



DISCO Beat!

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'Partnering Schools, Linking with Business, Supporting Youth'

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DISCO appreciates the support provided by the Queensland State Government



Mike's Column DISCO on the Move!

As I prepare this column we are in the early stages of moving the organisations head office address from Station Street in Toowoomba to new premises at Level 1, 453 Ruthven Street.

It is with mixed emotions that we leave Station Street but with funding challenges remaining, it is not necessary (or financially responsible) to remain in our current location. We will miss the space available to us and the free parking and acknowledge that this location has been ideal for DISCO since we moved in during April of 2006.

The new site will have the capacity to support up to seven team members and we hope this location will remain our base for some time. At this stage we hope to be operating at the new location just after Easter and are confident that our phone and e-mail contacts will remain the same.

It was sad to finally close the Roma office in December last year and I again acknowledge the community support and assistance provided to assist us. Late in the year I spoke with Roma Mayor Rob Loughnan who acknowledged the work undertaken by our agency to support young people in the town and across the region and indicated that we would be welcome to come back when funding allowed.

Importantly, the DISCO Management Committee made the decision to retain our office in Dalby and this continues with Le-Anne supporting the Dalby State High School's Youth Support Co-ordinator Program and undertaken limited assistance to our Community Learning program in her spare time.

Our James Street team continue under the direction of Kym Baills, with us offering support to eligible young people to obtain training, career guidance and employment assistance. This year we have some wonderful opportunities for young people considering further study in areas including hospitality, retail, business, community services (this incorporates opportunities in areas like childcare, aged care, disability care etc) so it is definitely worth getting in touch with us.

We welcome new partnerships and acknowledge the ones continuing this year. I'm excited to announce collaboration with organisations including HB Training and Recruitment, Guardian Training Services and Smart City who are assisting us to deliver quality training to eligible young people this year.

For more information on the support available have a look at our 2015 Service Charts on our website at <http://www.disco.org.au/disco-services-chart/>

Recently, at the first DISCO Management Committee meeting for the year, the committee decided that it was important that the executive maintained pressure on both the State and Federal governments to highlight the continuing increase in youth unemployment nationally and in our region. This will remain a focus as we meet with politicians across all levels of government.

Our organisation will continue to seek out opportunities for regional youth over the coming months and look forward in 2015 to continue to collaborate with local and regional partners to maximise the opportunities for young people.

I look forward to seeing our school, community and corporate partners out in the region over the coming months.

Mike Paton

James Street News

James Street has been busy since late January with our first group of young people in the Jobs through Education and Training and Connect2employment (in partnership with United Synergies) programs which are funded by the Queensland Government through the Community Learning Program. Our alternative learning facility is delivering classes that focus on personal development, careers, art, trade, cooking and literacy and numeracy. We are excited to be delivering the following qualifications:

- ✚ Cert II & III Business
- ✚ Cert II & III Retail
- ✚ Cert II & III Hospitality
- ✚ Cert II Skills for Work & Vocational Access
- ✚ Cert II Community Services

This year has seen us undertake training to assist youth who can gain access to team members on a weekly basis if required. We would like to thank the following Registered Training Organisations for assisting with the delivery of these qualifications:

- ✚ Guardian Training Services
- ✚ Smarty City Vocational College and
- ✚ HB Recruitment and Training

James Street continues to provide support and programs to eligible young people and we have continued our association with Employment Services Queensland this year and a new group of young people started at the alternative site in February. These young people have been busy setting goals, undertaking career interest tests and working on barriers they have identified as areas they would like to improve. This group is very eager to gain work and the James Street staff look forward to celebrating with them once they gain their ideal job.

We are offering rolling starts into our programs this year. James Street is taking referrals for our programs and if you are aware of anyone who may need support please call for more information on (07) 4632 9065.

Kym Baills
Office Manager – James St



Dalby Doings

As at the 31 December 2014 the Youth Connections program ceased Australia wide. Therefore, Dalby office has faced a lot of changes this year with the closure of our alternate learning facility and our Youth Training Program.

