



COOTAMUNDRA-  
GUNDAGAI REGIONAL  
COUNCIL





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## Purpose

The Cootamundra-Gundagai Regional Council 20-30 youth strategy is an outline for youth engagement, programs and services in the council area focusing on enhancing future opportunities, connection and wellbeing of the regions young people. It supports budget and future funding sources that will provide for the implementation of youth initiatives aligning with the strategy and aimed at addressing gaps in services and infrastructure.

The first part of the strategy provides information on the young people in the CGRC area. It lists resources and infrastructure available to youth and identifies opportunities to be used when working through the second part of the strategy, the action plan. The action plan is the main working document providing direction and goals for the period covered by the strategy.

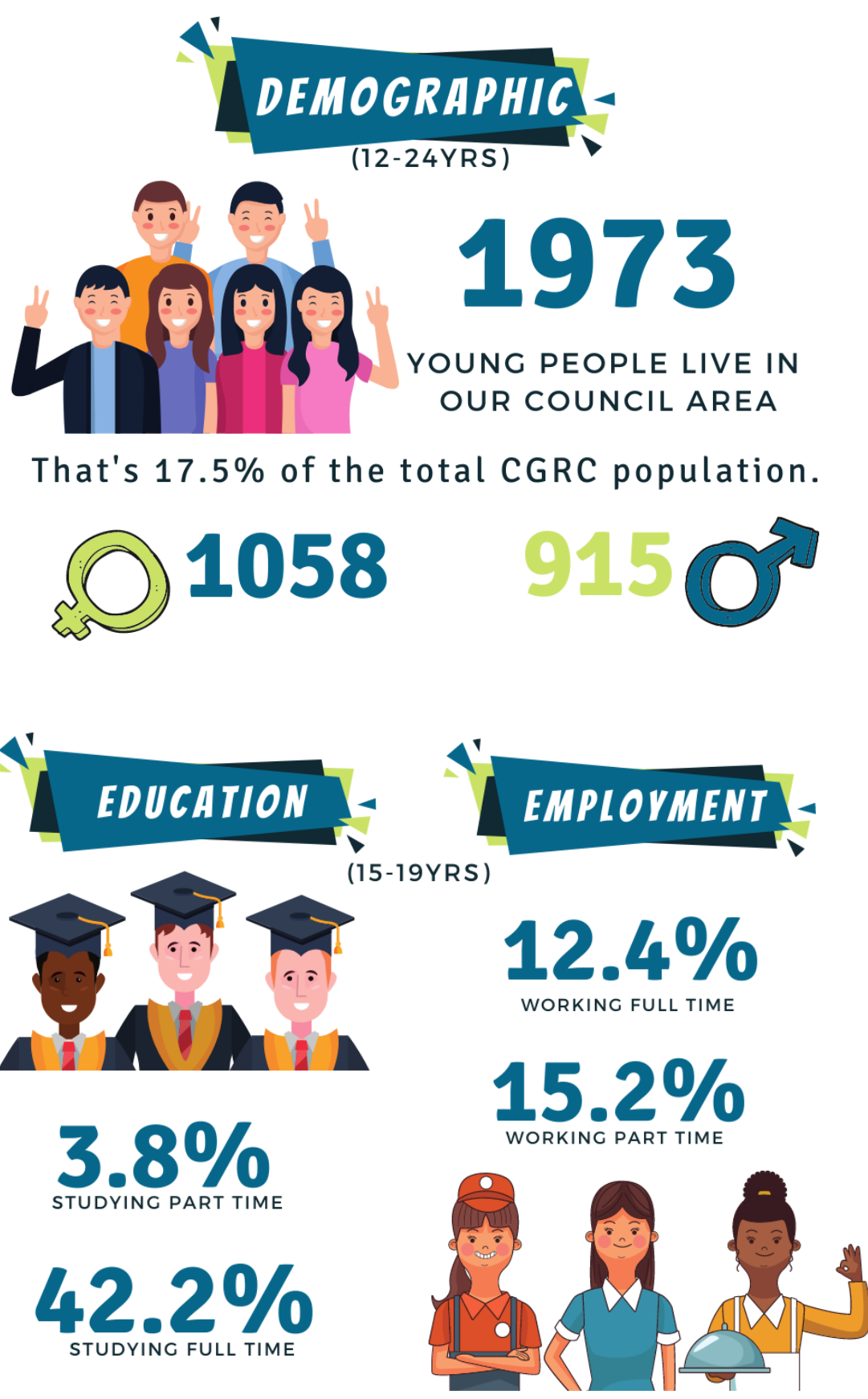
