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Charity Event Success

\$38,000 in funds raised



Santa & his mischievous elves

Mischievous elves, Christmas music and mystery Christmas gifts set the scene for a successful 2007 Youth Solutions Charity Event. This year's event raised \$38,000 to support the projects of Youth Solutions.

The event was again held at the Campbelltown RSL Club with entertainment by Heroes from Heaven.

The Corporate Event Partners who both donated \$10,000 have once again displayed their public support of the Service.

"I would like to acknowledge the AMP Foundation through Macarthur Wealth Management along with The Rotary Club of Narellan for their invaluable contributions. We look forward to continuing our work with these community minded organisations.

Thanks also to each of our Corporate Event Sponsors, Donors, our MC Craig Griffin, the Fundraising Committee members Sharon Moyle, Nicole Ellis, Leanne Agius and all those who volunteered their time to make the night the success that it was", said Acting CEO Debbie Roberts.

See Newsletter Insert for the full list of 2007 Charity Event Supporters

Sincere appreciation is also extended to those businesses and individuals who donated prizes for the silent auction and mystery gifts.

Special thanks to the evenings Corporate Sponsors; C91.3FM, The Macarthur Chronicle, Barrie Grimes Finance & Insurance, Profit Advantage Group, Macarthur Financial Planning, MTM Group, The Protectors Insurance Brokers, Southern Cross Truck Rentals, Campbelltown Chamber of Commerce, McDonalds Macarthur, Tri City Trucks, Chris Agius Standards & Conformance, Strands of Colour, Simply Divine Beauty and Macarthur Wealth Management.



foundation



The Rotary Club of Narellan



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Consulting with our Community

Welcome to the September edition of *Solutions!*

The year has certainly been a busy one with new and exciting initiatives continuing over the coming months.

Our annual Charity Event was a success again this year, raising \$38,000 in much needed funds for the Service. I'd like to acknowledge the contribution of Corporate Event Partners: AMP Foundation through Macarthur Wealth Management along with The Rotary Club of Narellan as they have supported us again with their kind contributions of \$10,000.

This event's success can also be attributed to our Event Sponsors and Donators as well as all those who attended on the evening.

We've gathered a lot of information about how we can move forward with our fundraising efforts and we will continue to work closely with our event partners and sponsors so that they can continue to support the work that we do.

Work is nearing completion on the *Inspiring Youth Solutions* resource, a complete and interactive guide to running a Youth Drug Forum. Training has now been scheduled in the Wollongong, Macarthur and Wingecarribee regions. Places will be limited, don't miss out – book now!

The Service is consciously moving towards greater consultation with our community about the issues that concern them regarding young people and drug and alcohol use. From this month through to November the Service will be asking parents and young people across Macarthur and Wingecarribee to fill in surveys. I'd encourage you to log onto our website www.youthsolutions.com.au to have your say.

To find out about what else is happening – please enjoy this edition of *Solutions*.

Debbie Roberts
Acting Chief Executive Officer

Inspiring Youth Solutions

CD Rom Resource

Do you work with young people? Are you interested in inspiring them to create safer choices for themselves and others when it comes to drug and alcohol issues?

Inspiring Youth Solutions is a complete resource that will guide communities through the process of holding a Youth

Drug Forum using an award winning peer led model developed by Youth Solutions.

Free training is being held in Wollongong, Wingecarribee and Macarthur, on how to use the resource. Bookings are essential – so register now!



Are you looking for an innovative way to engage young people on drug and alcohol issues? Could you use a resource that provides everything you need to initiate peer led community action?

Come along to a **free Inspiring Youth Solutions** training session and receive your own copy of an exciting new resource!



Wollongong Monday 22 October 2007
10am—1.30pm @ Lake Illawarra PCYC
Wingecarribee Tuesday 23 October 2007
10am—1.30pm @ Robertson CTC
Macarthur Thursday 25 October 2007
4pm—7.30pm @ Youth Solutions



Bookings essential contact Youth Solutions
before Monday 15 October 2007
p 4628 2319 e info@youthsolutions.com.au



Student Perspective

Hi I'm Tina Knopek and I am a Business Administration Certificate IV Student at Campbelltown College.

