

future shapers *game changers*



West Tamar Youth Strategy **2023-26**

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Goal 0 - keep doing what we're doing

Goal 1 - developing formidable young people

Goal 2 - building mental wealth in young people

Goal 3 - growing green minded young people

Goal 4 - advocating fun, affordability and creativity

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acknowledgement

We acknowledge Tasmanian Aboriginal people as the traditional owners of this island lutruwita (Tasmania). We pay our respect to the Tasmanian Aboriginal community of lutruwita who remain the custodians of these lands. We will strive to integrate the richness of our indigenous culture in all aspects of Council's youth services provision in the municipality and to promote the path of reconciliation for future generations.

location

The West Tamar municipal area includes the western side of the kanamaluka/Tamar River estuary from the suburban area of Riverside in Launceston extending north to Bass Strait and as far west as Frankford.



West Tamar Council was inaugurated on the **2nd of April 1993** and operates within **709 square kilometres** of land including 472 kilometres of road network. Council's offices are in Riverside, Exeter and Beaconsfield. The major industries are tourism, retailing, agriculture, fishing, world class vineyards and first class maritime education facilities.

The valley has various natural attractions including the Narawntapu National Park, Notley Fern Gorge, Tamar Island Wetlands and the kanamaluka/Tamar River estuary. The valley has an abundance of historical attractions and points of interest that account for the foundation of Tasmania, in particular the York Town settlement site and the Beaconsfield Mine & Heritage Centre.

The kanamaluka/Tamar River estuary and its tributaries are home to an abundance of bird life and combined with its beautiful landscape, the West Tamar is a peaceful and idyllic residential and rural setting.

executive summary

West Tamar Council values its young people.

Because of this, Council is determined to ensure that young people are supported and connected to the community, whilst having a sense of drive and ambition for their future. Through the West Tamar Youth Advisory Council (YAC) and Council's Youth Services Team, Council is committed to the ongoing provision of youth services that seek to improve youth health and well-being outcomes.

The sixth West Tamar Youth Strategy (2023-2026) has been developed to provide an innovative, 'out of the box' and engaging strategic framework to serve the young people of the West Tamar, supporting Council's vision 'to create an inclusive community where people want to live, work and invest.'

563 young people were consulted throughout the review process to determine the heartbeat of a young person in the region. The consultation provided Council with a fresh understanding of the issues confronting our young people, including: mental health, cost of living, bullying, transport and an opportunity to discover their future in the West Tamar. It has also highlighted constructive advice, ideas and suggestions from young people on how to improve current services provided to young people.

The strategy proposed here outlines **5 key goals** that highlight young people to be formidable, mentally wealthy, green minded, to advocate for fun, affordability and creativity, whilst continuing the services that Council currently provides.

The West Tamar Youth Strategy 2023-2026 was launched by Council on 6th December 2022.

mayor's message



The West Tamar Council places high importance on engaging with our young people as they play a vital role in our community. We strive to build shared understandings, promote inclusion and provide opportunities for them to realise their potential.

The Youth Strategy details how our Youth Services will continue supporting the young people who live, work and invest in our municipality. This new strategy highlights that our young people be formidable, mentally wealthy, and green minded, as they advocate for fun, affordability and creativity. It is also important that we continue offering the services that we currently provide.

We look forward to continuing to help shape the future of our young people, the game changers, to ensure that they are happy, healthy, and engaged members of the West Tamar community.

Cr. Christina Holmdahl
West Tamar Council Mayor

wtc strategic plan 2022-2032

The Youth Strategy supports and reflects Council's Strategic Plan 2022-2032 objectives:

OUR COMMUNITY

Goal: To maintain an engaged and active community where partnerships are established, needs are identified and Council assists in achieving sustainable outcomes

OUR FUTURE

Goal: To encourage sustainable growth and prosperity

OUR ENVIRONMENT

Goal: To care for and achieve balance between the natural and built environment

OUR INFRASTRUCTURE

Goal: To ensure the provision and maintenance of an efficient and effective infrastructure network

OUR ORGANISATION

Goal: To be an organisation that values its people and delivers for our community



overview of west tamar youth

Consultation and development of the West Tamar Youth Strategy has been conducted with young people defined as those **aged between 10 and 25 years** who live, work, attend school, or who are significantly connected to the West Tamar municipality.