At the end of 2014 we also said goodbye to three key staff members. Janah O'Shea relocated and commenced her goal of beginning a tertiary degree. Mikayli Buckley is continuing her Traineeship locally and Emma Kaiteie has re-engaged in the education system at Dalby State High School. I would like to thank and them sincerely and wish them well in their future careers.

I am currently working at Dalby State High School on Monday and Wednesday delivering the Youth Support Coordinator contract to their students. I work with year 10 to year 12 students, who are at threat of disengagement from their education, on a one on one basis via appointment.

I am also supporting young people in a mentoring role and with ongoing job search support.

Dalby is also currently offering the following training in conjunction with the James St office in Toowoomba:

- ✚ Cert II & III Business
- ✚ Cert II & III Retail
- ✚ Cert II & III Hospitality
- ✚ Cert II Skills for Work & Vocational Access
- ✚ Cert II Community Services

Eligibility

- Not in receipt of income support or be accessing Australian Government employment services or assistance
- Not already have or be enrolled in a certificate III level or higher qualification
- Be 15 years old or above and no longer at school
- Live in Queensland
- Be an Australian or New Zealand citizen, an Australian permanent resident, a humanitarian entrant, or a temporary resident with visa and work permits who is applying for permanent residency

If you or someone you know is interested in this training please contact the Dalby office on (07) 46622147 for an appointment.

Le-Anne Callaghan
Office Manager - Dalby

Featured Website – Youth.gov.au

To keep young people and those organisations supporting young people up to date on information and happenings, this quarter we are featuring the Australian government's **youth.gov.au** website.

The site is broken up into six key areas:

- 1) Health
- 2) Education and Work
- 3) Community
- 4) Culture
- 5) Environment and
- 6) Finances

Looking at these sections individually you can find out lots more information about government and community services to assist youth around Australia. Let's look at these individual areas more closely.

- 1) Health- The Government funds a number of key initiatives including dentistry, mental health and preventative health activities which support better health outcomes for young people. This section connects to these initiatives and to work being done to improve the safety of young people including addressing issues of violence and homelessness.
- 2) Education and Work- The Australian Government understands that for many young Australians it is not as simple as just walking into a training course or a job. This section provides links to a wide range of activities to support young people to engage with education and training, and to transition into the workforce.
- 3) Community- The Government works across a range of areas including youth development, family support, Social Inclusion, transport and communication. This section provides links to these areas to help young people take advantage of all the opportunities available to them and embrace the benefits of a changing Australia.
- 4) Culture- Youth is a time of emerging responsibility and accountability and the Government has a role in supporting young people to express their sense of creativity. This section provides links to a range of programs which provide opportunities for young people to participate in cultural, artistic and sporting activities.
- 5) Environment- The Australian Government is integrating a range of policies and programs to help young people understand our environment and issues such as climate change. This section provides links to a range of organisations and initiatives relevant to the environment.
- 6) Finances- The Government provides resources to help young people understand and effectively manage their money, including tax, superannuation and consumer protection. This section provides information which will help young people make informed decisions about how to manage their finances.

So... this is a just a snapshot of what is available on the site so make sure you pay it a visit in the near future to see how the site may assist you personally or the young people you represent.

headspace Update

DISCO is one of number of agencies eagerly awaiting the upcoming launch of *headspace* in Toowoomba.

headspace offers specific services for people aged 12-25 who are going through a tough time and can help with issues like relationship break ups, exam stress, peer pressure, bullying and depression. Whatever the issue is, *headspace* offers a confidential, professional service to help young people move forward with confidence.

headspace has finalised its location and will be based at 1 Snell St in Toowoomba. The site is currently undergoing town planning approval and it is expected that the builder will commence the redevelopment of the site in early March. It is hoped that the new service will be up and operating by late April or early May.

To learn more about *headspace* Toowoomba and how it may be able to help a young person you know or an organisation your associated with, contact the Centre Manager Deborah Moseley on 0417 119 985.



