

Menu booklet 2011:

A taste of our programs

Bayside City Council's Youth Services

Terms 3 and 4





Contents

Service information:

Who we are
What we do
Who we work with

Programs

For Primary schools
For Secondary schools
Community-based programs
Youth committees

Additional support

Counselling and individual support
Secondary consults

Contact us

Contact details
Organise a meeting

Program expression of interest form





Service information

Bayside City Council's Youth Services delivers quality services and programs to young people and their families. This booklet aims to inform schools about the programs and support we can offer young people.

Our programs are responsive to the needs of young people. If there is a specific issue at your school that you would like addressed, please contact us and we will try to adjust or create a program to meet your needs. While all attempts are made to meet requests for school-based programs, there may be times when we are at full capacity and cannot meet schools' needs.

Who we are:

The Youth Services team consists of
3 x Youth Workers
2x Counselling and Support Workers,
1 x Planning and Development Officer
1x Youth Services Administration Officer
1x Youth Services Coordinator

What we do:

The Youth Services team develops and delivers programs that address the needs of young people. Our programs are tailored to help support young people to make informed decisions about a range of issues through fun and interactive activities.

Who we work with:

We work with young people aged from 10 to 25 years and their families who live, work, study, recreate or have significant ties to the City of Bayside. The City of Bayside consists of the following suburbs:

- Beaumaris
- Black Rock
- Brighton
- Brighton East
- Cheltenham (part)
- Hampton
- Hampton East
- Highett (part)
- Sandringham



Primary school programs

Little Fish Big Pond

Little Fish Big Pond is a grade-6 transition program designed to assist students with the transition from primary to secondary school. The program explores common feelings of apprehension about secondary school as well as strategies on how to make the transition easier.

Cost: free

Issues addressed: transition from primary to secondary school

Target group: grade 6 students

Duration: TBC

Operating times: Term 4 (exact dates to be confirmed)

Building Connections

Building Connections targets both parents and young people who are in grade 6 and moving into year 7 in 2012. The program provides practical strategies for parents and young people to maintain and/or improve communication and family relationships.

Cost: free

Issues addressed: communication between young people and parents/carers, primary to secondary school transition.

Target group: grade 6 students and their parents/carers

Duration: 2 hours in the evening

Venue: at your school

Intro to Peterson Youth Centre

The Peterson Youth Centre, located in Highett, is a valuable community resource for young people in Bayside. Not only is this program an introduction to the Centre, it will also touch on where young people can go if they, or their friends, need support.

Cost: free

Issues addressed: community connection, community supports available to young people

Target group: grade 5 and 6 students

Duration: lunchtime

Operating times: Tuesdays and Thursdays during Term 3

Venue: Peterson Youth Centre, Corner Peterson St and Highett Rd Highett





Secondary school programs

Max – intensive support for young women

MAX is an intensive support program that aims to raise self-esteem and confidence, challenge thinking and promote healthy decision making, while having a heap of fun. This program is aimed exclusively to young females. The program includes various activities and a three-day camp. **Only 8 places available.**

Cost: free

Issues addressed: self esteem, family conflict, risk taking behaviours

Target group: young women in Years 8 and 9

Duration: 4 sessions held weekly, including a 3 day camp, as well as a follow up session

Operating times: term 3

Intro to Peterson Youth Centre

The Peterson Youth Centre, located in Highett, is a valuable community resource for young people in Bayside. Not only is this program an introduction to the Centre, it will also touch on where young people can go if they, or their friends, need support.

Cost: free

Issues addressed: community connection, community supports available to young people

Target group: Year 7 and 8 students

Duration: lunchtime

Operating times: Tuesdays and Thursdays during Term 3

Venue: Peterson Youth Centre, Corner Peterson St and Highett Rd Highett



Community-based programs

Playtime Buddies

Young mums under the age of 25 years old are invited to attend this program that has been designed to support and strengthen families to make positive connections within both their family group and community. Maternal and Child Health, Youth Services and Family Day Care use a collaborative care model to facilitate this group.

