

Towong Shire Council Youth Plan

2019-2023

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The Towong Shire Council Youth Plan 2019-2023 provides direction for positive outcomes for young people.

Young people make an important contribution to our community. As a result young people were a key element of the consultation process. It is important that all young people are empowered to have a voice, provide input and to play an active role in our community.

The plan was also developed in consultation with key stakeholders and through the examination of current data. The plan outlines how organisations and individuals will work together to better support young people who live, work, study or play in the Shire.

The following five key themes have been identified as priority areas:

1. Community Connectedness
2. Health and Wellbeing
3. Recreation
4. Educational Pathways
5. Collaborative Partnerships

It is a pleasure to introduce Council's Youth Plan 2019-2023.

Towong Shire is the ideal place to live. Lying in the foothills of the Snowy Mountains with easy access to National Parks, Lake Hume, beautiful valleys and a pristine environment.

Towong Shire has a population of 5,985 residents, of this 14.2% are young people aged between 10-25 years. Young people are active contributors to our community.

Young people are the future of Towong Shire, while it will always be necessary for young people to seek specialist education and employment opportunities, we hope that the experience of being valued and respected young leaders will encourage them to return in the future.

Towong Shire Council's role is to build capacity, to support community endeavours that directly contribute to the quality and diverse opportunities for young people to Increase their passion and desire for living in Towong Shire.

Our aim is to support a connected, healthy and vibrant environment that will enable young people to thrive. We foster and encourage creativity, diversity and inclusion and remain committed to young people by delivering responsive programs through key themes identified during the Youth Plan consultation.

We support collaboration with key stakeholders to support young people, enabling opportunities for personal growth and development.

Cr. David Wortmann

Mayor, Towong Shire Council

The consultation process identified 5 priority areas and strategies in the Plan. The priority areas respond and support young people's current ideas and needs:

Priority Area 1 - Community Connectedness

Strategy 1.1: Develop partnerships with support agencies and services to deliver inclusive activities and events.

Strategy 1.2: Provide opportunities for transport to events and programs.

Strategy 1.3 Provide social opportunities that are inclusive.

Priority Area 2 - Health and Wellbeing

Strategy 2.1: Partner with agencies to deliver physical and mental health programs.

Strategy 2.2: Continue a coordinated approach with service providers.

Priority Area 3 - Recreation

Strategy 3.1: Deliver alternate and accessible recreational opportunities.

Strategy 3.2: Investigate opportunities to improve Skate Parks across the Shire.

Priority Area 4 - Educational Pathways

Strategy 4.1: Facilitate diverse opportunities for young people to demonstrate leadership.

Strategy 4.2: Facilitate programs to enhance employability.

Priority Area 5 - Collaborative Partnerships

Strategy 5.1: Facilitate referral pathways for young people.

Strategy 5.2: Continue to facilitate agency networking and planning.

Council's role in Youth Services

The Council Plan 2017-2021 contains a youth priority to “Develop a four-year Youth Plan and deliver FReeZA and other responsive youth programs”.

Council employs a part-time Youth Services Officer, limiting capacity in service delivery. Therefore it is critical to work in collaboration with key stakeholders to build community capacity to further support young people’s endeavours.

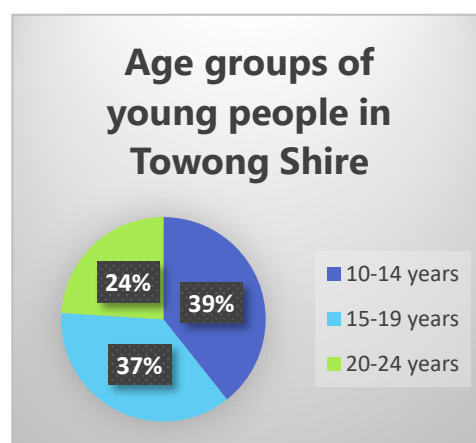
Council supports young people across the Shire through facilitation of planning, advocacy and delivery of inclusive youth programs.

Council remains committed to facilitating the development of young people and believe it is important that all young people are empowered to play an active role in their community. This will be achieved by working collaboratively with young people and key stakeholders.

Who are Towong Shire’s young people?

There are 891 young people aged between 10-25 years of age live in Towong Shire. Young people make up 15 per cent of the Shire’s population. With 39% aged 10-14 years, 37% aged 15-19 years and 24% aged 20-24 years (Census 2016).

In Towong Shire 26.4% of people attend an educational institution. Of these, 25.6% were in Primary school, 25.2% in Secondary school and 9.3% in a tertiary or technical institution (Census 2016).



Source: Census 2016

Engagement with young people and other organisations

A number of engagement activities were undertaken in developing the Towong Shire Youth Plan 2019-2023.

The activities were:

- Online survey
- Community Focus group sessions
- Chat Chart sessions at Secondary Colleges
- Post card promotion and video frame activities

Local and outreach service providers met with Council to consider how everyone could work together. “Focus Group” sessions were broadly advertised and delivered in Corryong and Tallangatta to enable young people, support agencies and community members to provide input into the planning process.

The following support agencies provided input:

- Corryong Health Services
- Victoria Police

- Wodonga TAFE
- Tallangatta and Corryong Secondary Colleges
- St Michael's Primary School
- Corryong Primary School
- North East Child Adolescent Mental Health Service (NECAMHS)
- Gateway Health
- Sports North East
- Junction Support Services
- Corryong Neighbourhood Centre

Young people participated in a postcard promotion activity, including 9 local Primary Schools. This activity asked young people "What one thing would make Towong Shire a better place for you?" Corryong Primary School and St Michael's Primary School Tallangatta participated in this activity.

COMMUNITY OF PRACTICE MODEL

Young people are the central focus, supported by a number of key service providers (as illustrated below).



What have young people said?

Between March and May 2019, an extensive community engagement process was conducted across the Shire. Ideas from 212 young people were recorded. Young people were asked "What one thing would make Towong Shire a better place for you?"

