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BOOK

wyndhamcity
Youth
Services 2023/
2024

STUFF



ABOUT THIS BOOK

The Book of Stuff has been put together especially for young people in Wyndham. It's a one-stop resource that has all the useful information that you may need, from information about programs and services to all the things to do locally if you're bored, and a range of information to help with any issue.

It has been compiled by the Wyndham Youth Task Force and from the feedback taken from young people just like you!



Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the First Custodians of the lands on which Australia was founded. We acknowledge the Bunurong and Wadawurrung people as the Traditional Custodians of the lands on which Wyndham is being built.

For tens of thousands of years, the Werribee River has been a significant meeting place for Aboriginal people to build community, exchange resources, and share responsibility for its lands.

Council pays respect for the wisdom and diversity of past, present, future and emerging Elders. We share commitment to nurturing future generations of Elders in Aboriginal and Torres Strait Islander communities.

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Georgia Whalen
Way Out West Grand Prize 2021 Winner

Section 1 YOUTH SERVICES



OUR LOCATIONS

Youth Resource Centre (YRC)
86 Derrimut Rd, Hoppers Crossing

Ph: 8734 1355

Open 9am-6pm weekdays

The YRC is located opposite to AquaPulse (indoor pool). You can drop in anytime from 9am-6pm on weekdays to speak with a youth worker. Programs include weekly after-school programs, support programs, excursions, holiday programs, events, youth volunteer groups and counselling.

The YRC also houses a variety of external support services such as, Whitelion, Youth Support & Advocacy Services (YSAS) and Youth Projects.

There are also a range of facilities available for young people to use, including a free internet café and printing, meeting rooms and activity spaces, kitchen, pool table and table tennis, and a band rehearsal room with equipment hire. There is a skate park and basketball area outside.

Tarneit Community & Learning Centre
150 Sunset Views Blvd, Tarneit

Ph: 9748 9822

The Youth Space at Tarneit offers after-school programs where you can meet our Youth Worker, participate in activities, excursions, events, and support services such as counselling.

Manor Lakes Community & Learning Centre
86 Manor Lakes Blvd, Manor Lakes

Ph: 8734 8934

The Youth Space at Manor Lakes offers various programs after school where you can come and hang out with friends, meet someone new, socialise and connect with our youth workers.

You can get information on upcoming events or programs across Wyndham or access our counselling service in a dedicated room.

Point Cook Community Learning Centre
1/21 Cheetham St, Point Cook

Ph: 8734 1355

The Youth Space at Point Cook offers various programs after school where you can come and hang out with friends, meet someone new, socialise and connect with our youth workers.

You also can get information on upcoming events or programs across Wyndham

Williams Landing Library Lounge
1/101 Overton Rd, Williams Landing

Ph: 03 87544978

The Youth Space at Williams Landing Library Lounge offers various programs after school where you can come and hang out with friends, meet someone new, socialise and connect with our youth workers.

You also can get information on upcoming events or programs across Wyndham.

Street Surfer Bus

The Wyndham Street Surfer Bus (SSB) is a state-of-the-art mobile youth information service that provides young people with the tools they need to enjoy healthy, active and fulfilling lives.

It is decked out with equipment including free Wi-Fi, music and DJ equipment, gaming consoles, art equipment, sports equipment including a mobile basketball ring and soccer goals, and five LCD screens inside and an outdoor LCD screen which can be utilised for gaming and movies, and more.

It's also a place where young people can build their skills through recreational and

educational workshops, and a safe space where they can engage with our Youth Services team and access information, advice, support and referrals.

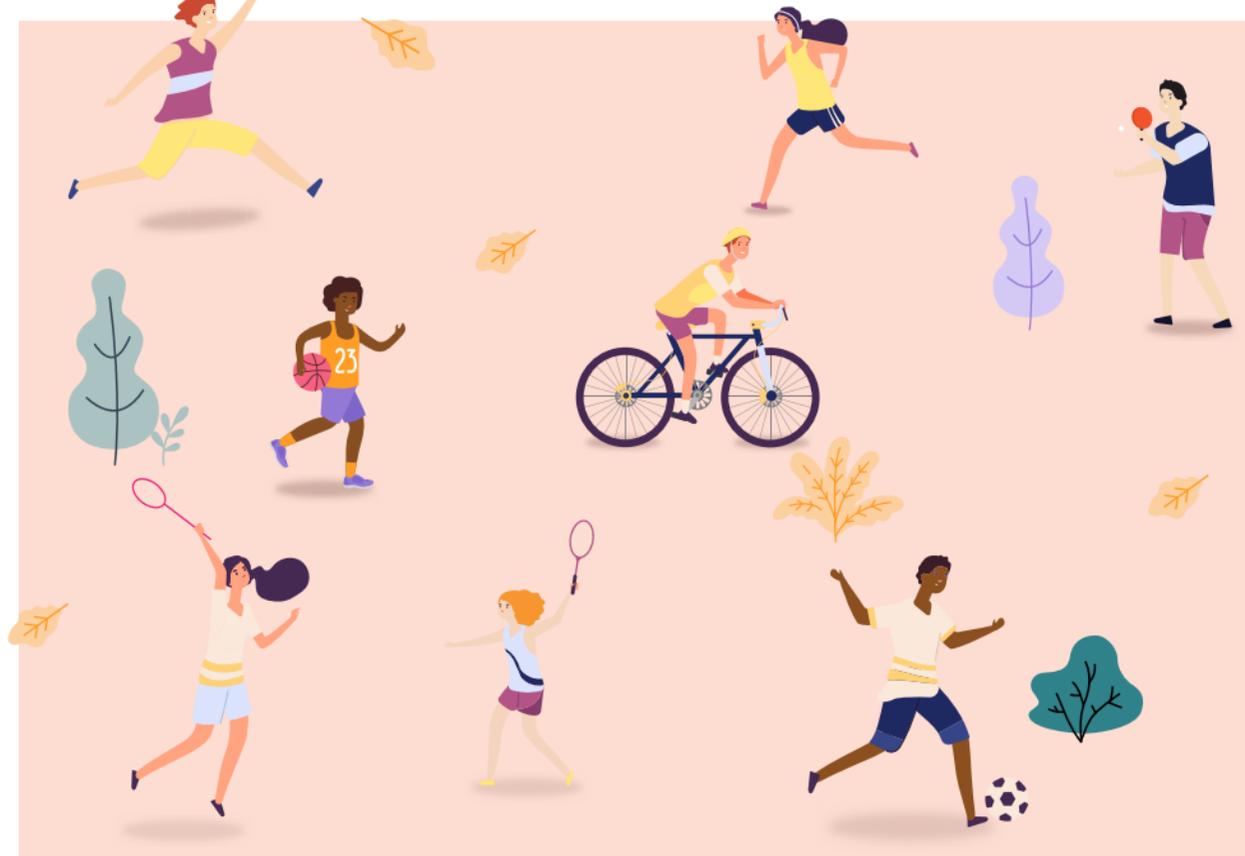
The SSB team consists of skilled and trained Youth Workers who offer after hours

and weekend support to young people across Wyndham, providing help when and where they need it most.

To find out if the SSB will be set up near you please follow youthwyndham.com/ssb

Youth Workers across Wyndham

You may also spot us in your school, community centres, libraries & public spaces such as shopping centres, skate parks, and sporting facilities. Along with supporting organisations, Wyndham youth workers have a presence in areas that young people frequent to engage with young people to talk about support and referral information, host activities, and provide food and drinks.



	MONDAY	TUESDAY
Hoppers Crossing	Drop in @ YRC <u>3:30pm - 5:30pm</u>	
	Youth Task Force Meetings <u>6:00pm - 8:00pm</u>	
Point Cook and Williams Landing		
		The Creative Corner (Williams Landing) <u>5:30pm - 7:00pm</u>

WEDNESDAY	THURSDAY	FRIDAY
Baby Bump and Beyond <u>11:00am - 1:00pm</u>	Urban <u>5:00pm - 8:00pm</u>	1eight 2five (Monthly) <u>Monthly 5:00pm - 7:00pm</u>
Culture Konnect <u>4:00pm - 7:00pm</u> Freeza Meetings <u>6:30pm - 8:30pm</u>		
	Courtside @ Point Cook <u>3:30pm - 5:30pm</u>	
	Gamers Den <u>3:30pm - 5:30pm</u>	Drop in @ Saltwater Community Centre <u>3:30pm - 5:30pm</u>

	MONDAY	TUESDAY
Tarneit		Drop in @ Tarneit Community Library and Learning Centre <u>3:30pm - 5:30pm</u>
Manor Lakes	CREATE Cook up program <u>3:30pm - 5:30pm</u>	
SSB	At various locations throughout the year, varied times. See our Instagram page for updates.	Wyndham Harbour <u>4:00pm - 7:30pm*</u> *Ends 6:30pm in winter

WEDNESDAY	THURSDAY	FRIDAY
Social Barber Arndell Park <u>5:00pm - 7:00pm</u>	Young Womens Self Defense and Fitness Program <u>4:00pm - 5:00pm</u>	Drop in @ Tarneit Community Library and Learning Centre <u>3:30pm - 5:30pm</u>
Try it out Koomail Tardy <u>4:00pm - 6:00pm</u>		Courtside and Drop in @ Dianella <u>3:30pm - 5:30pm</u>
Drop in @ Manor Lakes <u>3:30pm - 5:30pm</u>		On the Ball (Fortnightly) <u>3:30pm - 5:00pm</u>
Stanmore Crescent Park (Jubilee) <u>4:00pm - 7:30pm*</u> *Ends 6:30pm in winter	SSB - Upper Point Cook Skate Park <u>4:00pm - 7:30pm*</u> *Ends 6:30pm in winter	At various locations throughout the year, varied times. See our Instagram page for updates.

YOUTH PROGRAMS

Our weekly after-school youth programs run at our various locations during the term and provide heaps of fun activities, excursions and friendly workers to talk to. There are different age groups for different programs, but any young person between 12 - 25 years will be able to find something to suit them! (Grade 6's welcome from term 3).

You can find the latest program timetables by contacting us on 8734 1355 or jump online at youthwyndham.com/whats-on



On The Ball

Calling on all young people who love sport! Come and join our 'On The Ball' program which runs fortnightly on Thursdays at Eagle Stadium. We will have basketball, netball, indoor soccer and dodgeball activities available – as well as trying out any other sports that you'd like!
Age Groups: 12 - 25.

Drop in @ YRC

Come by the Youth Resource Centre after school every Monday for Drop-In, a fun and safe space to relax, meet new young people and participate in a bunch of awesome activities such as gaming, basketball and art.
Age Groups: 12 - 25.

Tarneit Drop in

Live in Tarneit and want to join a weekly youth program in our Youth Space? Come along and make new friends (guys and girls), have some food, chat to a youth worker, and do fun activities.
Age Groups: 12 - 25.

Social Barber

The Social Barber will be hanging out at Arndell Park Community Centre! Hang out and have a chat with youth workers and the barbers in a safe space that promotes the connection that men feel in a barber room! The haircut is free for young people. Bookings aren't necessary and haircuts will be given on a first come, first served basis.
Age Groups: 14 - 22.

