

Art and Recreation

Art and recreation services and programs fulfil an important role in the community. They support the health and wellbeing of the community and enrich the lives of young Canberrans. Young people's skills, talents and abilities can be developed through participation in the huge number of art, recreation and sports programs in the ACT community. In 2002 young people aged 18–24 years had higher levels of participation in social activities outside the home than other adults with a rate of 96 percent.⁹

There remain many barriers to participation for young people. In particular, those who may not be engaged in mainstream activities requiring transport, cost and awareness. Workers need to be mindful of these barriers when attempting to reengage young people. Providing effective referrals to art and recreation services for young people is a way of addressing these barriers. The services in this section create opportunities and facilitate active involvement so young people can benefit from participating in arts and recreation programs.

In this section you will find:

- Some tips for planning an event with young people;
- Some youth specific art and recreation services; and
- Resources including more services, information and a date for your diary.

The following sections also contain art and recreation resources: Disability; Multicultural; Peak Body; Young Carers; Young Parents; Youth Centres; Youth Development; Youth Support and Youth Support in Secondary Schools.

Ways of Working

Planning an Event With Young People

Events can be hard work and there is a lot to think about when organising an event with young people. The following list can be photocopied to assist planning an event with a group of young people.

- Who wants to be involved? Who needs to be involved? Are there other services that could be involved? Ideas might include sponsorship from local businesses (such as the butcher) or getting donations for show bags.
- Who is on the event planning team? What type of skills are in your team? What skills are missing and who could help? How can the workload be shared? Tip: Be clear about everybody's role.
- Why are you running this event? Who is it for? What do you want to say? You may even want to select a message to be delivered through the event.

⁹ Australian Bureau of Statistics (November 2007) Australian Social Trends 2006: Social Activities Outside the Home

- Have you talked to other young people? What do they want? When do they want it? In the evening? On the weekend? During school holidays? Young people can help you decide what will work best in your community.
- What type of event and activities do you want? Try and be creative.
- How much is this going to cost? How are you going to pay for it? You can try fundraising like having a sausage sizzle at a local hardware store or ask a business in your area to sponsor the event. If you are applying for funding, grant applications usually need to be submitted well before the event will take place. For example, up to \$1500 for an event can be accessed through the ACT Government Youth Interact Grants scheme, and scholarships for young people are also available at www.youth.act.gov.au.
- Make a timeline and budget.
- Pick a venue for your event. Try and make it a place where all young people will feel comfortable. You could try having it in a youth centre, the town centre or a park. Is there disability access?
- How will people get to and from the event? When do the buses stop running? Do you need to organise transport?
- Create a plan to promote your event. You can promote your event in lots of ways including word of mouth, posters, email, schools and community radio.
- Make sure to consider legal issues and check whether you need any permits. What about public liability insurance? You may need the assistance of city rangers, for instance if the event is on public land you may need permission and/or access to power outlets, gates etc. Go to www.rangerservices.act.gov.au or call Canberra Connect 13 22 81.
- Do you want to invite any special guests or speakers?
- Have you written a plan to give to the team that lets everybody know what's happening, what their jobs are and when they need to do them? On the plan make sure you include emergency numbers and everybody's mobile number.
- Consider the logistics of the event including: food, drinks, toilets, hiring equipment, power (including voltage) and first aid. For larger events, you may need to consider issues such as security.
- Try and predict what could go wrong and how you could address it. Have you developed a risk management plan? Remember that you can't predict everything and you need to be flexible.
- Learn from the experience. Remember what worked and what didn't so that you can plan for your next event.

Services

Canberra Youth Theatre

Provides opportunities for young people to explore, extend and develop creativity through theatre, workshops and productions.

Phone	(02) 6248 5057
Mailing Address	PO Box 127, Civic Sq ACT 2608
Email	us@cytc.net
Website	www.cytc.net
Location	Gorman House Arts Centre, Batman St, Braddon

Who Can Access

<i>Gender</i>	Females and males
<i>Age</i>	7 – 25
<i>Young people under the influence</i>	No
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	No

How to Access By phone, email and drop in, 9am – 5pm, Monday - Friday. No referral necessary.

Programs Provides acting workshops, information and referrals. Workshops can be provided to high schools and primary schools throughout Canberra. Participants can become involved in drama productions. Computer and Internet is available.

Personal Support Does not provide support beyond program activities.

Other Fees apply for acting workshops and productions.

Families Does not work specifically with families.

Messengers Program

Provides innovative arts-based support programs for young people at risk.

