



Network Bulletin

28 April 2021

Welcome to our latest bulletin.

If you are unable to open any links or attachments, please contact the Network on 6230 5796 or email actmhcncn@actmhcncn.org.au.

Of particular note in this bulletin, the Network would like to draw your attention to the following:

- Upcoming Drop-In events
- Free NDIS workshops for consumers and mental health peer workers
- Survey participants for national project supporting mental health and wellbeing of fathers;
- Position vacancies

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1. Network update

1.1 Office openings

Staff are working in the office on a rotational basis, with some work days still being conducted remotely. Due to this arrangement, our office is intermittently attended between 9am to 3pm Monday to Friday.

The Network office will be closed and staff unavailable on Thursday 29 April 2021, while we have some major IT work done. This is expected to take most of the day to complete, so we will also be unavailable electronically.

1.2 Drop-In

Our Drop-in service is open for members to attend on Thursdays between 10am to 1pm, with the online Drop-In open between **11am – 12pm** via Zoom. As advised above, we will be closed on Thursday 29 April 2021 (including Drop-In). The Drop-In service will resume next Thursday, 6 May 2021.

To join the Online Drop-In click on the following link and enter the passcode:

<https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZIR21wWDMrSjY1MVhkZ2JjQT09>

Meeting ID: 853 8926 3153

Passcode: 991826

One tap mobile

+61731853730,,85389263153#,,,,*991826# Australia

+61861193900,,85389263153#,,,,*991826# Australia

Dial by your location

+61 2 8015 6011 Australia

As part of our COVID safe arrangements, we have implemented the use of the Check-in CBR app for Drop-In and other events. If you don't have the app, staff are able to manually enter you into system. Temperature checks will also be conducted.

We are seeking some ideas from members about what type of activities would be of interest in attending Drop-In for. If you have any ideas, please forward them to Paul by email to dropin@actmhc.org.au

1.2.1 Upcoming Drop-In events

We are pleased to inform consumers about these upcoming events.

Pot Painting Workshop

" Feeling a little potty?

The Network has 12 pot painting kits ready and awaiting your creative skills.

Come along to Drop-In on Thursday 6 May between 10 am and 1pm to paint your own pot.

For more information on planting in pots see [How To Plant Seedlings - Bunnings Australia](#)

Further information can be obtained by ringing Val or Paul (Temporary Drop-In Coordinator) on (02) 6230 5796.

We are also arranging an attendee to come who can give advice on planting in pots between 10.30 am and 12 noon.



Any leftover kits will still be available at future Drop-Ins to paint.

Information session: COVID-19 Vaccination Program

This session was previously advised being held on Thursday 29 April but, as the Network will be closed on that day, this event has now been rescheduled.

As many readers may be aware, the COVID-19 vaccination program rollout began in February 2021.

Megan Cahill, Executive Officer from the Capital Health Network, will be attending Drop-In on Thursday 20 May 2021 from 10.30am to 12 noon, to talk with consumers and to answer your questions about the COVID-19 vaccines and the rollout of them in the ACT. This will be an informal and basic discussion and Q&A – meaning that it won't be heavy with scientific language.

This will be a great opportunity for consumers to become more informed about the vaccines and the rollout in the ACT, particularly considering recent developments regarding the AstraZeneca vaccine.

All consumers are welcome to attend, but so we can manage this within our COVID safe arrangements, it is greatly appreciated to let us know beforehand that you want to attend in-person.

We will also be using the online Drop-In to allow consumers who cannot attend in person to still participate (see above 1.2 Drop-In for the Zoom details).

1.3 Free workshop - Understanding the NDIS for Mental Health Peer Workers and Consumers

Do you have mental health condition and want to know more about the NDIS?

Are you a peer advocate, or helping a friend or family member to transition to the NDIS?

This 2 day online workshop will provide you with the knowledge on the NDIS, and how can help a person with psychosocial disability.

By the end of this two-day workshop, the participants will :

- Learn about the NDIS, eligibility requirements and registration process
- Explore how to assist potential NDIS participants with decision making and planning
- Explore how the recovery approach relates to the NDIS
- Identify how they can support someone when accessing the NDIS

Day 1

Session 1 – Introduction to the NDIS

Session 2 - Getting Ready for the NDIS

Session 3 – Accessing the NDIS and Eligibility

Day 2

Session 4 – Assessment and Planning

Session 5 – Implementing the Plan

Session 6 – Other NDIS issues

Workshop Details:

Dates: Wednesdays, 5 & 12 May 2021

Time: 10:30am - 4:30pm

Location: Online via Zoom

Cost: Free

Please contact the Network if you are interested in attending.
Via email: education@actmhc.org.au or call (02) 6230 5796

Please Note: This workshop is primarily for Mental Health Peer Workers and consumers. If you work in the Mental Health/community sector and are interested in NDIS training, please feel free contact us to find out about our other NDIS workshops.

