

Creating partnerships between industry, education and the community that develop positive futures for young people



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## MATES Mentoring - People's Choice Award

The work of the Wimmera Southern Mallee LLEN's large team of MATES mentors was acknowledged at Volunteering Western Victoria's 2019 awards night. The MATES mentoring program took out the People's Choice Award. Since the inception of the MATES mentoring program in 2010, over 500 volunteers have mentored young people in schools across our region. This award is fitting acknowledgement of the wonderful contribution made by our volunteer mentors who are making a difference in the lives of young people in our local communities.

Find out more about the MATES mentoring program from the Wimmera Southern Mallee LLEN website at: <http://www.llen.com.au/mates/>

Or follow us on Facebook:

*Pictured right, at the 2019 Volunteering Western Victoria Awards Night LLEN staff, Vanessa O'Loughlin, Sam Flaherty and Tim Shaw receiving the People's Choice Award for the MATES mentoring program.*



## MATES Celebrate National Volunteering Week

Thank you to all who came to our National Volunteering Week morning tea. It was amazing to see mentors and potential mentors come along.

We also had some great feedback and discussion regarding the program and potential strategies to work on in the future.



Wimmera Southern Mallee LLEN  
PO Box 841 Horsham  
[www.llen.com.au](http://www.llen.com.au)

## MATES Online Training

Want to become a mentor but don't have the time to commit to a two hour training session? Good news, we now have the MATES training available online! The training is self-paced and covers everything you need to get started. Interested? Contact Sam on 5381 0122 or [mates@llen.com.au](mailto:mates@llen.com.au) for more information.



## After hours training

After hours MATES training sessions are available! If your business or staff are interested in becoming Community Champions and volunteering in your local community, then let the MATES team know!

## Reading Buddies Celebrate



*Pictured: Riley O'Loughlin reading with Lorraine Merton at the Reading Buddies celebration morning tea at Red Rock Books  
Picture: Paul Charracher, The Weekly Advertiser*

To celebrate Education Week and Volunteering Week, the Reading Buddies Program shared morning tea at Red Rock Books to pay tribute to the band of volunteers who support children in local schools by listening to them read on a regular basis.

Reading buddies volunteer on a regular basis to listen to children read, one-on-one, in local schools for one hour, one or more mornings a week. The aim of the Reading Buddies program is to improve reading skills by creating positive reading experiences for children. Some families find it difficult to listen to their children read at home every day, so reading buddies provide an extra layer of support for children to develop their reading skills.

The Reading Buddies program is always looking for more volunteers, so if you or anyone you know could volunteer for one hour a week, we would love to hear from you.

Find out more or register your interest online at: <http://www.llen.com.au/reading-buddies/>

## Résumé Presentations

We were delighted to be invited by Horsham College into their classrooms to carry out presentations on résumé preparation and 'standing out from the crowd'. Most of the students were already familiar with the structure and content of a résumé but learnt more about what will make their resume special. This included presentation techniques (font and design), adding additional detail without crowding the résumé, providing examples and demonstrating how they can 'value-add' to an employer's business. The class finished the presentation with some examples of poor grammar as seen in the image (right).

I enjoy eating Chinese and Italians.....  
I am seeking a party-time position.  
I consider myself a hardly worker.  
I enjoy cooking dogs, shopping, and going to the beach.

## Trees Tell Tall Tales

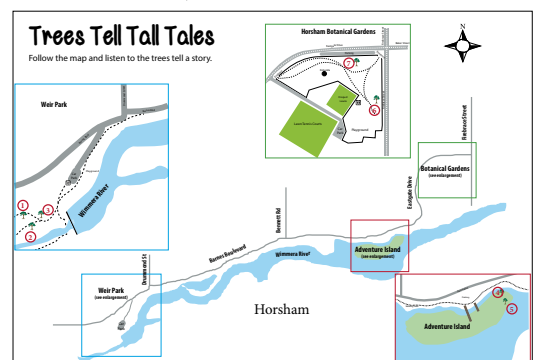


The Art Is...Festival has developed an outdoors activity for children and families which has a literacy focus. An adventure trail has been established along the Wimmera River in Horsham where trees 'read' children's stories and provide information about the surrounding environment.

