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December 2022 Edition #1

Welcome to the first edition of our community newsletter.

What a fantastic response we received from our welcome email sent out in October, with over 900 community friends opening the publication.

In this edition we will highlight some of the recent action the youth Crew members have been up to, introduce you to the Live4Life Glenelg (L4LG) Partnership group support agencies and staff, provide an overview of training dates for 2023 and share participation opportunities that maybe of interest to you, our reader.

Stay safe over the break, we look forward to helping support the social and emotional wellbeing of young people across Glenelg in 2023.

Youth Live4Life CEO Bernard Galbally joined the Live4Life Glenelg Partnership Group for the annual Review and Reflection session in early December.

While in Portland Bernard visited with Human Resource Manager Courtney Alexander, Community Relations Advisor Anna Impey from Portland Aluminium along with Youth Live4Life Community Engagement Coordinator Cathryn Walder, and Live4Life Glenelg Partnership Officer Lynda Smith to discuss potential mental health and wellbeing training opportunities and partnerships for Portland Aluminium staff.

One of Bernard's skills is taking ideas and working collaboratively to bring them to fruition. Bernard is extremely passionate about creating connections within communities and encouraging people to talk and learn about mental health. We look forward to the continuing partnership with major funders Portland Aluminium and supporting their staff and youth mental health first aid training needs.



Did you know that Live4Life Glenelg provide a 14 hour fully accredited Youth Mental Health First Aid training suitable for workplaces?

Almost half of young Australians will not complete their apprenticeship due to exposure to

situations that negatively affect their mental wellbeing, a new report has found.

The [report](#) identified that apprentices faced a reduced sense of wellbeing and potential mental ill-health due to bullying, long work hours, low wages, job insecurity and unrealistic workplace expectations.

The course teaches adults how to assist adolescents who are developing a mental health problem, has a worsening of an existing mental health problem, or in a mental health crisis. Course participants learn about adolescent development, the signs, and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis.

Being a Live4Life community, Glenelg can offer this training for an unbelievable \$35.75 per head! The course can cost up to \$420 per person in other areas.

Local Dates:

- Wednesday 14th and Thursday 15th December 2022, 9am-4.30pm Portland Football Netball, Cricket Club, Henty Street Portland.
- Monday 06th, 20th, 28th March, 03rd April 2023, 6pm-9:30pm Casterton Memorial Hospital 63-69 Russell St, Casterton.
- Monday 01st and Tuesday 02nd May 2023, 9am-4.30pm Portland venue TBD.
- Wednesday 26th July, 02nd, 09th, and 16th August. 6pm-9:30pm, Portland Football Netball, Cricket Club, Henty St, Portland
- Monday 11th and Tuesday 12th December 2023, 9am-4.30pm Portland Football Netball, Cricket Club, Henty Street Portland.

[Book Here](#)

Can't see a date that fits your needs? Feel free to explore bulk bookings (min 15 participants) by phoning YMHFA Facilitator Nikki Grayson on: 0407831495.



L4L Glenelg Celebration

Our Live4Life Celebration 2022 event took place on Friday 4 November. We had representation from each of the Secondary Schools in Casterton, Heywood, and Portland. The year 10 Crew members were presented their graduation certificates by Charlie Bassett (Crew Alumni) and Youth Live4Life Community Engagement Coordinator, Cathryn Walder. The Crew also presented a speech with guest speakers Carolyn Millard – Rotary President, Anita Rank – Chair of Headspace and Kyles Hayes – Former L4L support worker (virtually). The crew along with the year 8's across the shire engaged with each other over lunch provided by Admella's Fruit 'n' Veg, Halliday's Butchers, and Bakers Delight, followed by lots of activities, like a whipped cream face target, fishing for ducks, inflatable bungy run and much more! This event was to celebrate each of the year 8's completing their Teen Mental Health First Aid and all the L4L mental health promotion that the crew's have achieved this year.

Colour Run

The SEA Change Colour Run took place on Saturday 15 October which was supported by both Live4Life crew and FReeZA crew. The L4L crew launched the event with an Acknowledgment to Country and a speech on what Live4Life Glenelg is. The crew also helped to throw colour and marshal the event. The FReeZA crew DJed the event creating an amazing atmosphere for all those that attended - it is fantastic to see young people across Glenelg engaging in community events.

