Thursday 22 March 2018

Wyndham Workers
with Young People Network

Minutes

1. Welcome & Introduction

by Trudy Chitty, Acting Youth Project Officer – Wyndham City Council Youth Services

1. Presentation – LYFT West

Unfortunately David was unable to attend to present (flyer is attached for information).

1. Presentation – Wyndham Facility Activation Project

Presented by Greta Collins, Program Coordinator, Leisure Networks – Sport & Recreation

Phone: (03) 5222 3911

Email: sportandrec@leisurenetworks.org or mail@wyndham.vic.gov.au

What is the project?

The aims of the facility activation project are:

* To provide the community the opportunity to access underutilised sporting facilities throughout the day, specifically between 6.00am – 4.00pm. This timeslot has been identified as one where many council facilities are sitting dormant.
* The project aims to support individuals and groups within the Wyndham community by building awareness and participation in sport and recreation available to people of all ages, abilities and backgrounds.
* Encourage people to become active through sport and promote the physical, social and mental health benefits of an active lifestyle.
* Engage local community groups, state sporting associations, not-for-profit organisations, schools, local clubs and individuals in delivering local sport and recreation activities that support physical and mental health and community connection.

The Sporting Facilities:

Three sporting facilities throughout Wyndham will be available for short and long term use during day-time periods. All facilities provide a modern indoor and outdoor space with state of the art features and are accessible to participants of all ages and abilities.

Locations are:

Saltwater Coast Reserve, Point Cook

1 – 5 Saltwater Promenade, Point Cook 3030

Facilities and Equipment:

* Full disability access across a one floor facility
* Fully equipped kitchen
* Fully accessible car parking
* All access toilets
* Power and IT
* Two ovals

Wyndham Vale South, Wyndham Vale

McGrath Road and Black Forest Road, Wyndham Vale 3024

Facilities and Equipment:

* Full disability access across a one floor facility
* Fully equipped kitchen
* Fully accessible car parking
* All access toilets
* Power and IT
* Two ovals

Mainview Boulevard Reserve, Truganina

Mainview Boulevard Reserve, Truganina 3029

Facilities and Equipment:

* Full disability access
* Fully equipped kitchen
* Car parking, all access toilets
* Power/IT
* Two ovals

Who can access a facility?

Facilities can be accessed during weekdays between 6.00am and 4.00pm. All individuals and groups within the community can access each facility to undertake sport and recreation activities of preferences. There is great flexibility with how the facilities are utilised.

How do I access a facility?

* Contact a staff member to make an enquiry regarding the use of the facility.
* Meet with staff member to go through short induction process which includes booking forms, facility operations and understanding of policy and procedures.
* Develop aims and objectives activation.
* Sign documents and activate the facility.

What are the benefits?

* Develop sport and recreation programs for the community of Wyndham.
* Your own space and privacy to utilise the facility with no interruptions.
* The use of large indoor and outdoor space providing program flexibility.
* Secure a long term home which can be used multiple times a week.
1. Presentation – Wyndham Youth Services Counselling Team

Presented by Anthony Hurst, Gee Bilal and Rosie Barbara

Site: YRC, 86 Derrimut Road, Hoppers Crossing 3029

**Phone:** (03) 8734 1355

Email: anthony.hurst@wyndham.vic.gov.au gee.bilal@wyndham.vic.gov.au rosie.barbara@wyndham.vic.gov.au or Website: [www.wyndham.vic.gov.au](http://www.wyndham.vic.gov.au)

Counselling

Eligibility:

* Young people aged between 12 – 25
* Young people who live/work/study/recreate in the Wyndham region
* Young people who want counselling and are aware of referral
* Wyndham City Youth Counselling Services adopt an early intervention and prevention framework to provide generalist mental health support to young people.

When?

Counselling Sessions are available Monday to Friday between 9.00am and 6.00pm.

Where?

Counselling services can be provided at one of our centres listed below or we could arrange to attend your school.

Youth Resource Centre – 86 Derrimut Road, Hoppers Crossing

Manor Lakes Community Learning Centre – 86 Manor Lakes Boulevard, Manor Lakes

Youth Services @ Point Cook – Suite 703, Level 1 Main Street, Point Cook Town Centre

Tarneit Community Learning Centre – 150 Sunset Views Boulevard, Tarneit

We require an appropriate space that is confidential for the sessions within schools. If you haven’t hosted Youth Counselling at your school and would like to, please set up a time for us to inspect the room before sessions occur.

How?

Please refer to the attached flyer or call (03) 8734 1355.

Information currently being updated:

* New referral forms
* Email address for referrals and enquiries
* Group support sessions for young people
* Personal Development Programs better catered to the schools in Wyndham

Tuning into Teens

Emotionally Intelligent Parenting

An eight-session parenting program for parents of adolescents and young people

Would you like to learn how to:

* be better at talking with your teen?
* be better at understanding your teen?
* help your teen learn to manage their emotions?
* help to prevent behaviour problems in your teen?
* teach your teen to deal with conflict?

