

# Worklink

## Employment Support Group

### Easter Newsletter 2007

#### **Dorothy Dunne from the Managers Desk:**

Welcome to the first newsletter for 2007. This year is already shaping up to be a very busy one for Worklink.

For many of you who visit the office regularly you will have seen the great results we have achieved with the renovations. It has given us a lot more space and a private office for each of our Employment and PSP staff members. We also have a separate computer room which houses four computers so clients can have easy access to a computer for job search activities. See "Story on our Office Opening"

All of our programmes are performing well and meeting their contractual obligations. We have had a QA Audit and 2 Monitoring Visits and have passed all with only some minor recommendations. The Capped programme is at full capacity and has a waiting list of 19.

The new uncapped programme has 45 people on the programme and is leading the other Ostara services in performance. We have 7 Employment Officers who provide employment assistance and support to the clients of Worklink

The Personal Support Programme is doing some excellent work with participants and currently has 194 participants on the programme. We have been allocated another 10 places which will commence soon. PSP covers the

area North to Mossman and as far South as Tully. We have 4 staff on the PSP Team.

The CJP Community Garden Project has only 6 weeks to go before completion and is looking great. This has been a wonderful opportunity for a number of Worklink clients to gain very valuable work skills which will assist them in securing long term job opportunities. Participants have been provided with a variety of training such as First Aid, Safety Induction, and Chainsaw Tickets. See "Story on CJP. We hope to pursue further CJP opportunities for the clients of Worklink.

We are currently in negotiations with Cairns Integrated Mental Health Service to develop a proposal to integrate the employment services of Worklink into the Mental Health service in Sheridan St. Both Queensland Health and Worklink would fund this position and work collaboratively to improve employment opportunities for consumers of the mental health service. This project will be guided by the best evidence based practice.

Worklink was recently acknowledged in a report by the Mental Health Council of Australia as a best practice service model both in Australia and Overseas. Recognition such as this is encouraging in this very difficult welfare to work environment. It helps to reassure us that the quality of the work we do and the

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service we deliver to our clients is of a high standard.

If you have visited our website lately you would have noticed that it is currently under construction. In conjunction with the 20/20 Group and Visual Obsession we will be revamping the site which should be up and running by the end of April.

Mental Health Week, 8th – 14th October is shaping up to be the biggest yet with

the International Mental Health Nurses Conference scheduled to be held in Cairns during Mental Health Week. Queensland Health and the Mental Health Association are planning to launch Mental Health Week from Cairns and are hoping to engage a high profile speaker to officially open Mental Health Week. This could create a great opportunity for Worklink to secure a well known guest speaker for our Stress Day Luncheon. Hopefully I will be able to report a positive outcome in the next newsletter.

***"You can't turn the clock back but you can wind it up again" (Anon)***

### **Oven Pancakes:**

- 6 Eggs
- 1 Cup Milk
- 1 Cup Flour
- 1/2 tsp. Salt
- 120gr Butter

Melt butter in 9'x 13' pan in 450 degree oven. Mix other ingredients and beat well. Add to pan when all the butter is melted and sizzling. Bake for 20 minutes. Raises high as it bakes.

### **Cooking for Easter Chocolate Noodle:**

- 600gr Chocolate
- 6 tblsp Crunchy Peanut Butter
- 300gr Dried fried noodles (2 minute noodles)

Line 18 muffin tins with foil (push a square of foil in to each tin. Melt chocolate in a double boiler or in a bowl over hot water. Stir the chocolate well and then stir in the peanut butter. Add the noodles and mix well. Spoon the mixtures in to the lined muffin tin. Use a spoon to press it down. Refrigerate until set, remove nests from the tins and peel off the foil. The nests are now ready to be filled.

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### From the PSP Corner

We are now in the first quarter of a busy year with PSP. The participants are progressing through the different stages of the program with a positive frame of mind. Most are looking forward to the Easter break (really its the eggs)

Kathy is busy with her clients in the Innisfail, Mission Beach, Tully area. John has been busy with his clients in Mossman and Cairns. Lindsay is busy with his clients here in Cairns. Wolf is progressing well with his new clients, in Cairns and Babinda. Happy Easter to all.