## Background

The former Gundagai Shire Council endorsed a Youth Plan written in 2010 by a consultant for the Gundagai Neighbourhood centre with funding from Beyond Blue. The plan had a focus on the mental wellbeing of the youth of the Gundagai region as well as infrastructure and services and facilitated the forming of the Gundagai Youth Council. The former Cootamundra Shire Council had no specific youth plan or strategy document but supported initiatives such as Youth Week and holiday programs with other various community organisations such as Campbell Page and Mission Australia running programs and providing youth services. It is the aim of the 20-30 Youth Strategy to encompass the region, while taking into account the identity and different needs of each community.



CGRC Youth Profile

An overview of youth in the CGRC area using the Australian Bureau of Statistics census data.



# 2020 Youth Survey

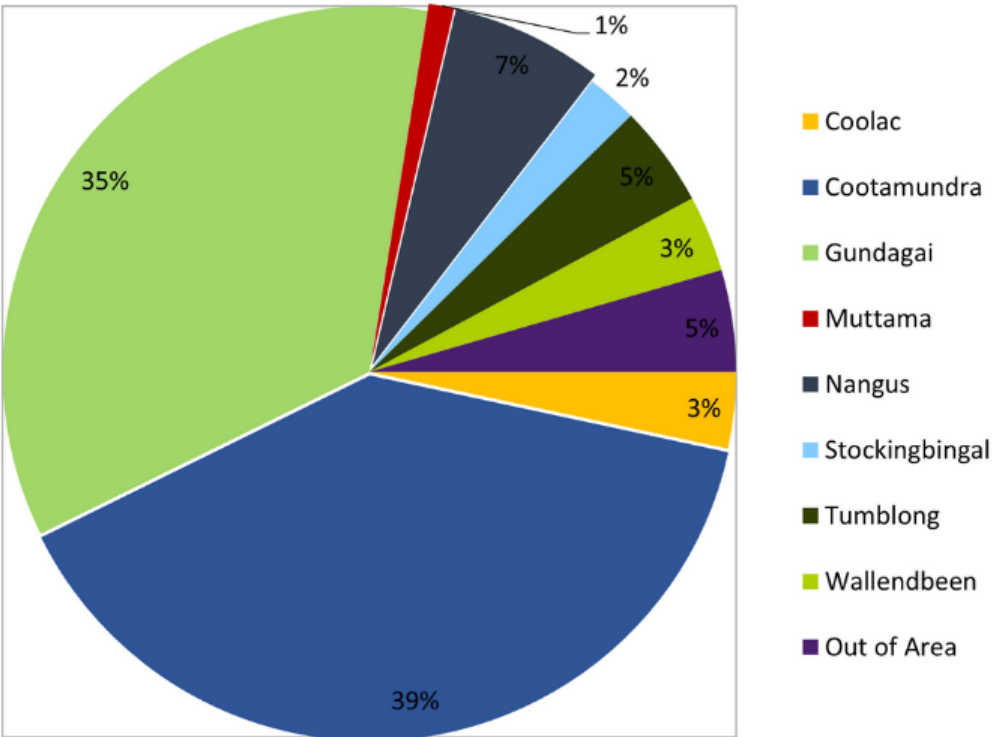
The Youth 20-30 survey was held over an eight week period from December 2019 – February 2020.

A total of 91 youths responded and the data was collated to provide the following snapshot of 12 – 25 year old young people in the CGRC area.

