



Supporting our Northern Midlands Youth

Council strives to make the Northern Midlands a place where young people are valued, supported, and celebrated.

To achieve this goal Council is working with young people to enhance their participation across all aspects of life. Some things that have happened this year:

Spark: supporting youth focused initiatives and programs. Student Representative Councils can apply for funding of projects to be held in their school. Three schools have applied and been successful for this funding. Projects include:

Campbell Town District High School - Student Leaders Lunchtime Engagement Project: Students are supported through games and activities to help maintain mental and physical health and wellbeing in a positive space and encourage friendships to development.

Longford Primary School - 10 Books 10 Weeks. SRC ran a reading challenge to inspire whole school community to read ten books in ten weeks, improving literacy and challenging students while developing connections.

Cressy District High School: The Student Wellbeing Leaders ran a Wellbeing Mosaic Project with the theme: Connection & Belonging. Each student in the school was offered the opportunity to design a small tile 'what makes me belong'. The Student Wellbeing Leaders held step 1 of the project for Mental Health Week and will complete the mosaic later.



Campbell Town DHS – cartoon drawing workshop.

Creative Campbell Town: Cartoon artist Ben, visited Campbell Town District High School to help foster creativity and inspire art skilled development by offering Cartoon Drawing workshops, supporting mental health and wellbeing opportunities, this was extremely well received by all.

Leadership Workshops - Cressy Student Leaders: Our Youth Officer has been working with Cressy's team of student leaders running a variety of workshops focusing on communication, teamwork, personal values, and confidence building. Engagement has been high and full of interactive activities. From lifeboat survival dilemmas and brainteasing puzzles. Quotes from students include 'I wish the whole school could do this; this is important'... 'wow this is more fun than I thought'... 'oh, it's about the whole team not just me'.

Cressy Grade 6 Wellbeing Leaders: Our Youth Officer joined the Grade 6 Wellbeing Leaders and School Chaplain in Term 3 to focus on creating resources for young people, by young people, surrounding Mental Health Week including flyers, posters, and info cards, and a variety of wellbeing activities.

Active Northern Midlands Program: This program ran in Campbell Town and Cressy District High Schools. Launceston PCYC visited weekly to offer games and activities that encourage physical wellbeing. The program promoted social engagement while offering a variety of activities including boxing, soccer, cricket, group games, free play and access to the activities trailer. This program was made possible thanks to a grant with Healthy Tasmania with 135 sessions held and 2907 attendances recorded.

Youth Week - Cressy District High School: Cressy District High School celebrated Youth Week on Wednesday May 3rd and were joined by so many fantastic services providers including: Youth Health North, The Mish, Salvation Army, Longford Library, Longford Junior Fire Brigade, PCYC, Epilepsy Tasmania, Vinnies, Motorsport Tasmania and Northern Midlands Youth Advisory Group. Free, fun and interactive activities were provided and the theme was: Acceptance, Be Bold, Be You.

Youth Advisory Group commenced in Longford and young people very quickly contributed their ideas to shape the group. This inclusive group is open to young people aged 12-25 years old and new members are welcome to join. Each meeting is held in a supportive way where young people can share their thoughts and ideas. Since the commencement recurring numbers have been high and the group looks forward to working on its future projects together.

Youth Advisory Group

ARE YOU 12-25 AND WANTING TO....?

- ✔ Share your voice
- ✔ Help organise youth activities
- ✔ Advocate for young people
- ✔ Wide range of activities

Young People's views and needs are important to Council.

INVITING ALL 12-25 Y/OS TO JOIN/ENQUIRE!
NO LEADERSHIP EXPERIENCE/SCHOOL SRC INVOLVEMENT REQUIRED.

More info email: council@nmc.tas.gov.au

Perth Afterschool PCYC Sessions: Every Thursday from 6.30-8pm, the PCYC team offers free activities at the Perth Community Centre. The games offer a large variety and have a lot of input from the young people. Up to 20 young people join in the group challenges each week including cricket, board games, soccer and 'skyball'.