The Creative Corner

Bring out your creative side in our new Youth Lounge in Williams Landing. Chill out and socialise with snacks, music and all things creative! Learn new skills from painting to ceramics and create your own masterpiece! Enrolments necessary - Register via our website.
Tuesdays 5:30pm - 7:00pm.
Age Groups: 12 - 25.

Culture Konnect

Are you a young person with a Multicultural background? Looking for a place to hang out? Come embrace different cultures, connect with your peers and explore the diversity of other young people within our community, through activities such

as cultural dance, food, music and art. It runs on Wednesdays from 4:00pm - 7:00pm at the YRC.
Age Groups: 12 - 25.

Try it out @ Koomail Tardy

Youth Services will be running different workshops and engagements on selected Wednesday nights for young people. Bookings are essential for every workshop, please visit our website to book a session.
Age Groups: 12 - 17.

Manor Lakes Drop In

Manor Lakes Drop In. Eat snacks, play games or just relax and chat. We sometimes cook, make art or music so if you have an idea for a fun activity that we can do, let us know! Every week is different

and can be whatever the group wants it to be – join us on Wednesdays during the school term.
Age Group 12 - 17.

Homework Support Online Program

Need help with homework? Come along to our virtual homework program where you will receive professional support in a fun environment.
Age Groups: 12 - 18.

Urban

This program is a cultural arts program that includes music and art workshops in Hoppers Crossing.
Age Groups: 15 - 25.

Point Cook Gamers Den @ Point Cook Community Learning Centre

The Gamers Den program is designed for young people who are interested in various board games, RPG and video games in a safe place.
Age Groups: 12 - 17.

Point Cook Drop In @ Saltwater Community Centre

Enjoy a safe space to hang out and unwind with some snacks and games whilst hanging out with new friends.
Age Groups: 12 - 17.

Courtside @ Point Cook Town Centre Basketball Court

Join us for some half-court basketball during school terms at the Point Cook Town Centre Basketball court with music, food and activities in a fun and supportive space.
Age Groups: 12 - 25.

Courtside @ Dianella

Courtside is running on selected Fridays during term at the Dianella Community Centre Basketball Court - 6 Congo Drive, Tarneit.

A safe space to hang out and play basketball with friends, meet new people and youth workers. Age Group 12 - 25.

Q Program

Q Program is a support and recreation program for young people 12-25 who identify as part of the LGBTQIA+ Community. As a youth lead space, we keep details of the space confidential. Q Program welcomes all cultures, faiths and backgrounds including our first nations Sistersgirls and Brotherboys.

For more information about Q Program or for referrals, dates, times and location please contact 8734 1355 or email youthinwyndham@wyndham.vic.gov.au

Bump, Baby & Beyond (BBB)

BBB is a social program for pregnant and parenting young women up to 25 years old. It

provides support to pregnant and parenting women with the opportunity for personal development, social support and participation in recreational activities.

Get Psych'd

The Get Psych'd program is a free 4 week program that runs weekly for young people. The sessions are designed for two age groups – 12 - 15 and 16 - 25 years. The workshops are designed to explore ways that help us look after ourselves and our mental wellbeing. The Get Psych'd program is designed to develop self-awareness by identifying individual values and strengths, understanding emotions, emotional triggers,

developing individual coping strategies and implementing wellness plans.

Holiday Action

Holiday Action is a recreational program of fun activities and excursions provided each school holidays for young people aged 12-15 years. Enrolments are necessary to attend and a small cost is involved. Contact us to find out the locations of the Holiday Action program and to get an enrolment form.



Image by
Shannon
Mackey



1EIGHT 2FIVE



EVENTS AND ENTERTAINMENT

Check our website, Facebook and Instagram pages to find out when our fantastic entertainment events are happening all around Wyndham. All of our events are smoke, alcohol and drug free, fully supervised and are co-designed by young people.

Paradox FReeZA Live Band Events

Live all ages band events are held throughout the year, including jam nights, punk/metal nights, open mic nights, skate events and lots more. The local FReeZA group, Paradox, organise the events and are often looking for new volunteers! Like the

Wyndham Paradox FReeZA Facebook page to stay updated.

Skate Competitions and Events

From time to time, you can find us at your local skate park running competitions, cooking a BBQ or hanging out with the Street Surfer Bus. Check our website to stay updated!

1eight2five

1eight2five is an all-accessibility program for young people aged 18-25 years of age. The program runs once a month with some social excursions to visit somewhere cool and meet new friends. In the past this has included going to the

movies, bowling, Melbourne City and karaoke. Contact us for details and to book a place!

Community Festivals and Cultural events

Join us, with peers, family and community in celebrating the resilience, pride and connection with Wyndham's young people at one of our community festivals or cultural events, opportunities run all through the year and include Wyndham's Youth Volunteers producing youth-led events and important community dates such as Harmony Day and Refugee Week. These events may include food, local art, rides, activities, music and cultural performances, and are plenty

of fun for the whole family! Keep an eye out for the next community festival and cultural event happening in Wyndham or check out our website.

Youth Forums & Survey

Each year we invite young people aged 12-25 from local schools and the community to participate in various Youth Forums and the Youth Survey. These forums and the Survey encourage young people to discuss issues that are important to them and to develop solutions addressing these concerns. The results are presented to the Council

and become projects for our youth groups to work on.

For more information about getting involved, contact the YRC.



YOUTH VOLUNTEER GROUPS

If you're a young person who would like to get hands-on experience in organising and running events and community projects, join one of our youth volunteers groups! For more information on these, please contact the YRC or check out our *Volunteering in Wyndham* page. Contact: 8734 1355

Paradox FReeZA

Paradox FReeZA runs all ages live music events that are drug, alcohol and smoke free. They consist of young people aged 12-25. Check out when the next event is happening on our Wyndham Paradox FReeZA Facebook page.

Youth Task Force

This group of young people aged 15-25 meet fortnightly to share ideas about how Wyndham can be improved as a home for young people. They work on community projects and campaigns, and act as a point of reference for Council as representatives of young people in our community. If you've got good ideas, come along and have your say!

Wyndham Student Representative Council (WSRC)

Following the discussions at our annual Youth Forum, a Wyndham Student Representative Council is formed with students from

local secondary schools. The WSRC meets monthly to work on projects that improve Wyndham for young people and develop leadership skills alongside this work.

Youth Multicultural Committee

The Youth Multicultural Committee works on a range of projects including events, workshops and forums. The focus of these projects is to raise awareness of other cultures and promote tolerance within our community. New skills you can learn include leadership skills, event management, project management, creative skills both in traditional and digital forms as well as advocacy and development.

ONE-ON-ONE SUPPORT

There are many support services that operate across Wyndham which can assist you with getting the right support for issues you may be dealing with.

Counselling

Free counselling is available through Wyndham Youth Services for children and young people aged 8-25 who live, study, work or recreate in Wyndham to support you with issues you are dealing with. This service is also LGBTQIA+ inclusive. This could include working through difficult feelings and thoughts, exploring identity

and values or reflecting on the positive and what makes you 'you'. To access councils counselling services you do not need a referral or a care plan from your GP.

They can meet with you virtually via phone or video call, or face-to-face at your school, at one of our youth centres or at a community centre near you. The counselling team also offers family consultations when needed and a form of psychotherapy known as EMDR (Eye movement desensitisation and reprocessing). Youth Services also facilitate family information sessions, such as Tuning into Teens/Kids To find out more call the YRC on

8734 1355 and ask to speak to a counsellor or visit our website youthwyndham.com/youth

To make a referral for yourself please complete our online form visit youthwyndham.com/counselling



Whitelion Youth

Whitelion works with young people who are experiencing vulnerabilities in their lives to build positive connections and pathways to work.

Providing a range of outreach and intensive case management programs, Whitelion can work with you when you might be experiencing homelessness, mental health concerns, difficulties in education or employment and more.

Whitelion also works with the Department of Families, Fairness and Housing to deliver the Community Connections program, as well as the Community Integration Program and Housing Support Service (H3).

For more information, please call 1300 669 600 and ask to speak to or leave a message for a Whitelion staff member.

YSAS

YSAS (Youth Support and Advocacy Service) is a leading youth health agency that helps vulnerable and high-risk young people with drug and alcohol issues, mental illness and social disconnection to take control of their health and wellbeing. YSAS also provides early intervention support for young people in contact with the justice system.

Foodbank Victoria

Food is available for young people aged 12-25 and their families, including frozen goods, dry goods, and fresh fruit and vegetables in small parcels to help you get by. No appointment is needed,

just visit the YRC and a youth worker will be happy to help you. They can also provide you with contact details of other resources that can help you get through difficult times.

Youth Projects

At Youth Projects, we are committed to breaking the cycle of disadvantage. We are an independent, registered charity which provides front line support to young people and individuals experiencing disadvantage, unemployment, homelessness, alcohol, and other drug issues. We also help those looking to re-engage with learning and employment. We recognise the complex and varying needs of the people we

work with and go above and beyond to provide pathways out of poverty.

For more information visit youthprojects.org.au

Immediate help

If you are feeling like you are unable to keep yourself safe, please contact any of the following services immediately:

Kidshelpline
(for 5 - 25 year olds)
1800 55 1800

Lifeline (all ages)
13 11 14

Suicide Line Victoria
1300 651 251

If you are worried about unhealthy, abusive or violent behaviour in any of your relationships, you can contact 1800RESPECT on 1800 737 732 or through online chat 1800respect.org.au

If in immediate danger, please contact 000 for urgent support.



Image by Shannon Mackey

GRANTS

Visit Council's Community Grants Directory to find an updated list of available grants for young people and community groups: youthwyndham.com/grants

SKILL DEVELOPMENT AND ENHANCEMENT

Youth Services offers and partners with a wide range of programs and services that can assist you in your education and employment journey.

Reconnect Program (CMY)

The Reconnect program supports young people (17+) from multicultural backgrounds who would like support in looking for work or education pathways. The program offers participants a careers coach – one-to-one who can assist with work-ready skills, applying for jobs, career advice and employment and education-related support and youth support tailored to support with wrap around support to assist participants to achieve

their goals! For further information and eligibility criteria contact CMY's Multicultural Youth Worker Julie Babiano on 0436 617 954 or email jbabiano@cmynet.au

Wyndham City Mock Interviews

This is an inclusive program to improve interview skills for students in years 10-12, and students in VCAL who have disabilities. The program includes assisting students to select one of four jobs, supporting them to write a cover letter and resume, register an application through an online job portal, present interview tips, conduct meet and greets with interviewers, and hold mock interviews for students with feedback.

For further information email: communitywellbeing&inclusion@wyndham.vic.gov.au

EduGrams

Free school and community group workshops to develop life skills and support mental health and wellbeing. Suitable for ages 12 – 25 years, the EduGram programs provide young people with practical skills as well as connections with local support agencies and Youth Services programs and resources. Some examples of topics are Healthy Minds, Sexual Health, Sexuality and Gender and Alcohol & other Drugs. To find out more call the YRC on 8734 1355 or visit our website youthwyndham.com/edugrams



Cameron Borg
Way Out West Best Landscape 2021

Section 2

NAVIGATING WYNDHAM



HOW TO BE ACTIVE IN YOUR COMMUNITY

Being an active member of your community is a great way to connect with what is happening around you and get some practical experience to put on your resume.

