

HOLYOAKE

Whenever you're ready.

Within Your Wallet

Implementing youth AOD harm minimisation strategies into rural communities through creative collaborations

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Prevention Services

Disclosure of interest

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Drug Action Team Program.

Acknowledgments

I would like to acknowledge the Traditional Custodians of the lands and waterways that we meet on today and I extend this respect to the Wilman, Ballardong and Yuet people of the Nyoongar nation on which I live and work.

I'd also like to acknowledge anybody that has been bereaved or impacted by suicide, mental ill health or alcohol and other drug use.



Within Your Wallet Conceptualisation

- Increase in mental health distress and AOD use in young people
- Decrease in social and school engagement
- Lack of programs / activities for young people to access

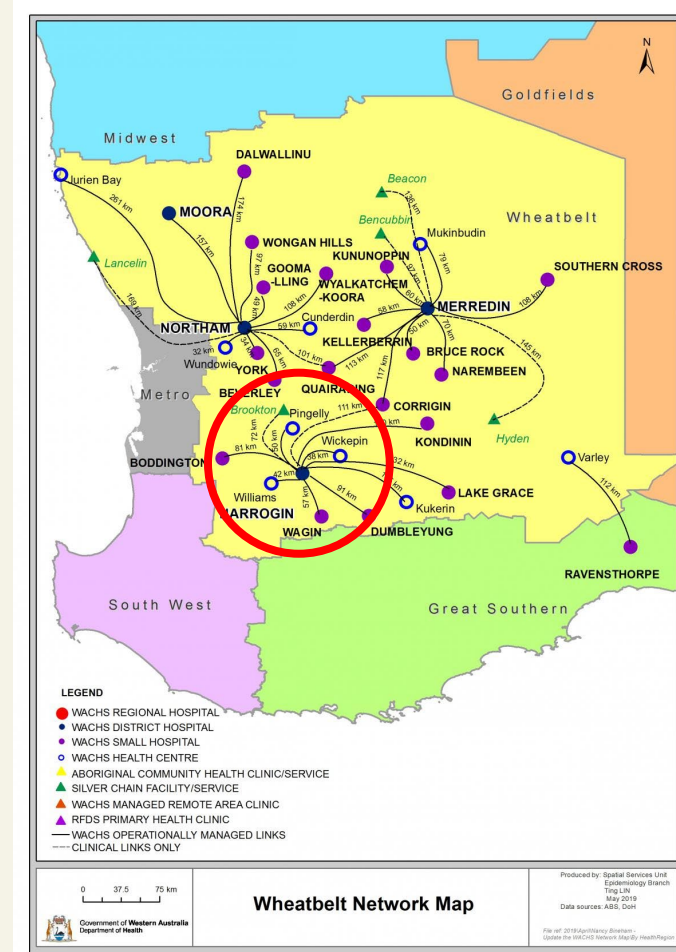
Stakeholder
concerns



Youth Voice
Survey results



Within Your
Wallet



The FOUR Pillars

WALLET CARDS

4 cards developed

- Crisis Support
- Mental Health Support
- AOD support
- QR code to Within REACH
- QR to webpage



Numbers you can CALL or TEXT for help and support

13 YARN (Aboriginal Helpline) - 13 92 76
Kids Helpline - 1800 551 800
Brother to Brother - 1800 435 799 (for Aboriginal men)
Lifeline - 13 11 14 | or Text 0477 13 11 14
Suicide Call Back Service - 1300 659 467
Alcohol and Drug Support Line - 1800 198 024
1800 RESPECT - 1800 737 732

REMINDER:
Credit is not needed on your phone to call these numbers!

