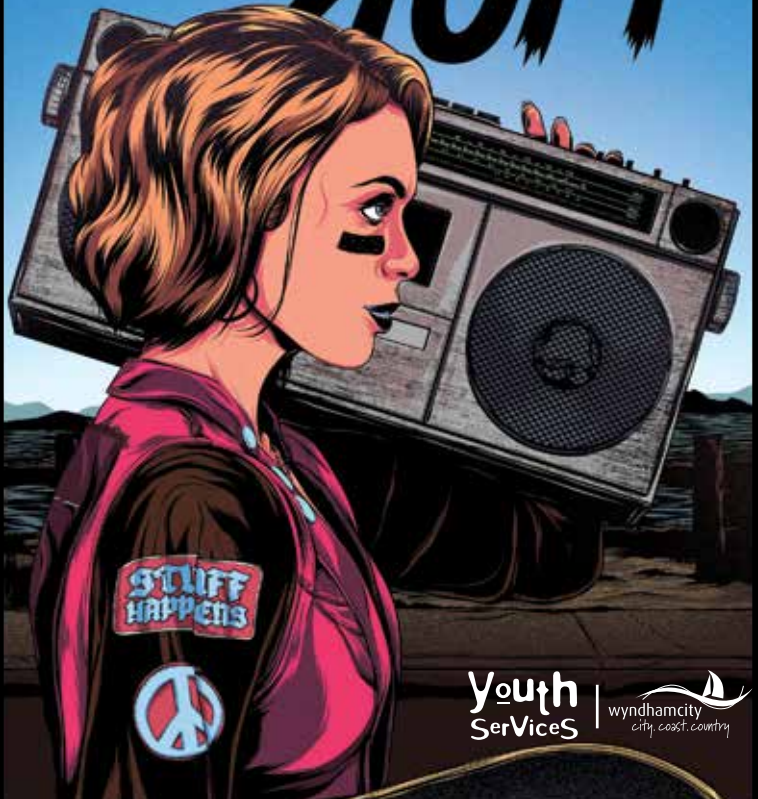


BOOK OF STUFF

2018//
2019



Youth
Services

wyndhamcity
city.coast.country

ABOUT THIS BOOK!

The Book of Stuff has been put together especially for young people in Wyndham. It's a one-stop resource that has all the useful information that you need, from information about the program and services you can access, to all the things to do locally if you're bored, and a range of information to help with any issue.

It has been compiled by the Wyndham Youth Task Force (read about them on page 18) and from the feedback taken from young people just like you.

2018/2019 BOOK OF STUFF

Wyndham City recognises Aboriginal and Torres Strait Islander peoples as the First Custodians of the lands on which Australia was founded. We acknowledge the Wathaurong, Woiwurrung and Boonwurrung peoples of the Kulin Nation as the Traditional Owners of the lands on which Wyndham City is being built.

For tens of thousands of years, the Werribee River has been a significant meeting place for Aboriginal people to build community, exchange resources, and share responsibility for its lands.

We pay respect for the wisdom and diversity of past and present Elders. We share commitment to nurturing future generations of Elders in Aboriginal and Torres Strait Islander communities.



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Youth Services

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SECTION TWO

Bored? Do something local

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SECTION THREE

Services there to help

SECTION FOUR

Public Transport

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youth
SerViceS

SECTION ONE

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YOUTH SERVICES

YOUTH SERVICES

The Youth Services team provide programs and services to young people aged 12-25 years who live, work or study in Wyndham. This includes:

- Weekly youth programs
- Events and entertainment
- Youth committees
- One-on-one support services
- Skill development and enhancement
- Local engagement activities

These programs and services happen at many locations across the Wyndham area, which you can see on the next page. View our range of programs and services on pages 12-24.

Find out what's happening in your area by contacting us on (03) 8734 1355 or going to <http://youth.wyndham.vic.gov.au>

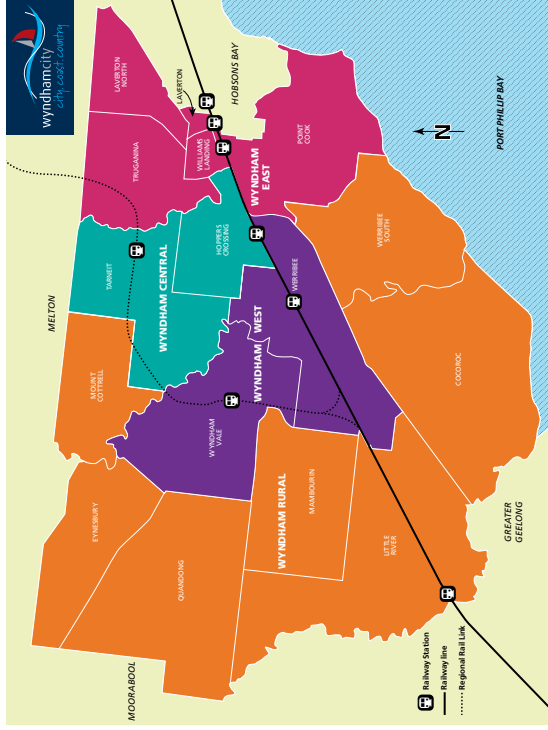
Contact us for more information

Monday to Friday 9am-6pm Ph: (03) 8734 1355

E: mail@wyndham.vic.gov.au W: youth.wyndham.vic.gov.au

DISTRICTS OF WYNDHAM AND OUR LOCATIONS

Youth Services programs and services are offered in the 4 Districts of Wyndham as shown below:



Wyndham Central District

Tarneit Community & Learning Centre
150 Sunset Views, Blvd
Ph: 9748 9822

You can drop in during weekdays to chat with a friendly youth worker at Tarneit CLC, or participate in after-school programs. On offer are also excursions, events, youth committee and support services such as counselling.



Youth Resource Centre (YRC)
86 Derrimut Rd,
Hoppers Crossing
Ph: 8734 1355
Open 9am-6pm weekdays

The YRC is located opposite to Aqua Pulse (indoor pool). You can drop in anytime from 9am-6pm on weekdays to speak with a youth worker. Programs include weekly after-school programs, support programs, excursions, holiday programs, events, youth committees and counselling.



The YRC also houses a variety of external support services, such as Gatehouse- Royal Children's Hospital, Whitelion/ Open Family Australia, Youth Support & Advocacy Services (YSAS), Centre for Multicultural Youth, Inner Melbourne VET Cluster (Transition to Work & Strive) and West Justice

There is also a range of facilities available for young people to use, including a free internet café and printing, meeting rooms and activity spaces, industrial kitchen, pool table and table tennis, and a band rehearsal room with equipment hire. There will also be a new outdoor skate/ scooter area opening very soon.

Wyndham West District

Manor Lakes Community Centre
86 Manor Lakes Blvd,
Manor Lakes
Ph: 8734 8934

Our Youth Lounge is open on weekdays from 3-5pm (located inside of the community centre) and here you can participate in after-school recreational programs, excursions, events, sporting activities, youth committee and use support services such as counselling.

You can also make an appointment or drop by to talk to a youth worker during the week from 9:30 am – 5:30 pm (Monday – Friday).



Wyndham East District

Point Cook Town Centre
Suite 703, Level 1 Main St
Ph: 8375 2346

Visit our Youth Services office on level 1 of the Point Cook Town Centre. Here you will find our friendly staff, a free internet café, a cool hang-out space, after school programs, youth committee and support services such as counselling.

The Youth Services staff also regularly participate in engaging Young People who recreate at the shops, library, skate park and in the outdoor areas.



WEEKLY YOUTH PROGRAMS

Our weekly after-school youth programs run at our various locations during the term and provide heaps of fun activities, excursions and friendly workers to talk to. There are different age groups for different programs, but any young person between 12-25 years will be able to find something to suit them!

You can find the latest program timetables by contacting us on 8734 1355 or jump online to <http://youth.wyndham.vic.gov.au>.

Girls Night

This fun girls-only youth program meets weekly to do activities such as cooking, crafts, watch movies, chat, do girl talks, hang out, play games, and go on excursions in a safe and supportive environment.



Age group: 12-17

(Grade 6 students welcome from Term 3).

Guys Night

This boys-only program meet weekly to do fun activities including play video games, sports, watch movies, cook, hang out, play pool, and go on excursions in a safe environment.



Age group: 12-17

(Grade 6 students welcome from Term 3).

Manor Lakes Youth Program

Drop into the Manor Lakes Community Centre 'Youth Lounge' after school for a bite to eat, to hang out, play games and chat to a youthie. We also have excursions each term, movie nights and Friday night events!

Age group: 12-17

(Grade 6 students welcome from Term 3).

Tarneit Youth Program

Live in Tarneit and want to join a weekly youth program? Come along and make new friends (guys and girls), have some food, chat to a youthie, and do fun activities.



Age group: 12-17

(Grade 6 students welcome from Term 3).

Point Cook Youth Program

Join the youth group at Point Cook to make new friends, hang out, play games, have something to eat, do activities, plan events around Point Cook and go on excursions.



Age group: 12-17

(Grade 6 students welcome from Term 3).

Urban Vibes

This program is a cultural arts program that includes music workshops, arts and crafts, painting graffiti and cultural activities.



Age group: 12-17

(Grade 6 students welcome from Term 3).

Point Cook Gamers Group

The Gamers Group program is designed for young people who are interested in various games such as PC, play station, x box, board games and card games.



Age group: 12-17 (*Grade 6 students welcome from Term 3*).

Q Program

Q is a social group for young people aged up to 25 years who might be Gay, Lesbian, Bisexual, Trans, Queer or gender-questioning. Friends and Allies are also welcome! Meet like-minded people and participate in events and activities, while building confidence, providing support and celebrating gender and sexual diversity.



Age group: 12-25 (*Grade 6 students welcome from Term 3*).

Bump, Baby & Beyond

BBB is a social program for pregnant and parenting young women up to 25 years old. It provides support to pregnant and parenting women with the opportunity for personal development, social support and participation in recreational activities.



Dad Space

Funded by the Bright Futures (VicHealth) grant through State Government, the Dad Space program is for young fathers or expected fathers with their families up to the age of 25 years that provides recreational opportunities, support & referral, learning opportunities and case management delivered by Youth Services in partnership with White Lion.

Breakaway Disability Program

Breakaway is a social respite program for young people with mild to moderate disabilities. There are two age groups: Juniors 5-11 years and Seniors 12-17 years. Referrals and assessment are necessary and a small fee is charged for participation.

Street Surfer Youth Bus

You might have seen the Street Surfer Youth Bus (SSYB) around at community events! It brings the best of Wyndham Youth Services' programs and support services to the streets. Jump on board to say hello to youth workers, play Xbox and Play Station, grab a bite to eat and get some information.



Holiday Action

Holiday Action is a recreational program of fun activities and excursions provided every school holidays for young people aged 12-15 years. Enrolments are necessary to attend and a small cost is involved. Contact us to find out the locations of the Holiday Action program and to get an enrolment form.



EVENTS AND ENTERTAINMENT

Check our website, Facebook and Instagram pages to find out when our fantastic entertainment events are happening all around Wyndham. All of our events are smoke, alcohol and drug free, fully supervised, and most are organised by our committees of young people (you can read about our committees on pages 18-19).

Friday Night Events

Fun activity nights occur twice a term for 12-17 year olds on a Friday night. Each FNE event is a different theme and includes plenty of activities, games, movies, food and the chance to meet new friends.



FReeZA Live Band Events

Live all ages band events are held throughout the year, including jam nights, punk/metal nights, open mic nights, Battle of the Bands, and lots more. The local FReeZA committee, Paradox organise the events and are often looking for new volunteers!



Like the Wyndham Freeza Facebook page to stay updated.

Skate Competitions and Events

From time to time you can find us at your local skate park running competitions, cooking a BBQ or hanging out with the Street Surfer Bus.

Check our website to stay updated!

Teenage Excursions

Teenage Excursions are run throughout the year for those aged 16-18 years old. Past excursions have included Adventure Park, live concerts, theatre shows, sporting events and more. Check our website to find out when the next excursion is running.

1eight2five

1eight2five is an all-accessibility program for young people aged 16-25 years of age during the school holidays and for 18-25 years of age during the terms. Once a month we run a social excursion to visit somewhere cool and meet new friends. In the past this has included going to the movies, bowling, Melbourne City and Luna Park.

Contact us for details and to book a place!

Youth Festivals/Cultural Events

Join us in celebrating Wyndham's young people at one of our community festivals or cultural events, such as Harmony Day and Refugee Week. These events may include food, rides, activities, music and cultural performances, and are plenty of fun for the whole family. Keep an eye out for the next Youth event happening in Wyndham, or check out our website.

