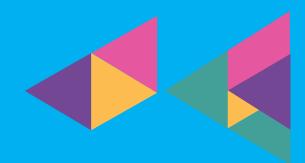


Youth chronicles

Edition 3 - Issue 3



"Stories of young people achieving great things in our region"



Welcome to the Youth Chronicles Magazine

Here you can find the latest news direct from our region's young people.

This publication is produced through a partnership between Bundaberg Regional Council, our region's high schools and youth service providers. The Youth Chronicles is released three times a year in May, August and November and contains stories about some of the great things our region's young people are doing and achieving.

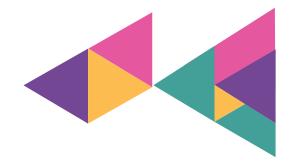
Through region-wide collaboration stories are shared not only from our regions high school students, but also from those young people who are no longer attending school. Every high school in the region is given the opportunity to provide two pages for each edition, with many schools getting the students involved in designing the pages, writing the stories and taking the photos. Youth service providers are also providing stories and photos which are compiled on two pages.

The Youth Chronicles magazine is made available online at www.bundaberg.qld.gov.au/youth. An electronic copy is sent to each school to share and a limited number are printed and distributed throughout the community.

This is our third year of this initiative and we would really appreciate your feedback on the content and quality along with your thoughts on the projects youth have been involved in. The feedback is valuable in ensuring continuous improvement as well as allowing the young people in our community to hear a different narrative about their contributions in the community they live.

To provide feedback or if you would like more information, please contact our Community Development Officer on 1300 883 699 or comdev@bundaberg.qld.gov.au





Youth Chronicles Edition 3 - Issue 3 November 2020

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Bundaberg Christian College Education with Wisdom

Bundaberg Christian College Education with Wisdom

Composing music comes naturally for me.

Artology Achievement - Andrew Udal

This year, I was fortunate enough to enter a new branch run by the Artology association, which was responsible for hosting the Australian Fanfare Competition, held since 2014.

In 2020, the competition held it's first Open Fanfare branch, which looked to allow more emerging composers to have their works performed and showcased to the world. I was able to be selected as one of 16 winners in this competition, in which my piece entitled "A Call From Space", was performed by the Queensland Youth Chamber Orchestra in Brisbane, on the 30th of September. This signified my first every symphonic/chamber work performed ever, which gave me the ability to judge how my orchestration skills were with such a large and diverse ensemble.

The piece itself went for roughly 30 seconds, common of short fanfares, depicting the call from space, bringing us out of the earth we know, and into the unknown universe that is space. It consisted of a strong brass section accompanied by strings and woodwind, forming an unearthly feeling as it began the journey into space.

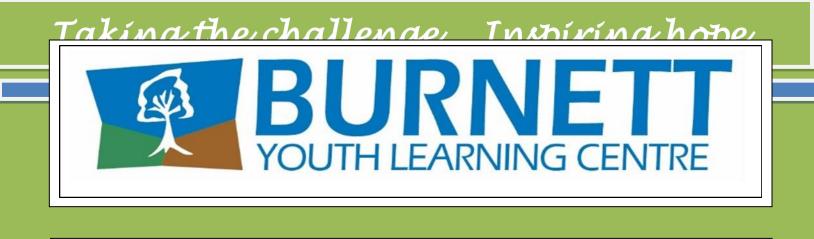
Along with the piece getting performed, I also got the chance to be mentored 3 weeks prior to the performance, in which I was able to refine my work ready to be performed by the live musicians from QYCO (Queensland Youth Chamber Orchestra). In the mentorship sessions, I was able to learn how to effectively construct a readable score for musicians, adding little details that would create clarity for the musicians. I was also able to explore some more textural ideas within my orchestration, heard at the start of my piece, and broaden my understanding of texture used in an orchestra.

Overall, the experience was fantastic, and I was able to pull out a lot more than I thought, helping build my skills as a composer and ultimately, guide me into the profession I want to peruse.

Listen to my composition performed by the Queensland Youth Chamber Orchestra







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We love you but...



I cannot explain what we do here at BYLC better than Nanny McPhee does when she says "When you need me, but do not want me, then I must stay. When you want me, but no longer need me, then I have to go." It is a feeling summed up often by our staff and students alike. Nevertheless, like a mother bird knows when it is time to push its babies out of the nest, we know sometimes it is time to let our students go and encourage them onto the next stage in life.