Key responses included, but were not limited to the following:

- Music events
- Self Esteem workshops
- Alternative workshops
- PT Sessions for girls
- All abilities programs
- Pathways and engagement for youth
- AFL and Netball clinics
- Career Expos
- Motivational speakers
- Improved Skate Parks
- Activities and engagement
- Film/Digital sound production workshops
- More training opportunities
- Interactive playground for all children
- Motor cross track

- Horse riding clinics
- Book Club
- Colour Run Festival

In summary, young people would like to see the following:

- A variety of social and recreational youth events that provide opportunity for social connectedness, leadership and skill development.
- Opportunity to “voice” important issues relevant to them.
- Improved communication through Instagram and social media e.g. text messages and posters designed in a youth friendly way.
- More knowledge of outreach services available.
- To feel connected through schools, sporting clubs and local Health Services.

What are the aims of the Youth Plan?

The Towong Shire Youth Plan 2019-2023 outlines key themes and responses to support young people. The plan provides Council with a better understanding of young people’s needs.

Council aims to:

- Enhance young people’s wellbeing and social health;
- Provide supportive environments to enable young people to thrive;
- Strengthen, community, social and family support for young people;
- Develop competence and personal skills of young people; and
- Improve and promote access to services.

What we know

There are a number of significant issues affecting young rural people. The issues highlighted at a local level included, access to transport, knowledge and access to outreach services, youth activities and opportunities for diverse recreation.

There is no public transport available to young people. Most young people depend on family for transport to access activities, community services, education, employment and/or training and recreational pursuits. The 2016 Census data reflects a level of disadvantage in Towong Shire; 27.9% of people receive a gross weekly income of less than \$650 per week, compared to the 20.3% of Victoria and 20.0% nation-wide. A low socio-economic status impacts the ability of young people to access outreach services and entertainment.

The consultation feedback indicated young people from across the Shire seek more support from outreach services. A collaborative and ‘Community of Practice’ model approach to service delivery for rural young people is critical for the ongoing health and wellbeing of young people.

Young people have access to 9 primary schools and 2 secondary colleges across the Shire. Secondary Colleges provide a range of welfare services to support young people. Secondary Colleges also work closely with Council Youth Officer to respond to current needs. E.g. respectful relationship training.

Of people aged 15 and over in Towong Shire, 9.4% reported having completed year 12 as their highest level of education attainment, 21.9% had completed a Certificate III or IV and 9.0% had completed an Advanced Diploma or Diploma (Census 2016) .

The consultation feedback indicated young people seek non-traditional sporting activities (football/netball), and instead seek music, arts and cultural opportunities.

Where to now?

The following pages contain the identified Priority Areas and Actions for delivery by Council In consultation with young people and key stakeholders. All identified actions are funded by FReeZA and other external means.

Actions have been prioritised based on the level of young people's needs and interest area. An annual Action Plan will be developed to respond to and support young people's needs.

Council will continue to facilitate the delivery of youth programs and services to empower and encourage young people to feel supported and connected.

Priority Area 1 - Community Connectedness

Strategies to support improvements in this priority area

Strategy	How will the priority be approached?	What activities will this include?	Who will Council partner with?	How will we know it is happening?	What resources will be needed?
Strategy 1.1: Develop partnerships with support agencies and services to deliver inclusive activities and events	Council will work in partnership with agencies and services	FReeZA programs Inspirational speakers Skate Programs	Gateway Health Local Schools Sporting Clubs Health Services Sports North East Victoria Police	Number of FReeZA programs delivered Regular network meetings	External grant funding-FReeZA Partnership funding
Strategy 1.2: Provide opportunities for transport to events and programs	Provision of transport options for young people	TAC L2P Transport provided to events	Corryong Neighbourhood Centre VIC Roads Wodonga TAFE	L2P program implemented A record of transport provided	External grant funding
Strategy 1.3 Provide social opportunities that are inclusive.	Work with community groups to encourage the participation of young people in local cultural and inclusive activities	Indigenous awareness Art and Cultural programs All abilities programs Attend disability support network meetings	Local Schools Department of Education Neighbourhood Centres Gateway Health Local Health Services Sporting Clubs Sports North East Latrobe Community Health	Number of identified activities delivered Support network meeting regularly	Existing staff and resources External grant funding

Priority Area 2 - Health and Wellbeing

Strategies to support improvements in this priority area

Strategy	How will the priority be approached?	What activities will this include?	Who will Council partner with?	How will we know it is happening?	What resources will be needed?
Strategy 2.1: Partner with agencies to deliver physical and mental health programs	Implement a broad range of physical and mental health promotion activities	Anti-Bullying programs Self Esteem programs	Gateway Health Local Schools Health Services NECAMHS Junction Support Services Victoria Police	Partnerships developed Awareness and educational programs delivered	External grant funding
Strategy 2.2: Strengthen a coordinated approach with service providers	Continue to partner with local mental health providers to delivery programs and services Develop a coordinated approach with service providers	Respectful relationship programs- Love Bites Drug and Alcohol Awareness Program Facilitate youth services network	Local Schools Neighbourhood Centres Health Services Victoria Police NECAMHS Gateway Health Head Space Junction Support Services	Love Bites program delivered Awareness and educational programs delivered Regular network meetings	External grant funding Existing Staff and resources

Strategies to support improvements in this priority area

Strategy	How will the priority be approached?	What activities will this include?	Who will Council partner with?	How will we know it is happening?	What resources will be needed?
Strategy 3.1: Deliver alternate and accessible recreational opportunities	Deliver a range of accessible recreational opportunities Promote positive wellbeing and social connectedness	School holiday programs Walk to School Program	Local Schools Sport North East VIC Health Sporting Clubs Neighbourhood Centres	Partnerships developed with Sport North East Alternative recreational programs delivered	External grant funding
Strategy 3.2: Investigate opportunities to improve Skate Parks across the Shire	Investigate funding opportunities to improve Skate Parks	Explore funding opportunities Improvement of skate park facilities	Department of Justice Department of Education Sport North East Sport and Recreation Victoria	External funding applications submitted and/or sourced Development of Skate Park improvements	External grant funding

