

Are you interested in supporting Youth of the Limestone Coast develop their potential?

## Read on!

U-LEAD is an exciting Youth Leadership Umbrella that aims to develop individuals to recognize their leadership skills and build confidence to challenge, grow and contribute, by providing connection and opportunities to participate, so...



## Wise up!

A smart community ensures that the development and use of information is grounded in the needs, capacities and priorities of the whole community, rather than certain sections of it. But few places survive without infrastructure, and the building blocks for future development  
- Help us to get this project off the ground.

Our vision for sustainability includes the delivery of a range of new and existing programs over a two-year pilot period to a potential of 350 Young People Aged 14 - 35.

## Interested?

Assist the youth of the Limestone Coast (and more particularly those from your Local Government Area) in achieving the goals of the SA Youth Action Plan, by enabling them to participate in this challenging U-Lead program that is further explained in the next few pages.

U-Lead

November 2007

Community | Pride | Leadership | Opportunity



## Did you know...

... 30% of young people leave the Limestone Coast every year to pursue further education and training. Yet only a small proportion of them return to their regional communities with their new-found skills.

However, **70%** remain and have the potential to contribute positively to their communities.

*Young people are a vital component of dynamic local communities, yet as a region, we are missing out on their energy, creativity and enthusiasm...*



The perceived lack of opportunities for young people in country centres is a nationwide phenomenon. But the Limestone Coast is looking to buck the trend by fostering a culture of community pride and a heightened sense of community connection.

*U-Lead* is an innovative program which empowers young people to explore, discover and learn primarily about themselves, but also about their surrounds, by effectively engaging them in their communities.

Developed by the Limestone Coast Youth Leadership Committee, our aim is to ensure that young people have the opportunity to contribute to building a

caring and connected Limestone Coast community by developing models of meaningful participation that are relevant and appropriate to young people.

We plan to achieve this by helping individuals to recognise their leadership skills and build the confidence to challenge, grow and contribute through a practical 'hands-on' program.

A positive vision for young people will be nurtured through a range of professionally-managed activities that are tailored in their learning outcomes, and promote participation (rather than observation), teamwork, decision-making, goal setting and leadership.

U-lead aims to develop individuals to recognize their leadership skills and build confidence to challenge, grow and contribute, by providing connection and opportunities to participate in the following...



## Young Leaders

Young Leaders is an experiential leadership program delivered over six months to young men and women aged 18 - 25 who don't stand back and worry about what the future of our community will be - They create it!

The program will have 5 broad phases:

- **Recruitment** - they will nominate for a position & seek out sponsorship
- **Impact Event** - highly experiential & focused squarely on the individual
- **Training** - include public projects & self promotional activities
- **Follow Up** - individual & group support & mentoring
- **Consolidation** - reflection, change, recognition

On graduation they will have the freedom, the skills, the networks and the confidence to be let loose on the world to achieve!

Over two years *45 young people* will participate in this unique Limestone Coast program.

## Noorla Yo-Long

Noorla Yo-Long is a 20-acre site at Rendelsham which offers a unique and time-proven approach to education, recreation and self discovery via adventure-based learning. *Each year over 3,000 young people participate in a range of activities.* Noorla Yo-Long's greatest feature is its outdoor adventure development courses which include:

- Over 40 ground based obstacles and low initiatives
- High ropes course situated amongst pine trees
- 20-metre abseiling tower

These challenges have been created to assist individuals and groups to develop personal life skills in the area of leadership, self-esteem, effective decision making, problem solving, lateral thinking and the creation of an overall team environment.

As part of *U Lead* an additional *50 Youth at Risk* will be provided with a structured program of assistance. This will catapult them on to other challenges.

## Sail Training aboard the One & All

Trainees aged between 14 and 25 years learn the importance of teamwork and problem solving by operating a traditionally-rigged sailing ship around the clock on one of three eight-hour shifts. Fears are overcome as challenges are met, and self-esteem is improved as trainees gain the confidence to work the ship together through basic navigation, sail handling, cleaning, cooking, steering, and standing watch. The Training Crew's ultimate objective is to empower the trainees with the responsibility of taking command of the ship on the last day.

As part of *U Lead* *38 young people* will be given this unique opportunity to participate in a once in a lifetime experience.