Check out our story below for our latest "success" story where we do just that.

BEN: Hauling off to Haul-out

Ben came to BYLC when he was in grade 9 back in 2017 and has been with us ever since and now, as we round off his final year with us we are excited to see Ben off on his working journey. A real farm-boy at heart, Ben is one of those students that struggles to sit still in a classroom, wanting to be outside working and doing practical, real-life things with his time (and earning money, of course).

BYLC really suited Ben as it gave him exactly what he needed; an opportunity to work in a hands-on classroom environment across woodwork, metalwork, automotive and agriculture whilst still taking some time to get individualised instruction to develop his literacy and numeracy skills for practical life uses.



Fast-forward to 2020 and Ben has almost completed his Certificate 2 in Rural

Operations with us, placing him in a great position for employment in farming. Even more exciting though, is Ben using the knowledge he has gained from BYLC and his experiences, by taking time out to gain work doing haul-out driving this cane season.

Ben has absolutely loved the flexibility of our school to give him both the opportunities he has been provided but also a solid transition to work. We are so proud of Ben and the opportunities he has taken on!

"Work hard and become a leader, be lazy and never succeed." - Proverbs 12:24

Taking the challenge... Inspiring hope.



PETER DOHERTY AWARD

Bundaberg State High School's Head of Science Kylie Milliken is one of five winners in the 2020 Peter Doherty Awards for Outstanding Teacher in Science, Technology, Engineering and Mathematics (STEM).

The Peter Doherty Awards for Excellence in STEM Education recognises student, teachers, support officers, schools and education partners who demonstrate an outstanding and innovation contribution to STEM education in Qld.



2020 marks the 17th year of the awards names after Professor Peter Doherty, a Brisbane-born Nobel Prizewinning scientist.

For the past two decades, Kylie has been teaching at Bundaberg State High School, using unique methods to deliver daily lessons that are fun, educational and scientific.

UNIVERSITY OF QLD SCHOLARSHIP RECIPIENTS

Congratulations to Brayden S., Bernard L, Hayley S., Charlie B., Paige J., Zahra S., Owen L., Diojean M., Ebony L. and Jasmine B. in securing scholarships for the duration of Senior and then the first three years of study (valued at \$40 000 each).



FUTURE TEACHER BURSARY

Congratulations to three of our Year 10 students who have been successful in securing a Future Teacher Bursary: Amelia K, Izekiel H and Natasha W. \$200 to each student to help with costs associated with their early university course which they have commenced in Year 10.

The Future Teachers project has been established as part of the Teaching Queensland's Future Strategy to support and increase the number of Queenslanders aspiring to a teaching career, and undertaking relevant pathways.

The Future Teachers project is a suite of interrelated initiatives, focused on promoting and fostering an interest in teaching as a career and is supported by the development of a collection of new resources that promote teaching as a profession.





QLD SCHOOL SPORT MERIT TEAM

Two students have been selected as part of the Qld School Sports Merit Teams. Danielle Y. has been selected as a student official for the 13-15yrs Netball State Merit Team and Isaac W. has been selected as a member of the 13-16yr Boys Hockey Merit Team.



Through hard work, the stars



DEFENCE FORCE ACCEPTANCE

Congratulations to Timothy H. who has been accepted into the Royal Australian Air Force. Tim heads off in April to Wagga Wagga to start his trainin as an Aircraft Technician.

TREE DAY CELEBRATIONS



Thursday 3 September 2020, students, staff and local community members grabbed their gloves and planted a seedling on our National School Tree Day. This is a yearly event at Bundaberg State High School and is always a wonderful day. All the seedlings were in the ground, in time to enjoy the rain that fell!



NATIONAL YOUTH SCIENCE FORUM

Congratulations to Shakaya T. who was successful in her application for National Youth Science Forum (NYSF)! NYSF is a not-for-profit organisation that runs a number of residential programs to encourage young people in their passion for science, technology, engineering and math's (STEM). The programs show the wide variety of engaging, rewarding and inspiring study and career options available in STEM fields. Thanks to Rotary, who support this initiative.