Youth Forum

Each year we invite young people from local high schools and from the community to participate in various Youth Forums, these forums involve workshops to discuss issues that are important to young people and what we can do to help solve them. The results are presented to the Council and become projects for our youth committees to work on.

For more information about getting involved, contact the YRC.

Youth Summit

Using data collected from the annual Youth Forums, our team at Youth Services will work with young people to co-design a Summit to tackle one of the issues that young people have told us is important to them. Keep an eye out on our Facebook page to see when details will be released.

YOUTH COMMITTEES

If you're a young person who likes to get hands-on experience in organising and running events and community projects, join one of our youth committees!

For more information on vacancies on committees, please contact the YRC.

Youth Task Force

This group of young people aged 17-25 meet weekly to share ideas about how Wyndham can be improved as a home for young people. They work on community projects and campaigns, and act as a point of reference for Council. If you've got good ideas, come along and have your say!



FReeZA Paradox Committee

Our FReeZA Committee run all ages live music events that are drug, alcohol and smoke free. The committee consists of young people aged 12-25.



Check out when the next event is happening on our FReeZA facebook page www.facebook.com/WyndhamFreeza.

Friday Night Events Committee

The Friday Night Events committee meet to organise fun activities and events at local community centres. Past events have included Superhero parties, Moonlight Cinemas, Winter Ball and more. The committee is for young people aged 12-17.

Wyndham Wide Youth Committees

The Wyndham Wide Committees (include Wyndham Central, Wyndham East and Wyndham West) consists of young people aged between 12-17 years of age who are passionate about being young leaders in their community. Members provide Council with advice and recommendations on the needs and wants of young people in their local areas. They also plan and deliver on a broad range of events to other young people from their local community.

Wyndham Student Representative Council (WSRC)

As a result of the discussions at one of our annual Youth Forums, a Wyndham Student Representative Council was formed with students from local high schools. The WSRC meet monthly to work on projects that will improve Wyndham for young people, and get leadership training.

eYouth Project

Funded by the Empower grant through State Government, the eYouth Crew is a group of young people aged 16-25 years that work with other young people to create advocacy projects through creative art forms and media.

Check us out online!

Youth Directory	http://youth.wyndham.vic.gov.au/ysd
Youth In Wyndham	facebook.com/youthinwyndham
Freeza events	facebook.com/WyndhamFreeza
Instagram	#youthinwyndham

ONE-ON-ONE SUPPORT

There are many support services that operate out of the Wyndham Youth Resource Centre and our locations in Point Cook, Tarneit and Manor Lakes. We can help you with any issues you may be dealing with.

Counselling

Free counselling is available through Youth Services for young people aged 12-25 years in Wyndham. A counsellor can talk with you about any issues you are dealing with, and they can meet with you at your school, at our offices or place near you.



To get in touch, call the YRC on 8734 1355.

Whitelion Open Family Outreach & Support

Whitelion Open Family provide support and outreach assistance to young people who need counselling for alcohol and drug issues, are homeless or at risk of being homeless, and those who need help with employment. The workers are available 24 hours, 7 days a week.

Call 8734 1370 or 8734 1319.

NOSH

NOSH (Nutrition, Outreach, Support and Health) is a van and program that travels around to different locations in Wyndham to provide nutritional food, material aid, advice and support to young people aged between 12-25 years.

Keep an eye out for the NOSH van in the community!

Gatehouse – Child Abuse Counselling

Gatehouse offers assessment, treatment, and counselling to children and young people who have been affected by sexual abuse. The Gatehouse Centre is located at the Royal Children's Hospital, and a Gatehouse counsellor is available at the YRC by appointment.

Contact the Gatehouse Centre on 9345 6391.

Western Community Legal Centre

Western Community Legal Service has a Youth Law service that provides free legal advice for people aged 25 and under. The service is focused on criminal and civil law matters which include crime, fines, car accidents, debts, consumer law, disputes with banks and insurance, and unfair bills. A lawyer is available at the YRC on certain days, appointments are available but not required.

Contact the YRC or Wyndham Legal Service on 9749 7720, located at 1/8 Watton Street, Werribee.

YSAS

YSAS (Youth Support and Advocacy Service) is a leading youth health agency that helps vulnerable and high-risk young people with drug and alcohol issues, mental illness and social disconnection to take control of their health and wellbeing. YSAS also provides early intervention support for young people in contact with the justice system.

Foodbank Victoria

Food is available for young people aged 12-25 and their families, including frozen goods, dry goods, and fresh fruit and vegetables in small parcels to help you get by. No appointment is needed, just visit the YRC and a youth worker will be happy to help you. They can also provide you with contact details of other resources that can help you get through difficult times.

Inner Melbourne Vet Cluster

IMVC provides young people with opportunities to explore a diverse range of career options, help young people learn and participate in education and training, gain employment, unpaid or voluntary work, and connect with people and community.

You can access IMVC workers at the Youth Resource Centre or call 9686 2354 to get in touch.

Centre for Multicultural Youth

CMY's 'Le Mana' (Empower) Pasifika Project helps to build connected communities and a sense of belonging for Pasifika young people in Wyndham.

SKILL DEVELOPMENT AND ENHANCEMENT

Youth Services offers and partners a wide range programs and services that can assist you in your education and employment.

Fresh Start Leadership Program

This program helps guide young people into pathways of education and employment through gaining skills and experience in leadership, respect, stress management, employment skills and coaching and group interviews.

Contact Youth Services for more info.

Wyndham City Mock Interviews

Is an inclusive program to improve interview skills for grade 10-12 and VCAL students with a disability. The program involves assisting students to select one of four jobs, support to write a cover letter and resume, register application through an online job portal, presentation on tips for interviews, meet and greet with interviewers, mock interview students and feedback on interview.

For further information email:
communitywellbeing&inclusion@wyndham.vic.gov.au

Personal Development Programs

Personal Development Programs aim to assist young people explore their positive attributes and realise their potential. Youth Services work with local primary and secondary schools to provide developmental programs for a diverse range of young people.

These programs cover a variety of topics including problem solving, teamwork, communication skills and recognising / managing feelings. For more information, please contact Youth Services on 8734 1355, weekdays 9am to 6pm.

Café Exchange

Café Exchange provides young people a volunteering opportunity to gain hospitality training, experience and knowledge of working in a café.

For more information, please contact Youth Services on 8734 1355, weekdays 9am to 6pm.

The Huddle

The Huddle is a place for young people between the ages of 12 to 25 to Learn, Grow and Belong. It was created to support, engage and empower young people as they build on their strengths and participate in their local communities.



Support is provided by the North Melbourne Football Club, from where a number of a dedicated staff and volunteers deliver programs in sport and recreation, education and career pathways, digital skills and civic participation.

The Huddle Bay ticketing program offers more than 3,000 complimentary North Melbourne AFL tickets towards various community groups and schools across Victoria annually, to share the experience of Australian Football.

Phone: (03) 9320 2400
Email: huddle@nmfc.com.au
Website: NMFC.com.au/huddle
Facebook: facebook.com/huddlenmfc
Twitter: twitter.com/huddlenmfc
Instagram: instagram.com/huddlenmfc

LOCAL ENGAGEMENT ACTIVITIES

Youth Services regularly engages with young people to ensure they are involved in creating positive social change through community engagement. Along with Whitelion and Youth off the Streets, youth workers have a presence in areas that young people recreate in (libraries, schools, local parks and neighbourhoods) and will engage with young people to provide to support and referral information when needed and may provide activities, food and drinks.



36 WALLACE AVE, POINT COOK
1300 783 123

BUY
ONE OF
BOWLING OR
LASER TAG
MISSION

GET THE
2ND FOR
FREE

MONDAY – THURSDAY 10AM-10PM

FRIDAY 10AM-11PM

SATURDAY 9AM-11PM

SUNDAY 9AM-10.30PM

Offer is per person. Does not apply with any other offer.
Bookings essential. Offer expires December 2019.



BOOST®

Juice bars

Point Cook

Shop 123A Stockland
Point Cook Town Centre

Monday – Wed 9am-5.30pm
Thursday – Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-5pm

Play
ROCK / PAPER /
SCISSORS
for a chance to get
50% off
(Most Popular Range)
if you lose
\$2 off

Must surrender voucher to redeem offer.
Offer expires December 2019.

YOUTH SERVICES

YOUTH RESOURCE CENTRE
86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355
<http://youth.wyndham.vic.gov.au>
email: mail@wyndham.vic.gov.au

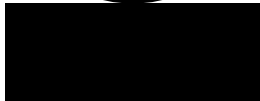
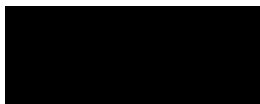


Cold Rock Ice Creamery – Point Cook
10% off your total purchase

Shop 128, Point Cook Town Centre
9395 7814

Open Mon-Fri 1pm-10pm
Sat 12pm-10.30pm, Sun 12.30pm-10.30pm

Must surrender voucher to redeem offer.
 Offer expires December 2019.



K109, PACIFIC WERRIBEE
 250 HEATHS ROAD,
 HOPPERS CROSSING
 LOCATED BETWEEN UNIGLO & H&M

Buy a large coffee
 & get a small
 coffee for \$1

MONDAY - WED 8AM-5.30PM
 THURSDAY - FRIDAY 8AM-9PM
 SATURDAY - SUNDAY 9AM-5PM

Buy a medium coffee
 & muffin/banana
 bread for \$6.50

Offer expires December 2019.



SECTION TWO

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**BORED?
DO SOMETHING
LOCAL!**

HOW TO BE ACTIVE IN YOUR COMMUNITY

Being an active member of your community is a great way to connect with what is happening around you and get some practical experience to put on your resume.

You may be passionate about an important issue or have some good ideas about how to improve Wyndham. Meeting like-minded people will sharpen your understanding and enhance creativity.

There are endless opportunities for you if you decide to make a difference! Here are some ways to go about being active in your community:

- Sign up to Wyndham City Council's Volunteer database
- Ask your Teacher or Welfare Coordinator at school to give you some suggestions
- Join one of the committees at Youth Services
- Visit your local community centre and see what's on
- Keep an eye out in the local newspaper for opportunities to get involved.

BIKE/SKATE/SCOOT

Bike Riding

You can get a map of all the bike trails in Wyndham by contacting Council on (03) 9742 0777 or downloading it at www.experiencewyndham.com.au

- Federation Bike Trail – 24kms / Easy, sealed
- Werribee River Bike Trail – 4.6kms / Easy, part sealed
- Heathdale/Glen Orden Wetlands Trail – 3.3kms / Easy, part sealed
- Wyndham Bay Bike Trail – 1.6kms / Easy, part sealed
- Skeleton Creek Bike Trail – 5kms / Easy, part sealed
- Lollipop Creek Bike Trail – 2kms / Easy, part sealed

Skate Parks and BMX tracks

- Hoppers Crossing BMX Track – Derrimut Rd (behind CFA)
- Hoppers Crossing Skate Park – Mossfiel Reserve, Heaths Rd
- Riverwalk Skate Park – Newmarket Rd, Riverwalk, Werribee
- Wyndham Vale Skate Park – Presidents Park, Heaths Rd
- Woolybush Drive Stake Park – Woolybush Dr, Tarneit
- Baden Powell Drive Skate Park – Baden Powell Dr, Tarneit
- Point Cook Skate Park – Boardwalk Boulevard
- Point Cook Ledges – Newminster Way
- Little River Skate Park – Possy Newland Reserve, River St

SPORTING RESERVES

Werribee

Chirside Park

Synnot and Watton St, Werribee

Galvin Park Reserve

Shaws Road, Werribee

Glen Orden (Heathdale) Reserve

Kookaburra Ave, Werribee

Price Reserve

Beach Road, Werribee South

Riverwalk Village Park

Newmarket Road, Werribee

Soldiers Reserve

Cnr Duncans & College Rd, Werribee

Hoppers Crossing

Cambridge Sport Reserve

Barber Dr, Hoppers Crossing

Grange Soccer Complex

Hogans Road, Hoppers Crossing

Hogans Road Reserve

Hoppers Crossing

Mossfiel Reserve

Heaths Rd, Hoppers Crossing

VU Wyndham Sporting Complex

Hoppers Lane, Werribee

Warringa Crescent Reserve

Hoppers Crossing

Wyndham Vale

Haines Drive Reserve

Wyndham Vale

Presidents Park

Cnr of McGrath & Heaths Rd,

Wyndham Vale

Wyndham Vale North Reserve

Black Forest Rd, Wyndham Vale

Wyndham Vale South Reserve

McGrath Road, Wyndham Vale

Manor Lakes

Howqua Way Reserve

Manor Lakes

Tarneit

Goddard Street Reserve

Tarneit

Wootten Rd Reserve

Tarneit

Hummingbird Boulevard Reserve

Tarneit

Truganina

Clearwood Drive Reserve

Truganina

West Meadows Lane Reserve

Truganina

Federation Boulevard Reserve

Truganina

Point Cook

Prudence Parade Reserve

Point Cook

Dunnings Road Reserve

Point Cook

Windorah Drive Reserve

Point Cook

Jamieson Way Reserve

Point Cook

Saltwater Boulevard Reserve

Point Cook

Tom Roberts Parade Reserve

Point Cook

Little River

Little River Reserve

You Yangs Road, Little River

ARTS AND CULTURE

Wyndham Cultural Centre

The Wyndham Cultural Centre hosts a diverse range of theatre and stage performances, as well as comedy, drama, and dances throughout the year. It's also home to the Wyndham Art Gallery, which showcases quality contemporary art from a range of local, national and international artists.

