

*Centacare
New England North West*

“Working together to make a difference in people’s lives”

CEO’S MESSAGE

Welcome to the first issue of the Centacare NENW Community Newsletter.

Centacare NENW is currently celebrating 10 years of service in the welfare sector. Centacare NENW continues to grow and has become a large, diverse agency supporting many people in need across the region. Our initiatives are taking effect and our client numbers continue to grow, reinforcing the valuable services we provide.

The success of Centacare NENW is ensured by a number of factors, these include:

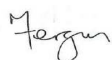
- Community members utilising available services;
- Professional staff;
- A strong executive team;
- A comprehensive and diverse Board; and
- Support from the Most Reverend Luc Matthys, Bishop of Armidale

We work to identify gaps in service provision to communities throughout the New England North West region and provide appropriate relevant services as required.

We have, and continue to develop partnerships with various organisations which assists in delivering the best and most suitable services to our clients. We are proud of the pathways we can now offer our clients and support them as necessary to ensure that needs are met and outcomes are positive.

Our involvement in community events is increasing and we have initiated and hosted events such as Harmony Day and the Lantern and Chinese Moon Cake Festival. These events provide an opportunity to celebrate and actively involve ourselves in the wider community through culturally diverse occasions.

Centacare NENW will continue to grow and provide invaluable services throughout the region.



Fergus Fitzsimons
Chief Executive Officer
Centacare NENW

WE ARE MOVING



The Centacare NENW Tamworth office will be relocating early December. We will be moving to the V Guy Kable Building at 195a Marius Street. We are looking forward to this move as it means that all our services will be available from the one building.

OUR SERVICES

Centacare New England North West (NENW) is celebrating 10 years of service in the welfare sector. Established in 2001 by the Bishop of the Armidale Diocese Bishop Luc Matthys, Centacare has grown over the past decade and now employs over 60 staff and offers a range of services through 6 offices which are located in Tamworth, Armidale, Moree, Narrabri, Inverell and Walgett.

Centacare NENW is a not-for-profit organisation which aims to assist individuals, families and communities in the New England region and strives to support and empower people at various stages of their lives and relationships. We offer a wide range of services in a welcoming, safe and confidential environment, these include:

Catholic Schools Counselling and Assessment Program

This program assists Catholic Schools in the Diocese of Armidale in enhancing the well being and development of students, parents, staff and the school community. This program is funded by the Catholic Schools Office in the Diocese of Armidale and offers counselling, therapeutic intervention and psychometric assessment services to students enrolled in Catholic Schools. The Employee Assistance Program (EAP) is also available to school staff.

Psychological/Counselling Services

Centacare NENW offers therapeutic intervention services that allow all individuals, couples and families the opportunity to address personal and relationship problems that are a barrier to their full enjoyment of life.

Centacare offers many psychological services including general, Medicare and Employee Assistance Program (EAP)/contract counselling.

Problem Gambling

Gambling Help is a New South Wales Government initiative. This program offers assistance to those who are affected either directly or indirectly by problem gambling.

Personal Helpers and Mentors

The Personal Helpers and Mentors (PHaMs) Program is a federally funded program. The PHaMs program assists people aged 16 years and over whose ability to manage their daily activities and to live independently in the community, is impacted as a result of a severe mental illness.

Family Mental Health Support Services

The Family Mental Health Support Services assists families, carers, children and young people affected by a mental illness through a diverse range of community programs. The aim of this program is education for the prevention and early intervention of mental illnesses, while promoting resilient families and communities. This is a federally funded program which provides free education to community members.

Family Support Program

The Family Support Program is a comprehensive federally funded program incorporating the Family Relationship Centre. This Centre provides a wide range of services to assist families to strengthen their relationships at all stages or to help deal with separation. The centre provides mediation services, education, information, support and referral to a range of services for families.

Regional Family Dispute Resolution (Mediation) Services

Separation or divorce is nearly always a painful experience for the whole family. Confidential Family Dispute Resolution (mediation) services offer a trained third party to help couples negotiate issues in dispute while working towards a beneficial outcome for all, keeping the best interest of the child/ren in mind throughout the process.

CENTACARE NENW NEWS & EVENTS



Fergus Fitzsimons Centacare CEO with
Liz Behrend Centacare Moree Team Leader

Centacare NENW—Moree

The new Moree Centacare office was officially opened on Friday the 9th of September.