Priority Area 4 - Educational Pathways

Strategies to support improvements in this priority area

What is the priority?	How will the priority be approached?	What activities will this include?	Who will Council partner with?	How will we know it is happening?	What resources will be needed?
Strategy 4.1: Facilitate diverse opportunities for young people to demonstrate leadership	Encourage and provide opportunities to engage in leadership and training programs	Link with career expo opportunities	Local Schools Wodonga TAFE Gateway Health Neighbourhood Centres	Provided with opportunities to participate in alternative career pathway programs	Existing Staff and Resources
Strategy 4.2: Facilitate programs to enhance employability	Facilitate the delivery of programs to enhance employability and life skills	Deliver leadership and skill building opportunities	Local Schools Wodonga TAFE Gateway Health Neighbourhood Centres	Programs delivered in partnerships with Gateway Health and Wodonga TAFE	External grant funding

Priority Area 5 - Collaborative Approach

Strategies to support improvements in this priority area

What is the priority?	How will the priority be approached?	What activities will this include?	Who will Council partner with?	How will we know it is happening?	What resources will be needed?
Strategy 5.1: Facilitate referral pathways for young people	Provide directional pathways for young people, to feel supported	Identify and promote support services	Local Schools Gateway Health NECAMHS Junction Support Services Neighbourhood Centres Health Services Victoria Police Wodonga TAFE	Referrals and support to outreach agencies	Existing staff and resources
Strategy 5.2: Continue to facilitate agency networking and planning	Develop linkages with agencies to provide outreach support to services and programs	Regular Youth Services Network meetings established in Corryong and Tallangatta	Local Schools Gateway Health NECAMHS Junction Support Services Neighbourhood Centres Health Services Victoria Police Wodonga TAFE	Outreach support agencies are linking with local service providers Attendance at Youth Services Network meetings	Existing staff and resources

References and key documents to support the plan:

Document references:

Towong Shire Council:

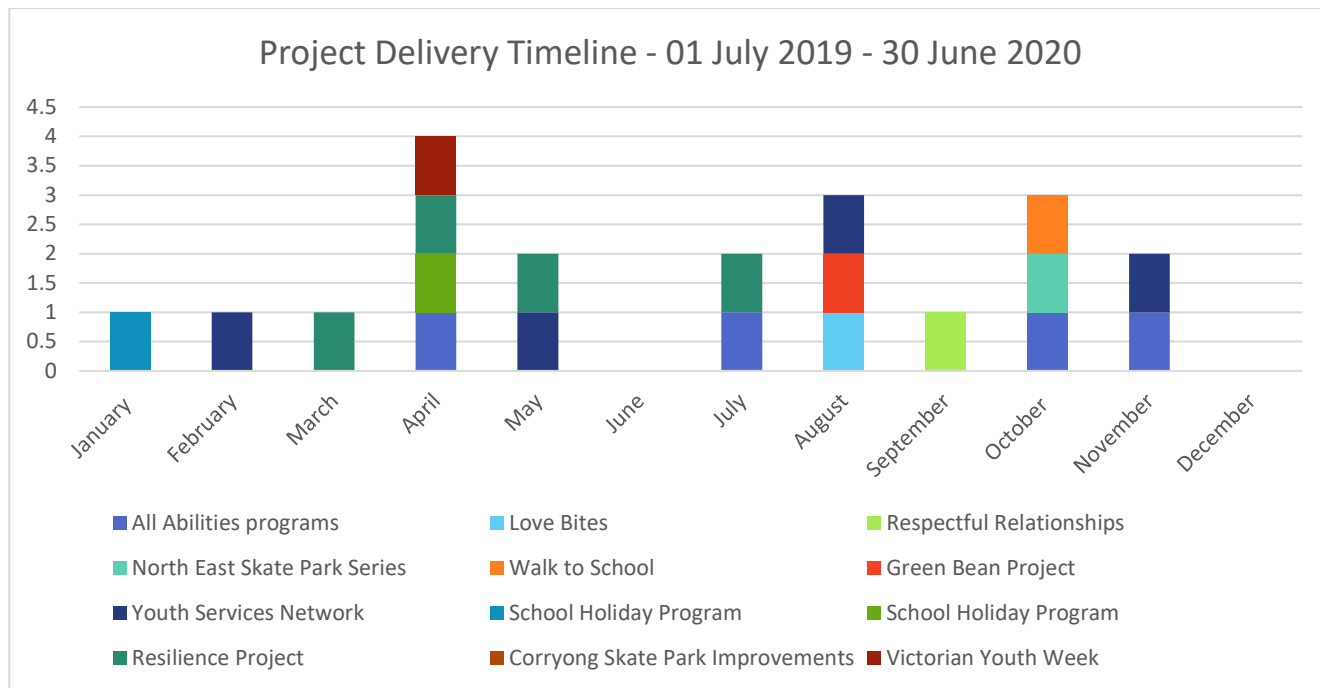
- Council Plan 2017-2021
- Towong Healthy Communities Plan 2013-2017

Australian Bureau of Statistics - Census 2016

http://quickstats.censusdata.abs.gov.au/census_services/getproduct/census/2016/quickstat/LGA26670?opendocument

Victoria State Government Health and Human Services- Youth Policy Building Stronger Youth Engagement in Victoria, 2016.