Wyndham Cultural Centre

177 Watton St, Werribee

wyncc.com.au

Box Office

Open: Mon-Fri 9am-4.30pm

Ph: 8734 6010

Art Paths

If you're looking for some advice or mentoring on developing a career in the arts or with a specific art project, book an Art Paths session with one of Wyndham's Arts and Cultural staff.

TOURIST ATTRACTIONS

Visitor Information Centre

177 Watton St, Werribee
Ph. 8734 6006
experiencewyndham.com

Werribee Open Range Zoo

zoo.org.au/Werribee-OpenRangeZoo

Werribee Park

Ph. 13 19 63

Victoria State Rose Garden

vicstaterosegarden.com.au

Point Cook RAAF Museum

airforce.gov.au

Point Cook Coastal Park

Pt Cook Road, Pt Cook
Ph. 13 19 63

What's On in Wyndham

Visit www.experiencewyndham.com.au to view a calendar of events and to subscribe to the one of the local Wyndham newsletters to find out what's happening in your community each month.

GRANTS

Mayoral Youth Award

The quarterly award is a way of recognising, promoting and rewarding the positive achievements of local young people. Each quarter a grant of \$500 is awarded to three young people aged 12-25 years who have made achievements in the areas of:

- Community Services, Volunteering and Leadership
- Music, Arts, Media and Culture
- Sport

The 12 winners for each year are entered into Young Achiever of the Year Award. For more information call the YRC on 8734 1355 or visit <http://youth.wyndham.vic.gov.au>

Young Achiever of the Year

The Young Achiever of the Year provides \$1000 to a young person in Wyndham as part of the recognition for their achievements, as well as continuing to reward their potential for the future. For more information contact the YRC.

Grant websites

Visit Council's Community Grants Directory to find an updated list of available grants at www.wyndham.vic.gov.au

Grants and fundraising info – www.fundingcentre.com.au

State Government grants – www.vic.gov.au/grants

Elite Athlete Travel Grants Program – www.dpcd.vic.gov.au

Sports Equipment Replacement Grants – www.dpcd.vic.gov.au

Sport Incentive Program – www.grantsandfunding.com.au

LIBRARIES

Julia Gillard Tarneit Library

150 Sunset Views Boulevard, Tarneit.

Ph: 8734 0200

Mon-Thur: 9am-8pm

Fri: 9am-6pm, Sat: 10am-4pm

Sun: 1:30pm-5pm

Point Cook Library

1-21 Cheetham St, Pt Cook

Ph. 9395 7966

Mon-Thur: 9am-8pm,

Fri: 9am-6pm, Sat: 10am-4pm,

Sun: 1.30-5pm

Werribee Plaza Library

Cnr of Heaths & Derrimut Rds,

Hoppers Crossing

Ph. 8734 2600

Mon-Thurs: 10am-8pm,

Fri: 10am-6pm, Sat 10am-4pm,

Sun: 1.30pm-5pm

Manor Lakes Library

86 Manor Lakes Blvd

Manor Lakes

Ph. 8734 8930

Mon-Tues/Thurs-Fri: 10am-6pm

Wed: 10am-8pm, Sat: 10am-4pm

Sun: closed

Werribee CBD Library

Wyndham Cultural Centre

177 Watton St, Werribee

Ph. 9742 7999

Mon-Wed/Fri: 10am-6pm,

Thurs: 10am-8pm, Sat 10am-4pm,

Sun: closed

What Can The Library Help With?

- Homework help (online and in person)
- Free computer access and wifi
- A space to study, read a book, or just hang out
- Books, mags and graphic novels to read and borrow
- Programs and things to do, inc. Book club, exam cram, author talks, competitions and prizes, opportunities to volunteer and more.

Find out more at www.wyndham.vic.gov.au/services/libraries or call 03 8734 2600

LOCAL COMMUNITY CENTRES

CC = Community Centre

CLC = Community Learning Centre

Arndell Park CC

29-49 Federation Blvd, Truganina
Ph. 8734 8911

Featherbrook CC

33-35 Windorah Drive, Pt Cook
Ph. 8353 4000

Grange CC

260 Hogans Rd, Hoppers Crossing
Ph. 8742 8000

Central Park CC

80 Lonsdale Cct
Hoppers Crossing
Ph: 9742 0867

Wyndham Park

55 Kookaburra Ave, Werribee
Ph. 8742 3975

Iramoo CC

84 Honour Ave, Wyndham Vale
Ph. 8742 3688

Jamieson Way CC

59 Jamieson Way, Pt Cook
Ph. 9395 3777

Penrose Promenade CC

83 Penrose Promenade, Tarneit
Ph. 8734 4500

Point Cook CLC

1-21 Cheetham St, Pt Cook
Ph. 9395 6399

Quantin Binnah CC

61 Thames Boulevard, Werribee
Ph. 9742 5040

Saltwater CC

153 Saltwater Promenade,
Point Cook
Ph. 8376 5500

Tarneit CLC

150 Sunset Views Blvd, Tarneit
Ph. 9748 9822

Werribee CC

2-4 Synnot St, Werribee
Ph. 9742 4013

Wyndham Community & Education Centre

3 Princes Highway, Werribee
Ph. 9742 4013

Wyndham Cultural Centre

177 Watton St, Werribee
Ph. 9742 0910

Manor Lakes CLC

Cnr Manor Lakes Bld & Howqua Way,
Manor Lakes
Ph. 8734 8934

Yerambooe CC

55 Maple Crs, Hoppers Crossing
Ph. 9748 9310



DONUT KING

EXCITE YOUR TASTEBUDS!

Kiosk 35, Pacific Werribee
Cnr Derrimut & Heaths Rds, Hoppers Crossing
9749 0556

**Hot dog
+ regular
Milkshake
OR Frozen Coke** **\$6**

Not to be redeemed with any other offer or VIP card.
Pacific Werribee store only. Offer expires December 2019.



BOOST[®]

Juice bars

Point Cook

Shop 123A Stockland
Point Cook Town Centre

Monday – Wed 9am-5.30pm
Thursday – Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-5pm

Buy one
medium drink
for \$3

(Most Popular
Range)

Must surrender voucher to redeem offer.
Offer expires December 2019.



YOUTH RESOURCE CENTRE

86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355

<http://youth.wyndham.vic.gov.au>

email: mail@wyndham.vic.gov.au



Healthy Habits

K054, Pacific Werribee,
Corner Derrimut & Heaths Roads,
Hoppers Crossing

Any ^{pie made}
roll \$7

Offer expires December 2019.



TIMEZONE™

20% OFF
**Mega Value
Package**
for up to 4 people

Pacific Werribee
Shopping Centre
Derrimut Road
Werribee
8742 7333
10am until late

Follow us:
[facebook/TimezoneWerribee](https://www.facebook.com/TimezoneWerribee)
[Instagram @timezoneaustralia_official](https://www.instagram.com/timezoneaustralia_official)

Only valid at Timezone Werribee. Coupon must be surrendered upon redemption. All four (4) Mega Value Packages must be used at time of purchase. Price subject to change without notice.
Must surrender voucher to redeem offer.
Offer expires December 2019.



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SUPPORT INFORMATION AND LOCAL SERVICES

ABUSE AND FAMILY VIOLENCE

What is domestic abuse and family violence?

Everyone has the right to live in an environment free from violence. Unfortunately, many people are witnesses, victims and/or perpetrators and often this violence happens at home.

Domestic and family violence isn't limited to physical harm, but can also include sexual assault, threats, intimidation, isolation, and psychological, emotional, verbal and economic abuse.

Being a victim or witnessing family violence can be very damaging to a young person. It can evoke a range of feelings including fear, depression, anger, shame, guilt, suicidal thoughts, despair and a sense of powerlessness. It can lead to physical symptoms (feeling sick, headaches, sleeping and eating difficulties), self-harming, affect performance at school, cause withdrawing from friends, lead to alcohol and drug use, and can cause misguided beliefs about violence being a legitimate tool to resolve conflict or control situations.

If you're experiencing abuse or violence it is not your fault. It is the abuser who is responsible. Domestic violence is a crime and the abuser is breaking the law.

What can I do about it?

If you've been a victim of family violence you should never believe that the violence is your fault. Know that you are not alone and you have the right to report the crime to police. Place the responsibility of the violence on the perpetrator and try to support the victim and get help for yourself.

Deciding to leave a violent relationship is a difficult decision and requires careful planning and support.

- Find supportive friends -- talk to someone you trust.
- Contact a support group – they can offer you direct help
- Make a safety plan – include emergency numbers, pack clothing/toiletries, important documents, medication etc in case you have to escape quickly.
- Contact the police to ensure your safety or if you need to return to collect possessions later on.
- See a doctor – if you are feeling anxious or depressed.
- Recognise your strengths – to create a more positive life
- If you need immediate help, call 000.

If you've been the perpetrator of violence, your behaviour is unacceptable and against the law. Take responsibility – help is available to assist you in changing your behaviour and attitude.

Abuse and Family Violence Resources

Child Protection and Family Services (DHHS)

Northern/Western contact
Ph. 1300 664 977
dhs.vic.gov.au

Child FIRST (DHHS)

Support, information, assistance and referrals
Ph. 1300 775 160
dhs.vic.gov.au

Safe Steps Family Violence Response Centre:

24/7 crisis phone support
Ph. 1800 015 188 (toll free)
safesteps.org.au

Werribee Support & Housing

Family mediation and support
19 Duncans Rd, Werribee
Ph. 9742 6452
wsh.org.au

West Region Centre Against Sexual Assault

Counselling and support
53 Ballarat Rd, Footscray
Ph. 9687 5811
westcasa.org.au

Sexual Assault Crisis Line

Ph. 1800 806 292
sacl.com.au

Domestic Violence Resource Centre Victoria

Ph. (03) 9486 9866
dvrvc.org.au

Bursting the Bubble Resource

Information and help
burstingthebubble.com
woah.org.au

Gatehouse Centre

Child abuse counselling, located at the YRC and Royal Children's Hospital.
Ph. 9345 6391
rch.org.au

Women's Health West

Family violence and health service for women.
317 Barkly St, Footscray
Ph. (03) 9689 9588
whwest.org.au

Australian Muslim Women's Centre for Human Rights

Ph. 9481 3000
ausmuslimwomenscentre.org.au

Kids Help Line

Ph. 1800 55 1800
kidshelp.com.au

Lifeworks Wyndham

Counselling and mediation in Hoppers Crossing
Ph. 9974 3200
lifeworks.com.au

Relationships Australia

Counselling and mediation
Ph. 1300 364 277
relationshipsaustralia.com.au

ACCOMMODATION AND HOUSING

What to do if you or a friend has nowhere to stay?

There are many reasons why a young person may have nowhere to stay for the night. If you (or a friend) find yourself in such a position, there are a few options you can take.

'Couch surfing' is when you spend a night or a few nights sleeping at a friend's house. You may move from one friend's house to another.

Another option is to call Open Family, an organisation that support young people who are homeless or at risk of becoming homeless. They can link you in with temporary housing and also provide you with information and referrals for other support services that you may need to address the issues in your life, such as counseling for mental health, alcohol, drugs, abuse, education and employment disengagement, and legal services.

You can contact Open Family workers 24/7 and they can come out to wherever you are. There are two workers based at the YRC, contact them on 8734 1370 or 8734 1319.

