

DALBY INTERAGENCY MEETING

Held at the **MYALL YOUTH AND COMMUNITY NETWORK CENTRE**

Date 16th July Interagency 2019

Meeting opened by Rebecca Lee at 12pm – Rebecca thanked everyone for their attendance

ATTENDANCE: Rebecca Lee (MYCNC), Callie Wolter (Anglicare), Brett Hunter & Sally Mauch (PCYC), Samara Hanrahan (St Vincent De Paul), Maree Burton (St Vincent De Paul), Denise Gothe & Belinda Vadalma (Mercy Family & Child Connect), Wendi Lindsay & Kristy Dodd (Goolburri), Leisa Finch (Department of Education), Pam Bidstrup (Child Safety) & Christopher Haima (Lives Lived Well)

APOLOGIES: Norman Wotherspoon (Dept. Human Services), Carolyn Tillman (WDRG), Kristie Lambert (QLD Health), Kim Tubb (Lifeline Darling Downs), Ann Leahy (Member for Warrego), Steve Scholten (Aimbig Employment), Steve Elliot (Western QLD Community Care), Penny Parker (Dalby State High School) & Louise Judge (Chinchilla Community Centre)

Rebecca Lee (MYCNC) 4662 0152 admin@mycnc.com.au

-) Centre Support Officer working Monday through to Thursday every week.
-) A variety of conference rooms are still available for half day or full day hire; please refer anyone looking for any sort of room hire to MYCNC.
-) All community groups are welcome to call and discuss room availability.

Callie Wolter (Anglicare) 0427 224 097 cwolter@anglicaresq.org.au

-) Based in Rome from the *Family Intervention Team*
-) Clients are referred directly from Child Safety
-) Information gathering /networking

Brett Hunter & Sally Mauch (PCYC) 4672 2400

hunter.brettw@police.qld.gov.au & sally.mauch@pcyc.org.au

-) Brett – *Manager at PCYC* & Sally is the *Gym Manager*
-) Running a new program 'Healthy Bodies, Healthy Minds
-) Getting people with mental health issues into the gym
-) Participants will receive a one-on-one assessment which includes a one hour session spent with an Exercise Physiologist and the second hour with a Dietitian, followed by an 8 week, 1 day a week exercise instruction, nutritional education and reaching individual goals.
-) Participants will also receive a 3 month PCYC QLD gym membership as part of the program, allowing participants to access the gym in their own time as well.
-) Referral based program, requiring a GP or mental health counsellor referral.
-) At this stage the program is set to run every Tuesday afternoon 12pm – 2pm
-) Participants must be over 18 years of age to attend, taking between 8-10 participants.
-) Please see attached flyer for more information.

Samara Hanrahan (St Vincent De Paul) 1300 663 702 samara.hanrahan@svdpqld.org.au

-) *Dalby Supported Accommodation Services (DSAS)* – St Vincent De Paul
-) Providing temporary supported accommodation; assessment and referral for families and adults (men and women) who are homeless or at risk of homelessness.
-) Have a 4 bedroom, 3 bedroom independent houses and 2, 2 bedroom duplexes.
-) DSAS have access to the state-wide data base for all vacancy's currently available making relocating participants easier if they are willing to relocate to another town or city.

Maree Burton (St Vincent De Paul) 4662 3497 sj4405@svdpqld.org.au

-) Finding a lot less donations coming in from the public lately eg. Household goods etc.
-) Helping people in need, providing food, assistance etc.
-) Information gathering/Networking.

Denise Gothe & Belinda Vadalma (Mercy Family & Child Connect) 13 32 64

denise.gothe@mercycs.org.au & belinda.vadalma@mercys.org.au

-) Government funded initiative to work in the early intervention space with families for the short term 4-6 weeks.
-) Work with families with children under the age of 18.
-) Will engage with clients within their homes and over the phone
-) Getting supports in place to keep families safe, together and out of the Child Safety system
-) Based in Toowoomba however working area is from Jandowae, Dalby, Tara, Warwick, Goondiwindi, Stanthorpe, Yarraman, Gatton etc.
-) Generally make contact with clients within a week.
-) In Dalby every Tuesday. Schools can refer non-consenting however others will need to obtain consent.

