

Youth Advisory Committee

Meeting Date: Wednesday, 16 November, 2022

Location: Jervis Bay Rooms, City Administrative Centre, Bridge Road, Nowra

Minutes Attachments

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YA22.23	Office for Regional Youth NSW - Regional Youth Insights Report 2022 - Presentation	
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Regional Youth Insights Report

Office for Regional Youth

November 2022



Targeted place-based investments will improve economic and social outcomes for young people in regional NSW



Regional youth can face greater challenges in work, wellbeing, connectivity, and community than youth in urban areas as evidenced by indicators highlighting disparities in outcomes for regional youth.

regions. ORY engaged young people across the regions in consultations to understand the priority areas for investment in each region under each investment theme.

ORY's vision and investment themes guide its work to improve the lives of young people in NSW's

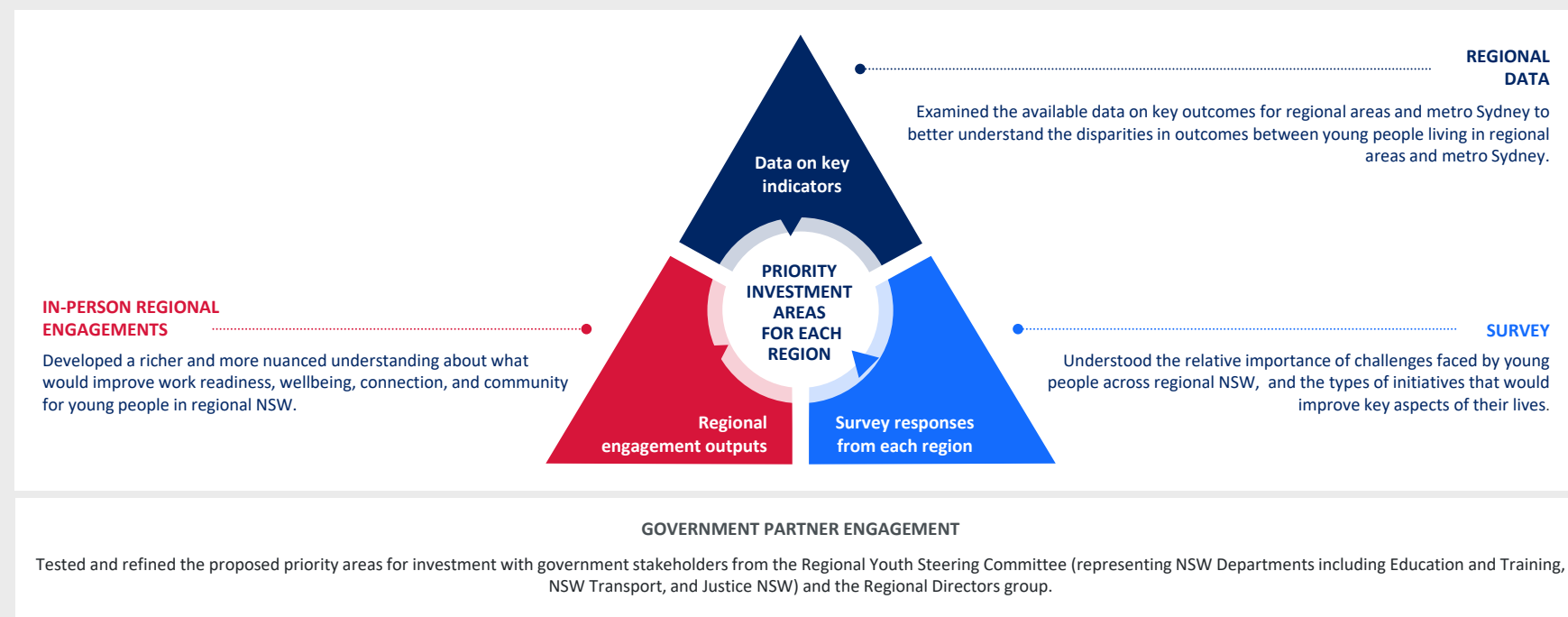
ORY's vision	For all regional young people to have opportunities for meaningful work, accessible health care and education; and to feel part of vibrant and inclusive communities								
Four pillars	WORK READY		WELLBEING		CONNECTIVITY		COMMUNITY		
Investment themes	Skills	Education	Health	Inclusivity	Transport	Digital	Belonging	Agency	Housing
Priorities for young people	<ul style="list-style-type: none"> Better access to great education and training opportunities Improved skills and knowledge to navigate the pathways into careers Clearer options to take them from school to training, work and further education opportunities Increased understanding of the workforce Disadvantaged, or at-risk young people better supported to learn and achieve 		<ul style="list-style-type: none"> Young people and their families supported to improve wellbeing Increased understanding of their health needs to help navigate the health system Access to culturally and youth-appropriate services Increased number of young people who can get help, when they seek it 		<ul style="list-style-type: none"> Increased access to safe private transport Increased access to safe public transport to the places they need to go Access to services without travelling long distances Skills to navigate and use digital systems 		<ul style="list-style-type: none"> Opportunities to shape their communities Increased access to a variety of youth-appropriate activities Feeling of safety in, connection to, and value to their communities Opportunities for Aboriginal young people to connect with Country and Culture Social connections and activities for LGBTQIA+ young people Improved messaging about upcoming events and activities 		

