



Helping young people lead
HAPPY & HEALTHY
lives

Australian Lions Drug Awareness Foundation Inc

PROJECT PROFILES

ALDAF runs a number of youth focused health and wellbeing projects. Today we introduce to you to...

FRESH FACED FRIDAY

Overview

Fresh Faced Friday (FFF) is our annual positive body image and self esteem campaign. Each year we invite Leos, schools and community groups from across Australia to 'Tear Up' the negative and become body and self positive. On Friday 7th September 2018 FFF will run for the fifth consecutive year.

FRESH FACED FRIDAY

What does Fresh Faced Friday Deliver?

- Body image and self esteem are key areas of concern for young people, FFF provides a platform for discussion and awareness of these topics
- Each year schools run events from an hour at lunch, to all-day events promoting the message 'be who you want to be judgment free' & 'tear up the negative'
- School and community groups who register receive an event pack to help with planning and activity ideas
- There are a number of worksheets which teachers can use to discuss the topic in class
- In 2018 the campaign day is Friday 7th September.



How can Lions get involved?

- Inform your local Leos, schools and community groups about the Fresh Faced Friday and invite them to hold an event
- Support your local Leos and schools to run the event

freshfacedfriday.com.au

events@freshfacedfriday.com.au

03 6265 8732

Case Study

Corryong College grade 5-6 students held a hit FFF day for their entire school grades 5-12, with event planning and topic discussion commencing weeks out from the event day.

Together the students decided their FFF event would focus on:

- Strategies to be more positive than negative
- Celebrating uniqueness and individuality

FFF also allowed the students to practise their event planning and leaderships skills. The event day included:

- Smile Cafe
- Hip Hop lessons
- Negative Nerf Game
- Fun photo booth
- Tear up the negative
- Body Balance and more

The feedback from the college was:

"Awesome, not one complaint."

"Thank you for allowing us the opportunity to join such a wonderful and life changing day"

Students celebrate their singularity



The local newspaper even ran a story about the event



Our Goals



- To provide the highest quality advice, guidance and service to the Lions family and their communities on education in respect of drug and alcohol abuse prevention.
- To develop the role and involvement of the foundation in education and drug abuse prevention.
- To promote the work of the foundation within the community, similar organisations, and all levels of government and their services.
- To provide ongoing support, training and development for district drug awareness chairmen.
- To monitor developments in education and drug abuse prevention and government initiatives.
- To promote material developed by the foundation.

ORDER FORM

Please make cheques payable to **The Australian Lions Drug Awareness Foundation**, and send to Po Box 530, Springwood, Queensland 4127.

Enclosed is a cheque/money order for \$ _____ for the following items.

Please send me extra newsletters (nominate quantity required):
(Prices include GST, postage and handling)

- | | |
|--|--|
| <input type="checkbox"/> Energizer Book \$25.00
<i>A book of games and activities for use with all ages and occasions</i> | <input type="checkbox"/> *10 Steps to help your child be smoke free \$40 per 100
<i>A brochure to assist parents who wish to stop their children from smoking.</i> |
| <input type="checkbox"/> Boswells dilemma CD-ROM \$29.95
<i>An interactive package for primary children on the subject of medicines.</i> | <input type="checkbox"/> *10 steps to help your child brochure \$40 per 100
<i>A brochure with 10 steps to help your child say no to drugs</i> |
| <input type="checkbox"/> Big book on drugs \$6.25
<i>A 26 page booklet in easy to read cartoon style about drugs.</i> | <input type="checkbox"/> *Getting along brochure \$40 per 100
<i>A brochure to assist parents and adolescents get along together.</i> |
| <input type="checkbox"/> Big book on party drugs \$6.25
<i>A 20 page booklet in easy to read cartoon style about party drugs.</i> | <input type="checkbox"/> * Safe partying brochure \$40 per 100
<i>A brochure to assist parents and young people with parties.</i> |
| <input type="checkbox"/> Mind your Head \$8.95
<i>A book of some things you might want to know about Drugs and Mental Health</i> | <input type="checkbox"/> * Quit smoking brochure \$40 per 100
<i>A brochure to help children and adults give up smoking.</i> |
| <input type="checkbox"/> Hugs not drugs badges (min order 50) 60c each
<i>Simple pin on badges with a strong message.</i> | <input type="checkbox"/> * Cannabis brochure \$40 per 100
<i>A brochure to understand the dangers of Cannabis</i> |
| <input type="checkbox"/> Hugs not drugs stickers (min order 100) 15c each
<i>Simple stickers with a strong message</i> | <input type="checkbox"/> * Party Hard brochure \$40 per 100
<i>A brochure outlining how to have a great party but safely</i> |
| <input type="checkbox"/> Ice DVD \$22.95
<i>A 9 minute DVD outlining the dangers of Ice and its derivatives</i> | <input type="checkbox"/> * Worried brochure \$40 per 100
<i>Is someone you know taking drugs? What can you do?</i> |
| <input type="checkbox"/> Alcohol DVD \$19.95
<i>A 7 minute DVD detailing the effect of alcohol on the brain and other facts</i> | <input type="checkbox"/> * Worry Free Teenage Parties brochures \$40 per 100
<i>A brochure helping parents ensure their teenagers have safe parties</i> |
| <input type="checkbox"/> Drugs & Depression DVD \$19.95
<i>A 10 minute DVD detailing the link between drugs and depression and other facts</i> | (* These brochures may be mixed to a minimum order of 100) |
| <input type="checkbox"/> Party Rule Booklet \$20 for 10 or \$2-50 each
<i>A ten page guide to parents with young people</i> | <input type="checkbox"/> Alcohol Posters \$6.00 per set
<i>A set of 6 colourful posters on alcohol awareness</i> |
| <input type="checkbox"/> Pamphlet Holder \$2.00
<i>A sturdy holder to place information brochures on display</i> | <input type="checkbox"/> #Cannabis Poster \$2.00 (min 5)
<i>Colourful A3 sized poster ideal for laminating</i> |
| | <input type="checkbox"/> #Standard Drinks Poster \$2.00 (min 5)
<i>Colourful A3 sized poster ideal for laminating</i> |
| | (# These posters may be mixed to a minimum order of 5) |