*Challenge is a  
method for  
growth  
& change...*



## Stand Like Stone Foundation - promoting Youth Philanthropy

Established in 2004, the Stand Like Stone Foundation serves the Limestone Coast and aims to create a culture of giving that will change people's lives. The goal is to make a real difference to the community and the people they serve by awarding grants to local eligible individuals, organisations and projects that are in real need of funding. The Stand Like Stone Foundation is building a permanent community savings account for the Limestone Coast.

As part of *U Lead 10 young people* will be taken through a process of fundraising and securing matching funding, initiating a youth grants program, assessing applications and awarding funds for worthy youth projects.

## Youth Opportunities Inc

This not-for-profit organisation works closely with schools and the community to deliver a dynamic, state of the art Personal Leadership Program. Secondary schools throughout the state are using the program to compliment their curriculum and attest to the many benefits of the program including more motivated students with a positive confident attitude that results in better marks, retention rates and relationships with peers and teachers.

The program trains young people in the knowledge and skills required for them to live enterprising and successful lives, using cutting-edge technology and sophisticated adult training methods with clear Key Performance Indicators, follow up and results measurement strategies. It teaches them to become leaders of their lives independent of their circumstances.

*U Lead* working hand in hand with FOCIS on Youth Inc will select *50 young students* to participate in this exciting program.

## Blue Light (SA) Inc



A crime reduction initiative that began in 1982 to address the growing problem of youth crime by providing wholesome and well supervised recreational activities designed to equip participants with life skills and educate them about life decisions while breaking down the barriers and interacting with police at a social level. Each year over..... young people participate in some way.

Blue Light is operated by a highly successful partnership involving police and volunteers, and the broad range of activities - including camps, discos, sailing activities and drop-in centres - reflects the diverse needs of young people in our communities.

As part of *U Lead* an additional *100 young people* aged 12 - 18 will have the opportunity to participate in camps and discos throughout the Limestone Coast.



## Duke of Edinburgh Awards

The Duke of Edinburgh's Award is a voluntary program of personal development for young people aged 14 to 25. Participants may seek either a Bronze, Silver or Gold award. The Programme has four Sections designed to provide a balanced programme of personal development, including:

- Service - to learn how to give useful service to others
- Skills - to encourage the development of personal interests, creativity or practical skills
- Physical Recreation - to encourage participation in physical recreation and improvement of performance
- Adventurous Journey - to encourage a spirit of adventure and discovery whilst undertaking a journey in a group

Working in partnership with schools *U Lead* aims to actively encourage *10 young people* to participate in this valuable leadership program.

## Young Person's Network

This Mount Gambier-based network was established to link newcomers to the region with other people and locals of a similar age. The group holds monthly events and Friday night drinks in order to provide a social outlet for people who would like to meet like-minded friends.

Working with interested YPN members we aim to mentor *20 Youth at Risk* through the *U Lead* program.

## Rotary Youth Leadership Awards & Rotary Youth Program of Enrichment

Rotary Youth Leadership Awards (RYLA) is an intensive training program for community youth leaders. Young people from 18 to 26 are chosen for their leadership potential to attend an all-expenses-paid seminar, camp, or workshop to discuss leadership skills and to learn those skills through practice. Every RYLA program covers the following core topics:

- Fundamentals of leadership
- Ethics of positive leadership
- Importance of communication skills in effective leadership
- Problem-solving and conflict management
- Rotary's purpose and service to the community
- Building self confidence and self-esteem
- Elements of community and global citizenship

Other practical learning applications will also be integrated into *U-Lead* in order to maximise each individual's potential and achieve the added bonus of nationally-accredited competencies.

Rotary Youth Program of Enrichment is aimed for that large group of both boys and girls, aged 14 to 16 years, who have shown some qualities of decency, courage, persistence, sincerity an application in everyday life, which deserve further development.

The principle aim is to communicate to young people a series of ideas, problems and social experiences which will assist them informing their own values and moral standards and to broaden their horizons culturally, socially and academically.

*U Lead* will work in partnership with Rotary Clubs throughout the Limestone Coast and FOCiS on Youth to actively promote these programs and encourage *40 young people* to take up this valuable opportunity.



## Keeping in touch

In order to ensure the sustainability of the U-Lead Project, link the various programs and reinforce the sense of connection, a 'Potentiality' alumni association is being established. This dynamic on-line database is being developed for young people from the Limestone Coast. The database is a way of remaining connected, and will contain free contact information and news of all participants, in a bid to promote youth philanthropy, foster mentoring models, broaden networks and create lifelong bonds.