2. For Your Information

2.1 Free Parenting Seminars on Teen Mental Health

Due to popular demand, the Messengers Program will again be offering free parenting seminars for challenged parents of adolescents. Facilitated by social workers, Sarah O'Sullivan and Gretel Burgess, the seminars are designed to improve knowledge of adolescent development and confidence in using strategies to parent a teenager experiencing mental health issues.

The seminar will be held over two nights (Thursday, 6 & 13 May 2021, 5.30pm – 7.30pm) at the Tuggeranong Arts Centre. Generally, the seminars will cover topics such as:

- Understanding adolescent development
- Mental health concerns in teenagers (including anxiety, depression, & self-harm)
- Positive communication
- Coping strategies

Please visit the TAC website for a registration form:

<https://www.tuggeranongarts.com/whats-on/parenting-help-seminar/>

Limited spaces are available. For more information contact 6293 1443 or Messengers@tuggeranongarts.com

2.2 CIT: JobTrainer Health Starter bootcamp

JobTrainer is a jointly funded initiative of the Commonwealth, state and territory governments, offering free vocational education and training to young people (17 to 24 years, who have finished school), and job seekers across Canberra. Places are limited and you must meet eligibility requirements.

Overview

This introductory course will provide you with entry level skills in the health and community sector. During this training you will gain a basic understanding of the human body systems, communicating in health and community contexts and working with a variety of people.

You will also participate in practical sessions, demonstrations, and presentations from industry guests in the fields of Physio and Occupational Therapy and other Allied Health Workforce areas.

Statement of Attainment – Health Starter [from HLT and CHC]

Subject Information:

HLTAAP001 — Recognise healthy body systems

CHCCOM005 — Communicate and work in health or community services

CHCDIV001 — Work with diverse people

Campus

CIT Bruce

Duration

4 weeks, approx. 20 hours per week. Delivery will include practical applications within the CIT health and community simulated environments across a range of different settings including practical experience in CIT Fit and Well.

Indicative timetable

Tuesday – Thursday, 9.30am – 12pm, 12.30pm – 3pm

You will be required to complete some additional hours of independent study, including online activities and assessment.

Course commencement options

1 June 2021

5 October 2021

For more information on JobTrainer courses and eligibility, visit cit.edu.au/jobtrainer or contact CIT on:

Individual Enquiries

CIT Student Services — (02) 6207 3188

Industry and Business Enquiries

CIT Business Development — (02) 6207 3298

citbusinessdevelopment@cit.edu.au

2.3 Survey: National project to support Dads' emotional wellbeing

Many people are surprised to learn that men can struggle with their emotional wellbeing while their partner is pregnant or in the year after their baby is born (known as the perinatal period). So it's not just mums who can feel sad or stressed at this time. Even though it's really common to feel this way, many men do not get the help they need.



PANDA is a national organisation that supports parents and families who are struggling during the perinatal period. PANDA operates the PANDA National Helpline, and makes resources to share information with communities across Australia.

PANDA is about to start developing a new resource to support the emotional wellbeing of dads. The resource will focus on four broad groups of fathers:

- Aboriginal Dads
- Dads with a CALD (culturally and linguistically diverse) background
- Dads in rural and remote areas
- Low-SES/working class Dads

Lived experience is essential to make sure that this new resource is right for the dads it's meant to support. That's why PANDA would love to hear from you, if you are a Dad and identify with one or more of these four focus groups.

Share your thoughts in our 3 minute survey: <https://www.surveymonkey.com/r/7K6TVBM>.

You can also access the survey by scanning this QR code on your phone:

Also, if you're interested in this project and would like to get more involved, there is an option to leave your contact details at the end of the survey.

For any questions about the project, you can reach the project coordinator Alice Berkeley directly at alice.berkeley@panda.org.au.



2.4 Pets in the Park criteria information

Pets in the Park have modified their entry criteria. Please see information below and if more is required an email address for Pets in the Park is included.

Request for Referral

Instructions for potential clients:

Pets In The Park Canberra is a free veterinary service for pets of those experiencing *homelessness or at the risk of experiencing *homelessness.

All persons wanting to receive the services provided by Pets In The Park Canberra must have an original signed referral letter from their community service case/support person. The referral letter will need to be updated every 6 months to maintain eligibility for continued assistance from Pets In The Park Canberra.

