

September 2021

News from the Network

Summary of updates provided by YSMN members about new information or changes to service and program delivery.

Northern Outlook

Northern Outlook services work with government and non-government organisations that help **young offenders** and **at-risk young** people to make **positive changes**.

The 80 hectare property is conservation listed.

Resources include:

- Campsites, camping facilities
- training rooms
- outdoor conference area and resources
- indoor rock climbing
- ropes courses
- off-site program equipment: canoes & sea kayaks.

If you are interested in keeping up to date with training events taking place at the centre or would like to host an event at the centre and want to know about logistics contact the team at 07 4255 7598 or email TNOB@cyjma.qld.gov.au

Crate Foundation

CREATE Foundation is the national consumer body representing the voices of children and young people with an out-of-home care experience. Our vision is that all children and young people with a care experience reach their full potential.

Speak up – Cairns Day camp: Wed 29th Sept – 30th Sept. For 14 – 25 year olds. At Northern Outlook, 646 Redlynch intake rd, Qld 4870.

- Become a CREATE Mate today! (Support CREATE and young people to participate in

the region)- email Susie (contact details provided)

- Promote and support young people to come to CREATE events and activities
- Encourage young people to join CREATE so they get invites to events
- Promote CREATE events that are happening in Cairns
- Sign up young people for Next Step Plus on their 15th birthday
- Help us #makeit21 for 2021! Sign up thomestretch.org.au/
- Other ways ...?
- Contact me
- #Snaphatstigma -watch the video here: <https://fb.watch/8cUYIsuWD/>
- Find out more about Create: <https://create.org.au/>

Susie Edwards

Senior Community Facilitator

CREATE Foundation

Representing the voices of children and young people with a care experience

M 0421 068 254

E Susie.Edwards@create.org.au

A

86 Anderson Street Manunda

Cairns QLD 4870



Harbrow Mentoring

Spayc Cadets



September 2021

SPAYC Cadets aims to identify young people aged 15-25 years who show interest in taking on a leadership role within their community. Cadets will be given the skills and training to take on service delivery roles – building their capacity, giving them responsibility, empowering them to take ownership and to give back to their community. The end goal is for Cadets to be educated and employable in their chosen area and be embedded within sport, recreation or an active arts and culture industry within their community. Cadets will progress through a 3-stage process which includes a range of education and skill building opportunities and work experience in their chosen area and other capacity building opportunities delivered by industry mentors and trained professionals.

Project Objectives

- Increase participation in leadership and mentoring activities
- Increase employment and educational opportunities
- Improve access to support networks for families and young people

If you require any further information.

Contact: March Harbrow

HARBROW MENTORING: Owner Operator

0459 892 262 /

marcharbrow@harbrowmentoring.com.au

PCYC

Drop-in sessions – 3pm – 5pm every Wednesday. See flyer below ☺ (See poster below)

NEW!! **DC FIT @PCYC Edmonton** - Tuesday Mornings 9am – 10am (See poster below)

Group fitness designed for Aboriginal and Torres Strait Islander peoples

Contact **Chloe Ah See** 0428771459

PCYC Edmonton and Youth Justice A.R.T (Anger Replacement Therapy) Program.

The program aims to provide students with:

- Skill streaming (behavioural) aims to teach effective communication and prosocial skills.
- Anger Control (affective) recognize early signs and triggers of anger and strategies to reduce the level of aggression used when angry.
- Moral reasoning (cognitive/values) aims to increase the level of concerns with the needs and rights of others.

Contact:

Tara White - Safer Communities Coordinator

Tara.white@pcyc.org.au

Mission Australia

South Side Celebration Day: The South Side Celebration Day (SSCD) is coming up on the 30th of September 2021. There will be live entertainment, fun e farm, BBQ by Bunnings Warehouse, face painting, lucky door prizes, kids craft, free coffee, completing the community mural and much more!

My Neighbour: My Neighbour is all about creating connections between neighbours and building stronger and safe local communities for children, families and others.

My Neighbours provides an "organic" approach to building connected community. Socially connected communities are safe places. Social connection increases trust in one another and builds social capital.

Deadly Inspiring Youth Doing good

DIYDG are taking this opportunity to reach out for help. They are fundraising to gain access to their very own space.

Recently they have put a lot of hard work into creating change for young people within our region. They facilitate a variety of services to young people aged 0-30. All our services are currently being delivered external to a safe place. We know that in order to create a sense of belonging and self worth in young people, we need to have a home that reflects the community we support.

September 2021

Recently they have been hit with a number of setbacks including the loss of their only donated vehicle.

DIYDG have been given the opportunity to gain access to their very own space, a space that youth can use as a haven for self expression and self discovery.

Anything you can contribute to our cause will go directly into creating a safe place for young people.