Accommodation and Housing Resources

Open Family / Whitelion

YRC, 86 Derrimut Road,
Hoppers Crossing
Ph. 8734 1355 / 1300 669 600
openfamily.com.au

Werribee Support & Housing

Housing and support
19 Duncans Rd, Werribee
Ph. 9742 6452
wsh.org.au

Transitional Supported Accommodation for Youth

34 Devonshire Rd, Sunshine
Ph. 9312 3544
salvationarmy.org.au

St Kilda Crisis Centre

29 Grey Street, St Kilda
Ph: 9536 7730 / 1800 627 727
salvationarmy.org.au

Melbourne City Mission – Frontyard

Support services and info
19 King St, Melbourne
Ph. 9611 2411 / 1800 627 727
frontyard.org

Hanover Homeless Accommodation

Short term accommodation
52 Haig St, Sth Melbourne
Ph. 1800 825 955
hanover.org.au

Kids Under Cover

Housing for young people
383 Swan St, Richmond
Ph. 9429 7444 / 1800 801 633
kuc.org.au

Youth Central

Housing information
youthcentral.vic.gov.au

Crisis Help Network: Melbourne Homeless Services

Online referral service
melbourne.homeless.org.au

Lighthouse Foundation

Ongoing support service
Ph. 9093 7500
lighthousefoundation.org.au

Accommodation & Renting Issues

Ph. 1300 653 227
dss.gov.au

ALCOHOL AND DRUGS

Alcohol and its Effects

In small amounts, alcohol affects a person's concentration, coordination, and causes them to lower their inhibitions. Binge drinking is when a person drinks too much in a short amount of time and becomes severely intoxicated. It can lead to risk taking, dangerous situations, unconsciousness and even death. Common effects of binge drinking are hangovers, headaches, nausea, shakiness and vomiting. Excessive alcohol use can also have a negative impact on relationships. Factors such as gender, age, mental health, drug use, and existing medical conditions can change how alcohol affects you.

The Australian Guidelines to reduce health risks from drinking alcohol recommend that healthy men and women drink no more than 2 standard drinks in one day, and no more than 4 standard drinks in one occasion. On average your body can process one drink per hour.

You shouldn't drink if you're pregnant, planning to drive, performing a risky activity, or if you're under 18 years of age.

Tips for drinking less

- Pace yourself and alternate with non-alcoholic drinks
- Have some food, but avoid salty foods that make you thirsty
- Stay busy (dance or play pool) as you'll tend to drink less
- Try low alcohol alternatives
- Don't be pressured into drinking more than you want to
- Set your own pace for drinking rather than getting involved in shots or rounds.

Drugs

There are many services available to help if you or someone you know is having problems with drugs. Counselling and advice is available at the YRC, and we can also refer you to other helpful organisations.

Alcohol and Drugs Resources

Open Family / Whitelion

Drug and alcohol counselling
Located at the YRC
Ph. 8734 1355 / 1300 669 600
openfamily.com.au

Western Health

Drug Health Services
3-7 Eleanor St, Footscray
Ph: 8345 6682
westernhealth.org.au

IPC Health

Wyndham health service
117-129 Warringa Crescent
Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Joseph's Corner

Support and counselling
in Hoppers Crossing
Ph. 9315 2680
sojsj.org.au

Turning Point Alcohol and Drug Centre

24/7 counselling
Direct Line 1800 888 236
turningpoint.org.au
counsellingonline.org.au

QUIT

Support for smoking addiction
Quitline: 13 78 48
quit.org.au

Youth Support & Advocacy Service

Substance abuse support
Level 1/131 Johnston St, Fitzroy
Ph. 9415 8881
24hr Advice: 1800 458 685
ysas.org.au

Pharmacotherapy, Advocacy, Mediation & Support

Support for pharmacotherapy programs
Ph. 1800 443 844
hrvic.org.au

Alcoholics Anonymous

Alcoholic support & recovery, local support groups
Ph. 1300 222 222
aa.org.au

Australian Drug Foundation

Level 12, 607 Bourke St, Melbourne
Ph. 1300 858 584
adf.org.au

Australian Drug Info Network

Drug information and services
Ph. 9611 6100
adin.com.au

Narcotics Anonymous

Ph. 1300 652 820
na.org.au

National Drug Information

Ph: 1800 250 015
drugs.health.gov.au

Hello Sunday Morning

Support, education, and coaching
hellosundaymorning.org

BULLYING, HARASSMENT AND DISCRIMINATION

What is bullying?

Bullying is deliberately and repeatedly hurting someone else, physically or emotionally. It includes hitting, pushing, name calling, leaving people out and teasing. It can happen at school, at home, at work, online, in text messages or on email.

Bullying can have serious short-term and long-term emotional and social consequences for both the victim and the bully. It's not acceptable and you can take action to stop it. Schools and employers have a responsibility to make you feel safe and stop discrimination, and most have policies about bullying.

What can you do if you or a friend is being bullied?

- Don't be a bystander – say or do something supportive to the person being bullied
- Let the bully know their behaviour is not ok
- Tell someone – a teacher, counsellor, manager, parents, a doctor, or the police if it is serious.
- If the bullying occurs online, report it
- Ignore the bully or walk away, don't give them a reaction
- Keep a record of their behaviour to report it
- If the person is making threats, report it to the police

Harassment

Harassment is when a person is targeted and offended, humiliated, intimidated or treated hostilely because of their race, religion, gender or gender-orientation, or disability. It may also include sexual harassment, which makes a person feel offended, humiliated or intimidated. It is serious and can be against the law. Repeated harassment can be bullying.

Discrimination

Discrimination is treating someone worse than others because of their ability or disability, culture or religion, gender, sexual orientation, or their marital, parenting or economic status. It's against the law to be discriminated against at work, school, using services, in public places, renting accommodation, playing sport and in other parts of public life.

If you can't resolve your issue with your school or workplace, you may lodge a complaint with the Australian Human Rights Commission. You can find more information on what actions you can take at www.humanrights.gov.au

Bullying, Harassment and Discrimination Resources

Kids Help Line

Kids Help Line: 1800 55 1800
kidshelp.com.au

Lifeline

Crisis support Ph. 131 114
lifeline.org.au

Bullying No Way

24/7 support and tips
bullyingnoway.gov.au

Racism No Way

Anti-racism education
racismnoway.com.au

Mediation and Support, Werribee Support & Housing

For young people and families
19 Duncans Rd, Werribee
Ph: 9742 6452
wsh.org.au

National Centre Against Bullying

Resources and advocacy
ncab.org.au

eSafety Commissioner

How to deal with online issues
esafety.gov.au

Reach Out

Online support and info
reachout.com.au

Lawstuff

Legal info for young people
lawstuff.org.au

Headspace

Info and counselling services
headspace.org.au

It Gets Better Australia

Positive stories and help
itgetsbetter.org.au

Youth Beyond Blue

Help for depression & anxiety
youthbeyondblue.com

Human Rights Commission

Info on discrimination complaints
humanrights.gov.au

CULTURALLY AND LINGUISTICALLY DIVERSE SERVICES

The following organisations provide services for refugees and newly arrived migrants. For Translating & Interpreting Service call 131 450.

AMES

Settlement, education, and employment services
75 Watton St, Werribee
Ph. 13 26 37
ames.net.au

Werribee Refuge Resource Centre

Suite 13-15, 14 Station Place
Werribee Ph. 9974 1700
newhope.asn.au

Centre for Multicultural Youth

80B Harvester Road, Sunshine
Ph. 9091 8200
cmy.net.au

Asylum Seeker Resource Centre

214-218 Nicholson Street, Footscray
Ph. 9326 6066
asrc.org.au

Asylum Seeker Welcome Centre

212 Sydney Rd, Brunswick
Ph: 9388 2459

Refugee & Immigration Legal Centre

Level 1, 121-123 Brunswick St,
Fitzroy
Ph. 9413 0101
refugeelegal.org.au

Refugee Council of Australia

Ph. 9600 3302
refugeecouncil.org.au

Department of Immigration and Border Protection

Ph. 131 881
immi.gov.au

Human Rights Commission

Ph: (02) 9284 9600 humanrights.gov.au

Racism No Way

Anti-racism education
racismnoway.com.au

Australian Muslim Women's Centre for Human Rights

Ph: 9481 3000
ausmuslimwomens
centre.org.au

Reconciliation Australia
For Aboriginal and Torres Strait
Islander people
Ph. (02) 6273 9200
reconciliation.org.au

**National Ethnic Disability
Alliance**
Ph. (02) 6262 6867
neda.org.au

The Migrant Hub
12 Synnot St, Werribee
Ph. 9731 7877

Smart Traveller
Advice and assistance
smartraveller.gov.au

COUNSELLING AND ONE-ON-ONE SUPPORT

Why would I get counselling?

Counselling is an opportunity to talk to someone about concerns you might have about yourself or others around you. It's a safe place to talk about private things with someone who will listen and not judge. If you're feeling down, stressed out, angry, confused, a bit stuck, or just want to find some ways to do things differently, then talking to a counsellor can help.

Generalist counselling is available through Youth Services at the YRC for young people aged 12-25 years. Contact the YRC to get in touch! If you are in immediate danger or concerned for your safety, dial 000.

Counselling and Support Resources

Wyndham Youth Services

Counselling

Ph. 8734 1355

youth.wyndham.vic.gov.au

IPC Health

Healthcare and counselling

117-129 Warringa Crescent

Hoppers Crossing

Ph. 8734 1400

ipchealth.com.au

Anglicare Victoria

For young people 10-25 years

2 Market Rd, Werribee

Ph. 9731 2500

anglicarevic.org.au

Gatehouse Centre

Counselling for young victims of sexual assault. Located at the Royal Children's Hospital and YRC.

Ph. 9345 6391

rch.org.au

Counseling Online

Drug and alcohol counseling

Ph. 1800 888 236

counselingonline.org.au

Gay and Lesbian Switchboard

Phone counselling and info

Ph. 9663 2939 / 1800 184 527

switchboard.org.au

Mens Line

24/7 counselling and support

Ph. 1300 789 978

mensline.org.au

Lifeline

24/7 crisis counselling

Ph. 13 11 14

Suicide Line

24/7 help and support

Helpline: 1300 651 251

suicideline.org.au

Kids Helpline

Ph. 1800 55 1800

kidshelp.com.au

DEPRESSION AND MENTAL HEALTH

What is depression?

Depression is more than just feeling upset or sad – it's a serious condition which makes coping with day-to-day life hard and leaves you feeling down most of the time. You might feel irritable, sad, stressed, angrier than usual, restless, unable to relax or stop thinking. Other feelings that you might experience include feeling guilty, worthless, frustrated, unhappy, indecisive, disappointed and miserable.

If you're feeling depressed, or know someone else who might be, it's important to talk to someone about it.

What is anxiety disorder?

While everyone feels anxious from time to time, some people experience these feelings so often and strongly that it can affect their everyday lives. Anxiety disorder is different to normal everyday stress as the feelings are ongoing and happen for no apparent reason at all. It can affect your life in many different ways, so it's important to seek help.

Who can you talk to if you are feeling depressed or anxious?

Remember you are not alone. There are many organisations that are there to help you and provide you with information on what to do if you're feeling depressed or anxious. You can tell a friend, a parent, a teacher or school nurse, or get in contact with a counselor or your local doctor.

You can also drop into the YRC or call us to have a chat to a friendly youth worker. Give us a call on 8734 1355 or drop in!

Depression and Mental Health Support Resources

Wyndham Youth Services

Located at the YRC
Ph. 8734 1355
youth.wyndham.vic.gov.au

Mind Australia

Mental illness counseling
Ph. 1300 286 463
www.mindaustralia.org.au

IPC Health

Healthcare and counselling
117-129 Warringa Crescent
Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Youth Beyond Blue

Ph. 1300 224 636
www.youthbeyondblue.com

Headspace

5 Duncans Rd, Werribee
Ph. 8001 2366
www.headspace.org.au

SANE

Helpline: 1800 18 SANE (7263)
sane.org

CoHealth

Located at the YRC.
Ph. 8734 1355
wrhc.com.au

Orygen Youth Health

35 Poplar Rd, Parkville
Ph. 9342 2800
oyh.org.au

Royal Children's Hospital Mental Health Services

Located at IPC Health
Ph. 8734 1650
rch.org.au

Kids Helpline

Ph. 1800 55 1800
kidshelp.com.au

Children of Parents with a Mental Illness

copmi.net.au

Reach Out

reachout.com.au

Mental Illness Fellowship

Support for sufferers & family
Ph. 8486 4200
Helpline: 1800 985 944
mifellowship.org

Anxiety Disorders Association

Ph. 9853 8089
adavic.org.au

Youth Mental Health Unit

Wyndham Clinic Private Hospital
242A Hoppers Lane, Werribee
Ph. 8731 6500

DISABILITY SUPPORT

There is large range of services located in and out of the Wyndham area that can assist young people and their family members who may have a disability. These services providers assist with helping improve the wellbeing and quality of life of people with disabilities.

