



BroadCaST

Community Services Tablelands Inc.

In this Issue

June 2012

- Business Manager's Report
- Community Services
- Reports From Mabel Street
- Seniors Broadband Tuition
- "Thank you to Bus Sponsors"
- Staff Changes
- Upcoming Events

Tax Help

Contact Community Services Tablelands
on Ph 4091 3850



to make an appointment for a
Tax Help Volunteer
to do your 2012 Tax Return

(Tax Help eligibility requirements
apply)

Refer to page 5 for details

NEW Programme

I take this opportunity to inform all our members that we are very excited about a new programme that has recently come online for us to manage.

A programme that will assist young people in trouble, to be rehabilitated into our community in positive, productive ways to make our town a safer place to live.

We have made application and been approved to run a programme called Bail Support to help young people 12 to 18 years who are in trouble with the Law and are under a Court Order or on bail.

Our mission will be to involve these young people in positive productive behaviours that serve to keep them focussed on beneficial habits i.e. participating in sports clubs, education, employment, positive friendships and where possible with the co-operation of family.

Over a one year period we expect 50-80 young people to be involved, therefore 15 or 16 at any one time.

Short term we have employed someone for 3 months to develop the program and to obtain a list of outside organisations that we can link to.

We intend to employ 2 people long term to conduct the programme.

As this is a new experience for us we are looking forward to being part of a group to help reduce crime in our area and to offer a positive engagement for young people in trouble.

John Russell BUSINESS MANAGER

HACC HOME MAINTENANCE SERVICE

This service is available to all Home And Community Care Eligible Clients

We provide assistance with:

Lawn mowing costs (limited)

Chair Raisers

Pressure Cleaning (paths)

Changing smoke alarm batteries

Install key safes

Adapting Equipment

Install Smoke Alarms

Change Bulbs

Replace Tap Washers

Install Solar Powered Security Lights

Install Small Ramps

In Some Cases Repairing Equipment

Grab Rails

Basic Repairs Around the Home

Minor Electrical Repairs

We can also provide assistance with exterior cleaning, window cleaning, interior cleaning high cleaning, and laundry. If you are a HACC eligible client then call and request this service. *If something is troubling you 'Just Ask'. We may be able to help*



Phone 4091 4630

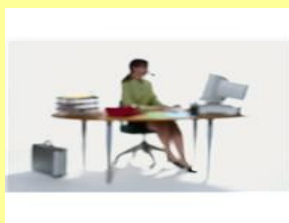
Anne Stephensen, Coordinator

Broadband for Seniors

The numbers of seniors wishing to learn how to use computers has grown during recent months. They all seem to be really enjoying the classes and are becoming more confident and skilled each day.

If you would like to learn about computers please ring

Mabel Street reception on 4091 3850 for an appointment.



It is a treat to introduce new skills to older members of the community.

Community Services Tablelands Inc

Phone 4091 3850

Locations

13a Herberton Road, Atherton

38 Mabel Street, Atherton

7b Reddan Lane, Atherton

New Staff & Volunteers

Reception volunteers

Jyllynne Karmina (Tuesday and Friday) and Irene Webster (Tues)

Emergency Relief Volunteers

Helen Miller, Julie Mowatt, Marie-Anne Green

Bail Support Officer

Greg Kingston.

New Counsellor

Jill Boucher. Emma Waites (Volunteer Counsellor)

New Volunteer Bus Drivers

John Hartley and Ray Macpherson

Tax Help

Three people have applied for positions as Tax Help volunteers.

Staff Leaving

Selwyn Neisler HACC Maintenance Officer has left us to



help his wife look after their four children plus four foster children.

YES, that is 8 children under 10 year of age.

“Thank you to our bus sponsors”

An afternoon tea function was held recently to thank sponsors for their commitment to our bus service.

John Cole/John Cole Toyota, Mayor Tom Gilmore from the Tablelands Regional Council, Don Scheffler/ Central Tyre Service, Terry Clark/ Lions Club Atherton were present along with 5 clients and CST Volunteers/ Staff.

Other Sponsors unable to attend include, Kate Adams/ Westpac, Joe Vella/ Joe Vella Insurance Brokers, and F.R.R.R./ Foundation for Rural and Regional Renewal.

The President of CST Board of Management, Bill Morris thanked all Sponsors.

“Their sponsorship will see the bus service continue into the future”



Door to Door Bus Service

(Priority will be given to passengers with Medical appointments)

Atherton to Cairns

\$15.00 (one way or return)

- Every Friday via Atherton, Tolga, Walkamin, Mareeba & Kuranda
- Collection at your door, drop off at your Cairns destination.
- Pick up at an agreed place & time and return you to your home

Other Regular Bus Services

Age Pension Thursday (door to door service)

- **Mount Garnet, Battle Creek, Innot Hot Springs, Millstream, Ravenshoe** to Atherton & return - **\$15.00**
- **Tolga** to Atherton & return - **\$7.50**

Off Age Pension Thursday (door to door service)

- **Kairi, Tinaroo** to Atherton & return - **\$7.50**

(NB : Fares effective June 2011 and subject to change)

Special charter bookings also welcomed for Sporting and Social Groups etc. (up to 11 passengers)

Bookings & Enquiries

Community Services Tablelands Inc.

