



YOUTH CONNECT

Sunshine Coast Youth Service Provider Meeting

Date	27 May 2020 10:00am – 11:00am
Location	Teams - Online
Facilitator	Tom Murphy - Sunshine Coast Council
Notetaker	Catherine Lowe - Sunshine Coast Council
Attendees	Lani Bigham - IFYS Richard Brooking – Beulah Community Heidi Campbell - NDSHS Bernie Clarke – Headspace Maroochydore / Gympie Pav Cosmatos – TAFE East Coast Gavin Curtis – 02 Gym Rachael Dunn – Steps Group Kylie Finigan – Noosa Council Lyn Harris – Wellways Australia Mick Hughes – PCYC Sunshine Coast Toni Jenkins – Department of Youth Justice Naomi Madera - IFYS Dr. Larisa McLoughlin – University of the Sunshine Coast Jackie McMahon – Department of Housing and Public Works Camille Morrison – BUSY At Work Paul Nichols – PT Paul Brett Pegler - AIPC Lola Raymond – Act for Kids Simone Stillman – Headspace Maroochydore Tarnya Tyler - IFYS Alex Tyson – Little Dreamers Tracey Vella – TAFE QLD

Meeting minutes

1. Traditional Acknowledgment and Welcome/Housekeeping

Tom Murphy opened the meeting at 10.00am and on behalf of the Sunshine Coast Council acknowledged the traditional custodians of the lands from which we meet and paid respect to their elders past, present and emerging.

2. Sunshine Coast Council Connect - Community Development Officer updates – Tom Murphy

Share information on what Sunshine Coast Council is doing to support young people and the community services sector

2.1. COVID-19 Community Response Grants

- Information has been sent out to the network.
- Aimed at organisations that have been affected by COVID-19.
- 4 key priority areas, being:
- Operational and Maintenance
- Connectivity
- Capacity Building
- Facility Improvement
- Applications close midnight Monday, 1 June 2020.

2.2. The Lift Project Sunshine Coast

- Council initiative
- Registrations for Round 1 have now closed. Round 2 will open 5 June with the program commencing 27 July - <https://www.sunshinecoast.qld.gov.au/Living-and-Community/Community-Support/The-Lift-Project-Sunshine-Coast>.
- It is a free 10 week online holistic wellbeing program that is available for all Sunshine Coast Local Government residents.
- Approximately 3,000 registrations were received for Round 1.
- ACTION: Tom to investigate what percentage of registrations were from youth (if data is available) and report back to group.

2.3. Cultural Diversity and Inclusion Forum

- Postponed to 2021 due to COVID-19.

2.4. Environmental Youth Leadership Project

- Partnership between Community Development and Environment Operations.
- Project is to fill a gap for older youth that have an interest in becoming involved in environmental initiatives.
- 3 day camp that was due to happen July 2020. Now postponed to 2021 due to COVID-19.

2.5. Maleny & Hinterland Youth Committee

- Will come back online post June 30 2020. Updates will be provided as it comes to hand.

3. Youth Services Connect

Share information on current and new services, projects and programs.

3.1. Wellways Australia – Lyn Harris

The Wellways Carer Gateway services was officially launched on Monday 6th April and while it's been a different start to what was anticipated (due to COVID-19), Wellways is ready to support anyone who is in a caring role.

Here's a snapshot of services for Carers all offered at a local level, see the attached flyers for further information and distribution on each:

- Information and referrals
- In person counselling
- In person peer support
- Carer directed support – one off practical support up to \$1500 OR
- Carer directed package – up to \$3000 in a 12 month period
- Emergency respite
- Facilitated Carer coaching (January 2021)
- The Carer Gateway website also has these supports available:
- Short term phone counselling
- Online self-guided coaching
- Online peer support community forum
- Online skills courses

ELIGIBILITY: (as per the Carer Recognition Act 2010)

A Carer is an individual who provides personal care, support and assistance to another individual who needs it because that other individual:

- (a) has a disability; or
- (b) has a medical condition (including a terminal or chronic illness); or
- (c) has a mental illness; or
- (d) is frail and aged.