## SURVEY STATS

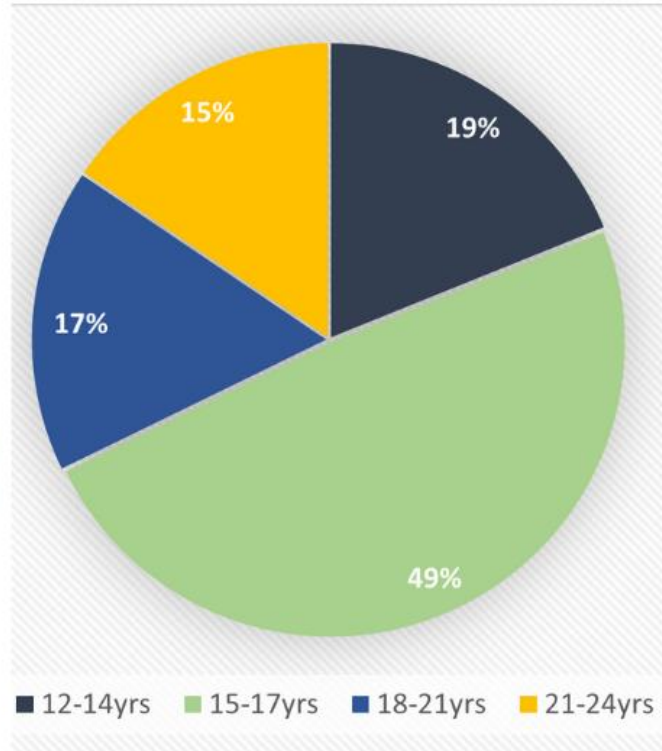
### WHERE ARE WE

While most of the survey participants were from Cootamundra and Gundagai the smaller villages made up 21% of the total responses with all the smaller rural areas represented.



## HOW OLD ARE WE

While the 2010 National Strategy defines youth as 12-24 years of age, the category of 'Youth' in Australia varies with the Australian Bureau of Statistics often using the 15-19yr and 20-24yr for statistical data.



CGRC conforms to the National Strategy which gives a wide and varying range of responses to many of the survey questions. The 15-17 years were the most prolific responders which is reflected in some of the data.



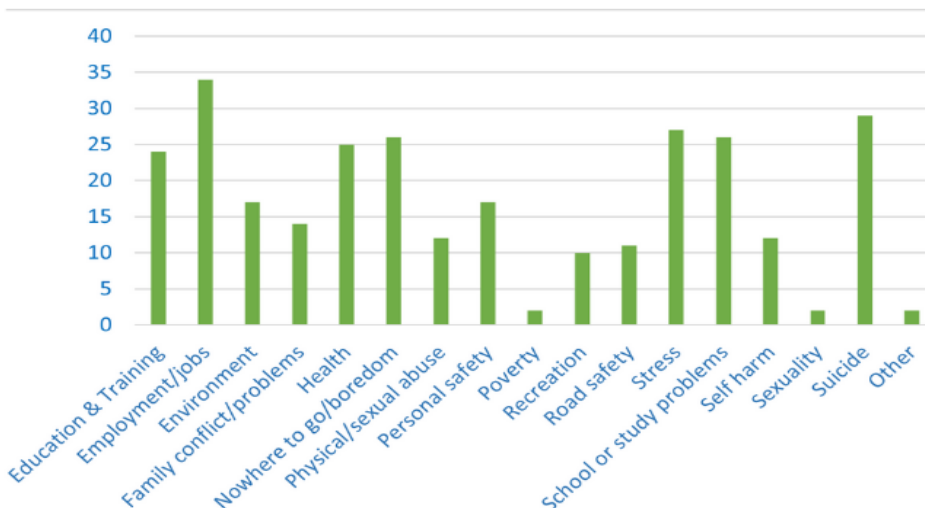
## EMPLOYMENT AND JOBS



## DEPRESSION



## OUR TOP 3 CONCERNS



## SUICIDE

Education and training, health and stress as well as school or study issues also ranked high in the concerns of young people in the CGRC.

**37%**  
PREFER SOCIAL MEDIA-  
MAINLY FACEBOOK  
AND INSTAGRAM FOR  
EVENTS AND NEWS



## OUR DIGITAL LIFE



**92%**  
HAVE A MOBILE  
PHONE

**1 IN 10**  
DO NOT HAVE ACCESS  
TO A COMPUTER WITH  
INTERNET



**1 IN 4**  
HAVE BEEN BULLIED  
ONLINE IN THE PAST  
12 MONTHS

**14%**

IDENTIFIED AS  
INDIGENOUS AUSTRALIANS

## SOCIAL DIVERSITY

**3.3%**

IDENTIFIED AS  
LGBTIQA+

"Can go camping and  
hang out with friends"

## OUR RESPONSES

"Being close to  
your mates houses"

"Friends,  
footy, partys"

What do you like most about  
living in your town?