*Tuning in to Teens* is an evidence-based program that shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

* are more aware, assertive and strong in situations of peer pressure
* have greater success with making friends and are more able to manage conflict with peers
* are more able to cope when upset or angry
* have fewer mental health and substance abuse difficulties
* have more stable and satisfying relationships as adults
* have greater career success

Parent Information Session: 17th April 2018

 6.00pm to 8.00pm

 Phone: (03) 8734 0200

 Bookings Required

1. Open Discussion

Thank you to all members in participated in the Open discussion re: Network meeting content and here are some of the key themes that were documented:

* To acknowledge the traditional owners of the land
* Gaps in members attending: schools (inc. wellbeing staff), Police (Youth resource Officers)
* Short presentations on treatment frameworks used across the services
* Sport and Recreation continue to be involved
* Large Square table and the mixture of agenda items was supported
* Training or Workshops: Anxiety and Depression, Family Inclusive practice and schools being involved, Confidentiality and consent issues, NDIS, emerging themes or trends in our community
* Mixed thoughts on YRC meeting and other meeting venues
* Mini presentation on some of the offerings e.g. Tuning into teens
* Information sharing via emails works well.
1. Information Sharing -

Name: Trudy Chitty

Agency: Wyndham City Council Youth Services

Position: Youth Projects Officer

Contact: (03) 8734 1355 trudy.chitty@wyndham.vic.gov.au

* Way Out West Youth Photography Competition
* Open to young people aged 12 – 25 who live work or study inWyndham
* Entries open 6th April – 6th June 2018
* Enter online and find more information at:

[www.wyndham.vic.gov.au/WayOutWest](http://www.wyndham.vic.gov.au/WayOutWest)

Name: Heather Bunting & Leah Freudenberger

Agency: Joseph’s Corner Support Service

Position: Counsellor’s

Contact: (03) 9315 2680 or contact@josephscorner.org.au

* Family Support Group – for families impacted by a loved one affected by drug and alcohol use
* Meet other family memebrs in a safe and supportive environment to share your experiences and learn from each other.
* Session Times – 10am to 12pm
* Tuesdays for 4 weeks (17th, 24th Arpril & 1st, 8th May)
* Location: St Peter the Apostle, 16 – 38 Guinane Avenue, Hoppers Crossing 3029

(please come to the school office)

Name: Rachel Stanhope

Agency: Sovereignty Psychology

Position: Psychologist

Contact: (03) 8742 4468 or [www.sovereigntypsychology.com.au](http://www.sovereigntypsychology.com.au)

* Offering a caring and confidential support by registered psychologists to children, adolescents, and their families with issues affecting their well-being.

Children’s issues include:

Anxiety and depression, changed family situations, social skills, bullyinh, learning difficulties, self-esteem, parenting strategies, trauma, managing emotions, sleep dificulties.

Name: Bec Knaggs

Agency: The DAX Centre

Position: Education Officer

Contact: (03) 9035 6610 [or](http://or) www.daxcebtre.org

* Giving Voice Exhibition – 18th – 24th April 2018
* An exhibition of selected works from the Cunninghame Dax Collection exploring mental health and wellbeing through art.
* Offering education programs, community workshops, art making
* Opening Thursday 19th April at 6.00pm
* Venue – Encore Events Centre, Hoppers Crossing
* Exhibition open daily from 10am to 5pm weekdays & 10am to 4pm weekends

Name: Nunzio Giunta

Agency: Wyndham Youth Services

Position: Youth Development Officer

Contact: (03) 8734 1355 nunzio.giunta@wyndham.vic.gov.au

* Dad’s Space Program
* The Dad Space Program welcomes Dads, Dads to be, carers, guardianships and families up to the age of 25 years old to attend our day trips. The program is for Dads and their families.

Name: Nyrelle Bade

Agency: Wyndham Art Therapies

Position: Founder/Senior Arts Therapist

Contact: (03) 0402 423 532 contact@wyndhamarttherapies.com.au

* Wyndham Art Therapies
* Supporting health and wellbeing through the arts
* What’s on in 2018:

Creative Problem Solving for Kids

I Feel: A Guide to Understanding Emotions for Kids

Enhancing Your Relationships: Parent & Child Workshops

Name: Claire Biscombe

Agency: Victoria Polytechnic

Position: Youth Engagement Officer

Contact: claire.biscombe@vu.edu.au

* Yout IT Careers Program
* Course dates for 2018

Term 2 – April 23 to June 28

Term 3 – July 16 to September 20

Term 4 – October 15 to December 13

The course provides digital literacy, employability skills, heightened social and welfare support and services through a dedicated teaching and support team. Students develop important life and employment skills expected by employers including: attendance, punctuality, teamwork, communication, and problem solvingskills.

Capacity of class size is 15 participants.

**Please contact Wyndham’s Youth Project Officer for further information regarding this network or to present:** trudy.chitty@wyndham.vic.gov.au **or 8734 1355**

For information sharing please email: wyndhamyouthnetwork@wyndham.vic.gov.au

Website: [Wyndham Workers with Young People Network – click here](http://youth.wyndham.vic.gov.au/info_for_workers)

Youth in Wyndham has a Facebook Page

<https://www.facebook.com/youthinwyndham>

Youth in Wyndham has an Instagram Page <https://www.instagram.com/youthinwyndham/>