PRESELECTED UNIVERSITY ENTRY

We are very proud of our Year 12 students who are proactive, with many already preselected for university entry. The following students have already received official word (and are thrilled) to already have their plans in place for completion of Year 12 at Bundaberg State High School. Congratulations to:

CQU – Shania M., Lorelelai R., Nick C., Teagan L., Debbie R., Kristy Lee S., Angeline S., Sophie O., Laura E., Benjamin R., Henry B., Fatima C., Joshua H., Dana S., Adam W., Jesse C. and Andrea F.

James Cook University – Tenzin A. and Parth U.

Sunshine Coast University – Ashlee P., Melissa B., Tania H., Aubyn T., Myra B., Amanda B., Cloe N. & Jade M. ANU (Canberra) – Sam B. and Shannon H.

QUT – Shannon H., **Griffith Uni** – Kayla R.

SCIENCE WEEK VISITS

Bundaberg State High School students visited nine of our local Primary school to share with them their passion of Science. Due to COVID restrictions, Bundaberg State High School was not able to put the event on at their venue, so students and staff took the event to our local schools!



Through hard work, the stars



Students, Police and School all winners

Isis District State High School students have been stepping up in a new program to improve fitness, wellbeing, school attendance and motivation.



IDSHS Blue EDGE participants meet twice a week before school with local police officer Constable Rohin Power, HPE Teacher Lauren Warschauer and a group of dedicated community volunteers to participate in a high-intensity workout program followed by showers, a guest presentation and a buffet style hot breakfast.

Presentations range from career presentations from local businesses like the Isis Sugar Mill to pilates sessions to cooking lessons run by ex-military cook and volunteer Brett Dittman.

HPE Teacher and co-coordinator Lauren Warschauer says the students are enthusiastic about the program and it has improved their attendance and participation.

Elio Zea (Y10) - I like Blue EDGE, it's a bit of fun and you get to test yourself against police officers and see how fit you are.

Jonah Chapman (Y10) - It has good food and it's good to test your limits.

Zack Zerafa (Y10) - Blue EDGE is a good time, it's a fun time spending time with mates and doing fitness, you can test yourself against your friends. You feel pretty good afterwards, pretty energetic and ready to go at school. It's also been interesting to learn how things work [from the guest presenters] how to get into things [different career paths] and what it's like in different jobs.

Jack King (Y9) - Blue EDGE program is pretty good. You come in and get a work out, make some friends and then head off to school. I'm more likely to come to school if Blue EDGE is on.

Blue EDGE is funded by Blue Light Association.



Students Celebrate Early Uni Offers!

Seven Isis High Students have secured Early Entry to University. The students are as follows (Left to Right):

Codie Dean – USC – Bachelor of Creative Industries Kate Fitz-Gibbon – CQU (online) – Bachelor of Science (Psychology and Criminology) Samuel Nixon – USC – Bachelor of Paramedic Science Rana Blair – USC – Bachelor of Nursing Science Xanthe Whitaker – CQU – Bachelor of Occupational Therapy Eden Mabbutt Gurr – CQU – Bachelor of Psychological Science Brooke Parra – JCU – Bachelor of Psychological Science



P 4192 1222 www.isisdistrictshs.eq.edu.au





Kees and Jayden tackle Matters of the Heart Via Queensland Virtual STEM Academy

This term, two Year 9 Students have taken the opportunity to participate in the Anatomy Series offered by the Queensland Virtual STEM Academy. Through this course, Kees and Jayden, have had the chance to explore a field of Science that is not otherwise available in the same depth that they are covering through normal Science Classes in school. The boys have been enjoying the chance to take part in a series of dissections. Kees has said:

"We are both excited to be part of the heart dissection that our human anatomy teacher in STEM has assigned us to do, along with the rest of the STEM class. We also get the opportunity to do a dissection of a kidney and an eye. These sound quite exciting for me and Jayden to be involved in. It's an awesome opportunity to learn more about the anatomy of the human body. This is all possible through the partnership IDSHS has with the Queensland Virtual STEM Academy."



