



DISCO Beat!

March – April
Edition 2013

'Partnering schools, linking with business, supporting youth'

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DISCO appreciates the support provided by the Commonwealth and State Governments



A new Focus to Grow and Change

After a challenging end to 2012 DISCO has started operations in 2013 with enthusiasm and renewed purpose.

Without doubt our reduction in services has impacted not only on our community but on the many clients we know remain in need of our assistance.

I would like to thank the many team members who concluded work with us

last year and recognise their respective contributions.

As the Management Committee reflect upon our current Strategic Plan it is important to note that our plans have been impacted by changing government priorities and that this will likely impact on our capacity to achieve as per our original plan. This document is now a focus for the committee as we review our goals for

the coming 12 months.

Accompanying this newsletter are our Service Charts which detail the specific services we have on offer in your community this year. Please review these or contact our local office for more information.

For additional details and happenings at DISCO make sure you check our website at disco.org.au

Mike Paton - CEO

Queensland Gas Corporation (QGC) provides funding

DISCO was on the verge of giving up after lodging our third application with QGC for funding to obtain a bus to be able to transport clients in Dalby and the surrounding area.

Dalby Office Manager Mrs Le-Anne Callaghan stated

“I remember speaking to Mike the CEO and asking him if it was worth filling in another application after being knocked back twice before but as he said the work was done and we have nothing to lose.

I was literally gob

smacked when the news came through as this resource will be so valuable to both our staff and clients and make the delivery of the Youth Training program that much easier.”



CEO Mike Paton also commented

“My congratulations to Le-Anne for her persistence and on behalf of the Management Committee and the team I want to say a big thanks to QGC for investing in the youth of the South West as this vehicle will be really important to assist young people connected to not only our Dalby office but our Roma office as well.”

Thanks again for your generosity QGC we really appreciate your help and support.

We're on the Web!
Visit our Website
www.disco.org.au

We're on Facebook!
Visit our page
www.facebook.com/discoaustralia

Another year is upon us and the Dalby DISCO office is in full swing. The team in Dalby has undergone some staff changes in 2013 with myself remaining as Office Manager, Casey McMahon as Youth Support Coordinator (servicing the Dalby, Bell, Quinalow, Cecil Plains and Millmerran areas), Helen Wise has taking on the role of Youth Training Program Coordinator and we have welcomed Janah O'Shea to our team as our Youth Worker Trainee.

Late February saw the start of our Semester 1 2013 Dalby Youth Training Program. We have many activities planned for Semester 1 including: Tradeability Van, the Vehicle Awareness Program with Dalby TAFE, White Card training, personal development (including cooking and art), construction and automotive workshops, retail and business workshops, Goondir's healthy living program, industry tours and much much more). Participants have already enrolled in a Cert I in Work Readiness. Before the commencement of our Youth Training Program we were already being asked to participate in multiple upcoming community events and we are looking forward to this.

Earlier in the month the Dalby team received the opportunity to set up a booth in the local shopping centre to promote our services. This booth was a great success, both in regards to networking in the community and receiving numerous enquiries about the Youth Connections and Youth Support Co-ordinator programs.

The Dalby Lions Club has donated \$1,000 to DISCO in Dalby to enable us to take clients to Youth Insearch camps at Duckadang near the Sunshine Coast. Youth Insearch is a community organisation that coordinates weekend programs nationally that are focused on resolving adolescent issues at a peer level for young people aged between 12-17 years. It is a grass roots, early-intervention program that aims to reduce crime, substance abuse, binge drinking and prevent suicide in young people, as well as enhance self-esteem and productivity through empowering youth. A key to the success of the program is its peer to peer focus where youth who have graduated from the program return to assist and mentor the other young participants through their issues. During the weekend programs the young people are encouraged to explore the challenges they face while meeting and discussing problems with young people who have found solutions to their issues.

On the 15th of March the final Young Parents Program morning was held. DISCO was approached by Western Downs Regional Council to administer funding (received under the Community Development and Recovery Package, which is a joint initiative of the Australian and Queensland Governments under the Natural Disaster Relief and Recovery arrangements) and was held at Myall Youth & Community Network Centre each Friday morning from the 10th of August 2012. The program was very successful with a number of local families attending every weekly session from the beginning of the 30 weeks and receiving valuable information and resources needed to create resilience within families.

This year has already started off on a very positive and exciting note and I look forward to keeping you up to date with all of our Dalby Doings throughout 2013.

Le-Anne Callaghan- Office Manager



Youth Support Coordinator Update

The YSC teams have had a busy first term of 2013! The YSC's are back in full swing within their schools, undertaking a combination of facilitating group work and providing one-on-one support to students.

The first Priority Youth Partnership (PYP) meeting for 2013 took place on the 18th of February, providing a number of representatives from different youth organisations the opportunity to meet and discuss current and upcoming events throughout the region as well as review the future of the YSC program which is currently only funded until June 30 this year.