"Battle on  
the Bigdee"

"It is easy to get everywhere  
and to meet friends."

"Every one is helpful and  
says hello even if they  
don't know you"

"I love the community  
feel of it."



"Sporting facilities. Now  
that I am 15 I can  
participate in the beach  
volleyball & touch  
weekends"

"It's community spirit."

"People are friendly and you never feel unsafe ."



## MORE RESPONSES

"Employment for youth, employment in general"

"Things for young adults to do. movies, bowling, etc."

"More shops" What do you think needs improvement?

"Better use of the stadium"

"More shops like Kmart, Best and Less etc."

"More events, more advertisement of events"

"More events for the 18-25 generation."



"Something of interest to attract youths"

"More education about suicide prevention and mental health."

"Employment, more activities for the 20-30 yrs olds."



"The theatre would be up and running, we'd have frequent events around/in town."

"Lots more wattle trees with plenty of social activities."

Imagine your town in 2030. Describe the main things about how the community would be?

"A council that cares about the environment"

"Hopefully busy! Lots of jobs, more affordable housing, more housing in general."



"The community has a larger say in what they would like."

"More shops, nice clean streets and better uniforms at school."

"Supportive, advancing with technologies, sustainable."



## Council Youth Resources

### Youth Council

Gundagai Youth Council (GYC) and the new Cootamundra Youth Council (CYC) provide a forum for consultation between Council and young people in the LGA, contributing to youth development in the region.

- Consider and implement the recommendations in the 2010 Youth Plan, youth related recommendations in council's social community plans specifying youth contribute to youth related programs and initiatives including Youth Week, NAIDOC week and Harmony day.
- Provide Ideas for future services, events, activities and resources.
- Identify gaps in youth service provision and infrastructure.
- Provide a connection for youth to existing resources, including art and cultural resources available in the council area.

### Infrastructure

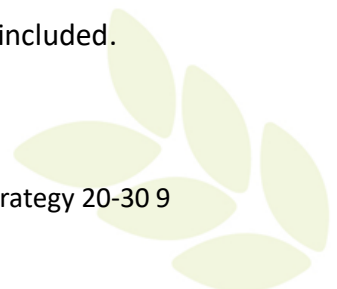
- Cootamundra skatepark.
- Gundagai Yarri Park Youth Precinct includes skatepark, half court, pump track, obstacle course.
- Stockinbingal pump track.
- Gundagai Youth Space (currently undergoing rebuilding).
- Cootamundra sports hall.
- Public swimming pools.
- Gundagai multipurpose courts.
- Cootamundra netball courts.
- Public libraries.
- Public parks.
- Sports grounds.

### Youth Week

- Activities and events held in Cootamundra and Gundagai.
- Planned in consultation with youth advisory groups GYC and CYC.
- Implemented by CGRC staff and assistance from GYC and CYC.
- Also involves activities and events held at Cootamundra sports hall and Cootamundra and Gundagai Libraries.

### School Holiday Activities

- Held in Cootamundra and Gundagai.
- Input from youth advisory groups GYC and CYC.
- Implemented by CGRC staff.
- Cootamundra sports hall and Cootamundra and Gundagai Libraries activities included.



## External Youth Resources

### Health and Community Services-

- Gundagai Dual Diagnosis Action Group - ROAR, Enough; and other programs in schools and community.
- Gundagai Neighbourhood Centre - Offer a range of services and activities to meet the needs of our rural communities including families, youths and aged.
- The Cootamundra Arts Centre - A supportive community built, organised and controlled arts facility.
- Cootamundra and Gundagai agricultural shows.
- Youth council movie nights held in Gundagai Library
- Wattle Festival
- Mission Australia - Youth Service offers support to families and individuals that are disadvantaged
- REROC - Take Charge youth leadership forum
- Schools – education, sexual health, bullying, well-being and counselling initiatives.
- Gundagai medical centre and Cootamundra medical centre.
- Intereach - supports children and families, older people, people living with disability, mental health and carers.
- RAHMP or Rural Adversity Mental Health Program (RAMHP) a major project of the Centre for Rural and Remote Mental Health (CRRMH)
- Headspace - the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds.
- NSW Police Youth Inclusion Officer

### Art and Culture

- CADAS
- Jugiong Writers festival
- Chris Edwards School of Dance
- Christine Wishart Dance Studios

### Sport and Leisure

There are numerous sports and leisure activities available across the region.

