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Narellan Youth Leadership Training

Register Now

Are you, or do you know someone who is 14-18 years, lives in the Narellan area and wants to make a difference in their community?

Youth Solutions is running **FREE** youth leadership training for young people 14 – 18 years who **live** in the Narellan area.

The 2 day workshop will be run on **Tuesday 17 and Wednesday 18 April**, which is during National Youth Week and the school holidays.

This is an awesome opportunity for the young people involved to increase their skills to be able to confidently make a difference in their own community.

Over the course of the 2 days, not only will participants receive some great information, they will also receive structured support to be able to address the issues in their community that are important to them.

The workshop will include activities such as:

- Working in a group
- Looking at what makes a great leader
- Developing Leadership Skills
- Looking at what currently exists in terms of leadership opportunities in the Narellan area
- What Civic Activism means

As well as so much more!

Project Coordinator and Manager of Youth Solutions, Debbie Roberts is excited about supporting young people through a process which aims to

strengthen their leadership skills and give them a voice in their community

“Youth Solutions is thrilled to be able to provide this training, as we enjoy working with young people in developing their leadership skills and then use them to identify and address issues that effect them, in their community;”, stated Manager & Project Coordinator, Debbie Roberts.

This project is supported by the Rotary Club of Narellan as it is aiming to charter their first community based Interact Club following this training. Interact is Rotary International's service club for young people aged 14-18 years

Places are limited, so register now by contacting Debbie Roberts 4628 2319 or debbie@youthsolutions.com.au

Also call if you are interested in being a member of the Rotary Club of Narellan's Interact Club



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youthsolutions.com.au

Youth Solutions – What can we do for you?

- Answer your questions and provide information about alcohol and other drugs
- Find someone who can help you if we can't
- Help you take action on drug related issues in your community
- Refer you to treatment and counselling services
- Provide training
- Resource development



Alcohol – still our biggest concern

Welcome to the first edition of Solutions for 2007!

We hope that everyone had a safe and enjoyable festive season and are now enjoying a productive 2007.

2007 poses many challenges for Youth Solutions.

One of our greatest challenges continues to be managing the growth of the service and ensuring adequate resources for service delivery.

I was pleased to participate in a forum recently that was researching sustainability, Governance and funding of NGO's in the AOD sector.

The issue of sustainability for Non Government organisations is one of

increasing importance. It is important for the community and the Government to value the uniqueness of these organisations and to ensure they remain embedded in the community.

We look forward to working even more closely with our business community to assist us with the task of raising much needed funds.

Another challenge we face relates to the recent coverage of the use of methamphetamines among young people.

While we acknowledge that there are some young people using these drugs and experiencing significant harm, and that we need to remain aware and informed of this issue, we also need to remain focused on the fact that alcohol

is the drug that is causing the greatest amount of harm among young people.

Strategies supported by the Government should also focus on alcohol and begin to challenge the Australian way that ensures alcohol is a part of every celebration.

We are about to undergo strategic planning for the service for the next 12 months. One of the tasks involves reviewing the newsletter and ensuring that is providing a valuable resource to our stakeholders. We would greatly appreciate any feedback.

Enjoy the rest of Solutions!

Linda Goldspink-Lord
Chief Executive Officer

Harvest Food & Wine Festival

Stall Promoting Safe Levels of Alcohol Consumption

Youth Solutions was recently involved in the successful Harvest Food and Wine Festival, by holding a stall. This was a new event for the Macarthur region, held at the Mount Annan Botanic Gardens.

Restaurants, wine growers/suppliers and food producers from the local area joined together to show off their produce to the community.

The interactive Youth Solutions stall included giveaways as well as a Standard Drink Quiz. Over 200 people participated in the quiz. Results from the day will be published in the next edition of *Solutions*.

Our involvement in this event was supported by a number of volunteers who happily distributed information, balloons as well as asking people to participate in our Quiz. A huge big thank you to the Youth Solutions Volunteers who made our participation in this day possible.



Staff and Volunteers at the Youth Solutions Stall, Andrew, Blake, Lauren and Sharon Moyle, Administration Officer Sue Willoughby and Tanja Richardson



President Geoff Ellis with Youth Solutions Volunteers, Liz Moore, Gill Shilling, Maria Jansen, Blair and Nicole Ellis and Senior Project Officer Rebecca Whitford

Training

Aboriginal Group Leader Training Workshop

Youth Solutions recently held a one day Aboriginal Group Leader Training Workshop. The workshop included activities to increase participant's skills in the area of peer leadership.

The workshop was enjoyed by all with participants benefiting from increased confidence in facilitation techniques and peer leadership.

Following from this training, The Department of Arts, Sport and Recreation are planning an Aboriginal Youth Leadership Camp that will benefit Aboriginal Young People in the Campbelltown Area who are currently enrolled in Years 9-12. The newly skilled Group Leaders will be able to run activities at this Camp. Activities will encourage team building, role play, goal setting, conflict resolution and leadership skills. Also included will be cultural awareness and Traditional Indigenous games training.

The dates for the camp are from Friday 27- Sunday 29 April 2007 at our Sport and Recreation Centre, Berry NSW.

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

Information about Cannabis,
young people and local services
www.dope-efxu.com.au

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

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

Learn why tobacco is a international
public health priority
www.who.int/tobacco/en

Do you want to Quit Smoking?

The Southern Highlands Division and Macarthur Division have joined forces with Professor Nick Zwar and Professor Robyn Richmond (University of NSW) to continue their work in supporting GPs and Practice Nurses to assist patients to quit smoking.

Practice Nurses will provide 4 weekly quit counselling sessions for patients. Patients will receive 8 weeks supply of nicotine replacement therapy at no cost as well as other resources.