Planning is also underway for the Project11 workshops running in the April school holidays. The fashion design workshops, Stitch It, have been scheduled to take place on the 2nd, 3rd, 8th and 9th of April at St Saviour's College. The YSC team is happy to once again have the support of the Golden Gurus. Project11 would not be able to run or be anywhere near as successful if it was not for their skills and willingness to share their knowledge with the young people that participate. The YSC team is also hoping to run the Barista workshop in conjunction with Metro Cafe on the 10th of April. If you know a young person between the ages of 11 and 18 that may like to take part in either of these free workshops, please phone our Station Street office for further details.

The YSC's have also been busy planning the Young Leadership Day. In previous years DISCO has held separate Young Men, Young Women and Young Indigenous Leadership Days, but due to the uncertainty of funding after June 2013 it was decided to hold one combined day. Toowoomba Regional Council has provided \$2,000 to put towards the event making the day bigger and better than ever, and with a number of speakers already confirmed it is certainly looking very promising! The Young Leadership Day has been scheduled for the 22nd of May, to be held again at HumeRidge Church of Christ.

It's amazing how quickly the year goes! Roma office has been a hive of activity with various activities being undertaken by both Amanda and Debbie.

With the tremendous news that funding for Roma PaCE (Parent and Community Engagement) has been extended to the end of 2013, it is with much pleasure that I congratulate Debbie Murphy on her placement in the role of PaCE Officer for Roma by the PaCE Reference Committee.

Debbie, accompanied by local community member, Ann Crumblin, attended the Queensland Indigenous Education Consultative Committee PaCE Roundtable in Brisbane, offering wonderful networking opportunities as well as best practice in supporting Indigenous families to engage with their children's education.

It is with much anticipation we await to hear if we are granted funding for Equine assisted Groundwork Therapy. We last held this wonderful activity in 2010 and are excited at the thought we can once again offer this experience to our young people through the Youth Connections and PaCE Programs in both Roma and Charleville (YC only).

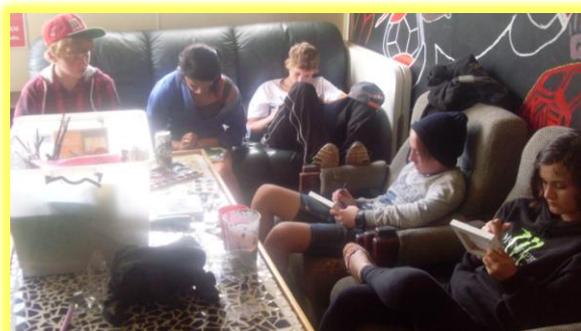
The Roma Youth Connections program remains strong with referrals exceeding available places and will see Amanda continuing to provide quality support for young people who are disengaging or who have disengaged from education in Roma throughout 2013. Amanda currently has clients undertaking the 'Energiser Program' which is a Personal Development Program facilitated by Roma local, Toni Jeavons. Roma Office is very fortunate to work collaboratively with local schools and service providers to offer quality holistic support for the young people of Roma and we can't thank you enough for the support you offer our service.

Amanda Lacey – Team Leader

Activities & Events!

Toowoomba		
Stitch It	St Saviour's College	2 nd , 3 rd , 8 th , 9 th April 2013
Barista Workshop	Toowoomba	10 th April 2013
Young Leadership Day	HumeRidge Church of Christ	22 nd May 2013
Dalby		
Tradability Van	Dalby DISCO Office	26 th March 2013
Youth Insearch Camp	Duckadang	5 th -7 th April 2013
Youth Week-Laser Skirmish	Thomas Jack Park	14 th April 2013
Power Station & Mine Visit	Kogan Creek Power Station	17 th April 2013
Defence Force	Dalby DISCO Office	22 nd April 2013
Movie Premier-Iron Man 3	Dalby Cinema's	30 th April 2012
Roma		
Parent Meeting-Easter Theme	Roma DISCO Office	27 th March 2013

To learn more about these events you can contact the
 Toowoomba office on (07) 4638 3088,
 Dalby office on (07) 4662 2147 or
 Roma office on (07) 4622 3311



James St News

James Street has been busy this year with the continuation of the Youth Connections Program.

We are running a two day program at our alternative learning site which is running on Wednesdays and Thursdays.

We have a new group for the year and we are offering Personal Development, Cooking, Creative Class (incorporating Music, Drama, Painting, Drawing, Sewing and Woodwork), Tutoring, Literacy and Numeracy and Sport.

We have organised for our participants to see a Dental Van which will be happening after the Easter Break. PCYC is currently delivering the Rock and Water Program to our young people on Wednesday mornings, which has been well received by our participants.

As well as running the Alternative Learning facility we have staff at Pittsworth State High School, Toowoomba State High School (Wilsonton Campus and Mount Lofty) and St Saviour's. At these schools we work on educating young people about Bullying, Self Esteem, Anger, and Healthy Relationships in a group setting or by providing individual support.

