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September 2012

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## Featured Websites

[www.ruokday.com](http://www.ruokday.com)

R U OK? Day is a national day of action dedicated to inspiring all Australians to ask family, friends and colleagues, 'Are you ok?'. This year it was held on September 13.

[www.ncpic.org.au](http://www.ncpic.org.au)

## National Cannabis Prevention and Information Centre

The NCPIC mission is to reduce the use of cannabis in Australia by preventing uptake and providing the community with evidence - based information and interventions.

## Upcoming Activities

### Thursday 11 October 2012

Barbecue with IMB Macarthur Square at UWS Campbelltown - raising money for Youth Solutions, 12 - 2pm, School Of Medicine Building 30

### Saturday 17 November 2012

Light Up Camden Festival, 4pm, Argyle Street - Camden

### Tuesday 4 December 2012

## Message from the CEO - Geraldine Dean

As we draw closer to the season of celebrations, our team have been busy putting together concepts for this year's safer celebration campaign in partnership with the *Campbelltown Catholic Club*. More details about this next month!



I would like to wish Year 12 students all the best with their HSC exams. In particular a special shout out to our Youth Advisory Group members - Tamika Briggs, Casey Green, Monique Favelle, Tegan Hudson and Isabel Mellor. Good luck!

## Exciting news!

The Youth Solutions team are jumping for joy after hearing the news that the Service has achieved Quality Improvement Council (QIC) National Accreditation for the next three years!



A big thank you to the team, the Board our Youth Advisory Group and members of our community for giving up their time to help us through this process.

## Barbecue at UWS Campbelltown - Thursday 11 October

Join us at UWS Campbelltown at the School of Medicine building on Thursday 11 October, 12 – 2pm for a barbecue with our *Youth Advisory Group* and *IMB Macarthur Square* to continue spreading the message 'WRECKreational Drugs... don't let them wreck your night'. It is Mental Health Day on campus and we will have an information stall, goodie bags from IMB as well as the chance to win prizes on the day.



The barbecue is kindly provided by *IMB Building Society* and all funds raised on the day will be donated to Youth Solutions.

For more information please contact [kate@youthsolutions.com.au](mailto:kate@youthsolutions.com.au). See you there!

## Alcoholic Energy Drinks – 'A Lethal Mix'

Last week Channel 9's *60 minutes*



*The Protectors Insurance Brokers* Charity Golf Day at Macquarie Links International Golf Club

## Helpful Phone Numbers

000 For Emergencies

9616 8586 Drug & Alcohol Treatment Access Line, Sydney South West Area Health Service

1800 422 899 ADIS (Alcohol Drug Info Service) 24 hours

13 11 14 Lifeline 24 hours

televised a report about alcoholic energy drinks and the affects they are having on young people. The story featured young people choosing to drink cans of pre mixed drinks such as 'Elevate' and 'Pulse' prior to a night out just to stay awake.

Check out the full report by clicking on this link.

<http://sixtyminutes.ninemsn.com.au/article.aspx?id=8532784>

We want to know what you think? Email us: [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au) to have your say about this topic or comment on the 'Thought of the month' status on our Facebook page.

Also, [click here](#) to fill out our survey on energy drinks.

## Youth Opportunities

**Written by Isabel Mellor - YAG Member**

I was inspired by a recent article in the YAPA newsletter this month. It discussed issues of access for young people who wanted to voice their opinions, but who were often unheard or not taken seriously. This led me to reflect on the great opportunities we have in Campbelltown to be involved and also contribute to refining the positive image of young people through our capacity to engage in the community as future leaders. Organisations such as Youth Solutions, Headspace and other youth councils, and advisory groups help facilitate youth involvement in the decision making process, which is something I feel passionate about. Being involved in these organisations allows young people to have their opinions heard, but also positively represents young people, especially in the media.

Allowing more young people access to opportunities where they are able to actively contribute to positive change in their community definitely aids in subverting the distortion of young people in the media, and encourages a sense of community and leadership among local young people.

## Golf Day - Tuesday 4 December 2012

*The Protectors Insurance Brokers* are holding their 11th Annual Charity Golf Day, once again in support of Youth Solutions.



Save the date for Tuesday 4 December at Macquarie Links International Golf Club. There are sponsorship packages available and all team registrations include a cart, breakfast, lunch and beverages.

Contact David Michell on 0411 743 227 or email [david@protectorsib.com.au](mailto:david@protectorsib.com.au) to book your spot!

## Thought of the month

*Should the sale of alcoholic energy drinks be banned after midnight at venues?*

Go to our Facebook page and comment on this status to let us know what you think.

Heard anything you're not sure about or want to put forward for debate? Email us: [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au)

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