Queensland Virtual STEM Academy Inspiring a passion and aspiration for STEM

The Flies Have It

Our other Year 9 STEM group has also been busy with a very different area of focus. Sarah, Jodie, Matthew, Charlotte and Jessica reported:

The Year 9 team have been participating in a 10-week online course through the Queensland Virtual STEM Academy (QVSA) to create cages to breed and keep flies and then maggots for medicinal purposes in third world or conflict-stricken countries.

We have been working with Dr Frank Stadler from Griffith University who has been conducting research into this topic for some time. The aim of our course is to design and create both a fly cage and a maggot cage for use in Afghanistan for medicinal purposes. Medicinal maggots assist in the cleaning and healing processes of surface wounds including burns, cuts and any other skin damage. If applied correctly, medicinal maggots reduce the chance of infections, which reduce the number of amputations that can lead to death in areas with low medical resources.

It was important to construct the fly cage from readily accessible materials and incorporate a design that allowed people easy access. The



materials chosen were plastic water containers, mosquito mesh, tape and hot glue, with sand as the substrate. These resources model the desert conditions and availability of items in Afghanistan.

P 4192 1222 www.isisdistrictshs.eq.edu.au



ST LUKE'S ANGLICAN SCHOOL NOV 2020 | Year 8 Student Writers

Year 12 Student Brings RUOK Day to St Luke's

By Minnara Ramadas and Karleigh Tate

Has anyone ever told you that they want to hurt themself? A conversation could save their life

9 September - Inspired by an idea that one day school could be a place where mental health is normalised, and people feel comfortable sharing their feelings, Riley Dallas took it upon herself to teach St Luke's Anglican School students about RUOK day. In Australia alone, eight people die from suicide every day, and for each one, an estimated 30 people make an attempt. Worldwide, statistics show that a person commits suicide every 40 seconds, adding up to 800,000 people each year.

"My inspiration for doing something for RUOK day this year came from my own experiences with mental health," Riley explained. "Mental health is a very important issue to

me," she said. She hopes to make a big impact in school as it can sometimes be a place "where mental health is joked about between students and misunderstood."

In truth, mental health can affect people from anywhere, age, culture or religion. Yet, as a society, we blatantly ignore it, which deepens its impact on our community's emotional, psychological, and social well-being. During her speech, Riley encouraged everyone to use these four principles to ask a person whether they are okay:

- 1. Ask RUOK?
- 2. Listen with an open mind
- 3. Encourage action
- 4. Check-in at a later date

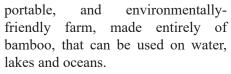
According to the RUOK organisation, these four steps could inspire a "conversation that changes a life." Riley adds that RUOK aims to

Enterprising Students Try to Change the World with their Invention

By Gul e Zehra and Ella Bearham

Four St Luke's Anglican School students, Murray Macpherson, Aiman Rahman, Tyler De Been and Zain Aslam, were invited to the final round of the Conrad Spirit of Innovation

Challenge, originally meant to be held at NASA's Kennedy Space Centre in Florida. These students made two projects for the competition. Their first project was an automatic potatoes sweet for planter agriculture and

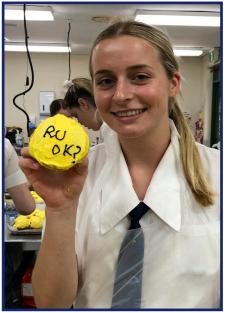


Due to COVID-19 restrictions, they did not get the opportunity to travel



the second project Planet Pipeline, world finalists in The Conrad Spirit of Innovation Challenge, was a floating, (from left) Aiman Rahman, Tyler De Been, Murray Macpherson and Zain Aslam

"reduce the stigma and normalise mental health, and the bottom line is that it starts with us."



Riley Dallas, with the help of the catering team, baked 410 cupcakes to raise awareness for RUOK Day

to the US. "I had such high hopes of seeing the Kennedy Space Station and presenting there," said Zain Aslam. Luckily, the challenge was switched to an online event rather than being cancelled altogether. "We came through the online presentations and received honourable mentions," says Zain. "We were surprised that we made it that far." According to their coach Mr Matthew Hughes, "participating in this challenge gives you an opportunity to develop skills you didn't know you had, like presenting to large groups of people, learning about economics and marketing, practising critical and creative thinking."

Are vou cut out for the Challenge?

