

## **Youth Development Team Report:**

### **Team Members:**

Clare Apelt – Youth Development Coordinator

Jason Te Huia – Youth Worker Trainee

The Lang Park PCYC Youth Development Team had a difficult start to 2011 with January flood and the resignation of the very talented Ashleigh Slader who is now studying to be a nurse. Clare Apelt replaced Ashleigh and started as the Youth Development Coordinator on February 21. Jason Te Huia started on 14 April as the Youth Worker Trainee.

Since the beginning of the year the Youth Development Team has achieved a great deal, focusing on the following projects. Clare and Jason would like to thank Ashleigh, Derek, Tom, Jenny, Tony, Rebecca and Laura for all their help!!!

### **Urban Break Out: active young people, connected families, strong community.**

Urban Break Out is a youth and community development project that aims to increase collective efficacy and youth resiliency by working collaboratively with The Exchange Community Centre, Kelvin Grove State College, QUT and local businesses to :

- Provide accessible affordable active recreational activities for young people and families within Kelvin Grove Urban Village
- Assist young people to develop friendships.
- Develop leadership skills in local young people.
- Respond to the needs of international families that have settled in the village to study at QUT.
- Create living networks between young people, families, local businesses and services to create a sustainable community base.

The project has four parts:

- Weekly recreational sports and drama activities held in McCaskie Park and at The Exchange Community Centre
- School Holiday Activity Programs
- Youth Leadership Program
- Regular community and family events.

**Drama:** Since March the youth team has been delivering drama workshops each Monday afternoon at nil cost to participants. The group has really grown with an average of 17 children attending. As such we have found a new venue kindly provided free of charge by QUT which allows for this activity to continue to grow and meet community needs.

**Urban Breakout:** Since February the youth team has continued to deliver Urban Breakout Holiday Picnics in the Park and Urban Breakout after school activities during the school term. The average weekly attendance is 22 children.

**School Holiday Program:** The Youth team has delivered Urban Breakout Holiday Picnics in the Park and creative holiday activities at The Exchange. The activities offered were Cardboard Robot Construction and Jewellery Making. Both these activities were well attended and created a great family atmosphere with daughters and mothers creating jewellery together and sons creating robots with Jason. The Exchange and Communify were very appreciative and impressed.

**Urban Break Out was established in response to issues identified by police and community members living in low income housing in the Kelvin Grove Urban Village. It has since grown to also engage young people from the international student population in the village.**

### **Fitness Program - Albert Park Flexible Learning Centre**

Lang Park PCYC has delivered three fitness sessions per school week for students attending APFLC in Terms 1, 2 and 3. These sessions have been Group Fitness/Kick Boxing, Basketball Training and participation in the Lang Park PCYC Corporate Basketball competitions and Weights Training.

Overall there has been good attendance by students, particularly in the Basketball training and competition. To encourage better attendance to the group fitness and weights training, partners have collaborated to offer outdoor fitness and adventure activities e.g. Rock climbing, abseiling and bushwalking. Lang Park PCYC has also donated a Play Station DJ Hero game and controller as prize to create an incentive for regular attendance – each time a student attends their name goes into the raffle which will be drawn at the end of the semester 2. Term 4 has since introduction of a second basketball competition being run during the day at the club and due to the high interest from students the school has been able to field two teams allowing for more students to be involved. We have also been investigating the possibility of doing mountain biking as an activity and offering pilates at the school campus for the students who have children.

The partnership between APFLC and Lang Park PCYC continues to be strong. Lang Park PCYC enjoys working with the APFLC and we have established a good way to maintain effective communication to ensure satisfactory attendance and delivery of fitness sessions. As the APFLC and their students are working with unpredictable situations we have learnt how to be more flexible with our communications and expectations. Due to funding cuts to APFLC by BCC there has been issues with appropriate support staff attending the sessions with students, however, as partners we have solved this problem through establishing a weekly check in session and Lang Park PCYC has delegated Jason Te Huia to support the Tom McPhail as Fitness Trainer.

