



Newsletter of Community Development Services Inc.

In operation since 1986 and funded by the *Department of Communities* Queensland.

Further articles for HUBbub can be forwarded to CDS via Email cdsinc@halenet.com.au or contact us on Ph: **4681 3777** Thank you to all our contributors from **Kath, Tim, Rebecca, Morwenna** and **Jill**.



DISCOVER
www.granitenet.com.au
TODAY

CDS Management Committee 2009

Community Development Services Inc has the support of the following wonderful people who were elected to voluntary positions on the CDS Management Committee.

President:	John Island
Vice Presidents:	Jenny Sherrin Rachelle Clark
Secretary:	Barbara Benham
Treasurer:	Karen Thompson
Committee members:	
Family Day Care:	Kerrylee Anderson
Kids Korner:	Kylie Burton-Beckett
Granite Belt Learners:	Jenny Sherrin
Council Rep.:	Denise Ingram

HIRE the CDS Youth Centre at 15 Hilton St

Photos on page 13 of the Web edition of this Newsletter at GraniteNet.com.au

Casual bookings - \$50/day, \$30/half day, \$15/hr

Long term bookings - \$40/day, \$20/half day

For further details contact CDS 4681 3777

or cdsinc@halenet.co.au

THESE ISSUES

- ✓ CDS Management p1
 - ✓ Hire Hilton Street p1
 - ✓ Morwenna is Back! p2
 - ✓ Review a Reference Book p2
 - ✓ Family Relationships p3
 - ✓ Indigenous Dance p3
 - ✓ Free Legal Advice p3
 - ✓ CDS- Client Info p4
 - ✓ Cadets in Action p5
 - ✓ Midnight Basketball p5
 - ✓ Obama on Community p5
 - ✓ Gymnastics Club p6
 - ✓ Youth Radio Program p6
 - ✓ Family Counsellor p6
 - ✓ Young Parents p7
 - ✓ Youth Delegates p7
 - ✓ Carers Queensland p8 - 9
 - ✓ Gambling Help p10
 - ✓ Community Action p10
 - ✓ Emergency Relief? P11
 - ✓ Cadets Need You p12
 - ✓ Resilience Project p12
 - ✓ Contact Community p12
- Our 'Colour' Newsletter with Photos is seen at CDS website:**
www.granitenet.com.au/groups
 and follow the prompts to CDS newsletter.

CDS is a community-based, non-profit organisation run by a voluntary Main Management Committee consisting of people with diverse skills and links to all sectors of the Community. **CDS** has been in operation since 1986 and is funded, primarily, by the *Department of Communities Queensland*.

You can contact any of the committee members through the CDS offices at 8 Corundum Street, Stanthorpe or by phone (07) 4681 3777



Family Support Worker is Back!

The Round 5 funding for a Family Support Worker at Community Development Services Inc. finished at the end of April 2009. However, good news followed. In June, CDS received notification that a further 12 months of funding had been allocated so Morwenna Arcidiacono returned to the role of Family Support Worker.

A previous Family Support Worker at CDS used the lyrics of the beautiful song by Simon and Garfunkel, 'Bridge Over Troubled Waters,' to describe the role of a family support worker :-

"Like a bridge over troubled water
I will ease your mind"

In these times, families and individuals, face constant challenges. There are times when we all feel insecure and uncertain about our life's pathway. Yet, every person has the right to feel safe, to be free of harm, to be able to learn, to make choices and to be respected, whatever their current predicament might be.

The symbol of a "Bridge" is a powerful one. It is something that is meant to bring people together, to ease the problems that can arise in one's life. So if you want a helping hand – give Morwenna a call. Use the bridge rather than drowning beneath it!

