

Issue 32

February 2010

Northern Area Community & Youth Services Inc Newsletter

Highlights

- Alana Wolstencroft has successfully completed her Diploma in Children's Services. Congratulations
- Congratulations to Kim Cook on her recent nuptials
- Congratulations to Kelly Neldner on the birth of her third child and first son.
- Matthew Doherty is taking a leave of absence for 6 months to take up the position of Manager of SHINE based in Davoren Park. Bev Keily will be acting Manager.

Client Surveys

Each year, NACYS undertakes a client survey to look at how we can improve our service delivery. If you would like to be a part of it, please contact Clare on ph 8252 2472

Farewell to a Friend

It is with great sadness that NACYS farewells Richard Piorkowski. Richard was a member of the NACYS team for almost a decade and prior to NACYS worked for the City of Munno Para. Richard passed away on December 22nd 2009. He will always be a part of NACYS



NACYS in 2010

NACYS faces an interesting year in 2010. Our usual programmes will continue be delivered such as Adult and Community Education and Counselling. Staff changes always bring a new dynamic to an organisation. New partnerships are being forged. The Downs Family Learning Centre is under going a face lift.

Challenges include the implementation of the New Modern Awards particularly in the Childcare Centre. 2010 is the year of accreditation across the organisation. Compliance to many legislative requirements has become an incredibly onerous task consuming much of the Managers time. Our sites have become soft targets for vandals requiring a rethink of our security.

But as always, NACYS will meet the challenges to allow us to continue to do what we do best—servicing the needs of our clients.

The making of an Internet Cafe



Thanks to funding received from the Federal Governments Department of Education, Employment and Workplace Relations, we are in the process of upgrading the Elizabeth Downs Family Learning Network to a standard that will allow us to operate an Internet Cafe.

Partnerships are being forged with Para Worklinks and Para West Adult Campus to deliver accredited training in the hospitality stream.

The upgrade will be completed by June this year.

We will keep you posted on its progress.

How the site currently looks



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2010 – an important time for us all

Arguably, one of the most significant events of 2010 is that it has been named as International year of Biodiversity by the United Nations. It will be used to celebrate life on earth and the value of biodiversity for our lives. The world is invited to take action in 2010 to safeguard the variety of life on earth: biodiversity.

Humans are a part of nature's rich diversity and have the power to protect or destroy it

*Human activity is causing the diversity of life on earth to be lost at an ever accelerated rate. These losses are irreversible, impoverish us all and damage the life support systems we rely on everyday. But we can prevent them (<http://www.cbd.int/2010/participate/>). You may wonder what this has to do with you – well *Conservation, sustainable use of biodiversity is essential to human health: food security, adequate nutrition, resistance to diseases, reduction of disaster risk. It is the key to fighting poverty and human development. (<http://www.cbd.int/2010/participate/>). Now is the time to act!**

Learn about biodiversity in your region and how your consumption patterns and everyday actions may impact on biodiversity, sometimes in distant ecosystems

Act by making responsible consumption choices. Join a local environmental NGO or organize your own activities that will help biodiversity (Playford have a number of very active groups operating such as Elizabeth Greening & Landcare Group, Friends of Para Wirra Recreation Park, Trees for Life).

Our planet is fragile and **we all need to take responsibility** to protect it and all the species that are left!

2010 IS HERE!!!!**How will you look after yourself this year?**

Now that the New Year is in full swing, it might be a good idea to sit down with a pencil and paper, or just think deeply about what you would like to have changed about the year before.

Did you have bad habits? Relationship problems? Decisions you regretted? Projects you left unfinished? Jot them down, and then try to envision how you can avoid similar problems in the future.

Is there something you have always wanted to do, but never tried before? Starting something new, whether it works out or not, is a good way to make the New Year an improvement over the last one.

Go through your address book. Is there anybody in there with whom you have had no contact in the past year? Did you want to, or is this a relationship better ended than renewed? The New Year is a good time to take a look at the relationships you have, and how they can be improved or abandoned.

Be realistic. Change is hard; it's often the best possible thing you can do for yourself, but trying to change too many aspects of your life at once can be very stressful and can undo the good effect it was intended to have.

Make priorities and do the most important things first, no more than two at a time. Making yourself crazy is not an improvement in most cases!!

Most of all try and enjoy the year ahead! Most of us deserve it!!

**Tips on reading aloud to your child**

Reading aloud to your child from the time he or she is a baby is the single most important activity you can do to help your child develop the skills they will need to learn to read and write.

Here are some simple tips to help you get started.

Story time is a special time for you and your child to be really close. Get comfortable. Cuddle your child into you in such a way that you can both see the book and each other's face. Choose a book that suits your child's age and development. Bring the story to life with lots of energy and most importantly, have fun. Talk to your child about the story, point to the pictures and ask your child questions about what they see and what may happen in the story. Read aloud to your child every day. Sing songs, tell nursery rhymes and take books wherever you go. Join your local public library so there are always lots of books around the home and try their free story time sessions. Ask your family and friends to include a book as part of your child's birthday and Christmas gifts. This will help you create your child's very own library at home.