

PARYS NEWS

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Happy Dry!

It has once again been a very busy time for many of the organisations in the Top End working with youth. The end of Term 2 saw the Rosebery Middle School's Progressive Dinner prove to be a success engaging families and services over a 3 course meal. School Holidays meant time for the annual Youth Parliament program and what an achievement that was with 19 young people inspiring the program's leaders throughout the week. NAIDOC Week activities organised by Danila Dilba were also a hit including the 15 Mile Fun Day and the Palmerston Pool Party. And if you saw young people walking around Palmerston dressed as Zombies, don't be too concerned, the Zombie Apocalypse was only temporary, being the feature of short films made during City of Palmerston's The Reel Program.

Once again it is another full edition of the PARYS eNews so be sure to check out what opportunities are coming up for the sector and also for young people!

Emily Zesers
Community Development Officer
City of Palmerston

Rosebery Middle School Progressive Dinner a success

On Monday 16 June 2014,
Rosebery Middle School

Lessons

- Position Vacant - Oz Help

IN OTHER NEWS

- Youth unemployment on the rise
- Less young people drinking
- Development of a National Child and Youth Strategic Framework for health

To find out more about any of the above
http://www.acys.info/news_and_events

connected with our major partners within the local community. We were able to showcase our Wellbeing team, amazing students and share the benefits of our community partners and what they offer for young people in Palmerston, building better connections with some of our parents and their families. We enjoyed a 3 course meal whilst being entertained by our Wellbeing team, students and local organizations. The Wellbeing team and partners met throughout the semester planning the event and this commitment was what resulted in such a successful event.



A huge thank you to The Smith Family, YMCA, Mission Australia, Palmerston City Council and the Palmerston Library for providing the amazing support, provision of venues, planning and financial grant submitted on behalf of the school community- partnership.

Thank you to all of the parents, students, guest speakers, local service providers (Danila Dilba, Family Responsibility Centre, Anglicare, YMCA, Mission Australia, City of Palmerston and RMS Council members), Clontarf, Palmerston Girls Academy and RMS Wellbeing team that attended, and we look forward to the next event and getting to know more of our RMS families and partners.

Youth Parliament NT 2014



This year, 19 Youth Parliamentarians from urban, regional and remote areas of the Territory congregated to participate in the 2014 Youth Parliament. The week long residential camp ran from Saturday 28

June to Friday 4 July. During this time members debated six Bill topics that were informed by their peers and their own experiences. The topics included: Substance Misuse, Cyber-bullying, Media and Communication Standard, Compulsory Sex Education, Parental Licencing and Mental Health.

The YMCA Youth Parliament NT program provides an opportunity for participants aged 13-25 to engage with community issues as youth representatives in an apolitical environment. In addition, it creates an important link for young Territorians to convey issues of concern to the NT Government. The Youth Parliament aims to encourage young people to develop an interest in their system of government and parliamentary process, involve them in public speaking and debating, discussing issues of importance and documenting ideas. The program which, whilst developing many skills, is also of considerable value to the personal growth of the young people involved.

Further information about the program is available at:

www.ymcaypnt.org

Callout for short films made by young people!!!

Are YOU the next Spielberg, Lucas, or Tarantino?

Do you like to make your own short films?

Are you between the ages of 12 and 25 years?

The Reel Palmerston Youth Short Film Festival

IS NOW CALLING FOR FILM ENTRIES!

Conditions of entry:

- ▶ Films should be **no longer than 7 minutes in length**
- ▶ Films should be submitted as **High Resolution MP4**
- ▶ **PG Viewing Classification** must be adhered to
- ▶ All films to be submitted by **Monday 18th August**
- ▶ Film Festival will be held on **Friday 29th August at Palmerston Water Park**



