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What’s on

Meetings, meetings, meetings …

**Access Committee:** Tuesday, 5th September at 11am at The Stables, Mudgee.

**Interagency:** Tuesday, 12th September at 2pm at the Stables, Mudgee.

**Child and Family Network:** Wednesday, 13th September at 2pm at Benevolent Society, Mudgee.

**Mudgee People against Violence:** Thursday, 7th September at 10am at Parkview Café, Mudgee.

**Kandos/Rylstone Interagency:** Thursday, 19th October at 11am at Rylstone Council Office 77 Louee Street, Rylstone.

**Seniors Week Planning Committee:** Wednesday 15th November at 10.30am at Carmel Croan Community centre.
Local, National and International

THE EIGHT ANNUAL Rylstone-Kandos Family Fun Day is on again this year and your service is invited to participate. It is a wonderful opportunity to make contact with the local community and showcase the services or activities your organisation provides.

The event will be held on Wednesday 4th October at the Rylstone Showground and will run from 10am to 2pm. The theme for this year is “Health and Wellbeing”

The purpose of the Family Fun Day is to provide an opportunity for services to connect with the community in a relaxed and fun environment. The Family Fun Day has become a feature event on the local calendar with over 500 people attending last year. We ask services to provide a nil cost activity on the day that supports wellbeing or provides an opportunity for interaction.

We look forward to your involvement in this year’s fantastic community event. For more information call Marisa 02 6378 2720 or Marian 0427 163 674.

Daffodil Day 25 August
Daffodil Day is one of the Cancer Council's most loved fundraising events and this year, every daffodil and every donation grows hope - hope for more survivors, hope for better treatments and hope for greater support. As the largest merchandise based event in the Southern Hemisphere, it's day to support all Australians affected by cancer. For more information phone: 1300 65 65 85 or visit: www.daffodilday.com.au

National Meals on Wheels Day 31 August
National Meals on Wheels Day is an opportunity to celebrate the 78,700 volunteers that contribute to their community, and is celebrated on the last Wednesday in August each year. For more information phone 02 82194200 or visit: www.mealsonwheels.org.au

Kids Teaching Kids Week 4-8 September
Kids Teaching Kids Week is a free, national, inquiry based, peer teaching program that uses the environment as a theme and focus for learning. Students of all ages find solutions to complex environmental problems such as climate change, water, waste, conservation, energy, drought, population and pollution. Students research, develop and then perform songs, comedy, dance routines, poems, plays and experiments for their classmates to deliver their messages about the environment. For more information phone 03 83278481 email: info@kidsteachingkids.com.au or go to: www.kidsteachingkids.com.au/

Women's Health Week 4-8 September
Jean Hailes Women's Health Week is a week aimed at encouraging women to take the time to focus on their health and wellbeing. The week includes events in communities around Australia as well as online resources including motivating videos and practical tips and information from experts and ambassadors. Want more information phone 1800 532642 or visit: www.womenshealthweek.com.au

R U OK? Day 8 September
Are You Ok Day is an annual national day of action that aims to get Australians, right across the entire spectrum of society, connecting with friends and loved ones, by reaching out to anyone doing it tough and simply asking: “Are you ok?” talking about suicide with someone at risk actually reduces the chances of them taking their life. It is the one thing we can all do to make a real difference. R U OK? Day is about prevention, preventing little problems turning into big problems. For more information email hello@ruokday.com.au or visit: www.ruokday.com/
Services and Resources

**Beyond Blue** has some great resources for clients suffering from anxiety or depression – More information at: [http://www.beyondblue.org.au/about-us/contact-us](http://www.beyondblue.org.au/about-us/contact-us)

**Healthdirect Australia**
Healthdirect Australia is a public company limited by shares and delivers health services by contracting with service providers, managing ongoing operations and implementing governance structures for its health services to be provided safely and efficiently. Services available through Health direct Australia are wholly or jointly funded by federal, state and territory governments. Health direct Australia manages the following healthcare services:

- health direct nurse helpline and health information
- after hours GP helpline
- Pregnancy, Birth and Baby
- mind health connect
- National Health Services Directory
- My Aged Care
For more information go to: [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**Cancer Council Help Line**
Help spread the word and become our helpline champion - **Cancer Council Helpline 13 11 20** is the central point of contact for all cancer related services from anywhere in NSW. It provides information, support and literature on all cancer topics from prevention and early detection through to understanding a diagnosis, treatment, side effects and end of life care. It is for health professionals, general public, cancer patients, carers, and friends – anyone affected by a cancer diagnosis. For more information on all our services: [http://www.cancercouncil.com.au/](http://www.cancercouncil.com.au/)

**New website to encourage older people to stay active and healthy**
NSW Health announced a new innovative website that will enable older people and health professionals to access physical activity services that will prevent injury and chronic disease. By simple entering a suburb, the Active and Healthy website [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au) easy identifies a list of exercises programs by local providers. These programs focus on improving balance and strength, such as tai chi, yoga, strengthening programs and other specific classes designed for older people.

**Housing Appeals Committee**
The Housing Appeals Committee (HAC) is an independent agency who can review decisions of social housing providers. Appeals can be made to the HAC about certain decisions of the NSW Department of Housing or community-housing organizations providing long term housing ([see Community Housing](#)). The HAC reviews decisions to see if they are fair, reasonable and made within the policy of the housing provider. For more info visit: [http://www.hac.nsw.gov.au](http://www.hac.nsw.gov.au) this website explains the role of the HAC and how to appeal.

**Seniors Information Service**
Need information about options, as you, or a friend or family member, grow older? Information is available on the website and if you want assistance, call **13 12 44** (for the cost of a local call from throughout NSW) or visit: [http://www.seniorsinfo.nsw.gov.au/](http://www.seniorsinfo.nsw.gov.au/).
Training Opportunities


Funding opportunities

Mid-Western Regional Council Community Grants Program Policy
Council’s Community Grants Program policy applies to requests for financial assistance from not-for-profit community based organisations, groups and individuals that meet community needs and benefit residents in our community.

The purpose of the Community Grants Program is to enable Council to support local projects and activities put forward by those organisations that offer a significant contribution to community outcomes and goals as provided in the Towards 2030 Community Plan. In doing so, financial assistance is to be provided in a consistent, equitable and transparent manner.

TIMETABLE

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<tr>
<th>Quarter</th>
<th>Applications open online via MWRC website</th>
<th>Applications close</th>
<th>Report to Council meeting (month)</th>
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<td>1st May</td>
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For further information, please refer to the policy on Council’s website:

Lists of Foundations in NSW
Please see the following websites for updated information regarding grants available for tax-exempted (deductible gift recipient) not-for-profit organizations.
http://www.probonoaustralia.com.au

More funding opportunities

Essential Energy’s Community Support Program
Essential Energy’s Community Support Program aims to give back to the local halls that make up the social fabric of rural and remote NSW and provide a venue for the provision of local services for their surrounding areas. Eligible halls can receive a $200 donation to put towards general maintenance costs for the hall. Applications are now open for the 2017 program.

Community Support Eligibility Criteria
To be eligible, the hall must:

- Be located within Essential Energy’s network area;
- Be a not-for-profit, non-commercial hall used by the general community and is being used for multiple events and by multiple groups;
- Be used by community groups for community functions/events, scouts/guides, meetings, sports, service groups (e.g. CWA, Rotary, and Apex) and other community activities;
- Be able to receive payment via EFT; and
- Must provide your NMI (National Meter Identifier is a unique number assigned to the hall’s meter and is listed on the energy bill).

**Closing date:** 15 September 2017  **Contact:** communitysupport@essentialenergy.com.au

**Scanlon Foundation Community Grants [DGR status required]**

The Scanlon Foundation’s community grants aim to fund projects that support the transition of migrants into employment. The Foundation is seeking expressions of interest for projects that empower multicultural communities and develop intercultural connections. Applications for the 2017 grant round are now open.

Projects should consider the experience of migrants and of receiving communities and aim to nurture positive outcomes.

**Key Criteria**

The Scanlon Foundation is looking to support projects that fulfil the following criteria:

- Successful projects will need to demonstrate their contribution to both building pathways to employment and encouraging social cohesion.