Please refer to the Regional NSW Youth Framework for further information ([link](#))

The priority areas were based on the input of nearly 2,000 young people across NSW, as well as data on key indicators for each region



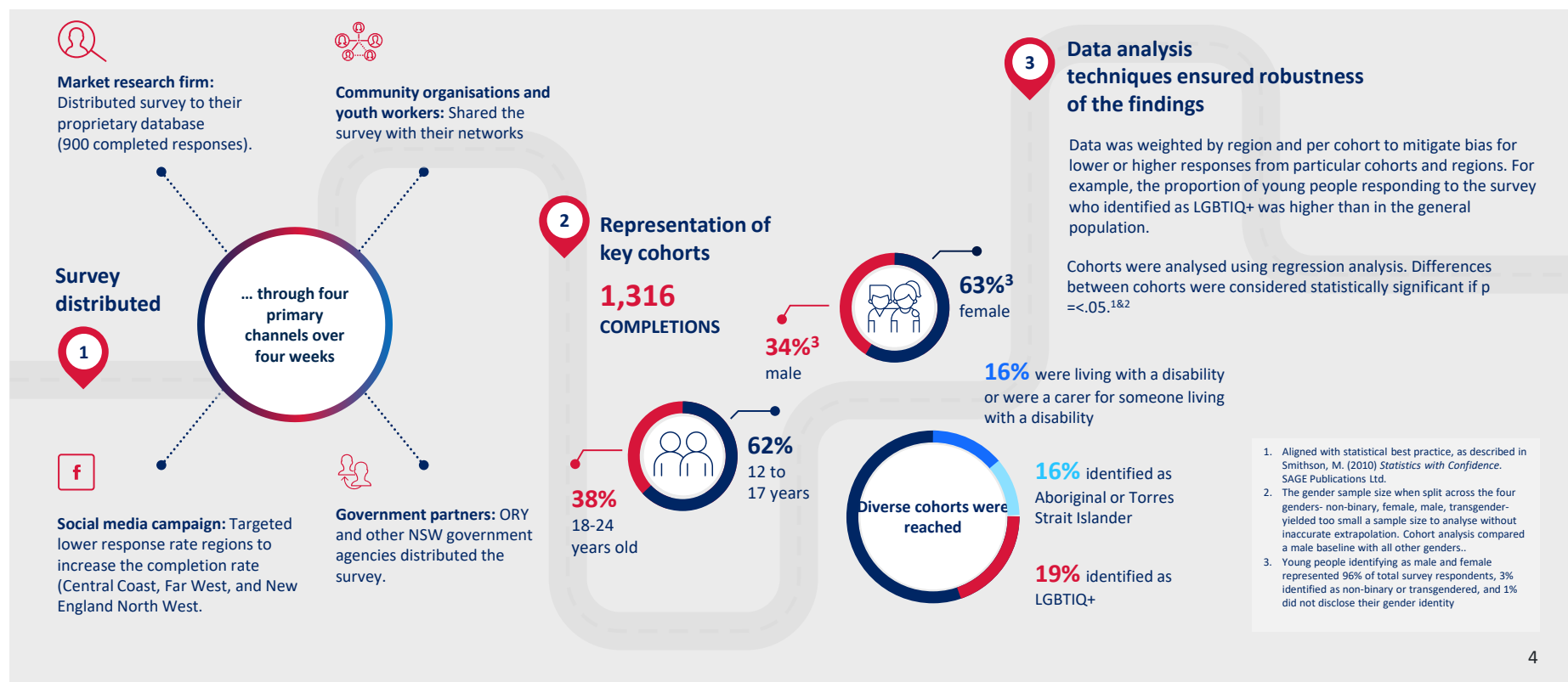
Data sources were triangulated to develop priority areas, and then tested and refined with government partners.