Macarthur Promotions – a simulated office practice firm dealing in event promotions was asked to organise the 'Volunteer Thank You Afternoon Tea'.

Eight students were brought together to organise different aspects of the function. These included: invitations, catering, honor scroll, database and certificates.

I got the database. I used the work practice as a module towards my certificate.

To Debbie, Sue and Rebecca thank you for your trust in us to be able to show you what we can do.



Helpful Phone No.s

Drug & Alcohol Treatment Access Line
Sydney South West Area Health Service
9616 8586

ADIS (Alcohol Drug Info Service)
24 hour free service
1800 422 599

For Emergencies
000

After Hours Counselling
Lifeline 13 11 14

Helpful Websites

State Health Information
www.health.nsw.gov.au

Comprehensive drug information site
www.druginfo.adf.org.au

Provides accessible counseling
service to all Australian children
www.kidshelp.com.au

Web based service that inspires
young people to help themselves
through tough times.
www.reachout.com.au

Drugs in Focus: Caffeine

For many people in Australia, caffeine consumption is a normal part of everyday life. Young people and adults alike, consume caffeine through eating chocolate and drinking cola and energy drinks.

Caffeine happens to be the most popular and widely used drug in the world. Caffeine is a substance found in the leaves, seeds or fruit of a number of plants which include: coffee, tea, kola nut, cacao pod and guarana paste.

The effects of caffeine differ from person to person, depending on their age, body size and general health. Moderate consumption (for example, up to four cups of coffee a day) of caffeine for adults is unlikely to cause any long term damage. However, heavier use of caffeine can have some serious side effects.

If you or someone you know are experiencing problems or would like advice on your caffeine intake, consult your GP or other health professional.

Adapted from the following source:
Drug Info Clearing House
<http://www.druginfo.adf.org.au/article.asp?ContentID=caffeine>



Drink, product size & caffeine content

Tea	150ml	30–100mg
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Cocoa	150ml	30–60mg
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Coffee

Instant	150ml	60–100mg
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Drip/Percolated	150ml	100–150mg
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Espresso	150ml	90mg
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Decaffeinated	150ml	2–4mg
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Cola soft drink	250ml	35mg
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Diet cola soft drink	250ml	35mg
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Chocolate milk	250ml	2–7mg
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Energy drink	250ml	80mg
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Milk chocolate	55g	3–20mg
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Dark chocolate	55g	40–50mg
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To find out what your caffeine intake per day is check out the interactive online quiz on the Choice Website www.choice.com.au click on **food** and then **caffeine quiz** under the **interactive tab**.

To find out more about caffeine or to download a Caffeine Fact Sheet log onto www.druginfo.adf.org.au

Thank You

Treasurer Wayne Quick



A sincere thank you and fond farewell is extended by the entire Youth Solutions team; Board and Staff to our outgoing Treasurer Wayne Quick.

Wayne joined the Youth Solutions Board in June 2004. As a Chartered Accountant, Wayne has given invaluable advice and expertise to the position of Treasurer. He worked closely with CEO Linda Goldspink-Lord in streamlining financial processes through the Services' successful application for accreditation.

We wish Wayne and his family happiness in their new home.

youthsolutions.com.au

Parent Project

Camden and Wollondilly

Funded by the Commonwealth Government through their Community Partnerships Initiative, the Strengthening Parents Project will run a campaign in early 2008 for parents in the **Camden** and **Wollondilly** regions. This month will see the first Advisory Group meeting which will guide key steps of the project.

"We are excited to be working with a diverse group of people who will advise the process including parents, Local Government representatives, Mission Australia, Camden Community Connections, Burnside among others", said Project Coordinator Geraldine Dean.

Surveys conducted with parents and young people in the two local government areas will ensure that the campaign addresses the current concerns regarding young people and alcohol and other drug use.

