

## Locations

### Employment and Training

#### Head Office

Suite 13, Level 2, 4-10  
Jamieson Street  
Cheltenham VIC 3192

Ph: 03 9583 7888  
Fax: 03 9583 7444  
TTY: 03 9583 7888

#### Camberwell

1102 Toorak Road  
Camberwell VIC 3124

Ph: 03 9809 1277  
Fax: 03 9809 1577

#### RTO

Suite 14, Level 2, 4-10  
Jamieson Street  
Cheltenham VIC 3192

Ph: 03 9583 7888  
Fax: 03 9583 0155  
TTY: 03 9583 7888

### Future Links

#### Oakleigh

1 & 2, 13 Chester Street  
Oakleigh VIC 3166

Ph: 03 9564 8066  
Fax: 03 9564 8366

#### Frankston

457 Nepean Highway  
Frankston VIC 3199

Ph: 03 9770 1077  
Fax: 03 9770 1177

## Eastwork Client Survey

**WIN**

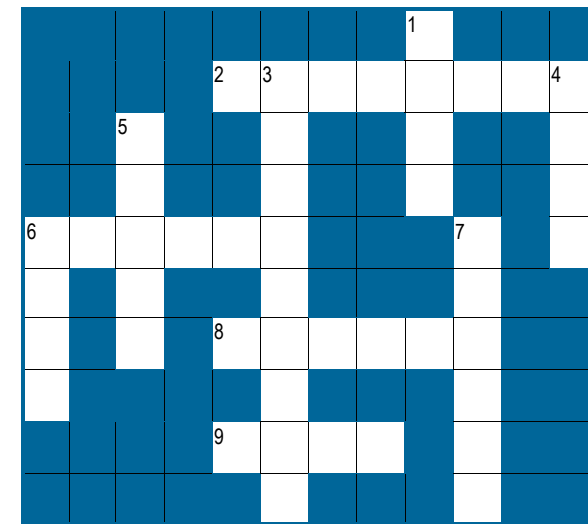
Win **2** exclusive Medallion Club tickets to see your favourite football team play at Etihad Stadium!

Just complete the Client Survey enclosed with your copy of the newsletter and return to Head Office in the stamped self addressed envelope by June 30 and you could go into the draw to win!"

## Eastwork Newsletter June 2009

### Winter 2009

Winter is upon us and memories of that long hot summer are far gone. Did it really get to 48 degrees? It was hot, but those days are over and the greyness of winter is with us. Looking for a job, or keeping that job in winter can be difficult to do, but perseverance pays off and it's worth it in the long run. Keep at it.



#### Across:

- Wear these when it's muddy
- Turn on the h\_\_\_\_, I'm cold!!
- C\_\_\_\_ carry rain.
- R\_\_\_\_ falls from the sky.

#### Down:

- We expect c\_\_\_\_ weather in winter.
- Carry this when it's raining!
- S\_\_\_\_ falls in the mountains.
- Everyone wears c\_\_\_\_ in winter.
- H\_\_\_\_ is frozen rain.
- This is where everyone wants to be!

### IT'S ALL GOOD



Robert Goodrem (L) & Ben Peratinos (R) with Minister for Community Services Lisa Neville

**SALARY:** Ben Peratinos is being paid the award rate—about \$17 an hour—plus additional take-home salary as a result of Lennie (his boss) giving him some additional work.

**HOURS:** Generally eight-hour days with the prospect of picking up additional work that provides extra pay.

**TRAINING:** Peratinos did his training with Eastwork Employment Service, which continues to provide him

with support. Study is part of his on-the-job training.

**PERKS:** Being part of the workforce doing a job that is enjoyable—and having the ability to earn a good salary. “I enjoy the independence of having my own money,” Peratinos says.

**HIGHS:** A great boss and the company of co-workers who are helpful and supportive make life a joy for Peratinos.

**LOWS:** Now it’s all good. . . So much so that Peratinos can’t recall ever taking time off from work.

**MORE ADVICE:** Providers such as Eastwork are able to advise who is eligible for the Transition to Employment program. Further information is available from the Department of Human Services on 9096 7037.

