

Gladstone Region Youth Council

Meeting Minutes

Held at the Community Engagement Centre

On Monday 7th September, commencing 5:00pm

Present: Max Thompson, Abbi Willis, Skye Kierys, Emily Dunnett, Bridie Whelan, Kailyn Smith, Abbi Willis, Meli-Lisa Eayrs via phone, Jarrod Lowry, Stephanie Merrick, Bianca Michell (GRC Community Development Officer).

Councillor: NIL

Apologies: Tino Pfidze, Gaby Davie

Guest in attendance: NIL

Discussion and Recommendations

AMENDMENTS TO AGENDA and PREVIOUS MINUTES

- Bridie Whelan moves minutes are correct, seconded by Kailyn Smith

AGENDA

- ***Team Bonding Activity coordinated by Emily (celebrity heads)***
- ***Avenue to Awareness***
 - Confirmed filming date and location (Monday 21/09 @ 8:30am at the GECC).
 - Confirmed that at least 6 YC committee members have to commit to the Avenue to Awareness event for it to go ahead.
 - Confirmed that Meli, Max, Abbi, Jarrod, Skye, Gaby and Tino will be participating.
 - Discussed speech topics as per below:
 - Meli: Eating disorders and body image.
 - Max: Mental illness and stereotypes.
 - Abbi: Suicide and depression.
 - Jarrod: Grief and loss – what do I say, what do I do.
 - Skye: Stress and resilience.
 - Gaby: How to support a friend/ male friends.
 - Tino: To be confirmed 08/09.**
 - Steph (away): To offer support to committee members if required.
 - Emily (away): To offer support to committee members if required.
- Next Headspace workshop will be held on 09/09 virtually at 3:30pm – 4pm. Topic includes anxiety, depression and how to help a friend. An additional virtual Headspace

Discussion and Recommendations

workshop has also been coordinated for the 10/09 at 3:30pm – 4pm if committee members feel like they require additional support.

- Headspace Workshop scheduled for the 15/09 will take place in the CEC at 4pm. A local Headspace psychologist will be visiting to talk about mental illness.
- ***Social Inclusion Week Song***
 - Social inclusion week is held between the 21st – 29th of November. Social Inclusion week aims to help all Australians feel included and valued, giving everyone the opportunity to participate fully in society. It is about connecting local communities, workmates, family and friends in order to build and strengthen relationships.
 - Youth Council is required to create a socially inclusive song. The song will then be presented to the community for their involvement. Video's submitted by the community will then be pieced together by GRC to create a film clip.
 - It was suggested that those who are not participating in the Avenue to Awareness event can play a larger/ lead role in curating the song lyrics.
 - Song completion deadline: 28/09/2020
 - Bianca can organise additional meetings (in person or via teams) to coordinate music workshop sessions between the committee.
 - Max to submit existing lines in the YC group chat for the committee to continue working on.
- ***safeTALK***
 - Discussed safeTALK (half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.
 - Confirmed date 04/12 @9am at the CEC.
 - Morning tea provided. To confirm dietary requirements.

EMERGING TRENDS / TOPICS OF INTEREST

- NIL.

PREVIOUS AGENDA ITEMS FOLLOWED UP

- Nil

FUTURE AGENDA ITEMS

- Nil

MEETING CLOSED 6:05 pm

Next Meeting - Monday 21st September 2020, 12:00pm @ GECC (following Avenue to Awareness filming).