



Welcome to the new look edition of **the employment hub**. We hope you enjoy the content. It is our plan to **Inform**, **Educate** and **Inspire** you in your job searching efforts.

## INFORMATION

### DES TEAM PROFILES - who is looking after you?

#### **Drew Reese (Team Leader)**

Drew has 8 years experience in the Employment Services industry where he was worked for Job Network and Disability Employment Services. During these 8 years he has worked as an Administration Assistant, Post Placement Support – Support Worker, Job Search Trainer, Job Placement Officer, Employment Consultant and as a Team Leader.

Drew also has a Diploma in Management and Diploma in Business which were obtained by studying through TAFE QLD along with other industry specific certificates. Drew was inspired to work in this industry because it gives him the rare opportunity to make a profound positive impact on a person's life by assisting them to overcome their personal barriers which allow them to obtain and maintain employment.

Drew is an extremely dedicated, detailed orientated and supportive individual who is always willing to go the extra mile to support Catalyst's clients and his fellow DES Team Members.

#### **Lana Docker (Rehabilitation Counsellor)**

Lana has a Bachelor of Human Services (Rehabilitation Counselling) from Griffith University and was awarded the University Medal for Human Services. The University Medal is a rare honour awarded in recognition of academic excellence for students completing Bachelor degrees with first class Honours. She was also awarded full membership by the Australian Society of Rehabilitation Counsellors (ASORC) and the Rehabilitation Counselling Association of Australasia (RCAA).

Lana was inspired to become a Rehabilitation Counsellor, and to assist people with disability into employment, having witnessed the challenges faced by her late father after he sustained an Acquired Brain Injury (ABI) in a motorbike accident. She is a passionate humanitarian who firmly believes that all people, irrespective of ability, have the right to the benefits, financial and personal, inherent in being employed.

Lana offers our jobseekers her energy, pragmatism and compassion, along with a genuine desire to see them succeed.

#### **Wendy Ennis (Employment Consultant)**

Wendy has been working in the employment field for over 10 years. Her background is predominantly mental health although she is passionate about helping all people and this is what drives her to ensure her clients are given every opportunity to succeed in their chosen career.

#### **Monica Lucas (Employment Consultant)**

Monica is new to the Catalyst team. She has had 12 years' experience working in multi-cultural environments.

She enjoys working with people and being able to make a positive impact on their lives. She has a young family and enjoy all aspects of being a role model for them. She looks forward to working with you.

**DES TEAM PROFILES - cont..**

**Jason Hurlock (Client Support Officer)**

Jason has recently completed a Diploma in Events Management and has been working in the Employment Service Industry since mid 2010. Jason enjoys supporting clients to achieve their goals in life by helping & assisting them in overcoming their employment related barriers. Jason hopes to stay in this industry for the long term to help people and work towards becoming an Employment Consultant in the future



**JOB HUNTERS ONLINE**

Job Hunters Online -

<http://www.cim.jobhuntersonline.com/index.html> - is our one stop online resource for job seekers which includes links to information and community resources websites, job search sites, Job Outlook, and online videos about topics such as The Hidden Job Market and Interview Tips.

It also provides templates for resumes, online job applications, cover letters and expression of interest letters. Visit Job Hunters Online today, or in the next Job Club, to improve your job seeking skills.

**JOB CLUB UPDATE**

**Catalyst Job Club is provided to allow you free computer access to apply for jobs online, and prepare resumes and cover letters, with the assistance of an Employment Consultant.**

Job Club is held exclusively at the Woodridge office at Multilink (28 Blackwood Rd) every Monday, Tuesday and Wednesday afternoon from 1:00pm -3:00pm. We have recently purchased some new computers and will be improving printer access for our job seekers. Clients from the Woodridge, Beenleigh and Crestmead Offices are encouraged to attend, but you will need to speak to your Employment Consultant first to reserve a space.

Catalyst will be increasing the number of weekly Job Club sessions in the near future to accommodate the growing demand so look out for more information soon.



**FINANCIAL ASSISTANCE FOR JOB SEEKERS**

**Step Up Loan**

A safe, low interest loan between \$800 and up to \$3000 designed for people on low incomes or Centrelink payments who cannot access bank credit. Step Up Loans can be used for vocational education costs, cars, medical expenses, white goods, household maintenance and repairs, computers, and furniture. Interest is charged at 3.99% (fixed rate) and loans can be repaid over 3 years. For example, a \$3000 loan taken over 3 years will require repayments of around \$89 per month.

**NILS Loan**

The No Interest Loan Scheme can be accessed to purchase furniture (up to \$1200), washers (up to \$800), fridges (up to \$1000) and other household items.

**For more info on either of these loans or additional financial support please contact: Logan East Community Centre on 07 3808 4529 or email [stepup@lecna.org.au](mailto:stepup@lecna.org.au)**

## EDUCATION

### ARTHRITIS IN FOCUS (source Arthritis Australia)

#### What is Arthritis?

Whilst there are about 100 forms of arthritis, the three most significant - osteoarthritis, rheumatoid arthritis and gout - account for more than 95 per cent of cases in Australia. **Nearly one in five Australians has arthritis** and today arthritis impacts directly on more than 3.85 million people, or 18.5% of the population. Arthritis-related problems include pain, stiffness, inflammation and damage to joint cartilage (the tissue that covers the ends of bones, enabling them to move against each other) and surrounding structures. This can result in joint weakness, instability and deformities that can interfere with the most basic daily tasks such as walking, driving a car and preparing food.

