



February Newsletter

Issue # 45

Shape the Shack - Work for the Dole

Ripping, stripping, painting, sanding. A group of **12 Work for the Dole** members have laboured for **6 months** to create a fantastic **revamp** of an **old run-down house**.

The renovation was well overdue for the **Childers Aboriginal Emergency Housing Shelter**, but the project was such a success, they have decided to sell this dream home. The plan is to **use the profits** from the sale to help fund a number of other emergency shelter projects.

The participants involved, together with Sue, Lynet, Sharon and our Work for the Dole supervisors, Terry and Brett all **worked very hard to achieve an outstanding result**.

JUST HAVE A LOOK!!!

What was a run-down property...



Is now a **DREAM!**



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IMPACT

Centre for Learning

2009 Semester 1 Training Schedule

[Click here](#)

**MARCH TRAINING
FIND OUT MORE....**

**Green Corps Recruitment
17 - 20 y/o's**

Tourism Industry Training

Customer Service

Reception

Housekeeping

Espresso Coffee Making

Kitchen Hand

Event Catering

[Click here to learn more](#)

Would you like to view our **PowerPoint** dedicated to the efforts of the **Work for the Dole** team?

Contact **IMPACT Make Your Mark** on (07) 4153 4233 and ask to speak to **Sue or Lynet**.



Green Corps Graduation

Celebrations at **IMPACT Make Your Mark** on Thursday 19th February marked the completion of the latest **Green Corps** project delivered in partnership with **Bundaberg** and **District Scouts**.



Program Manager for Green Corps, Rick Johnstone presenting District Commissioner for Bundaberg Scouts, Greg Galletly with a Certificate of Appreciation

Bundaberg Scout's Wyper Park camp site underwent a face lift with the help of **ten young people** in the **Green Corps** team who upgraded walking tracks, created bush seating and interpretive signs, built nesting hides for wildlife and planted 500 trees. The **Scouts** and **visitors** to the park will enjoy using the **restored seating** originally from the **Bundaberg Paramount theatre**.



The Green Corps team taking a well deserved break on the restored Paramount Chairs

We hope you find this information distribution method quick and efficient. Please give us a call on **4153 4233** if you need any further information or if you experience difficulties with this new system.

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Job Futures/IMPACT Make Your Mark is excited to be able to offer **twenty places in the next 26 week project commencing 30 March 2009**. This project will be based at the Australian South Sea Islander Complex in Bundaberg and will provide an interesting and extensive range of **environmental** and **heritage activities**.

Green Corps is an Australian Government youth development and environmental training program for **young people** aged between **17 and 20 years**. **Green Corps** provides young people with the opportunity to get **six-months paid work** experience and training on environmental and cultural heritage projects.

Participants receive a **training allowance, uniforms** and **accredited training in horticulture / conservation, first aid** and **occupational health and safety**.

For more information or to register your interest [click here](#) or call **Rick or John on 1800 179 233**



Mental Health News Update!

Anyone who lives with, or has an association with someone who has a Mental Illness is **welcome to join IMPACT's Mental Health Carers Support Service!**

Just phone **IMPACT** on **4153 4233** and ask to speak to **Janelle** or **Bob** for more information and times.

CUPPA CLUB is a great place for anyone living with or in close association with someone with mental illness to get together with others who are living a similar experience to you. The next meeting is on **Wednesday 4th of March at 10:00am at IMPACT**. Get togethers are held fortnightly.

CHILLIN' for school students living in a household where someone has a mental illness has recommenced and meets **weekly on Thursday from 3:30pm until 4:45pm**. IMPACT's pick-up service is available – just call and arrange with either bob or Janelle.

KIDZ CLUB is a supportive and educative group for 5 to 12 year olds living in close association with someone with mental illness and is seeking referrals for the next course – to be involved in this course contact Janelle.