Youth Connections continues to support a cross section of local young people individually and if you are aware of anyone who may need support please call for more information on (07) 4632 9065.

Kym Bails – Office Manager



Dr Dan's Top Ten Dress for Success Tips to show your employer that you can present an image that demonstrates you are ready to go!



Staff Profile- Nikki Gallatly

My name is Nikki Gallatly and I am one of the Youth Support Coordinators located at the Station Street office in Toowoomba.

I was lucky enough to grow up around Australia – my father was in the Defence Force, so we moved around quite a bit while I was in primary school. When my dad discharged from the Army, my parents settled in Toowoomba – and this is where we have stayed since! I completed high school. I also completed my Bachelor of Science (Psychology) here as well.

While I was studying I had a few different jobs. I worked in a before and after school care and at a local restaurant before commencing employment with Suncorp in early 2009. While I enjoyed the work at Suncorp, I didn't feel like I was really getting the most out of my study by sitting behind a computer screen and talking about insurance all day. I started volunteering for Lifeline as a telephone counsellor in May of 2010 and got some really valuable "hands-on" experience before the program ceased in early 2011.

Lifeline really gave me my first taste of the counselling and human services field, and I was hooked! After speaking to a couple of my lecturers at uni, I was advised about the current vacancy at DISCO for a Youth Support Coordinator. I dusted off the old typewriter and updated my resume, and after an interview with Mike, was offered a part-time position to commence in early April.

I've remained at DISCO as a Youth Support Coordinator since then, but since finishing up my study I have moved into a full-time role. I now visit 6 schools around the Toowoomba region and offer a combination of one-on-one support, group work and help put together the various community projects DISCO runs throughout the region, including Project11 and the Young Leadership Days. The satisfaction you get from seeing young people grow and achieve their full potential is one unlike any other, and for this reason I hope to continue working with DISCO throughout 2013.

1) Fade out the Fashion!

Regardless of the fashion, clothes like shorts, bare midriffs, short skirts or revealing cleavage are likely to make employers feel uncomfortable. Guys if you want to impress then wear your pants on your waist not around your bum!

2) Dump the Denim!

Even if they cost you a fortune, the denim jeans, jacket & skirt give the wrong message. Employers will think it is too casual and that you haven't been bothered to make the effort. Wear something smart casual like black pants & a smart shirt.

3) Pull out the Piercings

Numerous earrings, tattoos or body piercings make a great individual statement but if you are serious about impressing the employer then give them a miss! You should ensure they are removed or covered up.

4) Minimise the Make-up

Ladies remember to ensure you wear light make up for a more natural look - making a statement with outrageous make-up is really not the way to go!
Guys it's probably best to avoid it altogether!

5) Fling the Bling!

Don't go overboard with jewellery. Not only does it look bad but it can be a hazard in some workplaces. Try to wear only one set of earrings (studs are best) and one neck chain. Remember accessorize in moderation!

6) Tame the Tresses!

If you have long hair, keep it tied back. If you have short hair, make sure it is cut well. Don't forget to ensure that you have given your hair a good wash before the day! Remember to save the extreme hairstyle till the weekend!

7) Toss the Trainers!

Ensure your shoes are polished, closed-toe where possible and definitely ditch the thongs & joggers! Remember employers have dress codes and sometimes there are also OH & S regulations to take into account.

8) Shed the Smells!

Don't forget to take a shower and use some deodorant and for males a shave is the order of the day too! Remember don't go overboard with the aftershave or perfume - you don't want to knock the employer out!

9) Please the Purse!

Don't have the right type of clothes and can't afford to buy any- try the Op-Shops. You can pick up some real bargains to see you through. Don't forget maybe you can also borrow something from family or friends.

10) Gear up and Go!

Organise and iron your clothes the day before. Get your resume & portfolio ready to take with you. Leave the house in plenty of time and get to your interview 10 minutes early or to commence work for the first time. Good luck you are now ready to go!

QUOTE OF THE QUARTER

"In order to succeed, your desire for success should be greater than your fear of failure."

-Bill Cosby

JOKE IN THE CORNER

Working people frequently ask retired people what they do to make their days interesting. Well, for example, the other day my wife Mary and I went into town to do some shopping. When we came out, there was a cop writing us out a parking ticket. We went up to him and I said, "Come on, man, how about giving a senior citizen a break?" He ignored us and continued writing the ticket. I called him a "mongrel!" He glared at me and started writing a second ticket for worn out tyres, so Mary called him a "flaming idiot." He finished writing the second ticket and put it on the windshield with the first...Then he started writing more tickets. This went on for about 20 minutes! The more we abused him, the more tickets he wrote. Just then our bus arrived, and we got on it and went home.

We try to have a little fun each day now that we're retired. It's important at our age!

