

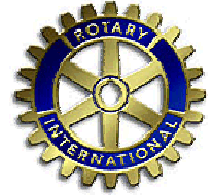


Inside this Issue

Celebrate . . . but watch your mates! Current Campaign	1
Reflections from the CEO	2
Celebrate Campaign Ad & Acknowledgements	2 & 3
2006 Golf Day	2
Golf Day Acknowledgements	3
Helpful Phone Numbers & Websites	3
Points to Note	4
Camden Liquor Accord Bowls Day	4
Christmas Message	4

Celebrate . . . but watch your mates!

A partnership between **Youth Solutions**, **The Rotary Club of Narellan** and **C91.3FM** has been formed to encourage young people to celebrate safely over this festive season.



The Rotary Club of Narellan



Supported by
Macarthur Chronicle

"Young people are a precious part of our community - as part of Australia's future, they need to be encouraged, nurtured and protected", stated Debbie Roberts, Manager, Youth Solutions.

A series of safer celebration radio advertisements will play on C91.3FM over the next 4 weeks. In support of this campaign 20,000 postcards with the same message are being distributed throughout the region.

There is ample research which identifies alcohol use amongst young people as an issue of concern. Such as:

- *The 2004 National Drug Strategy Household Survey showed 24.4% of 14 - 19 year olds consuming alcohol weekly.*

In 2004 the National Drug Research Institute (Curtin WA) reported that:

- *Over 80% of all alcohol consumed by 14-17 year olds is drunk at risky/high levels for acute harm*

Disturbingly, the RTA reports that between the period 1999-2003:

- *Young drivers with a P license are six times more likely to be involved in a fatal crash between 10pm and 5am than other drivers*

"The Rotary Club of Narellan is committed to assisting Youth Solutions to continue their work to encourage safer celebrations by young people", stated President of the Rotary Club of Narellan, Chris Paul.

The message is simple - Celebrate . . . but watch your mates! The festive season should be about fun, family and friendship, but far too often, we have experienced much hardship in relation to celebrations across the Macarthur region. Too many young people have ended up hurt or worse.

The 'Celebrate . . . but watch your mates!' campaign explores issues about: young peoples ability to choose not to drink along with a focus on their personal safety, travel, the consequences of swimming while intoxicated, drink spiking as well as general drug use.

Youth Solutions, The Rotary Club of Narellan and **C91.3FM** are hoping that the campaign: promotes the safer celebration message to young people while creating a positive conversation between young people, their parents and the broader community. As well as, increase access to help and information via the Youth Solutions website and phone.



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Please consider the following statistics

Welcome to the final edition of Solutions for 2006!

As we approach the festive season and the frantic period of celebrations, it is important that we consider some of the following statistics:

- 80% of all alcohol consumed is at risky levels .
- 17% of people admit to feeling pressure to drink alcohol in a workplace situation.
- Alcohol is associated with 30% of all motor vehicle accidents.
- 60% of Australians have a friend or family member that has experienced a problem with alcohol and 10% say that at some point they have been in that category.
- Those in this 'at risk' group are also more likely to have had their first full serve of alcohol at 13 or 14 years of age.
- This is of concern considering more than a third of Australians consider it

appropriate to give children an alcoholic drink in the home at aged 15 or 16.

- Researchers have long been saying that there is a strong link between early teenage drinking and alcohol problems in life.
- People who drink heavily usually develop a tolerance to alcohol; as a result they can drink large amounts of alcohol without appearing intoxicated. The amount of alcohol consumed can still damage their health.
- If a male and female drink the same amounts of alcohol, the female will generally have higher blood alcohol levels and feel drunk quicker.
- It is not known if there is any safe level of alcohol consumption during pregnancy.

Source: Pfizer Health report in partnership with the National Drug and Alcohol Resource Centre 2005

This does not mean that every celebration has to be alcohol free. There are many

Australians who drink responsibly.

Remember to:

- Pace yourself
- Drink slowly
- Start with water
- Eat before drinking
- Allow at least 2 alcohol free days per week
- Plan safe transport options. It is safest not to drink alcohol at all if you are going to drive

Thank you for your support during 2006.

On behalf of all the team, I wish you a safe and enjoyable holiday season and a prosperous 2007!

Enjoy the rest of Solutions.

Linda Goldspink-Lord
Chief Executive Officer

Celebrate Campaign

As we approach the party season.....

Celebrate.....

but watch your mates

Working together to make our community safer





For more information about celebrating safely contact Youth Solutions
T: 4628 2319
info@youthsolutions.com.au
www.youthsolutions.com.au

Information adapted from www.schooliesweek.qld.gov.au

- Stay with friends and don't take chances
- Plan ahead with your friends. Work out how you will share costs and how you will look out for each other
- Before you go out, have a plan for getting home and tell someone where you are going
- Don't get in a car with a driver who has been drinking or using drugs
- Stranger danger still exists-don't accept lifts from anyone you don't know or stay at a stranger's place
- Don't swim at night and don't swim at all if you are drunk or using drugs
- Don't accept drinks from strangers
- Remember it's Ok NOT to drink

Thank You

Supporters & Distributors

Community minded supporters and distributors of this campaign message include:

- Argyle Hotel
- Bargo Bowling Club
- Bargo Hotel & Bottle Shop
- BCP Accounting
- C91.3FM Road crew
- Caldwell, Martin & Cox Solicitors
- Camden Council
- Camden Hotel
- Camden Lakeside Golf Club
- Camden Police
- Campbelltown Catholic Club
- Campbelltown City Council
- Campbelltown Youth Services
- Club 209
- Community Links Wollondilly
- Crown Hotel
- IMB Campbelltown
- Injury & Occupational Health
- Jam Studios
- Lean & Hayward
- Lifeline
- Liquorland Picton
- Lockie's Hotel

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

Online service for young people
looking for support through
difficult times
www.makeanoise.jsp.org.au

- Macarthur Chronicle
- Macarthur Community Forum
- Macarthur Credit Union
- Macarthur Grange Golf Club
- Macquarie Fields Police
- Marsdens Law Group
- McDonalds, Rosemeadow and Glengarrie
- Merino Hotel
- Mt Annan Club Hotel
- MTM Transport
- NRMA Campbelltown
- NRMA Picton
- Parent volunteers at Youth Solutions
- Pete's Cafe
- Picton Bowling Club
- Picton High School
- Picton Hotel & Bottle Shop
- Profit Advantage Group
- Quarryman's Surf Shop Picton
- Rotary Club of Narellan
- Southern Highlands Community Centre
- Warragamba & Silverdale Neighbourhood Centre
- Wesley Uniting Employment
- Westpac Narellan
- Wollondilly Shire Council
- Woolworths, Camden
- Youth Solutions
- YWCA

2006 Charity Golf Day

Thank you to The Protectors Insurance Brokers



The Protectors Insurance Brokers held their annual charity golf day at Camden Valley Golf Resort on Thursday 30 November, with \$20,000 in proceeds being donated to Youth Solutions.

"The Protectors Insurance Brokers is an incredible supporter of Youth Solutions. David Michell along with all the team at the Protectors has supported Youth Solutions for a number of years and for that we are extremely grateful", stated Manager Debbie Roberts.

Youth Solutions heavily relies on the funds raised at the annual golf day to continue to deliver our current range of services to the community.

Extra funds raised through fundraising events such as the annual golf day, mean that we will be able to:

- Establish a Volunteer Program
- Work more with our schools and young people
- Continue our parent program
- Continue to help young people access other services in our region.

The day would not have been possible without the clients and friends of The Protectors Insurance Brokers who took to the greens, special mention to *Gold Sponsor QBE Australia*, *Silver Sponsors AMP and CGU Insurance*, and *Hole in One Sponsor JUA Underwriting Agency*, Bronze Sponsors as listed.

Congratulations go to all the players. Thanks also to those who donated prizes for the players including: The Steadfast Group, St George Bank, Markitforce, Dipak Joshi, The Welcome Hotel, Cucina 105, Abode Hair and Beauty, Paul Feasey CK Sports, Camden Valley Golf Resort, Cassons & Motorcycle Accessories, The Observatory Hotel, Filicudi Italian Restaurant, Ashfield Cycles, Café C, All Suburbs Strata Liverpool, The Computer Department, JUA Underwriting Agency, Kobe Jones Sydney, Medispecs, Wests Tigers



Gold Sponsor – QBE Australia Team



Silver Sponsor – AMP Team



Silver Sponsor CGU Team

Gold Sponsor

- QBE Australia

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- AMP
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Bronze Sponsors

- Accident & Health International
- Allianz Australia
- Barrie Grimes Finance and Insurance
- CGU Workers Compensation
- Consep
- Finance Select
- Hunter Premium Funding
- Preston Group
- Radio C91.3FM
- Top Stuff 4 Business
- Tri City Trucks (NSW)
- Zurich Insurance

Hole in One Sponsor

- JUA Underwriting Agency

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

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

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

Printing sponsored by



Snap Printing Campbelltown
P: 4628 4168



Points to note

Diary Dates

Youth Week
14 – 22 April 2007

Drug Action Week

18 – 22 June 2007
Prevention Day 20 June

Youth Solutions Charity Event

Saturday 21 July 2007
Campbelltown RSL Club
Contact us to *Book your Table*

Service Info

Youth Solutions – What we can 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

Camden Liquor Accord

Bowls Day



3rd Place winners –
Gordon Hay, Minna Eloranta (17 yo exchange student from Finland), Debbie Roberts and Geoff Ellis

The Camden Liquor Accord aims to improve community safety and to reduce alcohol related harm in Camden LGA.

The Accord is jointly supported by individuals and groups who have common objectives and wish to work together to achieve those ends.

Members include:

- Camden Police
- NSW Dept of Gaming & Racing

- The Council of Camden
- The Camden Chamber of Commerce
- Licensed Premises
- Clubs, BYO Restaurants and other stakeholders
- Youth Solutions

Camden Liquor Accord recently held a fundraising Bowls afternoon in an effort to raise funds for the Accord.

Participants on the day included teams from Youth Solutions, Camden Civic Centre, Argyle Hotel, Merino Tavern, and a Road Safety Team with representatives from Camden and Campbelltown Councils.

It was a great afternoon of fun. Well done to our own Youth Solutions Team for coming in third place.

'Twas the night before Christmas, when all through the house

*Your children home safely, along with your spouse
No drinkers were driving, no grog fuelled fights*

Merry Christmas to all and to all, a good-night!



From all at Youth Solutions