- Soccer Junior and Senior clubs
- Rugby League Junior and Senior clubs
- Netball Junior and Senior clubs
- Tennis
- Golf
- Squash Court
- Beach Volleyball Competition

- Swimming Pool
- Basketball
- Horse riding
- Anglers Club
- Little Athletics

## Consultation

### Survey 20-30

The Youth 20-30 survey was held over an 8 week period in December 2019 – February 2020 and promoted via newspaper, schools, social media, and other local channels. There were a total of 91 responses that were analysed and collated along with other consultation results to form the Youth 20-30 strategic plan.

### Focus Groups

Gundagai Youth Council – in depth consultation, historical minutes and previous projects and experiences.

Cootamundra Youth Council – in depth consultation.

Pitch and Pizza consultations (with local MP Steph Cook)

### Previous Youth Plan

Available from CGRC and Gundagai Youth Council. Compared and identified changes as well as persisting needs and accomplished goals.

## Current Youth Identified Opportunities/Resources

### Economic

Casual and part time work (hospitality)

Full time employment

Employment/recruitment agencies

Volunteer opportunities

Trade based employment

Internet

Public transport

Small business development

### Social

Sports

Park, fishing, bike, horse riding

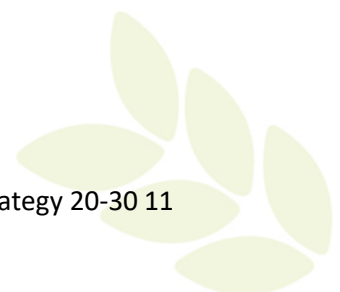
Movies

Theatre

Shopping

Travel

Youth Week





Mission Australia  
Social Media  
Dances/Balls  
Bands  
Friends

### **Education**

Library  
Cadetships  
Traineeships  
School based apprenticeships/work experience

### **Recreation/Culture**

CADAS  
Scouts  
Church youth groups  
Sports facility  
Skate park/pump tracks

### **Health**

Medical centres  
School health programs  
Hospital/pharmacies  
Doctors/dentists/physios  
Gym/boot camp/Pilates etc

## Action Plan

The Action Plan is a working document designed to guide council, youth workers, youth councils and supporting organisations to improve the lives of youth in our region. Goals and actions are to be updated regularly as they are completed or changed. This should be done in consultation with the youth council or youth sport group etc responsible.

There is also opportunity to add or change themes/issues as the needs and challenges facing our young people arise.

The plan is set out to reflect the differing needs of each community but also provides joint actions that require collaboration and implementation across the whole council area.

YO – Cootamundra-Gundagai Regional Council Youth Officer

CYC – Cootamundra Youth Council

GYC – Gundagai Youth Council

GNC- Gundagai Neighbourhood Centre

CDC – Cootamundra Development Corporation

DDAG – Dual Diagnosis Action Group

CAWP – Cootamundra Aboriginal Working Party

Key Theme/Issue	Goal	Action	Timeframe	Responsible
<b>GUNDAGAI</b>				
Youth Space (shared space name?)	To maintain and up-date furniture and equipment used at the youth space as needed.	Identify & apply for funding to maintain Gundagai's new shared youth/sport space. Investigate & apply for grants to maintain newly refurbished joint youth space & netball of-fice. Collaborate with council to include yearly funding in budget.	Ongoing.	YO, GYC, Gundagai Net-ball Ass
	To have a functional and well equipped area where youth feel comfortable and catered for. The area is also suitable for a youth officer to work from.	Purchase & organise equipment & furniture for youth area of youth space (already funded and awaiting siting). Funds to be raised through grants, council & fundraising activities. Where possible the use of recycled/ environmentally friendly equipment & furniture to be used.	Short term or as soon as the building is installed. (Funded in 2017)	GYC, Gundagai Net-ball Ass
	To present a plan and costing for a Youth Café. This plan to be used for future grants	Investigate youth café/ shop. Funds could be raised	The development of the plan is short	GYC, YO