The program includes activities to assist women and children in choosing healthy food options and cooking. Additionally, this program will facilitate the development of social connections for women and children and assist them to make links with appropriate programs and services.

Cost: free

Issues addressed: parenting, pregnancy, connections with the community.

Target group: young mothers, under the age of 25 years old.

Duration: 1.5 hours

Operating times: weekly

Venue: enquire with Youth Services

Peterson Youth Centre – drop in

The Peterson Youth Centre offers free use of pool and table tennis tables, Nintendo Wii, internet access, food and drinks. Counselling and individual support also can be arranged for young people at the centre. The centre is fully supervised by experienced youth workers. NEW this year, each drop in day has a special activity, all young people can join the PYC membership to take up these great activities.

Monday Art Splash

Whether you like to draw, paint, sculpt, collage or mosaic, come down to the Peterson Youth Centre to create your own art. The program is accessible for young people of all abilities and facilitated by Youth Workers.

Tuesday Personal Training

Under the instruction of a professional trainer come in and work out in the centre. All equipment provided, participants should dress appropriately.

Thursday Master Chef

Learn how to bake, boil, fry, sauté and other cooking skills. Instruction provided by Youth Workers.

Cost: free

Target group: young people aged from 10 to 25 years old

Duration: all year round (excludes school holidays, public holidays and Melbourne Cup eve)

Operating times: Mondays, Tuesdays and Thursdays, from 2:30pm to 5:30pm



Community-based programs

X-Treme Teen school holiday program

The X-Treme Teen holiday program aims to provide a fun break for young people while encouraging being active, fit and healthy. It provides young people with recreation and skill development programs and opens an opportunity for young people to meet and interact with other young people with similar interests and ages.

Cost: the costs of activities vary; please consult the Youth Services X-Treme Teen flyer for more information. A new flyer is distributed each term.

Duration: the length of activities varies so please consult the X-Treme Teen flyer for more information.

Target group: young people aged from 10 to 17 years old

Operating times: operates during school holidays

Venue: various

Battle of the Bands

Every year Youth Services, along with the Popcorn Productions FReeZA Committee organise the Bayside Battle of the Bands. These events showcase the latest up-and-coming local bands and young performers.

Application forms for bands and artists will be sent to schools and will also be available on the Youth Services website from April 2010 and will close on Friday ---

Cost: \$10-\$12 per event

Target group: all-ages events

Operating times and venues:

Heat one: Friday 29 July – Beaumaris Community Centre

Heat two: Friday 12 August – Hampton Community Centre

Final: Friday 2 September - Brighton Town Hall





Art Exhibition

The Youth Art Exhibition is an annual event where we showcase young people's artwork. Artwork from all young people of all mediums will be accepted. Youth Services sends entry forms to all schools prior to the exhibition to allow young people plenty of time to submit work. Works can be submitted between **14 September and 5 October** – please contact Youth Services to arrange drop off times.

Cost: free

Target group: young people aged 10 to 25 years old

Duration: once a year

Operating times: Wednesday 12 October to Tuesday 15 November. A celebration evening will be held on Wednesday 19 October 6pm-7.30pm, parents, young people and teachers are invited to attend.

Venue: Bayside City Council, 76 Royal Avenue Sandringham

Skate park events

Youth Services will be holding a series of skate park events in the warmer months when Day Light Savings commences. More information about the events can be located on Bayside City Council's website later in the year.



Youth committees

Popcorn Productions FReeZA Committee

A committee of young that helps plan, organise, deliver and evaluate music and cultural events and activities in the Bayside area. The committee is supported by a youth worker to organise events such as the Push Start Battle of the Bands and the Youth Art Exhibition.

Cost: free

Target group: young people aged from 10 to 25 years old

Duration: 1.5 hours

Operating times: Tuesdays 5.30pm-7pm during school term

Venue: Peterson Youth Centre, Highett

Youth Advisory Group (YAG)

Do you know young people...