**Employment Pathways**

Programs that contribute to the building of employment confidence, conversational skills, resume building, presentation of experience and strengths both verbally and in written materials.

**Local business engagement**

Programs that actively facilitate engagement with local businesses to introduce or expand experience of workplace cultures, language and colloquialisms, and offer and provide recognition of direct activities that build on strengths and capabilities or introduce new "in demand" skills.

- Programs may also provide support and coaching for new business initiatives that connect to business associations and market opportunities.

**Literacy**

Programs that actively and innovatively develop literacy skills using means that engage with those that are unable or ineligible for other programs.

**Applied English practice**

The Foundation is also looking for programs that focus specifically on English literacy that can be applied in day to day and work environments.

- As well as facilitating pathways into employment, it is vital that social cohesion is also supported in proposed projects. Therefore, the project will also have to fulfil some or all of the following criteria.

**Intercultural or culturally diverse programs**

The Foundation looks specifically for projects that foster greater understanding between different cultures and faiths.

**Cross cultural conversations**

Projects should encourage intercultural conversations to share and recognize mutual contributions.

**Innovation**

The Foundation is interested in exploring new ways to engage, empower and connect communities.

**Closing date:** 15 September 2017
Youth Information

**Transition to Independent Living Allowance (TILA)**
The Australian Government's 'Transition to Independent Living Allowance' (TILA) is available to assist with some of the needs that a young person leaving care may face in establishing independent life. It helps young people leaving care to develop their resilience and build their capacity to overcome the difficult situations they may face when they start to live independently. This is an ongoing funding program. For more info visit: [http://www.dss.gov.au/](http://www.dss.gov.au/)

**YAPA Youth Action and Policy Association - working in the interests of young people & youth services in NSW**
YAPRap newsletter YAPRap: YAPA’s monthly newsletter on youth issues & youth work 400 copies posted & emailed to NSW youth workers & youth activists each month. For more information about youth issues visit: [http://www.yapa.org.au](http://www.yapa.org.au)

**In 2009 Communities NSW Sport and Recreation developed a free online resource called Youth Services Toolkit**
The kit is designed for sports club, community groups, youth centres or anyone trying to organise community events, sport activities or structured programs for informal groups and young people. This tool kit is easy to use, time free, resources with lot “how to” hints and use templates to save you time when running meetings, helping club volunteers and members; engaging youth in decision making, membership planning; and running a day to day jobs within a community committee. For more information visit: [http://www.youthservicestoolkit.com.au/YouthServices/index.html](http://www.youthservicestoolkit.com.au/YouthServices/index.html)

**Youth Off The Streets**
Youth Off The Streets is a non-denominational community organization working for disadvantaged young people who may be homeless, drug dependent and/or recovering from abuse. Youth Off The Streets supports these young people as they work to turn their lives around and overcome immense personal trauma such as neglect, physical, psychological and/or emotional abuse. It is our goal that these young people will leave our care drug free, with a high school education, living skills and a full-time or part time job in hand. Since opening in 1991, Youth Off The Streets has grown from a single food van delivering meals to young homeless people on the streets of Kings Cross to a major youth specific agency offering a full continuum of care through delivery of a wide range of services. Our 35 services include aboriginal programs, crisis accommodation, alcohol and other drug services, counselling, accredited high schools, outreach and residential programs. Volunteers support us every step of the way. For more information you can call 1800 062 288 or visit: [https://youthoffthestreets.com.au/](https://youthoffthestreets.com.au/)

**StudyAssist**
Information for students about government assist for financing for tertiary study. There are a range of means tested payments available to support eligible students who are undertaking, or who are planning to undertake, approved study or an Australian Apprenticeship. For more information Call 1800 020 108; For hearing, speech or tty users phone 133 667 national relay service (nrs), then ask for 1800 020 108; or For speak and listen users phone 1300 555 727, then ask for 1800 020 108. Or visit: [http://studyassist.gov.au/sites/studyassist/studentincomesupport](http://studyassist.gov.au/sites/studyassist/studentincomesupport)
Information for People with a Disability

The ADHC funded university Chair in Intellectual Disability Mental Health is pleased to announce that “The Guide”: Accessible Mental Services for people with and Intellectual Disability – A Guide for Providers is available for download by visiting http://3dn.unsw.edu.au/the-guide. The Guide is a quick reference ‘that will enable those who work with people with intellectual disability to take practical steps to improve those peoples access to mental health treatment and services.