Ph : 4091 3733

13a Herberton Road, Atherton, Qld 4883

BAIL SUPPORT PROGRAM

The new CST Bail Support Program is intended to provide support to young people 10-16 years old who require additional assistance to meet bail conditions. The service will operate across the Tablelands with the bulk of the clients expected to originate from Mareeba. Through the application of a case management approach the service will implement a range of support services and interventions designed to increase the young persons capacity to comply with bail conditions, maintain stable accommodation, and engage positively with family, peers, and the broader community on a sustainable basis. These interventions will include:

- *personal & practical support*
- *social skills development*
- *life skills development*
- *Access to recreation/ leisure*
- *Access to education, training or employment*
- *Family Support*

The program will employ 1.4 Full Time Equivalent Counselling/Support positions to allow flexible delivery across a 7 day week and these positions will be advertised within the next month or so. Bail Support service delivery will commence in July. If you would like more details on the program give Greg a call on Ph 4091 3850.

Cheers

Greg

KID TALK

KidTalk is a parenting program developed by CST. It is evidence based, and will be evaluated to ensure efficacy. KidTalk aims to improve parental knowledge and skills around child development (physical, social/emotional, cognitive) and behaviour management, and to promote and enhance parent-child relationships (attachment, self esteem, confidence, communication, etc.).

KidTalk can be delivered as a group program (6 x 2.5 hr sessions), or as individual modules, and is suitable for parents of children at all ages. Topics include:

Module 1: Parenting – parenthood, parenting goals & looking to the future

Module 2: Child Development – development and expectations of children

Module 3: Behaviour Management – strategies, consistency, rewarding good behaviour

Module 4: Relationships – attachment, types of relationships, self esteem

Module 5: Communication – communicating, cooperation, mutual respect

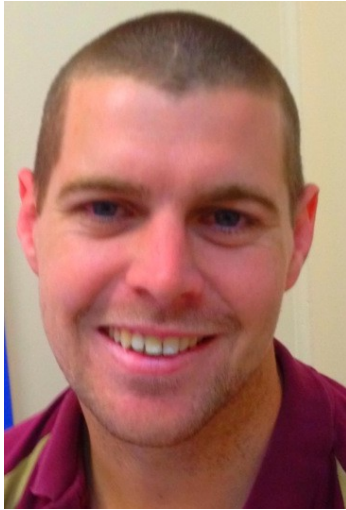
Module 6: Parenting into the Future – looking after ourselves and stress management

KidTalk runs during every school term, with the next session planned for Malanda and/or Dimbulah in term 3.

For more information and referrals, contact administration at Mabel St. on Ph 4091 3850.

Cheers,

Helen.



YOUNG MUMS

I am currently piloting a Facebook group for young mums. We currently have seven young mums involved, but we will be officially opening the group on 21/07/2012

at our opening event.

This group will offer 24 hour support for young mums on the Tablelands and surrounding areas. The support will be from other young mums going through or having been through similar situations and experiences also living on the Tablelands.

There will be an interactive parenting and self care course run for the group starting after its opening night on the 21/07/2012.

The group will also be able to find details of local services and upcoming events that they may find useful on the page. Young mums will also be able to recommend services and advise other young mums about local services from their experiences of them.

There will also be fun activities and competitions run through the group.

We are planning an opening night for the group to be held at the Malanda Hotel on the 21/07/2012.

Robert

Confidential Counselling and Support Services for individuals and families affected by Substance Misuse

Monday to Friday 9am—4pm
Phone
4091 2777
For appointment

Tax Help for Returns 2011-2012

If you want free help filling out your tax return and you are on a low income our trained Tax Help volunteers may be able to help you.

What is Tax Help?

Tax Help is a network of community volunteers who provide a **free** and confidential service to help people complete their tax returns at tax time. These volunteers are people from within the community who give up their time each year. They are not Tax Office staff, but they receive training and support from the Tax Office.

Where is Tax Help available?

Tax Help is available on the Tablelands, with volunteers operating from convenient locations in the community. In most places the service is available from July to October.

Who is Tax Help for?

Tax Help is for people on low incomes including, but not restricted to, those who are also seniors, students, people from non-English speaking backgrounds, people with a disability, Aboriginal people or Torres Strait Islander people. Since tax can be complex, volunteers are only able to help with fairly straightforward tax returns. They can help identify and record income received through:

- pensions
- Australian Government benefits and allowances, such as unemployment and sickness benefits
- salary and wages
- dividends
- managed funds, and interest

