

Worklink Newsletter

Manager's Report



Consumer Participation Forum:

I would like to extend a huge thanks to the consumers of Worklink and representatives from the Cairns Consumer and Carer Advisory Group (CCCAG) who participated in the Consumer Participation Forum held at the Holiday Inn recently. We received some excellent feedback which will be used to improve consumer participation within Worklink. The forum was the first stage in the process to solicit consumer views on participation and the service will now work with consumers and members of the CCCAG to implement policies and procedures to support participation at a number of levels.

Mental Health Week:

Mental Health Week is nearly upon us with Worklink again holding a luncheon on "National Stress Less Day" October 8th. We have had a huge response this year and have been booked out for a few weeks.

There are a number of other activities across the week and everyone is welcome. The official opening is always a great event and it is a pleasure to see the wonderful art & pottery works on display. There will be a barbecue at Centenary Lakes hosted by Smithfield Community Mental Health and a Fun Day & barbecue hosted by Pathways at the Esplanade Lagoon. Both these events are free and are a good chance to get together with friends and celebrate Mental Health Week. **(Details of all events are available in this newsletter)**

Worklink is once again very proud to have received a 5 star rating for the work we do to assist our job seekers into employment and to provide them with support to keep their job. This is a great achievement for the service and rates our performance in the top 5% across Australia.

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Special points of interest:

- Job Link
- Last months Sudoku results
- Stress Less Day Luncheon 2008
- Mental Health Week Timetable 2008

13 quick favorites to de-stress

1. Breathe diaphragmatically (from deep down in your belly).
2. Smile and have fun and laugh.
3. Be around positive people.
4. Eat nourishing food and drink water.
5. Enjoy nature.
6. Move around. Use the stairs. Walk.
7. Balance work with an active home and play life.
8. Schedule time for yourself.
9. Remember that whatever is happening is only temporary. That goes for the little picture and the big picture.
10. Say "yes" when you can, and "no" when you can't
11. Simplify.
12. Get to know yourself. Be yourself.
13. Wear comfortable shoes.



Nepalese Dahl Recipe

Ingredients

1 onion diced
 2 garlic cloves crushed
 1 tsp ground cumin
 1 tsp ground coriander
 1 tsp turmeric
 1/2 tsp ground cardamom
 1 tsp crushed fresh ginger
 1 1/2 cups red lentils
 4 cups water
 2 tbsp tomato paste
 1 tsp vegetable stock powder or cube
 2 bay leaves
 1 bunch fresh coriander, chopped
 Vegetables eg. potato, carrot, sweet potato, corn etc.



Method

In a non-stick pan, saute the onion and garlic in a little water. Add the spices and ginger, then the red lentils, water, tomato paste and vegetable stock. Adding a couple of bay leaves will counter any unpleasant side effects of this lentil dish. Add diced vegetables of your choice, as many as you wish. Bring to the boil, then reduce the heat and simmer, stirring occasionally, for 20 minutes and when ready to serve, stir through the chopped fresh coriander. Serve with rice, yoghurt, wraps, chutney or oven baked vegetable chips.

Job Link



Job Search Training Program

6 days over 2 weeks – Monday, Wednesday & Friday
 October 20th, 22nd & 24th and 27th, 29th & 31st
 9.30 am – 2.30 pm. Morning Tea and Lunch provided
 each day.

Worklink Training Room, 209 Lyons Street, Westcourt

Topics covered:

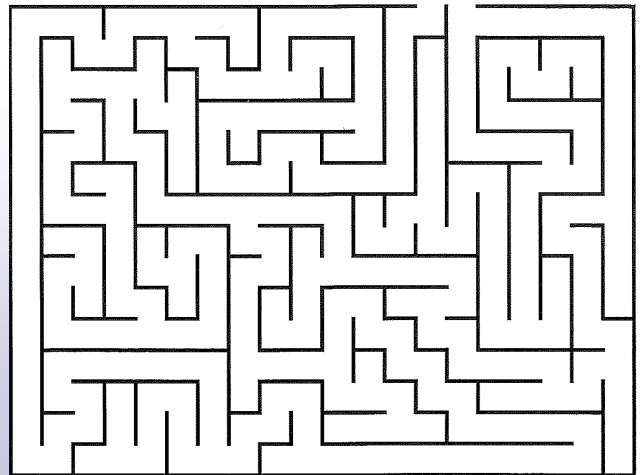
Job applications, resumes, cover letters, selection criteria, telephone techniques, communication skills, personal presentation, interview tips and tricks, job and employer research skills, etc. Also issues such as self motivation, teamwork, time management, problem solving and stress management.

The format is interactive and offers a workbook, dvd's, activities, and group discussion.

**Please contact your Employment Development Officer
 or Personal Support Officer**

for enquiries or book your place 4031 0877

Puzzles



INSTRUCTIONS - Look around the outside of the Maze to find 2 openings. Mark one as your start point and mark the other to be the end point. Then draw your way from the start, through the maze to the end point. This maze is solvable. So don't give up. TIP: if you use pencil you can make corrections along the way!