<https://www.gofundme.com/f/help-diydg-move-into-their-own-home>

Wuchopperen

Children and family centre term 3 programs are not out. Contact enquiries@wuchopperen.org.au for Bookings and enquiries

Individual Family Support for Families - The Children and Family Centre offers family support to Aboriginal and/or Torres Strait Islander mums, dads and kids. Our skilled support team is made up of family support workers, early childhood educators and a child health worker who work alongside families through one-on-one home visiting, family support, parenting strategies, school advocacy, linking in with community agencies and the wider Wuchopperen community.

- Playgroup
- Come Yarn and Craft other parents.
- Circle of Security
- Positive Parenting Program (Triple P)
- Read and Play
- Infant Massage -
- Kindy Connect

Giving students a Strong Start



Strong Start is a partnership program, with both organisations sharing a commitment to improving the quality of life for Aboriginal and Torres Strait Islander people in the local community. The program further

supports the National Agreement on Closing the Gap to increase the proportion of Aboriginal and Torres Strait Islander youth who are engaged in employment or education.

Six students in Year 11 from Bentley Park College and Trinity Bay State High School, have started a school-based traineeship at Wuchopperen Health Service (Wuchopperen) to kickstart their health career with 100% Indigenous owned and operated Group Training Organisation, Australian Training Works Group (ATW), leading the recruitment drive.

The Aboriginal and Torres Strait Islander Traineeship Program, 'Strong Start', will give Indigenous youth a head start, achieving a nationally recognised qualification and on the job training while completing year 11 and 12.

"By allowing students to gain work skills while completing school, they're able to work towards a goal, whether that be higher education or transition to work," says Rachael Ham, Deputy CEO at Wuchopperen.

Cairns Safer streets

School Holiday program and term 4 programs are out: Free and Fun Activities are now on!! Check the poster below or online:

<https://cairnssafestreeets.com.au/spayc%2Bplace-programs>

Cairns Regional Council

Active Living (Youth focused sessions)

Beginner skateboarding and wheels lessons. Todd Park Edmonton and Coastwatchers Park. (See flyer below)

Cairns Libraries September/October School Holiday program (See flyer below)

The **School Holidays** are nearly here and Cairns Libraries is excited to share our new amazing **ANIMAL** themed program with you!

September 2021

Our special events and activities will excite and motivate young people to explore and learn about the fascinating world of wildlife and pets.

Families can enjoy a range of **FREE** events and activities this September including:

- 'The Magic of Bees' at Smithfield Library – Learn about the busy lives of Bees
- 'Marvellous Minibeasts' at City and Earlville Libraries - Get up close and personal with live insects!
- 'Caring for your Pet Pals' at Manunda and Earlville Libraries – Learn how to provide the best care for your pets
- 'Lego® Mania' at Stratford and Earlville Libraries – Build your own animal or Zoo out of LEGO!
- Scratch Coding Jr at Manunda Library – Use Scratch Jr to code and animate a creature
- 'Online Creative Writing Workshop – *The No.1 Rule for Creative Writing* with Author Ian McIntosh

We would appreciate if you could assist us by featuring this school holiday program in any eNewsletter you have or communicating it through your networks, I have attached our event poster for your information and for displaying.

If you require any further words or details, please feel free to contact me. You can find more event information on our website at:

<https://www.cairns.qld.gov.au/library>

Community development:

Cairns youth Ambassadors EOI see attached pdf flyer.

The aim of the proposed Cairns Youth Ambassadors pilot is to increase the resilience of young people aged between 15 to 25 by providing them with the opportunity to develop advocacy skills. The project provides a platform for young people in Cairns to share ideas, identify opportunities and find local solutions that respond to issues affecting them in Cairns. It will also encourage creation of a youth driven resource (online booklet / physical booklet) that will highlight challenges for youth in Cairns and

the local options available for support services and how to navigate the youth support system in Cairns.

Contact: Sasha D'Silva s.dsilva@cairns.qld.gov.au

Cairns Regional Domestic Violence Service

CRDVS is pleased to share we will be offering Parenting Beyond Violence (PBV) in Term 4, 2021.

PVB is a 6 week program, run weekly on a Tuesday morning from 10:30am – 12:30pm.

The program offers a safe, supported and confidential environment for women who may or may not have children in their care to explore the impacts of domestic and family violence on them as women and mothers in addition to exploring the impacts on children and responding to their children's needs and behaviours post separation.

Due to the nature of the program and how it can impact participants, children cannot attend the program and CDRVS is unable to provide child minding.

Participants will need to complete an intake appointment (30 – 60 minutes) to assess suitability.