Appendix A - Youth Action Plan and Project Delivery Timeline



01 July 2019 - 30 December 2019

Theme	Project	Stakeholders	Dates	Budget	Funding Body	Location
Community Connectedness (Area 1)	All abilities programs	Young people Sports North East Local Schools Sporting Clubs Neighbourhood Centres	Ongoing- School Holidays	\$2000	Department Health and Human Services (DHHS)- Access	Corryong and Tallangatta
Health and Wellbeing (Area 2)	Love Bites- Respectful Relationships	Young people Corryong Secondary College Victoria Police NECAMHS	August	\$300	FReeZA	Tallangatta
	Respectful Relationships- Consent and the Law	Young People Corryong Neighbourhood Centre NECAMHS Corryong Police Victoria Police Corryong Health Service	September- October	\$300	FReeZA	Corryong
Recreation (Area 3)	North East Skate Park	Young people Sports North East TAFE Victorian Skateboard Association	November	\$4000	FReeZA	Corryong

	Walk to School	Vic Health Local Primary Schools Snowy Valley Camp Tallangatta Neighbourhood Centre Local Health Services	October	\$15,000	Vic Health	Shire-wide
Educational Pathways (Area 4)	Green Bean Project -Self esteem -Skill Development	Young people Tallangatta Secondary College Gateway health Tallangatta Neighbourhood Centre Victoria Police Headspace	August	\$1500	Gateway Health FReeZA	Tallangatta
Collaborative Partnerships (Area 5)	Youth Services Network	Local Schools Neighbourhood Centres Local Health Services Victoria Police NECAMHS Gateway Health TAFE	Ongoing Meeting held each term	\$500	FReeZA Tallangatta Secondary College	Corryong and Tallangatta

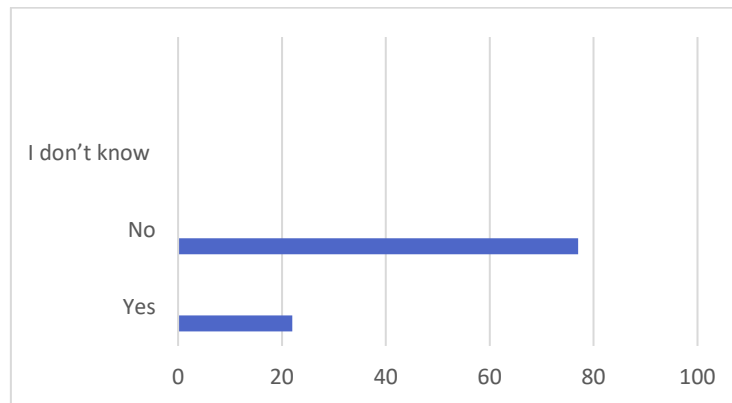
01 January 2020 - 30 June 2020

Theme	Project	Stakeholders	Dates	Budget	Funding Body	Location
Community Connectedness (Area 1)	School Holiday programs	Young people Neighbourhood Centres Sport North East Schools	January and April	\$3000	DHHS-Access	Shire- wide
Health and Wellbeing (Area 2)	Resilience Project Gratitude, empathy and mindfulness Please refer to Appendix E	Young people Schools Health Services Neighbourhood Centres Gateway Health	TBC	\$18,900 Subject to available funding	FReeZA Schools	Shire- wide
Recreation (Area3)	Corryong Skate Park Improvements Community engagement	Young People Sport North East Towong Shire Council Sport and Recreation Victoria	March-May	\$50,000	Towong Shire Council	Corryong
Educational Pathways (Area 4)	Victorian Youth Week	Young people Tallangatta Neighbourhood Centre	April 2020	\$2000	DHHS	Tallangatta

Collaborative Partnerships (Area 5)	Youth Services Network	Local Schools Neighbourhood Centres Local Health Services Victoria Police NECAMHS Gateway Health TAFE	Ongoing Meeting held each term	\$500	FReeZA Tallangatta Secondary College	Corryong and Tallangatta
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Appendix B - Survey Results

Q1. In your opinion, are there enough services, programs and activities for young people in our Shire?



ANSWER	RESPONSES	
YES	22.22%	2
NO	77.78%	7
I don't know	0.00%	0
	TOTAL	9

IS THERE ANY COMMENT YOU WOULD LIKE TO MAKE?

Youth centre to hang out in would be great
 Have a look at other Shires
 but you could always make them better

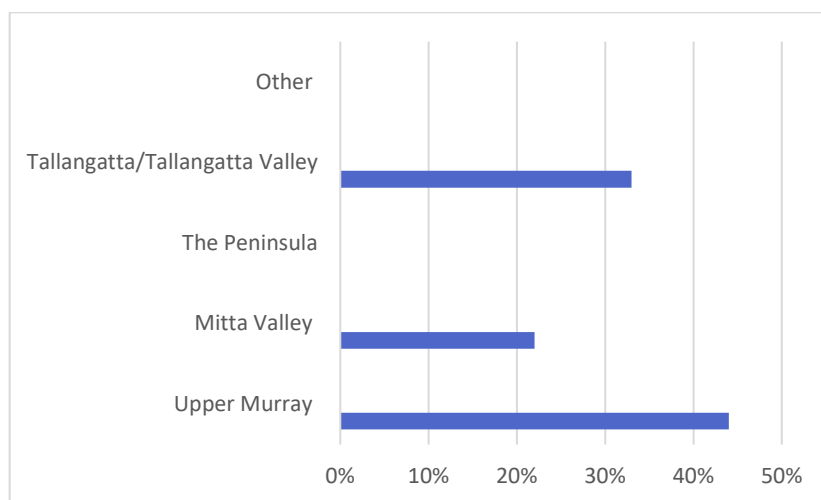
Q2. What do you believe is the ONE thing that is most important to do to make Towong Shire a better place for you?

