



WRAP

WELLNESS RECOVERY ACTION PLAN

WRAP or wellness recovery action planning is an evidence based program that's proven effective for anyone that wants to look after their own mental health.



NOVA OFFICES

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

CEO Comment

What a fabulous month for the NOVA team! More placements than same time last year (which is good) but included amongst these are SO many traineeships and Apprenticeships.

Apprenticeships for people with disability?

My word! Each month we have between 5 & 6 young folk that start their careers with the wonderful opportunities that come through this mixture of on the job and formal training.

Our candidates for these places go on to become tradesmen and women with the same level of skill and the same professionalism as their non-disabled peers – we've just had to assist with some adaptations or extra support to ensure they succeed.

NOVA first placed Apprentices in 1991 and we have a long history of supporting our clients to become gardeners, painters, carpenters, butchers, mechanics –you name it and a NOVA worker has been there and is doing that.



Apart from getting me some great discounts the success of the team is demonstration of the triumph of mission over profit in the provision of employment services for people with disability.

The profit incentives for providers sit with small hour casual work the mission rewards for the team lay in achieving meaningful long term employment and our September results are a great testimony to the team's commitment.

We have a new funding body, the Department of Social Services, maybe a good time to review priorities.

A NOVA run WRAP workshop set for Newcastle

According to Beyond Blue 3 million Australians are living with depression or anxiety.



The Australian Bureau of statistics states that mental illnesses account for 13% of the total burden of disease, almost 1 in 5 adults have experienced a mental disorder in the past 12 months.

If you or someone you love are included amongst these statistics it is cold comfort to know you aren't alone.

There are things you can do to restore and preserve your own mental health – a tried and tested program that is recommended by health professionals around the world: WRAP or wellness recovery action planning is evidence based and proven as an effective support structure for anyone that wants to look after their own well-being.

Starting October 21st NOVA Employment is running a 3 day workshop in Newcastle that will provide you with in depth knowledge of Wellness Recovery Action Plans, a key tool in tackling these issues.

At the workshop you'll learn 5 Key Concepts for maintaining wellness, how to create your own Wellness Toolbox and the knowledge and skills to develop your own Wellness Recovery Action Plan

Our program also provides an opportunity for peer support and other self-help strategies to stay well as well as developing an understanding of the values and ethics of using WRAP.

For tickets and or more information call NOVA Employment on 1300 Ability or visit novaemployment.com.au

On the move in Katoomba

Carmel Wren

Wow what a big year it has been for NOVA Katoomba.

Firstly we moved everything out of the cottage on Lurline St and it was eventually sold. We then moved from our office on lower Katoomba St into the thick of things in the middle of Katoomba St, surrounded by hairdressers, retail stores and nearby Coles.



We moved on the July 19th and a few truckloads later we were ready to unpack in a new office with new carpet and a fully functioning kitchen that would enable us to make yummy soups, scones, cupcakes which come in very handy when catering for taster and open days.

We love the new office and its location in relation to public transport, stores and the community in general.

We were scheduled to have our Open Day at the end of August but due to circumstances beyond our control we have had to re-schedule and we have set the date for the October 11th. This is a great chance to see our new premises and talk to staff about Employment and Transition to Work, as well as sampling the fabulous food created by the trainees.

We held a Taster Day recently where school students and teachers got to sample some cupcakes we made which vanished rather quickly. We also did some "get to know you" activities and learnt some great stuff about each other. Another activity started off as getting the young people to dress up a mannequin in work related clothes and it ended up that they dressed themselves in work related attire. Great fun was had and laughter aplenty.

We are holding another taster day on October 17th for any school leavers who would like to see what NOVA Transition to Work is about. If interested please call Carmel on 4782 9099.

Some more great news from the Katoomba office is that we also got second year trainee Travis into a job, a new taxpayer. He will be working 15+ hrs a week in his local area and as sad as I am that he is no longer with our group, I am very excited to see this new development in his life and wish him all the best in his new career.

He was very dedicated to Transition to Work, worked hard, attended regularly, accepted all work experience and tried his best in each and every placement he went. It was because of this hard work and dedication he is now reaping the rewards by being an employee and earning an award wage.

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?



Receiving Negative Feedback

Today on Lets Get Working I would like to give you some tips on how to stay cool when you are receiving feedback.

No one likes being criticised so it's important to keep things in perspective and grow from the information being given to you.



Listen to what the person giving feedback is saying – they are not attacking your character, they are probably pointing out how you could have produced a piece of work better. They are giving you information on how to improve.

Don't be defensive – defensiveness stops you from listening and changing for the better. If you are defensive and don't improve you may never get a promotion.

Think before you react – otherwise you may regret what you say and do next. Try not to take things personally and relate what is being said to the work at hand.

Own up to your mistakes – this really impresses people as it shows you are mature, you know that you are not perfect and can make mistakes and you are happy to admit to mistakes (be accountable) and willing to fix things.

Its not always easy keeping a smile on your face whilst being given negative feedback but it pays to keep in mind the above tips to help you keep your cool.

Until next time,
Enjoy the journey!
Martha!



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