

# GUIDE TO YOUTH SERVICES



*A community information initiative  
brought to you by*

**Thomas George MP**  
State Member for Lismore



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# Our youth: Our future

OUR YOUNG people of today have so much to offer society – now and in the future.

Adults are just the caretakers of our communities, for it is our youth who will one day grow to become the leaders of tomorrow.

It is, therefore, essential parents provide guidance and support to help young ones make the most of their opportunities and to enable them to develop to their full potential.

Our young people contribute much to the way we live – through their developing views on a wide range of issues, via their culture, music, sport and just by growing up and bringing a new perspective to our communities.

This booklet makes reference to some of the many youth services available both locally and on the Internet. There is an abundance of information now available to cover many youth issues. The guide is intended to be a handy source of information to those aged 24 years or under and their parents, with important facts and contact details for services and various youth-related organisations.

In my position I often get the opportunity to visit schools and local youth groups and can vouch for the many good things they're involved with around the Electorate. There are some marvellously talented individuals living in our communities and I hope they take the opportunities to shine and go on to bigger and better things. I hope you find this publication informative and interesting and ask that you keep it handy for future reference.

*Thomas*

**Thomas George MP**  
Member for Lismore

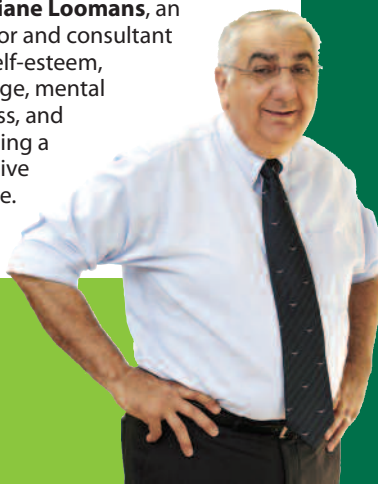
**COVER PHOTO:**  
At the launch  
for Royal Far  
West.

## Take a moment ...

Titled *If I Had My Child To Raise All Over Again*, here is an interesting reflection for parents and even grandparents ... indeed all those with the job of raising children – life's most challenging yet rewarding job.

*If I had my child to raise all over again,  
I'd finger paint more and point the finger less,  
I'd do less correcting and more connecting,  
I'd take my eyes off my watch and watch more with my eyes,  
I would care to know less and know to care more,  
I'd take more hikes and fly more kites,  
I'd stop playing serious and seriously play,  
I'd run through more fields and gaze at more stars.  
I'd have more hugging and less tugging,  
I would be firm less often and affirm much more,  
I'd build self-esteem first and the house later,  
I'd teach less about the love of power and more about the power of love.*

By **Diane Loomans**, an author and consultant on self-esteem, change, mental fitness, and creating a positive future.



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ph 6621 3624 fax 6622 1403  
lismore@parliament.nsw.gov.au  
www.thomasgeorge.com.au

# Who are our youth?

**WHO** are Australia's young people and how well do we know them, indeed, how well do they know themselves?

In 2009 the Australian Government released a report – *State of Australia's Young People* – on the social, economic, health and family lives of young people.

The full report can be downloaded at [www.youth.gov.au](http://www.youth.gov.au) and is an interesting read.

In brief, the report says the picture of our youth today is "generally positive".

"They achieve high levels of educational attainment and performance, many young people are employed and they actively contribute to household domestic work and care," it says.

"Young people also take part in community based activities, they are represented among Australia's volunteers and some are civically engaged in a range of other areas. As such, young people are highly productive and make a substantial contribution to Australian society."

This is good news in a broad sense. There are also many challenges and risks confronting our youth.

Areas of concern are the number of homeless young people, sexual health, drinking alcohol and taking drugs, and the high numbers of youth with a mental disorder and/or experiencing psychological distress.

We continually need to identify with our youth and give them opportunity to grow and succeed. I hope the information provided in the following pages helps achieve this for our youth.

