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.

2014 Youth Week Event—Vocalise

Despite a thunderstorm in the afternoon, the community and our young people had an enjoyable time. A big thanks to our Youth Advisory Council (YAC) members, Riverside Markets. Macleay Valley Arts Council, Terry’s Entertainment, Party Professionals and our talented young musicians and everyone who contributed to this event. Congratulations to Josh Needs who received the Community Achiever Award and Ramona Masters who received the Community Spirit Award. Visit Macleay Valley Youth—YAC on Facebook for more photos.

Youth Forum - 29 May 2014

You are invited to the upcoming Transform Your Ideas Youth Forum on Thursday 29 May from 3.30pm to 5pm up at the Youth Access Centre, 132 River Street West Kempsey.

The purpose of this forum is to engage young people and the youth sector to research needs and seek input to assist with planning, idea generation and collaboration. This is also an opportunity to discuss future events, programs, activities and engagement in public spaces as well as seek input into policy, safety and wellbeing.

Contact: Vicki Martin on email Vicki.Martin@kempsey.nsw.gov.au

2014 Youth Survey—Transform Your Ideas

Council is interested in the feedback from our youth and value youth contribution and comments. Please visit our website for more information: http://www.kempsey.nsw.gov.au/ythserv.html
**Rotary fundraiser for SWR Skate Park**

A community fundraiser will be held at Temptations Restaurant to raise vital funds for the Rotary Club of South West Rocks (SWR) to assist with the upgrade at SWR Skate Park on Saturday 31 May.

For more information call 6566 6400.

**Aussie Bush Mail Box Competition**

Inspired by the Sydney’s Bondi Sculpture Walk and communities that have installed public sculpture in their towns to enhance their environment and promote local artists, Macleay Valley Arts Council and Kempsey Shire Council are holding a mail box competition. Up to $1500 worth of prizes for the best sculptures will be awarded. Entry is $20 per sculpture.

For more information and to access an entry form email Steve MacDonald at mooneba@hotmail.com or phone 6561 7116.

**Kempsey Truancy Program**

"It’s not OK to stay away" is a joint initiative between Council, NSW Police, NSW Department of Education and Communities, St Pauls College, Kempsey Adventist School, Macleay Vocational College and Kempsey Shire Council designed to reduce truancy in our area.

Students will now need to show cards if they are found around town during school times.

For further information contact Linda Young, Kempsey Shire Council on 6566 3200.

**Generation Next**

Interactive sessions, lectures and workshops on mental health, wellbeing and leadership for young people will be held at Sydney Town Hall on Friday 30 May from 9am to 5pm. For more information visit www.generationnext.com.au or visit Facebook.com/ gennextcommunity
Responsible Service of Alcohol Training

Year 11 and 12 students in Kempsey Shire will have the opportunity to obtain their RSA qualification. Not only will youth obtain a qualification for future employment they will also learn valuable skills such as:

- The impact of alcohol abuse and misuse on the community.
- Standard drinks and blood alcohol levels.
- Effects of alcohol on your health.
- Indicators and strategies for preventing intoxication.
- Prevention of underage drinking, spiking and binge drinking.

Training will occur at the following locations:
- The Macleay Vocational College – Wednesday 21 May.
- Kempsey High School – Monday 16 and Tuesday 17 June.
- St Pauls College - Tuesday 24 and Wednesday 25 June.
- Melville High School – Thursday 26 and Friday 27 June.

For further enquiries contact Linda Young at Kempsey Shire Council on 6566 3200.

Juggler antics

As comedic master of all things electro-circus, Joel Salom will be rocking into Kempsey for the Macleay River Festival on September 20 at Riverside Park. Salom is a sharp and well-travelled performer with more than 18 years’ experience of touring the world under his colourful Vegas-style belt.

As well as performing on the main stage, Joel will be holding juggling workshops for those interested to learn the art. He will also be bringing with him the hilarious robot dog, Erik.

Watch this video of Joel Salom ‘chuka-chuking’ – guaranteed to bring you a smile: http://youtu.be/AdDTBe8KYSI

For further information contact Olivia Parker, Kempsey Shire Council on (02) 6566 3200.
Healthy Solutions

Healthy North Coast is an online hub, where as part of the community, it supports everyone in getting healthy and staying healthy. It contains accessible, easy to understand information that can be used locally. The site provides tips on healthy eating, where to find their local gym, or how to access a health professional or health service.

It’s a community of organisations, health practitioners and consumers collaborating to share high quality health information with the North Coast community via the Internet and social media platforms.

For more information visit [www.healthynorthcoast.org.au](http://www.healthynorthcoast.org.au)

New e-mental health services training

Online mental health services play a vital role in our support for young people. They connect young people to help where and when they need it, in moments of crisis or need. They connect young people to important support communities. And they provide tools to manage mental health problems and build essential skills for wellbeing.

