

Lake Macquarie Youth Development Officer Update



COMMUNITY
ACTIVITIES
LAKE MACQUARIE INC

18TH NOVEMBER 2013

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Nicola Hirschorn (from The Lake Macquarie Alliance) and I had the opportunity recently to meet with our local CPO's from FaCS and discuss the transition of services from the old community builders funding model to the new EIPP Youth & Family Support Program. This meeting gave us an insight into the expectations and direction that FaCS has for this program. Nicola and I are in a position to be able to support the transition process and assist services in the lead up to the renegotiation of program specification at the conclusion of our current funding period.

In essence, the message coming through was to ensure that strong partnerships are built with services that support young people in staying out of Out of Home Care; to develop staff through use of transitions funds to upskill and train workers; develop and run programs that support parents, or partner with an organisation to deliver these programs; and to ensure all staff are fully aware of their program specifications and the processes they are utilizing to ensure young people are kept out of Out of Home Care.

To help facilitate this Nicola and I, with the help of Family & Community Services, are developing a set of evaluative questions that will be released shortly in an effort to better understand where your service is at in the transition process. This will assist in future planning via an EIPP Youth & Family Service planning day to be held in December. Further information will be provided in the near future.

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Services, Programs & Events

Water Skiing & Wakeboarding Come and Try Day

The Australian Waterski and Wakeboard Federation sanction this event and provide insurance cover. Skiers will be required to 'sign up' on the day and the AWWF will require a nominal fee per participant which we will cover.

The location will be Shingle Splitters Point, Queens Rd, Balcolyn

On the day, wet suits and life jackets are provided, so bathers, towels, sunscreen and food (there's no shops within walking distance) is all that's really required. There's plenty of room to move in the park for ball games between turns and there's Council maintained toilets on site.

Date: Sunday 12th January, 2014.

Time: 9am until 4pm on

White Ribbon Day Breakfast

Date: 25th November

Time: 7am to 8:45am

Venue: Newcastle Panthers, Cnr King & Union St Newcastle West

Cost: \$35 payable at the club or via phone 49266200

Enquiries: Jon Chin, 0414496155

AGM – Hunter Homeless Connect Inc

Date: 21 November 2013

Time: 4pm

Venue: Croatian Sports Club, Albert Street Wickham

NSW Youth Health Policy Showcase

It is with excitement that we to invite you to register for the **Youth Health Policy Showcase** to be held on 28 November in Sydney. **Please register ASAP because places are limited.** Please forward this invitation to your interested colleagues. Please also advertise this opportunity to the young people you work with.

Date: Thursday 28 November 2013

Time: 9:00 am – 4:00 pm (9:30 start, lunch will be provided)

Venue: The Portside Centre, Level 5, Symantec House, 207 Kent Street, Sydney. **Cost:** Free

FREE workshops for senior students (years 10, 11, 12) their parents/guardians & teachers

The workshops are part of the Department of Education & Training's "Senior Success" program, developed by Dr Katherine McCrohon. Both workshops will be presented by Dr Kate, an engaging Stage 6 (Year 11 & 12) teacher with 20 years+ teaching experience. A light supper and drinks will be provided on the night.

Date: Monday 25th November

Time: 7:30pm - 9pm (doors open 7pm)

Venue: The Place: Charlestown Community Centre (Charlestown Square) Cnr Frederick & Pearson Streets

COST: FREE

RSVP: RSVP preferred, please phone 4032 5500 or Email: study@theplacecharlestown.org.au

Professional Development

Linking Up for Kids Conference 2014

This unique conference aims to showcase innovations, models, programs and activities that enhance the health and wellbeing of children and youth through forging partnerships between health and education service providers.

Date: 14 - 15 April 2014

Venue: The Menzies Hotel, Sydney

Cost: Early Bird Member \$690, Non Member \$790 (Closes 02/03/2014)

Contact: Email: nikki.abercrombie@aracy.org.au Phone: 0418 283 397

FamS Innovative Practice Forum

Prevention is better than cure – guest speakers, networking and interactive discussions around Early Intervention and best practice.

Date: 20th November 2013

Time: 9.30am - 1.00pm

Where: Y Hotel, 5-11 Wentworth Ave, Sydney

Cost: \$30.00 (includes GST)

Youth Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental illness or who is in a mental health crisis. The youth course looks specifically at young people and the unique challenges they face. It offers practical ideas for support and covers topics including: Depression and Anxiety; Suicide and Self-harm; Body Image and Eating Disorders; Current Thinking on Medication Use; Substance Use and Abuse; Accessing Help for the Young Person; Online Resources

Date: November 21st and 22nd.