Patients will receive support and encouragement to successfully quit smoking.

Participating practices in Macarthur include: Raby Family Practice, Bradbury Medical Centre, Macarthur Medical Centre, Macarthur General Practice, Complete Medical Centre, Tharawal Aboriginal Medical Centre, Macquarie Cottage Practice, Camden Central Family Practice, Dr Matthews' and Harrington Park Medical Practice

Speak to your GP at any of these practices to find out more.

World No Tobacco Day

International event, World No Tobacco Day is held each year on 31 May. Coordinated by the *World Health Organization*, the day puts a focus on the issues surrounding tobacco use.

The world wide statistics relating to tobacco deaths are alarming, Tobacco being the second major cause of death and currently responsible for the death of one in ten adults worldwide¹.

The impact that smoking has on our own lives can be devastating, it can not only affect our own health but the health of our family and friends.

"If you can use World No Tobacco Day as a prompt to get you motivated to quit, then take advantage of it" stated CEO Linda Goldspink-Lord.

Call the Quitline number -
13 7848 (13 QUIT)

as it is a 24 hour telephone service that can give you advice and counselling if you are finding quitting difficult.

¹Source: <http://www.who.int/tobacco/en>
See next edition of *Solutions* for information about current smoking restrictions in New South Wales

Cricket Match Saturday 21 April

Globalive Pty Ltd is coordinating a Charity Cricket Match to be held at the Mittagong RSL Club from 7pm on Saturday 21 April 2007, with donations to Youth Solutions

As part of the fun on the evening an auction of sporting memorabilia will take place from 9pm.

Tickets to the event are \$50 per person which will include a 2 course meal with tea and coffee.

Around \$20 from the sale of each ticket will be donated to Youth Solutions, so the more tickets sold the better!

To purchase your tickets contact **Sam Kibbey** on 0407 735 585



Nomination for Police Awards Congratulations Senior Constable Mark Scambary



Manager Debbie Roberts, Senior Constable Mark Scambary and President Geoff Ellis

Youth Solutions was proud to nominate Senior Constable Mark Scambary in the category of Crime Management in the recent Police Officer of the Year Awards coordinated by Macarthur Rotary Clubs.

During his 10 year relationship with our Service, Senior Constable Mark Scambary has exhibited many great qualities including a genuine rapport with young people, a caring attitude to families experiencing difficulties with their children and a desire to make our community safer for all.

He has always been willing to work in partnership with other community services including Youth Solutions to make a difference to sometimes 'troubled' young people.

He is a courteous, respected and devoted police officer and in our opinion a credit to the NSW Police Service.

On behalf of the entire Youth Solutions team – congratulations for your ongoing commitment to our community!

Corporate Sponsors

- AMP Foundation
- Macarthur Wealth Management
- The Protectors Insurance Brokers Pty Ltd
- Rotary Club of Narellan

Corporate Supporters

- Barrie Grimes Finance and Insurance
- C91.3FM
- Esanda Finance
- Snap Printing Campbelltown
- Tri City Trucks
- Wollondilly Accounting & Business Services

Board Acknowledgement

- Geoff Ellis – President
- Tim Clancy – Vice President
- Wayne Quick – Treasurer
- Helen Clancy
- Jose Drumond
- Deborah Gander
- Gordon Hay
- Peta Hudson
- David Michell
- Tony Ross
- Graham West MP

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

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Diary Dates

McDonald's™ Charity Night
Wednesday 11 April 2007

Narellan Youth Leadership Training
Tuesday 17 & Wednesday 18 April 2007
Places limited *Register Now*

Mittagong Charity Cricket Match
Saturday 21 April 2007
Mittagong RSL Club

Youth Week
Sunday 15 – Saturday 21 April 2007

World No Tobacco Day
Thursday 31 May 2007

Drug Action Week
Sunday 17 – Saturday 23 June 2007

Youth Solutions Charity Event
Saturday 21 July 2007
Campbelltown RSL Club
Contact us to *Book your Table*

McDonalds™ Charity Night

Wednesday 11 April

Enjoy McDonald's™ on **Wednesday 11 April** from 3-5pm in the Food Court Restaurants and 6-8pm in the Drive Thru Restaurants throughout Macarthur. A percentage of the funds generated on the day will be donated to Youth Solutions – so go on 'order some fries with that'.

Youth Solutions is very excited about being supported by the McDonald's community program, 'Committed to caring for the community' for the fifth year in a row. Last year the program donated a generous \$2109 to the Service. Restaurants in the Macarthur region, will also be distributing Service Information Cards through the month of April.

Funds raised at this years McDonalds Charity Night will support the Services expanding Volunteer program.

Charity Event

Celebrate with us Saturday 21 July



Heroes from Heaven

You are invited to be involved in the 2007 Youth Solutions Charity Event, by celebrating a 'white' Christmas in 'frosty' July. Join us on **Saturday 21 July** at the Campbelltown RSL Club from 7pm.

There are many opportunities for involvement including: Corporate Event Partnership, Corporate Event Sponsorship, donating items for the Silent Auction or by attending the event. The event will include a three course dinner and entertainment by *Heroes from Heaven*.

To book your tickets or to enquire about other opportunities for involvement contact us on **4628 2319** or email us, info@youthsolutions.com.au

Feedback

Did you enjoy this edition of *Solutions*? Is there info you'd like to see included or not? Have you checked out our website recently? – What are your thoughts? Send an email to geraldine@youthsolutions.com.au or give us a call **4628 2319** so we can better communicate with you!

Thank you for your comments.

youthsolutions.com.au