– Thomas George



*Presenting State Representative certificates to local gymnasts.*

## Did you know . . .

- One in five Australians are aged 12–24 years and 28% of all households contain a young person.
- Almost one in every 100 young persons is homeless.
- On average, young people spend 40 hours a week with their family and most report having close relationships.
- Young people (aged 8–17 years) watch approximately 2 hours of television a day.
- Young people (aged 8–17 years) spent an average of 1¼ hours online a day.
- Young women were more likely to use the Internet for communication; young men were more likely to play computer games.
- In 2007, nine out of ten 17-year-old Australians used a mobile telephone, with young women more likely to have a mobile than young men.
- Over two-thirds of young people engage in some form of physical activity, although less than half engage in moderate to vigorous exercise.
- Only 80 per cent of 18–25-year-olds are enrolled to vote, in comparison with 95 per cent of the eligible population.
- Around one in three young people volunteer, but the proportion of young people who volunteer regularly is low.

*Source: State of Australia's Young People*

# Young people urged to take th

## SPORT & RECREATION

Sport is a great way to get fit, stay fit and socialise with new and good friends. For general information on a wide range of sports and their national governing bodies, go to [www.ausport.gov.au](http://www.ausport.gov.au)

Search the Department of Sport and Recreation's Active Search directory of local activities, or check out the list of sport and recreation organisations in NSW.

[www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)

**THE DUKE OF EDINBURGH AWARD:** "Duke of Ed" is open to 14-25 year olds who want to challenge themselves both physically and mentally. Many schools, youth organisations and community groups are registered to run the program. [www.theaward.com.au](http://www.theaward.com.au)

## ARTS-MEDIA-CULTURE

**ARTSTART:** A biennial festival that provides opportunities for young people between the ages of 12 to 24 to develop skills by participating in creative projects, as well as providing a showcase for performing and exhibiting their work.

[www.artstart.com.au](http://www.artstart.com.au)

**ATYP:** The Australian Theatre for Young People is Australia's flagship youth theatre company. Find out how you can get involved in productions and workshops. [www.atyp.com.au](http://www.atyp.com.au)

**H2W2:** "How To, Where To" is a toolkit for young people, providing the lowdown on getting projects up and running. [www.australiacouncil.gov.au](http://www.australiacouncil.gov.au)

**INDENT:** Aimed at giving young people the opportunity to organise their own gigs. Indent has produced a publication in conjunction with YAPA: A Young Person's Guide to the Gig Galaxy, which has heaps of info about how to organise events in your area. [www.indent.net.au](http://www.indent.net.au)

**MUSIC NSW:** Represents, promotes and develops the music industry in NSW. Information about workshops, grants and gigs. [www.musicnsw.com](http://www.musicnsw.com)

**NATIONAL & NSW YOUTH WEEK:** Runs annual talent

THERE are more sporting, recreational and general interest activities available to youth now than ever before. It's just a matter of finding something which suits your interests – or maybe there's something you always wanted to do, but never got around to it. Have a go today! You might surprise yourself. Taking an opportunity might be the start of bigger and brighter things to come.

comps for young writers, musicians, photographers, designers and filmmakers. [www.youthweek.com](http://www.youthweek.com) or [www.youthweek.nsw.gov.au](http://www.youthweek.nsw.gov.au)

**PLAY NOW ACT NOW:** A short film festival for all budding filmmakers aged 18-25 across NSW to express their ideas on youth issues.

[www.playnowactnow.com.au](http://www.playnowactnow.com.au)

**TURN IT UP:** Invites young people aged 14-28 to submit an original creative work that has something to say about what's happening in their diverse communities. [www.noise.net](http://www.noise.net)

**SHOOT NATIONS:** A free global online photographic competition, which is open to everyone aged 11-24 from anywhere in the world who is interested in voicing their opinion. [www.shootnations.org](http://www.shootnations.org)

**THE PROGRAM:** Designed to encourage creativity in areas such as design, fashion and film. [www.theprogram.com.au](http://www.theprogram.com.au)

**YOUNG PEOPLE & THE ARTS:** A website established by the Australia Council to make sure young people have

## GRANTS, FUNDING, SCH

**YOUNG people have so much to offer our communities. Their creativity, potential to develop new ideas, their leadership and courage to "have a go" can serve as an inspiration to us all.**

So if you are passionate about an idea or project which may benefit the community or other youth, or want to further your education, you could be eligible for government funding or a scholarship to help you on your way.

