


[home](#) | [about us](#) | [services](#) | [projects](#) | [news](#) | [resources](#) | [contact us](#)

June 2011

In This Issue

- [Join us at the Youth Solutions Charity Event](#)
- [Message from the CEO - Debbie Roberts](#)
- [Happy 1st Birthday YAG](#)
- [McDonald's in Macarthur a McHappy Time](#)
- [Project Y - Winner Announced](#)
- [Binge Drinking - A Poem](#)

Featured Websites

www.tuneinnotout.com

At Tune In Not Out you will find 24hr TV for life's challenges, such as alcohol, drugs, mental health, exams and relationships. The website is a great place for young people to find out tonnes of information on topics that interest them using great videos, clips, informative factsheets, blogs and plenty of discussions.

www.yourroom.com.au

The Your Room website is a joint project of NSW Health and ADIS that aims to provide a comprehensive, interactive drug and alcohol website for the NSW population that includes educational, referral and resource information.

Upcoming Activities

Saturday 30 July 2011

Youth Solutions Charity Event - The Cube, Campbelltown Catholic Club.
Book your tickets now by contacting Youth Solutions



Join us at the Youth Solutions Charity Event

Grab your feather boa and your top hat because Burlesque is the theme for this year's Youth Solutions Charity Event and it's going to be a night where nothing is what it seems.

The event will be held on Saturday 30 July from 6.30pm, in The Cube at the Campbelltown Catholic Club.

The night will include a three course dinner and a captivating entertainment programme including performances by the Bloc Bargo dance studio, local performer Brooke Manzione and a high impact performance called String Angels led by world renowned violinist Sarah Moir.

Tickets selling fast! [Book now](#) or phone 4628 2319 for more info.

Message from the CEO - Debbie Roberts

Youth Solutions has had a busy 6 months, with the appointment of new staff and the roll out of a number of projects and activities. I'd like to introduce our 2 new full time Program Support Officers, **Corin Boughton** and **Kate Angelucci**, as well as part time Executive Support Officer (Finance and Administration), **Shannon McEwan**. For the next 6 months we also have **Brooke Manzione** joining our team as our part time Promotions Assistant.



I am positive that our new team members will join myself, **Geraldine Dean** and **Sue Willoughby** to implement some exciting initiatives for the remainder of the year and beyond.

4628 2319.

Helpful Phone Numbers

000 For Emergencies

9616 8586 Drug & Alcohol Treatment Access Line, South Western Sydney Health Network

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

13 11 14 Lifeline 24 hours

Happy 1st Birthday YAG

Yay - Youth Solutions' Youth Advisory Group (YAG) has celebrated their first birthday! The YAG is made up of young people (12-25) who live locally. The YAG look at the drug and alcohol issues that concern them and works with Youth Solutions to find solutions for the young people in our community. Youth Solutions would like to thank the current members; *Aaron Ellis, Robert Barrie, Anneliese Hudson, Francis McAleese, Tamika Briggs, Jemma Milloy, Shayley Venn, Stephanie Blacker and Callum Cherrett* for their contribution over this past 12 months.



Picture: Youth Advisory Group members

McDonald's in Macarthur a McHappy Time

McDonald's in Macarthur has given Youth Solutions a helping hand yet again! Youth Solutions was ecstatic to learn that McDonald's had chosen Youth Solutions to be one of the supported charities through this year's Helping Hands Program. Staff and volunteers alike had great fun on Saturday 25 June helping out at the Campbelltown, Narellan and Camden Restaurants.



Picture: Jodie Grundy, Board Member, Cr Greg Warren, Mayor of Camden and Debbie Roberts, CEO

Project Y - Winner Announced

Thank you to all those who entered the *Project Y - Digital Film Competition*. Local film hobbyist and former student of Picton High School - **Emma O'Reilly** has won top honours, walking away with \$250 cash. Watch this space for the launch of her 'Risky Drinking' clip.

Binge Drinking - A Poem

A poem by Abbey Stapley, a student of John Therry Catholic High School and participant of the 2010 Campbelltown Youth Safer Celebration Summit.

*Don't be a fool, binge drinking's not cool!
 You can't think if you binge drink!
 Binge drinking's stupid, binge drinking's crazy,
 too much alcohol makes your mind all hazy.
 Binge drinking makes you puke and choke,
 too much alcohol's lethal, it's just a joke!
 Don't be a fool, binge drinking's not cool!
 You can't think if you binge drink!
 Binge drinking's unhealthy, binge drinking's a killer,
 too much alcohol's really bad for your liver.
 Binge drinking's risky; it's not what you need,
 too much alcohol makes your stomach bleed.
 Don't be a fool, binge drinking's not cool!*

*You can't think if you binge drink!
Binge drinking's addictive, binge drinking's not smart,
too much alcohol makes you fall apart.
Binge drinking sucks, it's bad for your brain,
too much alcohol makes you act insane.
Don't be a fool, binge drinking's not cool!
You can't think if you binge drink!
So don't binge drink and you'll be safe and healthy,
not to mention much more wealthy.
Binge drinking's lame, you must say no!
Alcohol in moderation is the way to go.*

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