



July 2013

# Focus on Ability Short Film Competition Voting is now live!

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



Voting closes Midnight 11 August, 2013.

## CEO Comment

*Martin Wren*

*Drum Roll.....*

*It's the best film comp in the world (in my opinion) and it's coming up in August and we are going to make sure that this year's "Focusonability" is the biggest and bestest! (yes, I know that's not a word, but you know what I mean).*

Cutting the entrants down to a manageable number has been hard and we have additional categories as well and our voting hotline:

[www.focusonability.com.au](http://www.focusonability.com.au) has gone crazy since we went to live voting on Wednesday 31st July.

Last year we had well over 100,000 viewer/voters from more than 100 countries – Yesterday we received some from 54 countries.

Why?

Because the films are inspiring, celebrating the triumph of the human spirit over adversity. The films are touching and I'm not afraid to say I've



cried and some of the films will make you smile.

It takes about 6.5 hours to watch the lot (I know, I've done it) and I've been back several times to remind myself just how creative some of our 'talent' is.

Seats are limited (very) and you may have already missed out. If you'd like to come along on the 15th August at 6.30pm, Fox Studios, Sydney you need to contact our Amie Ross on 0298332500

See you there!

## NOVA OFFICES

- Camden
- Campbelltown
- Caringbah
- Engadine
- Hurstville
- Ingleburn
- Katoomba
- Penrith
- Richmond
- Rockdale
- Rouse Hill
- Springwood
- St Marys
- Windsor

# Healthy Minds, Healthy Workplace

By Ann Bolch

*I believe Australians are genuinely interested in ensuring the good mental health and the mental health of their colleagues and/or employees.*

NOVA's Healthy Minds, Healthy Workplace events indicate this in spades.

At our most recent Healthy Minds, Healthy Workplace luncheon at the Sebel in Windsor, Judy Nunn eloquently led a panel discussion supporting employment for people who have a mental illness. Special guest speakers included Daniel Angus, Lead Psychologist from Head Space Penrith and Louise O'Conner, author of *The Lights Aren't On But Someone's Home*. Louise is also a health and fitness professional. Louise has lived experience of mental illness and is passionate about wellness. The audience participated in this discussion, which left people feeling more informed about both mental health in the workplace and ways to look after yourself and others.



Redbank student Joshua spoke about his experience of bullying and an eating disorder, and how he owes his current wellness to Redbank School and his mum. He delivered his speech with such dignity and emotion he had most in the room in tears.

Local singers Nick Woodford and Chloe Neilsen entertained us before and during the luncheon.

The auction was a blast! We raised \$20,000 for Redbank School.

You know an event is successful when at 4pm you're still chatting, having photos taken with celebrities, and discussing where the after party will be held.

The Sebel went above and beyond with the room and service. The food was perfect. As usual host, Paula Duncan did a fantastic job and her passion for NOVA and our work was clear and sincere. NOVA staff and NAB volunteers scurried around selling raffle tickets and ensuring everyone was happy. Our thanks to sponsors: Bennett Real Estate, Just Better Care and Aaron Legal.

NOVA's annual Healthy Minds, Healthy Workplace luncheon will be back next year.

# Embracing Differences - St Marys TTW

Part 2 by Sharon Stratton

*As part of the Transition to Work Program, we participate in industry visits in order to gain exposure to work opportunities available in the local area.*

So far this year we have had a really fantastic industry visit to Rooty Hill RSL. We had the privilege of being one of a few groups that had a tour with the Learning and Development Officer and had a great lunch after which was enjoyed by all the trainees. This visit gave our trainees an insight to the opportunities available in the Hospitality industry. We have also had guest speakers visit us from Penrith City Council to talk about traineeships with the council and a guest speaker from HTN to discuss the opportunities within the hospitality industry.

Throughout the year we will continue to explore different industries that are linked to the local area, as well as host guest speakers who can offer us insight into the working world. Later in June, St Marys Transition to Work will be participating in Try A Skill event at Mt Druitt TAFE. This is an invaluable opportunity for our trainees to learn more about the various industries that are linked to traineeships and the support they will receive in the TAFE system. The head teacher of Equity Services has made time to speak to our trainees about the support in the TAFE system and their options for traineeships if that is what they wish to pursue.



In 2013 our trainees are focusing on team culture in the workplace. Our trainees have been involved in many practical exercises that not only help them develop skills that make them an asset to the employer, but also help them to continue to develop into people that would be appreciated in the workplace culture they enter into. We are assisting in the development of recreational interests that help trainees develop confidence and motivation; that help trainees learn more about the world we live in and contribute positively to workplace conversation.

We are visiting several recreational areas in the coming months including the local PCYC and having members from local community groups visit the outlet to discuss what support is out there in the community for our trainees.

## Some NOVA links

Watch our latest video on NOVA's Youtube channel



Become a fan of NOVA on Facebook. Recommend us to your friends.



What's news at Can-Do-Ability?



Want some great employment tips?



## Embracing Differences - St Marys TTW

*cont..*

We have hosted events for Harmony day which allowed us to celebrate our cultural differences with other TTW outlets in a positive environment. We are also looking at practical strategies to help counteract bullying in the workplace and will be involved in community events to raise awareness of this in the future months. Bullying is a reality of life but should never be tolerated. We are developing a culture within our outlet of supporting our "co-workers" who are being bullied by "being an advocate" this involves everyone taking responsibility for bullying and supporting those that need the most help. We are learning strategies that will help trainees evolve the skills they may or may not have learned at school and assisting them to apply the skills in an adult work environment.



Our trainees have been participating in some fantastic work experiences including Western Sydney Area Health and St Marys Outlet was the first to have a trainee employed there this year. The trainees are developing Job Seeking and computer skills that are assisting our staff in finding work placements that are interesting to the trainees but are also reflect the trainees individual employment goals. We are also supporting trainees to get their photo Identification and learners tests which will help their employment goals in the future. As part of the program we also encourage our trainees to learn to independently travel within the local area (and further if required). Our trainees have had several excursions and are developing these skills very quickly. We are spending a lot of time in the coming months to support our trainees in developing these important skills.

2013 has already been a massive year for our trainees. They have had 2 changes of staff as well as 2 office changes. We have prepared to the best of our capacity as a group and the trainees themselves have come though by supporting and respecting each other throughout the process.

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**NOVA.**  
EMPLOYMENT

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