There are hundreds of grants and funding opportunities available. Some of those sites relevant to youth, including award schemes and

scholarships, are listed here and will get you started.

An extensive list of grants are available at the government sites:

**communitybuilders.nsw**

[communitybuilders.nsw](http://communitybuilders.nsw) links to a range of government and non-government sources of funding for all kinds of purposes, as well as linking to other funding directories. The site also has a submission writing section.

[www.communitybuilders.nsw.gov.au](http://www.communitybuilders.nsw.gov.au)

**GrantsLINK**

GrantsLINK is the Commonwealth Government's community grants site. [www.grantslink.gov.au](http://www.grantslink.gov.au)

For young people and youth organisations ...

**AUSTRALIA COUNCIL**

Committed to supporting, encouraging and promoting creative practices by, for and with young people, including funding. [www.australiacouncil.gov.au](http://www.australiacouncil.gov.au)

**AUSTRALIAN CLEARINGHOUSE**

The Australian Clearinghouse for Youth Studies provides links to funding sources for research and works with young people. [www.acys.info](http://www.acys.info)

**FOUNDATION FOR YOUNG AUSTRALIANS**

Offers funding for a range of

# ...the opportunities and have a go!



*With the captains of Trinity Catholic College, Joshua Dardengo and Caitlin Fitzgerald.*

all the support they need to get involved in the arts.  
[www.ypaa.net](http://www.ypaa.net)

**YOUTH ROCK:** A NSW-wide rock music competition held during Youth Week for young bands that have a majority of their members at secondary school level.  
[www.youthweek.nsw.gov.au](http://www.youthweek.nsw.gov.au)

## ENVIRONMENT

**CLIMATE CHANGE NSW:** A range of conservation and natural resources science and programs.  
[www.environment.nsw.gov.au](http://www.environment.nsw.gov.au)

**ENVIRONMENT PROTECTION AUTHORITY:** Has a range of resources for students and a statewide environmental events calendar. You can also take part in community consultation on environmental issues.  
[www.environment.nsw.gov.au](http://www.environment.nsw.gov.au)

**IT'S A LIVING THING:** The website has practical advice about how you can make a difference to our environment every day.  
[www.livingthing.net.au](http://www.livingthing.net.au)

**PLANET PATROL:** A website designed by kids for kids. The latest environment technology, fascinating plants

and animals, and discover how you can make a big difference by doing some little things.

[www.planetpatrol.info](http://www.planetpatrol.info)

## VOLUNTEERING

**GO VOLUNTEER:** Provides information about opportunities in your area. Volunteering opportunities are updated daily and all organisations have been vetted by Volunteering Australia's state offices.  
[www.govolunteer.com.au](http://www.govolunteer.com.au)

## SPEAKING UP

**NSW COMMISSION FOR CHILDREN & YOUNG PEOPLE:** Website contains all sorts of information, including details of the Commission's Young People's Reference Group.  
[kids.nsw.gov.au](http://kids.nsw.gov.au)

**NSW YOUTH ADVISORY COUNCIL:** Advises the Government on issues of concern to young people (aged 12-24) in NSW; government policies relating to young people; and youth related programs.  
[www.youth.nsw.gov.au](http://www.youth.nsw.gov.au)

## SCIENCE & BUSINESS INNOVATION

**AUSINVENT:** Helps inventors/innovators to build on their bright ideas.  
[www.ausinvent.com](http://www.ausinvent.com)

**BIG IDEAS NETWORK:** A website designed for young people to explore the world of ideas and innovation.  
[www.innovated.gov.au](http://www.innovated.gov.au)

**CREST:** CREativity in Science and Technology Awards Program, run by the CSIRO, encourages and supports primary or high school students to undertake their own science or technology project.  
[www.csiro.au](http://www.csiro.au)

**SCIENCE EXPOs :** A state-wide competition open to students from Years 7 to 10. Students are encouraged to think about the potential for science to impact on their future.  
[www.osmr.nsw.gov.au](http://www.osmr.nsw.gov.au)

**YOUNG ENTREPRENEUR PROGRAMS:** Encourage young people to pursue their innovative business ideas. Targets age groups from 14 up to 35.  
[www.smallbiz.nsw.gov.au](http://www.smallbiz.nsw.gov.au)

