

NEWSLETTER

YOUTH VOICE

ISSUE NO 4 | FEBRUARY 2023



GOODBYE 2022... HELLO 2023!

2022 was a busy year at Latrobe Youth Space, with more programs giving young people of the Valley access to exciting opportunities for socialisation and life skills and personal development. Suddenly we're at the end of 2022 and we were welcoming in the New Year.

We've even more exciting things happening at Latrobe Youth Space in 2023 with programs and events that empower young people to assert their independence, find their voice, establish connections, celebrate diversity and unleash their potential.



WHAT'S COOKING AT LATROBE YOUTH SPACE?

There's always something cooking at Youth Space, which is why we are expanding our kitchen programming to feature a wider range of activities designed to engage young people in the joys of the culinary arts. We recently introduced some fresh ideas for kitchen projects as part of our [Hands On Program](#), encouraging young people to get more involved in the kitchen at home,

develop confidence, independence and life skills. Check out our calendar to see if there's an activity that suits you, or perhaps you can get in touch and help us design one.

Wednesdays from 3pm we have a [Casual Cook Up](#)

when we raid the pantry and use fresh produce from our very own garden, to knock up something delicious to eat or take home.

Coming soon: Cooking and Movie group for 18+ group



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YoYo with a PoPo

Is back!. On the first Monday of each month we get a special visit from our local Proactive Police Unit: Eyewatch - Latrobe Police Service Area. Come along and enjoy a cuppa and biccies. and have a chat.



SOCIAL SPORTS

Getting active has many benefits to our health, physically, mentally and in many other ways. You can also meet new people and make lasting friendships.

In 2022, participants in the Social Sports Program had the opportunity to try a variety of different sports and activities. This year we are taking it to another level.

At 4.00pm on Thursdays join us for some casual sporting activities at Youth Space, or you can sign up for one of our organised activities offsite. This term we are joining Surf Vic for a series of StandUp Paddleboarding sessions at Lake Narracan. Youth Space is providing transport to members and a booking is required. Contact our reception for more details.



STREET ART WORKSHOPS TO CONTINUE IN 2023

Calling all Artists, Street Artists, and lovers of street art

The Fatcap Concept is continuing its workshops at Latrobe Youth Space in 2023. Facilitated by professional artists, participants are being instructed in the lawful use of spray-paint, learning skills and techniques to produce art pieces to be displayed at Latrobe Youth Space. **Fridays 1pm - 5pm (enquire for dates in 2023)**

As the program continues in 2023 participants will work alongside the professional artists as they design and paint a group mural on the exterior wall at Latrobe Youth Space, with the program aiming to progress to a level where participants will be engaged in public mural projects across the Latrobe Valley.

Contact hello@latrobeyouthspace.org.au for more information and to express your interest in these workshops.



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VAN RENO PROJECT – UPDATE

The youth Space Van Project is continuing in 2023. We will soon start the interior install of the van, with new fittings. Once finished, it will be used as temporary accommodation for youth experiencing homelessness or in crisis.

Resuming soon on **Tuesdays 1pm–2.30pm**. If you would like more information and would like to participate in this project, contact hello@latrobeyouthspace.org.au



SCULPTURE GARDEN PROJECT

Over the next few months, Youth Space will be offering an opportunity to be involved in the creation of an immersive sculpture garden at Latrobe Youth Space.

Led by Steph Shields of the Palette and Kiln Studio, the project will engage participants in a range of activities, including a design process combining independent and collaborative participation and an excursion to a working studio. Participants will have the opportunity to learn about the technical components of ceramic processes, while being exposed to various pathways of working in creative fields.

The program will culminate in a garden party, showcasing the installation of the artworks in the immersive space. This celebration will showcase their process as well as liaise with artists and members of the community who support arts practice.

Contact us via hello@latrobeyouthspace.org.au to register your interest



DO YOU HAVE AN IDEA FOR A PROGRAM?

At Latrobe Youth Space we are working hard to create a space for all young people of the Latrobe Valley to feel connected. There is something for you no matter what your interests are and as a member you are a part of an awesome family and team. We want you to benefit from Youth Space and get the most out of every opportunity. That's why being a member and participating in any program or activity is provided FREE. Our motto is '*Nothing about us, without us*' and led by young people are the words that drive us. That's why half our Board are young people under the age of 25, who lead us in what we do and set our goals for the future. Our Youth Programs Committee (YPC) is made up of young people and together they decide what programs we provide. It's an awesome way to get involved so ask our team for more info!

If you have an idea for a program or activity, we want to hear about it. Contact us hello@latrobeyouthspace.org.au

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INFORMATION FOR YOUNG PEOPLE

If you're aged between 14 and 20 years old and are going through a tough time or just want to get more out of life we may be able to help you.

Thousands of young people have experienced our weekend workshops and support groups over the last 30 years and say they are life-changing.

Youth Insearch program was written by young people for young people and is run by young people.