This activity has been a joint project between Art Is..., Wimmera Regional Library, Wimmera Catchment Management Authority and Wimmera Southern Mallee LLEN.

The activity involves using a map to identify several trees along the Wimmera River and, with the aid of a smart phone, listening to a recorded story as the 'trees tell tall tales'.

There is also a competition which children can enter. The competition involves correctly identifying four secret animals on signs along the adventure trail. The first 200 entrants to correctly compete the activity will win a free children's book by presenting their entry to the Wimmera Regional Library in Horsham.



Download your map and entry form here:  
[https://docs.wixstatic.com/ugd/Ocd69d\\_cd33bdeebcd142d9b5d34a4c9300bf36.pdf](https://docs.wixstatic.com/ugd/Ocd69d_cd33bdeebcd142d9b5d34a4c9300bf36.pdf)

## Thanking local businesses

The WSMLLEN held a Business Luncheon on Wednesday 5 June at the Wimmera Trade Training Centre restaurant. The students studying Certificate II in Kitchen Operations catered for the lunch. It was a four course meal with canapés and iced tea to start. The students were very professional in their approach and suitably impressed the guests with the delicious food they prepared and served. A display of work completed by students in other courses was available for the guests to peruse at their leisure along with a promotional video produced by the Screen and Media students. A number of articles about the experiences of students at their VET courses were also available to read. Guest speaker Shannon Morrow from Morrow Motors spoke about the students they have hosted over the years and the range of skills the students who are studying VET Automotive bring to their business. Shannon highlighted the fact that these students are 'work ready' because they have begun their training and skill development through their VET course.



*Pictured: Work, photos and stories of current VET students on display at the VET & SWL Business Luncheon.*



*Pictured: (left) Shannon Morrow (right) Sam Bigham speaking at the Horsham VET & SWL business luncheon.*

Sam Bigham from Cec Hopper and Sons (CHS) also spoke about his journey through his schooling into his electrical apprenticeship. Sam's placement at CHS has given him opportunities he may never have had if it had not been for completing VET Electro-technology and his Structured Workplace Learning (SWL) placement.

The quality of work and skills developed by students undertaking a VET course was impressively displayed by the preparation and presentation of the meal. Attendees were able to gain a perspective of the high level of skills that VET students are able to bring to their workplace.

## School Holiday Ideas

Grandchildren coming to visit? Don't know what to do to occupy children on cold wintry days? Visit your local library and borrow a selection of great children's books. There are books for all ages and interests and remember, kids who read succeed. Check your local library for school holiday programs and activities:



### Horsham School Holiday Program

Medieval Mayhem - craft activities and a Medieval feast - Tuesday 2nd July and Thursday 11th July  
Movie Morning - Thursday 4th July and Tuesday 9th July



### Stawell School Holiday Program

Smart Fit Fun - Tuesday 2nd July  
Smart Fit Fun - Thursday 4th July  
Kids Karaoke - Wednesday 10th July  
Unicorn Dreamcatchers - Thursday 11th July  
Bookings essential for all events 5358 1274



### Nhill School Holiday Program

Come along to enjoy a variety of Giant Games. Wednesday 3rd July, 10.00am - 12.00 pm



### Edenhope School Holiday Program

Make and share a Wordsearch Puzzle, Saturday 6th & 13th July, 10.00 am - 12.00 pm. Or pick up a Make a Wordsearch sheet anytime during the holidays.



### St Arnaud School Holiday Program

Get creative with a Collage Hat on Thursday 11th July



### Kaniva School Holiday Program

Have fun with a Lego or Craft table available throughout the holidays.



# WESTERN VICTORIAN CAREERS EXPO

Tuesday 25<sup>th</sup> June 2019

9:30 am - 2:00 pm

Wimmera Events Centre, Longerenong

Free Entry - Open to the Public

All  
Welcome

## Special Guests



### Tom Ballard

Stand up comedian, writer, actor, broadcaster and one of the country's most exiting and insightful voices. Come hear how Tom achieved all this and more and learn how he got to where he is today.

