

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

Envoy



Investing In Our Youth Newsletter

January 2015

Welcome

Thank you for your ongoing interest in Investing In Our Youth.

Our mission is to support the healthy development of children and young people in the South West region.

We achieve our mission by working in partnership with business, agencies and the community, with a focus on early intervention and prevention.

Inside this issue:

Commissioner Perkins to visit South West **2**

Child and Parent Centre schedule **3**

IN BRIEF...

What has been occupying Investing In Our Youth in the October to January quarter?

Once again there has been a lot of activity around the Carey Park Child and Parent Centre with Annette and team scheduling a full program of free activities in 2015 for families with young children. Scroll to the end of the newsletter for detailed programming information.

In Collie, the Child and Parent Centre Local Advisory Committee took part in a planning day that will help provide a framework for moving forward and for designing service delivery at the new Collie Valley Child and Parent Centre.

SW Regional Development Officer Kate Darcey has been ably assisted by Bernie Evans and Louise Fischer to develop action plans to implement key strategies identified in the draft Regional Children's Services Plan.

We are eagerly awaiting endorsement by the Department for Local Government and Communities before we can publicly release more detail.



Collie Valley Child and Parent Centre planning day with (pictured left to right) Paul Cronin, facilitators Carl Binning and Elise O'Sullivan, Jane Roberts, Taryn Battista, Andrew Whitney, Chris Gorman, Nicolle Warren, Natalie Cook, Carmen Gregg, Kate Darcey, Alison Smith, Allison Fergie, Pamela Peters, and Susie Perkins. Missing from the photo were Sereena Pas, Merv Kelly and Rod Scott.

We are looking forward to some exciting extracurricular activities in coming weeks. These include assisting to coordinate a visit to Bunbury and Collie by WA Commissioner for Children and Young People, Jenni Perkins; and hosting the highly recommended 'Bridges Out Of Poverty' training.

As always, thank you to our volunteer board, project advisory groups, and sponsors who support our work.

One of the wonderful advantages of working for a small not for profit organisation is that help always materialises when requested.

On that note, anyone who would like to join the amazing team of volunteers at the Carey Park Child and Parent Centre, should connect to Annette on 9721 6991.

We are currently urgently seeking the assistance of volunteer creche workers at Carey Park and also in Collie. If this sounds like something YOU would like to be involved in, please make contact.

COMMISSIONER JENNI PERKINS TO VISIT THE SW

Acting WA Commissioner for Children and Young People Jenni Perkins is planning a visit to Collie on March 3 and to Bunbury on March 4.

The Commissioner is the independent advocate for all children and young people under 18 years of age in Western Australia.

While in Collie, the Commissioner is planning to attend the Collie Interagency Network meeting and the Collie Early Years Network meeting, and to visit Wilson Park Primary School. The following day in Bunbury, the Commissioner will visit the Carey Park Child and Parent Centre, attend a SW Youth Coordination Network meeting, and visit a local high school.



The Commissioner plans regional visits to hear about programs that are working well, and particular local challenges. She is also happy to share information on her role and plans for the coming year.

BRIDGES OUT OF POVERTY



We will host the highly recommended 'Bridges Out of Poverty' training in Bunbury on March 9 and 10. The two-day training will benefit anyone who works with families impacted by poverty.

Places will fill fast, so please click on the flyer left, to access information and registration details.

Many thanks to 'Bridges Out of Poverty' sponsors City of Bunbury, South West Development Commission and St John of God.

CHILD AND YOUTH MENTAL HEALTH

In January we brought to conclusion the two year part time role of the SW Youth Mental Health Development Officer role. Louise Fischer and I would like to thank the South West Development Commission and the Mental Health Commission for supporting this early intervention/prevention role. We would also like to thank the project reference group for their significant contributions and support.

Some of the highlights of the role included working with the Benevolent Society and the Carey Park Child and Parent Centre to bring 'MindUP' training to the South West, coordinating the Positive Tickets program, and planning the delivery of information on Deliberate Self Harm.