	RESPONSES
1	A pontoon on the lake to jump from and swim to
2	Not too sure, perhaps create more social events
3	More sporting choices
4	More jobs
5	Activities and facilities for young people particularly 0-4 age group
6	Do more work on the skate park, just add more and make it better, so there's more stuff for people to work on, maybe get rid of the trees that are there because they suck and get sticks and stuff all over the park
7	More things for the younger ones to get involved in
8	I believe the freedom to explore creative outlets outside of sport are extremely limited for young people in the area. If there was a way for young people to access programs around art, music, gaming, skating, etc. youth would benefit greatly from these experiences. Also I think the skate park is highly underutilised as a possible youth hub. It's a very dangerous and poorly designed skate park. Disengaged young people especially meet a lot of social needs and develop important life skills at places like skate park from an early age. Some money towards making it more user friendly e.g. safer and easier ramps, lighting, seating, water, rounded rails, could be hugely beneficial for youth in the area
9	More activities

Q3. Which of these do you think are important to focus on over the next four years? (Tick as many as you like)

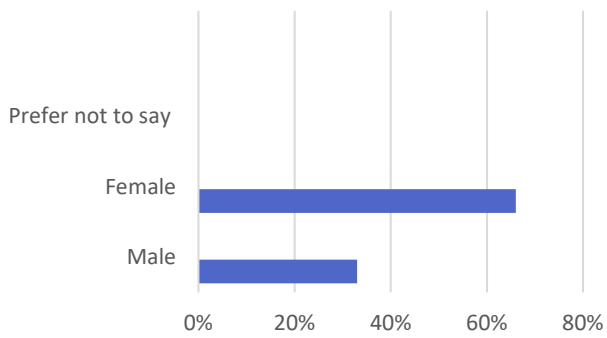
ANSWER CHOICES	RESPONSES	
Education and study options for young people	44.44%	4
Improving transport options	22.22%	2
Giving local young people more voice in the community	22.22%	2
Making sure young people have somewhere to live	33.33%	3
Attracting more youth activities and events	77.78%	7
Improving the general health and well-being of young people	55.56%	5
Mental health supports and services	77.78%	7
Providing more social opportunities for local young people	77.78%	7
Upgrading or creating new programs, facilities and spaces for physical activity	55.56%	5
Improving access to technology for local young people	33.33%	3
Attracting a broader range of support services for local young people	44.44%	4
Helping young people feel safer within the Shire	11.11%	1
Reducing bullying	22.22%	2
Other (please specify) Some more work experience, Just upgrade the skate park	22.22%	2
	TOTAL RESPONSES:	9

Q4. Where do you live?



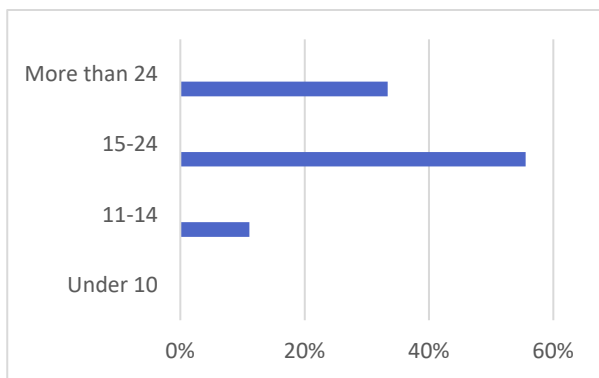
ANSWER CHOICES	RESPONSES	
Upper Murray (including Corryong, Biggara, Cudgewa, Shelley, Towong Upper)	44.44%	4
Mitta Valley (including Dartmouth, Eskdale and Mitta Mitta)	22.22%	2
The Peninsula (Including Bellbridge, Bethanga, Talgarno, Walwa)	0.00%	0
Tallangatta/Tallangatta Valley	33.33%	3
Other (Please Specify)	0.00%	0
	TOTAL:	9

Q5. Are you male/female?



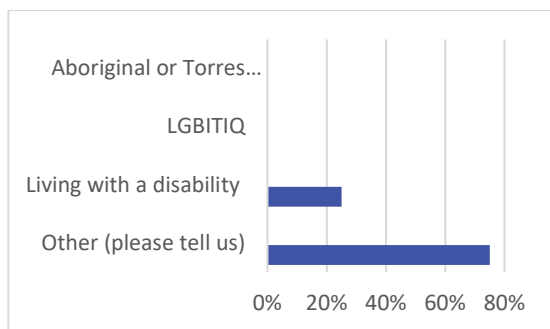
ANSWER CHOICES	RESPONSES	
Male	33.33%	3
Female	66.67%	6
Prefer not to say	0.00%	0
	TOTAL RESPONDANTS:	9

Q6. How old are you?



ANSWER CHOICES	RESPONSES	
Under 10	0.00%	0
11-14	11.11%	1
15-24	55.56%	5
More than 24	33.33%	3
	TOTAL RESPONDENTS:	9

Q7. Do you identify as any of the following (please tick)?



ANSWER CHOICES	RESPONSES	
Aboriginal or Torres Strait Islander	0.00%	0
LGBTIQ	0.00%	0
Living with a disability	25.00%	1
Other (please specify)	75.00%	3
	TOTAL RESPONDANTS:	4

Appendix C - Community Engagement Feedback

Youth Plan Review 2019

Community engagement feedback

Chat Chart #1

Date: 25 March 2019

Venue: Tallangatta Secondary College

Facilitator: Penelope Sell, Manager Community Services, Towong Shire Council
Renee Carkeek, Youth Services Officer, Towong Shire Council

Attendees:

Students from Tallangatta Secondary College Years 7-12

Stakeholders responded to the following questions:

1. What one thing would make this Shire a better place for young people?

- | | |
|-----------------------------|---|
| ✓ Live Music x 7 | ✓ Self-love workshops |
| ✓ Festival x 2 | ✓ Alf players- clinic |
| ✓ Sporting Clinics | ✓ Weekend evets |
| ✓ Karaoke | ✓ Jumping castles |
| ✓ Colour Festival x2 | ✓ Parties x 2 (fully sick parties) |
| ✓ Fire works | ✓ Concerts |
| ✓ Colour Run x 3 | ✓ Netball workshops |
| ✓ Friday events | ✓ Movie Nights |
| ✓ Music and art stuff | ✓ More job opportunities |
| ✓ Water park- slide at pool | ✓ "Gold Coin" days- Varity of activities. |
| ✓ Sports Facilities | ✓ Coffee Making |
| ✓ Circus | ✓ Need a big event (weekend or Friday nights) |
| ✓ Food and Fun | ✓ Youth Education |
| ✓ Community Fridge | ✓ Bubbler at netball courts |
| ✓ Water balloons fight | ✓ Make up course |
| ✓ Girls night (pamper) | ✓ Zumba |
| ✓ Parades | ✓ PT sessions for girls |
| ✓ Master chef cook-off x 2 | ✓ Alternative workshops |
| ✓ Sports clinics for girls | |