## Registered Training Office

Job club focuses on the 10 steps to employment and the sharing of tips to assist you in your job search activities.

### Job Seeker Training Tip

There is a lot of information available online to assist you in your job search. The government Jobsearch and Job Outlook sites are two important websites to visit regularly. Talk to your Job Club Leader on how you can make these sites work for you.

[www.jobsearch.gov.au](http://www.jobsearch.gov.au) **JobSearch** has a range of features to help you search for a job, including:

- free registration for all Australians seeking work
- access to around 80,000 jobs across all industries and all regions of Australia
- links to specific employment assistance and information for mature age job seekers, single parents, youth, people with disability, carers and job seekers who have been made redundant.

[www.joboutlook.gov.au](http://www.joboutlook.gov.au) **Job Outlook** is a careers and labour market research information site to help you decide on your future career. Using the search options you can find a wealth of information covering around 350 individual occupations. Complete the online **Career Quiz** which will help you identify what types of work you most like doing.

### Youth News

Youth 21 Program is scheduled to commence July 2009. To participate in Youth 21 you need to be aged 16 - 19 years of age on 1st January 2009 with no Year 12 or equivalent qualification. The commitment required is 21 hours a week for 21 weeks; call our office for further information or visit [www.eastwork.com.au](http://www.eastwork.com.au).

Qualifications delivered within the Youth 21 program include:

1. Certificate I in Information Technology ICA10105
2. Certificate II in General Education for Adults 21773VIC

### Training Survey

Our annual Training Survey is due again; please complete the survey sent with this newsletter to assist us in reviewing and planning our training programs to meet your needs.

Debra Pinkerton – RTO Manager



## Registered Training Office

### Training News

Since the last newsletter our training team has been very busy, did you take advantage of these funded training programs?

#### Cheltenham Training Rooms:

Certificate I in Retail  
Certificate IV in Training & Assessment  
Pre-Employment Program  
Driver Permit Course  
Food Safety for Food Handlers  
Responsible Service of Alcohol  
Intro to OH&S in the Workplace

#### Camberwell Training Rooms:

Hospitality Skills  
Certificate I in Hospitality  
Pre-Employment Program  
Driver Permit Course  
Succeeding at Work  
Food Safety for Food Handlers  
Responsible Service of Alcohol  
Intro to OH&S in the Workplace

#### Oakleigh Training Rooms:

Money Minded

#### Offsite:

Hume 1431 Neighbourhood Renewal Program

**Don't miss out on your chance to develop your skills.**

**Register today and achieve results immediately.**

Upcoming programs include:

#### Cheltenham Training Rooms:

Certificate I in Work Preparation  
Certificate I in IT  
Pre-Employment Program  
Food Safety for Food Handlers  
Responsible Service of Alcohol  
Intro to OH&S in the Workplace  
Money Minded

#### Camberwell Training Rooms:

Certificate I in Retail  
Pre-Employment Program  
Computer Pre-Employment Program  
Succeeding at Work  
Food Safety for Food Handlers  
Responsible Service of Alcohol  
Intro to OH&S in the Workplace

Many of our training programs are fully funded or available at a subsidized cost for Eastwork clients; speak to your Employment Consultant today; to enrol contact our office (03) 9583 7888 or visit [www.eastwork.com.au](http://www.eastwork.com.au).

### Job Club News

Job Club is growing every week with job club programs now running at Cheltenham, Camberwell and Frankston.

## Future Links

Further to the article from the Age on the previous page, the Future Links program was requested to meet with the Minister and it's representatives on 2 separate occasions. This was due to the Future Links program being the most successful pre-vocational training program at present in Victoria. This is evident by the transition of Future Links participants into Open Employment with the assistance of Employment Consultants from Eastwork.