Please send the above order to:

Name: _____

Address: _____

For details on Foundation projects or to make a donation, contact:

David McKenzie - Secretary
Australian Lions Drug Awareness Foundation Inc.
PO Box 530 Springwood QLD 4127

Phone: (07) 3341 3900 ABN 39 392 805 774
e-mail: aldaf@bigpond.net.au Home Page: http://www.aldaf.org.au

NEWSLETTER



Number 78 - February 2018



The AUSTRALIAN LIONS
DRUG AWARENESS
FOUNDATION

TINO BRINGS HOME A SILVER W³ AWARD

Last year was a big year for our youth health and wellbeing website www.tuneinnotout.com. Mid year we unveiled a major re-haul of the website which involved an entire new look, new functionality, all content being reviewed and a broader range of factsheets added – to say we were pleased with the results is an understatement!

The website design side of the re-haul was undertaken by the skilful team at Handbuilt Creative (www.handbuiltcreative.com.au) who understandably were also very proud of what they had helped create. As a surprise to us they decided TINO was worthy of being entered into the prestigious international W³ Awards (www.w3award.com) that honors creative excellence on the web. We are delighted to announce that in November 2017 the TINO website was awarded a Silver Trophy, bringing the foundation highly regarded recognition for the quality of our fantastic resource which helps young Australians navigate life's challenges from mental health, relationship to alcohol and other drugs.

If you would like some promotional postcards for www.tuneinnotout.com please drop us a line crew@tuneinnotout.com. These are great for schools and community groups across Australia.



Our Mission

To develop, promote and educate the community through the Lions Drug Awareness Initiatives and to encourage clubs and individual Lions to promote these initiatives within their community.

"Creating a happier, healthier and safer community"



Lion David Daniels - Chairman



Hi All

On behalf of the Board of Directors and Consultants may we wish all our readers a Healthy and Happy New Year.

2017 was a developing year for the Foundation and a lot of high quality advice was passed on to our Lions Family and Community readership. **The promotion of our resources** continued to be very popular, in particular with outside organisations who take up these items. This type of information is invaluable to our young people. It also shows the community that Lions is active in this vital area.

The Foundation is really delighted to have received Silver trophy of the W3 Awards recognising the power of web creativity. This is for the update of the TINO site to adapt to smart phones and tablets. We thank Handbuilt Creative and Lynsey McLeod for their efforts.

Since the foundation took the step to reform our Consultants group they continue to take a broad look at the Foundation's work and our future directions. The Consultants group consists of three very experienced ladies who are experts in their fields. This goes along with our philosophy to continue to look at wider issues in this area and develop programs to assist our Clubs and their members in their own communities.

Our November board meeting incorporated the groups meeting allowing them to brainstorm the foundations focus. From the meeting the group recommended that the key project areas for ALDAF started to work together more cohesively rather than solo projects, because as a combined group the various projects can offer schools and community groups a wide range of support in the areas of youth health and alcohol and other drug education.