According to the 2021 ABS data, estimated **resident population is 25,145** residents in the West Tamar Municipal Area (WTMA), with the main population centres of Riverside, Legana, Exeter and Beaconsfield. Of this total, young people (aged 10-24) represent approximately **17% (4202)** of the total population.

The West Tamar municipality holds a larger percentage of young people aged 15-19 compared to regional Tasmania (5.9% compared to 5.7%). However, the municipality holds a significantly smaller percentage of young people aged 20-24 compared to the nations average (4.6% compared to 6.2%).



demography

according to the 2021 Australian Bureau of Statistics

population of ages by location

	7270	7275	7276	7277	Riverside	Trevallyn	
10-14 years	214	209	42	440	465	342	note: Trevallyn includes L'ton residents
15-19 years	168	182	39	400	501	315	
20-24 years	158	147	45	291	364	233	

number of West Tamar young people in education

primary	2095
secondary	1644
tertiary	1199

overall population of the West Tamar

25,145 people (ABS)

total number of schools in the West Tamar

4 primary, 2 high and 1 kinder-12

In 2016, 10.3% of 15 to 24 year olds in the West Tamar Council area were disengaged with employment and education, compared to 13.6% in Regional Tasmania. (ID Demographics)

2022 west tamar
youth survey
Snapshot **563**
 responses

YAC West Tamar COUNCIL

on a scale of 1-5, young people feel an average of **3.8** about their future (1=not good, 5=great)

12 year olds were the most surveyed young people (119)

the most popular group/activity young people are involved in was **sport (283)**

friday was the preferred day to have something to do

the most known Council activities available to young people in the region was the **school holiday program** (215)

traffic before and after school was the biggest transport issue facing young people **(179)**

only 29 young people indicate they ride/scoot/skateboard to school.

where young people most **hang out**

house (353)
 to and from school (259)
 shops (176)

top 3 **youth issues identified**

mental health (231)
 bullying (168)
 stress/anxiety (160)

biggest challenge in **obtaining drivers license**

time to have enough hours 55%
 booking in lessons 30%
 cost 27%

top likes and dislikes

about living in the West Tamar

likes: **peaceful & quiet (127)**
the people (106)
safety (100)
 dislikes: **nothing to do (163)**
environmental/pollution issues (85)
lack of facilities for young people (63)

where young people would **prefer to find a career**

west tamar 23% **elsewhere 77%**
 2019 results:
 west tamar 36%
 unsure/elsewhere 64%

elsewhere:
 Launceston 21%
 Tasmania 26%
 Mainland 32%
 Overseas 21%

the ideas, advice and suggestions...

top suggestions for a **guest speaker topic**

mental health and wellbeing (225)
bullying and relationships (196)
online safety (150)

top ideas for a **youth based event**

just fun stuff (330)
sports event (173)
live music (135)

top ideas for weekly **workshop/activities**

just fun stuff (271)
online gaming (159)
sports clinics (158)

most popular ideas to **improve parks**

outdoor courts & sports grounds (225)
seating and shelter (224)
exercise & parkour equipment (201)
Beaconsfield, Legana and Riverside were the top 3 locations

highest priority for the **mayor to focus on**

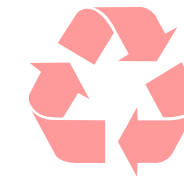
affordable living (203)
rubbish collection (80)
sports grounds (76)

from the comments...

the best idea to address youth issues:

opportunities, speakers and support in schools
awareness raising campaigns
dedicated youth service in the region

(top response for riverside young people)



the best idea to make your town better:

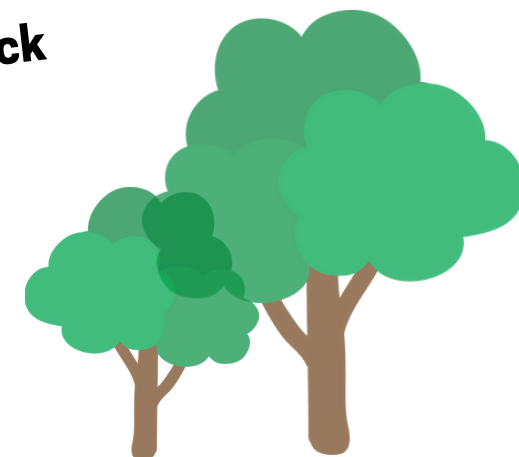
more fun places for young people
plant more trees
reduce litter