To refer, please complete the attached referral form in full with client signature and return to me via email (commed@dvcairns.org)

Thank you

Colleen :COMMUNITY EDUCATION AND PROFESSIONAL TRAINING



Cairns Office

Suite 2, Level 2, 88 Abbott Street, Cairns. Q.
4870 | PO Box 12103, Westcourt. Q. 4870
PHONE (07) 4033 6100
EMAIL commed@dvcairns.org
www.dvcairns.org

National Joblink

CULTURE CONNECT round 2 open (See poster below)

Culture connect is different than most, this training program is focused on encouraging the CALD (Culturally and Linguistically Diverse) and Aboriginal and Torres Strait Islander community to share and celebrate food from around the world. It is also for any age (15yrs and above) and incorporates hands-on practical training in our restaurant, Wild Thyme - <https://www.facebook.com/WildThymeCairns/>.

Support is available when it comes to the paperwork 😊 CULTURE CONNECT is a Skilling Queenslanders for Work (SQW) government funded program.

HOW TO APPLY

Phone Jacinta Tam on 0459 136 356 or email jtam@njl.org.au with your name, details and why you are interested in joining Culture Connect.

Deadly choices

What is Deadly choices? What the YouTube video [here](#)

[Good Quick Tukka Recipes](#)

[DC Education Program](#)

Contact: **Ena Waianga** if you have any questions regarding having the program visit a school you are aware of or looking for potential collaborations | Deadly Choices Program Officer. IUIH Cairns | Level 1, 516 Mulgrave Road, Earlville, 4870

Ph: 0428090918

NEW!! **DC FIT @PCYC Edmonton** - Tuesday Mornings 9am – 10am (See poster below)

Group fitness designed for Aboriginal and Torres Strait Islander peoples

Contact Chloe Ah See 0428771459

Tara White - Safer Communities Coordinator

Tara.white@pcyc.org.au

Lives lived well

Breakthrough for families information sessions being held across Cairns.

Families can access FREE support through attending information sessions or individual counselling (online, phone and face to face counselling available).

No referrals required – just call..

This is a fantastic opportunity for families to speak about issues in a safe space and learn about what supports are on offer to them and their loved ones 😊 if they are not comfortable or feel shame about sitting in a community group they can do webinars with family members too 😊

All inquiries and RSVPs should be directed to:

- Nai Tuuut on 0437693558 or nai.tuuut@liveslivedwell.org.au
- Candi on 0448 289 267 or candi.toll@liveslivedwell.org.au

QStars

QSTARS is a free independent advice and referral service for all Queensland renters

Phone the state-wide advice number

1300 744263

QSTARS can assist you with:

- Advice and assistance to understand your tenancy rights and responsibilities
- Support to resolve your tenancy issue
- Advocacy support to talk to your lessor or agent
- Help to write a letter or fill in tenancy forms
- Help to attend or prepare for a QCAT tenancy tribunal hearing
- Referral to other services if needed

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The QSTARS program is managed by Tenants Queensland and delivered in collaboration with partner organisations across Queensland.

Contact: Jenny Brown: jennyb@tenantsqld.org.au

VPG – respect me

VPG supports young people to achieve tickets, licenses and qualifications required to succeed in an industry of their choice.



Shout out to VPG participant Karliah 🙌

With VPG's support, Karliah secured her learners and is taking steps towards achieving employment.

"I am very excited about getting my learners, because having a license means more job opportunities. With VPG's support, I can also get my blue card and enrol in courses. I want to thank VPG for all their help," said Karliah.



We were incredibly honoured to have this inspiring youth leader support our program delivery in schools

RespectMe is a free best-practice respectful relationships and violence prevention education program. Targeted at Year 9 & 10 students.

Introducing Bea, a year 10 student from Peace Lutheran College who joined our RespectMe team for work experience.

The program aims to increase the capacity of children and young people to:

- Recognise and maintain healthy and respectful relationships
- Recognise and respond to situations that may not be respectful
- Promote respect for all Find out more here: <https://vpginc.com.au/respectme/>

Headspace

Please find attached flyers for headspace Day (Wednesday the 6th of October) and Mental Health Week (11th-17th of October) below.

- Headspace has events on daily for Mental health week 11-15 Oct.
- 2021 Art Competition & Expo (see poster below)
- Mental Health morning tea – (see poster below)

Contact:



Grace Holden

Community Engagement Officer

headspace

Pronouns: she/her/hers

Level 2, 42 Grafton Street

Cairns, QLD, 4870

P 07 4041 3780

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Wellways

Wellways Carer Gateway are sponsoring Carers to attend the Carers Week Movie event for free. A free Tai Chi class will be held at MacKenzie Parklands, Cairns Esplanade, each Thursday during October. Please ask your Carers to contact me for an Expression of Interest to attend the movie event, or if they have questions about the Tai Chi classes.

Lynda Hay :Community Engagement Support Worker
Carer Gateway Services -Wellways Australia

lhay@wellways.org / 0478 409 031

Young carers can register on 1800 422 737, it is a 3 minute phone call to get details.

Please note any Young Carer and Adult Carer needing emergency respite can directly call the contact centre on 1800422737 and ask to speak directly with the emergency respite team.