Scan to access **FREE** wallet card activities → 

Scan to access **Within REACH** Instagram → 

Pingelly Brookton LDAT HOLYOAKE® AIDF Alcohol and Drug Foundation

🔍 Places to go for info & support on health and wellbeing

ALCOHOL & DRUG SUPPORT

Strong Spirit Strong Mind (Alcohol & Other Drugs)

- strongspiritstrongmind.com.au/young-people

Alcohol Think Again (Alcohol)

- alcoholthinkagain.com.au
- Yarn Online (Mon to Fri 7:30am-9pm | Sat 9am-7pm | Sun 11am-6pm)

Alcohol & Drug Foundation (Alcohol & Other Drugs)

- Text the name of a drug to 0439 835 563 for information about it

Cracks in the Ice (Ice / Methamphetamine)

- cracksintheice.org.au

SOCIAL & EMOTIONAL WELLBEING SUPPORT

eheadspace (Mental Health)

- headspace.org.au | Yarn Online
- 1800 650 890 (7 days a week | 7am-11pm)

QLife (LGBTQI+)

- qlife.org.au | Yarn Online
- 1800 184 527 (7 days a week | 3pm-midnight)

Butterfly Foundation (Body Image & Eating Disorders)

- butterfly.org.au | Yarn Online
- 1800 334 673 (7 days a week | 6am-10pm)

Reach Out (all topics)

- au.reachout.com

iBobbly (self-help app)

- download from the app store or google play

Holyoake (FREE Wheatbelt AOD & Mental Health counselling service)

- 9621 1055 or Freecall 1800 447 172 (Mon to Fri 8:30am-4:30pm)

SWAMS (Narrogin) - 9891 4600 (Mon to Thurs | 9am - 5pm)

KEEDAC (Narrogin) - 0491 842 491 (Mon to Fri | 9am - 3pm)

The FOUR Pillars

DIVERSIONARY ACTIVITIES

Wallet cards grants activities, including:

- Pool access
- Court access
- Mixed netball
- Frisbee
- Art classes
- Festivals

 HOLYOAKE® 

YOUTH ART WORKSHOPS *Free!*

2 x programs running in Narrogin & Wagin

Wagin program
Time: Tuesdays 4 - 6 pm
Date: Starting Feb 13th
Where:

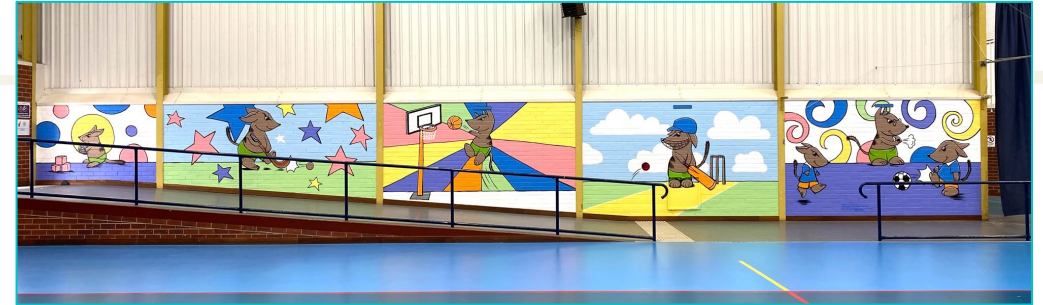
Narrogin program
Time: Thursdays 4 - 6 pm
Date: Starting Feb 15th
Where: Narrogin RLC

Young people (12-18) are invited to come along and explore artistic concepts, learn new skills and make friends with local artist Anita Longmuir!

Limit of 10 people per class so please register to ensure you don't miss out!


scan here to register

neatlongy@hotmail.com
0427 264 826



The FOUR Pillars

WEBPAGE

Pingelly CRC website.
Includes:

- List of all activities young people can use the card
- List of MH, AOD and wellbeing resources



Within Your Wallet Program

The Within Your Wallet Program is back for the summer holidays and term 1 2024!

Within Your Wallet is a diversionary program that increases young people's awareness of online and place-based support services and access to sporting, art and cultural diversionary activities.

Young people between the ages of 10-18 years who live in the Southern Wheatbelt (Narrogin, Wagin, Boddington, Williams, Wickepin, Pingelly, Brookton) are eligible to have access to a Within Your Wallet – Wallet Card.

Wallet cards have a list of free to access support services and crisis lines for young people, so it's a great resource to have on you all the time just in case you need someone to chat to.