You may be passionate about an important issue or have some good ideas about how to improve Wyndham. Meeting like-minded people will sharpen your understanding and enhance creativity.

There are endless opportunities for you if you decide to make a difference! Here are some ways to go about being active in your community:

- Sign up to Wyndham City Council's Volunteer database
- Ask your Teacher or Welfare Coordinator at school to give you some suggestions
- Join one of the volunteer groups at Youth Services
- Visit your local community centre and see what's on
- Keep an eye out in the local newspaper for opportunities to get involved.

SPORTS AND ACTIVITIES

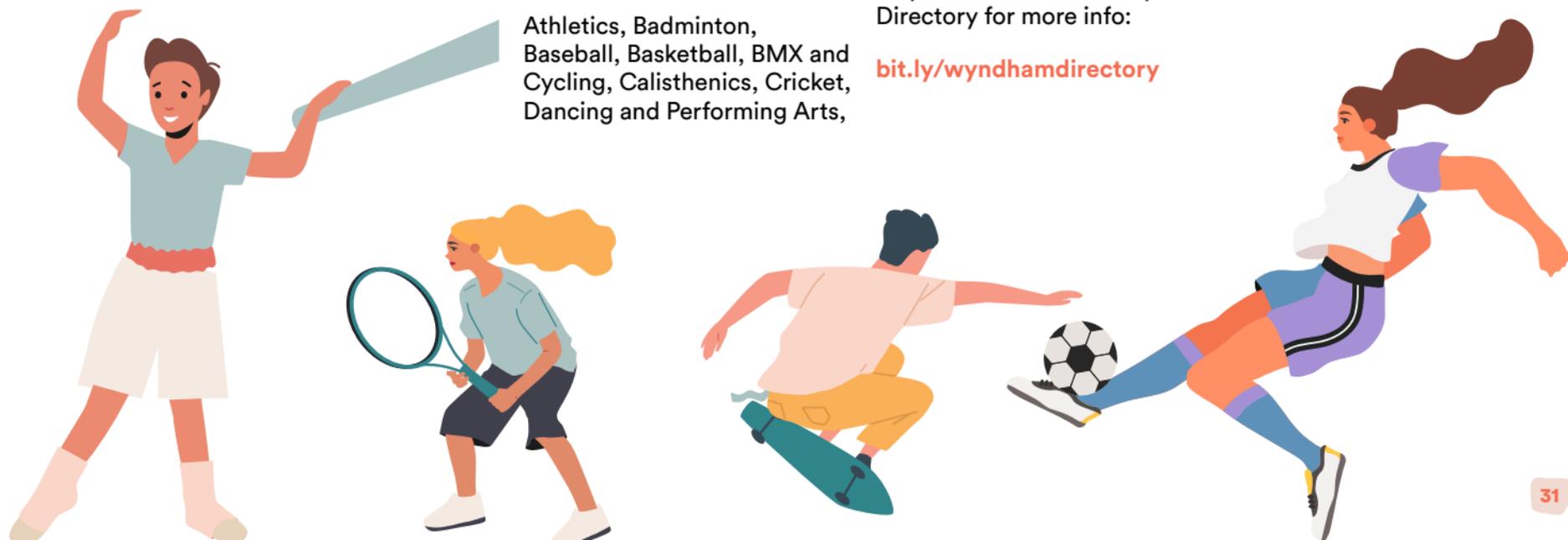
There is a large range of sporting/community organisations in Wyndham, some of the sports and activities offered are:

Athletics, Badminton, Baseball, Basketball, BMX and Cycling, Calisthenics, Cricket, Dancing and Performing Arts,

Darts, Equestrian, Fishing, Football, Golf, Hockey, Martial Arts, Netball, Rugby, Scouts, Shooting, Soccer, Softball, Swimming, Table Tennis, Tai Chi, Tennis.

Check out the Wyndham City Councils Community Directory for more info:

bit.ly/wyndhamdirectory



SPORT AND LEISURE FACILITIES

- Werribee Outdoor Pool
220 Watton St, Werribee.
- AquaPulse
80 Derrimut Rd,
Hoppers Crossing
- VU Sports Complex
Hoppers Lane,
Hoppers Crossing
- Werribee Park
Equestrian Centre
170 K Road, Werribee
- Eagle Stadium
35 Ballan Road, Werribee
- Lawrie Emmins
Motorcross Reserve
2-88 Sayers Road,
Laverton North

BIKE/SKATE/SCOOT

Bike Paths and Walking Trails

You can get a map of all the bike riding and walking trails in Wyndham by contacting Council on (03) 9742 0777 or visiting wyndham.vic.gov.au or scan the QR code



Skate Parks and BMX tracks

- Hoppers Crossing BMX Track, Derrimut Rd (behind CFA)
- Hoppers Crossing Skate Park - Mossfiel Reserve, Heaths Rd
- Riverwalk Skate Park Newmarket Rd, Riverwalk, Werribee
- Werribee Skate Park Wyndham Park, Watton St, Werribee
- Loyola Skate Park Loyola Rd, Werribee



- Wyndham Vale Skate Park Presidents Park, Heaths Rd
- Woolybush Drive Stake Park, Woolybush Dr, Tarneit
- Baden Powell Drive Skate Park, Baden Powell Dr, Tarneit
- Point Cook Skate Park Boardwalk Boulevard
- Point Cook Ledges Newminster Way

- Little River Skate Park Possy Newland Reserve, River St
- YRC Skate Park - Derrimut Rd, Hoppers crossing
- Werribee South Skate Park Price Reserve, Werribee South



SPORTING RESERVES

For an interactive map of sporting spaces and centres near you please visit [mywyndham](https://mywyndham.com/) via the link below
youthwyndham.com/mywyndham



ARTS AND CULTURE

Wyndham Cultural Centre

The Wyndham Cultural Centre hosts a diverse range of theatre and stage performances, as well as comedy, drama, and dances throughout the year. It's also home to the Wyndham Art Gallery, which showcases quality contemporary art from a range of local, national and international artists.

177 Watton St, Werribee
wyncc.com.au

Box Office: 8734 6000
boxoffice@wyndham.vic.gov.au

Saltwater Art Studio - Saltwater Community Centre

This studio is an artist-led space that offers a variety of classes and activities.

For more information please check out their Facebook and Instagram pages

TOURIST ATTRACTIONS

Wyndham is home to many iconic tourist attractions including the Werribee Park Precinct, home to the Werribee Open Range zoo, Werribee Park and Mansion, Victoria State Rose Garden and Lancemore hotel.

To find out more visit:
visitwerribee.com

Follow:



@visitwerribeeandsurrounds

For ideas on what to do, where to go pop into our Visitor Information Centre



Werribee Visitor Information Centre

Located at the entrance to Werribee Open Range Zoo
K Road, Werribee South
Ph: 8734 6006



Wyndham's Eco Hotspots

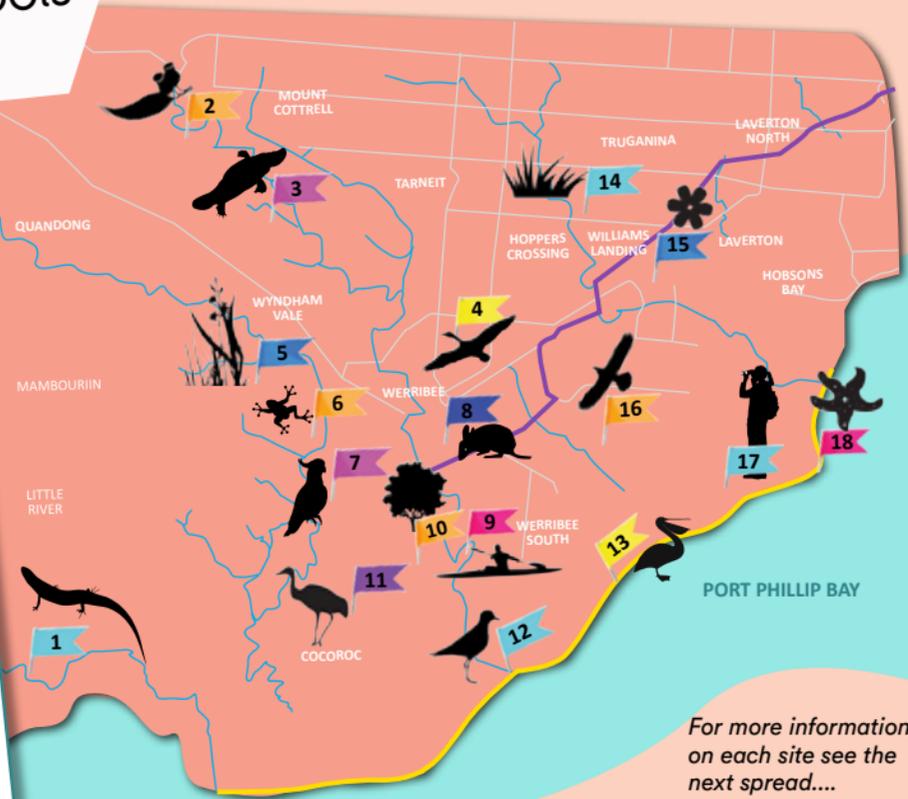
Wyndham's natural environment is extremely diverse and beautifully unique.

The map opposite highlights the environmental sites of interest in Wyndham.

Wyndham's HIDDEN DIVERSITY

Your guide to
the eco hotspots
of Wyndham

1. The Little River
2. Cobbleclicks Ford
3. The Werribee River
4. Heathdale Glen Orden Wetlands
5. Lollypop Creek Recreation walk
6. Black Forest Swamp
7. Lollypop Creek
8. Werribee Open Range Zoo – Australian Journey and Wirribi River Trail
9. K-Road cliffs
10. Werribee River Park
11. Western Treatment Plant
12. Grahams Wetland Reserve
13. Werribee South Foreshore
14. Skeleton Creek
15. Williams Landing wetland and grassland area
16. Alamanda Wetland
17. Cheethams wetlands and Point Cook Coastal Park
18. Point Cooke Marine Sanctuary



For more information
on each site see the
next spread...



1. Rothwell Bridge

1

The Little River

An important landscape with significant native grassland, remnant river red gums that line the river and scenic rocky escarpments.

Sites to Visit:

- McNaughton's Reserve: You Yangs Rd, Little River. Mel Ref 200 A4
- Rothwell Reserve: Rothwell Rd, Little River. Mel Ref 200 E8
- Pub Flats: River Road, Little River. Mel Ref 200 C5

2

Cobbledicks Ford Reserve

Home to a variety of important ecosystems, such as grasslands and riparian woodlands, providing habitat to many different animals. The Reserve is very scenic and the perfect place for a picnic or afternoon walk.

Off Dukelows Rd, Mount Cottrell.
Mel Ref 227 B9

3

Werribee River

The traditional owners of the land originally called the Werribee River 'Weariby Yallock', 'Weariby' meaning 'spine' or 'backbone' and 'yallock' meaning 'stream'. The Werribee River is home to many significant species of plants and animals.

