



WELCOME FRIENDS OF L4L GLENELG!

June 2023 Edition #3

Welcome to the third edition of our community newsletter, this is such a busy time of year for the team and the Partnership Group. The year 8 Secondary school launch has just been held and the Teen Mental Health First Aid training sessions are being rolled out to all secondary schools across the shire.

Planning is underway with the new Crew members for this year's mental health promotional events.

Our Youth team have also completed a presentation of an overview of the L4LG program to the Rotary Club Portland group.

Youth Mental Health First Aid courses for adults have been held in Casterton, and Bolwarra with more planned for later in the year.

We are in the early stages of planning for Mental Health month in October, with funding from Portland Aluminium enabling a community forum to be delivered with a keynote speaker - watch out for information on this event as it unfolds, if your organisation is keen to also support this forum financially please let us know.

Feel free to reach out to Partnership Officer Lynda Smith if you are planning an event anywhere across the Shire during Mental Health Month (October) as we would love to help promote your activity.

Grab a cuppa and take some time for yourself as we fill you in on all things Live 4Life Glenelg.

Regards

The Live4Life Glenelg team.

Live4Life Glenelg Crew slogan launched:

Crew from across the shire have worked collaboratively to decide on a key message to share across the Shire during 2023.

Don't be a Bear know others care was officially launched on Friday 12th May during the 2023 Launch event held at the Civic Hall in Portland. Casterton and Heywood year 8 students were bussed in for the event where they were joined by their year level equivalents from Bayview College and Portland Secondary College. *Friends of Live4Life* Portland Aluminium are a key partner to this event, enabling the annual launch to take place in Portland. Mayor Cr. Scott Martin opened the event, with Cathryn Walder, acting Youth Live4Life Director of Community Engagement also in attendance.

Congratulations to the following new crew members for 2023:

Casterton Secondary College: Abby, Blake, Feba, Kirby, Mylie, and Nicole.

Heywood Secondary College: Angus, Chloe, and Kalae.

Portland Secondary College: Amelia, Gracie, Jess, Laura, and Raine.

Bayview College: Alex, Charles, Kelly, Millie, Nicole, Quaysha, Sienna, Siena, and Zara.

Heads Up!

Mental Health Promotion Activity (Crew led) Term 3 (July– Sept) 2023

Mental health promotional activities will be delivered by Crew from each secondary school in Casterton, Heywood, and Portland with support from the L4L Glenelg Youth team. Crew will create their idea, an activity or competition to promote the 2023 theme and spread awareness of mental health either within their Schools or as a community event. All activities are determined by the Crew, but if you have any events happening between July and September that you wish to flag with the Crews, for them to consider being a part of, please reach out to the Youth Live4Life Glenelg [team](#) so we can present the activity to the Crews for consideration.



**Youth Aboriginal & Torres Strait Islander Mental Health First Aid – 14 hours
over 2 days**

We are over the moon to be working in partnership with Winda-Mara Aboriginal Corporation and Girraway Ganyi Consultancy to bring the first ever Youth Aboriginal & Torres Strait Islander Mental Health First Aid training to the region.

Topics covered include: Aboriginal adolescent social and emotional well-being, depression, anxiety problems, psychosis, substance use problems & eating disorders. Mental health crisis situations covered are suicidal thoughts and behaviours, non-suicidal self-injury, panic attacks, traumatic events, severe effects of drug or alcohol use, severe psychotic states & aggressive behaviours.

Youth Aboriginal & Torres Strait Islander Mental Health First Aid (YAMHFA) is a two-day face to face course. This course is for adults working or living with adolescents. Developed by and for Aboriginal and Torres Strait Islander people, this informative and strengths-based course will teach you how to assist Aboriginal & Torres Strait Islander young people who may be experiencing a mental health problem or mental health crisis until appropriate professional support is received or the crisis resolves, using practical, evidence-based action plans.

Upon successful completion, participants will receive a Certificate of Accreditation as a MHFAider and will be current for 3 years.

Keep your eye out for the promotion of this training opportunity.



During May, an enthusiastic group of community members and Bolwarra Primary School staff attended the latest Youth Mental Health First Aid Course. Delivered over two days the group walked away with a deeper understanding of mental health challenges faced by young people and learned skills on how to support them.

Upcoming Youth Mental Health First Aid Local Training Dates:

- Wednesday 26th July, 02nd, 09th, and 16th August. 6pm-9:30pm, Portland
- Monday 11th and 18th December 2023, 9am-4.30pm Portland.

[Book Here](#) for both Youth Mental Health First Aid training and refresher courses.

*** Can't see a date that fits your needs?**

Contact YMHFA Facilitator Tiana Richardson or Nicki Grayson on 0407831495.

Bookings for 15 or more participants can be negotiated.

Refresher Courses

The Youth MHFA Refresher Course is a free face-to-face course that allows people who have completed the Youth MHFA course three years ago to refresh their knowledge and skills. For people who are accredited MHFAiders, this course offers an opportunity to extend their accreditation for a further 3 years.