If you like problem solving and want to make a difference, consider registering for the Conrad Spirit of Innovation. You'll need a team between 2-5 students

www.conradchallenge.org or talk to Mr Hughes if you are at St Luke's

The Fall and Rise of the **Roadkill Cafe**

By Lucas Rao and Mithrran Karthick

The Roadkill Cafe, a theatre restaurant written by staff and students at St Luke's Anglican School, had been cancelled due to COVID-19. However, after all the effort and time which was put in by many students and several teachers, it was determined that the show must go on. As this year was uprooted by COVID-19, the play was shut down temporarily for two months. This put a halt on the actors' progress and proved challenging for the cast and teachers involved. "We had just begun dress rehearsals and it was cancelled," said Finlay Hallett, who plays one of the main characters. "We had been working on it for a couple of months and it literally just got cancelled." Although their spirits were down, their effort prevailed and they managed to get back on course by changing



Finlay Hallett and Chamika Kotakadeniya play major roles in the production of the Roadkill Cafe at St Luke's

the live performance to a live-streamed performance. The whole school was excited that the play was underway once more, however there were conditions due to the requirement of presenting it in a COVID-safe manner. Miss Sarah Ferguson, Director of Co-curricular Cultural Activities, has confirmed that parts of the play will be live-

streamed at a later date and will be posted on the school Facebook page, so keep an eye out for it!

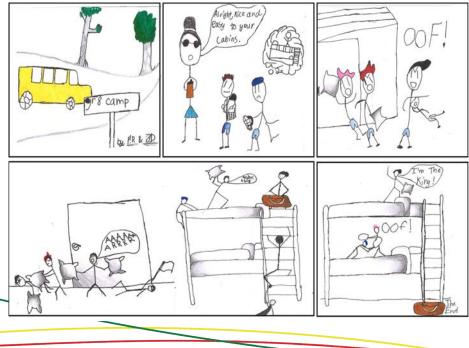


Mania Konopka broke 3 track records this year

Record-breaking Athletes By Nelson Brown, Ronin Dechaineux and Toby Collins

This year, sixteen school athletics records have been broken by current students, some of them having been in place since 1997. Two of these students, Jonty Murdoch and Saxon Blair, were thrilled about breaking St Luke's Anglican School's throwing records. Jonty, who broke three

The lighter side of Year 8 By Flynn Johnston and Jake Dahler



records and destroyed the previous javelin record by 10 metres, said he was "humbled by the achievement." Saxon, who also broke three previous records in track and shotput, attributes his success to training very hard both on the track and in the gym. Well done to all of this year's record-breakers!

Netball Team Takes out BDSSS Competition

Congratulations to the Year 10 Netball Team, and to their coach Megan Warren on being crowned premiers of the BDSSS Winter Sport Competition 15 September.



Year 10 Netball Team wins BDSSS premiership

These pages were written collaboratively by Year 8 Multimedia Arts | St Luke's Anglican School





Champion Basketball School Queensland – Division 2 WINNERS!!

Shalom College Open Girls Basketball Team competed in the Champion Basketball School Queensland Championships from 17 September – 20 September. Last year the team was undefeated in Division 3 and were promoted to Division 2 this year. The team went into the competition with the goal of finishing in the top 4 but after going through the first 5 games undefeated and top of their pool the goal soon changed to winning Division 2. In the Grand Final Shalom played Varsity College (Gold Coast) which has a basketball excellence program and were the favourites to win the Division. Every player that stepped foot on the court played their role in the team to perfection to secure convincing 50-35 victory!

Team: S. Nowland, T. Pearson, I. Jenkins, T. Glover, S. Woods, A. Davies, M. Mortensen, A. Cameron, S. Cass, M. Blogg-DeHann.

Manager: Simon Gills | Coach: Kylie Giles

Shalom College 2021 Captains

Congratulations to Oliver Collins and Brigette McMahon on their appointment as the 2021 Shalom College School Captains.



Perks of School

Sometimes school can be a bit intense, With nothing really making much sense. We get caught up with everything around us, At times feeling prickly, like a cactus.

It's kind of scary, but that's okay, Things will work themselves out, in their own way. There's no need to worry, there's no need to cry, All will be clear, as clear as the sky.

Exams and assessments, they're a part of life, But neither should cause you too much strife. If you work hard, study, and revise, Everything will be as easy as pie.