Contact **Morwenna Arcidiacono** at CDS

4681 0925 or cdfs@halenet.com.au

Review a Reference Book

Additions to the CDS Resource Library:

- *How to talk so Kids will listen & listen so Kids will talk* – Adele Faber & Elaine Mazlish
- *101 Activities for Kids in Tight Spaces* – Carol Stock Kranowitz
- *Complete Guide to Asperger's* – Tony Attwood
- *Dietary Interventions in Autism Spectrum Disorders* – Kenneth J Aitken
- *Different Like Me* – Jennifer Elder
- *Girls will be Girls, raising confident & courageous daughters* – JoAnn Deak & Teresa Barker
- *The Princess Bitchface Syndrome* – Michael Carr-Gregg
- *How to talk so Teens will listen & listen so Teens will talk* – Adele Faber & Elaine Mazlish
- *The Complete Secrets of Happy Children* – Steve Biddulph with Sharon Biddulph
- *So you're going to be a dad* – Peter Downey
- *Becoming the parent you want to be* – Laure Davis & Janis Kryser

These and many other books, on varying topics, available to borrow from CDS.

We are also looking for people who are willing to write a review of one or more of the books we have in our reference library.

Contact **Tim** at CDS

4681 3777



An Australian Government Initiative

You have a lifetime to work but children are only young once.

Polish Proverb

Indigenous Dance Troupe:

CDS has gained funding from DEWHA (Department of Environment, Water, Heritage and the Arts) to establish an Indigenous Dance Troupe here in Stanthorpe. Negotiation regarding the funding is still happening, but the program, will commence once we have established a work group.

For more information or to be involved.

Contact **Rebecca Schroder** at CDS

46810925 or

cds_ydw@halenet.com.au

**Stanthorpe Community
Legal Service**

FREE LEGAL ADVICE

WHERE:

CDS
Granite Belt Neighbourhood Centre
8 Corundum Street
Stanthorpe Qld 4380

EVERY WEEK:

BY APPOINTMENT
every Thursday 10:00am - 2:00pm

PHONE: CDS on 4681 3777 to make an appointment

FUNDED: by Department of Justice and Attorney-General (LPITAF)



Family Relationship Centres

aim to:

- Strengthening family relationships
- Helping families stay together
- Assist families through separation

Phone the Family Relationship Centre or visit the website for information on services including family dispute resolution.

632 Ruthven Street, Toowoomba

Ph: 07 4699 5444

Fax: 074638 2644

E: fradmin@tmba.centacare.org.au

www.familyrelationships.gov.au



FAMILY

RELATIONSHIP CENTRE

HELPING FAMILIES BUILD BETTER RELATIONSHIPS

African proverb:

**“It takes
a village
to raise
a child.”**

Community Development Services Inc.

INFORMATION SHEET FOR CLIENTS / ADVOCATES

Community Development Services Inc respects and upholds your rights to privacy protection. We hold the following information about you:

- Name, address, telephone and other contact numbers / details
- Date and Country of Birth
- Occupation / Pension details
- Name of your Partner (if applicable)
- Names & ages of your children (if applicable)
- Details of the services we have provided you with
- Details of organisations we have referred you to
- Any information you may have provided through client/consumer surveys

The information we hold about you is held in a secure system and is accessible only by authorised persons.

To provide quality services for you or the person/s you care for, we may consult with a team of skilled people. Consultations will only occur with your consent. That team may consist of relevant people such as the following:

- Staff of Granite Belt Family Support Services
- Community Health
- Centrelink
- Doctor
- Mental Health Worker & / or *Mental Health Team.*
- Aboriginal Health Worker
- Disability Services
- Staff at your child's/children's school
- Counsellors eg. *Community Worker*
Domestic Violence Worker
Anglicare
- **Other services or agencies as identified by you**

Consulting can occur by:

- Case Conference - to which yourself or your advocate may attend.
- One to one contact between professionals.

For quality improvement purposes your client record may be audited and data may be collected for planning and research purposes.

If any such processes occur to your chart your personal information will be treated in the strictest confidence.

This information is left with you for your future reference. Should you wish to alter any information or discuss any aspects of the client consent process, please do not hesitate to contact:

Community Development Services Inc.