1,300 young people from diverse cohorts completed the survey

The survey generated state-wide and region-specific insights on the relative importance of the nine investment themes to regional youth, as well as the actions that could improve outcomes for regional young people



Proposed priority areas for investment vary across the regions



		State Level Themes	Far West	Hunter	Illawarra Shoalhaven	Central Coast	Central West & Orana	North Coast	Riverina Murray	South East & Tablelands	New England North West
WORK READY	SKILLS										
	EDUCATION										
WELLBEING	HEALTH										
	INCLUSIVITY										
CONNECTIVITY	TRANSPORT										
	DIGITAL										
COMMUNITY	BELONGING										
	AGENCY										
	HOUSING										

KEY	
	Top priorities
	Secondary priorities
WORK READY	
	Career pathways
	Happy and healthy schools
	Life skills
	Start-up business training
WELLBEING	
	Cultural activities
	Healthcare access
	Mental health support
	Public facilities
	Sexual health education
CONNECTIVITY	
	Driving training support
	Internet access
	Public transport
COMMUNITY	
	Affordable housing
	Community safety
	Cost of living
	LGBTQIA+ & multicultural inclusivity
	Recreational activities
	Social services support
	Voice of youth

Priority areas for Illawarra Shoalhaven



		1 Belonging	2 Transport	3 Health
		COMMUNITY	CONNECTIVITY	WELLBEING
		Provide additional recreational activities and events	Improve frequency and quality of public transport services	Improve access to mental health services
EVIDENCE BASE	CONSULTATIONS	Young people yearned for a greater sense of belonging to their community and mentioned that the absence of spaces for young people to socialise makes them feel less connected to each other. Connected to this idea, youth raised their interest to participate in theatre and performance activities.	Youth in Illawarra highly value existing transport options but still chose better transport as their second highest regional priority. Young people indicated that insufficient transport options could act as a barrier to obtaining a job. Better transport is also seen as an enabler to better healthcare access.	Young people in Illawarra chose better mental health support as their top priority to help them to live healthier lives. Consultations found that limited services and availability of these services, mean that some young people can wait months to see a mental health professional. Survey data supported consultation insights, highlighting that there is a need for greater information on how to find healthcare services.
	SURVEYS	53% of young people in the Illawarra Shoalhaven area don't believe that there are fun and interesting things to do in the community. 49% of young people chose more fun and interesting things to do as a way for their community to improve (most common answer).	40% of young people think that a key enabler of better health care is easier transport to healthcare services. Additionally, of all young people 27% in the Illawarra Shoalhaven region noted that better public transport/ support for a driver's licence was a priority (second most common answer).	49% of young people listed 'Better mental health support' as an initiative that would help them live healthier lives (most common answer to live healthier). Noting that of all young people 60% indicated they were not confident that they could get healthcare where they live.
SECONDARY PRIORITIES		Reduced drug use (vaping) at school (Education), increased number of people attaining their P's licence at 18 years old (Transport); greater career guidance at schools and broader range of courses at further education (e.g., TAFE) (Education); improve accessibility of social services to help young people to navigate life challenges (Skills).		
OTHER PRIORITIES		Inclusivity, Digital, Agency, and Housing were raised as issues in the Illawarra Shoalhaven region, but not to the same extent as the top and secondary priorities.		

Illawarra Shoalhaven



Belonging: Provide additional recreational activities and events

Young people yearned for a greater sense of belonging to their community and mentioned that the absence of spaces for young people to socialise makes them feel less connected to each other. Connected to this idea, youth raised their interest to participate in theatre and performance activities.

How the problem presents¹

- Young people noted that there are limited social options for young people to participate in apart from sporting activities.
- Young people referenced activities in Canberra or Sydney as exemplars when thinking about activities they would like in Illawarra. It appears that these cities have created expectations for young people in the region.



Nowra's own version of Vivid would be nice.



We need more opportunities to perform.



They should revamp the main street at Nowra (and) make it feel more safe. More lighting.

Fun and interesting things to do



33%² of respondents don't feel a sense of belonging to their community

51%³ of young people want to have a say in the types of activities that occur within their community

58%⁴ of young people don't believe that they have a say in making a difference

1. Remarks were sourced from consultations in Illawarra Shoalhaven

2. Responses to survey question 24: "I feel a sense of belonging in my community"

3. Responses to survey question 26: "In my community, I would like to see more"

4. Responses to survey question 27: "Young people have opportunities to have a say and make a difference in my community"

Illawarra Shoalhaven



Transport: Improve frequency and quality of public transport services

Youth in Illawarra highly value existing transport options but still chose better transport as their second highest regional priority. Survey respondents indicated that insufficient transport options are a barrier to obtaining a job. Better transport is also seen as an enabler to better healthcare access.

