

## Skills Community Connect | Edition 11 | 4 February 2021

### Welcome Back!

We hope everyone had a wonderful break and enjoyed some very well-deserved rest. We would also like to say a big welcome to our new Diploma of Nursing CBD and Knox Group 1.21 students, and Leisure and Health students. We hope you have all settled in well to your new studies.



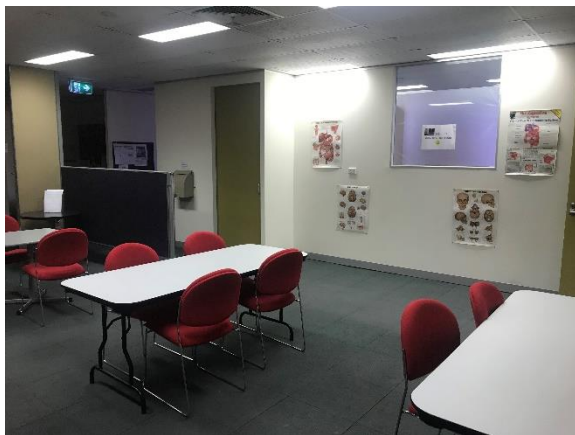
**Diploma of Nursing**  
**CBD Group 1.21**



**Diploma of Nursing**  
**Knox Group 1.21**



Over the holiday break we held a staff working bee at our CBD and Knox campuses. We gave them both a big clean and created more study space for everyone to enjoy.







## International Day of Disability

Our International Day of Disability celebration in December was a great success. Our Student Services Officer, Monique visited each of our classes to share her experiences living with Phenylketonuria (PKU).





### Trainer Feedback

In December we asked if you would like to provide any feedback for your trainers. We would love to share these with everyone. Thank you for your kind words.

*'I have Hubert for medications and would love to pass on my gratitude for all the extra time he spent sending through practice maths tests and for running over information and concepts so that we really understood the content. He is an awesome trainer. I better put a mention in about John too, thanks John! I hope you all have a great Christmas break'*

- 1.20 Knox

*'I am thankful Covid didn't hold us back and with the support of all the trainers we managed to keep going with our studies. They all did the best they could in a very difficult situation we were all in to which I am very thankful of'*

- 2.19 Knox

*'Hubert- Thank you for being such an amazing Educator! You always take the time to make sure we understand what your teaching and always ensure you using a variety of teaching strategies to suit different learning styles. On top of this you provide extra resources that you source in your own time and We couldn't be more grateful for the support you show, it is clear that not only do you take pride in your teaching you also take pride in the future nurses you are creating so thank you'*

- 4.19 Knox

*'Jay- You are a great Educator, providing upmost support to us whenever needed and ensuring we gain the most out of our classes with you. You constantly provide examples of real life situations to have us prepared for the real world and always come to class with a smile on your face. It is clear that you care for your students and want the best training for us all. Thank you.'*

- 4.19 Knox

*'John- Thanks for being the greatest exam invigilator haha!'*

- 4.19 Knox



*'Thank you so much to Margaret for all her help, support & encouragement to all of us on this our home stretch! The 2/19 crew could not be happier to be finishing off a very challenging course with her amazing guidance!'*

- 2.19 Knox

*'John- I'd like to thank him too! for his ongoing support, especially for our class. He has given us so much support, through some difficult times, during this course'*

- 2.19 Knox

*'I'd like to thank Erica for all her hard work and dedication. She is a fantastic teacher and always does her best effort to make sure her students succeed. Wishing yourself and all staff a Happy Christmas and look forward to more learning next year!'*

- 4.20 Knox

*'I am thankful to all the teachers who have been so kind and patient with us in the remote learning classes. I am so grateful to them for trying their best to teach us while we were going through such a tough time. I cannot miss thanking Emily and Monique who have been guiding us and proving us with the information and updates regarding everything that happens in college. Thanks to every faculty member of the college.'*

- 3.20 CBD



### **The Nurse and Midwife Support Newsletter: Career Stages and navigating change: Summer 2020-2021**

The Nurse and Midwife Support Newsletter shares some fantastic advice and stories from nurses and midwives throughout the stages of their careers. Click the link below if you would like to check it out:

<https://send.flintinteractive.com.au/t/ViewEmail/r/CCFC5045EAEA100E2540EF23F30FEDED/19220B3B393516C4F99AA49ED5AF8B9E>



## Upcoming Job Opportunities

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### Personal Care Assistant

#### Mercy Place - Dandenong

Casual



#### ABOUT THE ROLE:

We are currently seeking Personal Care Assistants to provide quality, resident-focused care by attending to the physical, emotional and spiritual needs of our residents. Personal Care Assistants are responsible for promoting a positive and safe environment for residents, taking an active role in getting to know our residents and their families, and undertaking documentation to the highest standard.

