

# Youth Foundation 2020 Newsletter

Youth-led projects for West Heidelberg (3081)  
and Parkville College

Suffice to say, 2020 was a year full of challenges that seemingly came out of nowhere! This did not stop young people across 3081 and Parkville College from coming up with inspired ways to make change within their communities. This year, young change-makers delivered 16 innovative projects through Youth Foundation grants, coming to a total value of \$14,000. Each of these provided a unique opportunity for young people to show support to their community, during a time when solidarity and connectedness was needed most. A big thank you to our partners and supporters who have enabled our youth leaders to develop their creativity and resilience, coming up with ever-innovative ways to ride out the rollercoaster that was 2020. We wish you all a safe and happy transition into the new year, and a new chapter!



This program is managed by  
Banyule Community Health

## NCAT - Fresh food gives us hope (in times we need it most) (3081)

A group of plumbing literacy students at NCAT coordinated a fresh produce delivery project, including an awareness-raising promo video for social media. Watch the fruits of their labour [here!](#)

This project partnered up with Community Grocer, a local social enterprise that makes fresh produce more accessible and affordable. Learn more about them [here](#).



*“Thank you so much; a little 2 year and 8 month old who loves apples is going to be so happy!”*

- Community Member



Photo: Aspire Pictures

## Check Mates (Parkville College)

One student at Malmsbury campus is passionate about playing chess, seeing it as a great way to develop patience, concentration and focus. He is working on a project that will enable his peers to learn and practice chess with the hopes that it will inspire an annual chess tournament.

## Himilo - Somali Playgroup Packages (3081)

Amal wanted to keep her playgroup connected during lockdown; she organised for packages containing educational materials, recipes and more to be delivered to her playgroup families.

*“Thank you so much for having this initiative, it brings back the feeling of still belonging in the community in these difficult times.”*

- Delivery recipient



## Staying Connected in Isolation (3081)

During the second round of lockdown, when many of us were relying on video calls as a main source of human contact, some families struggled to stay connected with social supports, including online playgroups. One young mum organised phone data delivery to all parents in her playgroup that were in need, enabling them to maintain contact with the playgroup, an important source of social connection for both themselves and their children.

## Pavilion School - Gym Revamp (3081)

A student at Pavilion is a dedicated weight-lifter, and believes that exercise provides a healthy outlet and positive focus. Through his project, he will upgrade and redesign his school's gym so that other students can experience the life-changing benefits of fitness.

*“Putting this project together will help me put something else together in the future - my own business, my own goals in the future. It's all going to help and tie into the bigger plans.”* - Project leader



## Pain Killers EP (Parkville College Flexible Learning Centre)

Students at Parkville's flexible learning centre are joining forces to record an EP. This album will be a chance for students to amplify their voices in the school community and beyond, to share powerful messages about their life experiences, and to truly experience the power and potential of self-expression through a creative medium.

*“I really needed a way to express myself... Music is very therapeutic for me. Every single time I made a track it made me feel better, because I relieved a lot of stress.”*

- Project leader

*“Thank you Youth Foundation for the phone credit assistance and Mother's Day pack, both of which provided tangible support during this very difficult pandemic time for Families. It reinforced our work and connection with our families and we really appreciated the opportunity to offer both financial and personal support to them.”*

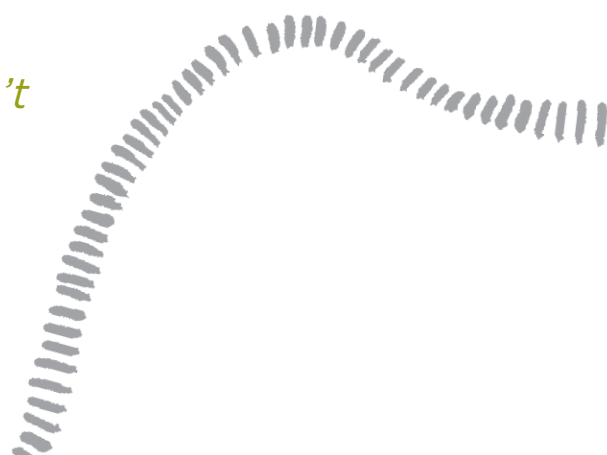
- Playgroup facilitator

## Eid al-Fitr Celebration (Parkville College)

Malmsbury students initiated and organised a celebratory feast to mark the end of the holy month of Ramadan. Muslim students shared culturally-responsive food with their non-Muslim peers, and enjoyed sharing this important cultural tradition with students and staff.