Wendi Lindsay & Kristy Dodd (Goolburri) 0428 628 271 wendil@goolburri.org.au & 0428 416 695

kristyd@goolburri.org.au

-) Family and Child Wellbeing Service based in Dalby at MYCNC
-) Servicing Dalby, Chinchilla & Tara, working to keep indigenous children out of the Child Safety system.
-) Also providing foster and kinship care. If anyone is interested or knows of anyone interested in becoming a kinship carer please contact Goolburri.
-) Psychologist comes to MYCNC 2 days a month, also go to Miles 2 days a month
-) Referrals can be done directly to Goolburri in Toowoomba; do not have to come from a GP.

Leisa Finch (Department of Education) 0428 090 047 leisa.finch@qed.qld.gov.au

-) *Senior Project Officer* with the *regionalre-engagement Hub* for the Darling Downs and South West region for the Department of Education
-) Working with young people from the ages of 6.5 years right through to 17, who are not enrolled in school, run a report of young people who have been enrolled in state schools in the region who are now not enrolled, this may be due to moving into the private sector or interstate, domestic violence, mental health issues etc.
-) Role is to track the unenrolled students down and assess why they are no longer enrolled in school
-) If students are enrolled in a school and are not attending this is the school's responsibility.
-) Services can help by contacting Leisa and the team when they come across any students they know are no longer attending/enrolled in school, so they are able to get supports in place for the child and the family
-) Leisa's key locations are Dalby, Chinchilla, Tara and Roma but based in Toowoomba
-) Attend Dalby every Tuesday, providing outreach and engagement programs for young people who are not at school.
-) Also cover where families may be prosecuted if their children are not going to school and their families are not engaging with services, this is always the last resort program is about support.

Pam Bidstrup (Child Safety) 0439 559 654 pam.bidstrup@csyw.qld.gov.au

-) Child Safety Officer at the Dalby Hub.
-) Based at the Roma Office, however have 5 fulltime position based at the Dalby Hub, which is open 5 days a week located at the MYCNC.
-) Gathering information on services and programs provided in the area to support clients.

Christopher Haima (Lives Lived Well) 0439 666 840 christopher.haima@liveslivedwell.org.au,

-) Provide Drug and Alcohol counselling
-) Chris is based in Dalby and servicing Jandowae, Oakey, and all areas within an hour of Dalby.
-) Have a counsellor based in Chinchilla and a large team based in Toowoomba.
-) Service is free with no limit to the number of sessions & no age restrictions
-) Chris is a provisional psychologist, continuing his training

Andrew McCarthy (Home Instead Senior Care) 4613 0574 or 0400 153 024

andrew.mccarthy@hisctoowoomba.com.au

-) Andrew missed out on attending the meeting however would like to promote positions available within Home Instead Senior Care.
-) Please see flyers attached for more information on the service and how to apply for any positions with the organisation.
-) Servicing from Gatton to Miles.

Meeting Closed: 12.30pm

*Next meeting to be held on the **20th August 2019** at 12pm*

It all starts here...

Healthy Bodies Healthy Minds

PCYC Queensland



**HEALTHY BODIES
HEALTHY MINDS**

Evidence-based lifestyle interventions for people living with mental illness

Healthy Bodies, Healthy Minds (HBHM) is an eight week exercise and nutrition program for adults (18+ years) living with mental illness.

Participants receive a one-on-one assessment with an exercise physiologist and dietitian, followed by eight weekly group sessions focused on exercise instruction, nutritional education and reaching individual goals. Participants also receive a three month PCYC Queensland gym membership as part of the program.

The program is individually tailored so people of any fitness level can participate.

How can exercise and nutrition help people with mental health conditions?

Improving the health of people with mental illnesses is recognised as a national health priority¹.

People living with mental illnesses are at heightened risk of cardiovascular disease, diabetes, respiratory disease and osteoporosis². Having two or more physical or mental health conditions can seriously impact quality of life and functioning³. Poor diet and lack of exercise combined with the side-effects of medications predisposes people to these poor health outcomes^{4, 5}.

Exercise and a healthy diet can not only help prevent and manage physical illnesses^{6, 7}, but also reduce symptoms of depression^{8, 9}, anxiety¹⁰ and psychotic illnesses¹¹, and improve quality of life¹².

Why are exercise physiologists and dietitians important?

Exercise physiologists and dietitians are Allied Health professionals who play a vital role in assisting people with complex mental and/or physical conditions to improve physical and mental wellbeing through healthy living¹³.