Disability Support Services

Breakaway

Recreation/respite program for young people at the YRC
Ph: 8734 1355
youth.wyndham.vic.gov.au

IPC Health

117-129 Warringa Crescent,
Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Mambourin Disability Services

159 Derrimut Drive, Derrimut
Ph. 9731 9200
mambourin.org

Warringa Park School

Education prep-12
81 Warringa Crs, Hoppers Crossing
Ph.9749 5774
warringapark.vic.edu.au

Young Families In Home Respite program

In-home respite service
Wyndham City Council
Ph. 9742 0777

ANNECTO

Assistance, support & services
Unit 25, 2-14 Station Place, Werribee
Ph. 9314 0988
annecto.org.au

Mackillop Family Services

118 Commercial Rd, Footscray
Ph. 9680 8444
mackillop.org.au

Carers Victoria

Lvl 1, 37 Albert St, Footscray
Ph. 9396 9550, TTY: 9396 9587
carersvictoria.org.au

genU Disability Support Services

Youth & disability services
1 Riverview Terrace, Belmont
Ph. 5249 8900
genu.org.au

Able Australia Services

Deaf and blind support service
Ph. 1300 225 369
TTY: (03) 9882 6786
ableaustralia.org.au

Association for Children with a Disability

Info, support and advocacy
Suite 1, 587 Canterbury Road,
Surrey Hills
Ph. 9880 7000
acd.org.au

Dept of Human Services

dhs.vic.gov.au/for-individuals/
disability

Disability Discrimination

Ph. 1300 292 153
humanrightscommission.vic.gov.au

Scope Victoria

Support service
Ph. 1300 472 673
scopeaust.org.au

EDUCATION AND EMPLOYMENT

There are many alternative education and employment services located in and around Wyndham. You can find a complete list of schools on our website:

<http://bit.ly/wyndhamdirectory>.

Education and Employment Resources

Open Family / Whitelion

Employment officer available
Located at the YRC
Ph. 8734 1355 / 1300 669 600
openfamily.com.au

Werribee Community and Education Centre

Courses and training
4 Synnot St, Werribee
Ph: 9742 4013
werribeec.net

genU

Youth & disability services
1 Riverview Terrace, Belmont
Ph. 5249 8900
genu.org.au

WynLearn

Local learning opportunities
wynlearn.net.au

South West Training Services

147-155 Hogans Rd,
Hoppers Crossing
Ph. 9748 9233
swts.org.au

AMES

Education and training for
newly arrived people
75 Watton St, Werribee
Ph. 13 26 37
ames.net.au

Employment Plus

Wandene House, Level 1,
Cnr Bridge and Synnot Streets
Ph. 13 61 23
employmentplus.com.au

VTAC

Info on courses
Ph. 9926 1020
vtac.edu.au

Youth Now

Career and transition services
80B Harvester Rd, Sunshine
Ph: 8311 5800
youthnow.org.au

**Department of Education
and Training**

Training and tertiary education
South West Region office
Ph.1300 333 232
education.vic.gov.au

**Victorian Curriculum and
Assessment Authority (VCAA)**

Info on VCE, VCAL, and VET
Ph.9032 1700 / 1800 134 197
vcaa.vic.edu.au

Youth Central

Education & employment info
youthcentral.vic.gov.au

Workplace Connect

Apprenticeships, job placement
and traineeships
Ph: 1300 656 461
wpcgroup.org.au

Group Training Australia

Employment and training services
directory
grouptraining.com.au

WorkSafe Victoria

Safe work info and claims
Ph. 9641 1444 / 1800 136 089
vwa.vic.gov.au

Australian Taxation Office

Ph. 13 28 61
ato.gov.au

North Melbourne Huddle

Education and careers support
Ph: 9320 2400

HEALTH

Eating disorders

A person may have an eating disorder if they're obsessed with having control over eating, food and body image and weight. It can lead to serious physical, psychological and social harm. Eating disorders are serious, and in some cases fatal, mental illnesses which often require psychological or physical intervention to promote recovery. You can find information on symptoms at www.eatingdisorders.org.au or from a doctor.

If you suspect someone close to you has an eating disorder try to let them know that you are concerned and encourage them to get help. Early intervention may prevent serious problems from developing so it is important to seek help and advice. Check out the Mental Health and Counselling sections for more services who may be able to help.

Eating Disorder Resources

Eating Disorders Program

Royal Children's Hospital, Centre
for Adolescent Health
Ph. 9345 6533
rch.org.au

The Butterfly Foundation

Support and information
Ph. 1800 33 4673 / 9822 5771
thebutterflyfoundation.org.au

Eating Disorders Foundation

Support, info & advocacy
Ph. 1300 550 236
eatingdisorders.org.au

Sexual Health

There are many services in Wyndham and surrounding areas that can provide information about how you can look after your sexual health. You might have concerns about contraception, sexuality and gender issues, pregnancy, decision making, abuse, relationships and sexually transmitted infections, or the laws around legal age and consent. You can also contact the health centres listed under 'Other Health Resources'.

Sexual Health Resources

Action Centre – Family Planning Victoria

For people under 25 years
Level 1, 94 Elizabeth St, Melbourne
Ph. 9660 4700 Freecall 1800 013 95
fpv.org.au

Hampstead Drive Medical Centre

Registered sexual health nurse
2 Hampstead Drive,
Hoppers Crossing
Ph 9748 8266

Gatehouse Centre

Counselling for young victims of sexual assault. Located at the Royal Children's Hospital and YRC
Ph. 9345 6391
rch.org.au

Other Health Resources

IIPC Health

Wyndham health service
117-129 Warringa Crescent
Hoppers Crossing
Ph. 8734 1400
ipchealth.com.au

Westgate Medical Centre

259 Heaths Rd, Werribee
Ph. 9748 4188
381 Sayers Rd, Hoppers Crossing
Ph. 9748 5088

Wyndham Health Care

233 Heaths Rd, Werribee
Ph. 9749 2766

Maternal & Child Health Services

Available in various centres across Wyndham
Ph: 9742 8148 wyndham.vic.gov.au

Derrimut Road Health Clinic

412 Derrimut Rd, Tarneit

Ph. 8742 2088

derrimutroadhealthclinic.com

Derrimut Road Medical Centre

286 Derrimut Rd, Hoppers Crossing

Ph. 8754 2828

Hogans Road Medical Centre

63 Hogans Rd, Hoppers Crossing

Ph. 9749 6777

Point Cook Super Clinic

7 Main St, Pt Cook Town Centre

Ph. 9395 8077

Manor Lakes Medical Centre

Manor Lakes Shopping Centre,
Ballan Rd

Ph. 9749 7977

Wyndham Vale Health Care

127 Ballan Rd, Wyndham Vale

Ph. 9742 5148

wyndhamvalehealthcare.com

Wyndham Vale Super Clinic

510 Ballan Rd, Wyndham Vale

PH: 9216 7777

Modern Medical

504-510 Ballan Rd, Wyndham Vale

PH: 9216 7999

Wyndham Vale Health Care

127 Ballan Rd, Wyndham Vale

PH: 9742 5148

**Werribee Medical and Dental
Centre**

1-5 Station Pl, Werribee

PH: 8734 0333

WellCrest Tarneit Medical Centre

205 Bethany Rd, Tarneit

PH: 9002 4100

Wyndham Village Medical Centre

380 Sayers Rd, Tarneit

PH: 8742 7100

Medicare Cards

If you're aged 15 or older, you can have your own Medicare card. To transfer to your own Medicare card, you need to visit a DHS Service Centre with identification and fill out a Medicare Copy/Transfer Application form. This is located at:

Centrelink and Medicare Office – Werribee

89-91 Synnot St, Werribee

Ph: 13 24 68

humanservices.gov.au

Health Care Cards

The Australian Health Care Card is a card issued by the Australian Government which may assist with reduced price prescription medicines, medical services, public transport, vehicle registration and water, gas and electricity bills. To check if this card is available to you and or your family please contact:

Centrelink

89-91 Synnot St, Werribee Ph: 13 24 68
humanservices.gov.au

LEGAL SERVICES

Wyndham Legal Service has a Youth Law Solicitor that provides free legal advice and assistance to people up to 25 years old. The service is focused on criminal and civil law matters which include crime, fines, car accidents, debts, consumer law, disputes with banks and insurance, and unfair bills. The solicitor aims to provide a holistic service by linking young people in with other services, agencies and networks where necessary.

Youth Law is available at the YRC, Point Cook Youth Services and at Wyndham Legal Centre (contact details below). Contact the YRC or Wyndham Legal Service on (03) 9741 0198.

Legal Services and Resources

West Justice

Wyndham Legal Centre
Level 1, 8 Watton St, Werribee
Ph. 9749 7720
westjustice.org.au

Werribee Magistrates Court

Corner Salisbury St & Duncans Rd,
Werribee
Ph. 9974 9300

Victoria Police

Werribee Police (24 hours)
131 Princes Hwy, Werribee
Ph. 9742 9444

Wyndham North Police

610 Sayers Rd, Tarneit
Ph. 8734 1100

In an emergency call 000
police.vic.gov.au




FREE SMALL CHIPS

Present this as Schnitz Werribee to grab yourself a free Small Chips.

Valid until 30th September 2018

Valid only at schnitz Werribee. Remember it's one per customer and not valid with any other offer.

**Must surrender voucher to redeem offer.
Offer expires 30 September 2018.**



AQUAPULSE

80-82 Derrimut Rd,
Hoppers Crossing
8734 5678

Monday-Thursday
5.30am-9pm
Friday 5.30am-8pm
Saturday 7am-6pm
Sunday 8am-6pm

**ONE FREE
CHILD SWIM**

One per person. Child is 15 years & under.
Children 10 and under must be accompanied by an adult.
Must surrender voucher to redeem offer. Expires December 2019.



YOUTH RESOURCE CENTRE

86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355

<http://youth.wyndham.vic.gov.au>

email: mail@wyndham.vic.gov.au



1 Linmax Court
Point Cook
9369 1400

Features:

Bowling
Laser Tag
Rock Climbing
Escape Room
Virtual Reality
Room



Buy One
Get One
FREE

Multiple use voucher, voucher must be presented, up to 4 people per voucher, based on adult prices. Offer expires December 2019.



BOOST[®]

Juice bars

Point Cook

Shop 123A Stockland
Point Cook Town Centre

Monday – Wed 9am-5.30pm
Thursday – Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-5pm

2 for \$10

Medium

(Most Popular
Range)

Must surrender voucher to redeem offer.
Offer expires December 2019.



SECTION FOUR

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GETTING AROUND

There are many ways that young people can travel around Wyndham to get to where they need to go, including by public transport (train and bus), taxi, cycling or walking.

Public Transport Victoria (PTV) has all the information on public transport services, timetables, fares, tickets and initiatives. For up to date information, check out:

Web: www.ptv.vic.gov.au

Ph: 1800 800 007

App: 'Public Transport Victoria app'

MYKI

myki is your ticket to travel on Melbourne's trains, trams and buses, and V/Line commuter train services. The reusable smart card is easy to use. Simply top up before your journey and then touch on and touch off at a myki reader as you travel.

You can buy and top up your myki at all 7-Eleven stores, the ticket office window at staffed Premium Stations, from a myki machine (full fare myki cards only) located at train stations and major tram and bus interchanges, online at www.ptv.vic.gov.au and by calling 1800 800 007.