This role offers:

- Support provided by a dedicated team
- Opportunity to work close to home at Mercy Place Dandenong, close to Train Station.
- Casual
- Provide quality resident-focused care utilising a person-centred approach and in accordance with care plans, Aged Care Standards and policies/procedures of Mercy Health
- Provide accurate and timely documentation relevant to resident care
- Work in consultation with other staff to provide relevant and timely information
- Preferred availability during the evening, over-night and weekends.

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### Assistant in Nursing (AIN)

#### Bupa Aged Care- Croydon



Working as part of team of empathetic and caring clinical professionals, you will make a positive impact on the life of our residents with your compassionate, supportive approach that empowers our residents' choices and independence.

#### Duties

- Communicating
- Mobility
- Social activities
- Eating
- Showering
- Dressing
- Grooming
- Toileting
- Medication Assistance

## **Support Worker**

### **Calvary Community Care Permanent Part Time**



Calvary Community Care's Support Workers make a difference in the community by facilitating positive health and wellbeing options for individuals, their families and carers.

As a Support Worker your role will be to assist a diverse range of clients including aged, disability and high needs clients with activities of daily living and providing support services such as Domestic Assistance, Social Support, Specialist Children and Adult Services, Respite and Personal Care at their home and in the community.

We are currently seeking qualified and experienced Support Workers to support our clients in and around the South Eastern suburbs of Melbourne (Rowville, Wantrina, Yarra Glen, Lilydale) on a permanent part time basis.

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### **Leisure and Lifestyle Assistant Japara Healthcare**



Reporting to the Home Manager at Japara Lower Plenty Garden Views, located in Lower Plenty VIC, we currently have an opportunity for a Leisure & Lifestyle Assistant to join our team on a short term basis. Please note this is a part time, 6 month contract with a February commencement.

JAPARA, one of Australia's largest and most respected Aged Care providers with over 50 residences around Australia, is a highly professional organisation where staff are valued and where we all contribute to a warm, inclusive and supportive team culture. At JAPARA, everything begins with respect and then inspires everything we do.

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### **Recreational Activities Officer – Bonbeach**



As the Recreational Activities Officer, you will put the "heart" into the home for our residents. You will drive the energy, engagement and participation of residents into a range of social, recreational and cultural activities, as well as mental health and wellbeing programs, that empower our resident's choices and independence.

#### **Duties**

- Providing residents with quality care and actively supporting them to maintain their skill levels, independence and mobility and providing respite support to their family/carers
- Planning and organisation of all recreational activity programs
- Ensuring individual resident's needs, values, spiritual and cultural preferences are taken into account when providing recreational care.

## ***Interview Tips***



### **Before:**

1. Research the company.
2. Practice answering common interview questions with a friend.
3. Study the job descriptions, required skills, qualities, and experience. Think about how you fit each of these.
4. Prepare specific examples of where you have demonstrated relevant skills.
5. Prepare questions to ask the interviewer at the end of the interview.
6. Look presentable. Plan interview attire in advance and choose an appropriate outfit based on the position you are applying for.

### **During:**

7. Maintain positive body language (Smile, sit appropriately, make eye contact, and demonstrate active listening)
8. Bring pen, paper, and a copy of your resume and cover letter.

### **After:**

9. Follow up appropriately after the interview if you do not hear back.





### Prayer Room Update

The Prayer Room located at our Knox Campus has moved to Room 3. This room can be used for prayer, a quiet space to take some time out from your busy day, or as a meditation room.



## Upcoming Events

### Monday 1 February

#### FebFast

Febfast is where individuals pause for a cause by giving up alcohol, sugar or another vice of their choice, to support disadvantaged youth in Australia. It is the perfect excuse to kick-start the year with a little good health and good will.

Across Australia, thousands of people give up alcohol or sugar for the month of February to raise funds for young people experiencing serious disadvantage to access the resources and support they require to lead healthy and fulfilling lives.

To register visit <https://febfast.org.au/>

Which 28-day challenge could you take on?



CAFFEINE



BAD POSTURE



FIZZY DRINKS



TV



SWEARING



BEING LATE



VIDEO GAMES



MOBILE PHONES



CHOCOLATE



YOUR ATTITUDE



SMOKING



SOCIAL MEDIA



FAST FOOD



SELFIES



EXISTENTIAL ANXIETY

### Thursday 4<sup>th</sup> of February

#### World Cancer Day

World Cancer Day is an initiative of the Union for International Cancer Control (UICC). The aim is to raise awareness of cancer and to encourage its prevention, detection, and treatment.

To donate visit:

<https://www.charidy.com/cancercouncilwa>



# Feeding Tube Awareness Week



7-13 February  
2021



There are many reasons why babies, children or adults may require a feeding tube.