4681 3777



Barack Obama (17 July 2009)

“For our kids to excel, we must accept our *own* responsibilities.
That means putting away the Xbox and
putting our kids to bed at a reasonable hour.
It means attending those parent-teacher conferences,
reading to our kids, and helping them with their homework.
And it means we need to be there
for our neighbour's son or daughter and
return to the day when we parents
let each other know if we
saw a child acting up.
That's the meaning of community.”

DISCOVER

www.granitenet.com.au

TODAY

Emergency Services

Cadets in Action



The Emergency Services Cadets have recommenced for 2009. We have a number of new leaders and new cadets that will be taking part in the training nights for 2009.

The emergency services cadets is a completely free program aimed at giving high school aged young people some of the core skills of the Emergency Services. Some of these skills include first aid, rescue, communications, fitness, camping Bronze medallion, and much more.

The group is currently meeting every second Thursday as we finalise the training plan with the input of the cadets. We have a number of camps and excursions through out the year including orienteering, trips to the communications centre in Toowoomba and a team building camp.

If you are interested in joining as a cadet or an adult leader please contact

Rebecca Schroder on 46810925 or

email [cgs_ydw@halenet.com.au](mailto:cds_ydw@halenet.com.au)

GYMNASTICS CLUB

Classes for boys or girls (both school age and before school age), with accredited
Gymnastics coach

Run from the Stanthorpe State School stadium.

For further information call **Cindy:** Ph. 07 4681 0880 or

Mo. 04 4724 0300

Please:

Remember to leave a message with your phone number and I will get back to you.



COUNSELLOR & FAMILY THERAPIST

*A caring, sensitive approach for Individuals,
Families, Teens and Couples.*

Sue Dean

Sue Dean has an Advanced Diploma in Counselling & Family Therapy (Christian), and is available to facilitate progress using a model which draws from approaches including:

- Psychodynamic (emotional awareness and connection)
- CBT (Cognitive Behaviour Therapy)
- Communication, and Systems Theory

Member of Australian Counselling Association
(Qualified).

Rates are very affordable.

Contact Sue Dean on 04 0873 5 857
or sue.dean.counselling@gmail.com

Room 3, 141 High Street,
Stanthorpe
(Above Glenn Turner's Mensland).

Youth Radio Program:

CDS in conjunction with Ten FM radio station have started a youth radio program. This program is open to anyone aged between 12- 25 who would like to host their own radio show. There is currently training happening for the young people who have registered an interest, which will run for 6 weeks. Their radio programs will commence in early September so tune to 89.7 or 98.7 and listen in for some of our local young people! If you wish to be involved in the radio program, please contact **Rebecca Schroder** on 46810925 or email

cds_ydw@halenet.com.au

Chinese proverb:

**“One generation plants the trees;
another gets the shade.”**



Young Parents Playgroup:

The young parent's playgroup has been running very well though out 2009. We currently have 12 mothers attending playgroup on a regular basis.

The playgroup runs every Tuesday morning from 10am-12pm. There are a number of activities and guest along through out the year, including the emergency services, Penny Davies, B Here Now Yoga and many more.

The playgroup is free and is open to anyone with children from the age of 0-5. We have a number of resources and booklets that are available to borrow or keep, including cook books, mums health, understanding children and many more.

For further information or a copy of the year planner please contact **Rebecca Schroder** on 46810925 or email

cds_ydw@halenet.com.au

Your children need your presence more than your presents.

Rev Jess Jackson USA



Youth Delegates

The Youth Delegates (formerly known as the Youth Council) have been very busy learning about local youth issues, attending youth meetings and developing projects for our local young people. The YD's for 2009 include Amy Keith, Callie Kennedy, Lorelei Zelakiewicz, Shivanii Alderman and Vanessa Pennisi.

Project Updates:

- Break the Silence youth concert held on the 23rd of may
- Playback youth concert for the 8th of August to raise money for jeans for genes
- 'Stanthorpe On Show' Talent Search, running in conjunction with the Apple and Grape Harvest Festival
- Youth Art Displays starting in late August
- Others to be finalised

Trivia Night:

As part of the YD's involvement in the South West Youth Engagement Forum they have gained funding to raise awareness on youth issues. The girls have decided to host a trivia night.

