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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](mailto: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](mailto: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.

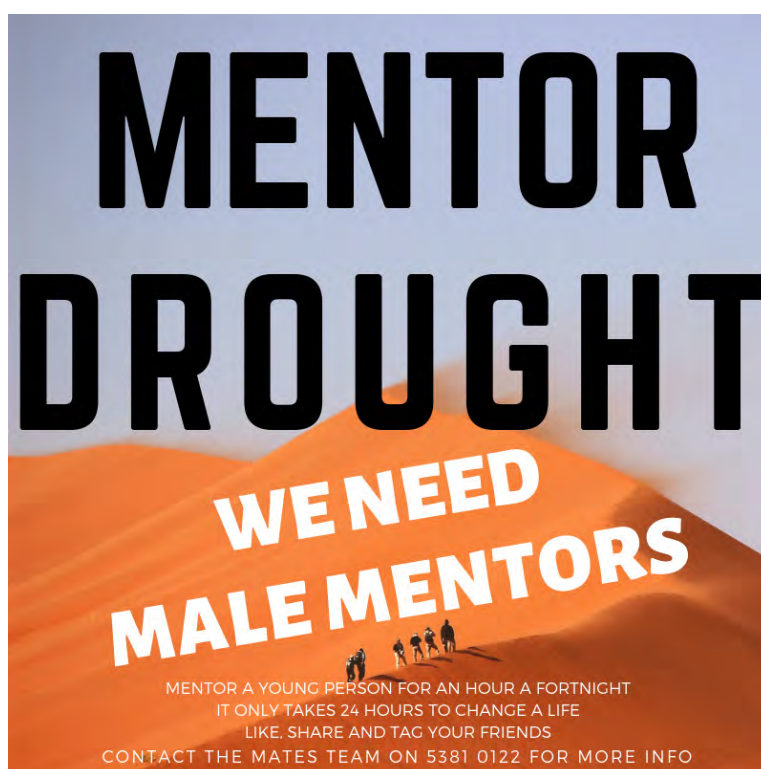
The full day sessions run from 9:30am – 4:00pm

Dates     Friday 15<sup>th</sup> March  
              Tuesday 2<sup>nd</sup> 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 11<sup>th</sup> March 5:30pm  
              Monday 1<sup>st</sup> 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 Prevention' 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](http://www.llen.com.au)

With delivery partners



Funded by







TEACHING YOUNG AUSTRALIANS TO BE  
*mentally healthy*

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# PARENT INFORMATION NIGHT

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

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**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](mailto:boxoffice@hrcc.vic.gov.au)  
or visit: [www.horshamtownhall.com.au](http://www.horshamtownhall.com.au)

**[THERESILIENCEPROJECT.COM.AU](http://THERESILIENCEPROJECT.COM.AU)**



Department of  
Education & Training



# 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**

**9<sup>th</sup>-14<sup>th</sup> 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](mailto: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/](http://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](http://www.cefc.org.au)

**Grampians Community Health**

Intake – 5358 7400  
[www.grampianscommunityhealth.org.au](http://www.grampianscommunityhealth.org.au)

**Headspace Horsham**

Youth Counselling 12-25 years  
5381 1543  
[www.headspace.org.au](http://www.headspace.org.au)

**The Salvation Army**

Horsham - 5382 1770  
Kaniva - 5392 2304  
Stawell - 5358 4072  
Ararat - 5352 2720  
[www.salvationarmy.org.au/horsham](http://www.salvationarmy.org.au/horsham)

**Uniting Wimmera**

Family Counselling & Support  
1800 195 114  
[www.unitingwimmera.org.au](http://www.unitingwimmera.org.au)

### Youth Specific Services

**Headspace Horsham**

Youth Counselling 12-25 years  
5381 1543  
[www.headspace.org.au](http://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](http://www.yarriambiack.vic.gov.au)

### Health Services

**Edenhope & District Memorial Hospital**

5585 9800  
[www.edmh.org.au](http://www.edmh.org.au)

**Goolum Goolum Aboriginal Cooperative**

Aboriginal Health - 5381 6333  
[www.goolumgoolum.org.au](http://www.goolumgoolum.org.au)

**Harrow Bush Nursing Centre**

5588 2000  
[www.hbnc.org.au](http://www.hbnc.org.au)

**Rural Northwest Health**

Warracknabeal, Hopetoun and Beulah  
Wellbeing Team 1800 667 301  
[www.rnh.net.au](http://www.rnh.net.au)

**West Wimmera Health Service**

Nhill, Gorokey, Jeparit, Kaniva, Rainbow,  
Natimuk, Murtoa, Minyip & Rupanyup  
Social Work Intake - 5391 4292  
[www.wwhs.net.au](http://www.wwhs.net.au)

**Wimmera Health Care Group**

Horsham – Social Work - 5381 9242  
Switch 5381 9111  
[www.whcg.org.au](http://www.whcg.org.au)

**Woomelang Bush Nursing Centre**

5072 6100  
GP available (Weds) & full support for  
Psychiatric Telehealth  
[www.wbnc.org.au](http://www.wbnc.org.au)

### Rural Support Organisations

**Rural Financial Counselling Services**

Wimmera South West  
1300 735 578 - [www.wswrcs.com.au/](http://www.wswrcs.com.au/)  
North West Victoria  
1300 769 489 - [www.sunrcs.com.au/](http://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](http://www.farmerhealth.org.au)

**GWMWater**

Water Carting and General Enquiries  
1300 659 961 [www.gwmwater.org.au](http://www.gwmwater.org.au)