The creative process and educational components of the campaign will get parents involved in creating a campaign for other parents.

Research Project

Parents and Young People

How knowledgeable do you think you are regarding alcohol consumption issues amongst teenagers? How comfortable are you with discussing drug use issues with your children/parents?

Over the course of the next few months Youth Solutions will seek to gather responses from 300 parents and 300 young people. So if you are a parent or young person living or working in Macarthur or Wingecarribee, then Youth Solutions would love to hear from you.

Please log onto www.youthsolutions.com.au to complete our online survey. If you'd like us to mail you a copy just give us a call on 4628 2319. Alternatively, come and visit our information stall from 10 am – 2 pm in Kellicar Lane at Macarthur Square on Saturday 13 October and fill in a survey. Results will be published in an upcoming edition of *Solutions*.



The Foundation for Young Australians has granted funding to Youth Solutions to run Youth Leadership Training as part of their On Track initiative. Training will be open to young people in the Macarthur region and will take place in April 2008. Watch this space for information about the registration process – early 2008.

Youth Solutions along with Morpheus Academy of Hair and Beauty have been overwhelmed by the response from young women to be involved in the upcoming **Safe & Pretty** Project. A tedious task awaits, to select the applicants (all of whom are deserving).

Board Acknowledgement

- Geoff Ellis – President
- Tim Clancy – Vice President
- Peter Campbell– Treasurer
- Helen Clancy
- Deborah Gander
- Gordon Hay
- Peta Hudson
- David Michell
- Tony Ross

Youth Solutions Team

- Linda Goldspink-Lord
CEO
- Debbie Roberts
Manager
- Rebecca Whitford
Senior Project Officer
- Geraldine Dean
Communications Project Officer
- Sue Willoughby
Administration Officer
- Marcia Pain
Finance Assistant

Strategic Direction

Our Mission

Supporting young people to make safer life choices to achieve their full potential

Our Vision

Creating solutions with young people, families and the community to promote positive life outcomes by preventing harmful drug use



This is a Quality Improvement Council Accredited Service



Diary Dates

Inspiring Youth Solutions Training

Monday 22 October 2007
Wollongong @ Lake Illawarra PCYC
Tuesday 23 October 2007
Wingecarribee @ Robertson CTC
Thursday 25 October 2007
Macarthur @ Youth Solutions

Youth Solutions Annual General Meeting

Thursday 22 November 5.30 pm
@ Youth Solutions
RSVP by phoning 4628 2319

Annual Charity Golf Day December 2007

Contact Youth Solutions for further info

Youth Solutions Association

Become a Member

If you receive and read this newsletter – chances are you are interested in the work of Youth Solutions. If that's the case then you are the perfect candidate to become an official member of our Association.

That's right if you haven't guessed it . . . the team at Youth Solutions is on a Membership Drive. Our goal in increasing membership to our Association is simple – more people on board means more people supporting the young people in our community to create safer choices for themselves and their friends when it comes to issues around drug and alcohol use.

It is so easy. If you get this newsletter by email there should have been an application form attached to it and a printed copy if you get it by post. Please take the time, fill it in and return it to us. Working together.

Annual General Meeting

You're Invited

You are invited to attend this year's Annual General Meeting which will be held at Youth Solutions on Thursday 22 November from 5.30 pm. The AGM provides the perfect opportunity to learn more about what our Service does as well as projects that are planned for 2008. So come and enjoy a light supper and meet the community volunteers who make up the Youth Solutions Board.

Calling all Golfing Enthusiasts

The Protectors Insurance Brokers Charity Golf Day

Calling on all our golfing enthusiasts! The Protectors Insurance Brokers is on the look out for Golfing Teams to be involved in their upcoming Charity Golf Day – with all funds being donated to Youth Solutions.

The Golf Day which will be held in early December will be a great opportunity to network on the greens or enjoy a day out with your colleagues. For more information or to register your interest phone David Michell on 9601 0105 or phone Youth Solutions on 4628 2319.

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