Pets In The Park is a charity run by volunteers. We receive no government funding and rely entirely on community support and donations.

Our resources are limited and it is for that reason that we only provide assistance to owners and their pets who meet our *homelessness criteria, otherwise we run the risk of using up all our resources resulting in us having to stop Pets In The Park completely.

We only offer free core services such as vaccinations, microchipping, parasite control, treatment of skin conditions, gastroenteritis etc. at our monthly clinics and desexing at our surgery clinics. We unfortunately are not able to offer after hours or emergency veterinary care.

We thank you for understanding and hope the service provided by Pets In The Park Canberra will assist you in helping care for your pet.

***Homelessness:**

Primary homelessness: Refers to people without conventional accommodation (e.g. sleeping rough or in improvised dwellings).

Secondary homelessness: Refers to people who frequently move from one temporary shelter to another (e.g. emergency accommodation, youth refuges, couch surfing).

Tertiary homelessness: Refers to people staying in accommodation that falls below minimum community standards (e.g. boarding houses and caravan parks).

Instructions for Referrers:

All referral letters:

- Must be on an original letterhead of your community service signed by the case/support person for the person being referred and include the date it is written;
- Must state that the person is referred meets our criteria of experiencing homelessness or at the risk of experiencing homelessness;
- Must state the person being referred is engaged with your service and state the length of time they have been engaged with your service; and
- Should include email and phone contact details of the case/support person so that Pets In The Park Canberra can check referrals when necessary

If you have any questions, please contact us on canberra@petsinthepark.org.au

2.5 The This Is My Brave International Mental Health Film Festival October 2021

This Is My Brave International are currently accepting submissions for the 2021 Mental Health Film Festival.

Qualifying films can have been produced anytime and MUST meet one or all of the following criteria:

- Provides an inspiring voice for social justice and human rights for people with mental illness
- Highlights positive contributions made by mental health recipients
- Fights stigma and defies stereotypes associated with mental illness
- Shares real-life stories of people with mental health concerns

Submitted films may be of any length and genre – documentaries, features, and shorts.

Further information, terms and conditions are available from <https://filmfreeway.com/ThisIsMyBraveInternationalMentalHealthFilmFestival>

3. Novel Coronavirus (COVID-19) information

3.1 COVID-19 ACT Website

The ACT Health Directorate has a website specific to COVID-19 in the ACT. This website includes Public Health Alerts, prevention guidelines, information on supports and resources etc. as well as information on the current testing criteria and testing locations. The website can be accessed at the following link <https://www.covid19.act.gov.au>.

Information about COVID-19 is also available 24 hours a day, seven days a week from the national Coronavirus Health Information Line on **1800 020 080**.

3.2 COVID-19 Vaccination program information

ACT Health recently updated their advice on the vaccination program rollout. You can read the latest advice on the following link <https://www.covid19.act.gov.au/stay-safe-and-healthy/vaccine>

The Federal Government has recently developed information resources about the COVID-19 vaccines into a variety of different languages. You can access these resources via the following link

4. Position Vacancies

4.1 Case Manager, Community Inclusion Program (St Vinnie's)

Special Works operates a range of programs that provide support to people in need from a variety of sectors – justice, homelessness, mental health and education. Their programs are funded via grants and philanthropic donations.

The Community Inclusion Program (CIP) operates out of Oaks Estate and is designed for people living with psycho-social disabilities who are not eligible for National Disability Insurances Scheme (NDIS) funding. CIP aims to build capacity and readiness of organisations and the community to operate within a nationally consistent approach to Information Linkage and Capacity Building (ILC) outcomes. The program aims to help service users to make optimum choices, enhance their living skills and confidence, gain access to mainstream services, and shape and influence their community.

The Case Manager provides case management and supports innovative ways to increase the independence, social and community participation of people with a disability. ILC will deliver on this objective by building individual capacity to live an ordinary life and creating opportunities in the community that benefit all Australians with disability, their carers and families.

This role will work with internal and external stakeholders to develop long-term strategic initiatives and support various projects across the Society.

This is a full time position and to be successful, you will need a Cert IV/Bachelor's degree or other qualifications or experience related to welfare/community/social work; Flexibility to work across a range of programs and client types; Demonstrated ability to prioritise a complex and varied case load whilst working with minimum supervision; and a high level understanding of the challenges faced by those experiencing homelessness and disadvantage. You will also need a current driver licence and Working With Vulnerable People Card.

Please read the [position description](#) and see the information about working with St Vinnie's on their [website](#).

To apply, send your curriculum vitae and a two (2) page letter that address the selection criteria via [SEEK](#).