Investing In Our Youth plan to take up the opportunity to provide feedback on directions for future early intervention and prevention activities through the Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025. The public is welcome to make submissions. The draft plan can be found at www.mentalhealth.wa.gov.au.



Government of **Western Australia**
Mental Health Commission



GOVERNMENT OF
WESTERN AUSTRALIA



SOUTH WEST
DEVELOPMENT COMMISSION



Child and Parent Centre
Carey Park



GOVERNMENT OF
WESTERN AUSTRALIA

WEEKLY PROGRAMS Term 1: Monday 2nd February to Thursday 2nd April 2015

MONDAY

Let's Get Moving

9am - 10:30am
Meet at Maidens Reserve Car Park—near the playground
Come & join us for a walk, a coffee and a chat. Everyone
Welcome!

Let's Get Musical

9am - 9:30am
10am - 10:30am
Child & Parent Centre
Come & join in a fun musical group with lots of singing, instruments & movement
For children aged 0-5.

Let's Get Talking

12:30pm - 2:30pm
Child & Parent Centre
Is English your second language? Learn how to use English in different settings like a job interviews or talking to the doctor. Run by a qualified ESL teacher. Free creche available - bookings essential.

Immunisation Clinic

9am - 12.30pm
Child & Parent Centre
(every 3rd Monday of the month)
Jan 19, Feb 16, March 16
Bookings essential.
Ring 1800 457 949

TUESDAY

Chitty Chat Playgroup

9am - 11am
Child & Parent Centre
A casual but stimulating playgroup for parents/ grandparents/careers to spend time with their children while getting to know other families in your community. For children aged 0-5.

Keep up-to-date with all the other events we have planned for the year, including:
First Aid for Parents Food Sensations Triple P 1-2-3-Magic Protective Behaviours
Please let us know if there are any other groups you particularly want

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Investing In Our Youth



WEDNESDAY

Shaping Brains Playgroup

9am - 11am
Child & Parent Centre
A playgroup for both children and parents providing information on early brain development and play activities to promote skills for learning. Children aged 0-5 years.



Child Health Nurse

Child & Parent Centre
Kellie our Child Health Nurse is available all day Wednesday. Bookings essential.
Ring 1800 457 949

Midwifery Group Practice

Child & Parent Centre
Get to know your midwife. To join the program please call 9722 1348
to see if you are eligible.

THURSDAY

Bubs and Grubs Club

9am - 11am
To be confirmed
Bubs and Grubs is a social Club with a focus on gardening including guest speakers. Lots of fun and activity for both children and adults. Open to the whole community but with a focus on families with children aged 0-5 years.

Let's Get Ready

1pm - 2:30pm
Child & Parent Centre
A school readiness program for children starting kindy in 2016. Focusing on social skills, concentration, fine & gross motor skills.
Facilitated by a qualified teacher.

Child Health Nurse

Child & Parent Centre
Kellie our Child Health Nurse is available all day Thursday. Bookings essential.
Ring 1800 457 949



FRIDAY

Let's Play

8:30am - 10:30am
Maidens Park Primary School
Kindy Room
A casual but stimulating playgroup for parents/ grandparents/careers to spend time with their children while getting to know other families in your community. For children aged 0-5.

NOW (New Opportunities for Women) Cert 1 (CALD)

9am - 2pm
Child & Parent Centre
Starts 13th Feb Ends 3rd of July
Have you moved to Bunbury from overseas? Need support to become familiar with community & Australian customs?
Participants will develop communication, computing, maths, reading & writing skills as well as the confidence to explore the workforce. Become aware of different services available to you and build self esteem and confidence at the same time as making new friends. FREE crèche provided.
Course fee \$52 Concession \$26

Find us at Carey Park Primary School,
Tel: 9721 6991

All playgroups are FREE. Please remember to bring a piece of fruit or vegetable to share, a hat, sunscreen and water bottle



Investing in
our Youth Inc.