Evandale Lunchtime PCYC: During Term 2 the program offered opportunities that support mental wellbeing of young people. PCYC visited the school and provided activities such as Taiko Drumming, offering them the chance to develop skills, collaborate as a team to create music, achieving remarkable results.

Cressy Breakfast Club: Collaboration between our Youth Officer and the School Chaplain resulted in mentoring for a group of students (supporting their individual learning plans) in the preparation and supervision of breakfast items for the school's breakfast club.

Free2b Girls Longford and Campbell Town: Offering a welcoming and supportive environment where girls can build positive relationships, foster friendships, and thrive in a positive space, the group operates under the guidelines of safety, tolerance, and respect. Our dedicated team of volunteers provide invaluable support to each group with new members welcome to join our team.



Free2b Girls Campbell Town group hoodie design.

In 2023, Free2b groups have also been supported by their communities and we are grateful for the generous contributions from Longford Rotary Club, JBS Longford, Banjos Longford and Campbell Town, as well as the ongoing assistance and visits from Rural Alive and Well, Youth Health North and Relationships Australia.

Our weekly activities are designed to inspire creativity and growth and participants have engaged in canvas painting, tie-dye, pom-pom making, baking, clay creations, watercolour painting, group games, a plethora of craft activities, and a special visit from baby lambs.

Free2b Girls Evandale: Free2b Girls 'popped-up' at Evandale Primary School during their lunchbreak in Term 3 and was well received. Some of the quotes from students include 'wow this is so fun'... 'thank you so much for doing all this fun stuff with us'.. 'I've made a new friend here, thank you'.

Branching Out Longford: Branching Out emerged as an extension of the Free2b Girls program. Alongside the dedicated facilitator they explore various activities that align with their interests and passions.

Reclink Perth: In Term 3, Reclink launched an exciting afterschool program in Perth for young people in grades 4-6. The program kicked off with Basketball. The highlight was a visit by special guest Sarah, the Head Coach of the Launceston Tornados. Sarah led the participants through a series of engaging drills and games, in a nurturing and positive environment. The level of enthusiasm and participation was outstanding.



Perth- Reclink Basketball session with Tornados Head Coach, Sarah.

Christmas Banners: In 2023, each school has been given the unique opportunity to contribute eight designs for the Christmas Banners that will be displayed in each town. Some schools have held design competitions engaging the whole school in the project. A high level of creativity and skill has been demonstrated and we are excited to see the final project, showcasing the talents of young people.

Mental Health Week Cressy recognised Mental Health Week with a week-long schedule of activities. Our Youth Officer and a variety of service providers supported this initiative including Rural Alive and Well, Salvation Army, Baptistcare, Army Cadets, The Mish, and the Student Wellbeing Group.

Campbell Town DHS Mental Health Expo: In collaboration with the School Nurse, Campbell Town students were encouraged to connect though knowledge and resources surrounding Mental Health. A diverse range of service providers supported the event including Rural Alive and Well, Reclink, Headspace, Campbell Town Library, Youth Health North, Relationships Australia, PCYC, Vinnies, and Salvation Army, providing a free barbeque for the students providing an opportunity for students to connect with services and support networks.

Quotes from students include: 'wow, we are so lucky this is for us'.. 'are you serious? A free sausage and all these stalls with activities? This is better than Christmas!'.... 'these people who came out to our school just for us, this is so cool'.... 'I think everyone should know how important mental health is everyday- now I know who I can talk to'.... 'wait there's more? And games? Best day of the year!'.... 'Can you tell all the organising people thank you? I've had a very cool day'.

Evandale Primary School 'Big Breakfast': In the last week of term 3 our Youth Officer and Kelly from Salvation Army joined the team at Evandale Primary School to host a surprise end of term pancake breakfast for the students. It was fantastic! Lots of fresh berries were on offer and the staff went above and beyond creating a memorable morning for the students. 'wow this is the best day ever'.. 'are you serious, pancakes at school?! That's so fun', 'These are better than my dad's... wait don't tell him that!'

Mary Knowles OAM
Mayor