**Bethany Community Support**

1300 510 439  
[www.bethany.org.au](http://www.bethany.org.au)

## Rural Support – Local Government

**Buloke Shire Council**  
5478 0175  
[www.buloke.vic.gov.au](http://www.buloke.vic.gov.au)

**Hindmarsh Shire Council**  
5391 4444  
[www.hindmarsh.vic.gov.au](http://www.hindmarsh.vic.gov.au)

**Horsham Rural City Council**  
5382 9777  
[www.hrcc.vic.gov.au](http://www.hrcc.vic.gov.au)

**Northern Grampians Shire**  
5358 8700  
[www.ngshire.vic.gov.au](http://www.ngshire.vic.gov.au)

**West Wimmera Shire Council**  
5585 9900  
[www.westwimmera.vic.gov.au](http://www.westwimmera.vic.gov.au)

**Yarriambiack Shire Council**  
5398 0100  
[www.yarriambiack.vic.gov.au](http://www.yarriambiack.vic.gov.au)

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## Rural Support – Government Organisations

**Agriculture Victoria**  
Dry Seasons Support  
136 186  
[www.agriculture.vic.gov.au](http://www.agriculture.vic.gov.au)

**Australian Competition & Consumer Commission** - 1300 302 502  
[www.accc.gov.au](http://www.accc.gov.au)

**Australian Tax Office**  
deferred payments - 131 142  
[www.ato.gov.au](http://www.ato.gov.au)

**Centrelink**  
132 316  
[www.centrelink.gov.au](http://www.centrelink.gov.au)

**Consumer Affairs Victoria**  
1300 558 181  
[www.consumer.vic.gov.au](http://www.consumer.vic.gov.au)

**Dispute Settlement Centre of Victoria** - 1300 372 888  
[www.disputes.vic.gov.au](http://www.disputes.vic.gov.au)

**Information Victoria**  
1300 366 356  
[www.vic.gov.au](http://www.vic.gov.au)

**Legal Aid**  
Horsham based agency providing free legal advice - 5381 6000  
[www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)

**Regional Development Victoria**  
Horsham Office  
5381 2762  
[www.rdv.vic.gov.au](http://www.rdv.vic.gov.au)

**State Ombudsman**  
1800 806 314  
[www.ombudsman.vic.gov.au](http://www.ombudsman.vic.gov.au)

**Victoria Business Line**  
132 215  
[www.business.vic.gov.au](http://www.business.vic.gov.au)

**Wageline**  
Federal awards and agreements and industry rates - 131 394  
[www.fairwork.gov.au](http://www.fairwork.gov.au)

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## Other Assistance Services

**Lifeline**  
131 114  
[www.lifeline.org.au](http://www.lifeline.org.au)

**Suicide Call Back Service**  
24/7 service 1300 659 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Kids Help Line**  
1800 551 800 Ages 5-25  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Suicide Helpline**  
1300 651 251  
[www.suicideline.org.au](http://www.suicideline.org.au)

**Parentline**  
132 289  
[www.parentline.vic.gov.au](http://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](http://www.safvcentre.org.au)

**Mensline Australia**  
Online Counselling  
1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au)

**Men's Referral Service**  
No To Violence  
1300 766 491  
[www.ntv.org.au](http://www.ntv.org.au)

**Beyond Blue**  
1300 224 636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**SANE**  
Mental Health Information  
Line - 1800 187 263  
[www.sane.org](http://www.sane.org)

**Nurse-On-Call**  
24-Hour Service  
1300 606 024

**GP helpline**  
1800 022 222  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**Women's Health Grampians**  
5322 4100  
[www.whg.org.au](http://www.whg.org.au)

**Women's Information Referral Exchange**  
1300 134 130  
[www.wire.org.au](http://www.wire.org.au)

**Red Cross**  
1800 131 701  
[www.redcross.org.au](http://www.redcross.org.au)

**Family Drug Support**  
1300 368 186  
[www.fds.org.au](http://www.fds.org.au)

**Family Relationship Service**  
1800 050 321  
[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

**Qlife**  
LGBTIQ Peer Support  
1800 184 527  
[www.qlife.org.au](http://www.qlife.org.au)

**Counselling Online**  
Free drug & Alcohol counselling online  
[www.counsellingonline.org.au](http://www.counsellingonline.org.au)

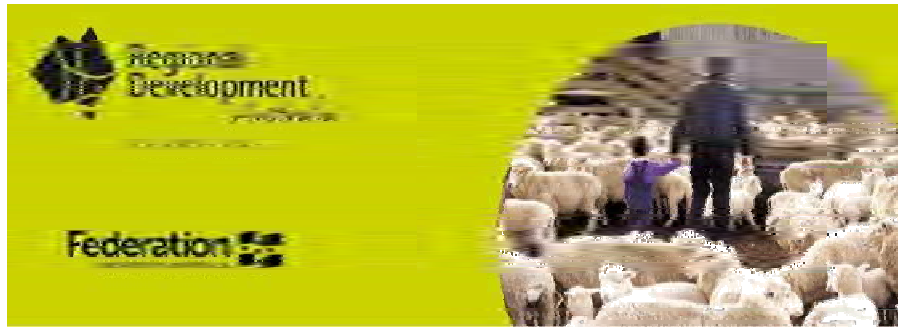
**Head to Health**  
Digital mental health services & resources  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

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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](http://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](mailto: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](https://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](mailto:info@llen.com.au)

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

## WSMLEEN Staff



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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.