	if this project is feasible.	through grants, council & fundraising activities. Where possible the use of recycled/ environmentally friendly equipment & furniture to be used. Potential to use empty shops/spaces to sell or promote local youth works/art/produce. Or hold pop-up shops	term. The implementation may be long term.	
	Establish programs & events in youth space	Hold monthly youth inspired events in the new youth space. Including presenters, music, art lessons, pre employment classes. Look at Creative Kids registration for libraries/community centres.	Midterm & ongoing	YO, GYC
Gundagai Youth Council	Maintain or grow committee numbers as required allowing for diverse and rigorous representation and participation in community.	Maintain working committee as per constitution and increase when necessary through liaison with schools (newsletters/assembly etc), Facebook page, local newspaper and radio, and word of mouth by members.	Ongoing – review 6 monthly and on current committee member's resignation.	GYC
	Grow membership to include any young people wishing to join and be part but not attend meetings.	Grow membership through liaison with schools (newsletters/assembly etc), Facebook page, local newspaper and radio, and word of mouth by members.	Ongoing	GYC
	Make representation to establish Councilor reps	Invite local councilor's to meetings to help build support and communication between youth council and local representatives. Invite councillors to be	Ongoing - Reviewed yearly or as local councillors & youth council members change.	GYC, Councilors



		youth council reps to CGRC		
	Increase affective communication between youth & council	Continue to invite councillors to meetings. Send minutes to council to be included in advisory reports. Continue to invite Councillors to participate in youth activities and events. Maintain a good relationship with council staff with staff and managers invited to meetings as requested or for updates in their area.	Short term, 6 months - Ongoing	YO, GYC
	Increase social media activity	To post regular posts weekly on all social media account. Encourage youth members to Admin. Develop a social media plan for Facebook, Instagram, Snapchat and emerging platforms	Short term & ongoing	GYC
	Develop Web page	Develop and maintain a web presence to connect with members and wider youth and community. Include news, blog, events, activities and other youth information.	Short term - 2021	YO, GYC
	Develop new logo for GYC through competition and graphic designer.	Establish new logo and order branded GYC apparel.	<12 months – June 30 2021	GYC
	Purchase advertising banner for community events	Design and purchase vinyl table banner including new GYC & CGRC logo	As soon as the new logo is finalised. March 2021	YO, GYC
	Increase effective communication between youth & community through	Establish a monthly youth column in the local paper. Contact "Sounds of the	Short term - Ongoing	YO, GYC

	newspaper/radio, social media,	Mountains” to advertise upcoming events		
Health & Wellbeing	Collaborate with Interagency to increase access to Health services	Youth Councils to communicate with local interagency to lobby for increase access to health	Mid -long term	YO
Youth Activities & events	Create a healthy food market	Establish communication between local suppliers, GYC, CGRC. Get involved with & support Sundy in Gundy and farmers market.	Ongoing	YO, GNC
	Organise regular youth events to coincide with school holidays	Organise activities and events developed but youth councils. Also liaise with libraries, community centres, sporting groups to include any activities they are running so as not to overlap and to be able to cross promote.	Ongoing & reviewed regularly to ensure appropriate youth involvement in planning of events	YO, GYC
	Establish art/drama/music programs in Gundagai	Identify needs and possibilities and to find tutor, teachers, trainers (volunteers/paid) that can deliver. Work with GNC to develop a plan for program and costing. Then identify suitable grant funding or costing to be recovered through attendance. Look to work with Cootamundra and Tumut already established providers.	< 12 mths – long term.	YO, GYC, GNC
	Off leash fenced dog park in Gundagai	Consult with council in regard to a suitable place. Consult with dog owning community in regard to equipment, space	Mid – long term. Dependent on site.	YO, GYC

		etc. Investigate costs, develop plan and possible funding avenues.		
	Better/ Larger gym Gundagai	Find funding for and create a bigger facility that can hold larger groups and has more equipment.	Long Term	YO
Environment	Build youth and community enterprise bottle cap recycling facility.	Apply for available grant funding to establish a bottle cap recycling building in the men's shed grounds. Communicate with community to increase recycling in the area. Liaise with council re the facility siting and benefits of products made. Liaise with council and RERO in relations to waste management.	Long Term	GYC, YO
	Instigate/organise youth and community / school tree planting day in Gundagai in absence of Bushcare group.	Hold a tree planting day for GYC, youth and wider community on 1st August 2021. Support the schools to hold one on 30th July.	>12 months – Friday 30th July (school) and Sunday 1st August 2021 (community)	GYC, Schools
	Create street art/murals	Contact local artist to collaborate on design & implementation of street art. Engage local youth community to help design and paint artwork. Collaborate with council on appropriate area for new street art.	Mid - long term 12 months	YO, GYC
	Improve town vibrancy	Consult with youth and community, investigate ideas and support creation of Gundy 2050 report	Long term	GYC, YO



