

MATES MATTERS

Term 3, 1 Sept 2020

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A Final Message from Sam

Hello MATES Mentoring community,

Firstly, thank you for volunteering to be a MATES mentor and being a part of our MATES community. You are making a real difference in the life of your mentee. Unfortunately, in accordance with the Victorian State Government regulations and measures to stop the spread of COVID-19, face-to-face mentoring catch-up sessions continue to be on hold until further notice.

Secondly, this will be my last MATES Matters newsletter and my last day in my role as the MATES Mentoring Coordinator at the Wimmera Southern Mallee LLEN. Thank you to everyone who has mentored, coordinated programs, attended events, re-joined the program, liked our Facebook page or post, or participated in any way, shape or form over these past two years. It has been an amazing experience to be part of such a dedicated and great community. Some of my personal highlights were seeing the growth and rebirth of MATES program, the DeckHeads Project, the MATES on the Green celebration in 2019 and the genuine connections mentors and mentees have formed.

Volunteers are essential to our community and the continuation of MATES so again, we thank you for your patience and support during these hard times. We hope that when restrictions ease, our programs can get back into full swing.

Your new MATES point of contact in the interim at the LLEN will be Vanessa O'Loughlin. Vanessa has been an integral member of the MATES team over the years and knows all the ins and outs of the program. She has literally helped write the book on mentoring with her knowledge of policies and procedures. Vanessa can be contacted on 5381 0122 or at mates@llen.com.au

Thank you again for the past two years.

Cheers,

Sam Flaherty
MATES Coordinator



Contact the MATES team:

Phone: 03 53810122

Email: mates@llen.com.au

Web: llen.com.au/mates

Facebook: facebook.com/MATESMentoring

Instagram: [matesmentoring](https://www.instagram.com/matesmentoring)

We're all in this together...



...the LLEN Team

Make your own face mask...

Follow the link to the DHHS website to find instructions for making your own face mask.

https://www.dhhs.vic.gov.au/sites/default/files/documents/202007/Design%20and%20preparation%20of%20cloth%20mask_0.pdf

...and stay safe

How to make a cloth mask

Instructions for making a cloth face mask

Section	Quantity ¹	Material type	Example materials
Outer layer	1 piece (25 cm x 25 cm)	Water-resistant fabric (polyester / polypropylene)	<ul style="list-style-type: none"> • Clothing • Reusable 'green' shopping bags • Exercise clothing
Middle layer	1 piece (25 cm x 25 cm)	Fabric blends (cotton / polyester blend / polypropylene)	<p>A repeat layer of either:</p> <ul style="list-style-type: none"> • Clothing • Reusable 'green' shopping bags
Inner layer	1 piece (25 cm x 25 cm)	Water-absorbing fabric (cotton)	<ul style="list-style-type: none"> • Clothing
Ear loops	2 pieces (20 cm each)	Elastic or string or cloth strips	<ul style="list-style-type: none"> • T-shirt • Shoelaces

Important:

Make sure that all materials are intact and have not worn too thin or have holes in them. Check the item's label or tag to confirm the type of material.

¹Material dimensions are the right size for an average adult.



Tim Shaw
Executive Officer



Vanessa O'Loughlin
Systems and Development
Interim Coordinator

Contact the MATES team:

Phone: 03 53810122

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Instagram: [matesmentoring](https://instagram.com/matesmentoring)

About the LLEN

Local Learning and Employment Networks (LLENs) are an initiative of the Victorian Government. They were established to bring together schools, business and industry, community organisations, government agencies and individuals to improve the lives and education outcomes of our young people.

The Wimmera Southern Mallee LLEN works across the Hindmarsh, Horsham, West Wimmera and Yarriambiack local government areas. We have a strong focus on supporting disadvantaged young people to remain at school. The WSMLLEN strives:

- To improve the participation of vulnerable young people and their families in education
- To increase the re-engagement of young people into programs leading to qualifications
- To increase our schools' engagement with the community to improve students' aspirations and education outcomes

Helpful Phone numbers

Grampians Community Health: 5362 1200

Hindmarsh Shire (03) 5391 4444

Horsham Rural City Council: 5382 9777

West Wimmera Shire:

Edenhope: (03) 5585 9900

Kaniva: (03) 5392 7700

Yarriambiack Shire: (03) 5398 0100

Police (Horsham): 5382 9200

Rural Northwest Health (03) 5396 1200

West Wimmera Health Service (03) 5391 4222

Wimmera Health Care Group (Horsham Hospital): (03) 5381 9111

Bushfire information: 1800 240 667

headspace (Horsham): 5381 1543

LifeLine: 13 11 14

Nurse on call: 1300 060 024

SES Emergency: 13 25 00