Exercise physiologists and dietitians are ideally situated to help people with mental illness improve health wellbeing through exercise and nutrition^{2, 14, 15}.

This sounds amazing! How can participants access this program?

NDIS participants with 'Improved Health & Wellbeing' in their NDIS plan can be referred to this program. For any additional questions, please contact the HBHM Program Manager or HBHM coordinator with Richmond Fellowship Queensland.



Working together in the community

Building safer, healthier communities through youth development

pcyc.org.au

It all starts here...

Healthy Bodies Healthy Minds

PCYC Queensland

Contact Dr Justin Chapman
Healthy Bodies, Healthy Minds Program Manager
M 0432 299 240
E Justin.Chapman@pcyc.org.au

Anneliese Russell
Allied Health Services Manager
Richmond Fellowship Queensland
M 0456 600 123
E anneliese.russell@rfq.com.au

Police-Citizens Youth Clubs (PCYC) Queensland is a leading provider of community sport and recreation programs, services and facilities.

Since 1948, our staff and volunteers have been working in partnership with the Queensland Police Service (QPS) to meet local community and youth needs – including programs, outside school hours care, gym and fitness, activities and more. Today, PCYC Queensland is a trusted charitable not-for-profit supporting more than 73,000 members across 53 branches from Cape York to the Gold Coast.

Importantly, PCYC Queensland clubs are a vital and key point of engagement for young people who are at risk, disadvantaged or disengaged. Our clubs and programs provide opportunities for over 50,000 young people to have positive experiences, get involved in a wide range of activities, and learn from great mentors and community leaders including serving police officers.

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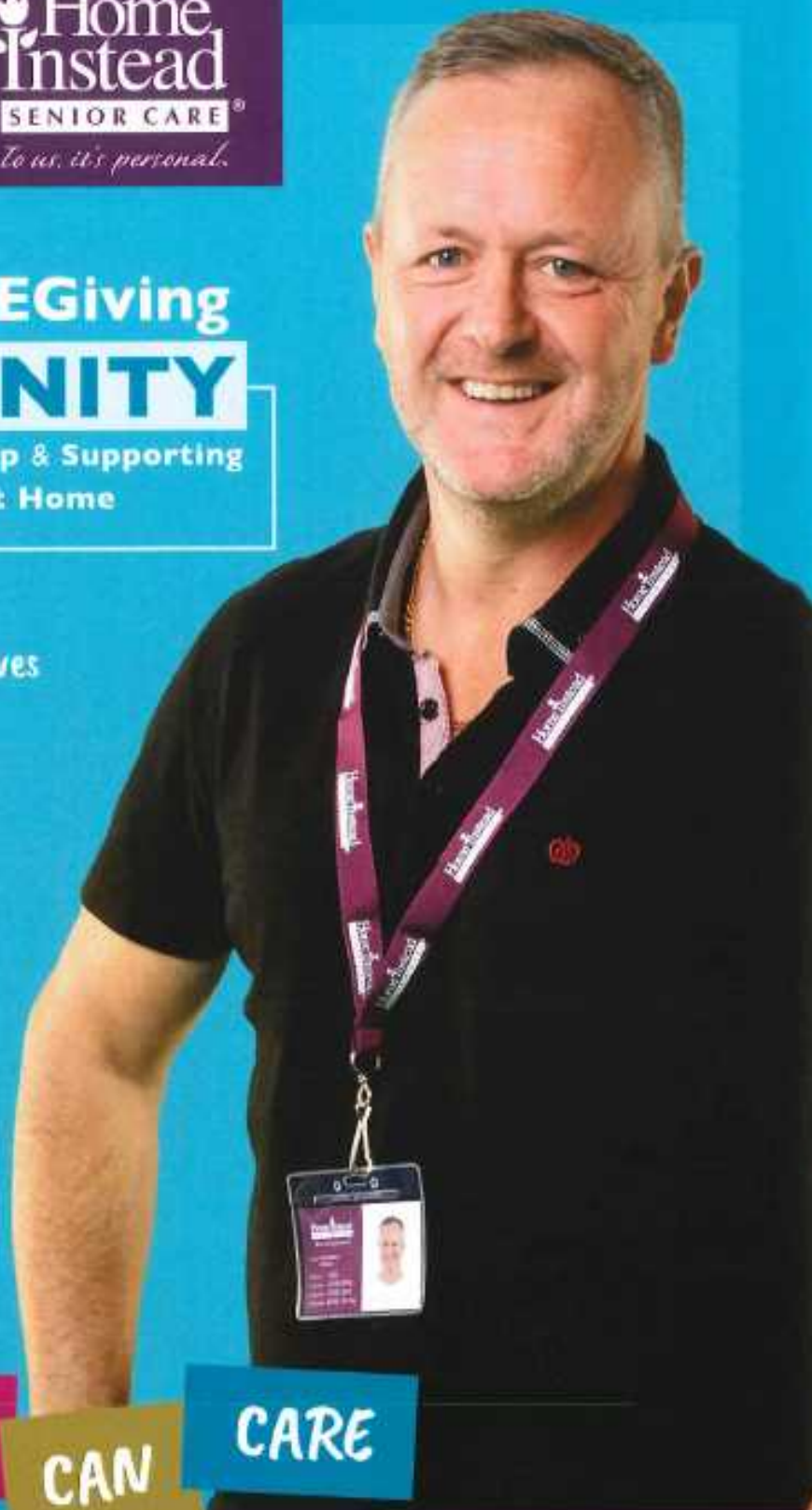
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 Kylie (26)

