Welcome to the Macleay Valley Youth Matters update. Please find below information on the Youth Advisory Council and other news of interest for kids and young people.

**Volunteering**

Start off the year with a resolution to assist your local community, improve your job prospects and gain skills by volunteering. Help is often needed in administration, community events and working with the elderly. At Council volunteers are sought for transportation, garden maintenance, Graffiti Busters, Community Halls and the Macleay Valley Community Art Gallery.

For more information about volunteering you can contact:

* Kempsey Neighbourhood Centre on 6562 8300 or email kncfcs@bigpond.com;

* Kempsey Shire Council or Youth Advisory Council on 6566 3200 or email Vicki.Martin@kempsey.nsw.gov.au

**Youth Services Information**

Youth of the Macleay have access to a list of information providers and services available to them locally which may assist with recreation, youth support, accommodation, health, employment and training, transport, drugs and alcohol, legal advice, depression and someone to talk to.


Thank you to the Youth Network agencies who assisted in collating this information together!

**Rotary Youth Leadership Awards**

The Rotary Youth leadership Awards (RYLA) is a leadership recognition program where local Rotary Clubs and employers select young people aged between 18-25 years to attend a personal development camp at Yarrahappini from 29 March—5 April.

To support or nominate a local young person email [info@ryla9650.org.au](mailto:info@ryla9650.org.au) or visit [www.ryla960.org.au](http://www.ryla960.org.au)
2014 Youth Week — Vocalise

A Youth Week event coordinated by the Youth Advisory Council (YAC) will be held on Saturday 5 April at Riverside Park in conjunction with Riverside markets from 9am to 1pm. There will be information stalls, music, activities, games and challenges, with more planned for the evening. The events focus will be on personal health and wellbeing.

In lead up to this event in line with the National Youth Week theme ‘Our Voice. Our Impact’, young people are encouraged to voice their concerns and contribute to our ‘Say No’ social media campaign. Post your photo media ideas and visions on our Macleay Valley Youth—YAC Facebook page and let your voice be heard! The best photo media campaign judged by the YAC will win free movie tickets for two at Majestic Cinema’s in Port Macquarie.

For further information, to join the Youth Week Steering Committee, to participate as a musician or to become a Youth Advisory Council Volunteer contact Vicki Martin, Kempsey Shire Council on 6566 3200 or email vicki.martin@kempsey.nsw.gov.au

Empowerment

Each year around the world, International Women’s Day (IWD) is celebrated on 8 March, highlighting the economic, political and social achievements of women. Locally, as part of this celebration young female artists from the region are invited to enter the IWD Art Exhibition—Empowerment—at Macleay Valley Community Art Gallery, from 6-10 March.

Entries close Monday 24 February. Entry fee is $10 per item. To obtain your entry form contact Olivia Parker at Kempsey Shire Council on 6566 3200 or email Olivia.Parker@kempsey.nsw.gov.au

Digital technology workshops

Lux have been in the community over the last month to deliver a series of digital media workshops with local educators and youth from PCYC. Festival participants were invited to come and browse through various digital media contents like animations, videos, audio recordings and photographs.

Yenny Huber will be back in Kempsey in the week of 17 March for the next dLab residency. There will be another Facilitators’ workshop during this week.

Contact Olivia Parker for more information: olivia.parker@kempsey.nsw.gov.au or call 6566 3226.

Picture: Participants in the dLab Summer Holiday Workshop at PCYC.
Courses at the YAC

SkillsLink Training, is offering new courses locally.
Courses on offer include:

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<tr>
<th>Course</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>Prepare &amp; Serve Espresso Coffee</td>
<td>18, 19 and 25 February</td>
<td>9am - 4pm</td>
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<tr>
<td>Ukulele</td>
<td>Wednesday 26 February &amp; 5 March</td>
<td>11am - 3pm</td>
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To enquire call 6583 7288, visit www.portace.com.au or email admin@portace.com.au
Courses will run depending on minimum numbers.

It’s a knockout!

Council has commenced an ‘alcohol related assault awareness’ campaign in licensed premises to combat the recent king hit campaigns happening throughout NSW.

The NSW Attorney General’s Department will be funding this campaign. Coasters, bar runners, fliers and stubby holders with a number of slogans will be available.

River Festival

The River Festival will be held on 20 September 2014 showcasing the spirit, art, culture and stories of the region.

Kempsey Shire Council would like to know what you would like to see happen at Kempsey Riverside Park and would like to hear about school competition ideas such as a lantern parade.

Please submit your ideas to Oliia.Parker@kempsey.nsw.gov.au

Community Afternoon in the Park

Come along, bring the family and join in the fun with games and activities, and free BBQ for everyone on Tuesday 4 March from 3.30pm to 5.30pm at Steele Park, West Kempsey.

This social event is sponsored by The Salvation Army and Kempsey Shire Council, and is a community place making initiative.

