

Working or volunteering in a Commonwealth Home Support Programme service? Gain the **full spectrum** of skills



TRAINING
OFFERED
BY VAST AT
THE JUNCTION
NEIGHBOURHOOD
CENTRE

**Pricing and
more course
information**
on the booking links

SAFE FOOD HANDLING Knowledge & skills on how to shop for, prepare & store food safely to eliminate the incidence of food poisoning.

Wed 24 July
1pm – 4pm

Mill Hill Centre
Bondi Junction

[Book Safe Food Handling](#)

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

Wed 31 July
Wed 6 Nov
9am-11am

Bowen Library
Maroubra

[Book CPR July](#)

[Book CPR November](#)

PROVIDE FIRST AID Learn the skills & knowledge to provide a first aid response, life support & casualty management. Nationally accredited training.

Wed 31 July
Wed 6 Nov
9am-4pm

Bowen Library
Maroubra

[Book First Aid July](#)

[Book First Aid November](#)

VOLUNTEER READY Explore the key interpersonal skills, rights & responsibilities of volunteers. Ideal for new volunteers or to update experienced volunteers.

Thurs 1 Aug
Thurs 21 Nov
9.30am-12.30pm

Bowen Library
Maroubra

[Book Volunteer Ready August](#)

[Book Volunteer Ready November](#)

WHS & MANUAL HANDLING Develop skills in the practice of manual handling, hazard identification, risk assessment & control of workplace risks.

Thurs 8 Aug
Thurs 14 Nov
9.30am-1pm

Mill Hill Centre
Bondi Junction

[Book WHS August](#)

[Book WHS November](#)

SAFE HOME VISITING Explore strategies for physical & emotional safety when working in an older person's home.

Wed 28 Aug
12.30pm-4pm

Mill Hill Centre
Bondi Junction

[Book Home Visiting](#)

BOUNDARIES & DUTY OF CARE Key skills & strategies for setting & maintaining appropriate boundaries, vital in client relationships

Thurs 12 Sep
Wed 27 Nov
9.30am-12.30pm

Mill Hill Centre
Bondi Junction

[Book Boundaries September](#)

[Book Boundaries November](#)

ELDER ABUSE & NEGLECT Identify types & signs of elder abuse & how to respond & report. For frontline staff & volunteers.

Wed 23 Oct
1pm-4pm

Mill Hill Centre
Bondi Junction

[Book Elder Abuse](#)

FOR CUSTOMISED TRAINING IN YOUR OWN TIME:

Discuss your specific training needs with Danni on 9349 8200 or E: vast.training@jnc.org.au or see over

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

Find flexible training solutions with VAST

Is there a piece missing in your training puzzle?

Do your new staff and volunteers need to complete their essential training by a specific date?

Would you like them to access training based on the latest research on healthy ageing?

Do you want to access training subsidies?

VAST offers flexible, cost-effective training solutions for your convenience

It's all about you!

VAST customised training can be run

- at *your* place or local to you
- in *your* time
- on *your* choice of topics

VAST can deliver training via

- face to face interactive training sessions.
- online training modules

CHSP training courses

VAST courses all have a Wellness & Reablement focus, perfect for meeting CHSP requirements. Some of the courses are listed opposite. If the course you want isn't on this list, contact us!

We also offer

- a calendar of CHSP Essentials training for your staff and volunteers.
- innovative courses using the latest findings on age and dementia related issues
- the opportunity to link up with specialist industry trainers and facilitators
- a wide range of other courses – ask us

The solution is up to you

This list of courses can be expanded – please share your ideas about courses your organisation would find useful.

Possible courses

CHSP Essentials

- Safe Food Handling
- Provide First Aid, Provide CPR
- Volunteer Ready
- WHS & Manual Handling
- Safe Home Visiting
- Boundaries & Duty of Care
- Elder Abuse & Neglect

All about the client

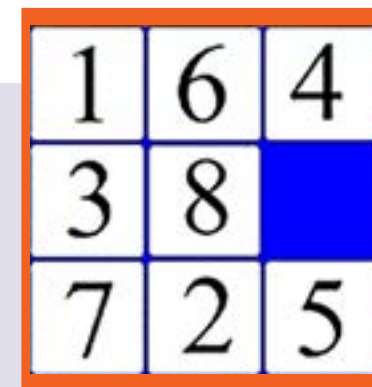
Client-centred approaches: Wellness, Reablement, Restorative Approaches – these can be tailored to meet the unique needs of different groups – your Board, managers, coordinators, volunteers and direct service staff. Some possible courses:

- The Diversity Framework
- Understanding the new Aged Care Quality Standards
- Practical Tips for Managing Common Mental Health Issues
- Online Dementia training modules through Dementia Australia
- Older Person Mental Health First Aid (2 Days)
- Dementia Essentials

All about the worker

- The Balancing Act: Caring for Others & Yourself
- Listening & Responding to Client Needs (the Accidental Counsellor)
- Volunteer Ready

And many more courses!



Talk to us To find out how we can meet your training needs and link you with new possibilities, contact Danni on phone: 9349 8200 or email: vast.training@jnc.org.au

Training subsidies: You may be eligible for a subsidy on your customised training. VAST can help you to determine your eligibility.

Note: To receive a subsidy for a course, a minimum number of staff or volunteers are required to attend.