Refresher courses are available throughout the year. The next refresher is due to be held:

Thursday 1 June 6.00 PM – 9.30 PM

Flinders Park Wade Street, Portland

and

Friday 4 August 9.00 AM – 12.30 PM

Cavalier Park Childers Street, Portland



A passionate group of Casterton community members came together over four evenings in March to complete their Youth Mental Health First Aid accreditation. This was the first time the training has been able to be delivered in Casterton, and it was fantastic to see such a huge uptake.



Skittles+ Diversity Group is a new LGBTQIA+ Social Connection and Support group available to young people within the Glenelg Shire aged 18 – 25 Years. Held on the first week of each month young people can socialise with other like-minded people, in a safe and supportive environment. Snacks and drinks are provided free – join our [Facebook page](#) to find out more.

Portland Aluminium Proactively Seeking Partnerships to support Staff Mental Health and Wellbeing.

Portland Aluminium, a community partner along with Live4Life Glenelg and Youth Live4Life, are making the most of the new connections made, by working to provide staff mental health support.

Live4Life is not just about delivering mental health training, it is a whole-community response to reducing youth suicide and improving youth mental health. As part of the three-year partnership Portland Aluminium HR Manager, Courtney Alexander has been working with Wellways Australia and Live4Life Glenelg Partnership Officer, Lynda Smith to look at options to deliver key workplace mental health and wellbeing information sessions to staff at the Smelter.

Now in its second year, Courtney says that this is an exciting phase of the partnership with Live4Life Glenelg seeking ways to provide mental health and wellbeing awareness and support within the wider community, in particular workplaces.

“We are eager to work with Wellways Australia to promote mental health and wellbeing services within our Portland community, and into our own workplace. Good mental health is fundamental to the overall health and wellbeing of everyone,” she said.

Wellways programs provide support for people living with mental health challenges or illness or who have mental health concerns to develop coping strategies and recover in their own community.

This initiative will be rolled out midyear.



Huge shout out to Wannon Waters Ripple Effect Sponsorship program. Live4Life Glenelg received 80 drink bottles for our year eights, which were given out during the Launch Day in May.

Youth Live4Life 2022 Annual Report

Live4Life Chief Executive Officer Bernard Galbally, recently shared the latest [Youth Live4Life Annual Report](#).

Bernard said despite the ongoing challenges of the pandemic and extreme weather events including severe storms and flooding, Youth Live4Life has continued to grow as an organisation, broadening our reach in line with the business plan and, most importantly, increasing and measuring our impact.

Much of the success of Youth Live4Life in 2022 is thanks to your commitment to invest in and improve the mental health and wellbeing of the young people in your community.

A highlight for me is a quote from one of our Crew members who attended the Crew Camp we hosted in September.

“I think this is the best experience I have had this year. I almost feel like a completely different person. I was so happy sometimes that I wanted to cry. I am truly grateful that I, and other young people, have this chance because it will and has changed lives.” Crew Member

Highlights include:

- Live4Life model was implemented in 9 communities

- Three of our Live4Life communities were recognised as Champion Communities by Mental Health First Aid Australia. Benalla, Glenelg, and Macedon Ranges.
- Over 3,700 young people received Teen Mental Health First Aid training
- 220 Young Mental Health Ambassadors took part in Live4Life Crew supporting their peers
- Crew Camp 2022 brought together young people from many rural and regional communities in Victoria

Live4Life Glenelg hope to share our own inaugural Annual Plan in the next community newsletter.



Launching Crew4Life - Alumni Welcome.

[Crew4Life](#) is a program developed for young people, by young people!

Reconnecting with past crew members **Crew4Life** seeks to encourage the work that Live4Life does and further the skills of young mental health ambassadors by offering development, training, and mentorship. This in turn will provide important resources and opportunities for rural and regional communities through a network of young mental health ambassadors.

As **Crew4Life**, young people will have the opportunity to:

- Meet other past crew members from around the state in regular catchups online
- Help plan events and activities
- Engage in further training opportunities to continue to develop your skills
- Be involved in Crew launches, inductions, and celebrations in Live4Life communities around the state
- Support guest speakers and media opportunities
- Apply to be a member of Youth Live4Life's Youth Advisory Committee and have your opinions, ideas and voice be heard by Youth Live4Life

The first online event [Kick Back with Crew4Life](#) was held in May.



The next Portland Blue Light will be held on Friday, June 16th. Coordinators are currently seeking new volunteers to support the event, please call 5521 1500 if you can lend a hand for a couple of hours.

EOI - Mental Health and Wellbeing Promotional Forum/ Calendar of Events

Every year in October, around the time of World Mental Health Day on the 10th, people all over the world celebrate National Mental Health Week.

This year Live4Life Glenelg are planning to host a forum and wish to extend an invitation to community organisations to highlight activities and actions available across the Shire during the entire month of October that encourage social connection and mental health and wellbeing opportunities across the lifespan.

Live4Life Glenelg's aim is to encourage the whole community to think about mental health and wellbeing, and to take time to connect with others in a variety of ways.

The Live4Life model places Glenelg's young people at the centre. It delivers targeted, evidence-based mental health education and peer-led health promotion activities to young people, and training to adults in their lives to ensure they have the skills and confidence to respond when needed most. As the old saying goes it takes a village to raise a child.

