



March Newsletter

Issue # 46

Staff Photo

I'm sure everyone knows how difficult it is to get a large staff together to take a photo.... Working out of two sites on Bargarra Road and IMPACT Recycling & Collections at University Drive, we managed to gather the majority of staff together.



The IMPACT Staff of 2009

Australian Apprenticeship Access Program News

Kimberly, IMPACT's trainer, reports that once the group got into the swing of things they thrived, and what a pleasure it was to enter a training room and have everyone turn around and greet you with a big smile. More than that, the group became friends and socialise regularly, so IMPACT has helped with their social life as well!

Eleven participants graduated:



Access Group 2008

In this issue

- Staff Photo
- ACCESS News!
- Deadly Sunday
- Mental Health Carers Support Service News
- Providing Opportunities through Day Services (PODS) Launch
- 10 000 Steps Challenge

IMPACT

Centre for Learning

2009 Semester 1 Training Schedule now available!

[Click here](#)

**APRIL TRAINING
FIND OUT MORE....
Kitchen Hand and Events
Catering Training**

Call Joan on 1800 179 233

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.

"Looking back on the progress of the course the thing that strikes me is the transformation of the girls from that first day, to seeing them now moving about their daily lives, looking professional when they call in to give me an update on how their job is going" said Gale who facilitates all aspects of the ACCESS program.

The group is in the job search support phase and we are proud to report that of the 11 graduates, 8 are in work, enrolled at Uni or on work placement.

Australian Apprenticeship Access program
is an Australian Government Initiative

Deadly Sunday!

On Sunday March 1st, IMPACT's Mental Health Carers Support Service Chillin' kids attended the "Deadly Sunday" at Bundy Bowl and Leisure, which was sponsored by the Indigenous Wellbeing Centre.

It was a fabulous day with every whim a kid could want at their disposal: Food, entertainment, drink - you name it!! It was a fabulous opportunity for our Chillin' kids to take some time out to just be kids and have no responsibility except to have a "wicked" time. They played bowling, laser tag and had a ball in the arcade.

It was a terrific bonding experience for the kids and they came away a stronger unit. All kids supported and looked out for each other as the territory was new to them all and their survival instincts certainly kicked in. It was lovely to see and we were immensely proud of them for their behaviour.



The Bundy Bowl and Leisure Centre

We would like to extend thanks to the Indigenous Wellbeing Centre for allowing our Chillin' kids to take part in their event and the experience was a great lesson in cultural respect and appreciation. We would also like to congratulate them on hosting

Contact Us:

Phone

(07) 4153 4233

Freecall

1800 179 233

Fax

(07) 4153 1181

Email

mail@impact.org.au

Web:

www.impact.org.au

Address

106-108 Bargara Road
BUNDABERG 4670

such a well organised event.

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

Mental Health Carers Support Service



Personal Support

We offer personalised one-on-one mentored support, delivered by Mental Health Support workers, which allows families and carers to 'mix and match' a range of support, community access and educational strategies to accommodate individual needs.



CUPPA CLUB

Come, relax and chat over a cuppa with families, friends and other carers going through similar experiences to you. This group offers support and education and meets every fortnight.



CHILLIN'

Chillin' is great to come and mingle with people your own age (11 to 17) in similar situations. The group provides support, activities and time out, and may be able to help improve your home, school or social life.



Mon Ro'es Kidz Club

Kidz Club is a great program offering support for primary aged children to learn about mental illness in a safe and fun environment with activities to help children to build bonds, friendship and trust with each other.

If you would like to know more about these programs, contact Janelle or Bob at IMPACT on 1800 179 233

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

Providing Opportunities through Day Services “PODS” LAUNCH

Thursday March 5 marked the launch of IMPACT's disability support service - Providing Opportunities through Day Services, or PODS for short.

This service is designed to provide a smooth transition to independence and empowerment, with opportunities for training and employment for young adults aged between 18 and 24 with a disability.

Also offered through this program is essential life skills, which includes cooking, rebuilding small engines etc, as well as work preparation and job search assistance.

PODS has been running for 7 months and the participants are enjoying the experience.



Ian and Cristie learning cooking skills

Know someone who might be interested in this program?
Contact David or Steve at IMPACT on 1800 179 233



This program is funded by:

10 000 Steps Challenge

The challenge has drawn to a close and while everyone tried really hard to pull the 'Front Runners' (Kay Wust, Deniese Rowe, Steve Beer, Pam Twyford, Peta Geaney) back from leading position - it didn't quite happen! They finished the challenge with 2, 019, 577 steps! Well done guys! There was some fierce competition and lots of pavement pounding, especially during the last week of the challenge!

The biggest challenge was remembering to get the steps entered before the competition closed! It took a couple of attempts to put the final figures together!

Congratulations to all participants for their efforts and we have seen some great personal improvements! The average steps per person for the challenge ranged between 7, 935 and 11, 417 so well done to everyone!



A lot of pavement pounding happened during the competition



Unsubscribe

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