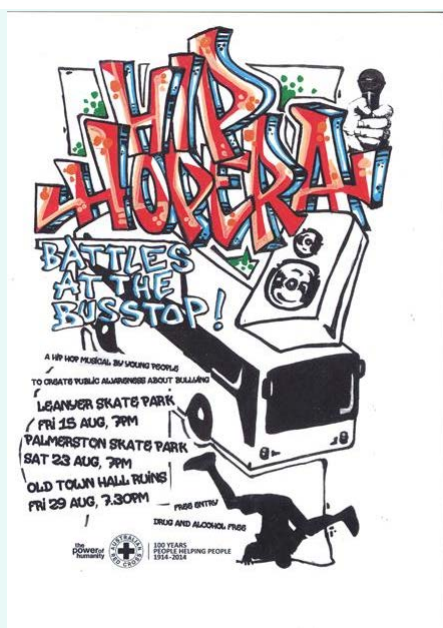
Visit www.palmerston.nt.gov.au to download an Entry Form
Contact Emily on 8935 9937 for more information
or email emily.zesers@palmerston.nt.gov.au



Hip Hopera

Battles at the Bus Stop - a project that tells the story of bullying through hip hop, break dancing, beat boxing, multimedia, spoken word and rap.

Three performances will take place in August and are free and open to the public!



Kaleidoscope Youth Leadership Summit

Grab this chance to be a part of something **BIG!**

Act on your vision and make a change

Be one of 20 young Territorians to attend

KALEIDOSCOPE 2014

YOUTH LEADERSHIP SUMMIT

3-5 October
 Applications close 17 August
 Open to 15-25 years old

Make your ideas reality!

Tell us about your project idea in 200 words or less to be selected.

Make new friends
 Learn skills
 Challenge yourself

For more information and to apply, visit www.mynt.org.au

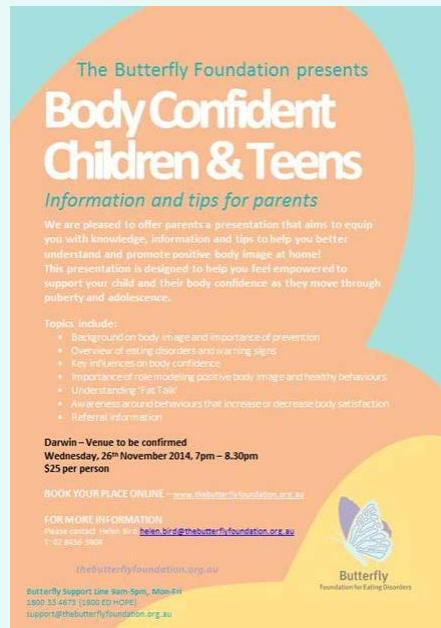
A project of:



Auspiced by:



Butterfly Foundation coming to Darwin!



The Butterfly Foundation presents

Body Confident Children & Teens

Information and tips for parents

We are pleased to offer parents a presentation that aims to equip you with knowledge, information and tips to help you better understand and promote positive body image at home! This presentation is designed to help you feel empowered to support your child and their body confidence as they move through puberty and adolescence.

Topics include:

- Background on body image and importance of prevention
- Overview of eating disorders and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk'
- Awareness around behaviours that increase or decrease body satisfaction
- Referral information


Darwin – Venue to be confirmed
Wednesday, 26th November 2014, 7pm – 8.30pm
\$25 per person

BOOK YOUR PLACE ONLINE: www.thebutterflyfoundation.org.au

FOR MORE INFORMATION:
Please contact: Sarah, 08 83 85 60 00 sarah.bird@thebutterflyfoundation.org.au
11:30 am - 3:00 pm

thebutterflyfoundation.org.au

Butterfly Support Line 1am-5pm, Mon-Fri
1800 35 4870 (1800 35 4870)
support@thebutterflyfoundation.org.au



Butterfly
Foundation for Eating Disorders

The Butterfly Foundation, Australia's leading not-for-profit supporting all those affected by eating disorders and body image concerns, is coming to Darwin at the end of November to deliver 2 workshops which may be of interest to your school counsellor, nurse, wellbeing coordinator or Pastoral head and your parent body.

The first, Dove BodyThink is an educator training workshop that aims to help teachers, health, youth and community professionals

build self-esteem, positive body image and media literacy skills in the young people they work with. The second, Raising Body Confident Children & Teens is a workshop designed to empower parents to support their children in body confidence through puberty and adolescence.

