

Welcome to the SEWB Newsletter for 2022, the COVID-19 Edition. Our aim is to provide you with the assistance, tools, and ideas you need to successfully navigate the COVID-19 Omicron pandemic in Queensland.

In this edition, you will find information to ensure that your social and emotional wellbeing remains strong if you and/or your family need to isolate.

COVID-19 has hit Queensland with a vengeance since the borders reopened on December 17, 2021. Many of our organisations and communities are struggling with a number of issues relating to COVID-19 and issues caused by the COVID-19 pandemic. The QAIHC SEWB WDSU aims to support the workforce as best as possible during these times.

If you have any feedback, please get in contact with the SEWB team on sewb@qaihc.com.au

What to do if one family member tests positive?

If you or another member of your household gets COVID-19, you need to immediately isolate yourself at your home, or other accommodation for **seven (7) days from the date you had your test**.

To isolate means you need to stay away from other people as much as possible, so you don't give the virus to someone else. **Tell your family, or household where you are living, to isolate and get tested if they have symptoms.**

MOST COMMON SYMPTOMS

- Fever
- Cough
- Tiredness
- Loss of taste or smell

LESS COMMON SYMPTOMS

- Sore throat
- Headache
- Aches and pains
- Diarrhoea
- Rash on skin, or discolouration of fingers or toes
- Red or irritated eyes

SERIOUS SYMPTOMS

- Difficulty breathing or shortness of breath
- Loss of speech or mobility, or confusion
- Chest pain

If worried please call
13 HEALTH or 13 43 25 84

If your symptoms become serious, you should call for immediate medical assistance by calling 000

Reporting a positive rapid antigen test (RAT) at home?

If I am a confirmed case, what do I do?

You should follow the [Queensland Health](#) advice for people testing positive for COVID-19 and **self-isolate for 7 days since the date of the positive RAT**.

REPORTING A RAT

<https://www.qld.gov.au/rat-positive/rapid-antigen-test-registration>

Need help?

NEED CONTACT?

Want to yarn with someone?

Call the wellbeing team in your local area.

Isolation can be very hard on each person, especially if your symptoms are more serious.



QAIHC

<https://www.qaihc.com.au/resources/covid-19-coronavirus-resources>



Headspace

<https://headspace.org.au/assets/Uploads/20200528-FAF-COVID-19-Tips-to-get-back-into-life-Fact-Sheet-hN.PDF>



Beyond blue

<https://coronavirus.beyondblue.org.au/>



IUIH mob link

<https://www.iuih.org.au/our-services/mob-link-connecting-with-mob-during-covid/>

Keeping kids happy

IN ISOLATION

Here's some ideas to keep your children engaged during in isolation.



Here are a few recipes that can be made with ingredients that you may have in your cupboard.

Homemade play dough

INGREDIENTS

- 1 cup plain flour
- 1/4 cup salt
- 1 tsp cream of tartar
- 1/2 tbsp vegetable oil
- 1/2 cup boiling water
- Food colouring (15-20 drops for bold colours and 7-10 for pastels)

METHOD

- Mix together all the ingredients in a medium saucepan.
- Cook over low/medium heat, stirring.
- Continue stirring until the mixture is thickened and begins to gather around the spoon.
- Remove the dough onto a chopping board or a plate to cool.
- Cool completely before storing in a sealed container.



Homemade Slime

MATERIALS:

- Cornflour (Cornstarch)
- Water
- Large bowl and spoon
- Food colouring (optional)

METHOD

- Pour your cornflour into a large bowl.
You will need at least double the amount of cornflour to water. (So, if you have 2 cups of cornflour, you'll add approximately 1 cup of water)
- Slowly pour into the bowl until consistency is smooth.
- If you cannot form a ball please add more cornflour.



Intensive Narrative Therapy

WORKSHOP FOR FIRST NATIONS PEOPLE

WORKFORCE news

If you have an upcoming event or good news story that you would like included for the next edition please email sewb@qaihc.com.au



The Dulwich Centre held a five-day intensive workshop on narrative therapy for First Nations people in South Brisbane from 6-10 December 2021.

This one-week intensive training workshop provided participants with a deep immersion in the practices of narrative therapy.

Narrative therapy centres people as the experts in their own lives and views problems as separate from people. Narrative approaches assume that people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives. The word 'narrative' refers to the emphasis that is placed upon the stories of people's lives and the differences that can be made through particular tellings and re-tellings of these stories.

Narrative therapy provides ways of understanding the stories of people's lives, and ways of re-authoring these stories in collaboration with the therapist and the client(s). It is a way of working that is interested in history, the broader context that is affecting people's lives, and the ethics or politics of this work. It is a hopeful approach. When using narrative approaches, it is often possible to

address serious problems in playful and respectful ways.

The one-week workshops have been specifically designed for those who are relatively new to narrative ways of working or those who have had some exposure to the ideas and would like the opportunity to more rigorously engage with narrative practices.