Sites to Visit:

- Bungees Hole – Located behind Werribee Bowling Club. Mel Ref 205 G9
- President's Park – Cnr Heaths and McGraths Rd, Wyndham Vale. Mel Ref 205 D3

4

Heathdale Glen Orden Wetlands

Includes 35 hectares of open space and home to many native flora and fauna species. The Wetlands are great for bird watching or general exploring.

Car parking off Rosella Ave, Werribee. Mel Ref: 206 A3

5

Lollypop Creek Grassland Re-Creation

Established to represent the Grassland vegetation community that once dominated the local area.

Between Feathertop Dr and Greens Rd, Wyndham Vale.

Mel Ref: 204 K5.

6

Black Forest Swamp

With Lollypop Creek flowing through the site, the Swamp is largely natural and contains high quality habitats. The eastern section includes Council owned open space, recreation and conservation.

Cnr of Blackforest Rd and McGraths Rd. Mel Ref 205 B8

7

Lollypop Creek

The natural form of the Creek is a series of pools and riffles with gently undulating valley form and occasional escarpments.

Sites to Visit:

- For a great example of rocky escarpments try Tuckers Water Hole located at: Mel Ref 204 J3

8

Australian Journey and Wirribi River Trail

A 3.7 hectare predator proof enclosure at Werribee Open Range Zoo enables Zoo visitors to connect with Eastern Barred Bandicoots in their basalt plains environment. You can then discover the beautiful Werribee River on the Wirribi River Trail.

For details visit: www.zoo.org.au

9

K-Road cliffs

A dramatic example of earthen cliffs which have been formed by the Werribee River. The site offers spectacular views over the Werribee Open Range Zoo and the Werribee Park Golf Course.

K Rd, Werribee South. Mel Ref 201 B7

10

Werribee River Park

A natural setting ideal for exploring the beauty of the Werribee River. See a diversity of water birds and enjoy activities such as fishing and kayaking.

Vehicle entrance via New Farm Road (Mel Ref 205 E11). Follow the road over the Princes Fwy, and turn left at the end of the road.

11

Western Treatment Plant

Encompassing a diverse array of vegetation and wildlife, the site is one of Australia's most important wetlands for waterbirds, with over 280 species of birds recorded there.

Permit required for bird watching - for details visit:

www.melbournewater.com.au

12

Graham's Wetland Reserve

Located on the Werribee River where it enters Port Phillip Bay, the 22 hectare reserve takes the form of a low-lying saline wetland which is prime bird habitat.

Diggers Road, Werribee South.
Mel Ref 199 E10

13

Werribee South Foreshore

One of Victoria's untouched Bay side regions, located on the western edge of Port Phillip Bay. The foreshore provides spectacular views, picnic areas, playgrounds and walking trails as well as activities such as boating, canoeing, fishing and jet skiing.

Explore the whole foreshore,
Mel Ref 199 J10

14

Skeleton Creek

Supports significant native flora and fauna, natural rock formations, dry stone rock walls, rock pools, waterholes and cultural heritage values.

Sites to Visit:

- Honeyeater Ct, Tarnet. Mel Ref 202 K5
- Bromage Ct, Hoppers Crossing. Mel Ref 203 B11
- Off Catalina Ct, Point Cook. Mel Ref 207 F1

15

Williams Landing wetland/grassland area

The wetlands at the site provide significant habitat for birds, reptiles and frogs while the grasslands represent vegetation that has been present on the Western Plains of Melbourne for thousands of years.

Cnr Forsyth Rd and Princes Fwy, Williams Landing. Mel Ref 203 G11 (no access to site - can be viewed from adjoining roads)

16

Alamanda Wetland

River Red Gums and Tangled Lignum are scattered around the perimeter of this large wetland which is home to many plants and animals. Birds of prey are often spotted at this site.

Featherbrook Dr, Point Cook.
Mel Ref 207 F11



10. K-Road Cliffs

17

Cheethams Wetlands & Point Cook Coastal Park

Featuring abundant birdlife, a historic limestone homestead, intertidal sand banks, a Marine Reserve as well as playgrounds and picnic facilities. The Park ranks among the top places in the world for migratory wading birds - see these summer visitors from the Tower, which provides a 360 degree view of the wetlands.

Cheethams Wetlands:
Point Cook Homestead Rd
Mel Ref 199 H1
Point Cook Coastal Park: Point Cook Homestead Rd, Mel Ref D12

18

Point Cooke Marine Sanctuary

This Sanctuary protects 290ha of a typical Port Phillip western shoreline and is the largest park in Victoria's system of marine national parks and sanctuaries. Access through Point Cook Coastal Park or Cheethams Wetlands. Mel Ref 199 H3

These sites remain natural. Appropriate care must be taken to ensure your safety. Please watch out for water, uneven ground and snakes.

LIBRARIES

Julia Gillard Library Tarneit

150 Sunset Views Boulevard,
Tarneit
Ph: 8734 0200

Mon – Thur: 9am - 8pm
Fri: 9am - 6pm
Sat: 10am - 4pm
Sun: 1:30pm - 5pm

Hoppers Crossing Library

Cnr of Heaths & Derrimut Rds,
Hoppers Crossing
Ph: 8734 2600

Mon-Wed: 10am-8pm,
Thurs: 10am-10pm
Fri: 10am-6pm
Sat: 10am-4pm
Sun: 1.30pm-5pm

Werribee Library

Wyndham Cultural Centre
177 Watton St, Werribee
Ph: 9742 7999

Mon-Wed/Fri: 10am-6pm,
Thurs: 10am-8pm
Sat: 10am-4pm
Sun: Closed

Point Cook Library

1-21 Cheetham St, Point Cook
Ph: 9395 7966

Mon – Thur: 9am - 8pm
Fri: 10am - 6pm
Sat: 10am - 4pm
Sun: 1pm - 5pm

Manor Lakes Library

86 Manor Lakes Boulevard,
Manor Lakes
Ph: 8734 8930

Mon-Tues: 10am-6pm
Wed: 10am-8pm
Thurs-Fri: 10am-6pm
Sat: 10am-4pm
Sun: Closed

Williams Landing Book Locker

Williams Landing Shopping
Centre
100 Overton Road,
Williams Landing

Mon-Sun: 6am - 10pm
(Subject to shopping centre
opening hours).

Williams Landing Lounge

Shop 1, 101 Overton Road,
Williams Landing
Ph: 8734 8999

Mon- Fri: 10am-5.30pm
(closed 12.30pm to 1pm)

What Can The Library Help With?

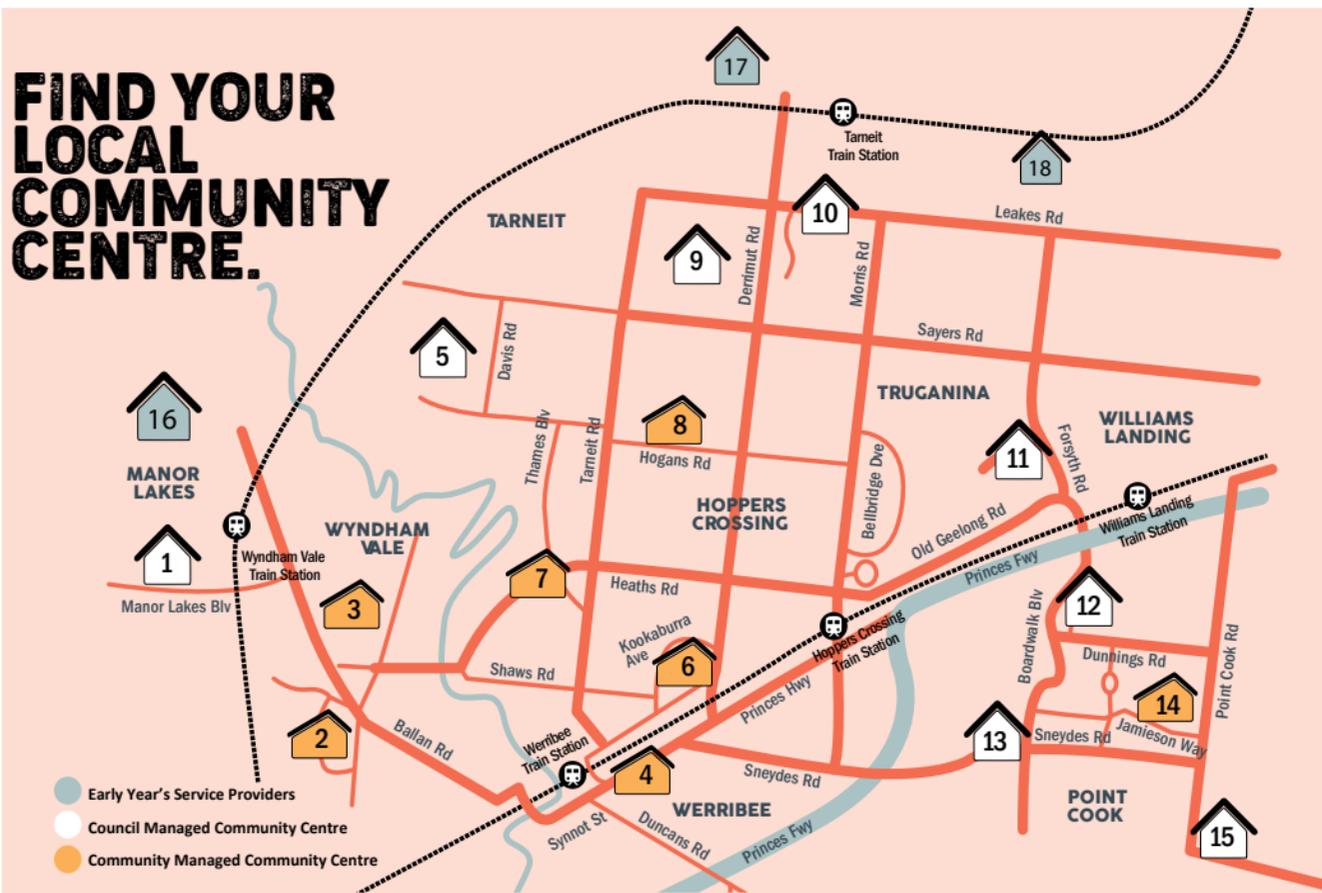
- Free homework and resume help (in person and online via Studiosity)
- Free ebooks and movie streaming via our Bolinda, Hoopla and Kanopy services
- Free computer access and Wi-Fi
- A space to study, read, or just hang out
- Books, mags and graphic novels to read and borrow

- Book and writing clubs, regular gaming events, Exam Cram study nights, author talks, competitions, opportunities to volunteer, and more

Find out more at
[youthwyndham.com/
libraries](http://youthwyndham.com/libraries)
or call 03 8734 8999



FIND YOUR LOCAL COMMUNITY CENTRE.



