Thursday 25 July 2019

Wyndham Workers
with Young People Network

Minutes

Welcome and Introductions

by Michelle Read, Youth Project Officer – Wyndham City Council Youth Services

Acknowledgement of the Kulin Nation

“I wish to acknowledge the peoples of the Kulin Nation as the Traditional Owners of the land on which we are gathered and pay respect to their elders, past and present. I also wish to pay respect to any Elders from other communities and acknowledge any future young leaders who are here”

Presentation – Youth off the Streets

Presented by Joel Fitzhenry, Program Manager

Phone: (03) 8374 1355

Email: joelf@youthoffthestreets.com.au

Website: <https://youthoffthestreets.com.au/>

Who are we?

* Founded by Father Chris Riley.
* Located across Queensland, New South Wales & Victoria.
* Interstate services include specialist school, AOD and homeless casework, Outreach.
* Our service focusses on providing assistance to 12 – 15-year olds deemed to be at risk or disengaged.

What we provide

* Outreach support in local Hotspots (Wyndham vale and Point Cook).
* Sport and Rec (PCYC and Indoor Soccer).
* Support Work.
* School support.
* School Programs.
* Street walks (Tarneit).
* Community Focused programs.

How we could work together

* We are a referral service that thrives on a strong network.
* Providing easy access into community services through support work roles.
* Collaboration on programs and events.

Join us for Wyndham Outreach

Come and meet us for some free food and drinks!

Monday: Street Walk

Location: Tarneit and Wyndham Vale areas

Time: 3:30pm – 5:00pm

Monday: PCYC Community Boxing

Location: 1/89 Riverside Avenue, Wyndham 3030

Time: 4:00pm- 6:30pm

Wednesday: Outreach at Presidents Park

Location: Heaths Rd, Wyndham Vale

Time: 4:00pm – 8:00pm

Thursday: Reclink Soccer Club

Location: Werribee Indoor Sports Centre, 13-41 Riverside Ave, Werribee

Time: 5:00pm – 8:00pm

Friday: Outreach at Point Cook Stockland Basketball Court

Location: Point Cook Stockland Basketball Court, Point Cook

Time: 5:00pm – 10:00pm

More information

Contact Heidi Puronpaa on 0418 617 195 or heidip@youthoffthestreets.com.au

Presentation – ‘Le Mana’ Maori and Pasifika Project

Presented by Sefita Rasolosolo & Martha Metuisela, Centre for Multicultural Youth,

Le Mana Project Pasifika Youth Workers

Phone: (03) 8374 1355

Email: srasolosolo@cmy.net.au mmetuisela@cmy.net.au

Website: <https://www.cmy.net.au/>

The Project

CMY’s (established in January 2017) 'Le Mana' (Empower) Pasifika Project is focused on engaging Maori and Pasifika young people and their families across Melbourne. The project provides cultural intelligence to youth service providers and concentrates on being a bridge between the Maori and Pasifika communities and local service providers. To ensure the Maori and Pasifika communities have access and a better understanding of local support service providers

Areas we cover

* Wyndham City - Truganina, Laverton, Manor Lakes, Point Cook, Hoppers Crossing, Werribee, Tarneit, Wyndham vale, Williams Landing, Werribee South
* Brimbank City - Sunshine, Deer Park, Albion, St Albans, Albanvale, Kings Park, Derrimut, Sydenham, Taylors Lakes, Keilor

Things we do

* Kainga Program
* Mentoring
* Secondary consultations
* Community events

Community Events

* Le Mana Pasifika Youth Forum
* Harmony Festival 2019
* Waitangi Day Festival
* Waitangi Day – Prison Visit
* My Island Dream
* ILIH Gala Days

Presentation – Headspace Programs & Projects

Presented by Tharindu Jayadeva, Community Awareness Officer

Phone: (03) 8374 1355

Email: tharindu.jayadeva@orygen.org.,au

Website: [https://www.headspace.com](https://www.headspace.com/)

**What is headspace**

* National Youth Mental Health Foundation
* Young people 12 – 25 years old
* Early Intervention model rather than crisis (mild – moderate)

**What services do we provide?**

* Mental Health
* Drugs and Alcohol
* Work and Study
* Centrelink
* Groups

**Meet the team**

Out team is made up of clinical staff, peer support and community awareness workers, admin staff and volunteers.

