

January

EMBEDDING THE AGED CARE DIVERSITY FRAMEWORK **NEW**

Wednesday 22, 1pm–4pm, Facilitator: Glen Sorenson
Mill Hill Centre, Bondi Junction

Explore the aims of the framework, how the elements interact & considerations for identified target groups. Gain an understanding of what's required from aged care providers, ideas for action plans & knowledge of the resources available to support diversity planning & implementation. Ideal for managers & coordinators.

February

PROVIDE CPR – HLTAID001

Thursday 6, 9.15am–11.15am, Facilitator: Mary Blankevoort
Lionel Bowen Library, Maroubra

Learn the vital skills of cardiopulmonary resuscitation (CPR) using an automated external defibrillator to help someone in sudden cardiac arrest. Ideal for beginners & renewals. Nationally accredited training.

PROVIDE FIRST AID – HLTAID003 *

Thursday 6, 9.15am–4.30pm, Facilitator: Mary Blankevoort
Lionel Bowen Library, Maroubra

Covers the essential skills & knowledge required to provide a first aid response & ongoing casualty management. Nationally accredited training.

VOLUNTEER READY

Tuesday 11, 9.30am–12.30pm, Facilitator: Danni Meredith
St Helen's Community Centre, Glebe

Explore the key skills & the rights & responsibilities of volunteers. Ideal for new volunteers or as an update for skilled volunteers.

STANDARD MENTAL HEALTH FIRST AID REFRESHER **NEW**

Tuesday 18, 9.00am–1.30pm, Facilitator: Danni Meredith
St Helen's Community Centre, Glebe

Aimed at people who have already completed a 12 or 14 hour Mental Health First Aid course to refresh their knowledge and skills. For Accredited MHFAiders, the refresher course offers the opportunity to reaccredit for another 3 years.

WHS & MANUAL HANDLING *

Thursday 20, 9.30am–1pm, Facilitator: Alana Mihalascu
The Mill Hill Centre, Bondi Junction

Develop practical skills in manual handling, hazard identification, risk assessment & control of risks when working with older clients in the community.

SAFE HOME VISITING *

Wednesday 26, 12.30pm–4pm, Facilitator: Betty Stampoulis–Lyttle
Mill Hill Centre, Bondi Junction

Explore strategies to ensure the physical & emotional safety of community based aged care workers/volunteers who perform home visits.



March

THE ACCIDENTAL COUNSELLOR

Wednesday 4, 12.30pm–4pm, Lionel Bowen Library
Facilitator: Betty Stampoulis–Lyttle

Workers not employed as counsellors may need to be impromptu 'counsellors' if issues arise with clients. They may feel they can't refuse, but how to respond? This 'taster' workshop helps workers develop skills and confidence.

BOUNDARIES & DUTY OF CARE * **FREE**

Thursday 12, 9.30am–12.30pm, Facilitator: Danni Meredith
Mill Hill Centre, Bondi Junction

Developing & keeping appropriate boundaries with clients is vital in professional relationships. Develops key skills & strategies that can be applied in everyday practice.

THE DIVERSITY FRAMEWORK: CULTURAL ASPECTS **NEW**

Tuesday 17, 9.30–4.30pm
Lionel Bowen Library, Maroubra
Facilitator: Gai Marheime, ACSA & Meg Vost MAP Officer – Eastern Sydney

More information to follow.

LEADING AND FACILITATING GROUPS **FREE**

Thursday 19, 9.30am – 12.30pm
St Helen's Community Centre, Glebe
Facilitator: Danni Meredith

Explore how to confidently lead groups & master the 'art' of person centred facilitation. Ideal for anyone who leads community group activities.

ELDER ABUSE & NEGLECT **FREE**

Wednesday 25, 1pm – 4pm, Facilitator: Danni Meredith
Mill Hill Centre, Bondi Junction

Learn to identify, respond & report the abuse of older people. Highly recommended for social support workers, case workers & volunteers.

Customised Workshops – Bringing Learning to You

VAST offers unique CHSP focused in-house workshops to make your training convenient & flexible. Options include face to face sessions & online learning. VAST can help with planning your workshop and organising specialist facilitators to ensure it meets your requirements.

Contact Danni on 9349 8200 or email: vast@jnc.org.au

If you are a CHSP funded service within the City of Sydney, Woollahra, Waverley, Randwick or Bayside LGAs you may be eligible for subsidised training.

April

MANAGERS' BREAKFAST: IF IT AIN'T DOCUMENTED ... IT DIDN'T HAPPEN.

Thursday 2, 8.30am – 10am
Kensington Park Community Centre, Kensington
Facilitator: Ann Mehaffey, ACSA

Documenting the facts: the who, what, when, why, where & how? The vital factors that demonstrate quality care, back up claims, actions or outcomes & how you meet or exceed the quality standards.

SAFE FOOD HANDLING * **FREE**

Thursday 9, 9.30am – 12.30pm
Mill Hill Centre, Bondi Junction
Facilitator: Jill Lipman
 Learn how to shop for, prepare & store food safely to eliminate the incidence of food poisoning.

ENGAGING WITH PURPOSE **NEW**

Thursday 30, 1pm–4pm, Facilitator: Danni Meredith
Lionel Bowen Library, Maroubra

A wellness & reablement session ideal for newcomers to the sector. This workshop looks at the impacts of the aged care reforms on our roles, challenges our thoughts on ageing & identifies how we can promote & actively support the idea of "Ageing with Purpose".

* Essential training for staff & volunteers to meet CHSP training requirements.

Book online for training on:

jnc.eventbrite.com.au

Southern Sydney Connection

We are proudly partnered with 3 Bridges & STARS. Additional training options: STARS: www.4cs.org.au or 3 Bridges: www.3bridges.org.au

Training Fees: CHSP Funded Services Only

Staff – ½ day training \$50 / 1 day training \$100
 Volunteers – Free (non-accredited training only)
 Prices are GST inclusive & a small booking fee applies.
 VAST is funded under the Commonwealth Home Support Programme (CHSP), Department of Health.