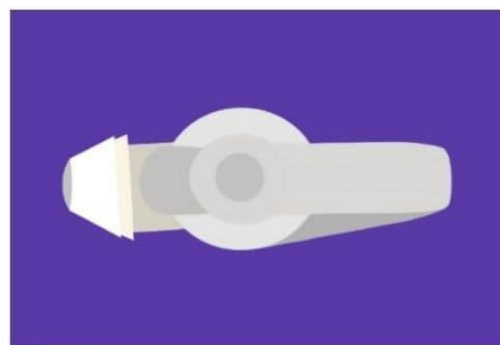
Tube feeding, also called enteral nutrition, is a way food can get into your body if you are unable to eat or unable to eat enough. Food in liquid form or formula is given through a tube into the stomach or small intestine.

Tubes can be placed in different places along the gastrointestinal tract:

- Nasogastric tube (NG tube)
- Nasojejunal (NJ tube)
- Nasoduodenal (ND tube)
- Gastrostomy (G tube) or PEG (percutaneous endoscopic gastrostomy)
- Gastrojejunal (GJ tube)
- Jejunal (J Tube)

ausEE Inc. is promoting Australia's Feeding Tube Awareness Week which is celebrated nationally from 7-13 February 2021 to increase awareness and understanding to the greater community about tube feeding, to raise some of the challenges faced and highlight the day-to-day impact on individuals, carers and families.

#FTAW2021 is about bringing everyone together who has a feeding tube, whatever the reason may be.



[www.feedingtubeaware.com.au](http://www.feedingtubeaware.com.au)

## Feeding Tube Awareness Week Sponsors



**AVANOS**

ausEE Inc. ABN 30 563 569 016 Australia ©2009-2021

Feeding Tube Awareness Week is an awareness raising campaign by ausEE Inc., a registered Australian charity. ausEE Inc. provides education, support and information to anyone diagnosed with or caring for someone with an eosinophilic gastrointestinal disorder (EGID). Feeding Tube Awareness Week® was first created by the Feeding Tube Awareness Foundation, a United States of America 501(c)(3) non-profit organization. The information on ausEE Inc. websites and any related links is for general information purposes only and is not intended as a substitute for medical advice from your doctor or other health care professional.



## 20<sup>th</sup> of February

### World Day of Social Justice

On February 20 every year, the World Day of Social Justice is celebrated. According to the United Nation's Secretary General Ban Ki-moon, "the gap between the poorest and the wealthiest around the world is wide and growing."

To achieve social justice, economic systems at the national and global levels should promote principles of justice, equity, democracy, participation, transparency, accountability, and inclusion.



## 16<sup>th</sup> of February

### Shrove Tuesday

Join us for a Pancake Morning Tea!

Shrove Tuesday is the day before Ash Wednesday, observed in many Christian countries by participating in confession and absolution. We will be hosting a Morning Tea, serving pancakes in celebration. Stay tuned for further information.



## 28<sup>th</sup> of February

### Rare Disease Day

There are over 300 million people living with one or more of over 6,000 identified rare diseases around the world, each supported by family, friends and a team of carers that make up the rare disease community.

72% of rare diseases are genetic whilst others are the result of infections (bacterial or viral), allergies and environmental causes, or are degenerative and proliferative. The long-term cause of the Rare Disease Day campaign is to achieve equitable access to diagnosis, treatment, health and social care and social opportunity for people affected by a rare disease.







# ACTION CALENDAR: FRIENDLY FEBRUARY 2021



## MONDAY

**1** Send someone a message to say how much they mean to you

**8** Share what you're feeling with someone you really trust

**15** Smile at the people you see and brighten their day

**22** Give sincere compliments to people you talk to today

## TUESDAY

**2** Ask a friend how they have been feeling recently

**9** Thank someone and tell them how they made a difference for you

**16** Check in on someone who may be struggling and offer to help

**23** Be gentle with someone who you feel inclined to criticise

## WEDNESDAY

**3** Do an act of kindness to make life easier for someone else

**10** Look for the good in people, even when they frustrate you

**17** Respond kindly to everyone you talk to today, including yourself

**24** Tell a loved one about their strengths that you value most

## THURSDAY

**4** Organise a virtual 'tea break' with colleagues or friends

**11** Send an encouraging note to someone who needs a boost

**18** Appreciate the good qualities of someone in your life

**25** Thank three people you feel grateful to and tell them why

## FRIDAY

**5** Show an active interest by asking questions when talking to others

**12** Focus on being kind rather than being right

**19** Share a video or message you find inspiring or helpful

**26** Give positive comments to as many people as possible today

## SATURDAY

**6** Get back in touch with an old friend you've not seen for a while

**13** Send a friendly message of support to a local business

**20** Make a plan to connect with others and do something fun

**27** Call a friend to catch up and really listen to them

## SUNDAY

**7** Make an effort to have a friendly chat with a neighbour

**14** Tell your loved ones why they are special to you

**21** Actively listen to what people say, without judging them

**28** Make uninterrupted time for your loved ones



**"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain**



**"The only way to have a friend is to be one" - Ralph Waldo Emerson**

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

**Happier · Kinder · Together**