Disability Care Australia Website (previous NDIS)
NDIS information translations are now available at NDIS information for people with disability, families and carers now available in Arabic, Chinese, Hindi, Korean, Spanish and Vietnamese.

For individuals, families and carers
Family and Community Services, Ageing, Disability and Home Care provide services and support for older people, people with a disability, and their families and carers to help them to live more independently. If you need more information visit: http://www.adhc.nsw.gov.au/individuals

Disability Safe
Disability Safe is a project supported by ADHC to inform the establishment of a consistent approach to reasonably practicable risk management in the disability service environment. To do this, resources and information are available on this website. Information is currently being updated in line with the new WHS Legislation which commenced in most states January 1 2012. For more information visit: http://www.disabilitysafe.org.au/

Supported Decision Making (SDM) webpage
ADHC has developed a webpage on Supported Decision Making (SDM) as a key mechanism for providing information and raising awareness of SDM. It hosts a range of tools, resources and information regarding projects currently being implemented in NSW. Supported Decision Making:

- is a process of assisting a person with disability to make their own decisions, so they can develop and pursue their own goals, make choices about their life and exercise some control over the things that are important to them;

More information can be found on the ADHC website: http://www.adhc.nsw.gov.au/
Aboriginal Information

The NSW Aboriginal Health Plan 2013-2023 (the Plan) will direct the efforts of NSW Health in relation to Aboriginal health over the next ten years, and will be implemented through all relevant NSW Health organisations. The Plan will be a catalyst to drive health system changes, which will be needed to ensure that in ten years’ time health outcomes, have improved and the health system is more effective in delivering health services to Aboriginal people. Six strategic directions within the Plan identify the areas where NSW Health will direct efforts to best achieve the highest level of health possible for Aboriginal individuals, families and communities through:

- Building trust through partnerships
- Implementing what works and building the evidence
- Integrated planning and service delivery
- Strengthening the Aboriginal workforce
- Providing culturally safe work environments and health services
- Strengthening performance monitoring, management and accountability

The Plan was developed in partnership with the peak body for Aboriginal Community Controlled Health Services within NSW, the Aboriginal Health & Medical Research Council of NSW (AH&MRC), in consultation with a range of key stakeholders. For more information call (02) 9391 9000 or go to: http://www.health.nsw.gov.au/aboriginal/pages/default.aspx

Aboriginal Flexible Respite
The Aboriginal flexible respite program provides support to Aboriginal people and their families who are caring for a family member with disability in the Western Region. Each person with disability and their family have different needs. Aboriginal flexible respite tries to respond to these different needs, so respite will be different for everyone.
Eligible families can get help for things like:
- In-home respite care
- Recreational activities for people with disability
- Support worker looking after the person with disability while carers attend sorry business (funeral), appointments or community meetings.

More information: 1300 134 450.

Australian Institute of ATSI Studies Research Grants various closings dates or always open
The Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) funds research in a wide variety of areas in ATSI studies. AIATSIS is the world's premier institution for information and research about the cultures and lifestyles of Aboriginal and Torres Strait Islander peoples. Applications for research grants are always open. More info: http://www.aiatsis.gov.au

Resources for Aboriginal people
The ADHC Aboriginal Policy Statement underpins our strategic directions in strengthening services for older Aboriginal people, Aboriginal people with a disability, their carers and families. If you want more info visit: http://www.adhc.nsw.gov.au/publications/aboriginal

The ALS is a proud Aboriginal community organisation.
We opened our doors in 1970 in Redfern as the first Aboriginal Legal Service in Australia – that makes us over 40 years old! We have 23 offices and 185 Aboriginal and non-Aboriginal staff
across NSW and ACT working towards achieving justice for Aboriginal people and the community. For more information call 1800 765 767 or visit: http://www.alsnswact.org.au/