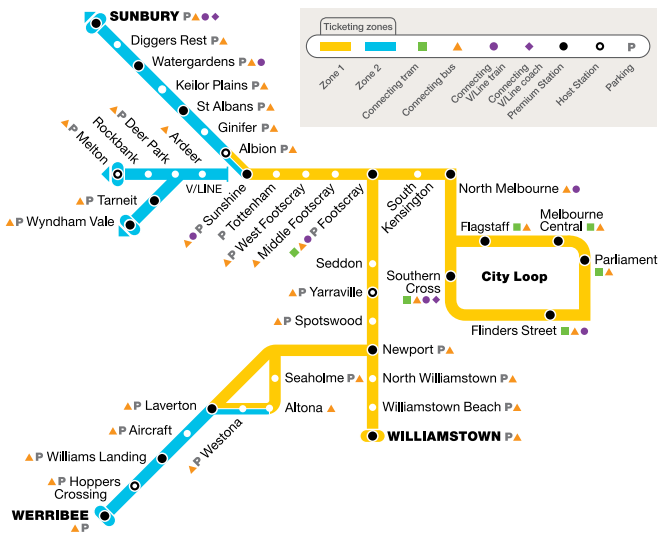
TRAINS

These train stations are located on the Werribee Line:

- Werribee Train Station (Werribee Line)
- Hoppers Crossing Train Station (Werribee Line)
- Williams Landing (Werribee Line)

Change to the Geelong V/Line to access these train stations:

- Tarneit Train Station
- Wyndham Vale Train Station
- Little River Train Station



To view the full network map, go to www.ptv.vic.gov.au

TAXI SERVICES

West Suburban Cabs: 9689 1144

Arrow Taxis: 13 22 11

Silver Top Taxis: 13 10 08

13CABS: 13 22 27

CYCLING AND WALKING

Across Wyndham there are a number of designated bike lanes on roads, as well as many recreational bike and walking paths.

You can download maps of recreational bike and walking paths from www.wyndham.vic.gov.au

BUSES

Buses in Wyndham run approximately every 20-40 minutes and are subject to change. Places to find updated bus routes and timetables are:

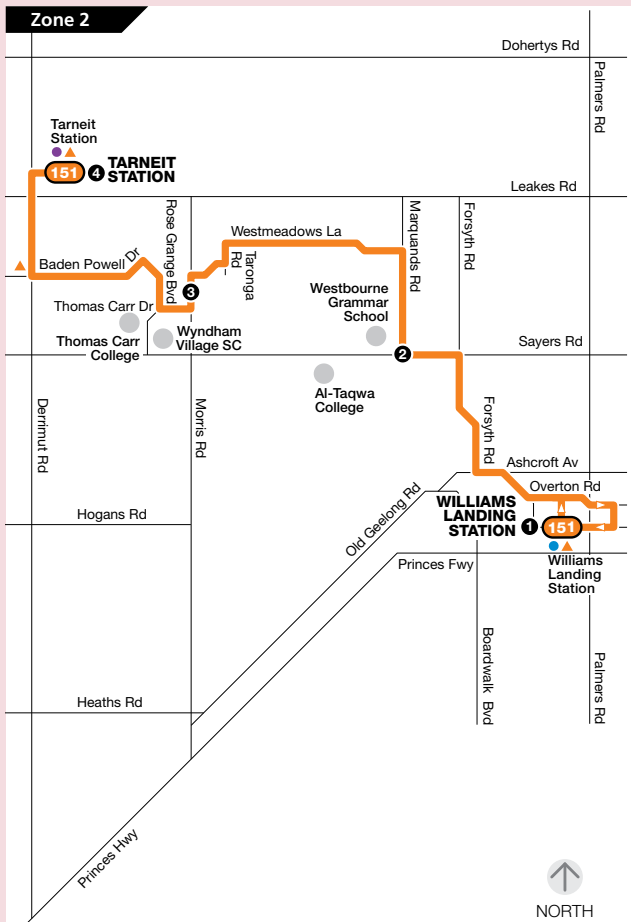
- At bus stops
- PTV: www.ptv.vic.gov.au / 1800 800 007
- CDC Victoria: www.cdcvictoria.com.au / 9368 6000
- By using the PTV mobile phone app

For more information on fares and routes, or to make an enquiry or complaint, contact the Werribee depot on (03) 9368 6000 or online at www.cdcvictoria.com.au.

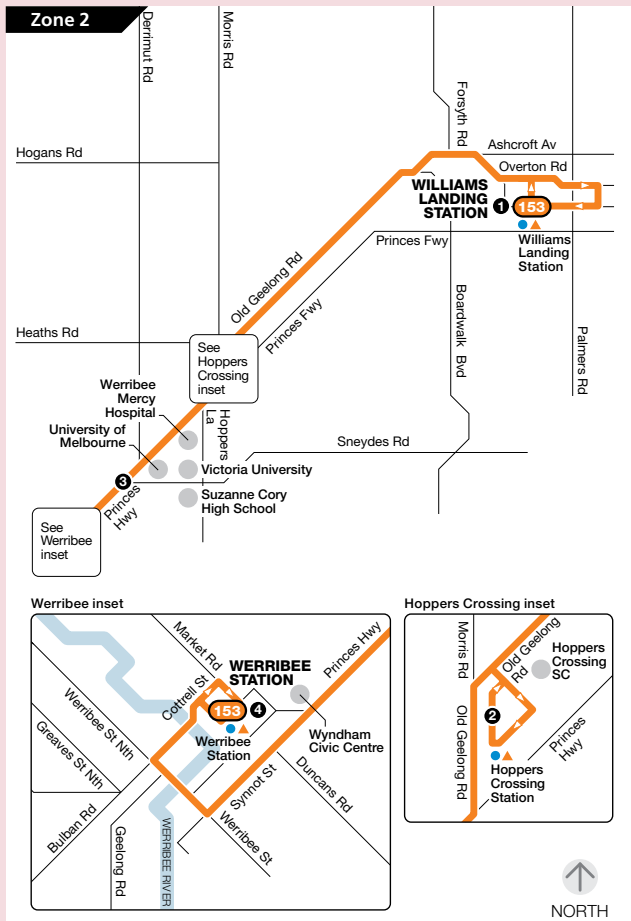
Route 150 Williams Landing Station – Tarneit Station via Sayers Road



Route 151 Williams Landing Station – Tarneit Station via Westmeadows Lane

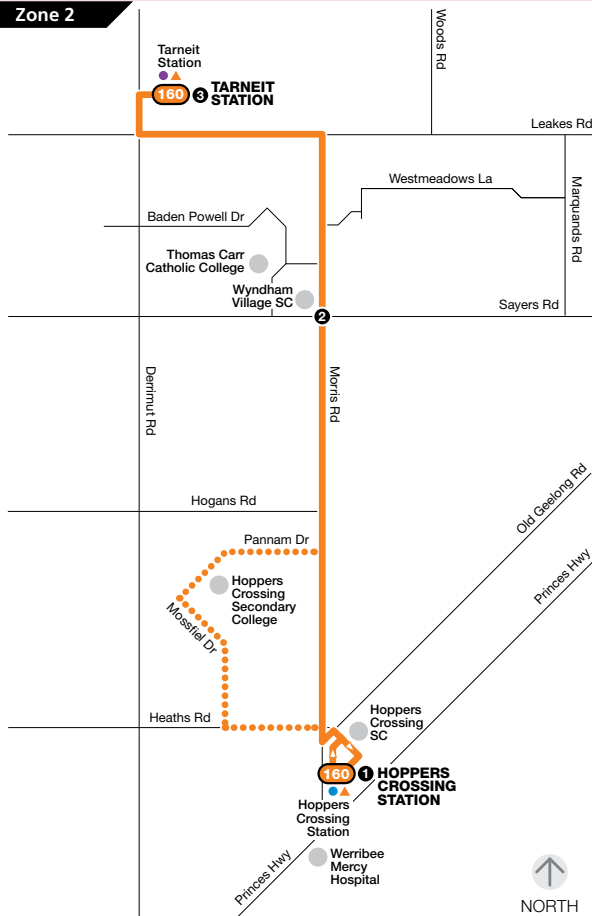


Route 153 Williams Landing Station – Werribee Station via Hoppers Crossing Station



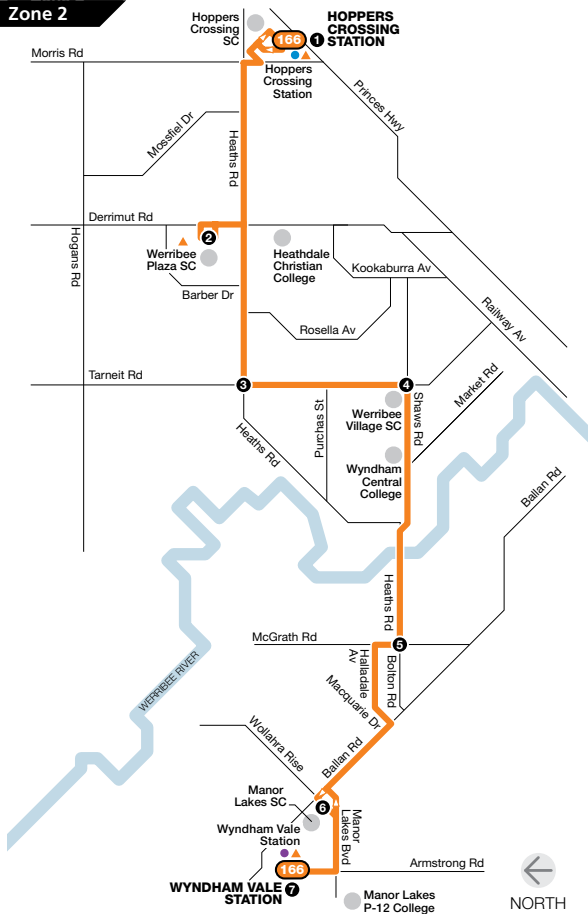
Route 160 Hoppers Crossing Station – Tarneit Station via Morris Road