(particularly for young people in Exeter & surrounds)



if you had a plot of land for young people...

indoor youth mental health centre
sports facility that has a skatepark/pump track
mountain bike tracks and outdoor playgrounds



spotlight on beaconsfield

Through our partnership with the Irene Phelps Charitable Trust (IPCT) since 2015, the West Tamar Council delivers and supports a range of youth-focused initiatives in the Beaconsfield area, including: school holiday activities, The Beaconsfield Youth Centre, youth support for Beaconsfield Primary, helping facilitate youth support at Exeter High (Breakthrough Corner), youth events, skate park activities and external program support such as Free2b Girls and Communities for Children events.

The generosity of the IPCT increases Council's capacity to support the youth of Beaconsfield by implementing a range of targeted initiatives. Council employ a part-time (30.4 hours per week) Youth Worker to address the issues facing Beaconsfield youth, with a particular focus on:

- Implementing relevant actions outlined in the Youth Strategy
- Analysing local needs with a view towards local young people leading effective and sustainable projects that address youth issues
- Delivering a diverse range of activities and events, both after school and on weekends
- Empowering young people to make informed choices with regard to education, training and employment
- Implement a range of school based initiatives that raise awareness of WTC activities and other support services
- Working closely with schools to deliver a range of education initiatives that improve the capacity of young people to make informed decisions relating to health and well-being
- Providing necessary information and resources to improve health literacy
- Promoting healthy and active lifestyle choices through WTC activities
- Consideration of future funding sources to secure the ongoing sustainability of the initiative





**YOUTH ADVISORY
COUNCIL WEST TAMAR**

YAC West Tamar...

are at the heart of shaping the future in the municipality. They meet regularly influencing future thinking, strategies and decisions Council makes that affect young people. The Youth Advisory Council shaped the Youth Survey, collated the results and have worked with Council to put together 2023-2026 Youth Strategy.

The team recognised that doing what we've always done may not produce the positive outcomes anymore. The world has changed, and so must we. This strategy isn't about repeating the past, but rather recognising what could be.

Future shapers - **game changers**

We're prepared to continue the good work we're doing, drop the stuff that's not working, and to look outside the standard, the known, the done before and thus change the game.

We will strive to help produce formidable young people that are freakishly awe-inspiring, amazing and admired. We will strive to develop a golden treasure of mental wealth in the lives of those facing the ever-present mental health crisis. We will strive to grow a generation of green minded young people that leave the world better than it was yesterday. We will strive to make the West Tamar amazingly fun, creative and affordable through innovative ventures.

And as we strive, together, we will produce a bright future for young people worth sharing for coming generations.

future shapers - *game changers*



West Tamar Youth Strategy **2023-26**

goal 0

keep **doing**
what we're
doing!

goal 1

developing
FORMIDABLE
young people

goal 2

building mental
wealth in
young people

goal 3

growing **green**
minded young
people

goal 4

advocating fun,
affordability &
creativity

goal 0

keep **doing** what we're **doing**!

West Tamar Council values its young people.

Because of this, Council is determined to ensure that young people are supported and connected to the community, whilst having a sense of drive and ambition for their future. Through the West Tamar Youth Advisory Council (YAC) and Council's Youth Services Team, Council is committed to the ongoing provision of youth services that seek to improve youth health and well-being outcomes.

We believe that the work we currently do is invaluable. So why stop it?

We aim to keep doing the good work we're doing and ensure that it is a backbone of future developments in Council's Youth Strategy.



