

PROMOTING THE  
HEALTHY  
DEVELOPMENT  
OF CHILDREN  
AND YOUNG  
PEOPLE IN THE  
SOUTH WEST

# Envoy



## Investing In Our Youth Newsletter

April 2016

### Welcome

Investing In Our Youth is a community based not for profit organisation based in the South West of Western Australia.

Our vision is to create a healthy and safe community environment where all young people are valued and supported to reach their full potential.

Investing In Our Youth achieves its vision by working with other community service organisations, business, government and the wider community to generate ideas and facilitate projects, services and community plans that will foster the development of children and young people in the South West region.

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### Investment in the Education and Care Sector

Investing In Our Youth recently received very positive news that a \$100,000 State Government grant was approved to provide South West child care services with access to extra support, resources and advocacy.

In a statement released to the press, Community Service Minister Tony Simpson said that child care services in regional Western Australia faced unique challenges and the Regional Community Child Care Development Fund grant would enable 'Investing In Our Youth' to help service providers experiencing sustainability issues.

The grant will enable Investing In Our Youth to develop a web portal known as - The POD – to reduce the isolation of SW services. Features of



Department of Local Government and Communities  
Department of Regional Development

'The POD' will include a service health check tool and action plan to increase the viability and sustainability of services. The POD will be highly responsive to the needs of individual services and support will be accessible in the form of tailored coaching and mentoring.

The construction of the web portal is well underway thanks to the support of the South West Development Commission who committed funds for website development and design. Both the Commission and the State Government recognise the important

role of the education and care sector in supporting families to provide a great start in life for their children while contributing to the economic development of the region.

Investing In Our Youth is very grateful for the support of both the Department of Local Government and Communities and the South West Development Commission.



SOUTH WEST  
DEVELOPMENT COMMISSION



Again, a big thank you from all at Investing In Our Youth to the volunteers, project advisory groups, and sponsors who support the work of promoting the healthy development of children and young people in the South West

## Learning About Autism

In April the Collie Child and Parent Centre were able to partner with First Steps for Autism to deliver a professional development opportunity on “Autism and its Early Signs: supporting individuals who learn differently”.

The content of the presentation included:

- What is autism and identifying core characteristics
- Identifying the early signs of autism
- Seeking a diagnosis in Western Australia
- Practical tips for supporting young children with autism in different educational settings, and
- Tips for sharing concerns with parents

Child and Parent Centre Coordinator Carole English said that the teachers, teacher assistants, child care educators and carers who attended the session found it **very valuable**. The number of people who are diagnosed with autism spectrum disorder (ASD) continues to rise in Australia with current estimates at 0.5% of the population (ABS 2012).



## Child and Parent Centre News

A third member of staff has been recruited at the Collie Child and Parent Centre. The new staff member is local Collie resident Bonnie Andrew. Bonnie joins Coordinator Carole English and Early Years Activity Leader Kasey Collier in the role of Family Liaison Worker.

The Centre is fully operational now and planning is underway for the formal opening by Minister Collier on June 10.

A full program of activities and services for Collie families with young children is available by contacting the Centre on 9734 3364.

Investing In Our Youth staff have also taken up new roles at the Carey Park Child and Parent Centre. Our share Community Coordinators Pam Macnish and

Deb Woods are ably assisted by early years program staff Claire Flowers and Kate Ashchepkova. Both Centres are providing quality services for families with young children with a wide range of programs offered. It is also very positive to see the diversity of partnerships brokered with government and non-government agencies who provide services through the Centres.

As there is great interest in activities at the Centre, we have found that volunteers can be very helpful and would encourage people who like working with children and are interested in volunteering to contact Deb at Carey Park on [Deborah.Woods@investinginouryouth.com.au](mailto:Deborah.Woods@investinginouryouth.com.au), or Carole in Collie on [Carole.English@investinginouryouth.com.au](mailto:Carole.English@investinginouryouth.com.au).



## Resource Directories for Families

New release brief directories for Collie and Bunbury families with young children are now available on the Investing In Our Youth website at [www.investinginouryouth.com.au](http://www.investinginouryouth.com.au).

Download copies from the web site or contact the Collie or Carey Park Child and Parent Centres for your free laminated copy.

## HIPPY Program News

# Home Interaction Program for Parents and Youngsters

New HIPPY Program Coordinator Naomi Henderer joined our staff in March and has quickly gained a great understanding of the requirements involved in delivering the HIPPY program.

HIPPY is a free two year program for parents and their children turning four and five years of age and will be available for families in Bunbury and Collie. HIPPY helps parents support their child's learning at home and helps to prepare children for a confident start to school.

For more information on HIPPY, please contact Naomi directly on 0458 785 699 or email [Naomi.Henderer@investinginouryouth.com.au](mailto:Naomi.Henderer@investinginouryouth.com.au)

## Congratulations



We would like to extend our congratulations to Collie Early Education Centre on the official opening of their new Centre in Throssell St. While the staff were focused on delivering a continuous high quality service and planning for moving to a new building, funding support from the South West Development Commission allowed Investing In Our Youth to provide some extra hands to help with the work load. We were very proud to be invited to the official opening of this beautiful building.

### BUNBURY RESOURCE DIRECTORY FOR FAMILIES WITH YOUNG CHILDREN 2016

All services listed are free of charge unless otherwise indicated.  
For more info contact the Child and Parent Centre, Carey Park 9721 9691.