1 **MANOR LAKES COMMUNITY LEARNING CENTRE**
86 Manor Lakes Blvd, Manor Lakes
8734 8934
manorlakescl@wyndham.vic.gov.au

Council Customer Service
Library + Café + Rooms for Hire
Kindergarten + Maternal and Child Health
Foodbank + Youth Services
Community Programs and Classes

2 **IRAMOO COMMUNITY CENTRE**
84 Honour Avenue, Wyndham Vale
8742 3688
admin@iramoooc.com.au

Community Garden + Wyndham Vale Men's Shed
Community Programs and Classes
Rooms for Hire + Private Function Hire

3 **WUNGGURWIL DHURRUNG CENTRE**
19 Communal Road, Wyndham Vale
8734 5488
WunggurwilDhurrung@wyndham.vic.gov.au

Koling wada-ngal Aboriginal Corporation
Aboriginal and Torres Strait Islander
community gathering spaces
Balim Balim Kindergarten
Maternal + Child Health
Stronger Families Stronger Boorais Program
Youth Services & Art Studio
Community Programs and Classes
Rooms for Hire

4 **WYNDHAM COMMUNITY & EDUCATION CENTRE**
20 Synnot Street, Werribee
9742 4013
enquiries@wyndhamcec.org.au

Adult Education
Pre-accredited | Accredited Courses
VCAL + Youth Education
English Language Classes
Settlement Services + Employment Programs
Community Programs + Saffron Kitchen

5 **DIANELLA COMMUNITY CENTRE**
6 Congo Drive, Tarneit West
8742 8300
dianellacc@wyndham.vic.gov.au

Kindergarten + Maternal and Child Health
Community Programs and Classes
Rooms for Hire + Amphitheatre

6 **WYNDHAM PARK COMMUNITY CENTRE**
55 - 57 Kookaburra Ave, Werribee
8742 3975
admin@wyndhamparkcc.com.au

Kindergarten
Maternal and Child Health
Community Shed + Community Garden
Pottery + Toy Library
Community Store
Community Programs and Classes
Rooms for Hire

7 **QUANTIN BINNAH COMMUNITY CENTRE**
61 Thames Blvd, Werribee
9742 5040
qb@qbcc.org.au

3yr and 4yr Kindergarten
Maternal and Child Health
Long Day Care + Vacation Care
Before and After School Care Program
Community Programs and Classes
Café QB + Rooms for Hire

8 **THE GRANGE COMMUNITY CENTRE**
260-280 Hogans Rd, Hoppers Crossing
8742 8000
enquiries@grangecommunity.org.au

Kindergarten + Maternal and Child Health
3+ Early Learning Program
Before and After School Care Program
School Holiday Program
Community Programs and Classes
Rooms for Hire

9 **PENROSE PROMENADE COMMUNITY CENTRE**
83 Penrose Promenade, Tarneit
8734 4500
penrosepromenadec@wyndham.vic.gov.au

Kindergarten + Maternal and Child Health
Community Garden + Foodbank
Community Programs and Classes
Rooms for Hire

10 **TARNEIT COMMUNITY LEARNING CENTRE**
150 Sunset Views Boulevard, Tarneit
8734 6040
tarneitclc@wyndham.vic.gov.au

Council Customer Service
Library + Youth Services
Kindergarten + Maternal and Child Health
Community Programs and Classes
Rooms for Hire

11 **ARNDELL PARK COMMUNITY CENTRE**
29 - 49 Federation Blvd, Truganina
8734 8911
arndellparkcc@wyndham.vic.gov.au

Kindergarten + Maternal and Child Health
Community Programs and Classes
Rooms for Hire

12 **POINT COOK COMMUNITY LEARNING CENTRE**
1-21 Cheetham Street, Point Cook
9395 6399
pointcookclc@wyndham.vic.gov.au

Council Customer Service + Library
Kindergarten + Maternal and Child Health
Youth Services + Toy Library
Community Programs and Classes
Rooms for Hire

13 **FEATHERBROOK COMMUNITY CENTRE**
33- 35 Windorah Drive, Point Cook
8353 4000
featherbrookcc@wyndham.vic.gov.au

Kindergarten + Maternal and Child Health
Community Programs and Classes
Rooms for Hire

14 **JAMIESON WAY COMMUNITY CENTRE**
59 Jamieson Way, Point Cook
9395 3777
admin@jamiesonwaycc.org.au

Kindergarten
Maternal and Child Health
Community Bus
Community Garden
Point Cook Market
Food Relief Program
Commercial Kitchen
Community Programs and Classes
Rooms for Hire

15 **SALTWATER COMMUNITY CENTRE**
153 Saltwater Promenade, Point Cook
8376 5504
saltwatercc@wyndham.vic.gov.au

Kindergarten
Maternal and Child Health
Art Studio, Kiln and Gallery
Community Garden
Community Programs and Classes
Rooms for Hire
Amphitheatre

16 **MANOR LAKES FAMILY CENTRE (interim name)**
84 Holyoake Parade, Manor Lakes
Opening: 2023

Kindergarten
Maternal and Child Health
Toy Library

17 **BEMBIT BAG-ROOK COMMUNITY CENTRE**
61 Polly Parade, Tarneit
Opening: Late 2022

Kindergarten
Maternal and Child Health
Community Meeting Rooms

18 **KOOMAIL TARDY COMMUNITY CENTRE**
117 Alcock Road, Truganina

Kindergarten
Maternal and Child Health
Community Meeting Rooms

GETTING AROUND

There are many ways that young people can travel around Wyndham to get to where they need to go, including by public transport (train and bus), taxi, cycling or walking.

Public Transport Victoria (PTV) has all the information on public transport services, timetables, fares, tickets and initiatives. For up to date information, check out:

Web: www.ptv.vic.gov.au
Ph: 1800 800 007
App: 'Public Transport Victoria app'

Myki

myki is your ticket to travel on Melbourne's trains, trams and buses, and V/Line commuter train services. The reusable smart card is easy to use. Simply top up before your journey and then touch on and touch off at a myki reader as you travel.

You can buy and top up your myki at all 7-Eleven stores, the ticket office window at staffed Premium Stations, from a myki machine (full fare myki cards only) located at train stations and major tram and bus interchanges, online at www.ptv.vic.gov.au and by calling 1800 800 007.

If you're a Victorian undergraduate student studying full time on campus, you may be eligible for a Concession myki.

If you're a Health Care Holder you may be eligible for a Concession myki.



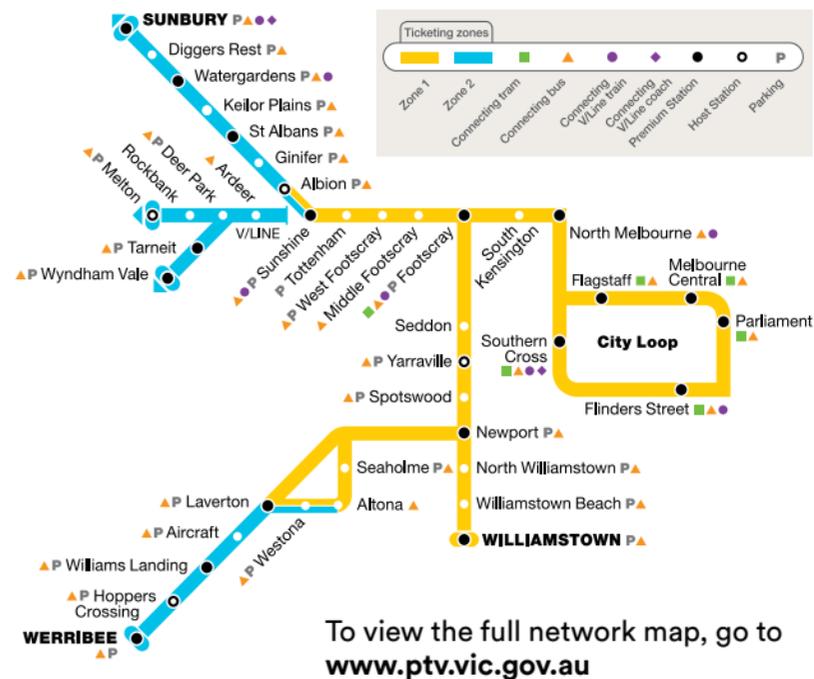
Train

These train stations are located on the Werribee Line (Metro):

- Werribee Train Station
- Hoppers Crossing Train Station
- Williams Landing Train Station

These train stations are located on the Geelong Line (V/Line):

- Tarneit Train Station
- Wyndham Vale Train Station
- Little River Train Station



Taxi Services

West Suburban Cabs:
9689 1144

Arrow Taxis:
13 22 11

Silver Top Taxis:
13 5000

13CABS:
13 22 27

There are also many 'car ride service' applications (apps) available.

Buses

Buses in Wyndham run approximately every 20-40 minutes and are subject to change. Places to find updated bus routes and timetables are:

- At bus stops
- PTV:
www.ptv.vic.gov.au
1800 800 007

- CDC Victoria:
www.cdcvictoria.com.au
9977 9900
- By using the PTV mobile phone app

For more information on fares and routes, or to make an enquiry or complaint, contact the Wyndham depot on (03) 9977 9900 or online at:
www.cdcvictoria.com.au.



Remaining Grasslands Of Wyndham
Elianah Bogoevska,
Way Out West Prize 2021 winner

Section 3

WELLBEING AND SUPPORT RESOURCES



SUPPORT INFORMATION AND LOCAL SERVICES

IMMEDIATE HELP

If you are feeling like you are unable to keep yourself safe, please contact any of the following services immediately:

Kidshelpline

(for 5-25 year olds)
1800 55 1800

Lifeline (all ages)

13 11 14

Suicide Line Victoria

1300 651 251

If you are worried about unhealthy, abusive or violent behaviour in any of your

relationships, you can contact 1800RESPECT on 1800 737 732 or through online chat.
www.1800respect.org.au

If in immediate danger, please contact 000 for urgent support.

ABUSE AND FAMILY VIOLENCE

What is domestic abuse and family violence?

Everyone has the right to live in an environment free from violence. Unfortunately, many people are witnesses, victims and/or perpetrators and often this violence happens at home.

Domestic and family violence isn't limited to physical harm, but can also include sexual assault, threats, intimidation, isolation, and psychological, emotional, verbal and economic abuse.

Being a victim or witnessing family violence can be very damaging to a young person. It can evoke a range of feelings including fear, depression, anger, shame, guilt, suicidal thoughts, despair and a sense of powerlessness. It can lead to physical symptoms (feeling sick, headaches, sleeping and eating difficulties), self-harming, affect performance at school, cause withdrawal from friends, lead to alcohol and drug use, and can cause misguided beliefs about

violence being a legitimate tool to resolve conflict or control situations.

If you're experiencing abuse or violence it is not your fault. It is the abuser who is responsible. Domestic violence is a crime and the abuser is breaking the law.

What can I do about it?

If you've been a victim of family violence you should never believe that the violence is your fault. Know that you are not alone and you have the right to report the crime to police. Place the responsibility of the violence on the perpetrator and try to support the victim and get help for yourself.

Deciding to leave a violent relationship is a difficult decision and requires careful planning and support.

- Find supportive friends - talk to someone you trust.
- Contact a support group - they can offer you direct help.
- Make a safety plan - include emergency numbers, pack. clothing/toiletries, important documents, medication etc in case you have to escape quickly.
- Contact the police to ensure your safety or if you need to return to collect possessions later on.
- See a doctor - if you are feeling anxious or depressed.

- Recognise your strengths - to create a more positive life.
- **If you need immediate help, call 000.**

If you've been the perpetrator of violence, your behaviour is unacceptable and against the law. Take responsibility - help is available to assist you in changing your behaviour and attitude.