An individual is not a Carer in respect of care, support and assistance he or she provides:

- (a) under a contract of service or a contract for the provision of services; or
- (b) in the course of doing voluntary work for a charitable, welfare or community organisation; or
- (c) as part of the requirements of a course of education or training.

Additional notes:

- (a) there can be more than one carer per family able to access the services
- (b) non Australian citizens, who are in a caring role in Australia, are eligible

For further information please contact: (Refer also email attachments)

Lyn Harris, Wellways Australia, 0478 409 522

lharris@wellways.org www.wellways.org

3.2. Little Dreamers – Alex Tyson

Little Dreamers has been selected to deliver Young Carer specific programs through the Carer Gateway in Queensland. At present Online Peer Support groups and an online holiday program are available. To access these programs carers need to register with the Carer Gateway and then be referred to Little Dreamers.

Little Dreamers In Person / Online Peer Support

- The Online/In Person Peer Support programs is a super fun and engaging program aimed at connecting Young Carers with one another.
- The program creates a safe environment for Young Carers to learn from each other's experiences through interactive and meaningful online sessions.
- Young Carers can participate from their home and will require a laptop or tablet.
- The Online Peer Support sessions run weekly for 8 weeks and is run by an experienced facilitator and volunteer.
- Plenty of spaces available for the online groups for the 9-12 year old groups, 13-17 year old groups and 18 - 25 year old groups.

Little Dreamers Online School Holiday Program

- This program brings Young Carers together to have some fun and have a break from their caring role.
- The online school holiday program runs for 3 hours and is Young Carers aged between 6–14 years old.

When we are able to provide face to face programs we will be providing the above programs on the Sunshine Coast.

Carers of all ages can contact the Carer Gateway on **1800 422 737** to discuss their needs and access a range of supports including counselling, emergency respite, tailored financial support packages for e.g. a laptop to assist with educational needs. Wellways is the organisation overseeing the Carer Gateway in Queensland.

For further information please contact: (Refer also email attachments)

Alex Tyson, Little Dreamers, 0491 769 847

alex@littledreamers.org.au

www.littledreamers.org.au

3.3. headspace – Simone Stillman

- headspace is open and taking referrals.
- They are offering face to face, telehealth and telephone appointments.
- Telehealth and telephone appointments have been very well accepted by young people.
- SHOUT! The LGBTIQ group has moved to online meetings Cyber SHOUT!. Details on Facebook and Instagram every Thursday.
- Follow their Facebook and Instagram socials for updated activity.
- Shout out to the Sunshine Coast community for their awesome support with The Push Up Challenge. To date headspace have completed nearly 130,000 push ups and over \$6,000 has been raised for headspace Maroochydore.

For further information please contact:

Simone Stillman, headspace, 07 5456 5276

sstillman@unitedsynergies.com.au

www.unitedsynergies.com.au

3.4. University of the Sunshine Coast – Anna Spencer (via email, not present)

USC is starting to connect with agencies to see if any would like a social work human service student for second semester and also to let people know that they will be looking at semester 1 next year too. 500hour placement for social work (3-4 days a week for about 16 weeks) and 250 hours for human services.

For further information please contact:
Anna Spencer, University of the Sunshine Coast, 07 5456 5276
aspencer@usc.edu.au www.usc.edu.au

3.5. Department of Housing and Public Works (Sport and Recreation) - Jackie McMahon

Queensland Return to Play:

[Sport and Recreation COVID SAFE Restart Plan](#)

Sport AUS have recently released the following information:

[Toolkit launched to help guide return of community sport](#)

[COVID-19 Safety Coordinator](#) - Roles and Responsibilities

<https://www.australia.gov.au/covidsafe-resources> - editable resources to help make facilities COVID SAFE

Volunteering Queensland have also got some good support material:

As part of [National Volunteer Week 2020](#), Volunteering Queensland is proud to launch two helpful guides for volunteering and volunteer management in pandemics.