### Senior First Aid

"Tafe will be running another Senior First Aid course on our premises on Friday 11th and Friday 18th May. This 2 day course is very useful and practical for everyone to have and also looks good on your resume! It is conducted in a very supportive atmosphere and is a lot of fun! Please see your Personal Support Officer or Employment Development Officer to book a place."

### Jobs Achieved December - March Congratulations to all!!!

- 1x Disability Support Worker
- 11x Cleaners
- 1x Family Coach
- 2x Childcare Assistant
- 1x Trainee Car Sales Person
- 2x Admin Assistant

- 1x Contractor
- 1x Trolley Collector
- 1x Strip/Seal Cleaner
- 2x Support Worker
- 1x Owner/Mngr Maintenance
- 1x Air Con Trades Assistant
- 1x Nurse Assistant
- 1x Taxi Driver
- 1x Car Detailer
- 1x City Liason Officer
- 1x Sheet Metal Fabricator
- 1x Maintenance Person
- 1x Labourer
- 1x Caretaker/Computer Tech
- 1x Admin Officer
- 1x Shop Assistant
- 1x Assistant Director
- 1x Night Fill
- 1x Fencing Contractor
- 1x Courier Driver
- 2x Kitchen Hand
- 1x Food Services Officer
- 1x Chef
- 1x Receptionist
- 1x Gardener
- 1x Salesman
- 1x Room Attendant

### Office Hours over Easter Break

Worklink will be closed from Friday 6th April till Monday 9th April. Re-opening on Tuesday 10th April 2007. Worklink will also be closed on Anzac Day – Wednesday 25th April 2007.....

**Emergency Contact:** Worklink Mobile on 0403 883 263

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### **Managing Diversity Workshop - Mental Health in the Workplace**

"Managing Diversity" - our one-day workshop for employers to educate them more about stress and mental health conditions has continued to be popular with employers this year. We have delivered two workshops this year and the April, May and June ones are already booked out.

### **"The Community Garden at Cairns West Primary School is taking shape!"**

If you look on the corner of Hoare and Mayers Streets, Manunda, you will see that a transformation has been taking place over the past few months. The land has been cleared and raised wall garden beds and accessible concrete paths have been created. Soon, a water tank, composting facilities, barbecue area and art work will be visible. Once the infrastructure is completed, it will be planted out by the children of the school and members of the diverse West Cairns community. The Garden will create a thriving vegetable and fruit garden that will educate the children in horticulture plus supply healthy fresh fruit and vegetables to eat. Sixteen Worklink clients have had the opportunity to be involved in this Community Jobs Plan project funded by the Department of Employment and Industrial Relations and the Department of Housing - Community Renewal. They have been led by a professional landscaping team to produce these results. The job has involved them doing heavy labouring in hot sun and rainy conditions, digging, paving, propagating plants, weeding, fertilising, fencing, etc. and also developing their ability to work in a team, solve problems and communicate with others. They all have achieved a General Safety Induction Blue Card, a Working with Children Blue Card, a Senior First Aid Certificate and Workplace Health and Safety Manual Handling Certificate. In addition, many of them will or have had the opportunity to gain a Chainsaw licence, Bobcat licence, Forklift licence, Truck driving licence, etc. At the end of the project they will also achieve a **State CJP certificate** in Construction / Landscaping and Agriculture / Environment."



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### Official Opening and 11th year Anniversary

We officially opened our newly renovated offices on Thursday 15th March marking over a decade of service to the Cairns community. Set up in 1996, Worklink is a part of the national Disability Employment Network funded by the Department of Employment and Workplace Relations to assist people with a mental health condition find and maintain employment. The official opening is a milestone for the organisation which has grown from a staff of two to a staff 16 and currently provides assistance to more than 400 clients. As Worklink acquired additional programmes in recent years such as the Personal Support Programme, Managing Diversity – Mental Health in the Workplace and the Community Jobs Plan it has been essential to expand the office space. The official opening was attended by over 50 guests with representatives from the Federal Government, the Cairns business community, Qld Health, non- Government organisations, consumer representatives, employers and members of the local community. Member for Leichhardt the Honourable Warren Entsch MP officially opened the new premises. D. Dunne Manager

