behaviours'

Workshop Registration

Name of Organisation: _____

Address: _____

City: _____ Postcode: _____


Contact Person: _____ Telephone: [] _____

Email: _____ Location: _____

We wish to register the following participants for the above workshop.

Name	Email or Telephone Contact Details

*** You can type directly into this electronic Registration Form. Remember to delete the lines after each heading as you add your details, save it and email it back to safeinoz@wideband.net.au Once received, a place will be secured in the workshop and a Tax Invoice will be generated and emailed back to you for payment.



[6 CPE points]

I have enclosed a cheque for \$ _____ [non-refundable] made out to **SAFE in Oz Pty Ltd** being the total payment for _____ workshop participants @ **\$440.00** each or if registered and paid at least 30 days before the chosen workshop it is **\$400.00** each or direct deposit to:-

Direct Deposit Information: To be deposited **prior** to workshop please.

Bank: Bank Australia **Account Name:** SAFE in Oz

BSB: 313 140 **Account Number:** 23186826

If paying by direct deposit, please use our Tax Invoice number in the Transaction Description when Direct Crediting Funds.

Cheques to be attached to a copy of the registration form and forwarded to SAFE in Oz – 9 Kimberley Drive Traralgon VIC 3844

On receipt of a completed registration form, a place/s will be secured in the workshop and a tax invoice will be generated for payment. Once payment is received, a Confirmation of Registration & Receipt will be emailed to you and will include all the required information for you to attend the workshop. So pop the dates in your diary and see you there.



Hearing Voices

Youth Group

“Finding this group was like finding my tribe.”

‘Hearing voices’ is a term used to represent the experience of what is also called ‘auditory hallucinations’.

Hearing voices can also be related to the experience of seeing visions, sensing things and having beliefs that others might find unusual.

Hearing voices groups are safe spaces where voice hearers can share their experiences, learn new ways to understand, cope and live with voices and create a powerful sense of hope and possibility.

Our Youth Hearing Voices Group is for anyone aged 15-25 who hears voices and lives in Wimmera and South Western Regional Victoria.

Date

Fortnightly on Mondays
(commencing 14 May)

Time

4-5pm

Venue

headspace Horsham
77 Hamilton Street, Horsham

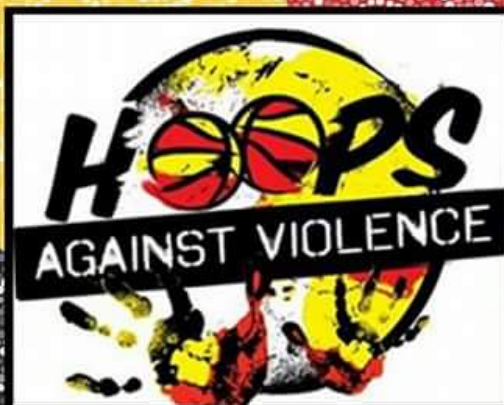
Get in touch

If you would like to join the group or learn more contact Petra Hinch, Hearing Voices Regional Coordinator

T: 5362 2941

E: petrah@vt.uniting.org

Uniting



Where: Ballarat, Mars Minderdome

When: 2nd & 3rd of July
(Monday-Tuesday)

Monday 12:30pm—7pm

- Basketball Clinic
- Traditional Games
- Koories & Police – Ballarat v Horsham Basketball Challenge

Tuesday 10am-12:30pm

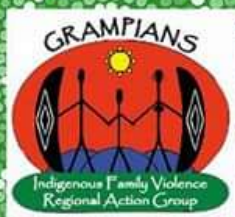
- 3 on 3 tournament



Free Shirts and prizes to be won!!

Transport and accommodation can be provided to those who register with Goolum Goolum Aboriginal Co-operative. Details of this are yet to be confirmed but please contact Goolum's reception on 5381 6333 to register.

Lunch & Dinner Provided





Wimmera Suicide Prevention and Support Network

Community Meetings

- Date:** Held last Wednesday of the month
- Location:** Contact Trisha Stephens for venue details.
- Time:** 6:00 – 7:30 pm

Community suicide prevention networks play a key role in coordination, collaboration and resource exchange within a community and may therefore build a community's capacity as a foundation for the development of effective suicide prevention initiatives.

Interested community members and organisations are invited to attend a meeting to learn more about a community suicide prevention project in the local area.

'Suicide prevention is a shared responsibility across the community, professional groups, and non-government and government agencies.'

'Living is for Everyone' framework.

For more information, contact
trisha.stephens@wesleymission.org.au or 0417 932 602

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.

WSMLEN Staff



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Angela Watson
Finance Officer
angela.watson@llen.com.au



Annie Mintern
Careers Expo Project
Officer



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.