## COOTAMUNDRA

Youth Space	Obtain ongoing funding for a new dedicated youth hub	Investigate & apply for grants to refurbish existing council building to be used as a dedicated youth hub. Collaborate with council to include yearly funding in budget	long term > 12 months	YO, CYC
	Organise equipment & furniture for youth hub	Purchase equipment & furniture for youth hub. Funds to be raised through grants, council & fundraising activities. Where possible the use of recycled/ environmentally friendly equipment & furniture to be used.	Long term > 12 months	YO, CYC
	To present a plan & costing for a Youth Café/shop. This plan can be used for future grants if feasible.	Investigate youth café/ shop. Funds could be raised through grants, council & fundraising activities. Where possible the use of recycled/ environmentally friendly equipment & furniture to be used.	Long term > 12 months	CYC, YO
	Establish programs & events in youth hub	Hold monthly youth inspired events in the new youth hub. Including presenters, music, art lessons, pre employment classes. Look at Creative Kids registration for libraries/community centres.	Long term > 12 months	YO, CYC
Cootamundra Youth Council	Maintain or grow committee numbers as required allowing for diverse & rigorous representation	Maintain working committee as per constitution & increase when necessary through liaison with schools (newsletters/assembly etc),	Ongoing – review 6 monthly & on current committee member's resignation.	CYC, Community

	as well as participation in the community.	Facebook page, local newspaper, radio, & word of mouth by members		
	Grow membership to include any young people wishing to join but not attend meetings	Grow membership through liaison with schools (newsletters/assembly etc), Facebook page, local newspaper, radio, & word of mouth by members.	Ongoing	CYC
	Make representation to establish Councillor reps	Invite local councillor's to meetings to help build support/communication between youth council members & local representatives. Invite councillors to be youth council reps to CGRC	Short term < 4 months	CYC, Councillors
	Increase affective communication between youth & council	Continue to invite councillors to meetings. Send minutes to council to be included in advisory reports. Continue to invite Councillors to participate in youth activities & events. Maintain a good relationship with all council staff & managers. Invite staff to meetings as requested or for updates in their area.	Short term & Ongoing	YO, CYC
	Increase social media activity	To post regular posts weekly on all social media accounts. Encourage youth members to Admin. Develop a social media plan for Facebook, Instagram, Snapchat & emerging platforms	Short term & Ongoing	CYC

	Purchase advertising banner for community events	Design & purchase vinyl table banner including CYC & CGRC logo	Short term <4 months	YO, CYC
	Increase affective communication between youth & council through newspaper/radio, social media,	Establish a monthly youth column in the local paper/ school newsletter. Contact local radio station to advertise upcoming events	Ongoing	YO, CYC
	Develop Web page.	Develop & maintain a web presence to connect with members, external youth & community. Include news, blog, events, activities & relevant youth information.	Short term 2021	YO, CYC
	CYC#	Establish an easy to remember Coot-amundra Youth Council Hashtag to be used for all social media posts in order to improve the CYC brand & garner feedback for youth council events.	Short term <4 months	CYC
	CYC member profiles	Create online member profiles for social media pages including photo & goals for the youth council	Short term < 4 months	CYC
	CYC advertising brochure	Design & create a CYC brochure including events, goals & also achievements. To help increase/ maintain membership numbers, brand awareness & advertising	Short term <6 months	CYC
Health & Wellbeing	Collaborate with Interagency to increase access to Health services	Youth Council to communicate with local Interagency to lobby for increase access to health	Ongoing	YO