- Partnership with the Irene Phelps Charitable Trust
- Youth centre program at Beaconsfield and Legana
- School holiday program
- Lead, Inspire, Grow leadership camp
- Youth Advisory Council
- Youth Mayor program
- Pitch your project to YAC
- Youth representative grants program
- Youthweek events
- West Tamar partysafe program
- Weekly support at Beaconsfield Primary School
- Weekly support at Exeter High School
- School vocation awards
- www.westtamaryouth.com.au website
- Social media platforms
- Supporting the statewide Tas Youth Forum & Youth Advisory Summit



goal 1



developing **FORMIDABLE** young people

Here's our definition of formidable: tending to inspire awe or wonder. We know there is a potential like no other in the hearts of our young people. We believe all young people in the West Tamar are made for more than the situations and circumstances that life has thrown at them, whether good or ill. We recognise that deep inside each young person, there is a story yet to be written that can inspire a community to rise above the difficulties of the day. Our aim is to nurture the growth and development of West Tamar youth to be resilient, respected and awe-inspiring human beings through entrepreneurship opportunities, public speaking training and sharing the success stories of West Tamar young people.



Public Speaking training and mentoring

goal 1
developing
FORMIDABLE
young people

We believe there is something special about West Tamar young people, and we want to give them the best opportunity to succeed beyond school life.

Obtaining a job is more than having a neat resume, pitching a business idea is more than having a good powerpoint presentation, and giving a speech is more than just getting the words right.

A formidable young person is about communicating confidently, with purpose, passion and an intent to influence others. Training West Tamar young people in public speaking will help give them that edge as they step into the working life.

PROPOSAL 1

Our proposal is to offer public speaking workshops and regular mentoring beyond our Youth Mayor capacity to include all YAC members and leadership camp participants.

Our Youth Mayor program receives 4 professional development sessions each year by a professional mentor. We envisage the possibility to train and equip young people on a larger scale through a range of creative and innovative mentors in the field.



goal 2

building mental wealth in young people



Over 75% of mental health issues occur before the age of 25 with suicide continuing to be the largest loss of life in young Australians. The West Tamar Youth Survey showed that mental health is a huge issue facing young people in our region. We will strive to build the mental wealth in young people. Knowledge is power. Building your support resource is power. Gratitude is power. Affirmation is power. Through mental health training, campaigning and advocating for better mental health service provision, we aim to build the mental wealth of young people that helps them face life with the confidence and hope that they need to pursue a fulfilling life.



Train and equip young people to help other young people

Campaign mental wealth tactics

Network with service providers to establish better support services

priority

A

B

C

actions

- conduct youth mental health first aid training.**
- provide schools with guest speaker presentations around mental health and wellbeing.**
- develop initiatives for school engagement that encourage mental wealth tactics (eg. better sleep, kindness cards, gratitude).**

- YAC to create mental wealth videos.**
- youth mayor to network with schools about adopting region wide mental wealth tactics.**
- promote better equality, diversity and inclusion through nationally observed events and opportunities.**

- research funding opportunities for youth services to provide outreach in the West Tamar.**
- advocate for a youth mental health centre in the West Tamar.**
- integrate health and wellbeing activities and special guests in youth centres .**

Youth Mental Health first aid training

goal 2

building mental
wealth in
young people

The 2022 West Tamar Youth Survey showed us that young people look for help first to their family, then to their friends when they have a personal problem.

If young people are looking to friends and family to assist them when things aren't going well, we feel we have an opportunity to equip young people to better provide the support that someone might need in the moment.

First aid is about being the help that someone needs in an instant. Being that help in a mental health crisis is huge. And it's not easy, yet so often young people are placed in that situation.

Proposal 2

Our proposal is to provide Youth Mental Health First Aid training to YAC volunteers, and a region wide training day to student leaders in the West Tamar.

Mental Health First Aid® (MHFA™) is designed to teach the everyday Australian the skills required to provide first aid to an individual who may be developing a mental health problem, or are in crisis.

