

# **Youth Strategy 2020-30**



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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.





**1973** 

YOUNG PEOPLE LIVE IN OUR COUNCIL AREA

That's 17.5% of the total CGRC population.











12.4%
WORKING FULL TIME

3.8%

15.2%
WORKING PART TIME

42.2% STUDYING FULL TIME



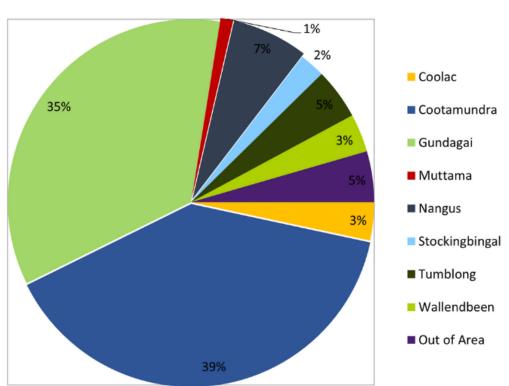
# **2020 Youth Survey**

The Youth 20-30 survey was held over an 8 week period from December 2019 – February 2020. The submitted responses were gathered and analysed to support the 20-30 Youth Strategy. Presented here is a summary of the data.



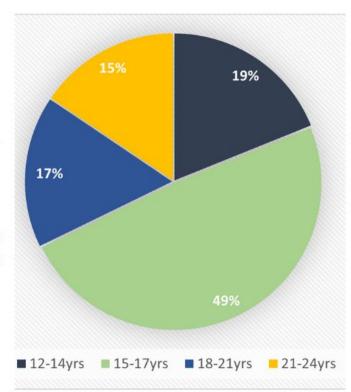


While most of the survey particpants were from Cootamundra and Gundagai the smaller villages made up 21% of the total responses with all the smaller rural areas represented.





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.

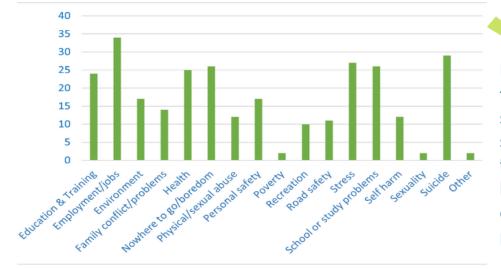


# **EMPLOYMENT AND JOBS**

OUR TOP 3
CONCERNS



# **DEPRESSION**



# 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.







92 V0 HAVE A MOBILE PHONE

DO NOT HAVE ACCESS
TO A COMPUTER WITH
INTERNET



1 IN 4

HAS BEEN BULLIED
ONLINE IN THE PAST

12 MONTHS

14%

IDENTIFIED AS
INDIGENOUS AUSTRALIANS



3.3%

IDENTIFIED AS
LGBTIQA+

"Can go camping and hang out with friends"



"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."

"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 will be updated regularly as goals are met and actions are updated.

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

YO – Cootamundra-Gundagai Regional Council Youth Officer

GYC - Gundagai Youth Council

CYC – Cootamundra 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
GUNDAGAI				
Youth Space	To maintain and update 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 office. 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 in- stalled. (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 develop- ment 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 & ongo- ing	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 Council- lor reps	Invite local councillor'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, Councillors

	., ., .,		
	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 - On- going	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 fi- nalised. March 2021	YO, GYC
Increase effective communication be-tween youth & community through	Establish a monthly youth column in the local paper. Contact "Sounds of the	Short term - Ongoing	YO, GYC

	,			
	newspaper/radio, so-	Mountains" to adver-		
tte elile 0	cial media,	tise upcoming events	NA'-L La calla car	\ <u>\</u>
Health &	Collaborate with In-	Youth Councils to	Mid -long term	YO
Wellbeing	teragency to increase	communicate with		
	access to Health ser-	local interagency to		
	vices	lobby for increase ac-		
Vouth Activi	Crosto a boolthy food	cess to health	Ongoing	VO CNC
Youth Activities & events	Create a healthy food market	Establish communica- tion between local	Ongoing	YO, GNC
ties & events	IIIdiket	suppliers, GYC, CGRC.		
		Get involved with &		
		support Sundy in		
		Gundy and farmers		
		market.		
	Organise regular	Organise activities	Ongoing & re-	YO, GYC
	youth events to coin-	and events devel-	viewed regu-	. 5, 5.5
	cide with school holi-	oped but youth coun-	larly to ensure	
	days	cils. Also liaise with	appropriate	
		libraries, community	youth involve-	
		centres, sporting	ment in plan-	
		groups to include any	ning of events	
		activities they are		
		running so as not to		
		overlap and to be		
		able to cross pro-		
		mote.		
	Establish	Identify needs and	< 12 mths –	YO, GYC, GNC
	art/drama/music pro-	possibilities and to	long term.	
	grams in Gundagai	find tutor, teachers,		
		trainers (volun-		
		teers/paid) that can		
		deliver. Work with		
		GNC to develop a plan for program and		
		costing. Then identify		
		suitable grant fund-		
		ing or costing to be		
		recovered through		
		attendance. Look to		
		work with Coot-		
		amundra and Tumut		
		already established		
		providers.		
	Off leash fenced dog	Consult with council	Mid – long	YO, GYC
	park in Gundagai	in regard to a suitable	term. Depend-	
		place. Consult with	ant on site.	
		dog owning commu-		
		nity in regard to		
		equipment, space		