*Source: Youth NSW*

# SOLARSHIPS & AWARDS

purposes, aimed at both individual young people and youth-focused non-profit organisations.  
[www.fya.org.au](http://www.fya.org.au)

## FUTURE LEADERS AWARDS

Recognise and reward young Australians who have shown strong leadership and potential. The Awards also aim to inspire others to engage in environmental and community issues and make a difference.  
[www.futureleaders.com.au/awards/](http://www.futureleaders.com.au/awards/)

## INDENT

Indent is a NSW youth entertainment network which funds people aged between 12 and 25 who want to create, develop or produce

entertainment.  
[www.indent.net.au](http://www.indent.net.au)

## MYFUTURE

A career information and exploration website, a joint initiative of the State and Federal governments. Lists grants and scholarships available.  
[www.myfuture.edu.au](http://www.myfuture.edu.au)

## ST GEORGE FOUNDATION

Provides financial support to charitable organisations throughout Australia to help them assist children and young people up to 18 years of age with special needs.  
[www.stgeorgefoundation.com.au](http://www.stgeorgefoundation.com.au)

## TELSTRA FOUNDATION

The Community Development Fund supports charitable organisations

that assist or support Australian children and young people (18 years and younger).

[www.telstrafoundation.com.au](http://www.telstrafoundation.com.au)

## WRITE IN YOUR FACE

A funding program which supports emerging forms of writing practice by young writers, or organisations working with young writers.  
[www.australiacouncil.gov.au](http://www.australiacouncil.gov.au)

## YOUTH OFF THE STREETS

Scholarships for young people who exhibit extraordinary promise but lack the personal support networks and resources to fulfil that potential.  
[www.youthoffthestreets.com.au](http://www.youthoffthestreets.com.au)

*Source: Youth NSW*

# Scouting tests your limits

**MORE** than 10,000 Scouts “tested their limits” at this year’s Australian Jamboree in Sydney – being part of a camp this size is a once-in-a-lifetime experience.

Scouting is, put simply, a whole lot of fun. It offers challenging adventures based on personal achievement, teamwork and leadership.

There is a focus on self-development and educational outcomes which give children life skills such as independent thinking, leadership and problem solving skills, social interaction and responsibility.

There are physical and intellectual challenge activities each week at the Scout hall, outdoor activities such as bushwalking and water sports, and large-scale events such as jamborees.

There are a number of local groups which cater for all levels of Scouting – Joys



(6-8yrs), Cubs (8-11 yrs), Scouts (11-15yrs), Venturers (15-18yrs), Rovers (18-25yrs) and Leaders (18+).

Local groups in the Electorate are located at Lismore, Goonellabah, Kyogle and Murwillumbah.

**More information:** 1800 SCOUTS (1800 726 887) or [info@nsw.scouts.com.au](mailto:info@nsw.scouts.com.au) for contact details of your nearest group.

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## Guides have plenty to celebrate

**Local Girl Guides groups this year joined in celebrations to recognise 100 years of Guiding.**

The girls and their leaders from Lismore, Clunes, Kyogle and other North Coast areas are part of a worldwide movement with more than 10 million members in 145 countries. Guides is for girls aged 5-18 years and women 18+ of all cultures, faiths and abilities. At Guides you are able to:

- Try a wide range of activities.

- Discover, decide, plan, do and evaluate.
- Choose to challenge and extend yourself.
- Earn a wide variety of badges and a great sense of achievement.
- Do the Queen’s Guide Award and the Duke of Edinburgh’s Award Scheme, if you are 14 years or older
- Develop life skills, confidence to think and act for yourself, learn respect for the environment and a sense of community.

More than half a million Australian women have been, or still are Guides.

The movement is recognised as “a non-formal education program that is a dynamic, flexible and values-based training in life skills, decision-making and leadership. It is run by trained volunteer Leaders committed to enabling girls and young women to grow into confident, self-respecting, responsible community members”.