Stakeholder meeting #1

Date: 2 April 2019

Venue: Corryong Council Chambers

Facilitator: Penelope Sell, Manager Community Services, Towong Shire Council
Renee Carkeek, Youth Services Officer, Towong Shire Council

Attendees:

Justin Tyers Victoria Police justine,tyers@police.vic.gov.au Ph. 60761666	Jenni Wood Corryong Health Jenni.wood@corryonghealth.org.au Ph. 60763236
Sara Jenkins CNC sara@corryongnc.org	Gemma Whitehead CNC gemma@corryongnc.org

Ph. 60762176	Ph. 60762176
Errol O'Bran CNC/SHS youth.space@corryongnc.org	Pauline Taylor Corryong College taylor.pauline.m@edumail.vic.gov.au 0428672306

Stakeholders provided collective responses to the following questions:

1. What is working well?
2. What could we do better?
3. What is the one thing that we could do better?
4. Where to from here?

What is working well?

- Headspace remote- Confidential digital counselling is working well at a school level.
- Outreach from Junction Support services- Adolescence Support and Navigator program.
- Youth Centre- approx. 20 young people accessing the Youth Centre. Provides a safe space, sense of belonging and allows them to be an individual.

What could we do better?

- Not a great understanding of issues relating to young people.
- Career Pathways for young people- expand options for young people and better parent education.
- Difficulty getting services to come to the Upper Murray
- Often making referrals to Child First, but not receiving any follow up or progress.
- Young people experiencing family violence. No local counselling services available to refer young people.
- Develop a matrix of Youth Services and support available in the area.
- Eheadspace- wider promotion needed of these services.
- Activity Sharing- greater understanding of what each organisation is delivering.
- Programs available for young people of all abilities.
- Development of a Youth Services Network- hold a meeting once a term.
- Lack of transport for young people.
- Better communication/ introduction to new people in agencies.

What is the one thing that we could do better?

- Communication/Coordinated approach x6
- More advocacy for young people.
- How we engage? X2

Other comments:

Gateway Health used to call into the Police Station regularly when in the area, this no longer occurs.

Limited school resources.

No local counselling service available to young people.

Junction Support Services- case manager for the Adolescence Support and Navigator program attends Corryong regularly. Case Manager has links with the CNC and School.

Chat Chart Session #2

Date: 2 April 2019

Venue: Corryong Secondary College
Facilitator: Penelope Sell, Manager Community Services, Towong Shire Council
 Renee Carkeek, Youth Services Officer, Towong Shire Council

Attendees:

Students from Corryong Secondary College
 Years 7-12

1. What one thing would make Towong Shire a better place for you?

- | | |
|--|--|
| <ul style="list-style-type: none"> ✓ Cricket clinics ✓ Better roads ✓ More sports- volley ball camps ✓ Horse Clinics ✓ Snow trips x2 ✓ Overnight camps ✓ Make up workshops ✓ Career expos ✓ Festival- Music (like the Yack folk festival) ✓ Media Workshops ✓ Global opportunities ✓ Revamp the skate park | <ul style="list-style-type: none"> ✓ Travel Expos/ gap year ✓ Hand ball courts ✓ AFL clinics ✓ Netball Clinics ✓ Shooting/Archery clinics ✓ Disability workshops ✓ Self-esteem workshops ✓ Motivational speakers ✓ Disability workshops ✓ Film/ Digital sound production workshops. ✓ Corryong cricket team |
|--|--|

Stakeholder meeting #2

Date: 3 April 2019
Venue: Tallangatta Community Centre
Facilitator: Penelope Sell, Manager Community Services, Towong Shire Council
 Renee Carkeek, Youth Services Officer, Towong Shire Council

Attendees:

Sarah McQualter School Focused Youth Service Coordinator Gateway Health Sarah.McQualter@gatewayhealth.org.au Ph. 0429 605 617	Penny Townshend Sports North East Penny.townshend@thecentre.vic.edu.au Ph. 57210252
Jaclyn Warchow Youth Resource Officer Victoria Police vp34106@police.vic.gov.au Ph. 60492 600	Raquel Vogel Victoria Police Vp26756@police.vic.gov.au Ph. 60492 600
Tracey Penny Adolescence Support Program Junction Support Services tracey.penny@junction.org.au Ph.60437 483	Jacque Owens Junction Support Services Jacque.owens@junction.org.au Ph. 60437 414
Joclyn Ziebell Assistance Principal Tallangatta Secondary College jz@tallangaat-sc.vic.edu.au Ph.60715000	Casey Boyd School Captain Tallangatta Secondary College boy0003@tallangatta-sc.vic.edu.au

Jake Maddock School Captain Tallangatta Secondary College mad0011@tallangatta-sc.vic.edu.au	Matilda Fraser School Captain Tallangatta Secondary College fra0020@tallangatta-sc.vic.edu.au
Tom Poulton School Captain Tallangatta Secondary College pou0003@tallangatta-sc.vic.edu.au	Louise Scheidl Mental Health Promotions Officer NECAMHS Lousie.Scheidl@awh.org.au Ph. 0400315206
Victoria Conlan Wodonga TAFE vconlan@wodongatafe.edu.au Ph.0428 233 469	Jenny Gordon Wodonga TAFE jgordon@wodongatage.edu.au Ph. 0411 021 252

Stakeholders provided collective responses to the following questions:

1. What is working well?
2. What could we do better?
3. What is the one thing that we could do better?
4. Where to from here

What is working well?

- Community Focus, partnerships to work together.
- Try to make do attitude- especially when it comes to getting outreach services and support.

NECAMHS

- 0-18 years support
- Mental health for young people
- Referrals via schools, TAFE, Police, Family and Maternal Child Health.