DOVE Educator Training

The Butterfly Foundation presents

Dove BodyThink Educator Training



Australia's largest Annual Youth Survey in 2013, again found Body Image to be one of the top three areas of concern for young people under the age of 25.
(Mission Australia, National Youth Survey of Young Australians—2013)

More than 70% of adolescent girls want to be thinner, even those of low weight.
Body Image and Eating Behaviour Project, Paxton, S (2005)

This 3 hour workshop is designed for teachers, youth workers and community professionals in the use of the self esteem, body image and media literacy program **Dove BodyThink**. The target age for this program is 11-14yo (male and female), however, the information presented at this workshop is suitable for young people generally. Dove BodyThink was evaluated by La Trobe University in 2007.

The Butterfly Foundation is proud to be working with the Dove Self Esteem Fund to assist young people better understand and re-address feelings of low self worth and body dissatisfaction that can lead to dangerous and unhealthy dieting practices—a major predictor in the development of disordered eating and eating disorders.

This workshop includes:

- Up to date and relevant information on body image to support the program
- An interactive walk through of the Dove BodyThink program
- The Dove BodyThink manual and 'Fabricating Beauty' DVD is included in this workshop

A certificate of participation to verify professional development hours is available on request.

Date: Thursday, 27th November 2014
Time: 9am-12pm (registration from 8.45am)
Venue: Barbara James House, 9 Mirambeena St, Darwin
Cost: \$75 (Incl. GST) Includes morning tea.

TO REGISTER:

- [Education Services—For Professionals section of our website.](#)
- For more information please email or call Helen Bird:
helen.brd@thebutterflyfoundation.org.au or (T) 02 8456 3908

thebutterflyfoundation.org.au

Butterfly Support Line: 1800 ED HOPE
/ 1800 33 4673



Butterfly
Foundation for Eating Disorders

**Playback Theatre presensts: Homelessness -
We can't afford to ignore it!**



**FRIDAY 2PM, 8TH AUGUST
HOMELESSNESS:**

We can't afford to ignore it!

Playback Theatre is a collaborative performance in which audience members provide the script by sharing moments and stories from their own lives. These are played back by the actors and a musician. Playback is personal, poignant and community building.

RSVP: 08 8945 7347 by 6th August or email
mail@darwincommunityarts.org.au



**A Homeless
Persons Week
Activity**

Explore the costs
of homelessness:

- to people
experiencing
homelessness

- to those who
work alongside
people
experiencing
homelessness

- to our
communities

Where: Chambers
Crescent Theatre
Cnr Malak &
Chambers Cres
MALAK

PRESENTED BY

DARWIN COMMUNITY
ARTS
CemeNTworx
Community Theatre
&
NT SHELTER

CemeNTworx, DCA's Community Theatre Program, and NT Shelter, the peak NT non-government housing and homelessness advocacy body, present Playback Theatre show "HOMELESSNESS: We can't afford to ignore it!" as a part of Homeless Persons' Week.

Playback Theatre is a collaborative performance in which audience members provide the script by sharing moments and stories from their own lives. These are played back by the actors and a musician.

Playback is personal, poignant and community building.

Homeless Persons' Week is an annual themed week coordinated by Homelessness Australia.

When: Friday 8 August 2014, 2pm

Where: Chambers Crescent Theatre, Malak

Cost: Free

RSVP (by 6 August): 08 8945 7347 or
mail@darwincommunityarts.org.au

Your chance to participate in Wedhus Gembel

Darwin Festival in
collaboration with Darwin

Community Arts present
Wedhus Gembel. A
spectacular cross-cultural
collaboration between Snuff
Puppets and artists from
Yogyakarta (Indonesia) that



you can be also part of. We
are calling all budding performers or just those interested in having
lots of fun! Snuff Puppets are offering limited places to take part in a
two-day workshop that will involve working with six Indonesian
performance artists and Snuff Puppets.

Workshop Dates/Times: 10am – 6pm, Saturday 9 & Sunday 10 August

Performance Dates/Times: 6pm – 7:15pm, Thursday 14 – Sunday 17
August

Filipino Association in Marrara

For anyone interested in participating in the workshop (or wanting
further info) please email Snuff Puppets at katrina@snuffpuppets.com
by 5pm, Friday 1 August.