- who are passionate about local youth issues?
- who want to help develop local initiatives for other young people?
- who want to advise Council on local youth issues?

YAG is a great way to get involved in the community, learn new skills and meet new people in a fun and relaxed environment.

Cost: free

Target group: young people aged from 10 to 25 years old

Duration: 1.5 hours

Operating times: once a month on a Thursday 5.30-7pm

Venue: Bayside City Council, 76 Royal Avenue Sandringham



Additional support

Counselling and individual support

Our Counselling and Support Workers can provide young people with counselling support for issues such as depression, anxiety, grief and loss, self-esteem, anger issues, body image and family conflict.

Our youth workers can provide young people and their families, with individual support on a practical level that may include housing support, employment and training, legal issues, financial and general life skills.

Referrals for counselling and individual support can be made by calling Youth Services on 9599 4622. An intake worker is available from 1-5pm to discuss referrals. Messages can be taken between 8.30am – 1pm and the intake worker will return the call at a mutually convenient time.

Secondary consultations

Our Counselling and Support Workers can provide teaching staff with specialised support and secondary consultations around a variety of youth issues. Secondary consultations can be arranged over the telephone or in person at a mutually convenient time.

Requests for secondary consults can be made by calling Youth Services on 9599 4622. An intake worker will be available to take requests on weekdays between 1pm and 5pm.





Resources

Youth Services has a range of resources available to promote the different aspects to the service. All resources listed below can be sent to you upon request.

- Youth Services A3 posters
- Youth Services brochure /Counselling and individual support brochure
- Youth Information Cards
- Peterson Youth Centre postcards
- Peterson Youth Centre poster
- X-Treme Teen school holiday poster
- Committee flyer
- Join our mailing list flyer





Contact us

Contact details

Youth Services

Bayside City Council: Youth Services
76 Royal Avenue, SANDRINGHAM

www.bayside.vic.gov.au/youth_services
youth_services@bayside.vic.gov.au

PO Box 27, SANDRINGHAM VIC 3191
Ph: (03) 9599 4622
F: (03) 9598 4474
Monday to Friday 8:30am to 5pm (excludes public holidays)

Why not organise a meeting?

For both teaching staff and young people to better understand our services, the youth services team are available to meet with you at your school. Benefits of holding a meeting with the Youth Services team include:

- communicating your school's needs to Youth Services
- the ability to tailor programs to the needs of your school
- brainstorming ideas
- informing you of our services
- starting communication lines with our service to better support young people.

We can also help promote our services to your students by speaking at your school assembly.

Mailing list

There's always something on at Bayside City Council's Youth Services. For frequent updates on current and future programs, as well as upcoming events, download a mailing list application form from our website; www.bayside.vic.gov.au/youth_services or email youth_services@bayside.vic.gov.au





Program expression of interest form – Term 3 and Term 4, 2011

Please select the program you would like conducted at your school in Term 3 and/or Term 4, 2011. Please email completed form to youth_services@bayside.vic.gov.au or fax to 95984474, or **complete an online form at www.bayside.vic.gov.au/youth_services**

Please mark with a tick (✓)	Program name	Term	Preferred day/date	Number of students/ participants
	Building Connections (primary schools)	Term 4		
	Little Fish Big Pond (primary schools)	Term 4		
	Intro to Peterson Youth Centre (primary and secondary schools)	Term 3		
	MAX – intensive support program (secondary school)	Term 3		

School name: _____

Contact person: _____

Contact person's role: _____

Phone: _____ Email: _____

Preferred method of contact: E-mail Telephone

Once we have received this completed form, a Youth Services team member will contact you directly with more information regarding program availability.

Completion of this form does not guarantee availability of the programs.

Deadline:
Requests for programs to be run in Term 3 and Term 4 must be received by Friday 20 May 2011

Expressions of interest for Terms 1 and 2, 2012 will be available in November 2011