ABUSE AND FAMILY VIOLENCE RESOURCES

Child Protection and Family Services (DFFH)

Ph: 1300 664 977
services.dffh.vic.gov.au

Child FIRST (DFFH)

Support, information, assistance and referrals
 Ph: 1300 775 160
services.dffh.vic.gov.au

Safe Steps Family Violence Response Centre:

24/7 crisis phone support
 Ph: 1800 015 188 (toll free)
safesteps.org.au

Western Region Centre Against Sexual Assault Inc.

Multi-Disciplinary Centre

Level 2, 236 Hoppers Lane, Werribee, Vic 3030
 Fax: 9216 0444

www.westcasa.org.au
info@westcasa.org.au

Uniting Wyndham

Emergency relief services, family mediation and support

19 Duncans Rd, Werribee
 Ph: 9051 2000
unitingvictas.org.au

Western Region Centre Against Sexual Assault (WestCASA)

Counselling and support
 236 Hoppers Lane, Werribee
 Ph: 9216 0444
westcasa.org.au

Sexual Assault Crisis Line

Ph: 1800 806 292

sacl.com.au

Safe and Equal

Support and information
 Ph: (03) 8346 5200
safeandequal.org.au

Gatehouse Centre

Royal Children's Hospital
 Ph: 9345 6391
rch.org.au



Gen West

Family violence and health service for women
 317 Barkly St, Footscray
 Ph: 1800 436 937
genwest.org.au

Australian Muslim Women's Centre for Human Rights

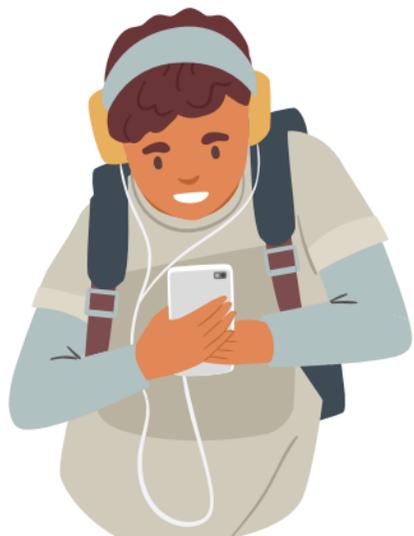
Ph: 9481 3000
amwchr.org.au

Kids Help Line

Ph: 1800 551 800
kidshelp.com.au

Relationship Matters

Counselling and mediation in
 Hoppers Crossing
 Ph: 1300 543 396
relationshipmatters.com.au

**Relationships Australia**

Counselling and mediation
 Ph: 1300 364 277
relationshipsaustralia.com.au

MensLine Australia

Ph: 1300 799 978
mensline.org.au

**ACCOMMODATION AND HOUSING****What to do if you or a friend has nowhere to stay?**

There are many reasons why a young person may have nowhere to stay for the night. If you (or a friend) find yourself in such a position, there are a few options you can take.

‘Couch surfing’ is when you spend a night or a few nights sleeping at a friend’s house. You may move from one friend’s house to another.

Another option is to call Whitelion, an organisation that supports young people who are homeless or at risk of becoming homeless.

They can link you in with temporary housing and also provide you with information and referrals for other support services that you may need to address the issues in your life, such as counseling for mental health, alcohol, drugs, abuse, education and employment disengagement, and legal services.

For more information, please call 1300 669 600 and ask to speak to or leave a message for a Whitelion staff member.

ACCOMMODATION AND HOUSING RESOURCES**Whitelion**

YRC, 86 Derrimut Road,
 Hoppers Crossing
 Ph: 1300 669 600
whitelion.org.au

Uniting Wyndham

Emergency relief services,
 family mediation and support
 19 Duncans Rd, Werribee
 Ph: 9051 2000
unitingvictas.org.au



Transitional Supported Accommodation for Youth

34 Devonshire Rd, Sunshine
Ph: 9312 3544
salvationarmy.org.au

St Kilda Crisis Centre

29 Grey Street, St Kilda
Ph: 9536 7777/1800 627 727
salvationarmy.org.au

Melbourne City Mission – Melbourne Youth Support Services (MYSS)

Housing with 24 hour crisis service
Ph: 9977 0078
mcm.org.au/homelessness/frontyard/our-services/accommodation

Melbourne City Mission - Frontyard

Support services and info
19 King St, Melbourne
Ph: 9977 0077 / 1800 800531
mcm.org.au/homelessness/frontyard

Launch Housing



Short term accommodation
Ph: 1800 825 955
www.launchhousing.org.au

Kids Under Cover

Housing for young people
383 Swan St, Richmond
Ph: 9429 7444 / 1800 801 633
kuc.org.au

Youth Central

Housing information
youthcentral.vic.gov.au

Lighthouse Foundation

Ongoing support service
13 Adolph St, Richmond
Ph: 9093 7500
lighthousefoundation.org.au

Unison (Werribee)

Housing support
Level 1 1-13 Watton St
Werribee
Ph: 9216 0300

Jesuit Social Services

16 Withers St, Sunshine
Ph: 8595 2438
jss.org.au



Image by
Shannon Mackey

ALCOHOL AND DRUGS

Alcohol and its Effects

In small amounts, alcohol affects a person's concentration, coordination, and causes them to lower their inhibitions. **Binge drinking** is when a person drinks too much in a short amount of time and becomes severely intoxicated. It can lead to risk taking, dangerous situations, unconsciousness and even death. Common effects of binge drinking are hangovers, headaches, nausea, shakiness and vomiting. **Excessive alcohol use** can also have a negative impact on relationships. Factors such as gender, age, mental health, drug use, and

existing medical conditions can change how alcohol affects you.

The Australian Guidelines to reduce health risks from drinking alcohol recommend that healthy men and women drink no more than 2 standard drinks in one day, and no more than 4 standard drinks in one occasion. On average your body can process one drink per hour.

You shouldn't drink if you're pregnant, planning to drive, performing a risky activity, or if you're under 18 years of age.

Tips for drinking less

- Pace yourself and alternate with non-alcoholic drinks
- Have some food, but avoid salty foods that make you thirsty
- Stay busy (dance or play pool) as you'll tend to drink less
- Try low alcohol alternatives
- Don't be pressured into drinking more than you want to
- Set your own pace for drinking rather than getting involved in shots or rounds

Drugs

According to the ADF [Australian Drug and Alcohol Foundation], Drug use is a personal and sometimes sensitive issue, and may be difficult to talk about. A drug is any substance that, when taken or administered into the body has a physiological effect.

There are many services available to help if you or someone you know is having problems with drugs. Counselling and advice is available at the YRC, and we can also refer you to other helpful organisations.

ALCOHOL AND DRUGS RESOURCES

Whitelion

YRC, 86 Derrimut Road,
Hoppers Crossing
Ph: 1300 669 600
whitelion.org.au

Western Health

Drug Health Services
3-7 Eleanor St, Footscray
Sunshine hospital
Ph: 8345 6682
westernhealth.org.au

IPC Health

Wyndham health service
117-129 Warringa Crescent
Hoppers Crossing
Ph: 8734 1400
ipchealth.com.au

Joseph's Corner

Support and counselling
in Hoppers Crossing
Ph: 9315 2680
josephscorner.org.au

Turning Point Alcohol and Drug Centre

24/7 counselling
Main office line: 03 8413 8413
DirectLine: 1800 888 236
Emergency: 1800 250 015
turningpoint.org.au
counsellingonline.org.au

QUIT

Support for smoking
addiction
Quitline: 13 78 48
quit.org.au

Youth Support & Advocacy Service (YSAS)

Substance abuse support
Level 1/131 Johnston St,
Fitzroy
Ph: 9415 8881
24hr Advice (Youth Drugs +
Alcohol Advice):
1800 458 685
ysas.org.au

Alcoholics Anonymous

Alcoholic support & recovery,
local support groups
Ph: 1300 222 222
aa.org.au

Australian Drug Foundation

Drug information and services
Level 12, 607 Bourke St,
Melbourne
Ph: 1300 858 584
adf.org.au

Narcotics Anonymous

Information and services
Ph: 1300 652 820
na.org.au

Hello Sunday Morning

Support, education,
and coaching
hellosundaymorning.org



really
Are they OK?
Ask them today

Have a conversation using these 4 steps

- 1. Ask RU OK?**
 RU OK?
 You don't seem yourself lately - want to talk about it?
 How are you travelling?
 Have you been feeling this way for a while?
- 2. Listen with an open mind**
 I'm here to listen if you want to talk more.
 What do you think is a first step that would help you through this?
 Have you spoken to your doctor about this?
- 3. Encourage action**
 Just wanted to check in and see how you're doing?
 Have things improved for you since we last spoke?
- 4. Check in**

Learn how to ask at ruok.org.au

RUOK?
A conversation could change a life.

BULLYING, HARASSMENT & DISCRIMINATION

What is bullying?

Bullying is deliberately and repeatedly hurting someone else, physically or emotionally. It includes hitting, pushing, name calling, leaving people out and teasing. It can happen at school, at home, at work, online, in text messages or on email.

Bullying can have serious short-term and long-term emotional and social consequences for both the victim and the bully. It's not acceptable and you can take action to stop it. Schools and employers

have a responsibility to make you feel safe and stop discrimination, and most have policies about bullying.

What can you do if you or a friend is being bullied?

- Don't be a bystander - say or do something supportive to the person being bullied
- Ignore the bully or walk away, don't give them a reaction
- Keep a record of their behaviour to report it
- If you feel safe to do so, let the bully know their behaviour is not ok
- Tell someone - a teacher, counsellor, manager, parents, a doctor, or the police if it is serious.

- If the bullying occurs online, report it to the eSafety Commissioner at esafety.gov.au/report
- If the person is making threats, report it to the police or a responsible adult.

Harassment

Harassment is when a person is targeted and offended, humiliated, intimidated or treated hostilely because of their race, religion, gender or gender-orientation, or disability. It may also include sexual harassment, which makes a person feel offended, humiliated or intimidated. It is serious and can be against the law. Repeated harassment can be bullying.

Discrimination

Discrimination is treating someone worse than others because of their ability or disability, culture or religion, gender, sexual orientation, or their marital, parenting or economic status. It's against the law to be discriminated against at work, school, using services, in public places, renting accommodation, playing sports and in other parts of public life.

If you can't resolve your issue with your school or workplace, you may lodge a complaint with the Australian Human Rights Commission. You can find more information on what actions you can take at humanrights.gov.au

BULLYING, HARASSMENT AND DISCRIMINATION RESOURCES

Kids Help Line

Kids Help Line: 1800 55 1800
kidshelp.com.au

Lifeline

Crisis support Ph: 131 114
lifeline.org.au

Bullying No Way

24/7 support and tips
bullyingnoway.gov.au

Racism No Way

Anti-racism education
racismnoway.com.au

National Centre Against Bullying

Resources and advocacy
ncab.org.au

eSafety Commissioner

How to deal with online issues
esafety.gov.au

Reach Out

Online support and info
reachout.com.au

Youth Law Australia

Legal info for young people
yla.org.au

Headspace

Info and counselling services
13/5 Duncans R, Werribee
Ph: 8001 2366
headspace.org.au

Human Rights Commission

Info on discrimination complaints
humanrights.gov.au

CULTURALLY & LINGUISTICALLY DIVERSE SERVICES

The following organisations provide services for refugees and newly arrived migrants. For Translating & Interpreting Service call 131 450.