A free 30 min webinar on 19 May is available for professionals by ReachOut.com and the Young and Well Cooperative Research Centre, providing practical guidance on using e-mental health services in your work with young people. For more information email: profession-als@inspire.org.au

Free Emotional Health and Wellness Program

Attention Macleay Valley Youth aged 16 to 25—are you interested in learning how to relax, better manage depression, anxiety and stress?

A free six week program on emotional health and wellness is being offered in South West Rocks on Monday and in Kempsey on Tuesdays from 2pm to 3.30pm.

Sue Baughman a registered psychologist provides the training in stress management techniques, relaxation, yoga, meditation, breathing techniques and coordinates the small group discussion around self-care and positive life management.

Places are limited, so please contact Sue Baughman on 6562 1866 or 0414943691 to book your place.

New Beginnings

New Beginnings is a free pilot mentoring program offered to local schools and delivered by YWCA NSW, funded by the NSW Department of Education & Communities.

New Beginnings is a dynamic 2 day workshop that takes place in schools throughout NSW. Each workshop will reach 10-15 selected Year 8 students and require four or more volunteer adult mentors. Mentors will work with students to help them develop their understanding of community, personal responsibility, and leadership.

Workshops will be facilitated by experienced YWCA NSW staff and involve fun, interactive activities and experiential learning. Mentors will offer guidance, inspiration, and support to young people as they find their voices and learn to create change in their communities. At the end of the program, mentors will work closely with their mentees to organise and present a short project proposal to a local official or community stakeholder.

For further information, call (02) 9285 6272 or email Mara Greenwood at marag@ywcansw.com.au
2014 Mid Coast Careers Market

Students are invited to attend the 2014 Mid Coast Careers Market to be held at the Port Macquarie Race Club on Tuesday 27 May 2014. The focus of the fun & interactive showcase will be to increase awareness of local employment and training opportunities, vocational pathways and post school options for students from Years 9 to 12. Exhibitors will provide career information as well as displays and hands on activities.

Local exhibitors from the Hastings and Macleay areas along with regional, state and national industry bodies including representatives from TAFE, Centrelink, Defence Force, Police, financial institutions, Council, apprenticeship centres, service providers and community groups that work with young people will be in attendance. The Mid Coast Careers Market is free, open to the public from 10am until 2pm. For more information contact Michelle Fisher at Mid Coast Connect on 6562 5314 or email admin@midcoastconnect.com.au

Macleay River Festival Logo

The Kempsey Shire Council is offering an Acquisitive Prize for a graphic design that depicts the ethos of the Macleay River festival which is: ‘To share the spirit of the Macleay by showcasing, art, culture and stories of the region by promoting the resilience, identity and civic pride in the community.’ For more information contact Olivia Parker on 6566 3200 or email olivia.parker@kempsey.nsw.gov.au

International Artist Andreas Siagian visiting Kempsey

Through the Australia Council’s International Visiting Artist Program, dLux MediaArts is touring, Indonesian Artist, Andreas Siagian to dLab locations across regional Australia. Andreas Siagian has worked with communities and artists around the world in electronics, instrument building and performance and will be making his first stop in Kempsey.

Andreas Siagian builds opportunities for people to ‘hack’ technologies to discover more about their environment. He has done everything from building microscopes and synths to creating an experimental instrument using plants and a live volcano. Andreas Siagian’s practice focuses on collaborative work across art, science and technology and encourages a DIY (Do-It-Yourself) and DIWO (Do-It-With-Others) approach to all his projects. In his Kempsey workshops, Andreas will be teaching the ins and outs of basic electronics, pull apart everyday technologies to understand the way things work so they can design and build their own instrument. Workshops are being held at Macleay Vocational College and Melville High School for participating students. There will also be adult workshops being held at TAFE on Saturday and Sunday 24 / 25 May. Cost is $20pp. All materials included.

To register your interest contact Olivia Parker: olivia.parker@kempsey.nsw.gov.au
We’re on Facebook. Visit: Macleay Valley Youth—YAC

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

The YAC meets the first Monday of the month from 4pm to 5pm at local cafes or the Youth Access Centre (YAC), 132 River Street, West Kempsey. Come along, meet new people and be involved in making a difference in your local area.

Next YAC Meetings:
- 29 May 2014, Youth Forum, Youth Access Centre.
- 2 June 2014, Robbie’s Cafe.
- 7 July 2014, Youth Access Centre (school holidays).

Youth Grants:
To access funding opportunities visit:
- www.myerfoundation.org.au/programs
- www.hccu.com.au

Next Macleay Valley Youth Matters E-Newsletter deadline — 30 May 2014.

“Have the courage to follow your heart and intuition. They somehow know what you truly want to become.”
- Steve Jobs