Enquiries: www.thishealthylife.com.au

LivingWorks APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

2-day workshop: learn to recognise when someone maybe at risk of suicide, respond in ways that help increase immediate safety, and link to help. Subsidised workshop: Cameron Park 28-29 November www.livingworks.com.au

ACCIDENTAL COUNSELLOR

1-day workshop: great set of toolbox skills for those moments when you least expect to be called upon in a counselling or caring capacity. Suitable for in-house training by arrangement. Next workshops 22 November

www.lifeline.com.au

INTERVENTION SKILLS TRAINING (ASIST)

2-day workshop: learn to recognise when someone maybe at risk of suicide, respond in ways that help increase immediate safety, and link to help. 5-6 December www.lifeline.com.au

Client Files and Good Record Keeping

29 November, 2-2:30pm

Register online at: <http://www.asklois.org.au/>

Children's Views in Family Law

4 December, 10-10:30am

Register online at: <http://www.asklois.org.au/>

Funding / Scholarships / Competitions

Aboriginal Cultural Awareness Arts Grant - RYDON

The Regional Youth Development Officers Network are proud to release the 2014 Aboriginal Cultural Awareness Arts Grant. This Grant will provide young people with the opportunity to discover and create Aboriginal Art whilst learning about Indigenous history and culture. The 2014 Aboriginal Cultural Awareness Arts Grant has been increased to \$1000 for a single recipient to conduct programming between 6th December 2013 and 30th May 2014. For more information about the 2014 Aboriginal Cultural Awareness Arts Grant contact your local Youth Development Officer.

The 2014 Aboriginal Cultural Awareness Arts Grant closes on Friday **22nd November 2013**.

Medibank Community Fund Community Grants

The Medibank Community Fund Community Grants program operates in each Australian State and across New Zealand. It supports grassroots community programs that perform important roles in their local regions to encourage better health and wellbeing.

Our community grants program is about helping local people help each other.

It supports grassroots community programs that perform important roles in their local regions to encourage better health and wellbeing.

Community organisations can apply for grants up to the value of \$100,000.

All funded projects address one or more of the selection criteria:

- encouraging healthy eating
- encouraging physical activity
- fostering greater community connectedness

Applications are now being accepted for the 2014 round of grants.

Organisations wishing to apply should read the Community Grants Application Kit and complete the online Application Form at <https://www.surveymonkey.com/s/Q67TWTD>

Applications will be accepted until **12.00 midday AEDST (Australian Eastern Daylight Savings Time) Friday 6th December 2013** and 2014 grant recipients will be announced on 1st May 2014.

In 2013 a total of 51 projects received funding through our Community Grants program.

Legal Matters

Ripped off - Your rights about unpaid wages and entitlements at work

This is a new booklet about unpaid wages and entitlements by Legal Aid NSW. Go to:

<http://lacextra.legalaid.nsw.gov.au/PublicationsResourcesService/PublicationImprints/Files/531.pdf>

A parent's toolkit – school issues for students with disabilities

The guide was created by Sonia Powazuk at Disability Advocacy NSW in response to the systemic issues – support funding, discipline, bullying and discrimination at schools.

<http://da.org.au/advocacy/systemic-advocacy/>

Under the Law

Fairfield City Council produced in partnership with community organisations an educational DVD about the Australian legal System. It focuses on crime reporting, domestic violence, traffic offences and alcohol/drug offences.

<http://www.fairfieldcity.nsw.gov.au/default.asp?iDocId=10431&iSubCatID=3337&iNavCatID=3323>

Family Harmony Kit

The Shoalcoast Community Centre Has created a resource for family Violence. Go to the following website for more information and contact person:

http://www.naclc.org.au/resource_details.php?resource_id=425

Good governance principles and guidance for Not-for-Profit Organisations

The objective of the guide is to share key principles for boards in the not-for-profit sector. Go to:

<http://www.companydirectors.com.au/~media/B42BD5B5CA1445F582BB96ADAC752325.ashx>

Are you eligible for Disability Support Pension?