**CONTACTS:** 1300 GIRL GUIDES (1300 44 75 48) Girl Guides Association Far North Coast 6689 5294 [www.girlguides.org.au](http://www.girlguides.org.au)



# Action and activities at PCYC

PCYC is Australia's leading youth development organisation with 59 clubs and approximately 85,000 members throughout NSW.

Our mission is to:

- Get young people active in life.
- Work with young people to develop their skills, character and leadership.
- Prevent and reduce crime by and against young people.

Lismore PCYC has been providing educational, recreational and cultural activities to the local community since its opening in 1971. The club has a strong volunteer support network.

**HOURS:** Mon, Tues, Thurs: 9am-8pm. Wed: 9am-8.30pm. Fri: 9am-6pm. Sat, Sun, Public & School Holidays: Normal hours.

**LISMORE:** Cnr Orion & Dawson Sts  
P: 6621 6276  
E: [lismore@pcycnsw.org.au](mailto:lismore@pcycnsw.org.au)  
W: [www.pycnsw.org](http://www.pycnsw.org)



*Getting a lesson in judo from Cameron Blewitt at Lismore PCYC. Watching are Daniel Parry, coach Alan Foley and Bianca Phillips.*

Photo courtesy *The Northern Star*

## **TWEED HEADS**

Cnr Florence & Adelaide Sts  
P: (07) 5599 1714  
E: [tweedheads@pcycnsw.org.au](mailto:tweedheads@pcycnsw.org.au)



PCYC offers a wide range of recreational, educational and arts based activities including:

- Aikido
- Boxing
- Exercise Classes
- Gymnastics
- Judo
- Kickboxing
- Physical Culture
- School Holiday Activities
- Shotokan Karate
- Traffic Offenders Program
- Weights & Weightlifting
- Zumba fitness

## Cadets ... take the challenge

**THE Australian Defence Force Cadets comprise cadet units with the Army, Navy and Air Force.**

Being a Cadet will give you increased life and work skills, personal integrity, training that enables greater self-responsibility and confidence amongst your friends and in public.

Activities across the units include power flying, gliding sailing, power boating, bush survival, communications, weapons handling and cooking.

### **Air Force Cadets**

The Lismore branch of the



Australian Air Force Cadets meet every Friday during school terms at the East Lismore headquarters. Contact: 6621 7188.

### **Army Cadets**

Units are embedded in communities and schools throughout Australia providing youth aged 12.5 to 17 years development activity programs within a military-like context.

216 ACU Lismore is located

at Byron Training Depot, Military Rd, Lismore. Contact: 6622 8158.

225 ACU Murwillumbah is located at the Army Depot, 85 Ewing St, Murwillumbah. Contact: 6672 1474.

### **Navy Cadets**

Navy Cadets are for youth aged 12.5 to 18 years. Parades are held at TS Lismore in Endeavour Close, Ballina on Saturdays (and some Sundays).

Contact: [TSLismore@cadetnet.gov.au](mailto:TSLismore@cadetnet.gov.au)  
More information: ADF Cadets website [www.cadetnet.gov.au](http://www.cadetnet.gov.au)

# Life Education visit

THE Life Education organisation does a fantastic job in NSW schools with its positive programs that develop the social skills and knowledge necessary for effective decision-making, communication, negotiation, peer resistance and refusal in drug-related situations.

Life Education aims to help reduce tobacco use and illegal drug use among young people; encourage them to avoid or delay alcohol use; and reduce the harms associated with any drug use. Life Education Australia believes prevention is better than cure!

I recently had the chance with Member for



Clarence Steve Cansdell to see Healthy Harold and his helpers delivering the healthy message to the children at Casino Christian Community School (pictured) – it was a great day.

## CONTACTS

### IN AN EMERGENCY

Dial 000.