It's all about getting the help you need from other young people just like you - who've experienced the same thing and understand exactly what you are going through.

We do this by getting away for weekends together and going to local support groups and talking about what's going on for us. Check out the video above to find out more about what happens at the weekend workshops and support groups.

All young people are welcome at Youth Insearch no matter what their background. We deal with a wide range of issues including:

- Problems at home
- Neglect
- Homelessness
- Domestic violence
- Drug and alcohol abuse and addiction
- Sexual, physical, and emotional abuse
- Grief and loss
- Self-harm and suicidal ideation
- Bullying
- Sexuality
- Low self-esteem

To get involved, call us on 1800 805 635 (free call)

Latrobe Youth Space

Youth Insearch Support Group

Mondays 4pm

Info? maree@latrobeyouthspace.org.au



For more information about the Youth Insearch Program you can check out the website:

Youth Insearch Website www.youthinsearch.org.au

or contact the Regional Coordinator Victoria

Liesel Albrecht – [\(liesel.albrecht@youthinsearch.org.au\)](mailto:liesel.albrecht@youthinsearch.org.au) (03) 5184 5614



Youth Insearch Foundation | Facebook

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D&D will now feature as a weekly event at Latrobe Youth Space, for young people to access a safe and inclusive environment to play, socialise and access support.

The sessions are being provided to serve young people for more than just a table-top fantasy role playing game. Led by trained facilitators, sessions will provide participants with a supportive environment, where they can be shown how their interests and hobbies can be used to find meaningful employment and support positive mental health. Players will be encouraged to use strengths-based mentoring; systems thinking; and reflective practices to support one another and develop themselves.

Experienced and inexperienced players are welcome, with access to all the materials required for game play, including play mentors. Opportunities will also be available to participants wishing to step up into volunteer facilitator roles and provide potential employment pathways through Bond and Wild Co's Employment programs.

Want to join? Contact us via hello@latrobeyouthspace.org.au or drop in for more details.

NEED SUPPORT GETTING YOUR L'S?

Latrobe Youth Space will be hosting a 'GET YOUR L's' training course in April, to support young people 16+ who want to get their learner's permit. The course will be provided by a trained facilitator, over three 6-hour sessions, with the final session including an online Learner Permit Course and will conclude with an online learner permit test.

Registration for the course is **FREE**. Contact Toni Milbourne: 0439 724 282 tmilbourne@berrystreet.org.au

February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Youth Insearch GCASA YoYo with a PoPo	7 Van Reno Project	8 Gen G - On The Go Cooking	9	10 Street Art Workshops	11
12	13 Youth Insearch GCASA	14 Van Reno Project D&D	15 Gen G - On The Go Cooking	16 Changing Perspectives Stand Up Paddleboarding	17	18
19	20 Youth Insearch GCASA	21 Van Reno Project D&D	22 Gen G - On The Go Cooking	23 Social Sport - Tennis	24 Street Art Workshops	25
26	27 Youth Insearch GCASA	28 Van Reno Project D&D ArtBusTV Meeting	1	2	3	4

Youth Insearch - Youth Insearch is young people helping young people. Empowering young people aged 14 to 20 to turn their disadvantages into their advantages, enabling them to reach their full potential.

Project Support- Each week a group of young participants gather to discuss and plan their activities that are supporting the various projects underway at LYS. There is also opportunity to discuss any new ideas that can be put together as concepts to present to YPC.

Van Reno Project - At Newborough Men's Shed, the Van project will continue to plan and progressively renovate the 1978 Bedford Camper in partnership with NMS, GTLC and with the support of Warragul RV, to eventually become crisis accommodation for youth.

Gen G - On The Go - Are you 12-17 years old? Do you want to have fun, make some new friends and get connected with community? Get involved in Gen G.

I am Ready - This is an 8-week program, commencing Friday 10th Feb, 2023 until Friday 31st March operating from 9.00am - 3.00pm

Street Art Workshops - Artists Jesse Toby, Ronald Edwards-Pepper will be work with young people to create quality artworks to hang on the interior wall space of the LYS as well as graffiti on the back wall of LYS

Headspace Heroes - Headspace Heroes is a D&D group led by staff from Headspace Morwell. Currently it is a closed group that will co-locate and operate parallel to the proposed D&D sessions to be commencing at LYS in Term 1, 2023.

Changing Perspectives - Hosted by Gippsport, the Changing Perspectives Program offers girls (8 - 24yrs) an opportunity to meet with experienced health and wellbeing mentors, for a series of sessions promoting women's empowerment, physical activity and self exploration.

Stand Up Paddleboarding - We have been invited by Surf Vic to participate in a FREE program, where young people get the opportunity to learn and have a go at SUP. The sessions will operate at Lake Narracan.

Have your say!



Design a Program



Follow us
on socials

@LatrobeYouthSpace
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For more information on our
programs or how to get involved
contact us:
0484 777 972
info@latrobeyouthspace.org.au