YETI

Yeti have several programs on offer:

- Drug & Alcohol Counselling & Case Management
- Day Program
- Next Step After Care
- Strong Together
- **Just North**
- Schools Up North (SUN)
- RADIO
- SSAYIT
- Cairns and Yarrabah Youth Bail Support Service (CYYBSS)

Hip Hop with Dizzy Doolan on Thur ! (Check out the flyer below)

SSAY-IT Youth Group: Social and support group for young people aged 14-25 of **diverse genders, sexes and sexualities** in Cairns and surrounding areas. SSAY IT is run weekly on **Wednesday** evenings from **5pm to 7pm** at varying locations. Contact YETI for more details.



CASS

CASS Meetings

September: The meeting for September has been dedicated to the review of the Position Papers and therefore it is imperative that the sector network leads and as many CASS members are able to attend.

Reminders and Opportunities

Australian Community Sector Survey

ALL paid staff in the community sector are invited to complete so please share with your colleagues and networks. Survey closes 24th September 2021.

Review of the Anti-Discrimination Act

We are invited to participate in this review and your contributions are important. Timeline of the Review is [here](#).

Social Services Industry Networking Event

Mix and mingle with our sector colleagues at the next Cairns South Together and CASS networking social event. **Flyer attached.**

The [HESTA Impact Awards](#), which recognise people working in health and community services who are committed to creating a better future, are open for nominations.

From ACOSS: An invitation to join other community organisations in signing the [Community Sector Climate Declaration](#) to show decision-makers that a fast, fair and inclusive plan to address climate

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change this decade matters to the community sector and the communities we work with. The Declaration will be delivered to Federal decision-makers during **Community Sector Climate Advocacy Week 4-8 October**.

Contact: Davina Hickling

Membership and Development Officer | Youth Engagement Officer

St Vincent de Paul Society Queensland

P 07 40338 300 | M 0447 883 189

Volunteers Wanted

JUTE Theatre Company is looking for volunteers for their upcoming season of La Bella Figura, 15 to 23 October 2021. Volunteers play an integral role in the production of their plays.

What does a JUTE Volunteer do?

Assist us with the following:

- Usher / Front of House during Productions, Creative Developments
- Concierge during Creative Developments
- JUTE Revue
- Administration duties

Full insurance and training provided. A free ticket to upcoming productions provided.

Interested in joining our Volunteer program? Fill out the [EOI](#) OR call our office during business (07 4281 6832) hours or email info@jute.com.au.

GRANTS AND OPPORTUNITIES

Community Partnerships grant: Potential for your Not for profits to host Youth Week Events or projects ?

This grant assists community groups and organisations to deliver events, activities and programs that enhance the lives of local communities, celebrate important community occasions and provide

opportunities to develop social cohesion and connection in the Cairns region.

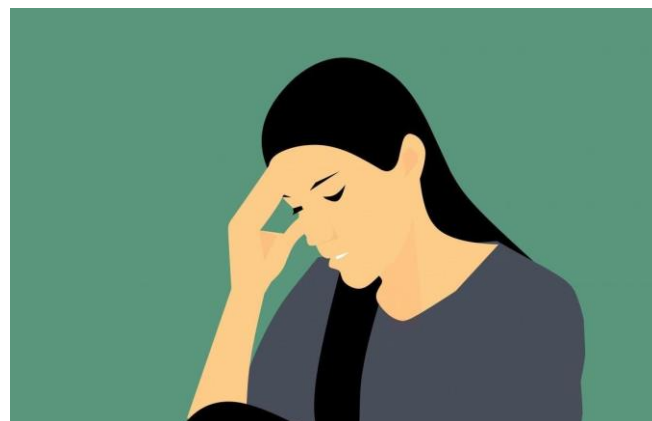
Cash and the hiring of Council venues and resources up to \$25,000. Open all year. Refer to closing dates of rounds.

Read more about the Community Partnership grant [here](#)

Contact: grants@cairns.qld.gov.au or phone: 4044 3945.

On a end note

Burn out



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Increasing OHS risk especially in highly demanding or skilled work.

The following series of short videos from Professor Michael Leiter discusses burnout. The videos importantly discuss what you can do about burnout, as somebody at risk, as a colleague and as a manager.

Of particular note in the videos is the impact of incivility in the workplace and the critical role of the supervisor.

<https://www.deakin.edu.au/students/health-and-wellbeing/occupational-health-and-safety/health-and-wellbeing/ohs-manual/work-related-stress/work-overload-and-burnout>



Parenting beyond Violence

Expressions of Interest



CRDVS is seeking expressions of interest for the next Parenting beyond Violence (PBV) Women's group. PBV is for women, who have experienced domestic violence, who may or may not currently have children in their care.

Parenting Beyond Violence (PBV) explores the dynamics of domestic violence and the impact it may have on women and their children, focusing on how domestic violence influences parenting and the parent/child relationship.