Zone 2

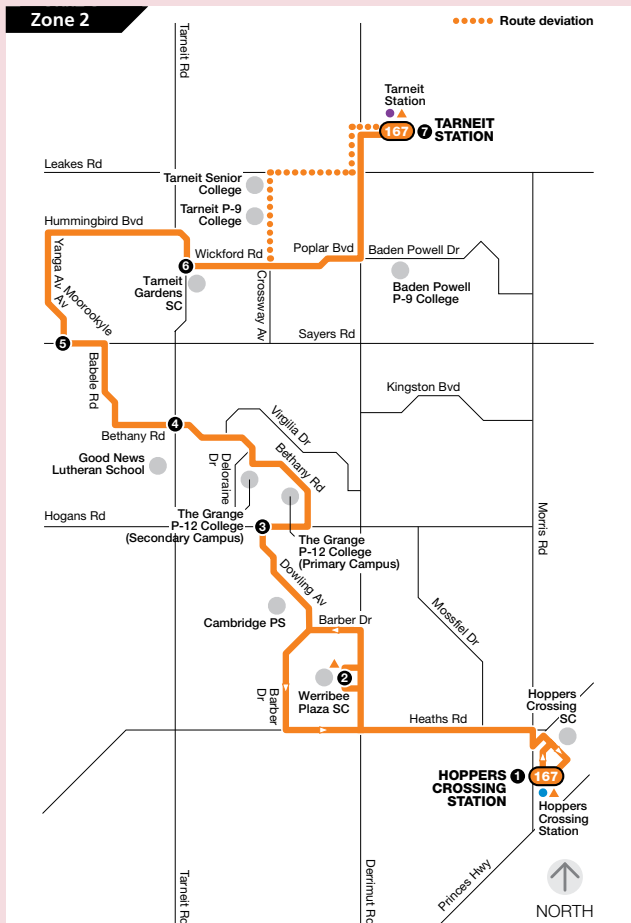


Route 166 Hoppers Crossing – Wyndham Vale Station via Werribee Plaza SC

Zone 2

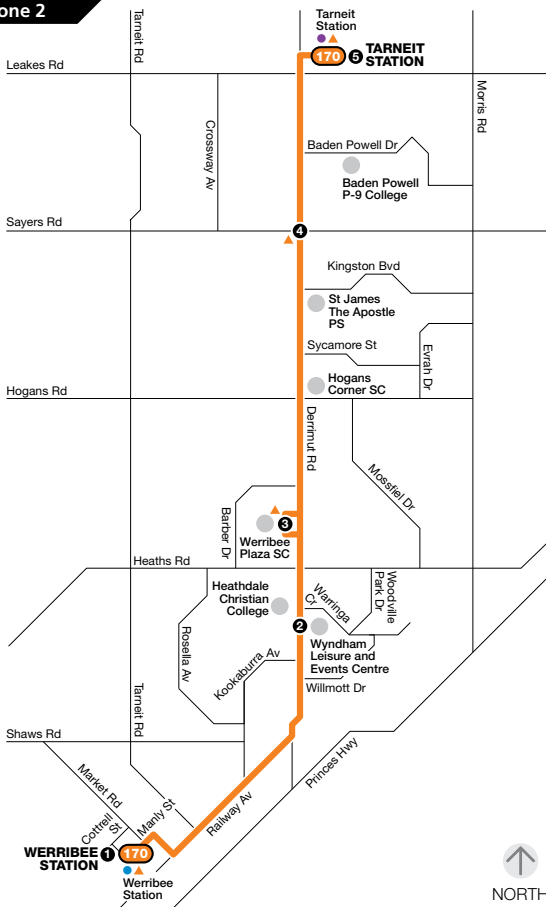


Route 167 Hoppers Crossing Station – Tarneit Station via Werribee Plaza SC



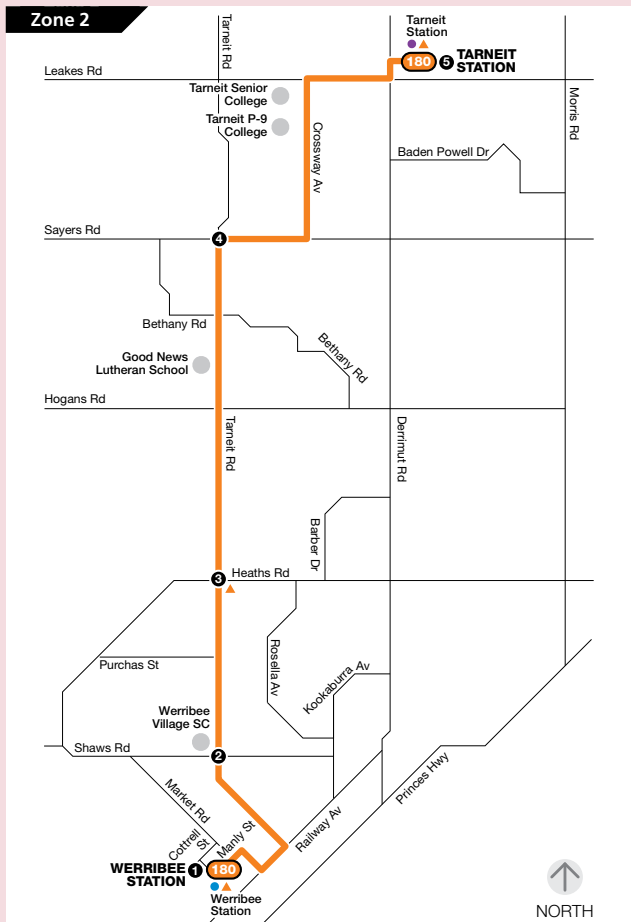
Route 170 Werribee Station – Tarnet Station via Werribee Plaza SC