Police Assistance Line 131 444

### EDUCATION & TRAINING

Department of Education  
Employment & Workplace  
Relations

[www.deewr.gov.au](http://www.deewr.gov.au)

NSW Department of  
Education & Training

[www.det.nsw.edu.au](http://www.det.nsw.edu.au)

### TAFE NSW

[www.tafensw.edu.au](http://www.tafensw.edu.au)

### HEALTH

24-hour Mental Health

Access Line

1300 369 968

Alcohol & Drug Information  
Service

1800 422 599

### Beyond Blue

National depression initiative

[www.beyondblue.org.au](http://www.beyondblue.org.au)

1300 224 636

Cannabis Prevention &  
Information Centre

1800 304 050

[www.ncpic.org.au](http://www.ncpic.org.au)

### Kids Helpline

1800 55 1800

### Lifeline

13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

NSW Association for Youth  
Health

[www.nayh.org.au](http://www.nayh.org.au)

### NSW Health

[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### Royal Far West

Provides a wide range of  
essential specialist health  
services to meet the needs of  
country children and their  
families.

[www.royalfarwest.org.au](http://www.royalfarwest.org.au)

1800 500 061

### TRANSPORT

#### Youth on Wheels Ink

YOWI is affordable transport  
for groups of young people  
age 12-20 in the Lismore,  
Kyogle or Richmond Valley  
shires.

[www.yowi.nrct.org](http://www.yowi.nrct.org)

#### RYDON

RYDON is for groups of 5 or  
more young people aged  
between 12-24 who need  
help with transport in and  
around the villages of  
Murwillumbah.

[www.rydon.com.au](http://www.rydon.com.au)

### YOUTH

#### Kyogle Youth Centre

Summerland Way  
6632 2972

[www.myspace.com/  
kyogleyouthaction](http://www.myspace.com/kyogleyouthaction)

#### NSW Commission for

Children and Young People

[www.kids.nsw.gov.au](http://www.kids.nsw.gov.au)

#### NSW Youth Advisory

Council

[www.youth.nsw.gov.au](http://www.youth.nsw.gov.au)

### St Joseph's Youth Services

Youth housing and support,  
emergency relief, Outreach  
support, counselling, family  
support.

6672 8112

### The Line

Federal Govt website about  
respect for yourself and  
others.

[www.theline.gov.au](http://www.theline.gov.au)

### YAPA

Youth Action & Policy

Association

[www.yapa.org.au](http://www.yapa.org.au)

### YMCA Youth Parliament

[www.ymcasydney.org/  
activity/youth-parliament](http://www.ymcasydney.org/activity/youth-parliament)

### YWCA

6625 5800

[www.ywca.com.au](http://www.ywca.com.au)

### Youth Connections North

#### Coast

An organisation dedicated to  
Northern Rivers youth,  
offering a range of services  
and programs to  
disadvantaged youth and  
their families.

[www.communityconnections.  
org.au](http://www.communityconnections.org.au)

### Youth NSW

[www.youth.nsw.gov.au](http://www.youth.nsw.gov.au)

### Youth Safe

[www.youthsafe.org](http://www.youthsafe.org)

### Youth Week

[www.youthweek.nsw.gov.au](http://www.youthweek.nsw.gov.au)

### LOCAL COUNCIL YOUTH SERVICES

#### Lismore City Council

6625 0500 or 1300 87 83 87  
[www.lismore.nsw.gov.au](http://www.lismore.nsw.gov.au)

#### Tweed Shire

6670 2400

[www.tweed.nsw.gov.au](http://www.tweed.nsw.gov.au)

#### Kyogle Council

6632 1611

[www.kyogle.nsw.gov.au](http://www.kyogle.nsw.gov.au)

#### Byron Shire

Youth development officer

6685 9342

[www.byron.nsw.gov.au](http://www.byron.nsw.gov.au)

#### Richmond Valley Shire

Youth Advisory Committee  
and Working Party

6660 0300

[www.richmondvalley.nsw.  
gov.au](http://www.richmondvalley.nsw.gov.au)

#### Tenterfield Shire

6736 6000

[www.tenterfield.nsw.gov.au](http://www.tenterfield.nsw.gov.au)

### LIBRARIES

#### Richmond-Tweed Regional Library

Branches in Lismore,  
Murwillumbah and  
Goonellabah. Mobile library  
services surroundings areas.

[www.rtrl.nsw.gov.au](http://www.rtrl.nsw.gov.au)

#### Kyogle Library

6632 1134

[www.kyogle.nsw.gov.au](http://www.kyogle.nsw.gov.au)

● This contact list does not claim to be a complete list of all services and websites available. It is aimed at giving the researcher a starting point in finding quality services.