### **Chillin' @ Da Park Holiday Activity Day:**

PCYC QLD is partnering with BCC to deliver Chill Out activities in a more cost efficient way. Lang Park PCYC and Mt Gravatt PCYC were the first two PCYCs that to trial the new format. Both PCYCs offered a free day of holiday activities for young people aged between 10 – 16 years of age.

Here at Lang Park we offered: Parkour, Theatre Sports, Fun Fitness, Art Sports, Basketball and Boxing Fitness and a complimentary BBQ lunch.

- 67 attended morning session, 71 attended afternoon session
- Young people came from Carindale and Mt Gravatt PCYCs, Lang Park PCYC membership and local primary schools.
- Average age was Grade 7 – 9, so 10 – 13 yrs of age.
- All session were booked out and often overbooked.
- Promotion was very successful through school newsletters and assemblies.

- Boxing was well received and they were very enthusiastic and energetic. No contact or sparing of course, just technique and focus pad work.
- Parkour was popular and there were some disappointed to not be able to get in these sessions.
- The fitness sessions were great and the instructors were very encouraged by these sessions. They have been able to develop a Mini Muscles program with many participants coming from these sessions.
- 3 PLOs attended the day and their involvement was invaluable. They were great at engaging with the young people in sessions and helping at the lunchtime.

### Chill Out day Bellbowrie

In response to community requests and the identified need by Brisbane City Council, the Lang Park PCYC conducted an activity day during the September school holidays.

The morning session was conducted at the Bellbowrie swimming pool with Face painting, a Zumba workshop and a steel drum band workshop being run. 125 young people from the area attended and partook in the activities which included a free BBQ lunch.

In the afternoon we moved to the nearby skate park for a demonstration and impromptu competition run by Extreme skate at Taringa. We also have badge making and social basketball and touch football. There was also a sausage sizzle as these activities attracted a different crowd to the morning session. In total over 80 young people attended in the afternoon.

### **The Duke of Edinburgh Award:**

Currently we have six young people age between 16 and 25 years enrolled in The Duke. All of these young people have enrolled independent of each other and their school. 2 of the 5 are aged between 20 and 25.

### **SYGS- Social Youth Group Strategy**

The Youth Development team at Lang Park PCYC are currently putting together a strategy with the hopes of forming a Social Youth Group within our club.

The four main focus points that our strategy is based upon are:

1. Getting more young people involved in our current Club Programs.
2. Introducing more young people to The Duke of Edinburgh Award.
3. Setting up a zone or space for young people to meet weekly to share any ideas or thoughts that they may be able to discuss in a group forum.
4. Building a stronger local youth community at the Lang Park PCYC.

The Youth Development team have conducted numerous surveys with young people throughout the club, with the focus being on building a stronger youth network whilst accommodating to their needs. The information gathered from these surveys has allowed us to put in place activities and excursion ideas we believe will attract many young people as it is their ideas that we have used.

There are 10 prospective activities and excursions planned so far with numerous activities taking place during the September school holidays. Activities include: Social Touch Football game and BBQ Lunch, Urban Breakout Picnic (Both Tuesdays of the school holidays), CHILLIN' @ Da Park 2, Music/ Dance Workshops, Jewellery and Cardboard construction afternoon, Movie

Marathon Day, Rock Climbing/ Abseiling, Movie Night Excursion, Canoeing/ Kayaking, 10 Pin Bowling Excursion, Ithaca Creek Pool Party.

**Youth Transition Employment Program (YTEP) - optimism, opportunity and re-engagement!**

This program has been initiated by Hughie Williams with support of a working committee which has met a number of times. The aim of YTEP is to provide a supported transition into employment and to neutralise, as much as possible, the stigma of having been in jail. The target group of the project will initially focus on the 17 year old young men who are detained in the Brisbane Correctional Centre and who will finish their sentence and be released before they turn 18.

YTEP will assist a small number of young men to re-engage into life and employment through the provision of:

- pre-release employment program,
- transition scholarship aiding with relocation, accommodation, and counselling,
- engagement with a local PCYC,
- short term work experience, and
- employment.

The condition of acceptance of the opportunity and scholarship requires the young person to participate in all stages of the project.

It is anticipated that this program will commence in early 2012.