Zone 2



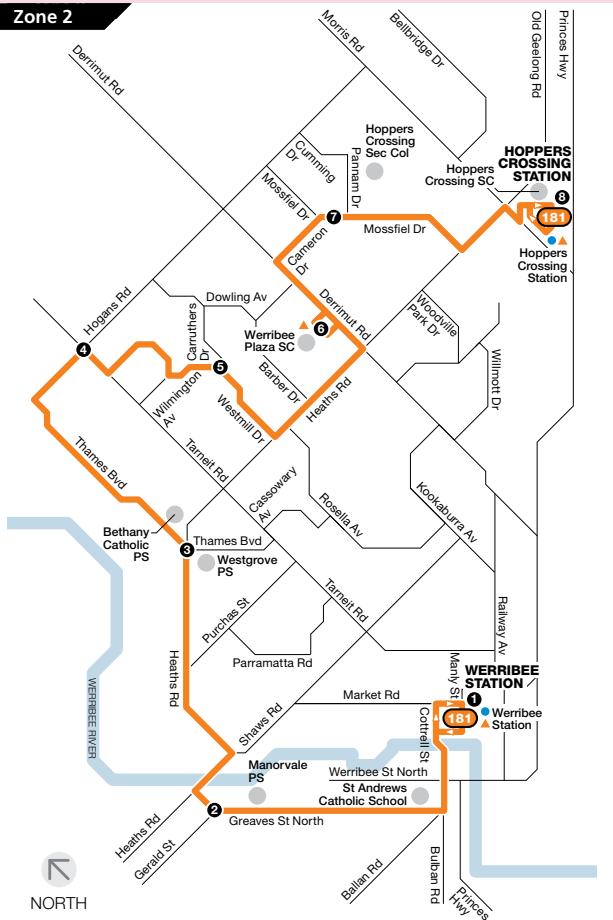
NORTH

Route 180 Werribee Station – Tarneit Station via Tarneit Road

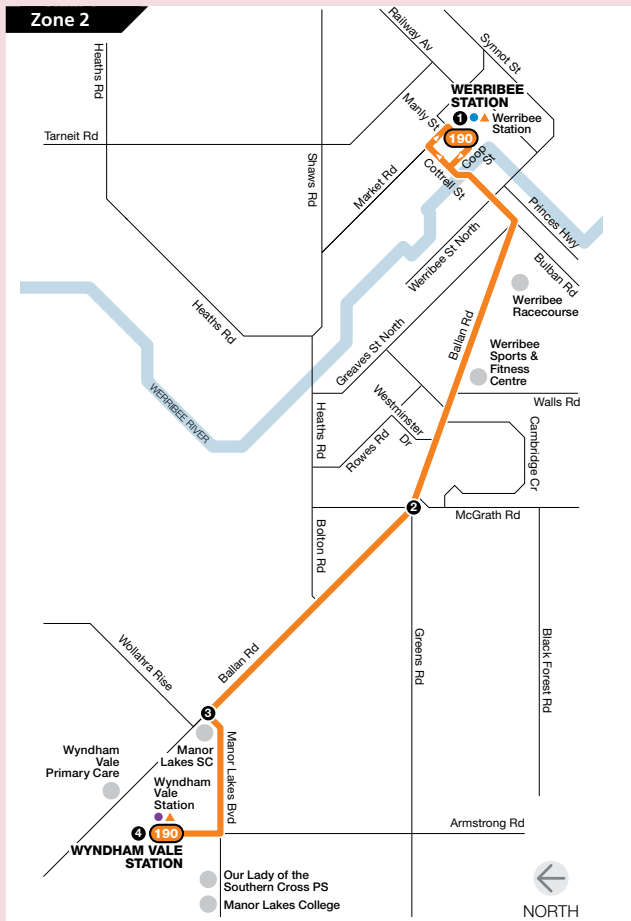


Route 181 Werrabee Station – Hoppers Crossing Station via Werrabee Plaza SC

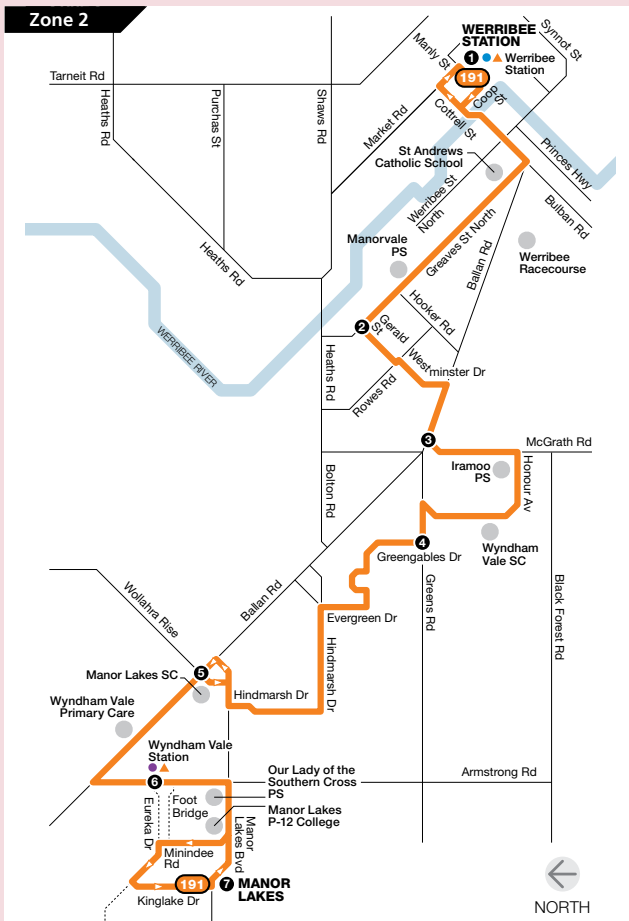
Zone 2



Route 190 Werribee Station – Wyndham Vale Station via Ballan Road

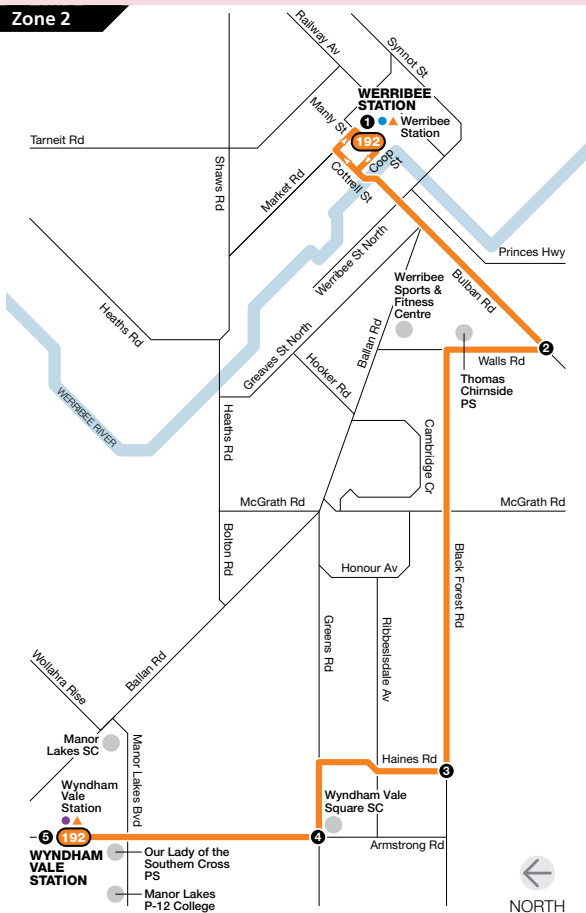


Route 191 Werribee Station – Manor Lakes via Greaves St > Wyndham Vale Station



Route 192 Werribee Station – Wyndham Vale Station via Black Forest Road

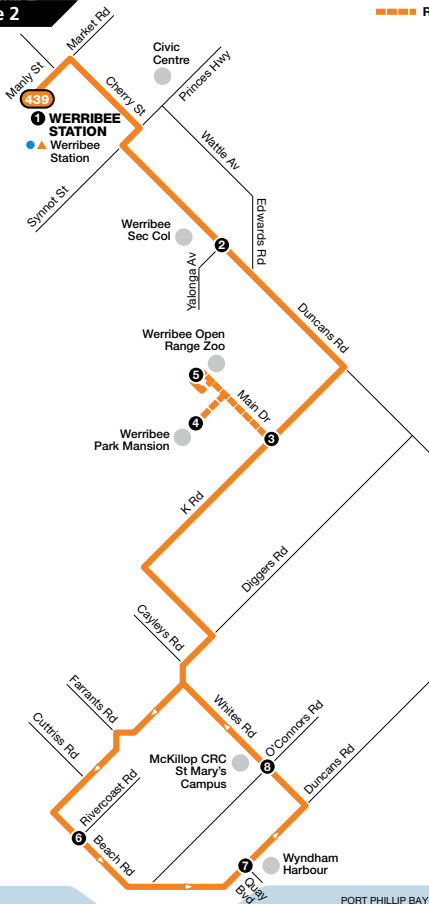
Zone 2



Route 439 Werribee Station – Werribee South via Werribee Park

Zone 2

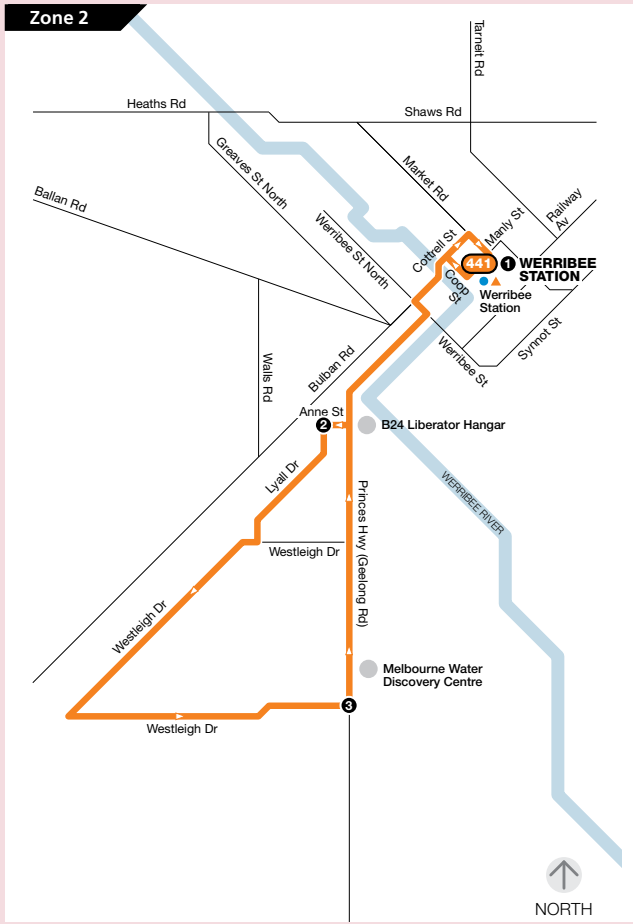
Route extension



NORTH

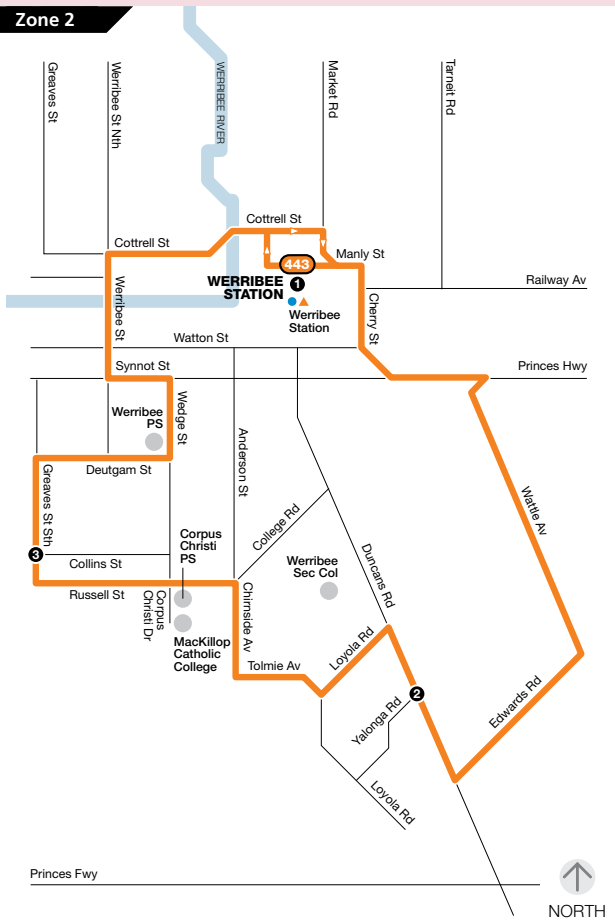
PORT PHILLIP BAY

Route 441 Werribee Station – Westleigh Gardens via Geelong Road



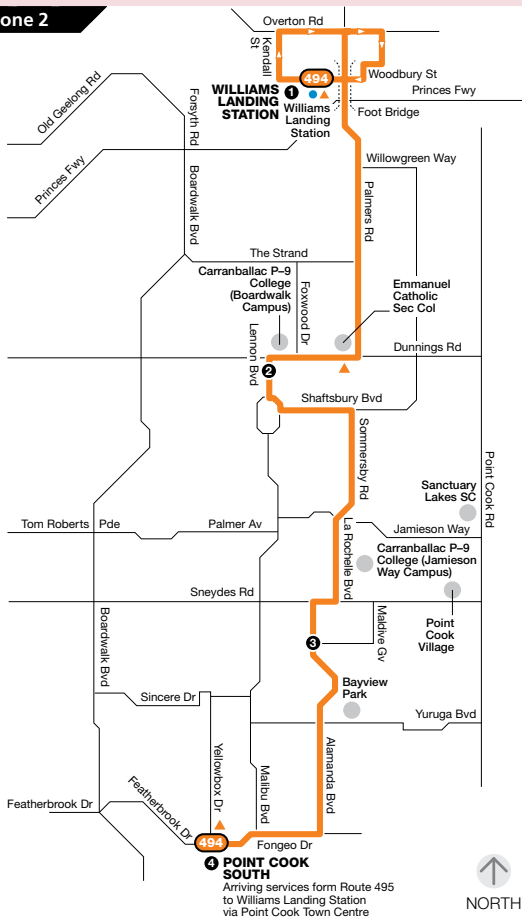
Route 443 Werribee Southern loop via South Werribee

Zone 2



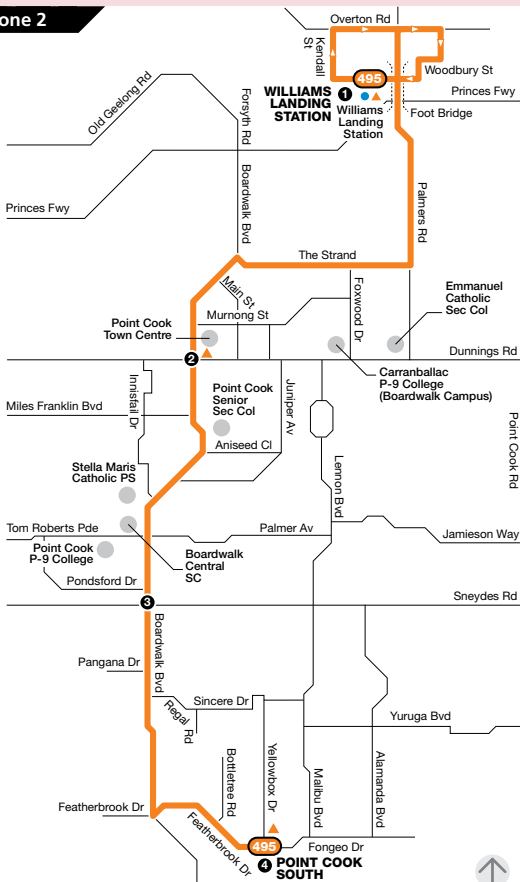
Route 494 Williams Landing Station – Point Cook South via Alamanda Bvd

Zone 2



Route 495 Williams Landing Station – Point Cook South via Boardwalk Bvd

Zone 2

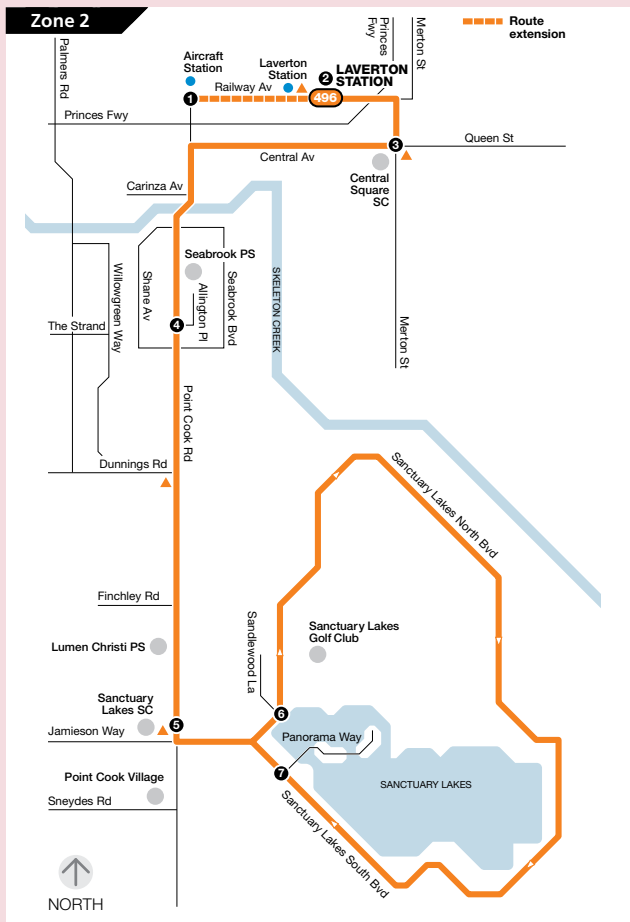


Arriving services form Route 494 to Williams Landing Station via Alameda Bvd



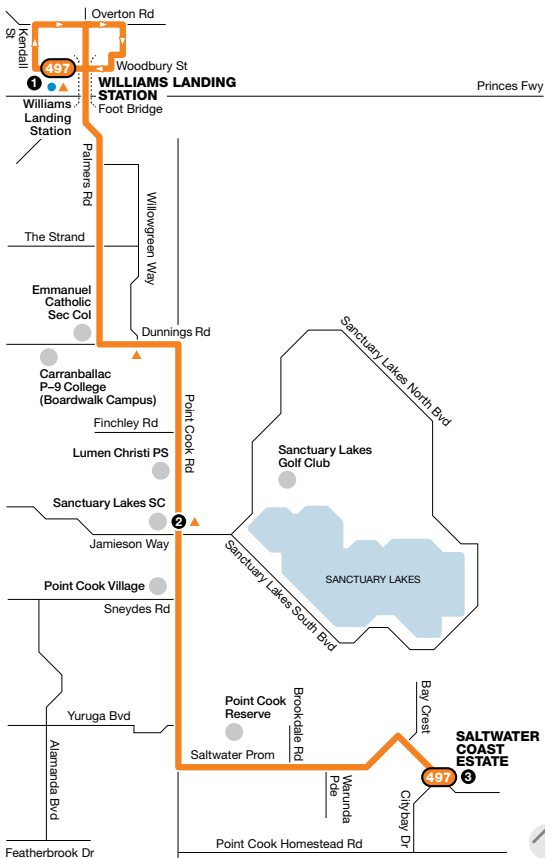
NORTH

Route 496 Laverton Station – Sanctuary Lakes via Sanctuary Lakes SC

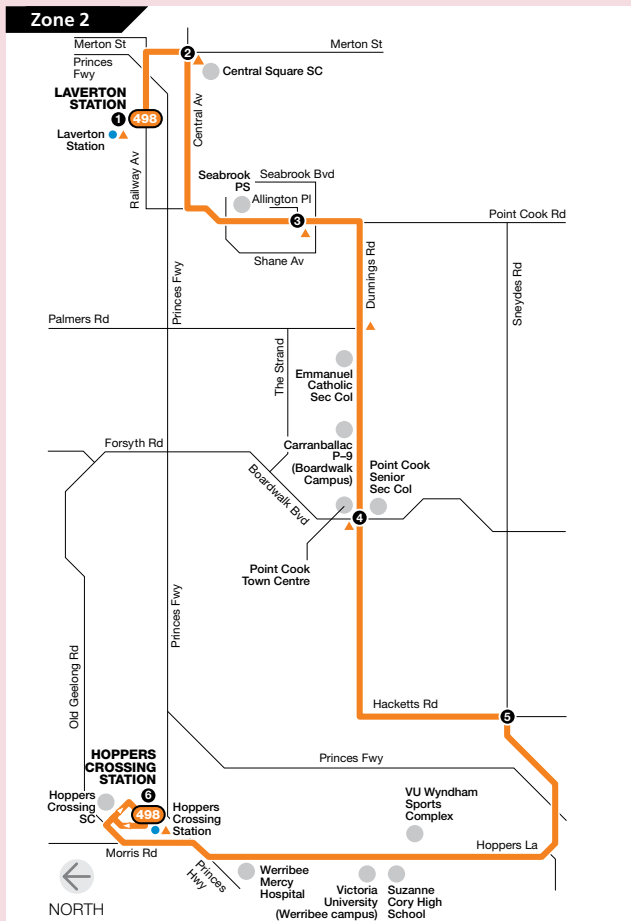


Route 497 Williams Landing – Saltwater Coast Estate via Sanctuary Lakes SC

Zone 2



Route 498 Laverton Station – Hoppers Crossing Station via Dunnings Road





Cold Rock Ice Creamery – Point Cook
10% off your total purchase

Shop 128, Point Cook Town Centre
9395 7814

Open Mon-Fri 1pm-10pm
Sat 12pm-10.30pm, Sun 12.30pm-10.30pm

Must surrender voucher to redeem offer.
Offer expires December 2019.



66 Barber Drive
Hoppers Crossing
9749 1155

Monday – Friday:
9.30am – 12.30pm
& 4pm – 9pm

Saturday: 9am – 3pm

FIRST CLASS
FREE

Must surrender voucher to redeem offer.
Offer expires December 2019.



YOUTH RESOURCE CENTRE

86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355

<http://youth.wyndham.vic.gov.au>

email: mail@wyndham.vic.gov.au

Youth
Services



YOUTH RESOURCE CENTRE

86 Derrimut Road, Hoppers Crossing
Open 9am – 6pm weekdays

Ph: 8734 1355

<http://youth.wyndham.vic.gov.au>

email: mail@wyndham.vic.gov.au



← SPINE