Applications Available:

Applications will be available late September for any young people interested in being a YD for 2010. For further information or to enter a team in the trivia night please contact:

Rebecca Schroder on **46810925**

email cds_ydw@halenet.com.au



DISCOVER
www.granitenet.com.au
 TODAY

CARERS QUEENSLAND – A SERVICE FOR CARERS

Carers Queensland is the state wide voice for family carers, representing and providing support to carers in Queensland. We provide carers with information and services to support them in their caring role. We also work to increase awareness of carers and their issues.

Carers Queensland works closely with Carers Australia and the network of carer associations in each state and territory to improve the lives of carers throughout Australia.

Carers Queensland provides a variety of services to support carers in their caring role along with a number of programs which represent carers' issues to service providers, governments of all levels - Local, State and Federal - and the community.

Carer Support Groups

Another important function of Carer Services Officers is the formation, facilitation and resourcing of Carer Support Groups.

In Stanthorpe this group meets on the 1st Wednesday of every month at Granite Belt Support Service at 9.30am. All carers are welcome to attend.

Family Support & Advocacy Program

Advocacy is available to support a carer and assist to resolve issues prior to, or within, the Guardianship and Administration Tribunal (GAAT). Support is available in any Queensland city or regional centre where the GAAT holds sittings.

The types of ways we can assist you are:

1. Confidentially support you with any matters that require you, or a person you care for, to attend the GAAT. If necessary we can formalise the relationship to act as your agent;
2. Help you review documents and files to assist you in responding to a matter before the GAAT;
3. Provide assistance on safeguarding and managing your information and validating your role as a carer;
4. Assist and support you in any negotiations or discussion with the Office of the Adult Guardian or the Office of the Public Trustee Queensland;
5. Assist and support you if engaged in disputes or other issues with service providers and where the threat of an intervention by the Adult Guardian or the GAAT has been made.

Education & Training for Carers

Training for Carers is offered in core modules which assist carers to manage the caring role. Topics include: "Maintaining health and wellbeing"; "Identifying care requirements" and "Participating in support networks and services".

Senior First Aid and CPR Training are also offered to carers at reduced rates.

Carer Connect Program

No one understands the caring role better than another carer. Carers Queensland has developed the Carer-Connect Program to link carers to each other for mutual support and companionship. This can take the form of peer support or “buddy” partnerships, or mentoring where an experienced carer supports a less experienced carer.

Counselling Program

Carers Queensland provides both telephone and face-to-face counselling throughout the whole of Queensland. Short-term face-to-face counselling is provided by qualified counsellors and focused on particular needs of the individual carer. Issues that may be addressed include:

- Stress management
- Coping skills and strategies (for example, in coping with a major deterioration in the well-being of the person requiring care)
- Bereavement and loss for former carers on the death of the person they supported
- Transition issues relating to the person being supported moving to a residential care facility, assisted accommodation or to another primary carer in the community
- Practical problem-solving techniques.

Appointments can be made with our Toowoomba office by phoning 46328922 or by contacting our counselling line on 1800 242 636.

Young Carers

(siblings or children 10 – 25yrs assisting in caring for family members)

Carers Queensland supports any Young Carer aged 10 - 25 by: providing free telephone and face-to-face counselling to Young Carers through the Young Carers Counselling Program

giving information about available services including Young Carer Kits
facilitating Young Carer Support Groups in selected Queensland locations (Warwick has one)

Young carers have their own website. Go to: <http://www.youngcarers.net.au/>

Your Team at Carers Queensland Toowoomba Office are:

Carer Support Officer - **Leigh Plummer** Sep – Oct '09

Admin Support - **Janet Jarvis**

Counsellor - **Alison Bengough**

Project Officer - **Annette Jasinski**

Ph: 07 4632 8922 Mon - Friday

Gambling Help *Toowoomba and South West*

1 Taylor Street, Toowoomba 4350 Phone: 07 4632 2615 Fax: 07 4639 1542



Responsible Gambling

Most of the adult population in Queensland will gamble at some stage in their life, whether it is at a casino, the local hotel or club, on lotto, bingo, the horses, keno, gaming machines or some other game of chance.