CLICK HERE to access support services and crisis lines for young people

Wallet Cards are also worth money - they can also be used at participating venues to get FREE entry! Wallet cards are valid at the below venues:

BODDINGTON SWIMMING POOL

Activities you can use your wallet card for:

- Pool entry

Opening times:

- Monday: 6am - 10am & 1pm - 7pm
- Tuesday: Closed
- Wednesday: 1pm - 7pm
- Thursday: 6am - 10am & 1pm - 7pm
- Friday: 6am - 10am & 1pm - 7pm
- Saturday to Sunday: 1pm - 7pm

BROOKTON AQUATIC CENTRE

Activities you can use your wallet card for:

- Pool entry

Opening times:

- Monday: 6.30am - 8.30am & 2pm - 6pm*
- Tuesday: Closed
- Wednesday: 6.30am - 8.30am & 2pm - 6pm*
- Thursday: 12pm - 7pm
- Friday: 6.30am - 8.30am & 2pm - 6pm*
- Saturday to Sunday: 12pm - 6pm*

*Extended up to 7.00pm. at the

NARROGIN REGIONAL LEISURE CENTRE

Activities you can use your wallet card for:

- Pool entry
- Basketball court hire
- Netball court hire
- Squash court hire
- Gym entry (over 16 years ONLY)

Opening times:

- Monday to Friday: 6am - 9pm
- Saturday: 8am - 5pm
- Sunday: Noon - 5pm

SUPPORT SERVICES FOR YOUNG PEOPLE

Mental health and social and emotional wellbeing

Kids Helpline

For young people aged 5 to 25 years
Phone: 1800 55 1800
Website: <https://kidshelpline.com.au>

Lifeline

Phone: 13 11 14
Website: www.lifeline.org.au

Suicide Call Back Service

For people over the age of 15
Phone: 1300 659 467
Website: www.suicidecallbackservice.org.au

Beyond Blue

Phone: 1300 224 636
Website: www.beyondblue.org.au

13 YARN

For Aboriginal and Torres Strait Islander people
Phone: 13 92 76
Website: <https://www.13yarn.org.au/>

Domestic, family or sexual violence

1800RESPECT

Phone: 1800 737 732
Website: www.1800respect.org.au

Alcohol or drug use

Alcohol and Drug Support Line

Phone: 1800 198 024 (Country)
Website: www.mhc.wa.gov.au/alcoholanddrugssupportline

The FOUR Pillars

RELATIONSHIPS

Strengthen relationships between stakeholders/service providers.

Bridge the gap between stakeholders/service providers and young people.



THIS YOUTH WEEK,
WE ARE RUNNING A

WRIST BAND
TREASURE
HUNT



Around Narrogin & Pingelly

WE HAVE **HIDDEN**

6

different
COLOURED
WRIST BANDS

at 6 different organisations

It's your job to hunt down
at least 5 of the 6
coloured wrist bands

The FOUR Pillars - Summary

WALLET CARDS

4 cards developed

Displays:

- Mental Health Support
- AOD support
- QR code to Within REACH
- QR to webpage

DIVERSIONARY ACTIVITIES

Wallet cards grants activities, including:

- Pool access
- Gym access
- Mixed netball
- Frisbee
- Art classes
- SO much more...

WEBPAGE

On Pingelly CRC website.

Includes:

- List of all activities young people can use the card
- List of MH, AOD and wellbeing resources

RELATIONSHIPS

Strengthen relationships between stakeholders/service providers.

Bridge the gap between stakeholders/service providers and young people.

Key Successes

Has attending these activities/events helped you feel...

more connected with others

YES

47%

less bored

YES

53%

Has the 'Within Your Wallet' Program...

Increased your awareness of support services available for young people

YES

61%

Increased your confidence to access support services if needed

YES

58%

Has the 'Within Your Wallet' program increased your confidence to make positive and healthy life choices?



60%

said YES

85%

OF YOUNG
PEOPLE WANT
THE PROGRAM
TO CONTINUE



Over 3 years, WYW has funded:

5904 pool entries 

 545 gym entries

994 court entries  

5 art programs 3 mixed netball comps

1 cultural photography program

Youth Health and Wellbeing Festival
(230+ young people attended)

= 7833 FREE ACTIVITIES



Thank you

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