Maths can be easy, maths can be hard, Just try and remember what all the formulas are. Algebra, trig, measurement and stats, Can all be a bit tricky, that's just straight facts.

There's a sense of eloquence that English brings, With songs and poetry and other wordy things. Reading class novels is always a treat, But the assessment afterwards brings on the heat.

Stile in science can be a bit rough, But because of it, tests aren't nearly as tough. Practical experiments are always fun, But before anything, do a test run.

Humanities is more fun then you could know, With geography teaching us how the world grows. History takes us back to the past, With Mrs McKeown, it's always a blast.

PE and religion is also a must, Religion teaches us, in God we trust. Sports invites friendly competition, Also filling students with ambition.

Accompanying our cores, are the electives, You have to be careful, it's quite selective. Picking different subjects can be a bit tricky, Speed is important, don't be too picky. Our friends make it worth the while, While teachers greet us with a smile. With so much more and all the above, It makes school something that we all love.

- by Tahia Zia (Year 9)

Tahia entered her poem into a recent writing competition at Shalom College



Shialom -

Pathways - Student Profile

Year 12 student, Lilly Hawkins is reaping the rewards of her hard work. During Year 11, Lilly completed a Certificate II in Health Support Services at TAFE and part of this qualification she was required to undertake work placement. Lilly was placed at the Bundaberg Day Hospital where she impressed staff so much that she was offered employment and further training opportunities. Upon graduating Year 12 at the end of the year, Lilly will transition into full-time employment.

Lilly has also recently become an ambassador for the Gateway to Industry Schools Program promoting pathways into the Community Services sector. Shalom College is very proud of Lilly's achievements and we wish her the very best for the future!





Angels Food Drive

By Christian

On the 12 of August, Kepnock SHS students took a hands-on approach to better the local community. After seeing the drastic affects that COVID-19 had on local families, Kepnock student leaders from Year 8 and 9 decided it was time for change and held two events in order to raise funds for Angel's Community Group. This student led initiative consisted of a food drive and a free dress day to fundraise for the charity organisation and give back to their community.

Having previously worked with Angels Community Group in 2019, helping to provide formal dresses to Year 12 students and being witness to the amazing work that the organisation does for the local community, Kepnock students saw the opportunity to work alongside one of the larger charitable organisations within the Bundaberg region.



When asked why these students decided to hold these events, students said that that they felt it was important that they give back to the community during these uncertain times of COVID-19. With such a mammoth task being delegated, these students put no time to waste working on different ideas in which they would be able to raise money for the community.

Once these phenomenal leaders decided that they were going to hold two events in order to help the less fortunate within this region, plans were immediately put into action, with both the food drive and the Blast from the Past themed free dress day being held to an impeccable standard, with the support and guidance from Year 11 students. The successful leaders raised over \$700 for Angels Community Group, to help families in need.

Boxes and boxes of essential items such as cereal and toiletries being donated through the food drive over the course of a four-week span. Students demonstrated great enthusiasm during this whole process and were excited to see this partnership with Angel Community Group grow in the future.



An Independent Public School PO Box 4310, Bundaberg South, Qld, 4670 P 0741 311 888 F 0741 311 800 Student Absentee Line 0741 311 809 E the.principal@kepnockshs.eq.edu.au W www.kepnockshs.eq.edu.au itwitter.com/KepnockHigh Like Kepnock State High School on Facebook

Bundaberg Region Youth Service's Stories

The following stories have been provided to us with the permission of the services and the young people they relate to.

THE GENERATION OF TODAY

YOUTH NEWS

Young people achieving great things in our region



Can you tell us a little bit about yourself?

Hi! I'm Carla and I'm 17 years old. I am currently employed at Cuppatime Café in town.

How did you become involved with Transition to Work?

I became involved with Transition to Work when I decided I no longer wanted to be in school. This was an extremely scary and hard decision, but I knew I wanted to do it because school just wasn't for me.

What support have you been provided with?

Transition to Work staff have been extremely supportive by allowing me to achieve my goals and even push myself to exceed them. My goals are to work my way up to Manager in the hospitality industry or to own my own café! Transition to Work also supports you by providing funding for things like driving lessons, work uniforms and even course fees. Thanks to them I have completed a Certificate III in Hospitality and am currently doing a Food Safety Supervisor course.

