

NESST Newsflash

Hi Everyone,

Welcome to the NESST Newsflash.

Expect to see this each week for the foreseeable – we will try to capture the state of play at the close of each week.

If you wish to unsubscribe to this Newsletter, please reply to this email and NESST will remove you from our mailing list. 😊

New England Sector Support Team



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NESST Free On-line Training

We are pleased to say we have added a second basic module to the portal: **An introduction to the Commonwealth Home Support Programme**

A certificate is emailed on completion. Please share with your staff and volunteers within the New England area:

<https://www.inductforwork.com.au/portals/new-england-sector-support-team-online-induction-nesst-basic-training>

NESST Regional Zoom

Our next Regional Zoom will be held on 25 June 2020 at 10am. We will send the link out closer to the date. If you have suggested agenda items, please send them.

NESST Survey

A big thankyou to everyone that has completed the NESST Annual Survey. We use the survey in the planning of future services and in our reporting back to Government Funding Bodies. If you have not yet responded please go to: <https://www.surveymonkey.com/r/NESST2020>

Supporting CHSP aged care workers providing client services during COVID-19

The COVID-19 pandemic has seen an unprecedented change to service delivery during social distancing and isolation regulations. This is having an immense impact on the mental health of both the aged care worker and clients of CHSP services.

In response to these challenges ACSA in collaboration with Mental Health & Wellbeing Training Solutions, are delivering a two-week webinar series in a Q&A format, responding to the direct needs of aged care workers by providing strategies for ongoing effective support for clients. The webinars are a one-hour session for two consecutive weeks. Robyn Miller and Peter Bartrem have been delivering the ACSA *Mental Health Awareness & the Older Person* training for ACSA since 2017. Both Robyn and Peter have extensive experience in mental health including counselling and the 'lived experience'.

As part of the registration process, aged care workers will be asked to share one challenging situation they have experienced during the current COVID-19 restrictions and whilst providing CHSP services. Robyn and Peter will work through the issues identified during the webinar.

[Supporting CHSP aged care workers providing client services during COVID-19](#)

Webinars with IncludeUs

Blue Sky Community Services has partnered with IncludeUs (Tim Childs & Liz Gehring) to provide **two – one hour webinars** providing practical solutions to emerging challenges and issues based on your feedback in this survey.

For example: brainstorming strategies to re-engage post COVID with people who may have increased mental health issues due to isolation/loneliness.

Your feedback and suggestions on how we can support your organisation would be appreciated. This is your opportunity to tell us what you need and how we can support you.

We would expect this survey to take you less than 5 minutes to complete.

Please follow the link to complete the survey: <https://www.surveymonkey.com/r/XGJFXG>

Survey for feedback closes **12 June 2020**. For more information contact Paul: paultracey@bluesky.org.au

Information for the Aged Care Sector Issue 2020/12

<https://mailchi.mp/agedcareupdates/newsletter-12-2020?e=39efcbb117>

Supporting isolated senior Australians to stay connected

The Morrison Government is supporting senior Australians through two new initiatives to prevent loneliness and social isolation under a \$6 million communications package. Almost \$5 million will be used to significantly expand Friend Line, a national telephone support service for older Australians, to answer 60,000 calls a year. The Government has also awarded \$1 million in grants to 215 local community organisations to provide at-risk seniors with digital devices such as mobile phones and

laptops. Access to timely support as well as digital and social connections are essential to support older Australians to live independently. [Read more](#)

2020 National Carer Survey

Carers across the country are invited to have their say – Carers around Australia are being asked to speak up and have their say by completing the [2020 National Carer Survey](#). The survey will help Carers NSW and others advocate for carers, influence policy development, and improve service delivery for carers into the future. The survey is completely anonymous and is open to any family or friend carer over the age of 16. Open now until 30 June 2020.

Covid-19 and the Impact on Volunteering

Volunteering Australia commissioned the Australian National University (ANU) Centre for Social Research and Methods to undertake analysis of the experience of volunteers during COVID-19 to date. The decline in volunteering during COVID-19 has been substantial, [Read More](#)

Easing of restrictions – COVID -19 Update

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>