How the problem presents¹

- According to youth, transport challenges are exacerbated for young people living with disabilities, particularly those who have difficulty obtaining a driving licence.
- The free bus service in Wollongong is highly valued by young people in the area and the train line is seen as useful. However, bus services in the rest of the region were seen as infrequent and often running late, making it challenging to use public transport to/from work, services, and recreational venues/activities.
- Public transport is not seen as a viable mode of transport for young people, rather it is a last resort. For example, buses are typically late and have long routes. This means that a 5-minute drive to town via car can take 30-minute by bus.

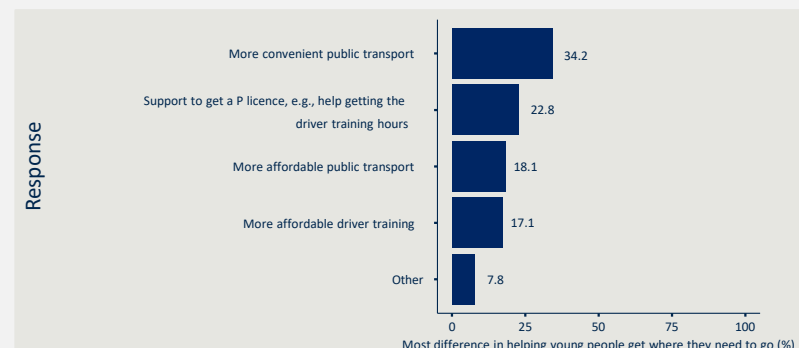


There are limited transport options between towns (apart from the train) and outside Wollongong.



I would avoid catching the train or public transport after dark, particularly some parts of town. It's scary and doesn't feel safe.

Most difference in helping young people get where they need to go



35%² of young people believe that lack of transport options are a barrier to getting good jobs

27%³ of people think better public transport and support for a driver's license will make life better

40%⁴ of people think that a key enabler of better health care is easier transport to healthcare services

1. Remarks were sourced from consultations in Illawarra Shoalhaven

2. Responses to survey question 18: "What do you think are the main barriers for young people to get good jobs in your town and surrounding areas?"

3. Responses to survey question 12: "Life in my town and surrounding areas would be better for me with"

4. Responses to survey question 21: "I would be better able to get the health care I need with"

Illawarra Shoalhaven



Health: Improve access to mental health services

Young people in Illawarra chose better mental health support as their top priority to help them to live healthier lives. Consultations found that limited services and availability of these services, mean that some young people can wait months to see a mental health professional. Survey data supported consultation insights, highlighting that there is a need for greater information on how to find healthcare services.

How the problem presents¹

- Young people noted that support services and staff do not always have expertise in supporting young people. Youth think their issues are unique.
- Youth reported that they resort to switching between service providers shopping for shorter waiting times, burdening young people with the need to retell their story. This could indicate the need for greater information on how to find healthcare services.

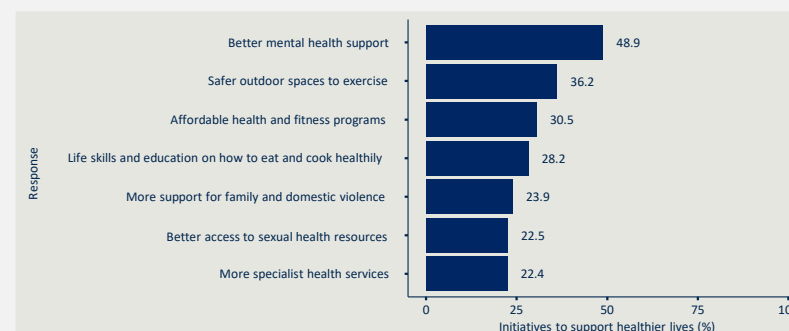


Mental health workers keep moving...I need to keep retelling and reliving (traumatic) 'stories.



It's hard to know who to trust to talk to.

Initiatives to support young people living healthier lives



60%² of people are not confident that they can get health care where they live

1.2x³ more people per 100,000 are likely to be hospitalised over intentional self-harm compared to Metro Sydney

41%⁴ of people think that services by non-judgmental health professionals will enable better healthcare

19%⁵ of people think that having health care that meets their needs is a priority to improve their life

1.. Remarks were sourced from consultations in Illawarra Shoalhaven

2. Responses to survey question 24: "I can get the health care I need where I live"

3. 2020 Health Stats NSW data: <https://www.healthstats.nsw.gov.au/#/indicator?name=men-sui-hos&location=LGA&view=Trend&measure=DSTRate&groups=&filter=LGA,Albury%20LGA>