What have been the benefits of this?

The benefits of being with Transition to Work are endless but I think one of the main ones would be the amount of opportunities you are offered within the industry you would like to become a part of. I couldn't have done it without the help of my Youth Coach Sam.



Project Green Book

The Bundaberg Region is one of just 16 locations throughout Australia selected to deliver the Green Book project to connect youth with the environment. The program is funded through the Foundation for Rural and Regional Renewal and ABC Heywire Youth Innovation grants.

The project aims to encourage youth to connect with their local natural environment and to build and strengthen local communities.

The project rolled out in the region with a Youth Leadership and Project Facilitation conference held on Wednesday 30th September at Fairymead House located at the Botanic Gardens, developing champions to participate and engage on various environmental activities that is important to them and our region. Followed by Celebrating Australian Wildlife Week on Friday 9th October at Alexandra park, where the Council Youth development Action Team (YDAT) and the Green Book Champions played a vital role in running the Bird feeder and Bee Hotel making activities.

Mapping of Green Book Project:

- Youth Leadership and Project Facilitation Conference completed
- Lelebrating Australian Wildlife Week completed
- 🖊 Bush Tucker Talk @ Gin Gin Friday, 11 December 2020
- Environmental Project in Childers in planning
- Environmental Bus Trip in planning
- Tree Planting One Million Tres with the Bundaberg Regional Council (taking EOI)
- Green Book Gala Event Moncrieff Theatre 21 May 2021 Green Book participants' environmental journey captures in the activities listed above will be produced in a documentary style movie and screened at the Moncrieff Entertainment Centre.

To participate or for information on this environmental journey, visit <u>https://www.ourbundabergregion.com.au/green-book-youth-project</u>









SUPPORTING YOUTH IN THE BUNDABERG REGION

\sim				
	DIRECTORY			
ノ	Lifeline	131 114	www.lifeline.org.au	
•	Headspace Bundaberg	4152 3931	www.headspace.org.au	
)	Kids Helpline	1800 551 800	www.kidshelpline.com.au	
	1800RESPECT	1800 737 732	www.1800respect.org.au	
X	Alcohol and Drug Support	1800 177 833	www.adis.health.qld.gov.au	
	Beyond Blue	1300 224 636	www.youthbeyondblue.com	
1	Bridges Health & Community Centre	1300 707 655	www.bas.org.au	
2	Child Safety Bundaberg	4131 5417	www.csyw.qld.gov.au	
\prec	Childers Neighbourhood Centre	4130 4690	www.bundaberg.qld.gov.au	
シ	Community Development Unit	4130 4150	www.bundaberg.qld.gov.au	
チ	DVConnect	1800 811 811	www.dvconnect.org	
~	Family Drug Support	1800 882 436	www.fds.org.au	
	Gin Gin Neighbourhood Centre	4130 4630	www.bundaberg.qld.gov.au	
/	Indigenous Wellbeing Centre	4151 5402	www.iwc.org.au	
	Parent Line	1300 301 300	www.parentline.com.au	
5	Peirson Services	4151 2299	www.peirsonservices.org.au	
X	Poison Information Centre	13 11 26	www.childrens.health.qld.gov.au	
	Pregnancy Help Australia	1300 139 313	www.pregnancyhelpaustralia.org.au	
[<_	Pregnancy, Birth & Baby Helpline	1800 882 436	www.pregnancybirthbaby.org.au	
))	Q-Clinic Wide Bay Sexual Health	4150 2754	www.health.qld.gov.au	
	Queensland Sexual Assault Helpline	1800 010 120	www.health.qld.gov.au	
)	Salvation Army Youth Refuge	4151 3400	www.salvationarmy.org.au	
Ś	Youth Legal Information	1300 651 188	www.legalaid.qld.gov.au	
$\overline{\ }$	USEFUL WEBSITES			
7	Black Dog Institute	www.blackdoginstitu	ıte.org.au	
, √	R U OK?	www.ruok.org.au		
1	ReachOut.com	www.reachout.com		
	Moodgym www.moodgym.com.au			

1300 883 699 bundaberg.qld.gov.au

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An initiative of Bundaberg Regional Council: comdev@bundaberg.qld.gov.au