[New resources to guide volunteers and organisations with volunteers during pandemics](#)

For further information please contact:
Jackie McMahon, Department of Housing and Public Works, 07 5459 6176
jackie.mcmahon@npsr.qld.gov.au www.qld.gov.au/sportrecstrategy

3.6. BUSY At Work – Camille Morrison

BUSY At Work are not only leading providers of apprenticeship services and job solutions, they also run a bunch of different programs, aimed at all different kinds of people looking to enter the workforce, or needing support once they get there.

These programs include:

- Australian Apprenticeship Support Network Services
- Indigenous Employment Programs
- School-based Apprenticeship Programs
- Disability Employment Services and support
- jobactive Employment Services
- Transition to Work for Youth
- Skilling Queenslanders for Work Programs and Events
- Industry Specialist Mentoring Programs.

For further information please contact:
Camille Morrison, BUSY At Work, 0447 677 816
camille.morrison@busyatwork.com.au www.busyatwork.com.au

3.7. PT Paul – Paul Nichols

- Run the Happy Healthy Living Program.
- Focus is primarily on helping young people with mental health conditions and physical and developmental disabilities. Also young people with PTSD and trauma issues.
- We work alongside other clinical and traditional mental health therapy services.
- Referrals come from psychologists, social workers and school guidance officers.
- Programs were initially run at a gym, however they are currently run online, outdoors or at people's homes.
- We work on movement for mental health, mindfulness and practical mindfulness. Also motivational interviewing to help young people find their own direction, drive, inspiration and communication skills.
- Based out of O2 Performance in Birtinya.

For further information please contact: (Refer also email attachment)

Paul Nicols, PTPaul, 0403 275 165

paul@ptpaul.com.au www.ptpaul.com.au

3.8. IFYS – Lani Bigham

Business as usual for YELS. Still encouraging and taking referrals for disengaged and at risk young people 12-21 years old from Noosa to Caloundra. All enquiries about YELS to Nathan 0407 761 749 and referrals to yels@ifys.com.au

For further information please contact:

Lani Bigham, IFYS, 0413 592 361

lbigham@ifys.com.au www.ifys.com.au

4. Other Business

Calling Questions

4.1. What is one thing you have learnt from operating through COVID-19 restrictions that will affect the way you engage in your youth work when restrictions are eased?

Alex Tyson – Going online has been fantastic for young carers. Having people who wouldn't normally have access to something has been fantastic. Something we did learn is that this is a new medium for so many people, not just for young carers but also the volunteers and facilitators. Forum is slightly different and you need to engage kids differently. We prepped facilitators and end users prior to use. We will continue to use this medium into the future, as well as face to face.

Simone Stillman – Going online worked really well, it gave young people the opportunity to stay connected, when previously they have missed meetings due to work etc. Team seem to love it!

Jackie McMahon – Found it interesting that she had made some presumptions about young people's capacity with technology - that needed a rethink. Also surprised at how some young people felt disconnected from their usual spaces. Emotional responses have been similar to other age brackets.

4.2. How have you been inspired by young people through the COVID-19 situations?

Dr Larisa McLoughlin – Thompson Institute / University of the Sunshine Coast

The Longitudinal Adolescent Brain Study (LABS) is still running. It is surprising how eager and excited young people have been to participate. It's been great to see how much they care about being involved since the COVID-19 pandemic commenced:

- Due to the evolving situation with COVID-19 pandemic, face-to-face participation in research is on hold.
- But LABS has adapted quickly to ensure its vital research continues, with the help of our participants.
- The self-report questionnaire can now be done online and the interview with a member of our LABS team can be done by phone or video calls.
- Our research now includes questions related to COVID-19, to aid understanding of how youth mental health can be supported through impacts like spatial distancing and feelings of uncertainty.
- As a long-term study, LABS is in a unique position to be able to investigate changes in adolescent brain development and mental wellbeing before, during and after the pandemic.

For further information please contact:

Dr Larisa McLoughlin, Thompson Institute, 07 5456 3887

lmclough@usc.edu.au

5. Close - 10.55am

Next meeting

Date	Wednesday, 26 August 2020 – 10.00am to 12.00pm
Location	Peregian Digital Hub, 253-255 David Low Way, Peregian Beach https://www.peregianhub.com.au/