



QUARTERLY NEWSLETTER

WINTER/SPRING 2014

TO ENABLE HUTT VALLEY
YOUNG PEOPLE TO
ACCESS SERVICES THAT
PROMOTE THEIR WELLBEING

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ABOUT VIBE

Vibe is a youth one stop shop dedicated to providing a range of services and support for 10 - 24 year olds in the Hutt Valley.

Vibe's health service is made up of a team of nurses, doctors and counsellors. Our clinicians help young people with any concerns they may have with their sexual, mental or general health.

The social support team are around to provide information, advice and practical help for a variety of situations. Support services can include finding accommodation, youth development programs, liaison with community agencies, and support with legal processes.

Youth service NEET coaches work with young people aged 16 - 17 years old who have left, or are about to leave school without NCEA level 2; but are keen to get into a work or study scheme. We also have youth service social workers to work alongside young people in need of financial support.

LINKS

Website
www.vibe.org.nz

Facebook
<https://www.facebook.com/pages/VIBE-Hutt-Valley-Youth-Health-Service/187053807990981>

WANT TO DONATE?

Bank account number: 03 0531 0608875 00

Please reference donation in the transaction. If you would like a receipt, please email info@vibe.org.nz

A HUGE THANKS TO:

MSD

HCC

ACC

Te Awa Kairangi PHO

Our Volunteers

HVDHB

The PM Youth Mental Health Initiative

Transpower

CONTACT

Lower Hutt
4 Daly St
Lower Hutt
04 5660525

Open Hours:

Monday: 9am - 5pm
Tuesday: 10am - 5pm
Wednesday: 9am - 5pm
Thursday: 9am - 8pm
Friday: 9am - 5pm

Clinic Hours:

Monday: 1.30pm - 4.30pm
Tuesday: 12pm - 3pm
Wednesday: 9am - 12pm
Thursday: 2pm - 8pm
Friday: No Clinic

Upper Hutt
2 Sinclair St
Upper Hutt
04 5286261

Open Hours:

Monday: 11am - 5pm
Tuesday: 11am - 5pm
Wednesday: 11am - 5pm
Thursday: 9.30am - 4.30pm
Friday: 9am - 5pm

Clinic Hours:

Monday: 1.30pm - 4.30pm
Tuesday: No Clinic
Wednesday: 1pm - 4pm
Thursday: GP: 9am-12.30pm (Alt Weeks)
Nurse: 1.30-4.30pm (Alt Weeks)
Friday: No Clinic



EMPLOYEE PROFILE SINEAD WARD

Sinead Ward is the latest addition to the Vibe team. She has jumped on board the Youth Service team as a NEET coach based at Naenae College. Sinead may be fresh meat, but she brings to the table a wealth of experience from her previous job at home in IRELAND! To get to know Sinead a little better, I got up close and personal over a choice of beverage typical to her part of the world; a cup of tea.

What was your first impression of NZ?

Beautiful scenery! It's kind of like a bigger version of Ireland.

What's the best thing about working with young people? I love the way they're so upfront and honest! It's just really fun. They're such characters in their own way. It's nice to see when someone has learned something; you can really see their change in thinking. Adults tend to think they already know what's best, but young people are a lot more open to advice.

If you could be any age forever, what age would it be and why?

28 was a good age! I'd gone through all the stresses of growing up, gone through all the dramas that come with that, had been through university and got my qualifications... I had five to six years of work experience and some money. I felt it was my time to do something different. Between 25, 26 and 27, things just seem to pan out. I still ring mammy and daddy though if I need it [laughs].

If you weren't a social worker, what do you think you'd be?

I'd probably still be working with people in some way or another. I was a tour guide when I was younger! It was fun; I got to meet people from all different countries. I enjoyed that a lot when I was young.

When you're not at work, how do you like to spend your time?

I suppose I've got really involved playing Gaelic football, so I spend a lot of time training. I'm the ladies captain so I have a lot of meetings. I definitely wouldn't spend so much time playing if I was at home, but here it's more about the community. I really like that it's quite mixed too, about 60% Irish, as well as 40% made up of Kiwis, English and Canadians. It's good, I wouldn't come to the other side of the world just to play football with Irish people haha. I like boxfit aswell! My family are really big on boxing back at home. I like outdoor stuff! Trying new things... I'll try anything!

Cats or dogs?

Dogs.

Australia or New Zealand?

New Zealand.

Honestly?

Obviously.

EXCELLENT answer, she can stick around! It was a pleasure interviewing Sinead and we're all really excited to welcome her to New Zealand and have her join the team at Vibe.

PROMOTION: YOUTH WEEK



Youth Week 2014 was a particular success for Vibe! But first, a little background information: Youth Week is an initiative that celebrates the contributions and achievements of young people in New Zealand. This week inspires us to value, support and affirm the diversity of youth in our communities. This year's theme was 'Be the Change', this is about growing and challenging yourself, and trying something different. Obviously, these are all important values that Vibe stands for. To really get our wheels turning for Youth Week, Vibe organised a mission: Dream Job For A Day - where we placed 9 young people into their dream jobs. These included placements at organisations such as Genl; Datacom; BMD; H2O extreme and more! Thanks to all the organisations who got involved!

Vibe also held on Open Day to show off our young people and our service. We had an I AM screening running, tours of the site, information booths about the upcoming election, passports, painting, and the day was of course not complete without a sausage sizzle.

To prepare for the day, a few of us had been working really hard to get the place looking good. Did anyone notice our fancy new furniture and the big mural behind reception? Cheers, Chimp!

We had a great turn out and had about 60 people come through the site at Lower Hutt. We had a good mix of young people, funders, professionals and people from other community organisations such as Kokiri Marae; MYD; Greenstone Doors and more, pay us a visit.

The Youth Week Dream Job initiative was such a success that some organisations have offered to partner with us for placements at a more regular basis. We're so stoked and proud to see that our candidates left such a great impression.

Here's a huge thanks to all the businesses involved for allowing the Dream Job initiative to be such a success!



CLIENT SUCCESS PEER SUPPORT GRADUATION

Henio Koloi and Jessie Lamb are the people behind Vibe's Peer Support group. Peer Support training aims to arm the young people of this generation with the skills to support their peers and become leaders in their community. I was able to spend some time with Henio and get some feedback about the training.

Peer Support training is a drop in program that takes place once a week on a Thursday night at Vibe Lower Hutt. Henio is proud to report a positive turn out with a pool of 12 to 19 participants. He says the group for this round have been hands on and full of energy!

The framework behind the training meant that the program encouraged each person to learn about themselves, and understand what it means to be self aware. From there, the group looked at morals, ethics and the application of support skills. On Saturday 21st of June the Peer Supporters held a car wash and sausage sizzle fundraiser as a community engagement element of the program; all funds will be donated to the SPCA.

Henio encourages this kind of training for anyone, but suggests it's particularly useful for people who are in support roles in their schools or clubs. It's also a great foundation for people aspiring to get into youth work or peer support work in general.

The peer support training program is thirteen weeks long, and each person has to hit a quota of training sessions before graduating. This is going to be an ongoing program at Vibe - so if you've missed out this time, you can sign up for the next rotation.

Graduation for this round took place on Thursday 3rd of July at Vibe! Congratulations to all the Peer Supporters!

MATES & DATES PROGRAMME AT NAENAE COLLEGE

Henio Koloi and Leah Gibson will be facilitating the Mates and Dates program to ten classes at Naenae College, in term 3. Henio and Leah will work with students to explore ways to create healthy relationships in all areas of their lives, and how to prevent sexual and dating violence.