This group openly discusses:

- The context and impacts of domestic and family violence
- Myths linked to domestic violence
- Parenting challenges
- Importance of safety and support
- Engaging effectively with systems

When: Term 3, 2021
Starting Mid October
Tuesdays 10:30am - 12:30pm

Where: Cairns - contact CRDVS for location details.

This is a **FREE** program

Book: To book or for more information, please contact Colleen at CRDVS on 4033 6100 or email commed@dvcairns.org.au

Feedback on PBV:

"It was good to connect with other women in the group. It helped me feel that I wasn't alone."

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Youth Service Managers Network



SCAN QR CODE
FOR LATEST PROGRAM

SEPT/OCT SCHOOL HOLIDAYS 2021

20TH SEPTEMBER TO 3RD OCTOBER 2021

MONDAY 20 TH SEPTEMBER	TUESDAY 21 ST SEPTEMBER	WEDNESDAY 22 ND SEPTEMBER	THURSDAY 23 RD SEPTEMBER	FRIDAY 24 TH SEPTEMBER	SATURDAY 25 TH SEPTEMBER	SUNDAY 26 TH SEPTEMBER
<i>Like us on Facebook for programs, events, and updates</i>						
4.00-5.00 GAMES IN THE PARK MURRAY ST PARK	4.00-5.00 HIP HOP AFRO DANCE HARALD FALGE PARK		4.00-5.00 BOXING FITNESS MURRAY ST PARK	3.30-4.30 STREET SOCCER HARALD FALGE PARK		4.00-5.00 BASKETBALL SHANG PARK
5.00-6.00 EDOR HARALD FALGE PARK	6.00-8.00 YOUTH GAMES NIGHT (12YRS+) MOOROBOOL HUB	4.00-5.00 DODGEBALL MURRAY ST PARK	4.00-6.00 MINI EDOR COMP SHANG PARK	4.00-5.00 RED ROVER MURRAY ST PARK		
5.00-6.00 MULTI-SPORTS 118 MURRAY ST		5.00-6.00 SKATEBOARDING SHANG PARK		5.00-6.00 OZTAG SHANG PARK		
MONDAY 27 TH SEPTEMBER	TUESDAY 28 TH SEPTEMBER	WEDNESDAY 29 TH SEPTEMBER	THURSDAY 30 TH SEPTEMBER	FRIDAY 1 ST OCTOBER	SATURDAY 2 ND OCTOBER	SUNDAY 3 RD OCTOBER
4.00-5.00 GAMES IN THE PARK MURRAY ST PARK	4.00-5.00 HIP HOP AFRO DANCE HARALD FALGE PARK		4.00-5.00 BOXING FITNESS MURRAY ST PARK	3.30-4.30 STREET SOCCER HARALD FALGE PARK		4.00-5.00 DODGEBALL SHANG PARK
4.00-6.00 MINI BASKETBALL COMP 118 MURRAY ST	6.00-8.00 YOUTH COOKING COMP (12YRS+) MOOROBOOL HUB	4.00-5.00 VOLLEYBALL HARALD FALGE PARK	6.00-8.00 MOVIES MADNESS COMINOS PLACE PARK	4.00-5.00 CRICKET MURRAY ST PARK		
		5.00-6.00 SKATEBOARDING SHANG PARK		5.00-6.00 EDOR SHANG PARK		

In the event of unforeseen circumstances, program days/times/venues are subject to change or may result in cancellation

P: 07 4040 4935 E: Cairns.SaferStreets@police.qld.gov.au

W: www.cairnssaferstreets.com.au FB: www.facebook.com/CairnsSaferStreets1





TERM 4, 2021
11 OCTOBER TO 5 DECEMBER 2021

MONDAY				
3.30-4.30	GAMES IN THE PARK	MURRAY ST PARK	MURRAY ST	MANOORA
3.45-4.45	STREET SOCCER	HARALD FALGE PARK	LENNON ST	MANUNDA
4.00-5.00	YOUTH GYM (12YRS+)	MANUNDA HAWKS CLUB HOUSE	TILLS ST	MANUNDA
TUESDAY				
2.30-4.00	STREET SOCCER	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
2.45-3.45	HOCKEY FUN ZONE	BALACLAVA SCHOOL	MULGRAVE RD	MOOROBOOL
3.30-4.30	HIP HOP AFRO DANCE	COMINOS PLACE PARK	COMINOS PLACE	MANUNDA
4.30-5.30	EDOR	SHANG PARK	LONG ST	MOOROBOOL
WEDNESDAY				
2.45-3.45	KARATE KIDS (8YRS+)	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
3.30-4.30	MULTI SPORTS	118 MURRAY ST	MURRAY ST	MANOORA
4.00-5.00	CRICKET ROUNDERS	HARALD FALGE PARK	LENNON ST	MANUNDA
5.00-6.00	SKATEBOARDING	SHANG PARK	LONG ST	MOOROBOOL
THURSDAY				
2.30-4.00	BASKETBALL	CAIRNS WEST SCHOOL	MAYERS ST	MANUNDA
4.00-5.00	STRONG FAMILIES	MOOROBOOL HUB	LONG ST	MOOROBOOL
7.00-8.00	YOUTH YARNS (12YRS+)	MOOROBOOL HUB	LONG ST	MOOROBOOL
FRIDAY				
3.00-4.00	TENNIS HOT SHOTS	SHANG PARK	LONG ST	MOOROBOOL
4.00-5.00	VOLLEYBALL	HARALD FALGE PARK	LENNON ST	MANUNDA
4.00-5.00	RUNNING + WALKING	MURRAY ST PARK	MURRAY ST	MANOORA
5.00-6.00	TAGGIN IN THE PARK	SHANG PARK	LONG ST	MOOROBOOL
SATURDAY – NO ACTIVITIES SCHEDULED				
SUNDAY				
4.00-5.00	DODGEBALL	SHANG PARK	LONG ST	MOOROBOOL