Victoria Police

- Justin (specialist 14+ years old)
- Present
- Cyber Safety Programs
- Road Safety Programs
- TAFE ELS
- Attending community events (multicultural)
- Defence Force
- Attending the Tallangatta Skate Park Launch
- Participating in the Tallangatta Sustainability Expo
- Respectful Relationships (Love Bites Facilitators)
- Working relationship with young people

Sport North East

- Help sporting clubs- working with sporting clubs
- Participation Programs- modified sports- "Girls love Ultimate" Non-competitive indoor program.
- Corryong School Holiday Program
- Child Safe Implementation
- 'Rock up' Netball

- Co design workshop (excluding Towong at the moment)

Junction Support Services

- Outreach services to Towong Shire
- Adolescent Support Program
- Mental Health Services to young people
- Sexual Health Services for young people
- Mediation 12-18 year olds
- Referrals 'Finding Solutions' via CP (10-18years old)
- Short term support
- Referrals from local schools, GP or other services
- Individual assessments- emotional, social or housing (assist in setting goals)
- Volunteer Coordinated attends local community events
- Offer 25 outreach programs
- Navigator Program (Available to support young people with less than 30% school attendance)

Wodonga TAFE

- Proactive Policy
- Outreach services
- Funding available
- Job Vic project
- Pathways
- Strong Foundation
- Good Relationships
- Reconnect Program 17-24 years

Young People

- Good school relationship
- Strong sporting clubs
- Opportunity to have a "Voice"
- School Councillors available
- Access to Health Nurse
- Wodonga- Headspace and Gateway Health

What could we do better?

- Make services more accountable for outreach support
- Who is Sport North East?
- How do we better connect/ communicate with young people?
- Communication- Posters, Text Messages, Digital Platforms.... What is it that is best for young people? Instagram (Indigo Shire have a Youth Page and works great for young people)
- Engagement- What is available?
- More awareness, more choices of activities- employment options.
- Reconnecting as services providers- better promotion
- Listen to young people and their needs.
- More community Work – Victoria Police

NECAMHS

- More awareness and accessibility
- How to reach young people?
- Become more involved in capacity building activities (resourcing).
- Education of service (mental health literacy)
- How to navigate Mental Health Services.

What is the one thing that we could do better?

- Work together better with outreach services.
- More promotion of programs- with young people and support networks.
- Central Hub of communication- social media or digital platform
- More collaboration- Physical presence.
- Relationships with young people and services

- Quarterly meeting- involving young people, community/business/services clubs. Review current terms of reference of current youth services network. Shire led network.

Other comments:

Youth Services Committee is a great network, however needs a purpose (work on the needs and trends of young people- what can we do to support them) Also if we could set the yearly meeting dates out in advance.

“What can we do as agencies to better support schools?”

Postcards

Completed by 5/6 students at nine schools across the Towong Shire.

Corryong:

1. What one thing would make Towong Shire a better place for you?

- I was wondering if we could get some more animal shelters and vets that are open 24/7. So if there is something wrong with your pet and there's nothing open you can't help it and it could die. Can we get some more parks and more shelter at the park, with a public toilet?
- My idea is to have a Book Club for kids who love to read. Also a bigger library specially a bigger section for tweens
- More pet days, shade at the Corryong Pool, to have a day at school where someone come to school to talk about machinery. Class Pet, Motorbike riding at school, Home and away actors at school
- Get Bliss and ESO to come and sing in Corryong. Lazer tag in Corryong, Rally car track around the place, bowling place, motor jam somewhere in Towong Shire.
- To have a skate park bowl
- Make a better skate park
- I would like to see something that gets kids off their screens. For example, some clubs for things like poetry, singing, writing. I would love to see a book club on a day either after school or on a Saturday. Another idea is a girl guides or scouts where we get to go camping and do things outdoors
- More activities for people with disabilities. More share at the parks (Attree Park), can we please have another movie night at the pool. Can we do a girl guides/scouts?
- Please make an enduro and super cross track in Towong
- A dog park in Corryong, shade at the dog park
- Have more fresh food in stores.
- More shade in the park. Pet adoption. More playgrounds. Pet clinic, bigger vet clinic, dog Training Park, horse adoption, and animal training
- Mini golf, arcade and lolly shop
- A horse clinic, author visit, honour Mitchel to come talk to our school, Guy Maqueen to ride his horse in the 5/6 classroom
- Game night- not board games e.g. Fortnite, Minecraft, Overwatch etc.
- Motor Bike track, better Skate Park, laser tag, EB games
- Art Club- for people who want to get better at art
- To have a super cross track and endure track
- Mountain and motorbike tracks in Corryong
- More shade in the park, PINK coming here and singing autograph. Harry Potter club and Petting Zoo
- Have a mountain bike track in Towong
- To build a motor cross track in Corryong
- A water slide, photo booth in Attree Park, Pyjama day, baking that goes towards cancer and cooking workshop
- I want a motor cross track, a super cross track, an enduro track and motorbike workshop at school and motorbike clubs
- EB games, Laser tag

- Motorbike track and a bike track
- Horse clinics, heritage days and plant workshops
- To build a motorbike track in Corryong
- Petting zoo, Duck pond at the park- I love animals. Pelican park like Tallangatta
- Scouts, Motorbike riding track, Bring your siblings to schools, PJ day- a day were teachers listen to us
- To build a motor cross track in Corryong
- 1) To have a red nose day at school. I think every class should come up with a different idea to raise money to prevent cot death. The class with the most money raised will be named the winner. 2) To have a war day. We get a person or descendant or a war hero to talk and promote light horseman of the Upper Murray to 5/6 students and the other year 9/10 the fallen book when it comes out
- A park like Pelican Park in Tallangatta, Petting zoo, duck pond, more water bubblers, more public toilets
- If we could have famous motorbike riders such as Graham Jarvis
- Build an activity centre.
- Famous netball people come and do clinics. Fountain in Attree Park. More Shade in parks/pools. Richmond footy team to come!
- Motorbike track
- Motor Bike track. AFL players come to Corryong College.
- Famous netballers to do clinics. More shade in pool/parks. Geelong Cats footy team. More netball courts
- Pool opening hours to be extended later at night and to be open for more weeks. More fun social night in town pool/park
- Have an enduro track in Towong as well
- Family fun days- for kids/ families with disabilities. E.g. previously held in Walwa 2018
- To have a super cross track in Towong
- A motor bike track in Corryong
- Famous sports people to come and run some clinics for us
- A motorbike track in Corryong