A-Z CHILD HEALTH	PARENTING SUPPORT	PARENTING SUPPORT
<p><b>Australian Breastfeeding Association:</b> Support network for breastfeeding mums. 1800 686 2088.</p> <p><b>Audiology:</b> Hearing screening and assessments for children. 9795 2888.</p> <p><b>Bed Wetting:</b> Consultation and assessments for children who are bed-wetting after the age of 5. 9795 2888.</p> <p><b>Community Child Health Nurses:</b> Experienced Registered Nurses are able to provide information about all aspects of parenting and family health, including children's growth and development, family needs, relationships and the prevention of disease and injury. Home visits arranged as required. Community Child Health Nurses have knowledge of family support services and can facilitate referrals as needed. Appointments required. 1800 457 348.</p> <p><b>Disability Services Commission:</b> Assists individuals who have a disability and their families/careers to access support and services. 0167 7963.</p> <p><b>Health Direct:</b> A 24hr telephone health advice line staffed by Registered Nurses to provide expert health advice. 1800 022 222.</p> <p><b>Immunisations:</b> Standard infant, child and adult immunisations. 9795 2814.</p> <p><b>Ngala:</b> Phone support available between 8am and 8pm everyday to assist with parenting issues of children aged 0-4. 1800 111 546.</p> <p><b>Nutrition Dietitian:</b> Assessment, support and advice for nutrition related issues for individuals and groups. 9722 1428.</p> <p><b>Occupational Therapy and Physiotherapy Group and Individual sessions available.</b> 9795 2888.</p> <p><b>Poisons Information Centre:</b> Helpline available 24 hours-7 days. 131 125.</p> <p><b>Speech Therapy:</b> Individual and group therapy for hearing and communication difficulties in children. 9795 2888.</p> <p><b>Warabab Children's Services:</b> A free, confidential and professional service that provides counselling and support to families who have experienced family and domestic violence and/or sexual assault/abuse. 9795 4956.</p>	<p><b>Best Beginnings:</b> Home visiting services for mums and dads with extra demands. The service can start at any time from pregnancy until your baby is three months old, and you can continue in the program until your child is two. It involves regular visits to your home by caring, trained professionals. 9791 2900.</p> <p><b>Early Parenting Groups:</b> Five week program to assist new mums and dads in their parenting journey. Includes visit to playgroup and local library. 1800 467 5465.</p> <p><b>Group Triple P Program:</b> Eight week program for parents with children aged 3-8 years. Parents will learn effective parenting strategies, ways to encourage behaviour you like and how to prevent or manage the common child behaviour problems that all parents experience from time to time. Clinics available. 9795 2888.</p> <p><b>HIPPY Program:</b> Program for parents and their children aged four and five years to help prepare children for a confident start to school. 0459 785 699.</p> <p><b>Living and Learning with your Toddler:</b> Three week program on understanding and managing toddlers. For parents with children aged 18 months-3yrs. 9721 6991.</p> <p><b>Next Teen and Young Mums Group:</b> Parenting support for teens, young mums and mums to be. A great opportunity to get out of the house and meet other young mums. Activities for parents and children. Information sessions and free crèche provided. 9721 6944.</p> <p><b>Parent Support:</b> An early intervention service to help parents take control of behavioural problems in children aged under 15. 9722 5000.</p> <p><b>Parenting WA:</b> Provides individual support and group parenting programs for parents with children six months to 15 years. 9729 9702.</p> <p><b>Play Cafés:</b> School cafes and activities for local children 0-4 years. Information, discussion, and free coffee. Contact your local primary school for session times and dates.</p> <p><b>Playgroups WA (South West):</b> Information on Playgroups in your area. 0427 819 177.</p>	<p><b>Senior Series Triple P Program:</b> Three week program for parents with children aged 9-15 years. Learn the power of positive parenting, how to raise confident, competent and resilient children. Clinics available. 9795 2888.</p> <p><b>Sleep Matters:</b> Two week sleep management program for parents with children 18 months-18yrs. Clinics available. 9795 2888.</p> <p><b>Transition to Solids:</b> Two hour program that will give you a great start to introducing solids to your baby. For parents with children aged 4-12 months. 1800 457 348.</p> <p><b>South West Autism Support Network:</b> Offers support and information and a social network for families with members on the autism spectrum. 9754 7322.</p> <p><b>SW Emergency Care for Children:</b> A service where a family support worker provides care in the home when the parents are unable to look after their children. There is a fee schedule based on family income, but please contact us if you may have difficulty paying. 9791 5200.</p> <p><b>SW Multiple Births Association:</b> Support group for expectant parents, new, grandparents, and families of multiple births. 0488 039 058.</p> <p><b>SW Women's Health &amp; Information Centre:</b> Offers health education and information promoting well being in women of all ages. Includes pregnancy testing, Women's Health Nurse (pap smears), unplanned pregnancy support, general counselling and resources. 9791 5006.</p>
<p><b>FAMILY ASSISTANCE</b></p> <p><b>Alcohol and Drug Information Services:</b> Confidential counselling and information. 1800 198 024.</p> <p><b>Bunbury Community Legal Centre:</b> Free preliminary legal advice to the community on all areas of law. Mediation services to help resolve family, neighbourhood, workplace and other disputes. 9721 3200.</p> <p><b>Bunbury Supported Accommodation Service:</b> Provides supported crisis accommodation for singles or families who are currently homeless in the Bunbury area. Information and referral to relevant services, help skills, budgeting.</p>		