Phone	(02) 6293 2212
Mailing Address	PO Box 1143, Tuggeranong ACT 2901
Email	messengers@tuggeranongarts.com
Website	www.tuggeranongarts.com.au
Location	Cnr Cowlshaw & Reid Sts, Greenway
Parent Organisation	Tuggeranong Arts Centre

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	12 - 22
<i>Young people under the influence</i>	No
<i>Income required</i>	No
<i>Disability access</i>	Yes

How to Access Referral required from Pastoral Care Coordinator,

	Youth Support Worker (or similar) to access the program.
Programs	Provides drama and visual arts workshops and outreach projects led by practicing arts professionals and supported by our youth worker and counsellor.
Personal Support Families	Provides support beyond program activities. Does not work specifically with families.

RecLink (PCYC)

Outreach and centre-based sports and recreational program for at-risk young people.

Phone	(02) 6101 6937
Mailing Address	GPO Box 458, Canberra City ACT 2601
Website	www.pcy-act.org.au
Location	46 Lhotsky St, Charnwood PCYC, Grattan Crt, Wanniasa
Parent Organisation	Australian Federal Police

Who Can Access

<i>Gender</i>	Females and males
<i>Age</i>	12 – 25
<i>Young people under the influence</i>	No
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Yes

How to Access

By phone and drop-in, 10am – 9pm, Monday – Friday. Referral required for some programs.

Programs

Provides centre based sport and recreation activities at Erindale and Ginninderra including weights, boxing, wrestling, general fitness, martial arts and self defence. Programs include RARE adventure racing, outreach sports, hip hop dance, mixmaster music and dj'ing, mountain biking and World Game Soccer. Outreach is provided to schools through a mobile activity centre.

Personal Support Families

Provides support beyond program activities.
Family and support people can access some programs.

Warehouse Circus

Provides circus related recreational activities and school holiday programs.

Phone	(02) 6260 3626
Mailing Address	PO Box 3638, Weston Creek ACT
Email	manager@warehousecircus.org.au
Website	www.warehousecircus.org.au
Location	Melrose Regional Community Centre (formerly Melrose Primary School) Maclaurin Cres, Chifley

Who Can Access

<i>Gender</i>	Females and males
<i>Age</i>	8 – 25
<i>Young people under the influence</i>	No
<i>Income required</i>	Fees apply (subsidies available occasionally)
<i>Disability access</i>	Yes
<i>Children of clients</i>	No – classes are separate

How to Access

By phone and email, 10.30am – 5pm, Monday - Friday. No referral necessary but enrolment required.

Programs

Provides outreach to schools and other organisations on a one off basis. Emerging artist program for young people leaving the youth circus program. Fun days are organised and Warehouse Circus will host World Juggling Day in the ACT in June, and have a stage at the Multicultural Festival.

Personal Support

Does not provide support beyond program activities.

Other

Fees are \$220 per term. Fee subsidies can be provided.

Families

Family and support people can access some programs.

The following services also provide art and recreation programs:

- ☐ Menslink (Youth Support)
- ☐ Multicultural Youth Services (Multicultural)
- ☐ Open Family Australia (Youth Support)
- ☐ St. Nicholas' Young Carers Program (Young Carers)
- ☐ See also the Youth Centres section

Resources

More Services

2XX – 98.3 FM Community Radio

One of Australia's longest running community broadcasters. Provides opportunities for young people interested in participating in radio.

Phone: (02) 6230 0100

Email: info@2xxfm.org.au

Web: www.2xxfm.org.au

ACT Writers Centre

Supports writers and promotes writing in the ACT region. Has a Youth Project Officer and a youth program that runs workshops, writing courses, competitions, a website and email list for young people.

Phone: (02) 6262 9191

Email: youth@actwriters.org.au

Web: www.actwriters.org.au

Location: Gorman House Arts Centre, Ainslie Ave, Braddon

artsAbility

Fosters links between artists with disabilities and other artists and community organisations, maintains a register of artists who have disabilities.

Phone: (02) 6247 1882

Email: aao2@actartsofficers.org.au

Location: Level 1, North Bldg, 180 London Cct, Canberra City

Art and Creative Therapy ACT

Offers activities in art and creative workshops, sandplay therapy and counselling, and programs for young people with special needs.

Email: creativeflow@apex.net.au

Australian National University Film Group

Canberra's largest film society, screening up to 200 movies each year. Membership is cheap.

Web: www.anufg.org.au

Bent Lenses

Supports the showing of queer film and screen culture to Canberra's queer community.

Email: bentlenses@yahoo.com

Web: www.bentlenses.interact.com.au

BMA

Canberra's local street press contains information about all upcoming gigs including under-age events. Free from universities and many youth centres and cafes.