#### How does it occur?

Most people think that arthritis is simply a consequence of age, the pain of growing old. But it is not always a natural part of ageing. In fact 2.4 million of all people suffering from the disease are of working age. It can occur when bones and joints have been injured in accidents, overused or it can be a condition that has an auto-immune beginning, eg Rheumatoid Arthritis. Most forms of arthritis are thought to be a reaction of the body against its own joint tissues

#### Can it be cured?

Arthritis is not yet curable. While the condition is usually manageable, it invariably impacts on a patient's quality of life and includes varying degrees of discomfort and pain.

**If it can't be cured, how can it be managed?** Arthritis can be managed in a wide range of ways.

#### 1. Exercise

Exercise is one of the best treatments for arthritis. Research has found that regular exercise is one of the most effective treatments for arthritis. Rest can often make the condition worse.

#### What types of exercise should I do?

Before you start to exercise it is important to ask your doctor and healthcare team to help you develop a suitable program and choose the best activities for you. Everyone's fitness level and limitations will be different so start with activities that suit you. While some people with arthritis will find a five km walk comfortable, others may find walking around the block difficult enough when starting. Generally you will need to do a mix of:

- **flexibility:** Examples include moving the joint as far as it can, muscle stretches and yoga.
- **muscle strengthening:** An example is using weights or dumbbells.
- **fitness:** An example is brisk walking.
- **exercising in water, such as hydrotherapy** (with a physiotherapist), swimming or water exercise classes

#### 2. Weight Management

Does weight affect arthritis? The simple answer is yes. Extra body weight increases the stress on many joints, particularly the knees, hips and lower back. The best diet for arthritis is a healthy, balanced diet. This can help you reach and maintain a healthy weight and reduce your risk of other health problems.

#### 3. Medication

**Appropriate medication** can make Arthritis more manageable. Options include pain relieving medication, anti-inflammatory medication, cortisone medication. All of these options must be discussed with your GP before commencing.

## INSPIRATION

At Catalyst we love to celebrate our job seekers' successes, and we hope that these stories can help to inspire those of you who are still searching for a job:

M' had been unemployed for many months and had experienced multiple health conditions including musculoskeletal pain and diabetes. He had also faced discrimination in the labour market due to his age. Despite these barriers, and with Catalyst's help, he is now enjoying his new job as a **Delivery Driver**. Catalyst was able to assist him with Unpaid Work Experience, end to end job search assistance and access to Job Club in his journey to employment.



Education as a pathway to employment is another positive outcome for our jobseekers – 'P' is a single mum with both physical and psychological health barriers who is now studying a **Certificate III in Childrens' Services** at TAFE. She hopes to complete her training and secure work in childcare in order to build a better life for herself and her family. Catalyst assisted her with referrals for Allied Health treatment and assessments, TAFE fees, transport costs, textbooks and advice on accessing community resources for food and financial help.

D' is a jobseeker of whom we are all immensely proud. He was referred to Catalyst in October 2010 having been diagnosed with a degenerative neuromuscular disorder called Myotonic Dystrophy. Having completed a Masters degree in Environment (Water Resources), he came to Catalyst with a clear vocational goal in mind. He and his Rehabilitation Counsellor worked together to reverse market his qualifications and skill set to suitable organisations. One of the key organisations he had identified acted quickly to secure his services in their Natural Asset Maintenance Planning division and he is now in his second month of employment as **Assistant Natural Asset Maintenance Planner**.



He provided the following Testimonial regarding his experience in working with Catalyst:

*'The amount of effort that Catalyst injected for me was amazing. All of the time I felt like I was their only client with the amount of time and effort they put in... Catalyst was also very helpful in providing me with specifics to assist me with my condition including buying me speech recognition software, providing the funding for the purchase of clothes and shoes for a job interview, providing more funding to assist in purchasing the correct work boots and of course landing me my dream job... The best aspect of Catalyst is how supportive and understanding the staff is there. They go to extraordinary lengths to ensure the best for the people who go there for assistance. The amount of time and effort they put in for their clients is above and beyond anything I've ever experienced. They are like angels and are happy and passionate about their job. I am glad that I am one of their clients there.'*

**If you know of anyone who you feel could benefit from the assistance offered by Catalyst Disability Employment Service, please contact us on (07) 3807 5559 to discuss Direct Registration eligibility.**



### BEENLEIGH

Shop 8a  
20 Main Street  
Beenleigh QLD 4207  
P: (07) 3807 5559  
F: (07) 3807 4009

### OUTREACH LOCATIONS

**WOODRIDGE**  
Multilink Community Services  
38 Blackwood Rd  
Woodridge QLD 4114

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

**CRESTMEAD**  
Logan Metro Sports Centre  
357 Browns Plains Rd  
Browns Plains QLD 4132

