

Training Workshops

Term 4
2024

The City is committed to supporting community members and local community organisations working with or alongside volunteers. To assist you and your organisation with up skilling and development, the City is offering a range of free professional development opportunities. So, if you are a volunteer, a not-for-profit, community group, a sporting club or just simply work with volunteers, you are invited to attend any (or all) of the workshops.

Registrations are taken online through the links provided. For more information on the City's workshops or training for youth or local businesses, please contact the City on 9528 0333 or customer@rockingham.wa.gov.au

Important Information

Workshop dates, times and locations are subject to change.

Please visit the City of Rockingham website for up to date information.

***This flyer is current as of November 2024**

To find out more about workshops offered through the Rockingham Youth Centre and City of Rockingham Libraries, please visit the What's On calendar at rockingham.wa.gov.au

Please use the guide below to assist you in selecting the workshops you wish to attend.

NB: Some workshops are limited to the target group and may not be available for all.

Blue	■	Sporting Clubs
Green	●	Mental Health/Wellbeing
Orange	★	Grants
Red	+	Community and Support
Navy	☾	Seniors
Pink	♥	Parents and Caregivers
Purple	▲	Volunteering and Community Groups



rockingham.wa.gov.au



October 2024

Bring your Energy Bill Days



Rockingham Library,
Dixon Road, Rockingham

Tuesday 15 October
10.30am – 12pm

or

Safety Bay Library, 197 Safety
Bay Road, Safety Bay

Wednesday 16 October
10.30am – 12pm



Bring your Synergy bills for personalised saving tips from Energy Ahead and learn how to be energy efficient in the home. Presented by Energy Ahead.

Developing a Volunteer Management Plan Workshop



Rockingham Library,
Dixon Road, Rockingham

Thursday 16 October
9.30am – 12.30pm

Get started developing your own volunteer plan with Vicki Pollard, the 2023 Volunteering WA Excellence in Volunteer Management Award winner.

Provide your organisation with clear objectives and strategies to support volunteer recruitment and retention.

Together, we will explore:

- Volunteer management systems.
- Identifying volunteer needs.
- How volunteers benefit your organisation.



To register:

Numbers are limited at each workshop so registration is essential. To register, please follow the link provided or contact the City for further details on 9528 0333 or customer@rockingham.wa.gov.au

Club Governance



*Postponed to 2025

Understanding requirements of contemporary Rules of Association may seem scary for some clubs. In this free club development workshop we will define obligations and duties of Management Committee members, apply collective responsibility, principles of good governance and strategies for effective leadership.

To register your interest in being notified when this workshop is rescheduled, please contact the City on 9528 0333 or customer@rockingham.wa.gov.au.

Applied Suicide Intervention Skills Training



Baldivis Indoor Sports Complex
Meeting Room
531 Eighty Road, Baldivis

Monday 28 and Tuesday 29 October
9am – 5pm (both days)

Learn skills anyone can use to have life-saving conversations with anyone you may be concerned is having thoughts of suicide.



To register:



November 2024

Mental Health First Aid

Gary Holland Community Centre
Multipurpose Room
19 Kent Street, Rockingham

**Tuesday 12 and Wednesday 13
November**

9am – 4.30pm (both days)

Aimed at people 18+ who live, work with or provide support to someone who may be experiencing mental health issues.

Learn skills to help in a mental health crisis until treatment is received or the crisis resolves.

Presented by Brain Ambulance
To register:



Financial Obligations and Planning

Singleton Sports and Community Centre
Multipurpose Room
24 Cavender Street, Singleton

Wednesday 13 November

6pm – 9pm

Free club development focused on vital skills to manage club finances. Explore the role of the treasurer, the collective responsibility of financial management, how to understand financial statements and reports and plan for financial stability through diversity of revenue. Relevant to treasurers, fundraising and sponsorship roles.

To register:

<https://shorturl.at/rT53d>



Numbers are limited at each workshop so registration is essential. To register, please follow the link provided or contact the City for further details on 9528 0333 or

customer@rockingham.wa.gov.au

Road Trauma Support Information Session



Gary Holland Community Centre
Multipurpose Room
19 Kent Street, Rockingham

Thursday 14 November 2pm – 3pm

This free session by Road Trauma Support WA covers:

- The impact of road trauma in WA
- An overview of Road Trauma (Support WA and levels of support available).
- How to arrange a third-party referral= for those affected by road trauma.
- Accessing support for yourself and others.



To register:

Getting Well and Staying Well

Rockingham Salvation Army
Corner Willmott Drive and Read Street
Cooloongup

Friday 15 November

10am – 12pm

Explore some of the basics of recovery and how to build yourself up to stay well when facing struggles in the future.

Brain Ambulance presents practical and relatable ideas for anyone wanting to support their ongoing wellbeing regardless of background and experiences.

To register contact:

rockingham@salvationarmy.org.au



Bike Maintenance Workshop

Westerly Community Centre
27 Westerly Way, Cooloongup

Saturday 23 November
2pm – 5pm

Looking to improve your bike maintenance skills?

Why not come along to the FREE bike maintenance workshop presented by RAC and bike experts People on Bicycles.

Learn how to boost your knowledge and confidence in maintaining your bike safely, troubleshooting when dilemmas arise and more. Suitable for all ages.

For further information and to register, contact the City on 9528 0333 or customer@rockingham.wa.gov.au.

Heat Ready Workshops

Choose one of four sessions:

Mary Davies Community Centre Wednesday 20 November 1.30pm – 3pm	Rockingham Library Tuesday 26 November 1.30pm – 3pm
Warnbro Library Wednesday 27 November 10.30am – 12pm	Autumn Centre Thursday 27 November 10.30am – 11.30am

Come and learn about:

- Keeping your home cool whilst reducing household energy use and costs with free audits and coaching.
- Initiatives available for Rockingham residents to be heat prepared.
- The impacts of heat and how to stay safe this summer.

Registrations essential:



December 2024

Youth Mental Health First Aid

Gary Holland Community Centre
Multipurpose Room
19 Kent Street, Rockingham

**Tuesday 10 and Wednesday 11
December**
9am – 4.30pm (both days)

Mental Health First Aid Youth is aimed at people over the age of 18 who live, work with or provide support to young people who may be experiencing mental health issues.

This evidence based two day workshop presented by Brain Ambulance provides participants with skills to help in a mental health crisis until treatment is received or the crisis resolves.

To register:



Numbers are limited at each workshop so registration is essential. To register, please follow the link provided or contact the City for further details on 9528 0333 or customer@rockingham.wa.gov.au