This "common ground" communication forum enables participants to not only stay connected and develop stronger relationships, but to network and share ideas, distribute information, stimulate sponsorship support and promote the goals and activities of U-Lead.

## How can you help?

There are many benefits to organisations and the community when young people are involved in decision-making and improving the perception of life and opportunities in regional areas will have a great influence on encouraging young people to make their home in the Limestone Coast.

**By sponsoring ....**

**You will not only be investing in the future wellbeing of individuals, but of your entire region.**

To learn more about the project, please contact:

Des Noll, Blue Light Outdoor Adventure  
PO Box 812  
Millicent SA 5280  
ph: 08 8735 4337  
email: [bluelight@activ8.net.au](mailto:bluelight@activ8.net.au)  
Website [www.noorlayo-long.com.au](http://www.noorlayo-long.com.au)

## Fantastic Role Models

Read the stories of just a few of the Limestone Coast's positive role models over the page.....



## Melissa Chuck - Paramedic

After studying a three-year Bachelor of Health Science (Ambulance) at Flinders University, Melissa Chick completed a 12-month internship with the South Australian Ambulance Service (SAAS) in Adelaide. She then successfully applied for a paramedic's position in her home town of Mount Gambier.

*"I love working here - it's regarded as one of the busiest regional stations, and I love the variety...the average call-out can involve anything from chest pains to patient transfers, asthma, falls, or your big trauma incidents like vehicle accidents," she explains.*



## Adam Keller - Mechanic



Adam Keller was first introduced to a career as a mechanic through the VET program offered at Bordertown High School, and a Saturday morning job helping service trucks at Tatiara Truck and Trailers soon sealed his fate.

The company was impressed with its young charge, and offered him an apprenticeship as a heavy vehicle mechanic, but Adam opted to complete year 11 before accepting the position in January 1999.

Eight years down the track, he is now a senior mechanic who is in charge of sixteen staff.

*"It's a great job, and the variety of things we do makes it very enjoyable," he says.  
"We deal with a lot of different people and a lot of different trucks, and it is a great place to work."*

## Mardi Munro - Employment Service Coordinator

At the age of 21, Mardi Munro decided to leave the Limestone Coast and try living and working in Darwin. Six months later, she returned to her home town of Naracoorte after missing everything she loved.

*"I came back for family, friends, sport and the lifestyle in general," she explains.*

Mardi also secured a position working as the employment service coordinator at the Naracoorte Job Centre. It's a role the 26 year old clearly relishes - but one which didn't come easily.

*"There are definitely a lot of opportunities down here, but people can't just leave school and expect to jump into a role like this...you need to be willing to stick at it and have a go," she says.*

Mardi has also perfected the work-life balance, having recently bought a small farm with her partner.

*"We just love it here - it's safe and I like the fact that everyone knows each other."*





## Simone Burdon - E-Lift Media



*"Living in the Limestone Coast and basing my business here has been one of the key factors to my success so far. The country lifestyle provides lots of inspiration and motivation, while the people within the local and wider community are extremely positive and helpful in supporting young people when they are trying to having a go. I attended boarding school for 5 years in Adelaide and thought that I would have to live in a city to be successful within the industry that I was interested in, multimedia. Since establishing my business, E-lift Media in 1999, at the age of 19, my clientele base has grown to well over 100, with the majority of clients being government and large businesses within the wine, retail, service, health, tourism and agricultural industries, stretching right across Australia. I have consequently through the success of my business won an SA Great Regional award in 2001 and 2004 and also a South Australian Young Achiever award in 2006. I have also had design work published in US design journals. I believe creativity thrives in the Limestone Coast due to the opportunities available both socially and professionally. It IS the good life."*

## Jack England

Country born and bred, Jack England's first taste of the 'big smoke' came in year ten, when he left Lucindale Area School to continue his education in Adelaide. Upon graduating, he went on to study a Bachelor of Agricultural Science at Adelaide University, before setting off to explore the world.

*"I've travelled around Africa, Europe, South America, New Zealand and America," he says. But he's also quick to add that nothing beats the Limestone Coast lifestyle.*

Jack now divides his time between work on his family's 7900-acre property and a part-time role as an agronomist. Such flexibility has not only enabled the now 26 year old to complete a PhD, but also secure a contract with the Australian Business Research Institute for Agriculture.

*"There's definitely no shortage of jobs down here in this industry, and the easy-going lifestyle and great people ensures that there's lots to enjoy," he says.*