	Establish specific programs based on youth health needs	Regularly conduct surveys or information gathering events to create targeted educational programs such as family planning & personal health classes. Consult with local schools & health care providers to advertise existing programs.	Ongoing	YO, Community
	Collaborate with local health services to include youth access in their future planning	A youth council member to investigate joining LHAC or hospital committee.	Short term. Regularly reviewed as CYC members change	YO, CYC
	Increase inclusion & accessibility access to local community shops & events	Young people to actively engage with planning sessions conducted by council regarding community upgrades. Youth council to contribute ideas to Albert Park upgrade.	Ongoing	CYC, Community
Youth Activities & events	Create a healthy food market	Establish communication between local suppliers, CYC & CGRC. Organise a farmers market/healthy food market in Cootamundra	Long term > 12 months	YO, CYC, Community
	Organise regular youth events to coincide with school holidays	Organise activities & events developed by the youth council. Also liaise with libraries, community centres, sporting groups to include any activities they are running so as not to overlap & help cross promote appropriate events.	Ongoing & reviewed regularly to ensure appropriate youth involvement in planning of events	YO, CYC
	Increase cultural events/groups in Cootamundra	Young people to consult with CWAP to	Ongoing & reviewed regularly to ensure	YO, CWAP, Community

		discern culturally significant & respectful events. Engage fully in NAIDOC week events.	cultural sensitivity is maintained at all events	
Sport & Recreation	Modify Pool times Cootamundra	Lobby new pool leasee to modify pool opening times and entry fee	Short term < 6 months	CYC
	Handball park at Mitchell Park	Engage in discussion with council & potential funding organisations to construct a Handball park in Mitchell park	Long term	CYC, YO
Environment	Increase green spaces in Cootamundra	Lobby CRCG to increase/ maintain & focus on safety in new & existing green spaces	Long term	CYC, YO
	Create street art/murals	Collaborate with CWAP & local artists to create local, culturally significant artwork in youth used areas. Engage young people to help design & paint street art. Collaborate with council to establish appropriate areas to include street art.	Long term	YO, CYC, CWAP, Community
	Improve town vibrancy	Consult with youth & the community. Investigate ideas & follow up with Cootamundra 2050 goals.	Ongoing	CYC

## JOINT ACTION PLAN

Youth Officer	Re apply for grant funding to continue this role in both communities. Lobby local government members to maintain current youth officer funding. Apply for appropriate grant funding opportunities.	To have ongoing funding for permanent youth officer in both communities beyond the current contract.	By June 2021 when the current position funding finishes.	YO
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	Discuss with CGRC funding available for continued YO role.			
Education & Employment	Investigate increased access to VET & Traineeships	Partner/support CDC's program.	ongoing	YO, GYC, CYC CDC
	Lobby larger business to open in both communities to increase employment options	Develop a plan to establish contact with larger companies in order to increase business uptake in both communities. The plan should highlight the benefits of businesses establishing in the CGRC shire	Long Term	YO, GYC, CYC, CDC
	Host a careers expo	Network with local, national, government businesses to participate in careers expo. Organise & hold an expo within both Coot-amundra & Gundagai	Long term	YO, CYC, GYC, CDC, GREG Business community, local schools
Health & Well-being	Collaborate with Interagency to increase access to Health services	Youth Councils to communicate with local interagency to lobby for increase access to health services	Ongoing	YO
	Create Mental Health events	Obtain grant funding to host regular mental health events including a mental health forum.	Midterm 6-12 months	YO, GYC, CYC, DDAG
	Re-establish Youth Crisis Support donation fund within	Discuss with council the	Midterm & ongoing	YO, CYC, GYC, Interagency,

	council in conjunction with Interagency	reestablishment of crisis fund. Lobby businesses to donate to local fund. Hold fundraising events to increase funds.		Business Community
Youth Activities & events	Establish annual GYC & CYC meetings/ Catch ups	Collaborate between both youth councils to establish ongoing networking opportunities. Host regular events between both groups including sporting, competitive, fun & joint ventures in both towns or local villages where necessary.	Short term & Ongoing	GCY, CYC, YO
Sport & Recreation	Upgrade sporting facilities	Collaborate with council to upgrade & revitalise exciting facilities, such as skate park in Cootamundra & youth Warrior course Gundagai	Ongoing	YO, GYC, CYC
Environment	Organise an Environmental change forum	Host a community environmental forum, Including Contacting environmental change experts, gather relevant resources, distribute information to attendees.	>12 months September 2021	GYC, CYC, YO