8	5	7	9	1	3	4	2	6
6	2	1	5	7	4	9	3	8
4	9	3	6	2	8	7	1	5
9	1	4	7	3	6	5	8	2
2	8	6	4	9	5	3	7	1
7	3	5	2	8	1	6	4	9
1	7	8	3	5	9	2	6	4
3	6	9	8	4	2	1	5	7
5	4	2	1	6	7	8	9	3

Last months Sudoku results

"If you think you are too small to be effective,
 You have never been in bed with a mosquito."
Betty Reese

The Secret of getting started
 is breaking your complex,
 overwhelming tasks into
 small manageable tasks, and
 then starting on the first
 one".
Mark Twain

"Real Education
 consists in
 drawing the
 best out of your-
 self."
*Mahatma
 Gandhi*

"Obstacles don't have to stop you. If you run into
 a wall, don't turn around and give up. Figure out
 how to climb it, go through it, or work around it."
Michael Jordan

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Jobs Achieved between July & September

Well done to all.....



- Blind Installer
- Disability Support Worker
- Delivery Driver
- Office Trainee
- Administrator
- Trolley Collector
- Kitchen Hand x 3
- Glass Collector
- Housekeeper/Cleaner
- Cashier
- Customer Service
- Storeman x 2
- Forklift Driver
- Food/Beverage Attendant
- Casual Galvanizer
- Handyman/garden
- Apprentice Chef
- Cleaner x 3
- Catering Assistant
- Physiotherapy Assistant x 2
- Warehouse Trainee
- Retail Assistant
- Indigenous Youth Worker
- Labourer

Stress Less Day

Our employer lunch as part of Mental Health Week October 8 is booked out with 300 people attending. Guest Speaker is Dr Michael Carr-Gregg and his topic is "The Stress Resistant Personality—how to develop one".

There was an article in the September issue of City Life featuring

our CEO Dorothy Dunne. It is important for us to be well known in the community as it will assist us in the effort to reduce the stigma associated with mental illness.

On October 16, Worklink will be participating in the annual Post School Options Expo which is being held at the Cairns Colonial Club Re-

sort Behan Street. I have been busy networking, attending functions at the Cairns Business Women's Club, Cairns Tourism Association, Chamber of Commerce and have made some valuable employer contacts.

Niki Biro

Employment Promotions Officer

Fun Free Fitness

Get fit, have fun and do it for **free** at The Cairns Esplanade.

All classes meet at the Lagoon Café with the exception of Sunday Roller skating lessons—these meet at the Skate park



Winter Program July—September

MONDAY	Pram-ersize	8.00 am
	Walk/Run Circuit	5.15 pm
TUESDAY	Yoga	7.00 am
WEDNESDAY	Circuit class	7.00 am
	Sarge's Army Boot Camp	5.45 pm
THURSDAY	Pilates	7.00 am
	Petanque	10.00am
FRIDAY	Aqua Aerobics	8.30 am
	Boot Camp	6.30 am
SATURDAY	Meditation Sahaja Yoga	7.30 am
	Aqua Aerobics	8.30 am
	Boxercise	10.00am





Mental Health Week Timetable

4/10/08 - 11/10/08

SATURDAY 4 th Oct	<p>Mental Health Resource Service Information & Art Stall 8am – 5pm on the Esplanade at the markets <i>For more information contact Jodie or Narelle on 4051 9622</i></p>
MONDAY 6 th Oct	<p>Art & Pottery Exhibition at Tank 4, Tanks Art Centre 10am-4.30pm weekly (commences 22nd Sep everyday until Thursday 16th Oct)</p> <p>Official opening of Mental Health Week Art & Pottery Exhibition 5.15pm at Tank 4, Tanks Art Centre Includes presentation of the Cairns Consumer/Carer Advisory Group, Mental Health Awards. <i>For more information contact Jodie or Narelle on 4051 9622</i></p> <p>Enable Occupational Therapy Workshop “Be Mind Wise About What You Do”-How to use activates to improve mental health 3pm – 5pm <i>For more information contact Chris on 4054 2699</i></p>
TUESDAY 7 th Oct	<p>The Mental Health Unit Cairns Base Hospital 10am – 11.30am at the Mental Health Unit Dining Room Entertainment provided, along with light refreshments, tea & coffee <i>For more information contact Ruth on 4050 6401</i></p> <p>Gambling Help, Lifeline Cairns 6wk course “Busting Bad Habits” <i>For more information contact Matt 4050 4955</i></p>
WEDNESDAY 8 th Oct	<p>Stress-less Day Luncheon Arrive at 12 for 12.30 start finish at 2pm Reef Casino lunch in Michaelmas Cay Ballroom with guest speaker Dr Michael Carr-Gregg <i>For more information contact Worklink on 4031 0877</i> (BOOKED OUT)</p>
THURSDAY 9 th Oct	<p>Bawu Market Day 10.30am-1.30pm at 23 Pease Street Lot’s of arts & crafts, food & pre-loved items for sale. <i>For more information contact Nancy on 4052 0010</i></p>
FRIDAY 10 th Oct	<p>Chill-Out Friday with Smithfield Community Mental Health 10am-12pm at Centenary Lakes (Greenslopes St) Free BBQ & Entertainment <i>For more information contact Mary on 4038 9900</i></p>
SATURDAY 11 th Oct	<p>Pathways free fun day! 11am-2pm at Lorikeet BBQ Esplanade Lagoon Free Tai Chi, sausage sizzle, face painting & more <i>For more information contact Kay on 4054 8900</i></p>