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FREE & FUN ACTIVITIES!!

P: 07 4040 4935 / E: Cairns.SaferStreets@police.qld.gov.au

W: www.cairnssaferstreets.com.au / FB: www.facebook.com/CairnsSaferStreets1



PROGRAM DESCRIPTIONS

BASKETBALL	Give participants a deeper understanding of the sport and engage young people in a positive way and with positive peer role models	CAIRNS WEST SCHOOL
CRICKET ROUNDERS	A combination of baseball and cricket, batters must try and get around the four bases without being bowled, caught, or run out by the fielding side.	HARALD FALGE PARK
DODGEBALL	Players throw soft foam balls and hit opponents, while avoiding being hit themselves	SHANG PARK
EDOR	Traditional Indigenous Game of Edor is a chasing-tagging team game which originates in the Aurukun	SHANG PARK
GAMES IN THE PARK	Play some fun and active games in the park including ball games, hula hoops and a crowd favourite 'bull rush'	MURRAY ST PARK
HIP HOP AFRO DANCE	Learn some new dance moves and choreography in an energetic and fun environment	COMINOS PLACE PARK
HOCKEY FUN ZONE	An introduction to hockey, this program is modified for younger children and is designed to teach new skills and increase self-esteem.	BALACLAVA SCHOOL
KARATE KIDS (8YRS+)	Encompassing domains of health and wellbeing such as connection to land/country, culture, spirituality, ancestry, family, and community, through karate.	CAIRNS WEST SCHOOL
MULTI SPORTS	Giving participants exposure to a range of different sports including Basketball, Edor, OzTag, Noodle Hockey and Soccer	118 MURRAY ST
RUNNING + WALKING	Provides motivation and support to help the Cairns West community reach their running, walking, and fitness goals in a fun, safe, social, and encouraging environment	MURRAY ST PARK
SKATEBOARDING	Participants can express themselves whilst learning the fundamental skateboarding skills under the coaching and guidance of an Australian Accredited Skateboarding Coach	SHANG PARK
STREET SOCCER	Engaging participants in basic soccer skills, promoting motivation, team bonding, physical education, fitness, coordination, and motor skill activities	HARALD FALGE PARK CAIRNS WEST SCHOOL
STRONG FAMILIES	Introduction to health and nutrition, strength and conditioning, fitness workouts and smoothies	MOOROBOOL HUB
TAGGIN IN THE PARK	Enjoy a relaxed family day in the park with a fun game of Tag	SHANG PARK
TENNIS HOT SHOTS	Learn tennis skills, personal and social capability, and intercultural understanding	SHANG PARK
TOUCH FOOTBALL	Participants learn skills and strategies of touch football	SHANG PARK
VOLLEYBALL	A fun activity for all the family to enjoy together. Learn basic skills of serving, passing, and spiking through match play	HARALD FALGE PARK
YOUTH GYM (12YRS+)	Learn techniques of safe handling of gym equipment, strength, conditioning, and cross-training session	MANUNDA HAWKS CLUB HOUSE

FREE & FUN ACTIVITIES!!

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CAIRNS YOUTH AMBASSADORS

PARTNERSHIP GROUP EOI



CYA OBJECTIVES

- 1 Contribute to developing inspiring and empowered young leaders in Cairns.
- 2 Create an opportunity for young people to identify issues, build resilience, advocate and engage with each other and the services that are funded to meet their needs in a public forum.
- 3 Create a youth driven resource that will highlight challenges for youth in Cairns and the available support services and systems in Cairns.
- 4 Adopt a co-facilitation approach via a collaborative partnership with key youth sector organisations with an interest in the voice of young people
- 5 Provide a platform for youth services to seek advice to inform the development of relevant youth services and related projects and programs in Cairns.
- 6 Encourage young people to provide feedback on services and projects and participate in co-design.
- 7 Increase evidence and collective support for localised youth driven initiatives.