If you are planning activities or events during October or wish to get involved, we are very keen to hear from you so we can promote, and value add in a coordinated fashion.

For further information contact Live4Life Glenelg Partnership Officer [Lynda Smith](#).



Youth Fest 2023 - Draw Attention

Draw Attention is an annual art competition in the Glenelg Shire for young people. This year, young people will have the opportunity to enter art pieces that draw attention to something about themselves that makes them proud. Whether this is a hidden talent, an achievement, or a character attribute. Artists can submit their artwork to the Youth Development Officer alongside a description of what the meaning is behind their piece. The competition and exhibition will be held during the month of September, so start getting creative.

National Reconciliation Week Community Lunch Event 2023

The theme set by [Reconciliation Australia](#), *Be a Voice for Generations*, encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives – where we live, work and socialise.

When: 11:00 AM – 1:30 PM, Wednesday 31 May

Where: Dhauwurd Wurrung Elderly and Community Health Services,

Ngoot-Young Cultural Healing Centre, 90 Julia Street, Portland

The Aboriginal Partnership have collaborated to deliver a range of activities and displays on the day.

RSVP by reply email to [Tina Biggs](#), Community Development Coordinator by Monday 22 May.

[Men's Health Week 2023](#) 12th -18th June

The theme of Men's Health Week 2023 is **Healthy Habits** - focusing on encouraging men and boys to build healthy habits by identifying small changes they can make that benefit their health and wellbeing.

NAIDOC Week activities

[National NAIDOC Week celebrations](#) are held across Australia 02nd-09th July, to celebrate and recognise the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

HANDY RESOURCES



Alcohol and Drug Foundation

[Talk about it A guide to having open conversations about alcohol and other drugs with young people.](#)

[Alcohol, Other Drugs and Mental Health Needs in Young People.](#)

What's On:

Hands Up Casterton Reconnect: Help create positive change for the community by having your say at the upcoming reconnection event. This is an open community invitation,

When: Wednesday 24th May 6:30pm-8:30pm or Thursday 25th May 7:30pm-9:30pm

Where: Casterton Bowls Club

Food and drink provided.

More information call Kane Forbes, Hands Up Casterton Community Engagement Officer: 0467 883 573

TOO MUCH, TOO YOUNG:

Melinda Tankard Reist and Daniel Principe will visit Portland delivering student, staff, and parenting events, between the 5th - 8th June. During this time they will be engaging students and teachers of Portland Secondary College, Heywood and District Secondary College, and Bayview College.

TOO MUCH, TOO YOUNG COMMUNITY EVENT:

A free public event for parents and community will be held on:

Date: Wednesday 7th June

Time: 7pm

Venue: St John's Lutheran School Portland, Free Bus leaving Heywood on the night

Email [Tiana Richardson](#) to book a seat.

Melinda Tankard Reist, Australian expert on the harms of sexualising young people, author of seven

books and Movement Director of Collective Shout and her colleague, Collective Shout's educator and youth advocate Daniel Principe, will be visiting Portland for the first time in June. The visit has been organised by Portland Secondary College, Heywood and District Secondary College, and Bayview College. Funding through SayNo2familyviolence in partnership with Rotary, and United Way Glenelg SharkPitch.



TOO MUCH TOO YOUNG WORKSHOP

WEDNESDAY, JUNE 7, 2023
7PM
St Johns Lutheran Primary School
43/55 Trangmar St
Portland
FREE

A free bus will be traveling from Heywood, email tiana.richardson2@education.vic.gov.au to book a seat

Supported by:



ABOUT THE WORKSHOP:
Have you noticed that your young person sometimes seems to be growing up too fast? Children today are often bombarded with hypersexualised messages, and these unhelpful narratives can distort young people's views of bodies, sexuality and relationships. In this session, presenters Melinda Tankard Reist and Daniel Principe will explore practical ways parents can help to protect young people from the impacts of toxic media, and support respectful relationships and healthy self-image.

SPEAKERS :
MELINDA TANKARD REIST
AUTHOR, SPEAKER, MEDIA COMMENTATOR, AND ADVOCATE FOR YOUNG PEOPLE
DANIEL PRINCIPLE
YOUTH ADVOCATE AND EDUCATOR

Our values

Inclusion. Live4Life is based on the premise of inclusion rather than exclusion. Partners who wish to participate and assist with Live4Life are encouraged.

Integrity. Live4Life aspires to ensure the conduct of all partners and participants is honest, reliable and authentic.

Collaboration. Live4Life encourages and supports all partners to achieve collective goals.

Respect. Live4Life only operates within a respectful and trustworthy environment. We embrace unconditional positive regard for all young people.



Live4Life Glenelg respectfully acknowledges the Gunditjamarra, Jardwadjali, and Boandik people as the traditional Owners/custodians of the land that Glenelg Shire encompasses and we pay our respect to their Elders past, present and to their emerging young leaders. We acknowledge the important role that young Aboriginal and Torres Strait Islander people play in the preservation and continuation of culture and to a self-determined future.

Our mailing address is:

Live4LifeGlenelg@glenelg.vic.gov.au

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