Seminar  
12:00 pm  
Arts  
Auditorium

### Loose Moose

Seminar  
10:30 am  
Performance  
1:15 pm

An exciting six-piece band from Melbourne. Listen to their music and hear the story of their journey into a music career.



WESTERN VICTORIAN  
**CAREERS**  
**EXPO 2019**

**40 Careers Seminars**  
**90+ Exhibitors**  
with a performing arts focus

[www.wimmeracareerexpo.com](http://www.wimmeracareerexpo.com)

## Headspace, Creative Space, Study Space

Two new group activity programs, Creative Space and Study Space will be commencing at Horsham Headspace. Creative Space sessions will run fortnightly, commencing on 26 June and Study Space sessions will run fortnightly, commencing on 3 July.

# Creative Space

## Be Brave. Be Bold. Be You

### Creative Space.

It can be hard navigating who we are in the world. The 'Creative Space' art group is a non-judgemental safe space where you can use different mediums for self-exploration, self-discovery and confidence building.

**When**  
Fortnightly on a Wednesday  
Starting 26th June 2019  
From 4pm to 6pm  
**Where**  
headspace Horsham  
71-77 Hamilton Street, Horsham  
**Contact**  
Phone 03 5381 1543  
Email [info@headspacehorsham.org.au](mailto:info@headspacehorsham.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

# Study Space

## Get your study on.

### Study Space.

Wanting a safe place to study outside of school? Come along to headspace to be with other teens and get your work done.

**When**  
Fortnightly on a Wednesday  
Starting 3<sup>rd</sup> July 2019  
From 4pm to 6pm  
**Where**  
headspace Horsham  
71-77 Hamilton Street, Horsham  
**Contact**  
Phone 03 5381 1543  
Email [info@headspacehorsham.org.au](mailto:info@headspacehorsham.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

To find out more about the services and programs provided by Headspace visit their website:

<https://headspace.org.au/>

**get support**

There are many ways to access information and support about your mental health and wellbeing. Choose the way that best suits you.

- information & resources**  
Learn about mental health challenges and ways to maintain a healthy headspace.  
Icons: person, heart  
for young people, for friends & family
- visit a headspace Centre**  
Health professionals in headspace Centres around Australia can help with mental and physical health, alcohol and other drugs, and work and study. Visits are free and confidential.  
Icon: house  
headspace Centres
- online & phone services**  
Chat online, email, or speak on the phone with a qualified professional. It's free, confidential and can be anonymous. Explore eheadspace, Digital Work & Study and Digital Industry Mentor Service.  
Icons: speech bubble, laptop  
mental health, work & study

## Horsham Rural City Youth Council

Horsham Rural City Council (HRCC) wants to hear from local young people who want to have a stronger voice in their community and are interested in being part of a new Youth Council.

This is a great opportunity for young people who live in the shire of Horsham Rural City who want a stronger voice in their community, to meet others with similar interests and ideas, to build their leadership skills and develop their knowledge and abilities to affect change.

The young people who get involved will also have the chance to develop knowledge in team work, meeting processes, organising projects, public speaking, advocating for change and consulting with their peers. Applications are open until 30 June, with Youth Councillors set to be appointed in mid-July.

Young people who are interested can apply online at: [bit.ly/HRCCyouth](http://bit.ly/HRCCyouth)



**Horsham Rural City**  
Council urban rural balance

## Contributions to News You Can Use

Anyone wishing to contribute news or information about events, is welcome to submit articles for inclusion in the WSMLEEN Newsletter. Articles can be forwarded to [info@llen.com.au](mailto:info@llen.com.au)

WSMLEEN reserves the right not to include items deemed to be incompatible with the purpose of the LLEN.

## WSMLEEN Staff



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Annie Mintern  
Careers Expo Project  
Officer



Wimmera Southern Mallee LLEN is a recognised Gold Skilled Workplace with a majority of our current staff having completed the Youth Mental Health first aid training. We highly recommend YMHA training for everyone who works with young people.

To find out more about being a skilled MHFA workplace, or to apply for recognition for your organisation, go the Mental Health First Aid website:

<https://mhfa.com.au/cms/mental-health-first-aid-skilled-workplace-initiative>

The Wimmera Southern Mallee LLEN Newsletter is sent electronically to over 200 recipients across the region.