Both the Eastern Metropolitan and Southern Metropolitan Regions have elected the Future Links program to gain extra funding from a new Program -Transition to Employment (TTE). This funding will enable an increase support to the Future Links participants to transition into Open Employment ie: gaining specific industry certificates, support, etc.

We would like to welcome the following new staff to our Team which are based at our Oakleigh Office:

Amy Webb—Training Consultant  
Caroline Charlton—Training Consultant

Presently our Frankston office is running at full participant capacity and they are settling into the new office and industry sites.

We are now starting to interview and assess potential clients for 2010 at both offices. Chisholm Frankston and Dandenong students end their program mid-year so we are also assessing/interviewing clients who wish to commence in the start of Term 3 2009. These potential new clients will have the opportunity to commence at either Oakleigh or Frankston office.

## Client Representative

Aria Morris has recently been appointed to the Board of Director's as Eastwork's Client Representative, and her position is to represent service users interests in the management structure of the organization. If you have any comments or suggestions please call Cheltenham Office Monday to Friday during office hours.

**Cheltenham Office**  
**9583 7888**

# Recipe of the Month

## BAKED BEANS

*Just enough for two. Perfect with scones. Use the same size slow cooker and double this recipe when you'd like enough for four.*

### INGREDIENTS:

Dried cannellini beans, rinsed and drained.....1/2 cup ..... 125 mL  
Water  
  
Water ..... 4 cups ..... 1 L  
  
Water ..... 1 cup..... 250 mL  
Chopped onion.....1/2 cup ..... 125 mL  
Treacle.....2 tbsp ..... 30 mL  
Brown sugar, packed.....2 tbsp ..... 30 mL  
Tomato sauce.....2 tbsp ..... 30 mL  
Dry mustard .....1/2 tsp ..... 2 mL  
Onion powder .....1/4 tsp ..... 1 mL  
Smoky barbeque sauce .....1/4 tsp ..... 1 mL  
White vinegar.....1/2 tsp ..... 2 mL  
Salt .....1/4 tsp ..... 1 mL  
Pepper, just a pinch

### METHOD:

Measure beans into medium bowl. Add water until 5 cm (2 inches) above beans. Cover. Let stand overnight. Drain. Rinse beans. Transfer to medium saucepan.

Add 1 L (4 cups) water. Bring to the boil on high. Reduce heat to medium. Cover. Boil for 1 hour until beans are softened. Drain. Transfer to 1.5 L (1 1/2 quart) slow cooker.

Combine remaining 11 ingredients in medium bowl. Add to beans. Stir well. Cover. Cook on Low for 10 to 12 hours or on High for 5 to 6 hours.

### Serves 2

#### 1 serving:

1362 Kilojoules (329) calories	1 mg Cholesterol
1.1 g Total Fat (0.3 g Mono, 0.4 g Poly, 0.2 g Sat)	70 g Carbohydrate
10 g Fibre	13 g Protein
499 mg Sodium	

# Eastwork Client at Work

## Chris Hadjiantoniou, Crossing Supervisor



Chris Hadjiantoniou says he has “the perfect job.” Every morning and every afternoon, Chris can be found at a busy road crossing in High St, Glen Iris, helping school students and other pedestrians cross safely.

Chris works 10 hrs per week. It’s a busy crossing that he supervises. Chris estimates that between 100-200 people use his crossing during each 1-hour shift.

Chris first worked at a crossing in Malvern, and has also worked at crossings in Camberwell South Yarra before settling at his current crossing in Glen Iris. “The main thing is to make sure people get across safely”, says Chris. “It’s also good to keep the lights going too, so that you don’t keep people waiting.”

Chris’ advice to anyone returning to work after a spell out of work is simple. “Just try and start small and work your way up. That builds your confidence.” Chris believes that a job which may seem not to be worth doing can have hidden benefits, and any job is definitely better than no job.

In the end, Chris says one of the biggest benefits of working is feeling valued and that you are making a contribution. “I feel like I’m part of society again,” he says.

Interview by Ian Sutherland

**We make a living by what we get, we make a life by what we give. --  
Winston Churchill**