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CAREGIVER SERVICES

We help with a range of personal care and lifestyle needs while providing welcome companionship. Many of the care services that our CAREGivers can assist you with are detailed below as a guide, however you are not limited to these services or activities. We will personally tailor a plan of care services with you.

Personal Care Services

- Help with washing and/or showering
- Assist with dressing and personal grooming
- Help manage incontinence care
- Assist with eating
- Assist with mobility and walking
- Escort to appointments, shopping or social outings
- Assist with communication
- Dementia or Alzheimer's care
- Assistance with transition from hospital to home
- Respite or convalescence care
- Palliative care

Home Helper Services

- General shopping; prepare grocery lists
- Plan and prepare meals
- Monitor diet, eating and food expiry dates
- Light housekeeping; run errands; take out the rubbish
- Organise/clean cupboards; make beds and change linen
- Laundry and ironing; drop off/pick up dry cleaning
- Supervise home maintenance; oversee home deliveries
- Care for plants; assist with pet care
- Pick up prescriptions; medication reminders
- Assist with airport and travel needs
- Discuss historical events; record family history
- Play mind-stimulating games; participate in crafts
- Companionship and conversation

To you, it's finding a trusted solution.
To us, it's personal.

Finding the right care for you and your loved ones can be overwhelming. Let us support you at home with our personalised, quality care. Visit our website or call your local Home Instead office to set up a free one-on-one consultation to discuss your care needs, learn about our CAREGivers and start moving towards a solution that is best for you, including eligibility criteria and access to government funded home care programs.

QUEENSLAND

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The Importance of Home

As specialist, national providers of high quality in-home care for seniors, our goal is to maximise your health and happiness so you can continue living at home, independently and with confidence. Home Instead enhances the lives of seniors and their families just like yours across Australia and throughout the world, every hour of every day. We understand the importance of home and pride ourselves on being reliable, responsive and trustworthy.



Care Management, Advice and Resources

Your local Home Instead office takes personal responsibility for providing you with information and advice on a wide range of care options and services. Whether you're looking for help a few hours a day, 24/7, or simply on ad hoc occasions, we want to make sure you feel comfortable, cared for, and in control at all times. You choose the time and day that your CAREGiver visits, and you can change your schedule and services at any time. We aim to provide consistency of CAREGiver and peace of mind with a familiar face in safe, experienced hands.

Your CAREGiver is screened, trained and carefully matched to ensure a 'right fit' of personality, skills and experience to suit you. As your needs and preferences change, we have the experience, knowledge and resources to assist and advise you about the ongoing management of your care.

Using honest and open communication, your CAREGiver and office team is committed to building a relationship with you based on mutual trust and respect.

Specialist In-Home Care

It's a passionate dedication to serving people that sets Home Instead CAREGivers apart. Our CAREGivers complete a thorough, multi-phased training program that helps them become extraordinary home care professionals.

We also provide specialised support to families of clients with dementia, including Alzheimer's disease so you can rest assured they'll know how to respond sensitively to challenging situations. Our CAREGivers receive best practice training through our exclusive Dementia Care Training Programme.

To ensure the quality of care is meeting your expectations, your local Home Instead office maintains regular contact with you and will conduct periodic quality assurance visits to your home.

To us, it's personal.



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