The blessing was conducted by Bishop Luc Matthys and the event was attended by over 40 local community members.

The Moree office is now located at 48 Auburn Street.



Lea Sharpe (left) and
Sharon Tonkin (right)

Tamworth Disability Expo

Centacare NENW participated in the 2011 Tamworth Disability Expo on the 15th of September. This was a great day with approximately 50 organisations represented.



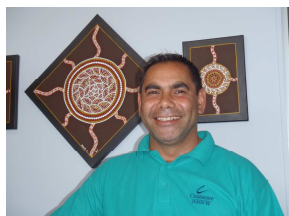
Sueelyn Pakes—Centacare's Community/CALD Liaison Officer

Lantern and Chinese Moon Cake Festival

Centacare NENW coordinated and hosted the 1st Tamworth Lantern and Chinese Moon Cake Festival on the 12th of September. This event was a great success with over 70 people attending.

We thank Wests Entertainment Group for the fiscal support of the event.

Geoff Suey,
Centacare NENW's Indigenous Liaison Officer



Staff Achievements

Congratulations to Geoff Suey, Centacare's Indigenous Liaison Officer, for being named runner-up in the 2011 NSW Training Awards Aboriginal and Torres Strait Islander Student of the Year category. Geoff successfully completed a Diploma in Community Services through Tamworth TAFE and was nominated for the awards which are an annual event for the NSW Department of Education and Training (DET) designed to recognise outstanding achievements in the vocational training and education sector.



Larry and Owen from Mission Australia
with Vicki Breen

Gambling Smart Project Training

Centacare's Responsible Gambling Service Program Coordinator, Vicki Breen organised 2 days of Gambling Smart Project training through Mission Australia. Held at the Family Relationship Centre on the 28th and 29th of September this was a great opportunity to look at problem gambling as it affects communities, particularly Aboriginal populations.

PROGRAM INFORMATION & TIME TABLES

Psychological/Counselling Services

Centacare continuously offers therapeutic intervention services that allow individuals, couples and families the opportunity to address personal and relationship problems that are a barrier to their full enjoyment of life. Our registered psychologists and counsellors are experienced in areas of marital, family and individual counselling. Our team of psychologists support community members through many different issues. These include, though are not limited to, depression, anxiety, family and relationship problems, stress, grief and loss, phobias, trauma and problem gambling.

For more information on the psychological/counselling services available through Centacare NENW contact our Tamworth office on 6762 9240.



Responsible Gambling Service

Centacare NENW provides a FREE Responsible Gambling Service. If you have problem gambling behaviours or you are impacted by someone's problem gambling behaviours these services may be able to assist you. These services are offered in a safe and confidential environment.

FREE Legal Information Sessions

The Family Support Program incorporating the Family Relationship Centre, in partnership with North and North West Community Legal present FREE legal information sessions at various locations and times throughout the region. These sessions are for people going through separation and who have children to seek FREE legal advice. To find out more information on this service contact the Family Relationship Centre in Tamworth on 67629200 or Armidale on 67387200.



Personal Helpers & Mentors Program

Centacare NENW in Moree and Narrabri offer the Personal Helpers and Mentors Program. The Personal Helpers and Mentors Program supports people whose lives are significantly affected by their experience of a severe mental illness. It is a federally funded program which emphasises community support and social connection as an integral part of recovery.

The program focuses on strengths, what people with mental illness can do rather than what they can't do. It focuses on recovery, demonstrating that people with mental illness can lead a fulfilling life in the community with the same opportunities as other people.

If you are 16 years of age or older you may be eligible for the Personal Helpers and Mentors Program. You do not need to have a medical diagnosis of a mental illness to initially join the program. If you join, your Personal Helper and Mentor will help you get the medical and other health support you need.

Your Personal Helper and Mentor can support you with many different things. The key is that it is up to YOU, what you want to achieve from the program and how you go about achieving it.

Our Moree office can be contacted on 67508500 or the Narrabri office can be contacted on 67929300.

The Family Relationship Centre

The Family Relationship Centre is operated by a consortium of Centacare NENW, Anglicare Northern Inland and Tamworth Family Support Services. The Centre provides mediation, education, information, support and referral to a range of services that can strengthen relationships or assist people through separation. Funded by the Australian Government the Centre is staffed by independent, professionally qualified staff offering confidential and impartial services in a welcoming, safe and confidential environment.