Top 10 Websites for Youth

As direct service delivery for young people is becoming more challenging and harder to access, DISCO decided to highlight a number of on line support partners that can assist or provide information to young people or those individuals who may be supporting them. We believe that a large amount of information and resources can be found here so take a look!

- 1) www.youth.gov.au
- 2) www.beyondblue.com.au
- 3) www.reach.org.au
- 4) www.bethehero.com.au
- 5) www.smilingmind.com.au
- 6) www.yapa.org.au
- 7) www.fya.org.au
- 8) www.atyp.com.au
- 9) www.reachout.com.au
- 10) www.canteen.org.au

WWW.WHYNOTCHECKITOUT.COM.AU??

Dr Dan's Top Ten tips to stay focused at work -



Staff Profile - Emma Alexander

Hi, my name is Emma Alexander and I am the Youth Support Officer at the DISCO office in James Street.

I have lived in Toowoomba for most of my life while also having the opportunity to have lived and travelled overseas.

I have had experience working in an education environment during my time at Education Queensland and have worked closely to support those with varying Mental Health issues.

I was lucky enough to be given a position at DISCO and begin working within the community sector. In my role, I have been lucky enough to meet some brilliant young people who have an immense amount of potential. Helping young people to succeed in our programs is particularly rewarding and we love to see them excel.

I have a deep appreciation for my position here, however I will soon be undertaking a new role in the coming months as a new mum.

I feel very thankful to be involved in a lot of young people's lives as well as working in such a great organisation which have such positive and supportive team



1. **Write out a daily task list and plan your day.** There's nothing like a task list sitting next to you to keep you focused.
2. **Allocate time slots colleagues can interrupt you.** In a busy work place, people are moving and talking all the time. Lock in the times when you can talk to others.
3. **Apply time boxing.** Instead of working at something till it is done, try working on it for a limited period, say 30 minutes. By that time, the task is either completed or you allocate another time slot, perhaps in another day, to pick it up again.
4. **Setup filters in your email.** If you spend a lot of your time communicating and planning in front of your computer, chances are you deal with emails on a frequent basis. Setting up filters in your email client can be a great way of sorting out what's important and urgent from personal stuff which can wait.
5. **Listen to the right types of music.** Music is a great way of settling into the working routine. In addition, having music can drown out office noises like printers and background chattering.
6. **Fill up a water bottle.** Keeping yourself hydrated is pretty important for all sorts of health reasons. Instead of going to the water cooler with your glass every hour, try filling up a water bottle at the start of the day.
7. **Find the best time to do repetitive and boring tasks.** No matter how much you try to avoid it, you're going to have to face doing things which are either repetitive or boring. For these tasks, I find it is best to choose a time in the day to work on them.
8. **Bring your lunch and have it at your desk.** I'm not suggesting you do this every day, but if you really have to focus and are trying to meet a deadline, having your lunch at your desk really helps.
9. **Don't make long personal calls.** Most of us have a good separation between our working and personal lives (or at least try to). I think we can all agree we should avoid having work intrude on our personal time as much as possible.
10. **Clean up your desk.** Some of you may have desks which can only be described as ordered chaos. That's not necessarily a bad thing as long as you can find what you need without too much digging around. However, if you can't, I suggest cleaning up your desk.

Quote of the Quarter

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

Elisabeth Kübler-Ross

Joke in the Corner

One day, in the shark-infested waters of Moreton Bay, two prawns called Justin and Christian are discussing the pressures of being a preyed upon prawn.

"I hate being a prawn," says Justin. "I wish I were a shark."

Suddenly, a mysterious cod appears. "Your wish is granted," he says.

Instantly, Justin becomes a shark. Horrified, Christian swims away, afraid his former friend might eat him. As time passes, Christian continues to avoid Justin, leaving the shrimp-turned-man eater lonely and frustrated. So when he bumps into the cod again, he begs the mysterious fish to change him back. Lo and behold, Justin is turned back into a prawn.

With tears of joy in his tiny little eyes, he swims back to the reef to seek out Christian.

As he approaches, he shouts out: "It's me, Justin, your old friend. I've changed & I've found Cod. I'm a prawn again, Christian."