For more information or a personal interview or to speak to **Janelle or Bob** call **4153 4233 or 1800 179 233**

The Mental Health Carers Support Service is funded by the Australian Government under the Mental Health Community Based Program

Employment Services

Another **success story** from **IMPACT's Employment Service Team**, Michael McGaw reports.

Annette attended the ACCESS Professional Skills for Today's Workforce course that commenced November 4 last year at **IMPACT Make Your Mark**. After graduating from the course, **Annette gained casual employment with Bundaberg Property Gallery**. Since commencing her position, she has been **offered a Part-Time Traineeship** in Real Estate and believes the position and the traineeship offer is **thanks largely to Michael's efforts**.

As a **first time user** of our **Employment Services**, **Dion** at **Bundaberg Property Gallery** was referred by another business.

"We have recently employed **Annette** through **IMPACT Make Your Mark** as an administration assistant and we have found that she has moved straight into her role with **ease** and over time with **confidence**. There has been a lot of information for **Annette** to become familiar with, though she processes all new tasks with care and asks the relevant questions when she needs more information. **She works well as a team player**, she **has great people skills** and I'm sure that these have all been aided by **the training she has received through IMPACT**. From my understanding, **Annette** had taken time off full time work as she has a young family and her transition back to the workplace will appear seamless in no time at all.

A big thank you to IMPACT and Annette.

Thanks again,

Dion



Dion Taylor
Licensee/Lifestyle Property Sales
Bundaberg Property Gallery

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Don't want to receive these emails any more. Please [unsubscribe instantly](#).

Name the Disability Newsletter!

Calling all creative critters!

We have, over the years also published a Disability Newsletter, we now need **your help** to rename it. **After many years with the same name it's time for a change...** Something new, something modern. Something... Different. If you have an idea or a suggestion, please **email us** at: mail@impact.org.au

Get Set for Work

Get set for Work is still looking for **teenagers** who have **finished school** and want to **get into the working world**. This course is specifically designed for **15 to 17 year olds** who have not completed year 12 and have left school and want to get into the work force. This program allows participants to gain **work experience, qualifications, confidence** and **further training**.



But that's not all Get Set For Work does! This program also includes **social, sports and fun** events, such as **'learn to surf'** to improve social, sporting and networking skills. This is a **great opportunity** to gain life-long skills, confidence, qualifications and friends!

Do you know anyone who may suit this?!

For more information or to register your interest

Call Tyson

1800 179 233



10,000 Steps Challenge

Bundaberg Regional 10 000 Steps Community Challenge – 16th February – 22nd March 2009

'10 000 Steps per day??? I couldn't possibly do that!' These were the words echoing around the workplace when the call for participants in the **Bundaberg Regional 10,000 Steps Community Challenge** circulated through **IMPACT**. After much thought, discussions, recalculations and rivalry 25 staff have entered on behalf of **IMPACT** with a further 30 staff (5 **IMPACT** staff and 25 Recycling and Collections staff) on behalf of Recyclers! Great effort! This gives a total of **11 teams** who will be out **pounding the pavement** for the duration of the challenge and improving their fitness to boot! That is sure to give us a great advantage in clocking up the most kilometres in the community in general, but the **real rivalry** is between the teams here!

During the lead up there was much **bantering** and **inter-team rivalry**, but the real **fun and games** started the day that the **pedometers arrived!** This started the skipping, running on the spot, roller chair exercises and whatever else the imagination could come up with to see who could '**cheat**' their pedometers! Sorry to disappoint everyone, but even though it is not an actual step, **it is still exercising**, so it isn't really cheating! This is about your own individual fitness, so the only person you are cheating is yourself! **Better luck next time!**

The First Step Is Important. 10,000 steps is all about getting people to make movement a part of their everyday lives. The **body is built for movement**, and **like the old car** out in the shed, **it will just deteriorate if not used regularly.** If you are already active, **great!** Just maintain that existing habit. If you are not getting sufficient activity in the course of the normal day, **now is the time to take the first step to better health and well-being.**

Look out for next month's newsletter when we give you the team profiles and an update on how they are progressing.