IF YOU ARE INTERESTED, EMAIL
S.DSILVA@CAIRNS.QLD.GOV.AU



LEARN NEW SKILLS WITH DIZZY DOOLAN

EVERY THURSDAY, 1.30-3.30PM

RAPPING SONG-WRITING
RECORDING PERFORMANCE
FREESTYLING **DANCE** CYPHER

3 Winkworth St Bungalow Q 4870 | yeti.net.au | 07 4051 4927 | YET youthempowered

YET YOUTH EMPOWERED TOWARDS INDEPENDENCE



What is Carer Gateway?

Carer Gateway is a national support service funded by the Australian Government. It provides free support for carers through a network of regional Carer Gateway service providers.

Wellways Australia is the chosen service provider of Carer Gateway services throughout Queensland and the New South Wales regions of South West Sydney and Nepean Blue Mountains.

Who can access Carer Gateway?

If you support a family member or friend who has a disability, mental health condition, chronic health condition, terminal illness, or is frail aged you can access free supports via Carer Gateway.

You don't need to be a new carer to use Carer Gateway services – any carer can use the services at any time in their caring journey.

What services are available for Carers?

Carer Gateway gives you access to a range of free services and supports to help you when you are caring for someone else, these include:

Carer directed support

Practical assistance to ensure you have access to the resources you need when caring for someone, such as items to assist in your caring role and short-term respite.

Carer support planning

There are lots of great support services out there and it can feel overwhelming figuring out the best fit for your needs. We can help by identifying the kinds of services which might be most useful and work with you to develop a simple plan for ongoing support.

headspace Cairns YRG



Headspace Cairns is looking for young people aged 16-25 to join the headspace Youth Reference Group (YRG)!

What is the YRG?

headspace Cairns believes in providing young people with the opportunity to be heard, and actively involved in addressing the issues that are important to them. Being a part of the YRG gives you an opportunity to have your voice heard!



What's involved?

- As a part of the YRG you will have the opportunity to:
- plan and run events and activities for young people in Cairns
 - Give feedback and advice about how headspace Cairns works
 - Promote headspace Cairns and important youth issues
 - Give ideas and feedback for headspace
 - Have your say on important issues and influence how headspace Cairns works
 - Learn new skills, experiences new things and build self confidence
 - Work with young people who are passionate about mental health



To find out more...

For more information about how to get involved with the YRG, please call headspace Cairns on 40413780, or email gholden@headspacecairns.org.au. Alternatively, you can use the QR code below to download the registration pack.



September 2021



2021 ART COMPETITION & EXPO

This year for mental health week, headspace Cairns is hosting an Art Competition and Expo! The theme for this year's art competition is:

Take time - for mental health

The categories are:
12-17 year old's: 1st, 2nd & 3rd 18-25 year old's: 1st, 2nd & 3rd
People's Choice

For Terms & Conditions, as well as submission form, please see the QR code below:



For any questions or enquiries about the competition, please contact Grace at gholden@headspacecairns.org.au

Our proud sponsors of the 2021 Art Competition!



headspace Day Morning Tea!

Wednesday, October 6th from
11.30am-1.30pm

Please RSVP by Friday October
1st to Grace at
gholden@headspacecairns.org.au

September 2021



**FREE
SKATE CLASSES**

Beginner skateboarding and wheels lessons. Bring your own board or scooter and don't forget a helmet and close-toed shoes (sneakers).

Every Thursday from 4pm
Coastwatchers Park

More info: www.cairns.qld.gov.au Facebook @CairnsActiveLiving



**FREE
SKATE CLASSES**

Beginner skateboarding and wheels lessons. Bring your own board or scooter and don't forget a helmet and close-toed shoes (sneakers).

Every Wednesday from 4pm
Todd Park, Edmonton

More info: www.cairns.qld.gov.au Facebook @CairnsActiveLiving



STRIDE For better
mental health

Therapeutic Supports

Stride.com.au | 1300 00 1907

Our Stride Therapeutic Supports clinicians practice within a trauma informed framework and use a range of modalities to support people in the following areas (not exclusive):

- Anxiety
- Psychoeducation
- Self-esteem & self-compassion
- Managing moods
- Depression
- Everyday stress and worrying
- Effective communication skills
- Life skills training

Stride is committed to providing ongoing Therapeutic Supports to NDIS participants during this turbulent time, so our experienced psychologists, social workers, art therapists and counsellors are now offering services via online video, phone, as well as face to face.

We have current capacity and accepting referrals.

Email your completed referral form to ndis@stride.com.au



Cristy Mock
Therapeutic Supports Clinician

Cristy is a social worker and counsellor at Stride who holds registration with AASW and ACA. Cristy offers NDIS Therapeutic Supports through Stride and is passionate about walking alongside individuals on their journey to recovery by providing a safe and non-judgmental space. Cristy values holding hope for individuals and facilitating desired change in the context of a therapeutic relationship.