For more information phone Karen on 6562 3566.
**Get Some Renting Advice**

Come and find out the ins and outs of the rental market on Tuesday 25 February from 9.30am–2.30pm at YP Space. This days program for 17-25 year olds will cover hints and tips on budgeting, application, bonds, leases, paperwork, legalities and maintenance. Morning tea and lunch is provided. To register your interest call Leish on 6563 1230.

**Mentors and Helpers**

Are you feeling anxious, depressed, socially isolated or suffering anxiety? Personal Helpers and Mentors (PHaMs) are available to help with positive goal setting, advice and assistance with linking into recreational activities and vocational training. This strength based recovery program is free for young people over the age of 16 years with mental health issues, and is an Australian Government initiative provided through the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA).

To speak to a personal helper and mentor in Kempsey phone Dale on 0448 893 579 or call the PHaMs Team Leader Joel on 0408 248 145.

**Your Health Link**

*Your Health Link* is an initiative of the Mid North Coast Local Health District providing one-stop information on all health related matters. This includes information on physical, mental and sexual health, nutrition, sport, finance, legal services, education and employment, and includes resources (phone numbers, calendars and videos) to reference.

To access information for youth visit the Youth Plus page for 12–25 year olds at [www.yourhealthlink.health.nsw.gov.au](http://www.yourhealthlink.health.nsw.gov.au)

**Smiling Mind**

*Smiling Mind* is a modern meditation for young people. It is a unique web and App-based program designed to help bring balance to young lives. This is a not-for-profit initiative based on a process that provides a sense of calm, clarity and contentment. Videos and programs are also readily available online.

To find out more visit [www.smilingmind.com.au](http://www.smilingmind.com.au)

**Safe Personal Wellbeing**

ACON a leading health promotion organisation provides free confidential services, support and sexual health information and workshops for young people regarding HIV, lesbian, gay, bisexual, transgender and intersex (LGBTI) people.

For more information, resources, Safe Sex Packs (condoms, lube, gloves), training programs or support call 1800 063 060, email mnc@acon.org.au or visit [www.acon.org.au](http://www.acon.org.au)
Make Your Macleay

Sunday 2 March is Clean Up Australia Day and families are encouraged to take part, clean up our streets and recycle home waste.
To register your involvement visit www.cleanupaustraliaday.org.au or call 1800 282 329.

Invitation to WOW

Come and see the world through the eyes of women on Saturday, 8 March at Kempsey High School, Broughton Street, West Kempsey.
Morning workshops will be held from 10am and the WOW Film Festival from 1pm- 4pm.
For more information or to become involved contact Monika Paril at Kempsey, TAFE by email: monikaparil@yahoo.com

Women of the Macleay Awards

Do you know of a young woman between the ages of 16—25 years who is a strong achiever in our community?
Nominations are sought for volunteers, advocates for change, women in business, quite achievers or local women who stand strong in the face of adversity.
Please write in 200 words or less why you think the woman you have chosen should receive one of six Women of the Macleay Awards. Entries close 22 February.
Send your nomination to PO Box 3229 Kempsey or email kwroff@bigpond.net.au
The awards are supported by the Kempsey Domestic Violence Monitoring Committee.

Keeping Your Kids Safe

Kidsafe NSW in partnership with Kempsey Family Community Centre (KFCC) and Kempsey Council invited parents to an information session on Tuesday 18 February at KFCC, including a BBQ lunch.
For more information contact Mavis Symonds, KFCC on 6562 1911 or for information visit www.kidsafensw.org

Sports Career Opportunity Knocks

The Australian Institute of Personal Trainers is offering two scholarships (valued at $5000 each) in its Fitness Certificate III and IV for young people of Aboriginal descent to apply to become a personal trainer. Applications will close on 15 March. To register your interest call Kevin on 0438254522 or visit www.aipt.edu.au
We’re on Facebook. Visit: Macleay Valley Youth—YAC

For more information contact:
Vicki Martin,
Community Development Officer
Kempsey Shire Council
P: (02) 6566 3200
E: vicki.martin@kempsey.nsw.gov.au

Macleay Valley Youth Matters

Upcoming dates of interest:

- Reality Renting @ YP Space, Tuesday 25 February.
- Clean Up Australia Day, Sunday 2 March.
- Community Afternoon in the Park, Steele Park, West Kempsey, 3.30pm, Tuesday 4 March.
- Empowerment: International Women’s Day Art Exhibition, Macleay Valley Community Art Gallery, Gladstone, opens 6 March.
- International Women’s Day Achievement Awards, Pensioners Hall, 10am– 2pm, 7 March.
- WOW workshops, Kempsey High, Saturday 8 March.
- Digital media workshops by Dlab, 17 March.
- National Youth Week, 4 – 13 April.

Inspirational quote:
The only limits you have are the limits you believe.

Next Youth Advisory and Planning Council Meetings:

- 3 March 2014, Youth Access Centre.
- 7 April 2014, Gloria Jeans Café.
- 5 May 2014, Youth Access Centre.
- 2 June 2014, Robbie’s Cafe.

Next Macleay Valley Youth Matters
E-Newsletter deadline — 28 February 2014.