



Winter 2011

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](mailto:cdsinc@halenet.com.au) or contact us on  
Ph: **4681 3777** Thank you to all our contributors from **Kath, Rebecca, Morwenna, John and Jill.**

It's been a busy few months around our office. We would like to take this opportunity to apologise for taking so long to release another newsletter. The time has flown with demands on the services provided by CDS ever increasing. Our doors are open - call in and see us if you need some assistance – we may well be able to help.



## How can CDS help you?

**CDS** provides support to assist and empower the growth of Stanthorpe's resilient and caring community.

**CDS** provides:

- Support for people in crisis
- Quality Community information, referrals and advocacy service
- Assessments on community needs and initiates projects
- Applications for funding and grant for various community projects
- Support for volunteers and subcommittees
- Liaisons with government and non-government agencies, welfare groups, council and business groups.

Some of **CDS's** services are:

- Emergency Relief
- Community Legal Service
- Community Resource Library
- Youth Development Service
- Family Relationships
- Family Support Service

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

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This newsletter is also available on the GraniteNet website.

Discover  
Granite Net Today

[www.granitenet.com.au](http://www.granitenet.com.au)

## **5 TIPS TO IMPROVE YOUR PARENTING.**

A parent's role is to keep their child/ren safe and teach them life skills which will help the child/ren function well and therefore to reach their potential in life. Learning the skills to behave well can take time for some children so parents have to work harder and longer with some kids

than others. Effective parents understand they need a range of strategies at their disposal to teach children to acquire the necessary skills one needs to maintain a successful life.

Here are five practical ways, according to Michael Grose (Michael is the author of eight parenting books, including his new release Thriving!) to teach your children to behave well and prosper:

- 1. Teach kids good manners: Manners are respect in action. They guide kids into appropriate responses in social situations.*
- 2. Catch kids doing the right thing: Most kids want to please their parents so make sure your face lights up and your voice gets excited when they've behaved well.*
- 3. Be a good role model: Kids learn what they live! Most social learning occurs through modelling so make sure your kids hear you speak and act in appropriate ways when you interact with them and others.*
- 4. Practise social behaviours at home: Want kids to behave well in a restaurant? Then you need to practise social eating habits around the kitchen table. The same principle applies for a range of other social behaviours.*
- 5. Use consequences when kids behave poorly: The link between children's rights and their social responsibilities is reinforced when parents implement (or display a willingness) to put a respectful, reasonable and related consequence into action. Less talk and more action is the key here!*

Parents, use these five tips as guidelines for your parenting and you will enjoy your children and the role of being a parent will become remarkably rewarding. **Happy Parenting!**



### **Family Relationship Centres**

Aims to:

- Strengthen family relationships
- Help 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: [frcadmin@tmba.centacare.org.au](mailto:frcadmin@tmba.centacare.org.au)**

[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

**Community Development Service  
RESOURCE LIBRARY**

The CDS Resource Library has many resources available to borrow at no charge. The library contains books, DVDs and CDs with information to help deal with:

 **Parenting and Family**

 **Violence and Abuse**

 **Legal Issues**

 **Grief and Loss**

 **Life Skills and**

 **Disabilities**

We recently added to our library  
'The Mighty Toddler', 'Baby Book', 'Easy Toilet Training' and 'Above all be Kind'.

The public may borrow any resource for a three week period.

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 - please call in.

If you are interested in browsing through the library, borrowing or providing a review please drop into the office or contact CDS on

(07) 46 813 777



## **Parenting workshop**

We are intending to offer another Parenting Workshop in September/October, 2011. If you would like to know more please phone Morwenna or John on 4681 3777

Mental Health Week is on again!

It is an annual event that aims to raise awareness of mental health within the community and to educate people about mental health issues. Last year CDS sponsored Mental Health Week and

this year we are encouraging you all to join in and submit a piece of your own work. You can submit a short story, some poetry, a drawing or a song. There is a 1<sup>st</sup> prize of \$1,000 and \$250 for the runner up. There will be a winner and a runner up in each of the categories so get creative and enter - you never know your luck until you try! The competition theme is:-

**“Be open - be aware -  
be understanding - be there”.**

The competition is open to adults 18 years and over. Entries close 31<sup>st</sup> Aug 2011.  
To find out more or to submit your entry to

[www.mentalhealth.org.au](http://www.mentalhealth.org.au)



In the background Chaplain Julie Gleeson and CDS volunteer Margaret Mckillop-Lawson at SSPS Brekky Club.

**CDS celebrates  
CHILD PROTECTION WEEK**

John (Family Support Worker) and Rebecca (Youth Development Worker) have applied and receive funds to run a community project for this event from Monday 5<sup>th</sup> September to 9<sup>th</sup> September this year.

CDS will be leasing a shop front in the CBD during this week and inviting a number of agencies including Family Day Care, Red Cross, Headspace, Police Services, Dept of Child Safety and Mercy Services (Foster Care Program) to staff the store and display their services. As well as staff from these services there will be CDS Family Support workers, Morwenna and John available for a cuppa and a chat throughout the week.

Drop in to see us!

COMMUNITY DEVELOPMENT SERVICES INC.

**FREE LEGAL SERVICE**

WHERE: Granite Belt Neighbourhood Centre

WHAT: Stanthorpe Community Legal Service  
operates once a fortnight

**New time on Thursdays**

from 9.30am - 3.00pm

BY APPOINTMENT ONLY

8 Corundum Street, Stanthorpe QLD 4380

E-mail- cdsinc@halenet.com.au

Phone- (07) 46813 777

Fax- (07) 46814532

The Department of Justice and Attorney-General is proud to provide \$21 000 to Community Development Services Inc

to increase Queenslanders' access to the justice system.

<http://www.justice.qld.gov.au>



**Contact your community****Find support in others**

Stanthorpe Community Health	4681 5260
Community Development Services	4681 3777
Youth Development Worker	4681 0925
Lifeline (24 Hours)	13 11 14
Parent line	1300 30 1300
Domestic Violence Crisis line	1800 811 811
Headspace Southern Downs	4661 1999

Websites:

[www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

*It is not only children who grow - parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours.*

Maynard

Hub – Granite Belt Neighbourhood Centre

Hub

8 Corundum Street  
Stanthorpe

#### Casual Bookings

- per day; per half day and per half hour.

#### Long term Bookings

- per day and half day

To book or for more information please call:

- Community Development Services Inc.

Telephone : (07)4681 3777 or

E-mail : [cds@halenet.com.au](mailto:cds@halenet.com.au)

# Space for Hire

## Hub – Granite Belt Neighbourhood Centre



## Youth Centre – Hilton Street

Youth Centre – Hilton Street

Youth Centre

15 Hilton Street

Stanthorpe

#### Casual Bookings

- per day; per half day; and  
per hour

#### Long term Bookings

- per day and per half day

To book or for more information please call:

Kath McLachlan at GraniteNet Inc.

Telephone: (07) 46 814 384 or (07) 4681377