AMES

Settlement, education, and employment services
75 Watton St, Werribee
Ph: 13 26 37
ames.net.au

Micare: Youth Settlement Services

Programs and Support
Ph: 1800 642 273
micare.com.au

Centre for Multicultural Youth

304 Drummond St Carlton
Ph: 9340 3700
cmy.net.au

Asylum Seeker Resource Centre

214-218 Nicholson Street, Footscray
Ph: 9326 6066
asrc.org.au

Asylum Seeker Welcome Centre

212 Sydney Rd, Brunswick
Ph: 9388 2459

Refugee & Immigration Legal Centre

20 Otter St Collingwood
Ph: 9413 0101
refugeelegal.org.au

Laverton Community Integrated Services

95-105 Railway Ave Laverton
Ph: 8368 0177
lcis.org.au

Refugee Council of Australia

Ph: 9211 9333
refugeecouncil.org.au

Department of Immigration and Border Protection

Visa and citizenship information
Ph: 131 881
immi.homeaffairs.gov.au

Human Rights Commission

Ph: (02) 9284 9600
humanrights.gov.au

Racism No Way

Anti-racism education
racismnoway.com.au

Australian Muslim Women's Centre for Human Rights

Ph: 9481 3000
amwchr.org.au

National Ethnic Disability Alliance

information and support
Ph: (02) 6262 6867
neda.org.au



Gwenda Nungurrayi Turner
Sandhills, 2020
oil on belgium linen

ABORIGINAL AND TORRES STRAIT ISLANDER SERVICES



The following organisations provide services for Aboriginal and Torres Strait Islander people:

IPC Health

Healthcare and drop in space (Community Lounge)
510 Ballan Rd
Wyndham Vale
Ph: 9216 7777
ipchealth.com.au

Wungurrwil Dhurrung Centre

Aboriginal Community Centre
19 Communal Road
Wyndham Vale
Ph: 8734 0288
youthwyndham.com/wdc

Reconciliation Australia

Information
Ph: (02) 6153 4400
reconciliation.org.au

Gen West

Family violence and health service for women.
317 Barkly St, Footscray
Ph: 1800 436 937
genwest.org.au

Victorian Aboriginal Health Service (VAHS)

Healthcare
186 Nicholson Street, Fitzroy
9419 3000
vahs.org.au



Lucy Formosa
Way Out West 2021
Best Black and White Winner

COUNSELLING & ONE-ON-ONE SUPPORT

Why would I get counselling?

Counselling is an opportunity to talk to a counsellor about concerns you may have about yourself or others around you. It's a safe place to talk about private topics with someone who will listen and not judge you. If you're feeling down, stressed out, angry, confused, a bit stuck, or just want to find some ways to do things differently, then talking to a counsellor can help.

Youth counselling is available through Youth Services for young people aged 12-25 years. Family counselling is

also available to young people and their families if required.

Middle Years Counselling is available for children aged 8-12 years of age. You can drop into the YRC or your local community centre to find out more!

If you are in immediate danger dial 000 or if you feel threatened and you're concerned for your safety, call Safe Steps 24/7 on 1800 015 188

COUNSELLING AND SUPPORT RESOURCES

Wyndham Youth Services

Counselling at the YRC
Ph: 8734 1355
[youthwyndham.com/
counselling](http://youthwyndham.com/counselling)

IPC Health

Healthcare and counselling
117-129 Warringa Crescent
Hoppers Crossing
Ph: 8734 1400
ipchealth.com.au

Anglicare Victoria

For young people 10-25 years
2 Market Rd, Werribee
Ph: 9731 2500
anglicarevic.org.au

Gatehouse Centre

Counselling for young victims
of sexual assault. Located at
the Royal Children's Hospital.
Ph: 9345 6391
rch.org.au

Counseling Online

Drug and alcohol counseling
Ph: 1800 888 236
counsellingonline.org.au

Gay and Lesbian Switchboard

Phone counselling and info
Ph: 9663 2939 / 1800 184 527
switchboard.org.au

Mens Line

24/7 counselling and support
Ph: 1300 789 978
mensline.org.au

Lifeline

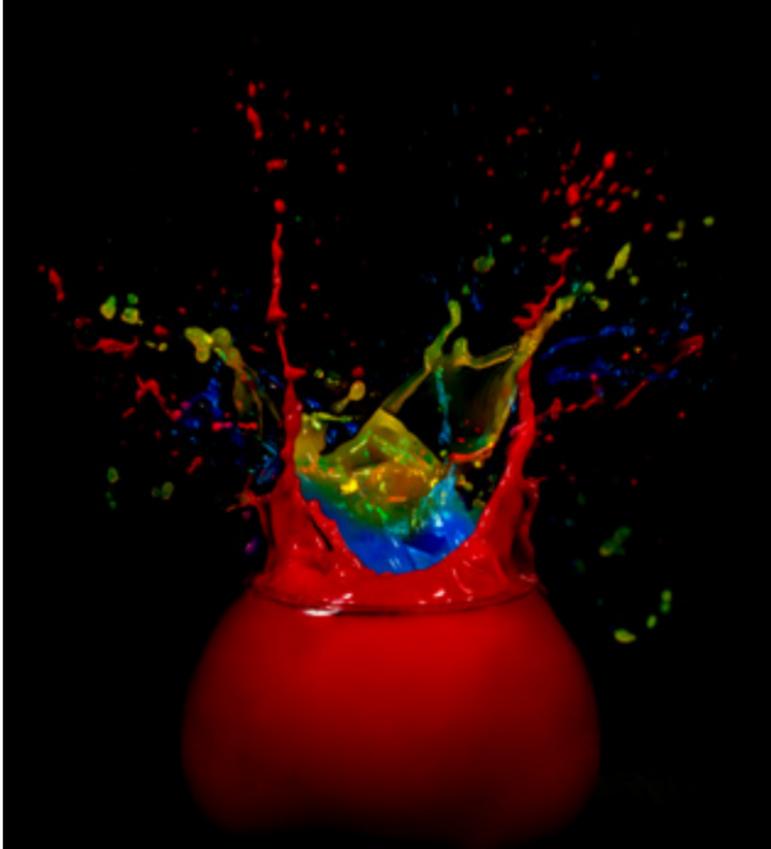
24/7 crisis counselling
Ph: 13 11 14

Suicide Line

24/7 help and support
Helpline: 1300 651 251
suicideline.org.au

Kids Helpline

Ph: 1800 55 1800
kidshelp.com.au



Kenodh Gamanayake
Splash of emotions
Way Out West Best Use of Colour 2021 Winner

HEALTH

DEPRESSION AND MENTAL HEALTH

What is depression?

Depression is more than just feeling upset or sad – it's a serious condition which makes coping with day-to-day life hard and leaves you feeling down most of the time. You might feel irritable, sad, stressed, angrier than usual, restless, unable to relax or stop thinking. Other feelings that you might experience include feeling guilty, worthless, frustrated, unhappy, indecisive, disappointed and miserable. Everyone experiences depression differently and can present in different ways.

If you or know someone else you know might be feeling more down than usual, it's important to talk to someone about it.

What is anxiety disorder?

While everyone feels anxious from time to time, some people experience these feelings so often and strongly that it can affect their everyday lives. Anxiety disorder is different to normal everyday stress as the feelings are ongoing and happen for no apparent reason at all. It can affect your life in many different ways, so it's important to seek help.

Who can you talk to if you are feeling depressed or anxious?

Remember you are not alone. There are many organisations that are there to help you and provide you with information on what to do if you're feeling depressed or anxious. You can tell a friend, a parent, a teacher or school nurse, or get in contact with a counsellor or your local doctor.

You can also drop into the YRC or call us to have a chat to a friendly youth worker. To access councils counselling services you do not need a referral or a care plan from your GP. Give us a call on 8734 1355 or drop in!

Depression and Mental Health Support Resources Wyndham Youth Services

Located at the YRC
Ph: 8734 1355
youthwyndham.com/youth

Mind Australia

Mental illness counseling
Ph: 1300 286 463
Carer Helpline
Ph: 1300 554 660
www.mindaustralia.org.au

IPC Health

Healthcare and counselling
117-129 Warringa Crescent
Hoppers Crossing
Ph: 8734 1400

510 Ballan Rd  
Wyndham Vale
Ph: 9216 7999
ipchealth.com.au

Youth Beyond Blue

Ph: 1300 224 636
www.youthbeyondblue.com

Headspace

5 Duncans Rd, Werribee
Ph: 8001 2366
www.headspace.org.au

Youth Mental Health Unit

Wyndham Clinic Private
Hospital
242A Hoppers Lane, Werribee
Ph: 8731 6500
wyndhamclinic.com.au/mental-health/youth

SANE

information and support
Helpline: 1800 18 SANE (7263)
sane.org

Orygen Youth Health @ISIS Primary Care

117-129 Warringa Cres,
Hoppers Crossing
Ph: 9342 2800
oyh.org.au

Royal Children's Hospital Mental Health Services

Located at IPC Health
Ph: 8734 1650
rch.org.au

Kids Helpline

Ph: 1800 55 1800
kidshelp.com.au

Children of Parents with a Mental Illness

information and support
copmi.net.au

Reach Out

reachout.com.au

Anxiety Disorders Association

Information
Ph: 9853 8089
adavic.org.au

Youth Support & Advocacy Service (YSAS) Mental Health Support

Level 1/131 Johnston St,
Fitzroy
Ph: 9415 8881
24hr Advice: 1800 458 685
ysas.org.au

Beyond Blue

support for depression
& anxiety
beyondblue.com

EATING DISORDERS

A person may have an eating disorder if they're obsessed with having control over eating, food and body image and weight. It can lead to serious physical, psychological and social harm. Eating disorders are serious, and in some cases fatal, mental illnesses which often require psychological or physical intervention to promote recovery. You can find information on symptoms at eatingdisorders.org.au or from a doctor.

If you suspect someone close to you has an eating disorder try to let them know that you are concerned and encourage them to get help. Early

intervention may prevent serious problems from developing so it is important to seek help and advice. Check out the Mental Health and Counselling sections for more services who may be able to help.



Image by
Shannon Mackey

EATING DISORDER RESOURCES

Eating Disorders Program

Royal Children's Hospital,
Centre for Adolescent Health
Ph: 9345 6533
rch.org.au

Eating Disorders Foundation

Support, info & advocacy
Ph: 1300 550 236
eatingdisorders.org.au

The Butterfly Foundation

Support and information
Ph: 1800 33 4673 / 9822 5771
thebutterflyfoundation.org.au

SEXUAL HEALTH

There are many services in Wyndham and surrounding areas that can provide information about how you can look after your sexual health. You might have concerns about contraception, sexuality and gender issues, pregnancy, decision making, abuse, relationships and sexually transmitted infections, or the laws around legal age and consent. You can also contact the health centres listed under 'Other Health Resources'.