(<https://mhfa.com.au/>)

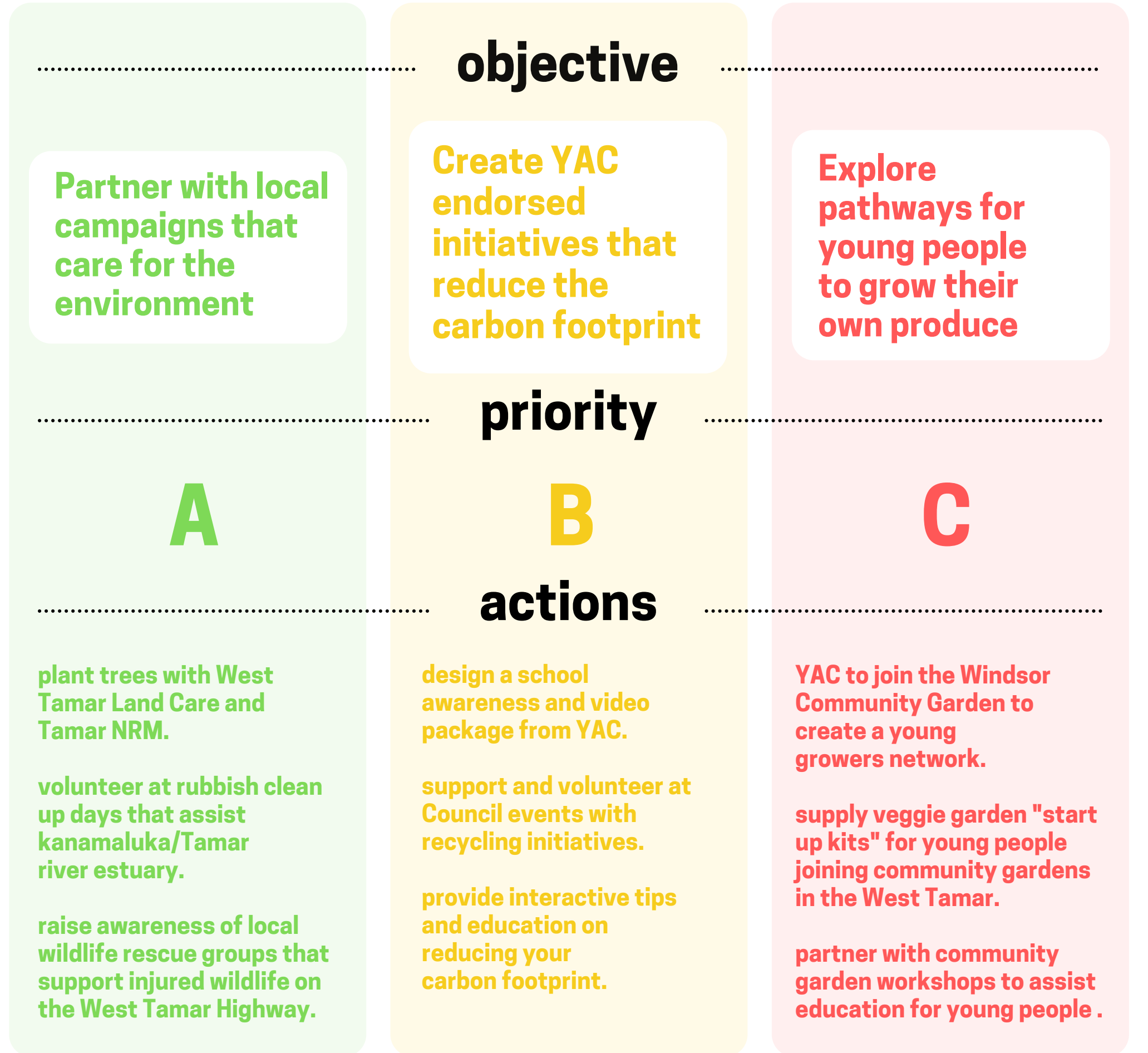


goal 3

growing green minded young people



We're not being political here, but we all know the situation of today's environment, and young people are at the forefront of passionately wanting to ensure a positive outlook for our world. The kanamaluka/Tamar river estuary snakes all the way along the West Tamar collecting litter that finds itself in the estuary. The West Tamar Highway connects our beautiful community, but can also be a death trap for the local wildlife. Let's grow and raise a generation of West Tamar young people that strive for green minded initiatives and partnerships with established organisations that protect, preserve and make our region more beautiful than the day before.



Veggie Garden start up kits

goal 3
growing **green**
minded young
people

The cost of living is a real concern for young people in the West Tamar. Our Youth Survey highlighted that affordable living should be the number 1 priority for the mayor to focus on. This was an eye-opening result as the majority of participants completing the survey were only 12 years old.