		-		
		etc. Investigate costs, develop plan and possible funding ave- nues.		
	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 REROC in relations to waste management.	Long Term	GYC, YO
	Instigate/organise youth and commu- nity / 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 vi- brancy	Consult with youth and community, investigate ideas and support creation of Gundy 2050 report	Long term	GYC, YO

#### **COOTAMUNDRA**

COOTAMUNDRA				1
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 dedicate 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 & rigor- ous 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 participa- tion in the commu- nity.	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 representa- tion 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, Council- lors
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	СҮС

	Purchase advertising banner for community events	Design & purchase vi- nyl table banner in- cluding CYC & CGRC logo	Short term <4 months	YO, CYC
	Increase affective communication between youth & council though 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 mem- ber profiles for social media pages includ- ing photo & goals for the youth council	Short term < 4 months	CYC
	CYC advertising bro- chure	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	Regularly conduct	Ongoing	YO, Commu-
	programs based on youth health needs	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.	Oligoliig	nity
	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, Com- munity
	Organise regular youth events to co- incide 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 & re- viewed regu- larly to ensure	YO, CWAP, Community

		T	1	-
		discern culturally sig-	cultural sensi-	
		nificant & respectful	tivity is main-	
		events. Engage fully	tained at all	
		in NAIDOC week	events	
		events.		
Sport & Rec-	Modify Pool times	Lobby new pool	Short term < 6	CYC
reation	Cootamundra	leasee to modify pool	months	
		opening times and		
		entry fee		
	Handball park at	Engage in discussion	Long term	CYC, YO
	Mitchell Park	with council & poten-		
		tial funding organisa-		
		tions to construct a		
		Handball park in		
		Mitchell park		
Environment	Increase green	Lobby CRCG to in-	Long term	CYC, YO
	spaces in Cootamun-	crease/ maintain &		
	dra	focus on safety in		
		new & existing green		
		spaces		
	Create street	Collaborate with	Long term	YO, CYC, CWAP,
	art/murals	CWAP & local artists		Community
		to create local, cul-		
		turally significant art-		
		work in youth used		
		areas. Engage young		
		people to help design		
		& paint street art.		
		Collaborate with		
		council to establish		
		appropriate areas to		
		include street art.		
	Improve town vi-	Consult with youth &	Ongoing	CYC
	brancy	the community. In-		
		vestigate ideas & fol-		
		low up with Coot-		
		amundra 2050 goals.		

# JOINT ACTION PLAN

Youth Officer	Re apply for grant	To have ongo-	By June 2021	YO
	funding to continue	ing funding for	when the cur-	
	this role in both com-	permanent	rent position	
	munities. Lobby local	youth officer in	funding fin-	
	government mem-	both communi-	ishes.	
	bers to maintain cur-	ties beyond the		
	rent youth officer	current con-		
	funding. Apply for ap-	tract.		

		I		
	propriate grant fund- ing opportunities. Discuss with CGRC funding available for continued YO role.			
Education & Employment	Investigate increased access to VET &	Partner/sup- port CDC's pro-	ongoing	YO, GYC, CYC CDC
	Traineeships  Lobby larger business	gram.  Develop a plan	Long Term	YO, GYC, CYC,
	to open in both com- munities to increase	to establish contact with		CDC
	employment options	larger compa- nies in order to		
		increase busi- ness uptake in		
		both communi-		
		ties. The plan should high-		
		light the bene- fits of busi-		
		nesses estab- lishing in the		
		CGRC shire		
	Host a careers expo	Network with local, national,	Long term	YO, CYC, GYC, CDC, GREG Busi-
		government businesses to		ness community, local schools
		participate in		
		careers expo. Organise & hold		
		an expo within both Coot-		
		amundra & Gundagai		
Health & Well- being	Collaborate with Interagency to increase	Youth Councils to communi-	Ongoing	YO
	access to Health ser-	cate with local		
	vices	interagency to lobby for in-		
		crease access to health services		
	Create Mental Health events	Obtain grant funding to host	Midterm 6-12 months	YO, GYC, CYC, DDAG
	3.3.3	regular mental		23/10
		health events including a		
		mental health forum.		

	Re-establish Youth Crisis Support dona- tion fund within council in conjunc- tion with Interagency	Discuss with council the reestablishment of crisis fund. Lobby businesses to donate to local fund. Hold fundraising events to increase funds.	Midterm & ongoing	YO, CYC, GYC, Interagency, 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 & revi- talise exciting facilities, such as skate park in Cootamundra & youth Warrior course Gundagai	Ongoing	YO, GYC, CYC
Environment	Organise an Environ- mental 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