*“Thank you for the food and drinks. I haven't had food like this in ages and I really enjoyed it all.”*

- Parkville student





## Chained Voices (Parkville College)

A podcast project where students share music made within their school community, record their reflections on their own musical journeys, interview campus mentors who have inspired their creative endeavours, and talk about the songs that move them and why.

*“Music is important to us here because it helps us to think and switch off and it is also something that helps us to remember our life outside here. We can connect through music too. There are some other people here that I don’t have anything in common with but we can talk about music.”*

-Project leader

## Melbourne Polytechnic – Bikes for Life (3081)

A group of students gave secondhand bikes a second life, then donated them to students connected to the school’s Young Adult Migrant Education Centre.



*“As a class we believe that everyone in the community should have access to at least one form of transport. The logo is a symbol of helping others that are in troubled situations.”*

- Project leader



Photo: Masterworks

## Himilo – Women’s Online Fitness Challenge (3081)

Zakia wanted to encourage women in her community to keep fit and stay connected during lockdown. She came up with a project that enabled young women to support and motivate one another to exercise from home.



*“I enjoyed the program very much as it provided me with a routine to follow daily. I also liked how it kept me accountable. The program was also fun as I got to socialise with my friends at the same time making it more enjoyable.” – Participant*

## Himilo – Masks for Melbourne (3081)

Young leaders from Himilo Community Connect found a brilliant intersect between social enterprise and community support by sourcing materials for reusable face masks, that were distributed to vulnerable community members via testing and crisis relief services.

Check out their online store [here](#).



## Project Enduring Friendship (3081)

Two young mums, connected to a local playgroup, recognized that motherhood made self-care less of a priority. Together they came up with Mother's Day deliveries – "pamper packages" – that would encourage other mums to take a moment for themselves.



*"Motherhood is both the greatest thing and the hardest thing. We hope you're doing ok during this tough time and just remember we're all in this together and you're doing an amazing job. Don't forget to look after yourselves too. Happy Mother's Day ♥."*

-Project leader

## International Women's Day Celebration (Parkville College)

A series of incursions that enabled young women and gender diverse young people at Parkville campus to connect with three female leaders from the community. Over several days, students attended weaving, dance and social justice workshops, and were inspired by each of the guests' stories of how they became the role models they are today.

*"Auntie Ajak spent the morning running a workshop on empowerment, race and knowing your worth. Our students were captivated by her and gave her their utmost attention... without this project we wouldn't have this really useful link in the community."* - Parkville teacher

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## Special thanks



Like so many other things this year, Youth Foundation's annual Celebration event moved online! Thanks to our youth leaders, partners and supporters for their attendance, and for bringing the Youth Foundation extended family together in the virtual space. A big shout out to **Marta Hintsa** who MC'd the event. Marta, who is studying social work, has worked on Youth Foundation projects, and is also a sports coordinator and community researcher. She did a commendable job pulling the event together this year and we'd like to say a huge thanks!



**Mark Younes** volunteered with Youth Foundation and provided invaluable assistance for this year's Celebration.

Mark is a local Banyule resident and is completing his Cert 4 in Youth Work. He is passionate about supporting young people in his local community and beyond, and hopes to find work where he can support young people to improve their mental health and wellbeing.

## Get in touch

Youth Foundation provides youth-led projects for West Heidelberg and Parkville College, enabling young people to make significant changes for themselves and their communities, through a pathway of opportunities where they can connect, participate, contribute and lead. If you, or young people you work with, have an idea for a 2021 project which will support your community in some way, please get in touch.

**For more information contact  
the Youth Facilitator**

Lucy Arthur

T: 9450 2000

E: [lucy.arthur@bchs.org.au](mailto:lucy.arthur@bchs.org.au)

[www.bchs.org.au/Services/  
youth-foundation-3081](http://www.bchs.org.au/Services/youth-foundation-3081)