Tallangatta :

1. What one thing would make Towong Shire a better place for you?

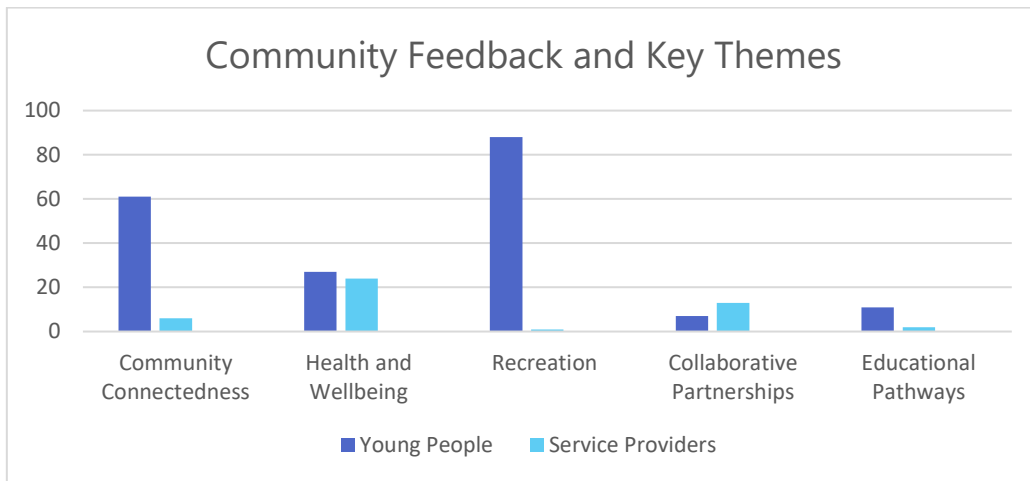
- Amaze in Tallangatta
- At the skate park, we would like to have a smaller area for the young kids, like at White box Wodonga. We would also like more things to do down there
- Add more to the Skate Park and make more stuff at the park (Tallangatta)
- Make the Tallangatta playground for older children
- Make a big park for the bigger kids (Tallangatta)
- Kids hang out in Tallangatta
- A better playground- Tallangatta
- A more interactive playground for all age children. Something like bight maybe? Playground certainly needs work please
- To maybe, fix more broken footpath- Tallangatta
- Water park- Tallangatta
- A beautiful gardens (mini botanical) full of amazing colours and fragrances for people of all ages to come and enjoy for strolls, peacefulness, solitude, picnics and fun
- Make the public Wi-Fi at the library work better- Tallangatta
-

Video Frames

- Pathways and engagement for youth
- Water Bubblers
- Water slide for pool or maybe inflatable

- Greater variety of sports offered to young people in Towong Shire. Youth who are previously inactive to participate in something they enjoy
- Improve swimming pool for kids and families
- More trees and gardens
- To improve Corryong Skate park
- Corryong Skate Park needs a do up
- Couple more jumps at the skate park
- Diving board and the swimming pool
- Improved skate park more jumps and ramps
- More water based activities
- Swimming pool bigger and diving board
- Few more jumps at the Skate Park
- Activities/engagement opportunities. Workshops in leadership and mentorship- all community approach when it comes to young people
- Be more enjoyable
- More variety for young people not interested in traditional sports. Creating a hub for young people to connect and create social networks
- More training opportunities for young people- key employable skills before they get to the workplace
- More school holidays to visit nana and pop
- More girl groups/girl scouts
- More footy support
- Love to work with young people with the boxing component to learn cognitive work, to get the brain going to build trust back into the relationships and the community
- Film workshops
- Netball clinics
- Love to see more sport activities
- Like to see more social events for youth in Corryong
- Women self-esteem ran in Corryong
- Improved Skate park for all kids to have fun on
- More night life
- Better night life
- The Skate Park a bit bigger and better
- Like the Skate Park to be better
- Like to see shade cloth over the playground
- More scholarships for young people

Appendix D - Data Review



Appendix E - The Resilience Project



Sample Community Program 2019

The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses, providing evidence-based, practical strategies to build resilience and become happier. The Resilience Project has delivered programs to over 650 schools around the country and worked with many elite sporting teams including the Australian cricket, netball and soccer teams, NRL and AFL clubs. Through presentations, wellbeing journals, school curriculum, teacher diaries and our app, The Resilience Project seeks to help all Australians become mentally healthy.

Overview

The Resilience Project will implement a program for the schools and the wider community that will include presentations as well as resources to support an ongoing focus on developing positive mental health strategies.

Schools program

As part of the schools program, The Resilience Project delivers presentations to staff, students and parents with a focus on building a strong connection across the whole school community to developing positive mental strategies. There are a number of short and long-term benefits for all who are involved in the program including;

- Assisting them to **build their resilience**
- Helping them to **feel happier** and improve their **overall wellbeing**
- Providing them with the **skills and tools** to help them **thrive at school** and **in their personal lives**

In terms of the presentations, they are based on three key strategies:

- Gratitude (appreciating what you have, not focusing on what you don't have)
- Empathy (thinking of the needs of others/kindness) and
- Mindfulness (being present in the moment, not becoming distracted by unhelpful or negative thoughts)

The presenter will tell stories of their own experiences to highlight these strategies and the ways that these can be used to promote positive mental health and their application in the school environment and at home. If there are topics you would like focused on for the student sessions these can be incorporated into the program.

Program Structure

- Staff PD session
- Student sessions that are tailored to four specific groups
 - Primary F/1/2/3 and 4/5/6
 - Secondary 7/8/9 & 10/11/12
- Community & Parent night
- Journals and Apps resources for wider community
- Resilient Youth survey (To be completed by all students completing the program)