

# SACC NEWS

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**SA Career Consultants**

**Summer 2007 - 2008**

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## *Welcome from Karen's Desk... ..*

*One of the things I notice about staff here at SA Career Consultants is their amazing willingness to make a difference to clients. We celebrate making a difference at every staff meeting, and the aim is to make sure that people are openly appreciated for their positive contributions. Being appreciated is an essential element to our work, and this translates to more enthusiasm for the job and working harder to make a difference for the company. A big part of our desire to help people find employment has to do with giving people a chance to make their own positive contribution. You are always welcome to talk to us about the contribution you would like to make!*

*We've been working hard at SA Career Consultants this last quarter, and with amazing results. Our new marketing team managed to bring in 32 job vacancies in October alone, and the case management team got 37 people started in jobs from July to September, with another 38 jobs starting from October to December. So congratulations to those who were successful in gaining jobs, and to those still hoping to gain employment - keep up the effort, because that marketing team busier than ever!*

***Karen Osborne, Manager, Disability Employment Services***

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## **Shoestrings - a support group on line**

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At the age of 25 Emma Gee suffered a stroke and from this the physical restrictions brought about by the stroke. Whilst undergoing rehabilitation she decided to keep track of her progress and this led to the inception of the website 'shoestrings'. But it is more than just a record of her recovery. As Emma writes on the home page it is also a means of creating a community and support group of and for people who have suffered a stroke and the resulting physical disabilities. As a website it is accessible to people who might otherwise feel cut off from the world. Emma has used the internet to reach out to fellow stroke sufferers and show them they are not alone. It is a site worth looking at whether you have suffered a stroke or not. It shows how when one door closes another always opens, usually more than one.

So check out:

[www.shoestrings.net.au](http://www.shoestrings.net.au)

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## **Client Feedback**

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We love to get feedback from our clients! Here are a few words from one of our clients, Naomi Matson, who works with Sarah Brooker:



"SACC has helped me to develop new skills such as self esteem, help with communication skills, overcoming anxiety and being positive. I successfully completed a seven day work experience placement in a supermarket and I am now going to start work experience in arts admin at Arts Access South Australia. "



Thank you to Naomi Matson who had these positive things to say about how DEN has assisted her at SACC. Thank you Naomi!

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## **Disability Disclosure: A Matter of Informed Choice**

**By R.W. Roddy**

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Fear of workplace discrimination may put the brakes on job seeking before the process even begins. One of the many positives in addressing this issue in a strategic way is that the fear can be turned into focus.

Concentrating on the jobseeker's unique skills and attributes creates a clearer picture of what he/she can bring to the workplace. This crucial first step allows a potential employer to gain an insight into the prospective employee's abilities. Put another way, a jobseeker's disability, or the fear of disclosing a disability, should not be viewed as insurmountable roadblocks. Just as surely as every person is an individual, then it follows that every person's career plan be individualised.

The key to a successful individualised career plan is a clearly understood and articulated knowledge of how a disability impacts on a jobseeker's ability to work. With this knowledge framework in place, a prospective employer is better able to activate a plan of action.

This plan can include (but is not limited to) workplace modifications, various support structures, including peer support or mentoring and a range of other options. All are in place to ensure that the road from a perceived feeling of fear to a feeling of empowerment is made smoother.

Jobseekers have a right to have any and all information relating to their disability treated with respect and confidentiality by employers. With this right comes the responsibility on the part of the jobseeker to be clear and focused on the best possible outcome for both parties.

**For more information on disability disclosure:**

[www.uws.edu.au/rdlo/disclosure](http://www.uws.edu.au/rdlo/disclosure)

Disability Disclosure: A matter of Informed Choice; was written by Robert Roddy who currently participates in the DEN program at SACC. Thank you to Robert for contributing to this season's newsletter and thank you to Amelia (Robert's case manager) for organizing it.

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## **Having Your Say**

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We're always looking for ways to make a difference to our clients, and we hope you can see that from the stories in this newsletter.

Our jobs mean a lot to us, and part of our job is to make sure that our service makes a positive contribution to your life. We thrive on helping others, and it is a particular joy for us to see our clients gain confidence, skills, and maturity when they achieve their job goal.

Because we value your experience of our service, we are always happy to hear your feedback. If you have something you would like to say to us about our service, you are always welcome to call Karen on 8227-0900.

Alternatively, there is a feedback form for you to complete and return to this office if you wish. Call SACC's reception on 8227 0900 and we can post a form out to you.

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## Christmas Party at SACC

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What a great Day!!



*Our Sausage and onion chef, Rikki spent hours slaving over the bbq to feed the multitudes.*

Around 30 staff, clients and parents had a perfect 26 deg. summer day in Rymill Park on Friday 7<sup>th</sup> December telling stories, getting to know each other socially, playing bocci and of course the great Australian game, cricket. Shane Warne (aka John L.) bowled some stunners which kept the batspersons(!) on their toes and the fielders were kept busy. No wonder they were hungry.



*Joe hits a six!*

A highlight of the afternoon was the smashing of the donkey full of chocolates and lollies, which after many tries with blindfolded clients failed to break until Chris grabbed the cricket bat and sent lollies flying all over the Park – there's probably some still there in the grass! A real fun afternoon enjoyed by all who attended – a must to repeat next year.



*Concentration at bocci!*

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## Healthy Minds Mean Healthy Bodies

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Mental illness affects one in five Australians at some stage each year. Some of the most common and disabling mental health problems include depression, anxiety disorders and psychotic disorders. Positive mental health is just as important as positive physical health. Examples of positive mental health include: feeling in control, being able to form and maintain positive relationships, knowing how to take care of yourself, and feeling good about yourself.

If you would like more information about positive mental health here are several links that may be of benefit to you!

**Mental Health Council of Australia:**

[www.mhca.org.au](http://www.mhca.org.au)

**Beyond Blue:**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Mental Health in Australia:**

[www.mentalhealth.gov.au](http://www.mentalhealth.gov.au)

**BluePages:**

[www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au)

**Mental Health First Aid**

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

**Black Dog Institute**

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

As with any illness, prevention is better than cure. So please access these sites to find out how you can gain positive mental health today.

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## JobAccess = Success

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If you have a disability and are looking for work but are unsure of what is out there for you in the way of support, then [www.jobaccess.gov.au](http://www.jobaccess.gov.au) is a great place to start. It is a government website (but don't let that put you off) that is for jobseekers, employers, service providers (e.g. SACC) and co-workers.

As a jobseeker the site offers information on study, training and apprenticeships, getting work, starting work, thriving at work, returning to work, and an online job search facility. There is also advice on a range of services and supports for you from the government, Centrelink and a list of publications for the jobseeker with a disability. If you cannot find the information you are after on the site there is a contact phone number for jobaccess advisers and all information is confidential.

So if you are looking for help with issues connected to your disability and looking for work or if you are currently employed or even if you want to know more about what centrelink can offer you this is an excellent site to visit.

For a closer look, go to:

[www.jobaccess.gov.au](http://www.jobaccess.gov.au)

The above article and the article on Shoestrings were both written by Alun Symes who is a VRS client at SACC. Thank you very much Alun for your contribution!

**Wishing a Safe and Happy  
New Year to all of our clients  
at SACC!!**



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## Computer Training at SACC

If you need to update your skills in...

- Basic Computing
- File Management
- Powerpoint
- Email
- Internet
- Word Processing
- Excel
- MYOB

...talk to your SACC Consultant to secure a place!

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