For most of us gambling is a light-hearted form of entertainment in which we play, hoping to win, but in reality expect to lose. However, for some people gambling can get out of control. For some it is often difficult to stop and this can lead to losing large amounts of money and potentially ruining relationships with family and friends.

There can be any number of reasons why someone develops a gambling problem and why it can get out of hand. The important part is getting the right help when needed.

The Gambling Help Service

The Gambling Help Service is a support service which operates during business hours. The service is free and confidential and offers; professional, confidential counselling, addictions, relationship, financial and group counselling. Sessions can be individual, couple or family-based; counselling for the person with the gambling problem and anybody else affected by another's gambling problem.

The Gambling Help Service also provide free education and training on gambling issues to community groups and liaise with venues around the issue of responsible gambling. The Gambling Help Service is auspiced by Lifeline and is funded through the Department of Communities. Gambling Help Toowoomba and South West covers the South West of Queensland taking in the regions of Dalby, Miles, Roma, Charleville, Cunnamulla, St George, Goondiwindi, Stanthorpe, Warwick and every place in between! We offer face to face or telephone appointments.

To make a referral or for more information about the service and training available please contact:

The Gambling Help Service Toowoomba and South West, 1 Taylor Street, Toowoomba, 4350.

Ph. 07 4632 2615

Lesley Spring *Counsellor/Community Educator* *Gambling Help Service Toowoomba and South West*

Community Action

Does someone :

- ✓ seem overwhelmed by problems
- ✓ appear sad, depressed, withdrawn, teary
- ✓ often look angry, upset or really hassled
- ✓ can't be bothered doing things for joy
- ✓ is having trouble coping with grief or a loss
- ✓ is hurting others or themselves
- ✓ is suffering substance abuse
- ✓ is just not appearing to cope
- ✓ talks of escape or
- ✓ is just doing it tougher than usual.

You can help:

Spend time with people:

- Let them talk about their concerns
- Stay calm and truly listen.
- Accept their concerns seriously.
- Reassure them that they are not alone.
- Lend a hand with everyday things.
- Suggest a professional contact

Midnight Basketball

CDS has gained funding from the Department of Communities to run a series of basketball nights.

We are currently working with the Junior Basketball Association to develop a program.

We are needing volunteers for the program.

For further inquiries please contact:

Rebecca Schroder on

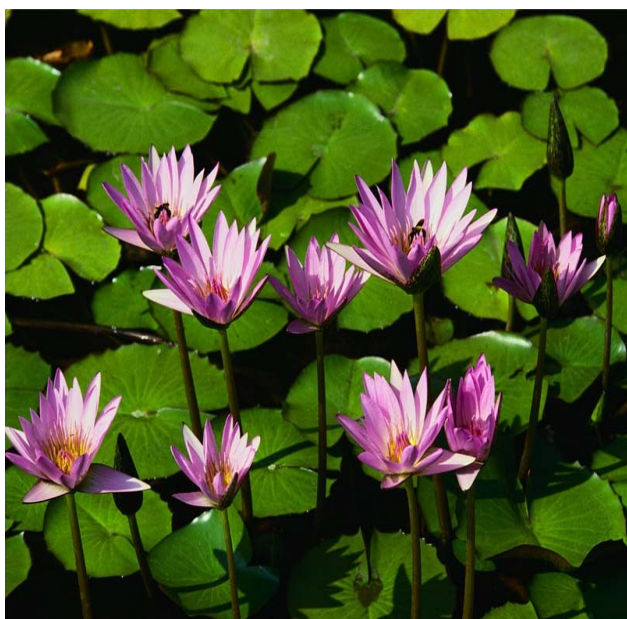
46810925 or

cds_ydw@halenet.com.au

DISCOVER

www.granitenet.com.au

TODAY



What is Emergency Relief?