4. Responses to survey question 21: "I would be better able to get the health care I need with"

5. Responses to survey question 12: "Life in my town and surrounding areas would be better for me with"



Youth Community Coordinator & Wellbeing Recovery Initiatives

Conversations Create Communities

South Coast Project Highlights 2022

Office for Regional Youth

Youth Community Coordinators



Giane Smajstr
North Coast



Russell Ingram
Mid Coast



Dan Brown
Hunter/Port Stephens



Nate Brown
Sydney Basin, Lake
Macquarie & Central Coast



Anna Cooper
New England/North West



James Cleaver
Western Plains, Central
West & Central Tablelands



Adam McLean
Far West



Andrew Britton
Illawarra/Shoalhaven



Renee Cooper
Riverina/Murray



Peta McAlister
South East/Snowy Monaro

Office for Regional Youth



Children and Young People Wellbeing Recovery Initiative



Office for Regional Youth



Children and Young People Wellbeing Recovery Initiative - eligible programs:

Programs that may be eligible for funding include, but are not limited to:

- community events and social activities

- sport and recreational programs

- youth mental health training

- cultural and community connection programs

- healing initiatives to

- support Aboriginal children, vulnerable children and young people affected by adverse events

- peer support programs, mentoring and training for children and young people

- digital communications and resources

- partnership programs,

- activities with schools, early childhood and NGOs.



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Grant Summary 2022

Total Applications Funded

Youth Community Coordinator (10 grants) - \$119,377

Small Grants (11 grants) - \$99,315

Large Grants (7 grants) - \$290,943

School Alumni (5 grants) - \$9,850



Total Funded Projects
33 Grants - \$509,635

Total Applications Submitted

Youth Community Coordinator (10 grants)

Small Grants (18 grants)

Large Grants (30 grants)

School Alumni (5 grants)



South Coast



Tablelands

14 November 2022

Leadership Workshop

SHOALHAVEN YOUTH ADVISORY COMMITTEE
2022

Background

- The Community Capacity Building Team held a leadership workshop with YAC members to take an empowering strengths-based approach to meeting the 'Training' requirement in the YAC Terms of Reference

- 17 Youth Advisory Committee members attended the workshop from:

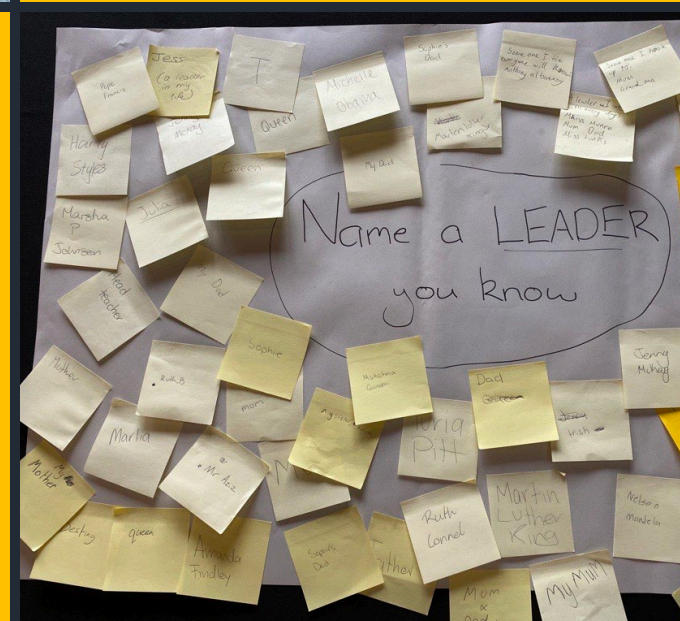
- ✓ Vincentia High School
- ✓ Ulladulla High School
- ✓ Bomaderry Public School
- ✓ Nowra Youth Centre
- ✓ University of Wollongong
- ✓ Shoalhaven River College
- ✓ St Johns Evangelist Catholic High School





- Leadership styles
- Self Assessment
- Self-confidence
- Advocacy
- Teamwork
- Personal Development Plan

- Build leadership skills
- Feel confident to be active and engaged participants in YAC meetings
- Develop a sense of purpose and confidence to raise your voice on the issues that matter to you
- Meet and build relationships with all YAC members



Feedback

Participants Notes:

- *"I had a wonderful time, can't wait for the next one".*
- *"It was a thoughtful, grounding activity".*
- *"Thank you to everyone that helped make this day happen, I really enjoyed and appreciated it".*

Participant Feedback:

All members reported strong to significant improvements across the leadership outcomes and all felt supported through the workshop.

- The most significant improvements were seen in participants "feeling more confident to be an active member of YAC" and "meeting new people and building relationships".