A video which explains the eligibility criteria for a disability pension.

http://www.youtube.com/watch?v=lGmw8-nR4OI&list=PL3zxsbzVCpwx5u9tpklj_u9vf_5_VT&index=1

Commonwealth Home Support Program (HSP) Design

A paper about the development and design of the Commonwealth Home Support Program. Go to:

<http://www.naca.asn.au/Publications/CHSP%20Design%20Paper.pdf>

Hunter CLSD meeting

The next Hunter CLSD meeting will take place at Sparke Helmore, Level 7, 28 Honeysuckle Drive, Newcastle on 5 December 2013 from 12noon to 2pm. RSVP by 27 November 2013.

Phase in schedule for existing workers – Working with children check

This fact sheet shows the schedule for the new working with children check between now and 2017 for existing workers who work with children.

<http://www.kids.nsw.gov.au/Working-with-children/New-Working-with-Children-Check>

Mandatory reporting of child abuse and neglect

This second CFCA fact sheet examines legal provisions "requiring specified people to report suspected abuse and neglect to child protection services in Australia".

Information, Research & Resources

DQ – Advance your disability quotient online

DQ offers online learning courses and resources to people who are passionate about making a difference in the disability sector.

<https://dq.org.au/orionclient/>

New Legal Aid Brochures: The 'Kids in Care'

A new resources about the child protection system. The brochures are available online for download or order a hardcopy.

<http://www.legalaid.nsw.gov.au/publications/factsheets-and-resources>

(and go to Family, Relationships and Children – then 'Kids in Care' booklets).

MoneySmart Rookie

MoneySmart Rookie aims to help 16 – 25 year olds make smart financial decisions and equip workers supporting young people with relevant and engaging resources. These resources include educational videos, interactive web-site resources, community education guides and teacher lesson plans. The Australian Securities and Investments Commission have recently released a package of materials on financial literacy for young people, entitled "MoneySmart Rookie". Our new resource pages for "MoneySmart Rookie - financial literacy for young people" are located at <https://www.moneysmart.gov.au/life-events-and-you/under-25s> We have a wide range of educator resources <http://teaching.moneysmart.gov.au/resource-centre/moneysmart-rookie-for-educators>

Webinar invitation Replicating an evidence-based peer-led parenting program in Australia

Tuesday, 10 December 2013, 12.00-2.00pm AEDT

High quality parenting programs are a proven way of intervening early to optimise children's chances in life, and Empowering Parents Empowering Communities (EPEC) delivers a carefully structured program in an effective way. Based on the idea parents talk to other parents as a first choice when seeking information, and communication is more credible when presented by 'someone like me', EPEC is a community-based program training local parents to run parenting groups. Developed and evaluated by the UK Centre for Parent and Child Support, EPEC encompasses the best of current theoretical and practical knowledge. This program is now being provided across Tasmania and will soon be provided in other parts of Australia.

This webinar presented by [ARACY's Early Years Chapter](#), will provide an overview of this program, including the experiences of replicating a successful model from inner urban London to urban and rural Tasmanian communities.

<http://www.aracy.org.au/networks/early-years-chapter>

Girls Gone Wild

According to NSW Bureau of Crime Statistics data, the number of juvenile female offenders soared by 36 per cent in the decade to June 2009, compared to an 8 per cent increase for juvenile males.

<http://www.smh.com.au/national/girls-gone-wild-20130701-2p60y.html>

Depression Alters Young Brains

Using functional magnetic resonance imaging, researchers have found brain changes in preschool-age children with depression that are not apparent in their non-depressed peers.

http://well.blogs.nytimes.com/2013/07/10/depression-alters-young-brains/?_r=0

Psychology of food, eating, weight and body image

International research is clear that for many of the wealthier countries around the world, the number of people at a higher weight has reached, or at the very least is close to reaching, the highest level it has ever been. While the current research is showing somewhat of a levelling off of this rising trend of the past few decades, this change has still happened very quickly.

<http://www.generationnext.com.au/2013/07/psychology-of-food-eating-weight-and-body-image/>

The Computer Game That Helps Therapists Chat to Adolescents With Mental Health Problems

Adolescents with mental health problems are particularly hard for therapists to engage. But a new computer game is providing a healthy conduit for effective communication between them.

<http://www.generationnext.com.au/2013/08/the-computer-game-that-helps-therapists-chat-to-adolescents-with-mental-health-problems/>

How parents see themselves may affect their child's brain and stress level

A mother's perceived social status predicts her child's brain development & stress indicators, finds a study at Boston Children's Hospital. Whilst previous studies from the 1950s have linked objective socioeconomic factors to child health, achievement & brain function, the new study is the first to link brain function to maternal self-perception.