**What we’ve found**

* Experiences of family violence (high incidence and impact)
* Increasing numbers of younger people using drugs, particularly Synthetic Marijuana and Methamphetamines > can lead to drug induced psychosis
* Higher presentations of anxiety than depression
	+ Bullying (including cyberbullying)
	+ Problematic gaming
	+ Unemployment
	+ Pressure around school achievement and attendance
* Experiences of youth homelessness
* Challenges with body image

**The Stats**

On average, most young people don’t feel comfortable talking about their mental health with others

* 1 out of 4 young people (12 -25) in Australia have experienced a mental health challenge in a 12-month period

**Health promotion**

* School programs
* Community stalls and events
* Local campaigns
* Volunteer program
* Youth Participation

**Youth Advocacy Group (YAG)**

Headspace Werribee volunteer program

* School programs
* Youth-led projects
* Social media and marketing
* Campaigns

2020 recruitment begins September

**What’s on at headspace?**

**Monday**

**UR Space**

A fun and interactive group that gives you a safe space to build social skills, share difficult experiences and increase self-esteem.

**Who:** Young people aged 16-25

**When:** 3:30pm – 5:00pm

**Wednesday**

**MeetUp**

A fun program where you can meet new people and participate in fun activities and excursions. Run in partnership with Laverton Youth Foundation.

**Who:** Young people aged 16-25

**When:** 3:00pm – 5:00pm

**Thursday**

**ninjaART**

A fun art group that gives you the opportunity to explore meaning and creativity through a variety of mediums, like painting, drawing, sculpting and more.

**Who:** Young people aged 12-25

**When:** 4:00pm – 5:30pm

**Peer support @ Headspace Werribee**

“In peer support we understand each other because we’ve ‘been there’, shared similar experiences and can model for each other a willingness to learn and grow”

“We come together with the intention of changing unhelpful patterns, getting out of ‘stuck places’ and building relationships that are respectful…and potentially, mutually transforming”

(Mead and Copeland, 2004)

**Aboriginal Wellbeing Project**

* Flexible culturally sensitive support from an Aboriginal clinician
* Priority access
* Care coordination (e.g. referrals to other services)
* Support for young people whilst they are on the waiting list to see a counsellor

**Art Mob – coming soon!**

* Art group for Aboriginal and Torres Strait Islander young people
* Developed in partnership with Indigenous young people
* Aims to build leadership skills, and to strengthen cultural connection wellness

Information Sharing:

Name: Joel Fitzhenry

Agency: Youth off the Streets

Position: Program Manager

Email: joelf@youthoffthestreets.com.au

Website: <https://youthoffthestreets.com.au/>

Phone: 0409 912 921

* African Parent and Youth Forum – 26th July 2019.

Name: Rhonda Velkovski

Agency: Edconnect

Position: Liaison Officer

Email: Rhonda.velkovski@edconnect.org.au

Website: <https://www.edconnectaustralia.org.au/>

Phone: 1800 668 550

* Edconnect Matches Volunteers within the community to help and support students at school.
* 2 ways Volunteers can help;
	+ Learning Support – around school or in class support
	+ One – on – one Mentoring
* Please connect us to schools who could benefit from using our program.

Name: Caitlin Douglass

Agency: Burnet Institute

Position: PhD Student

Email: caitlin.douglass@burnet.edu.au

Website: <https://www.burnet.edu.au/>

* PhD project that explores experiences of alcohol and other drug use among young people of migrant backgrounds who live, work, study or hang out in Wyndham.
* Looking for people who work in the alcohol and other drug space or with young people from migrant backgrounds to take part in an interview

Name: Juliet Matskarofski

Agency: Gambler’s Help IPC Health

Position: Community Educator

Email: juliet.matskarofski@ipchealth.com.au

* The Young Leaders of the West recently launched their 3 new Gamblers Help ads featuring Youth.
* Videos are available for viewing on the IPD Health Facebook page.
* Please contact the network or myself if you would like links to the videos on Facebook, or the non – Facebook video links.
* Feel free to email me any questions or feedback also.

**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/>