Emergency Relief is a way of helping people in financial crisis. Community Development Services Inc (CDS) is one of approximately 1400 outlets currently funded by the Commonwealth Government under the Emergency Relief Program. CDS currently provides Emergency Relief on a roster basis with the St Vincent De Paul Society. The objective of the program is *"to assist people in financial crisis to deal with their immediate crisis situation"*.

Assistance is generally in the form of a food or fuel voucher for a fixed amount. However the emergency relief worker may also:

- Explore other ways of resolving the most pressing financial problem e.g. assisting with negotiations with a landlord to repay rent over time or basic negotiations with other creditors.
- Ensure that all the benefits and concessions are being paid correctly.
- Provide basic advice on a range of issues, such as budgeting.
- Determine if there are any additional problems which may require assistance e.g. counselling.
- Ensure that proper referrals are made to other services for further assistance.

Things you need know about accessing Emergency Relief

- CDS administers Emergency Relief between 11.00 am and 12.30 pm Monday to Friday. Currently CDS offers Emergency Relief during the months of February, April, June, August, October and December.
- All clients are required to make an appointment.
- Clients receiving benefits from Centrelink are required to have a current referral from that organisation that includes: the type of benefit received, details of the last payment you received and when the next is due. The referral should also include your name and current address.
- New clients are requested to complete an information schedule, which includes details of income and expenses and living arrangements. Existing clients should confirm the information held.
- The amount of relief provided is subject to the availability of funds and depends on your needs and the amount of relief we have previously provided.
- Relief is distributed by:
 - A voucher for food/groceries drawn in favour of Supa IGA or SPAR
 - A fuel voucher drawn on Stanthorpe Fuel and Services
 - A cheque drawn in favour of creditors

We are unable to provide cash in any circumstances.

RESILIENCE PROJECT: A Community Calendar

The Youth Resilience Project was developed as a follow up project to the three year rural community research project. The project was funded by ADRA (Adventist Development Relief Agency), and supported by Ballandean Primary School, Stanthorpe State Primary, Stanthorpe State High School and CDS. The project aimed to clarify what factors contribute to the positive adaptation of living in rural communities.

The Youth Resilience Project aimed to promote local services and their roles in our community to a group of young people. From this the young people were required to develop a mechanism of sharing this information with the wider community and this is where we came up with the resilience calendar.

The calendar will be on sale in late September. All money raised will go to future youth projects in Stanthorpe.

To pre-order your copy of the calendar please contact **Rebecca Schroder** at CDS on **46810925** or email to

cds_ydw@halenat.com.au

Cadets Need YOU!

Emergency Service Cadets

The Emergency Service Cadets Need YOU!

Are you over 18?

Do you have an interest in:

- *the development of young people*
- *Teaching Life skills*
- *Encouraging young people to participate in the community*
- *building initiative, leadership, self-discipline and loyalty*

Then come and join the program that introduces Queensland's young people to forms of emergency services related training that will better equip them for community life

*Contact: **Rebecca on 46810925***

Contact your Community

Find support for yourself or others.

Contact someone you trust for help: a family member or friend, teacher, minister, the family doctor, counsellor, social worker, community worker, crisis line, school support staff or the local health service.

People you trust will understand, give support and respect wishes.

www.beyondblue.org.au

Stanthorpe Community Health	4681 5260
Community Development Services	4681 3777
Youth Development Worker	4681 0925
Lifeline (24 hours)	13 11 14
Kids Help Line	1800 55 1800
Parentline	1300 30 1300
Domestic Violence Crisis Line	1800 81 1811
Headspace Southern Downs	4661 1999
Hope for Life	1300 467 354
www.suicideprevention.salvos.org.au	



HIRE the CDS Youth Centre at 15 Hilton St

Casual bookings - \$50/day; \$30/half day; \$15/hr

Long term bookings - \$40/day; \$20 half day

See it at Hilton St, Stanthorpe

Modern building with wheelchair access

For further details contact CDS 4681 3777

or cdsinc@halenet.co.au