<http://www.generationnext.com.au/2013/08/how-parents-see-themselves-may-affect-their-childs-brain-and-stress-level/>

Easing troubled minds - Pat McGorry

Mental ill-health often begins in the young, and so the effects can be profound, restricting people at the very time they are exploring their potential and entering some of their most productive years.

<http://www.generationnext.com.au/2013/08/easing-troubled-minds-pat-mcgorry/>

How to be a wellbeing teacher without teaching wellbeing

I've had too many conversations with teachers who believe that the whole, "Pastoral care, touchy feely, emotional, welfare, wellbeing stuff" isn't what they signed up for when they decided to become a teacher.

<http://www.generationnext.com.au/2013/09/wellbeing-teacher-without-teaching-wellbeing/>

5 tips to help young people quit smoking

Many teenagers want to quit smoking and make serious attempts to do so each year. However, most are addicted to nicotine and have little knowledge about the quitting process.

<http://www.generationnext.com.au/2013/09/5-tips-help-young-people-quit-smoking/>

Alcohol breaks brain connections needed to process social cues

Alcohol intoxication reduces communication between two areas of the brain that work together to properly interpret and respond to social signals, according to researchers at University of Illinois, Chicago College of Medicine.

<http://www.generationnext.com.au/2013/09/alcohol-breaks-brain-connections-needed-process-social-cues/>

Paternal influence crucial to the success of children

Children with involved fathers have better social skills, more successful relationships, stronger self esteem, more self-control and higher grades than those who do not. They are also less likely to be overweight, suspended from school or bully, take drugs, engage in risky sexual behaviour or crime.

<http://www.generationnext.com.au/2013/09/paternal-influence-crucial-success-children/>

In Focus

Eastlakes Youth Centre

Eastlakes YC supports young people aged 12 to 18 years.

Swansea Youth Centre, Pacific Hwy
Mondays 3pm-5pm 49721111

Windale Community Hall

Tuesday 2:00pm - 5pm 40267573

The Place, Charlestown Square

Thursday 6:30pm - 9pm 49721111

A free drop-in style youth centre. Young people aged 12 years to 18 years are invited to attend.

- Free music
- Free food
- Free pool tables
- Free table tennis
- Free foosball
- Lounge areas
- Games and special events

A youth worker is in Swansea, Belmont, Hunter Sports, Whitebridge and Warners Bay High Schools 1 day a week doing casework with selected students.

Walk on the positive side program is a 13 week program that runs for 2 hours each week. Young people develop knowledge and a greater understanding of how to build and maintain healthy relationships both personal and within the community. Aimed at young people aged 12 to 18 years.

Please forward your current programming, services and timetable for addition to the In Focus section of the YDO Update!

Programs operate in Warners Bay, Windale, Belmont and Swansea.

Enrolments are now open for February 2014 programs. Contact Jenny for Referral forms.

For further information please call Jenny Pilgrim 4972 1111

Southlakes Youth Centre

Fishery Point Rd, Bonnells Bay
49735125

Provides general counseling, social and recreational activities, information, education, leadership development, mentoring, peer support activities and group work, referral and advocacy for 12 – 18 year olds who live in the Southlakes area. Regular activities include a youth group, drop-in centre, school holiday outings, a young mum's group, parenting classes and school based programmes at Morisset High.

Northlakes Youth Project

Cnr Main & Minmi Rd, Edgeworth
49588648

Gardening Program Thursday mornings

Youth Group Tuesdays 3:30pm-6pm

The Place: Charlestown Community Centre

Young Parents Support Group
A fun group for young parents (26 years old and under) to meet, socialise & share information.
1pm - 3pm on Friday afternoons.

Eastlakes Youth Centre
Chill out at The Place on Thursday nights with Eastlakes Youth Centre. Entry is free, and there's free pool, table tennis, games, food & music.
6.30pm - 9pm Thursday nights.

House
Live music, crazy challenges, stacks of people and heaps of energy.
Hosted by God's House, from 6.45pm on Friday nights during school terms.

Toronto West Youth Group

Keith Barry Oval, Toronto West
0409154392

Monday/Wednesday 2pm - 7pm

Social and recreational activities, support and information for 12-25 years

Multicultural Neighbourhood Centre

Homework Centre: For primary and high school students with multicultural background parents, Every Tuesday and Wednesday during school term, starting 15th October from 3:30pm -5:30pm