Web: www.bmamag.com

Disability Sport Unit

Australian Sports Commission

Aims to ensure that all Australians with disabilities have opportunities to participate in sporting activities at the level of their choice.

Phone: (02) 6214 1415

Email: dep@ausport.gov.au

Web: www.ausport.gov.au/participating/all/disability

Gig Nights

A number of ACT youth centres run regular gig nights.

Hands on Studio

Centacare Canberra

An art studio for people with intellectual and physical disabilities to develop artistic skills in various mediums.

Phone: (02) 6232 7187

Email: handsonstudio@centacare-canberra.org

Location: M16 Studios & Gallery, 16 Mildura St, Fyshwick

Indigenous Sport and Recreation Unit

Sport and Recreation ACT

Promotes and advocates for increased participation of Aboriginal and Torres Strait Islander people in sport and recreation in the ACT.

Phone: (02) 6207 2076

Jigsaw Theatre Company

The Big Red Book: A Handbook and Directory for People who Work with Young People in the ACT
Youth Coalition of the ACT

Version 5, 2009

www.youthcoalition.net

Creates professional theatre for audiences aged 4-18. Performs in a range of settings including theatres, museums and schools. Has an education program that caters for students and offers work experience placements to students.

Phone: (02) 6247 6800

Email: naomi@jigsawtheatre.com.au

Web: www.jigsawtheatre.com.au

Location: Ground floor, Griffin Centre, Genge St, Canberra

Message Stick: A portal to Indigenous Australian information on the web

Australian Broadcasting Commission Online

Offers browsers the opportunity to access many Indigenous sites, as well as important reference information on Indigenous Australians.

Web: www.abc.net.au/message

Music For Everyone

A community arts organisation that provides musical tuition, performance opportunities and workshops for people of all ages, backgrounds and abilities.

Phone: (02) 6230 7190

Email: info@mfe.org.au

Web: www.mfe.org.au

Location: Ainslie Arts Centre, Elouera St, Braddon

Phoenix Performing Arts of the Pacific

Promotes and teaches pacific island arts, dances, poetry, drama, music and percussion. Free classes every Saturday 10am-1pm at The Hatchery, Gorman House Arts Centre, Braddon.

Phone: (02) 6257 9907

Email: fkihehama@yahoo.com.au

Web: www.phoenix-pacific.org

Public libraries

ACT Government

There are nine public libraries in Canberra. All offer free Internet, book, DVD and CD hire.

Phone: Canberra Connect on 13 22 81

Sport and Recreation ACT

Supports the development and delivery of sport and recreation in the ACT. Can provide access to sports groups in Canberra.

Phone: (02) 6207 2111

Email: sport.act@act.gov.au

Swimming ACT

Peak body for swimming in the Canberra region. Conducts a learn to swim program for people with a disability.

Phone: (02) 6257 4837

Email: officemanager@actswimming.com.au

Web: www.swimmingact.com.au

Location: 12B, ACT Sports House, 100 Maitland St, Hackett

YMCA of Canberra

Offers a wide range of community services for young people and the community.

Phone: (02) 6230 6224

Email: admin.canberra@ymca.org.au

Web: www.canberra.ymca.org.au

More Information

A young person's guide to the gig galaxy: How to organise successful youth entertainment events in NSW

Youth Action & Policy Association NSW and Indent NSW Youth Entertainment Network

Contains heaps of info on how to organise events in your area. The guide is useful for young people who want to organise a range of youth events, including band nights, dance parties, and youth festivals. Published 2003.

Web:

www.indent.net.au/user_files/File/PDF/Young%20Person's%20Gig%20Guide.pdf

Child Protection in Sport

Australian Sports Commission

Has developed a range of measures to assist the sports industry in addressing child protection.

Web: www.ausport.gov.au/tags/child

Factsheets: Culturally Inclusive Planning for Sports and Recreation

Centre for Multicultural Youth (CMY)

Produces a number of resources to assist in including young people from culturally and linguistically diverse backgrounds in sport.

Web: [www.cmy.net.au/SportandRecResources?searchTerms\[\]=Sports](http://www.cmy.net.au/SportandRecResources?searchTerms[]=Sports)

Guide to Organising Public Events in the ACT

ACT Government

Web-based resource designed to assist organisations planning events in the ACT.

Web: www.ors.act.gov.au

Date for Your Diary

10 – 18 April 2009

National Youth Week

Join Australia's largest celebration of young people! Thousands of young people aged 12 – 25 years get involved in NYW each year by organising, running and attending NYW events. The Youth Coalition coordinates activities in the ACT. The dates change each year. The theme for 2010 is 'Live it Now'.

Web: www.youthweek.com