SEXUAL HEALTH RESOURCES

Sexual Health Victoria

For people under 25 years
Level 1, 94 Elizabeth St,
Melbourne Ph: 9660 4700
Ph: 9660 4700
shvic.org.au

Gatehouse Centre

Counselling for young victims of sexual assault. Located at the Royal Children's Hospital.
Ph: 9345 6391
rch.org.au

Hampstead Drive Medical Centre

Registered sexual health nurse
2 Hampstead Drive,
Hoppers Crossing
Ph: 9748 8266

OTHER HEALTH RESOURCES

IPC Health

Healthcare and counselling
117-129 Warringa Crescent
Hoppers Crossing
Ph: 8734 1400

510 Ballan Rd
Wyndham Vale
Ph: 9216 7999
ipchealth.com.au

Maternal & Child Health Services

Available in various centres
across Wyndham
Ph: 1300 023 411
wyndham.vic.gov.au

Werribee Mercy Hospital

Emergency Health Service
Ph: 000 (emergency)
8754 3000

Women's Health Hub

Medical Centre
236 Hoppers Lane, Werribee
Ph: 8652 5411
Womenshealthhub.com.au

Medicare Cards

If you're aged 15 or older, you can have your own Medicare card. To transfer to your own Medicare card, you need to visit a Servicesaustralia.gov.au website with identification and fill out a Medicare Copy/Transfer Application form online or print the form and lodge at your closest Centrelink and Medicare office.

Centrelink and Medicare Office - Werribee
89-91 Synnot St, Werribee
Ph: 13 24 68
servicesaustralia.gov.au

Health Care Cards

The Australian Health Care Card is a card issued by the Australian Government which may assist with reduced price prescription medicines, medical services, public transport, vehicle registration and water, gas and electricity bills. To check if this card is available to you and or your family please contact:

Centrelink

89-91 Synnot St, Werribee
Ph: 13 24 68
servicesaustralia.gov.au



Keira Callaghan
Way Out West Best Portrait Winner 2021

DISABILITY SUPPORT

There is a large range of services located in and out of the Wyndham area that can assist young people and their family members who may have a disability. These services providers assist with helping improve the wellbeing and quality of life of people with disabilities.

DISABILITY SUPPORT SERVICES

IPC Health

117-129 Warringa Crescent,
Hoppers Crossing
Ph: 8734 1400
ipchealth.com.au

Mambourin Disability Services

159 Derrimut Drive, Derrimut
Ph: 9731 9200
mambourin.org

Warringa Park School

Education prep-12
81 Warringa Crs,
Hoppers Crossing
Ph: 9749 5774
warringapark.vic.edu.au

Wyndham City Council

Support for independent living
Ph: 9742 0777

ANNECTO

Assistance, support & services
Unit 25, 2-14 Station Place,
Werribee Ph: 9314 0988
annecto.org.au

Mackillop Family Services

118 Commercial Rd, Footscray
Ph: 9680 8444
mackillop.org.au

Carers Victoria

Lvl 1, 37 Albert St, Footscray
Ph: 9396 9550,
TTY: 9396 9587
carersvictoria.org.au

genU Disability Support Services

Youth & disability services
53a Kookaburra Ave Werribee
Ph: 9974 9671
genu.org.au

Able Australia Services

Deaf and blind support service
Ph: 1300 225 369
TTY: (03) 9882 6786
ableaustralia.org.au

Association for Children with a Disability

Info, support and advocacy
Suite 1, 587 Canterbury Road,
Surrey Hills
Ph: 9880 7000
acd.org.au

Dept of Family, Fairness and Housing Services (DFFH)

Information
services.dffh.vic.gov.au/disability

Disability Discrimination

Ph: 1300 396 711
humnrightrights.gov.au

Scope Victoria

Support service
Ph: 1300 472 673
scopeaust.org.au

Grace Healthcare

Health Care Services
Ph: 9087 8230
grace-healthcare.com.au



EDUCATION & EMPLOYMENT

There are many alternative education and employment services located in and around Wyndham.

Fresh Start Leadership Program

This program helps guide young people into pathways of education and employment through gaining skills and experience in leadership, respect, stress management, employment skills and coaching and group interviews. Contact Wyndham Community and Education for more info.

The Huddle

Born out of the role and value of sport and the influence Australian Rules Football plays in connecting people across different ages, genders and cultures; The Huddle was established in 2010 as the community arm of the North Melbourne Football Club in partnership with the Scanlon Foundation and the Australian Multicultural Foundation. It was established to engage, support and empower young people to build on their strengths, increase their ability to participate in society and contribute to more socially inclusive communities.

Our programs are FREE and offer a safe and inclusive environment for all children and young people to learn, grow and belong.

✉ huddle@nmfc.com.au

🖱 NMFC.com.au/huddle

📘 [/huddlenmfc](https://www.facebook.com/huddlenmfc)

🐦 [/huddlenmfc](https://twitter.com/huddlenmfc)

📷 [/huddlenmfc](https://www.instagram.com/huddlenmfc)

🎵 [@huddlenmfc](https://www.tiktok.com/@huddlenmfc)

EDUCATION AND EMPLOYMENT RESOURCES

Whitelion

Employment officer available
Located at the YRC
Ph: 1300 669 600
whitelion.org.au

Werribee Community and Education Centre

Courses and training
4 Synnot St, Werribee
Ph: 9742 4013
werribeec.net

genU

Youth & disability services
29 Reynolds Rd, Belmont
Ph: 5249 8900
genu.org.au

South West Training Services

147-155 Hogans Rd,
Hoppers Crossing
Ph: 9748 9233
swts.org.au

AMES

Education and training for newly arrived people
75 Watton St, Werribee
Ph: 13 26 37
ames.net.au

Employment Plus

Wandene House, Level 1,
Cnr Bridge and Synnot Streets
Ph: 136 123
employmentplus.com.au

VTAC

Info on courses
Ph: 9926 1020
vtac.edu.au

Youth Now

Career and transition services
80B Harvester Rd, Sunshine
Ph: 8311 5800
youthnow.org.au

Department of Education and Training

Training and tertiary education
South West Region office
Ph: 1300 333 232
education.vic.gov.au

Victorian Curriculum and Assessment Authority (VCAA).

Info on VCE, VCAL, and VET
Ph: 1800 134 197
vcaa.vic.edu.au

Youth Central

Education & employment info
youthcentral.vic.gov.au

Workplace Connect

Apprenticeships, job placement and traineeships
Ph: 1300 656 461
wpcgroup.org.au

Group Training Australia

Employment and training services directory
grouptraining.com.au

WorkSafe Victoria

Safe work info and claims
Ph: 9641 1444 / 1800 136 089
worksafe.vic.gov.au

Australian Taxation Office

Ph: 13 28 61
ato.gov.au

WCIG

Disability employment service
Ph: 9731 0477
wcig.org.au
wcigt.org.au

Sarina Russo Institute

Employment Service
Ph: 1300 317 535
Sri.edu.au

MatchWorks

Employment Service
Ph: 8742 3444
Matchworks.com.au

Jesuit Social Services

16 Withers St, Sunshine
Ph: 8595 2438
jss.org.au



GENDER & SEXUALITY

There is many support groups, services and resources in and out of Wyndham for young people that might be Gay, Lesbian, Bisexual, Trans, Intersex, Pan Sexual, Questioning (Gender and or Sexuality) or Straight

LOCAL SUPPORT GROUPS

Q Program

Wyndham Youth Services
Ph: 8734 1355

Crystal Queer Group

Brimbank Youth Services
Ph: 9249 9110

Headspace

Ph: 9927 6222

Queerspace/ Ygender/ (In) visible

100 Drummond St, Carlton
Ph: 9663 6733
Queerspace.org.au

YGLAM Queer Youth Theatre Group

Moreland Youth Services
Ph: 9355 9920

The Spece LGBTQIA+ Group

Melton Youth Services
Ph: 9747 5373

Gay and Lesbian Switchboard

Peer support and info
Ph: 9663 2939 / 1800 184 527
switchboard.org.au

GROUP/EVENT AND EDUCATION

Minus18

minus18.org.au

HEALTH AND WELLBEING

Sexual Health Victoria

For people under 25 years
Level 1, 94 Elizabeth St, Melbourne
Ph: 9660 4700
Ph: 9660 4700
shvic.org.au

Equinox Gender Diverse Health Centre

200 Hoddle St, Abbotsford
Ph: 9417 0408
Equiox.org.au

RCH Gender Service

50 Flemington Rd
Parkville
Ph: 9345 5034

QLife (Switchboard)

Peer support and referral
Ph: 1800 184 527
qlife.org.au

Monash Health Gender Clinic

352 South Rd, Hampton East
Ph: 9556 5216

SERVICES AND RESOURCES**Rainbow Network**

Ph: 9479 8870
rainbownetwork.com.au

Rainbow Door

Free support service for
LGBTQA+, friends and
families
Ph: 1800 729 367
rainbowdoor.org.au

qheadspace

Information and chat sessions
headspace.org.au

Working OUT at Expression Employment

Employment service
Melbourne, Preston,
Frankston
Ph: 8620 7155
employment.expression.com.au

Transgender Victoria

Support and information
tgv.org.au

LGBTIQ Liaison Officers - Victoria Police

police.vic.gov.au/LGBTIQ-liaison-officers

Many Coloured Sky

Support, information and
projects for LGBTIQ asylum
seekers and newly arrived
manycolouredsky.org

Pride in Sport

Inclusive Sports Directory
prideinsport.com.au/lgbtq-sports-club-directory/



Image by
Shannon Mackey

LEGAL SERVICES

Wyndham Legal Service has a Youth Law Solicitor that provides free legal advice and assistance to people up to 25 years old. The service is focused on criminal and civil law matters which include crime, fines, car accidents, debts, consumer law, disputes with banks and insurance, and unfair bills. The solicitor aims to provide a holistic service by linking young people in with other services, agencies and networks where necessary.

Youth Law is available at the YRC and at Wyndham Legal Centre (contact details below). Contact the YRC or Wyndham Legal Service on (03) 9741 0198.

LEGAL SERVICES AND RESOURCES**West Justice**

Wyndham Legal Centre
Level 1, 8 Watton St, Werribee
Ph: 9749 7720
westjustice.org.au

Werribee Magistrates Court

38A Duncans Rd, Werribee
Ph: 9087 5730

Human Rights Commission

Ph: (02) 9284 9600
humanrights.gov.au

Jesuit Social Services

16 Withers St, Sunshine
Ph: 8595 2438
jss.org.au

Victoria Police

Werribee Police (24 hours)
131 Princes Hwy, Werribee
Ph: 9742 9444

Wyndham North Police

610 Sayers Rd, Tarneit
Ph: 8734 1100
In an emergency call 000
police.vic.gov.au



FEEDBACK SURVEY

Please complete the 5-minute survey about the Book of Stuff and this will assist the Youth Task Force group to make improvements in future editions.

youthwyndham.com/Feedback



YOUTH RESOURCE CENTRE

86 Derrimut Road, Hoppers Crossing

Open 9am – 6pm weekdays

Ph: 8734 1355

youthwyndham.com/youth



MUSIC
creative:ST



 YouthInWyndham@wyndham.vic.gov.au

 Wyndham City

 @youthinwyndham

wyndhamcity
Youth
ServiceS

