



YOUTH SERVICES

STUDENT UPDATE

The Greater Dandenong Youth Services team are here to help you stay connected during COVID-19.

We've got some exciting new online programs and events planned for this month, plus loads of opportunities for you to share your ideas and abilities.

Check out this newsletter to find out more and get involved!



GAME ON

'Game On' is your new virtual hang out! You'll get to play fun games online, connect with other young people and do some socially-distanced socialising!

Give yourself a well-deserved break from homework and join us for some good times.

When: every second Wednesday in Term 4, starting 14 October.

Ages: 12-18 years

[Find out more](#)

AMPLIFIED 2.0

Amplified 2.0 is an online music event, featuring a series of local young people performing original acts.

We've got an amazing line up of singers, dancers, rappers and poets. Join us online to celebrate these amazing young performers!



When: Friday 13 November, 4:00 - 4:30pm

Keep an eye on our [Facebook](#) and [Instagram](#) pages to find out more

UNITE ALLIANCE

Unite Alliance is a program for LGBTQIA+ young people and their allies. Join Unite to meet likeminded young people, develop awareness campaigns, learn about healthy relationships and mental wellbeing, and take part in fun activities.

If this sounds like something you're interested in, we'd love to hear from you.

Ages: 14-25 years

[Find out more](#)



FREEZA COMMITTEE

Join us online for FreeZA on Thursday afternoons!

FreeZA is all about planning exciting youth-led events, developing communication and event planning skills, meeting other awesome young people and having loads of fun - sounds good right?

Ages: 12-25 years

[Find out more](#)



CREATE CONTENT FOR OUR SOCIALS

We are seeking content created by young people (aged 12-25 years) to profile on Council's social media platforms. Current opportunities include:

- Young people sharing their skills through a video tutorial
- Young performers showcasing talents (original content only)
- Young people introducing their pets who have made isolation easier

Young people will receive a \$50 gift card for their contribution, if their video is published on Youth Services' social media.

To get involved, please message us or email youthservices@cgd.vic.gov.au



CELEBRATING ESSENTIAL WORKERS



Meet Vinay, a young person from Greater Dandenong who works as a radiographer in a hospital.

“Work during the pandemic with tight restrictions has been a struggle. We’ve had bruises on our noses from wearing the N95 masks, and long days where you can often forget to drink water leading to slight dehydration and sweating from wearing a face shield, gown, gloves and a mask on top of our usual clothing.

The more information gained about COVID-19 has meant constantly updating the way in which we provide care to our patients whilst also being up to date regarding current infection control practices. Additionally, most of my healthcare colleagues go through some form of fatigue whether that may be

physically or mentally. Knowing very well that we are the first/last line of defence often makes our job difficult to manage. However, most of us carry along with a smile knowing very well that we put ourselves in harms way to serve the needs of patients and protect the vulnerable. We know that all of Victoria is behind us and it only strengthens our spirit.”

We want to hear more from young essential workers! If that’s you, please reach out by messaging our socials, or call 9793 2155 to have your story shared.

COMMUNITY CONSULTATION

We want to know how COVID-19 has impacted you!

We're looking for young people aged 12-25 to share their thoughts and experiences, to help us understand how COVID-19 has affected our local community.

You can choose to complete an online survey, interview or focus group discussion. Participants will have the chance to enter the draw to win a \$50 gift voucher.

[Find out more](#)



CULTURE KITCHEN

We're inviting young people to contribute to our project, Culture Kitchen. Help us to celebrate the diversity of Greater Dandenong through sharing simple, healthy recipes from the different cultures that make up our vibrant community.

Share your favourite family recipes with us and your dish could be featured in an online recipe book!

For more information, please contact us on 9793 2155 or email youthservices@cgd.vic.gov.au



Greater Dandenong Youth and Family Services

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facebook.com/cgdyoungservices

youth.greaterdandenong.com

We are proudly drug, alcohol and smoke free



9793 2155



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Speak and listen:

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TIS: 13 14 50