Addressing the cost of living is a complicated one. However, we believe that one creative solution is to provide an opportunity for young people to grow their own produce, and be connected to a network of other growers.

A veggie garden start up kit may be the incentive a young person needs in order to eat healthy, save money and be supported.

PROPOSAL 3

Our proposal is to create a veggie garden start up kit program for young people that join community gardens based in the West Tamar.

Community gardens are places where people come together to grow some of the food their families eat and to enjoy the conviviality of good company. They offer fresh food and learning at the same time as they create a sense of place close to where the gardeners live.

(Community Gardens Australia)



goal 4



advocating fun, affordability & *creativity*

The West Tamar Youth Survey showed us a glimpse into the life of a young person. We recognise and understand that not all young people want to stay, whether it be furthering education, exploring a new career, or maybe things just aren't working out. We will do what we can to boost the West Tamar to be a more liveable and desirable place for young people. Through YAC West Tamar, we will advocate for new initiatives that promote more affordable living, advocate for better recreation facilities that benefit young people, deliver fun events throughout the region, and enable creativity that helps young people be at the heartbeat of the West Tamar story.



Strength and Agility Obstacle Course network

goal 4

advocating fun,
affordability &

creativity

The best way to tackle an issue or a challenge in the community is to generate a solution.

From the 2022 West Tamar Youth Survey, we recognised a few issues and challenges young people are facing:

- cost of living is an issue
- young people are bored
- travelling to Launceston to exercise isn't ideal
- there isn't a lot of things to do in parks for teenagers

Our solution? With out of the box thinking and a bit of research, we feel there's an opportunity to create a unique network of strength and agility obstacle courses at prominent public spaces in the West Tamar. These play spaces encourage young people (and adults!) to be active and healthy in open spaces, whilst having loads of fun.

PROPOSAL 4

Our proposal is to investigate to install a network of strength and agility obstacle courses with a staged approach in various locations in the West Tamar.

Imagine local young people engaging with these public spaces, recording their times on the app provided, hailing as king or queen of the course, whilst hitting exercise, health and wellbeing goals. And, it's fun! And, it's free! And, it's local.

Imagine the network of courses attracting people from other regions, tourists exploring Tasmania and school excursions.



4 key proposals

future shapers -
game changers

West Tamar
Youth Strategy
2023-26

The West Tamar Youth Strategy highlights 4 key proposals for Council to consider. These 4 proposals are innovative and creative, guided by the thoughts and ideas of local young people, and are backed by a strong track record of success. The proposals support Council's vision 'to create an inclusive community where people want to live, work and invest' and are effective in assisting the theme of the Youth Strategy of 'future shapers - game changers.'

Public Speaking

training and mentoring

Veggie Garden

start up kits and support

Youth Mental Health

first aid training

Obstacle Course

network

closing words

from the 2022 youth mayor
- **Elizabeth Sexton**



As young people living in the West Tamar, the 2023-2026 West Tamar Youth Strategy will not only benefit us now, but will continue to aid us and help us to build a brighter future for ourselves and future generations. These goals will help to create a community of youth who take responsibility and initiative and who are loved, wanted and accepted.

I am so excited to see where these goals and ideas take us and I cannot wait to be involved with making them come to life! The strategy contains so many amazing opportunities and new initiatives which have never really been done before and I am looking forward to seeing these ideas become a reality.

Young people are the future, we are the ones that can change the game. This is just the first step in doing so, so let's embrace it and make the most of it, bettering the lives of ourselves and the community around us in the process.

Future Shapers, Game Changers.

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Hard copies can be made available by contacting one of Council's offices.

references

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CONTACT

To provide feedback on the West Tamar Youth Strategy please contact the Youth Development Officer via the Windsor Community Precinct by phoning

(03) 6323 9200 or e-mailing **youth@wtc.tas.gov.au**

Responses in writing can be submitted by post to:

The Youth Development Officer

West Tamar Council

PO Box 16

RIVERSIDE 7250

visit **www.westtamaryouth.com.au** or find YAC West Tamar on Facebook and Instagram.