This course featured a review of key narrative ideas, practices and recent developments including:

- ❶ **Externalising conversations:** the person is not the problem; the problem is the problem.
- ❷ **Re-authoring conversations:** telling our stories in ways that make us stronger.
- ❸ **Outsider-witness practices:** linking lives and the use of audiences.
- ❹ **Remembering conversations:** considering the memberships of our lives.
- ❺ **Listening for alternative storylines.**
- ❻ **Documenting change:** The use of letters and certificates.

The Dulwich Centre is an internationally renowned narrative therapy training institute, a counselling centre, and an organisation which is regularly engaged in community projects. Dulwich Centre has a long history of offering these one-week intensive workshops. Michael White has offered these events at Dulwich Centre since the mid-1980s. We are now continuing this tradition.

Participants arrived from all over Queensland for this unique opportunity. QAIHC would like to say a special thank you to all of the participants and their organisations such as Gindaja, Link-Up QLD, ATSICHS Mackay, CQID, Goondir and Helem Yumba CQ Healing Centre.

This professional development opportunity was coordinated by the SEWB Workforce Support Development Unit within QAIHC and the Dulwich Centre Faculty. We would like to thank everyone who travelled to Brisbane for this opportunity.

I'm working from home

HOW CAN I DO THIS?



Sort the children

and if they are well, keep up a routine of meals, snack time and activities throughout the day.



Keeping up a routine
wake up, have breakfast and a shower to start the day with a purpose.

Make time to check in on each other

and the people around you (e.g. friends, family and co-workers).

Reach out and yarn to family

Make sure you take breaks
go for a 10-minute walk, relax and remove yourself from your computer at least every two hours.

Reach out
and talk to your team or other community support groups.

STAFF news

QAIHC'S SEWB REGIONAL CO-ORDINATOR COMPLETES DIPLOMA OF COUNSELLING



Christopher Cole

DIPLOMA OF COUNSELLING
QAIHC, Brisbane

Recently I had the opportunity to complete a Diploma of Counselling with the support of QAIHC. I have been working in the SEWB sector for a long time and always wanted to complete this Diploma.

This has given me the skills to help support the social emotional wellbeing and mental health of people within my community. I have gained a lot of new knowledge from this training; it was very helpful. It gave me extra experience and confidence that I needed to excel in my field of work.



WORKFORCE profiles



Kiah Woodall

CASE MANAGER

Gumbi Gumbi, Rockhampton

My name is Kiah (Fewquandie) Woodall. I am a proud Kabi Kabi and Butchulla woman from the South-East Queensland region. I am also a proud South Sea Islander woman with bloodlines from Lifou Island, New Caledonia.

My current role is of Case Manager at Gumbi Gumbi Drug and Alcohol Awareness Centre in Rockhampton. Our service is a residential rehabilitation centre that facilitates and supports healing and recovery from addiction in a culturally safe way.

I currently hold a Bachelor Degree in Criminology and Criminal Justice and am now studying a Diploma of Counselling through Gallang Place. Though study has equipped me with a strong foundation of theoretical knowledge, it is my own personal and family lived experience, and experience of working with other Aboriginal and Torres Strait Islander people that has brought me the most valuable learnings and experience.

Prior to my working life I was a co-founder of a program 'Buddies Day' in Rockhampton, through St. Vincent De Paul, supporting families and children experiencing vulnerability. I then did some community support in Argentina, returning home to work in my own community. I have worked in the Early Years sector, Intensive Family Support, Transition from prison supports, natural disaster recovery and Youth Justice.

I have to say – this is a job that fuels the fire in my belly every single day and I am very grateful for every opportunity that comes my way in my journey and development to do what I love most.



Rhys Hegarty

SEWB SUPPORT WORKER

Gumbi Gumbi, Rockhampton

Whichway!! My name is Rhys Hegarty. I'm a proud Iman and Wulgurukaba and a proud South Sea Islander man. Born and raised in Rockhampton, Central Queensland.

My current role is Social and Emotional Wellbeing Worker at Gumbi Gumbi Drug and Alcohol Awareness Centre in Rockhampton. I've been at the centre since October 2020 where I started as a support worker for a couple of months before taking up the SEWB Role. Before I started this role, I worked in the mines for a couple of years doing camp site cleaning and industrial machinery cleaning.

Growing up everyone who knew my parents told me how they helped a lot of people and are well known all over the community. One day I hope to be just like them. I've always wanted to do work in the community and I'm thankful for this opportunity. What I love about this role is supporting our community and mob. Even if it's something small, it feels good knowing I can make a difference in a way. Also, having the best staff around me makes it easier. And thanks go to Chris Cole and the team from QAIHC for the support and training you have provided through this time.

Tell us a bit about you ...

If you would like to submit a workforce profile have a yarn to a SEWB Regional Coordinator or email it through to sewb@qaihc.com.au with a photo.