BreakFest

BreakFest is on again this December, being held on Saturday 10 Dec (7-11.30 PM) for young people ages 12-17yrs. DJ Jesse James, Rockerfellas and local FReeZA crew member, Seb Barras will be lifting the roof of the Civic Hall with their sets, full of fun and good times. BreakFest will also have an acrobat 'HoopsSparx' that will be holding a workshop prior to the event for young people, and performing during the event, weaving her magic through the crowd.

Tickets are \$10 on the door, or register on [Eventbrite for FREE](#) now!

LAP it UP

When local young leader and mental health ambassador Matilda Andrews sets her mind to something there is no stopping her, especially in the pool. Matilda is currently studying year 8 at Portland Secondary College.

Matilda decided to step up to the challenge with the view to swim as many laps as she could in 11 days between the 10th and 20th November. Her Aim was to swim 100 laps nearly every day - that's a staggering 1000 laps of the Portland indoor pool whilst trying to raise \$500 during the fitness and fundraising challenge for youth mental health awareness and suicide prevention in rural & regional communities.

Matilda was blown away by the support she received from her amazing friends, family, teachers, and the community. Matilda said that their generosity gave her so much motivation to get to her 1000 lap goal.

On the last day of the challenge Matilda said This morning I finished my last few laps achieving my goal of 1000 laps and finished up the last 4 with a 100IM (my favourite event).

I'm very thankful to one of my best friends, who if they hadn't told me about the event, I don't think I would have known about it, so thank you so much. It is a privilege to be able to participate in a sport that I love dearly to help others in our community.

These last eleven days have been tough, but I'm glad I've had this opportunity to help raise money for Youth Live4Life to help spread awareness of youth mental health and suicide prevention in our schools and rural communities.

Congratulations Matilda Live4Life Glenelg are proud of your efforts on both land and water, which raised a whopping \$1019.00!



Back to school

[Headspace Portland](#) are helping young people heading into year 7 and VCE to Get A Head Start With Headspace Back To School.

Join the Early Intervention Team Monday 16th January, at the Portland Art Centre for one of two free sessions:

Year 7 starters group 11am-12:30pm A workshop designed to assist young people with transition to high school. Explore how to manage feelings of nervousness or stress, communication skills, staying organised and preparing for your first day. Or

VCE Prep Group: 1:30pm-3pm. A workshop designed to assist young people transitioning into VCE. Explore how to manage feelings of stress, staying organised and looking after yourself during your final years of secondary schooling. For more information or to book your place call the Headspace Early Intervention team on 5561 8888.



The Live4Life Glenelg partnership group comprises of Glenelg Southern Grampians Local Learning Employment Network, Bayview College, Youth Live4Life, Education Department, Youth Affairs Council Victoria, Vic Police, Brophy Youth and Family Service, Beyond the Bell, Heywood Secondary College, Barwon South West Public Health Unit, Casterton Memorial Hospital, Portland Aluminium, Headspace, Portland District Health, and Glenelg Shire Council.

On the 01st December the group came together to review and reflect on their collective efforts to support the rollout of Live4Life Glenelg during 2022.

In review:

- 159 year 8's and 157 year 10's participated in teen mental health first aid training.
- 44 students took up the challenge of becoming Crew members and 9 students attended the Youth Live4Life Crew camp.
- 57 community members undertook youth mental health first aid training, and 26 completed refresher courses.
- Participating secondary schools: Bayview College, Casterton, Heywood, and Portland Secondary Colleges.

Identified opportunities for 2023 included exploring new funding and support opportunities for schools. Cross promotion of Live4Life Glenelg, community guest speaking opportunities, sustainability via local sponsorship/ donations, and workplace partnerships.

The group would be keen to hear from community and workplaces that are interested in partnering, phone L4LG Partnership Officer Lynda Smith on 5522 2239.



Live4Life Glenelg respectfully acknowledges the Gunditjmarara, Jardwadjali, and Bunganditj 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:
glenelg@live4life.org.au

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