If you need further assistance, please call the Special Works Coordinator - Erin MacArthur on 0427 410 983.

Applications close: Sunday, 9 May 2021 at 11.30 pm

4.2 Assessment and Support Coordinators (Onelink)

Onelink are seeking enthusiastic and positive Assessment and Support Coordinators to provide a holistic assessment of individuals seeking information and support through the OneLink, Canberra's central intake service. OneLink provides information and connections for support services in the ACT, including services for families and young people, and services for people who are homeless or at risk of homelessness.

OneLink is a values-based program, committed to connecting with all people, in particular vulnerable members of our community experiencing homelessness, family and domestic violence and a range of other support needs.

At OneLink you will implement relational and conversational assessment, see people as people, and encourage them to live their best lives through referral and advocacy.

About the Role and Benefits:

- 2 Positions – One fixed term full time (38 hours/week) and one part time (30 hours per week) to 30 June 2022 with the possibility of an extension, working a 7-day roster including one weekend out of every four
- Based at Belconnen with travel within ACT to provide outreach services

About You

- Experience working with vulnerable people through case work, referrals and outreach
- Able to use strengths based practices, person centred approaches and trauma informed practice
- Accurate and efficient data entry
- Working with Vulnerable People Registration
- First Aid Certificate
- Drivers licence and access to a comprehensively insured vehicle

Degree or Diploma Level in relevant discipline area, for example, Social Work, Community Services, Drug and Alcohol, Disability, Mental Health; or Certificate IV with extensive experience in a relevant field (Desirable)

For a full position description visit: www.wcs.org.au/join-our-team/vacancies

Note: To be eligible for employment, you must have an ACT Working with Vulnerable People (WWVP) Card, working rights in Australia, and be willing to undertake background checks required for the position.

Prior to submitting your interest we encourage you contact Jacinta Bishop, email Jacinta.Bishop@onelink.org.au

To apply - If you are interested in joining our Team, please send a current resume to careers@wcs.org.au and address the following questions (one page each):

- Outline your skills and experience working in a high paced, busy environment, and
- Describe your skills and experience in connecting and engaging with people with multiple and complex support needs.

Applications close COB 6 MAY 2021.

4.3 2021 Census employment opportunities, Australian Bureau of Statistics

The Australian Bureau of Statistics (ABS) is currently recruiting to fill 1,790 Community Field Officer (CFO) positions for the 2021 Census.

Out of the total number of Community Field Officers:

- over 800 CFOs will work with people experiencing homelessness
- over 300 CFOs will work with people from culturally and linguistically diverse backgrounds
- around 100 CFOs will work with Aboriginal and Torres Strait Islander people
- around 350 CFOs will work in the Census Pop Up Hubs, to provide access to paper forms, information, and where possible offer assistance to the public.

Community Field Officer roles are short-term and available in all cities, towns and regional areas nationwide. The flexible working hours are variable and will include weekdays, weekends and evenings.

Community Field Officers will help reach different communities and support the public to complete the Census. This includes:

- working with Aboriginal and Torres Strait Islander communities to share the importance of the Census and provide any information or assistance (in-language if required) to complete their Census
- supporting people from culturally and linguistically diverse (CALD) backgrounds. These roles play a critical role in providing in-language assistance during fill-in-form sessions with the public. Specialised Community Field Officers that possess additional language skills will be recruited for these sessions
- supporting and offering face-to-face help for members of the public in defined locations. This could include holding fill-in-form sessions at community organisations or running promotional hubs where people can ask questions or access paper forms
- supporting people experiencing homelessness. These officers will typically undertake the rough sleeper count and assist form completion at key locations.

The ABS are looking for people who have experience working with either Aboriginal and Torres Strait Islander communities or culturally and linguistically diverse groups, and/or speak a language other than English. They are also looking for people who have worked with people experiencing homelessness or have a lived experience of homelessness.

Community Field Officers must have experience working with the public, excellent attention to detail, a good attitude and willingness to help others and support the community. They must have access to transport to travel to work areas (for some roles access to a vehicle will be required to transport materials). Other desirable features include access to a computer or tablet with reliable internet connection and access to a mobile device with reliable internet connection.

Community Field Officers will earn \$29.51 per hour (inclusive of 25% loading), plus superannuation. Employment contracts start from early July 2021. Contract lengths vary with some ending in August 2021 and others in September 2021.

Where possible, Community Field Officers will be recruited from where planned Census activities will occur.

Candidates may register their interest now on www.census.abs.gov.au/careers. This register of interest will remain open until June 2021 for Homelessness, CALD and Census Pop Up Hubs positions.