FREE programs are available for parents/guardians, grandparents, men and young people. A list of upcoming courses is below. For further information on any of these programs contact the Family Relationship Centre on 67629200.



An Australian Government Initiative

Family Relationship Centre

Course Name	October	November	December	January 2012
Parenting Now (2 x 3 hour sessions)	7th & 14th 9.30am—12.30pm Tamworth		5th & 12th 9.30am—12.30pm Tamworth	
Explosive Child (2 x 3 hour sessions)		3rd & 10th 5.30pm—8.30pm Tamworth		
Surviving Your Adolescents (2 x 3 hour sessions)	20th & 27th 5.30pm—8.30pm Tamworth			
Grandparents Parenting (4 x 2 hour sessions)				
Keeping Kids In Mind (as specified)	28th October— 25th November 10.00am—12.00pm Tamworth	4th, 11th, 18th & 25th 10.00am—12.00pm Tamworth		
Relationship Renovation (3 x 2.5 hour sessions)	11th, 18th & 25th 5.30pm—8.00pm Tamworth	7th, 14th & 21st 5.30pm—8.00pm Armidale		
Hey Dad for Fathers (as specified)	17th October— 14th November 5.30pm—7.30pm Tamworth	3rd November— 8th December 6.00pm—8.00pm Armidale		
21st Century Man		17th November— 1st December 1.00pm—4.00pm Moree		
Teens In Between (2 days)				
Building Connections/ How 2 Now (2 x 3 hour sessions or as specified)	10th & 17th 5.30pm—8.30pm Armidale 26th 10.00am—2.00pm Glen Innes	10th & 17th 9.30am—12.30pm Armidale 28th 10.00am—2.00pm Inverell	5th & 12th 5.30pm—8.30pm Armidale	
Toolkit for Dads (3 hour session)	13th 5.30pm—8.30pm Armidale			

Family Mental Health Support Services

The Family Mental Health Support Services provide a range of FREE education programs on mental health and mental illnesses. Designed to assist individuals, families, carers and young people living with mental illness or supporting someone living with mental illness workshops and therapeutic courses are available.

A list of upcoming courses is on the next page. For further information on any of these programs contact the Family Mental Health Support Service on 6762 9270.

Family Mental Health Support Services

Course Name	October	November	December	January 2012
Smiles				
My SPEAK (3 days)				17th, 18th & 19th 9.00am—2.30pm Tamworth 18th, 19th & 20th 9.00am—2.30pm Amidale
ACE				
PULSE (3 x 2 hour sessions)	19th October— 2nd November 4.00pm—6.00pm Tamworth			
CBT/Anxiety for Women (6 x 2 hour sessions)	24th October— 28th November 1.00pm—3.00pm Tamworth			
CBT/Anxiety for Men				
CBT Depression (6 x 1.5 hour sessions)	11th October— 15th November 12.00pm—2.00pm Gunnedah	4th November— 9th December 10.30am—12.00pm Amidale		
Achieving Wellbeing and Happiness (4 x 2 hour sessions)		7th—28th 10.00am—12.00pm Tamworth 17th November— 8th December 10.00am—12.00pm Moree		
Family Wellbeing (4 x 2.5 hour sessions)	20th October— 10th November 10.30am—1.00pm Amidale			
Sense of Self (4 x 3 hour sessions)		4th—25th 1.00pm—4.00pm Tamworth		
Seasons for Growth (4 x 2.5 hour sessions)		16th November— 7th December 12.30pm—3.00pm Tamworth 17th November— 8th December 11.00am—2.30pm Narrabri		
Seasons for Growth (Introduction) (3 hour session)			20th 11.00am—2.00pm Amidale	
Youth Mental Health First Aid (2 days)	11th & 12 9.00am—5.00pm Amidale	2nd & 3rd 9.00am—5.00pm Moree 15th & 16th 9.00am—5.00pm Tamworth		
Problem Solving and Coping Skills Workshop (2 hour session)			14th 10.00am—12.00pm Uralla	
Stress and Anxiety Workshop (2 hour session)				31st 10.00am—12.00pm Uralla

CENTACARE NENW OFFICES

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***If you would like to comment on the Centacare NENW's
Community Newsletter please contact the Media Liaison Officer
on 67629270 or you can complete our survey online at
<https://www.surveymonkey.com/s/QG7MYYG>**