Cristy draws upon evidence-based interventions including but not limited to Cognitive Behaviour Therapy (CBT), Solution-focused therapy, Mindfulness, and Acceptance and Commitment Therapy (ACT) underpinned by a holistic, strengths-based and trauma-informed approach. Cristy has experience working with trauma, grief and loss, depression and anxiety as well as other mood and anxiety disorders.

Clients within the Cairns area have a choice of in-office or in-home appointments. Telehealth is also available for clients outside of Cairns or who have access barriers.

Cristy is available to see new referrals Wednesdays and Thursdays. Please send enquiries and referrals to ndis@stride.com.au.

Say cheers to a carer!

Celebrating National Carers Week 2021 10-16 October

**This October we are celebrating
Australian carers by saying cheers!**

Join us for our Carers Week celebrations:

RESPECT

The true story of Aretha Franklin's journey to find her voice.

Tuesday 12 October 2021, 10.30am, Event Cineams

Expression of Interest:

Lynda Hay - lhay@wellways.org or 0478 409 031



AMAZING ANIMALS SCHOOL HOLIDAY FUN



**Get ready for amazing animal encounters
these school holidays with Cairns Libraries!**

STEAM Explorer Stations
See animals in Augmented Reality and view specimens under a microscope

ScratchJr Coding Workshop

Use code to animate a creature of your choice

Online Creative Writing Workshop

Create an original animal character and story idea with Author Ian McIntosh

Marvellous Minibeasts
Get up close and personal with real live insects

The Magic of Bees
Learn about the lives of Bees and the roles that they play

Caring for your Pet Pals
Learn how to provide the best care for your pets

LEGO® Mania
Build an animal or zoo from LEGO!

Youth Service Managers Network

September 2021

IT ALL STARTS HERE... **Ficks of Tuesday 27th**

DC FIT

SAFER COMMUNITIES
EDMONTON PCYC



WHERE: Edmonton PCYC
10-20 Walker Road,
Edmonton QLD 4869

WHEN: Tuesday Mornings 9am - 10am
Young Adults aged 18 - 25 years old

WHAT: Deadly Choices fitness programme
Group fitness designed for Aboriginal and Torres Strait Islander peoples

Contact Chloe Ah See
0428771459
Tara White
Safer Communities Coordinator
Tara.white@pcyc.org.au



pcyc.org.au

Would you like to be part of the Culture Connect Tribe...

Meet and connect with people from different cultures
Celebrate food and recipes from around the world
Practise hospitality skills in a popular city restaurant
Be part of our community kitchen, helping those in need
Plan Multi Cultural 'Food with Friends' evenings celebrating foods from your country
Join 'My Story' breakfast with guest employers who may have a job for you right now!

Gain a Certificate II in Hospitality
Explore employment opportunities!

ENQUIRE TODAY

LEARN.GROW.CHANGE LIVES

CULTURE CONNECT

Find out more information contact
Jacinta Tam:
jtam@njl.org.au or 0459 136 356



CULTURE CONNECT IS A COMMUNITY WORK SKILLS PROJECT FUNDED BY SKILLING QUEENSLANDERS FOR WORK (SQW) AND IS PROUDLY LED BY NATIONAL JOBLINK. COMMUNITY WORK SKILLS OFFERS TAILORED ASSISTANCE TO DISADVANTAGED QUEENSLANDERS TO GAIN NATIONALLY RECOGNISED SKILLS AND VOCATIONAL QUALIFICATIONS UP TO A CERTIFICATE III LEVEL.

TOP TEN TIPS

to being a good caseworker

These top tips are what young people told us they wanted from their caseworkers

1 TALK TO US AND BE A GOOD COMMUNICATOR:

"Help us and tell us what's going on."
(Young person, NT)

2 LISTEN TO US:

"She listens. Some things that I tell her are bad and she tries to make them good."
(Young person, NT)

3 INVOLVE US IN MAKING DECISIONS:

"They can't mess around, they have to respond and look after the best interest of the kids."
(Young person, NT)

4 BE CONSISTENT:

"She's nice, she rings back and she organises things."
(Young person, NT)

5 BE CONTACTABLE:

"She replies back to my comments."
(Young person, NT)

6 BE APPROACHABLE:

"They would take us places and I would be able to trust them."
(Young person, NT)

7 BE TRUSTWORTHY:

"She sat next to me for safety so I don't get hurt by others when we go places. She's my safety person."
(Young person, NT)

8 SPEND TIME WITH US:

"She came to my birthday dinner and it showed me that she cared."
(Young person, NT)

9 HAVE A SENSE OF FUN:

"Case managers should take us somewhere else because sitting in a FACS office gets boring."
(Young person, NT)

10 BE UNDERSTANDING:

"Understands what I'm talking about that's why I like her so much."
(Young person, NT)