For more information about the production, please click

here: http://www.snuffpuppets.com/shows/Wedhus_Gembel

Walk 2 Remember



SUNDAY 10 AUGUST
SANCTUARY LAKES PALMERSTON
REGISTRATION: 2PM
WALK COMMENCES: 3PM
BALLOON RELEASE: 3.30PM

The Walk 2 Remember is a special event for those who have been affected by the death of a baby, infant or child regardless of the age or cause of death. We invite family and friends to attend this special day in memory of their angel.



This wonderful event has come about due to 12 year old Fayish Peters who in January 2010 decided she wanted something more to honour her baby brother Kaden who had died almost 3 years before, together with honouring other children's lives which had been lost as well as promoting SIDS and Kids NT to ensure that much needed funds were received for continuation of the FREE support and counselling service. She said that after the walk everyone could release balloons to their loved ones and some nice poetry could be read. After this the kids could play on the playground and everyone could have fun!!

Where: Sanctuary Lakes Cnr Lakeview Blvd & Buscall Ave Gunn (Palmerston) Northern Territory

When: Sunday 10 August 2014

Time: Registration @ 2:00pm, walk starts @ 3:00pm

Cost: Gold Coin Donation for registration

Balloon release by everyone in attendance at approx. 3.30 pm (free balloons provided) BBQ & drinks to follow.



FACE PAINTING

JUMPING CASTLE



BALLOON RELEASE

All monies raised from this event will go towards funding FREE support and counselling to bereaved families.

For further information please contact

SIDS and Kids NT on 89485311

darwin@sidsandkids.org

News and updates will be posted on Facebook

www.facebook.com/SIDSandkidsNT



SIDS and Kids NT Foundation Partners



Walk 2 Remember Event Sponsors



SIDS and Kids Northern Territory Shop 19, Rapid Creek Business Village Trower Road, Rapid Creek

T (08) 8948 5311 F (08) 8948 5244 E darwin@sidsandkids.org W www.sidsandkids.org 24 hr counselling: 04-48549234

Sport voucher scheme receives a boost

The new Sport Vouchers will be increased from \$75 to \$200, with \$100 vouchers issued to parents twice a year in July and January. Under the scheme the vouchers can be used for registration, essential equipment and uniform costs at any registered sporting or recreation club, group or organisation.

Territory toddlers eligible for \$200 worth of swimming lessons

Territory Toddlers are now eligible to claim \$200 worth of swimming vouchers a year with the Northern Territory's Government's new Learn to Swim vouchers. Under the new scheme parents can apply for a \$100 voucher twice a year to be used for children under 5 not yet

enrolled in pre school or school. To be eligible toddlers must first complete the Under 5 Water Safety Awareness Program which is administered by Royal Life Saving Society NT Branch.

<http://www.sportvoucher.nt.gov.au>

Position Vacant - Oz Help

Registered or Enrolled Nurse/Field Officer

Part time position

Fixed period 12 month contract, ongoing subject to available funding

The OzHelp Foundation is an equal opportunity employer seeking motivated self starters to join the team to promote and build its award winning mental health and suicide prevention program to the building, construction, allied industries and community sector in the Darwin region.

We are seeking a suitably qualified and experienced Registered Nurse or Enrolled Nurse to assist with the delivery of our health promotion program Tradies Tune-Up. In addition to this, candidates will ideally have experience working with construction, building or mining related industries, highly developed communication skills, capabilities in general administration and training.

If you are looking for an exciting and varied role, then this is the position for you. We are seeking someone who is available from two to four days per week.

Applications close Wednesday the 29th of July, 2014. Interviews will be held in the first week of August 2014. Successful applicants only will be contacted for interview.

To be eligible for employment within the OzHelp Foundation you must be an Australian citizen or a Permanent Resident.

For a copy of the job description and selection criteria, please contact Stacy Warner at stacy.warner@ozhelp.org.au or by phone on (02) 62514166.

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