So in 2018 you will start to see the foundation bring you our Fact Sheets of the main projects for reaching the communities you work with, whether that be life skills training to help young people as they navigate life, through to alcohol and other drug information resources, to TINO and Fresh Faced Friday for in class activities on health issues to community initiatives supporting schools and communities to take a concept designed to enhance the wellbeing of their communities and make it happen. The first two Fact Sheets are attached to this edition of the newsletter. We firmly believe this will support our mission to

'Create a happier, healthier and safer community'

David Daniels OAM
Chairperson.

ALDAF Community Initiatives Project with the Lions Club of Whyalla, South Australia:

BUDGET COOKING

The ladies of Beginnings, a peer support group living life without drug misuse, based in Whyalla were lucky enough to have the support of Brenda Hosking, National Drug Education Consultant of the Alcohol and Drug Foundation in arranging for funding from Australian Lions Drug Awareness Foundation Community Initiatives grants and the Whyalla Lions Club in initiating an intergenerational cooking program. Our joint program ran for 10 weeks enabling Beginnings members and Colleen and Garry from the Whyalla Lions Club to participate together with learning and sharing in the making of nutritious, low budget meals that are suitable for people on low incomes.

Being that many of the ladies have children, they requested that the recipes be quick and easy, but tasty and appealing to their children.

Colleen and Garry have been absolutely amazing. Colleen's experience cooking for family member and guests was very useful, supplying us with a number of delicious recipes that had hidden vegetable goodness for the young children.

In our first week the Beginnings ladies started with learning Garry's famous sausage rolls, and some pin wheels with the remaining pastry. To say that the sausage rolls were eaten quicker than we could cook would be an understatement. With hidden vegetables and Garry's secret ingredient the ladies took ingredients home to cook these with their children, which apparently was just as successful as the cooking class.

The second week Colleen assisted the ladies with cold oven scones, sweet and savoury.

We were lucky enough to be able to host Eira Yarwood and Meg Hill from The Whyalla Lions Club with tea and warm sweet and savoury scones. They presented Mahalia, the Beginnings group mentor with a \$1000.00 cheque for the provision of fresh produce, ingredients and additional items.

The Whyalla Lions Club has also kindly donated the cooking utensils that the ladies will be required to use in order to cook and create these recipes at home with their children.

This has been a great experience for everyone involved. We have connected with people in our community that we would not have met without this program. The ladies of the Beginnings group and Kelley from Country and Outback Health would like to thank Brenda Hosking, the Australian Lions Drug Awareness Foundation Community Initiatives and the Whyalla Lions Club and look forward our future cooking sessions with Colleen and Gary and to future activities and interactions with The Lions Club.

Kelley Burns, Peer Support Worker, Country & Outback Health, SA

Canberra, ACT: Australian Government - Department of Health.



ANGLESEA LIONS – INDIGENOUS EDUCATION PROJECT

ALDAF, through its Community Initiatives Project, was one of a number of supporters helping the Anglesea Lions Club to conduct a 3 day camp for disadvantaged students from the greater Geelong region.

The aim of the camp was to encourage local Indigenous students and young refugees to make authentic connections with their community and to develop their self-worth through participating in activities they normally would not have the opportunity to try.

Mountain bike riding, paddle boarding, canoeing, ropes courses and group activities challenged the participants' fitness, physical and team skills. Friends were made with students from other school campuses.

Tom McGrath, Indigenous Education Project Portfolio Coordinator, Anglesea Lions Club, reported the students developed a better understanding of themselves and greater leadership skills. Teachers and school leaders were impressed the camp participants were more confident as individuals and more engaged with school in the weeks following. An unexpected outcome of the camp was the networking between the ATSI support workers and coordinators from the various school campuses. All parties are asking for an annual camp for middle-school students, plus additional alternative activities as a follow-up for the inaugural participants.

The Anglesea Lions Club was motivated by the Lions motto "Live to make a Difference". The success of this first project has inspired the Club to ask if there are other ways Lions Clubs in the District, State and even at National level, can support the education of ATSI students.

For more details about the camp program and the 'business case' which has been developed to support ATSI students improve their education outcomes, please contact the Anglesea Lions, Box "B", 32 Murray St, ANGLESEA, VIC 3230 or call the ALDAF Education Consultant, Brenda Hosking on 0418 859 007.



Extract from the Geelong Advertiser, 27th May 2017



Lions Club launches indigenous education school camp with Northern Bay

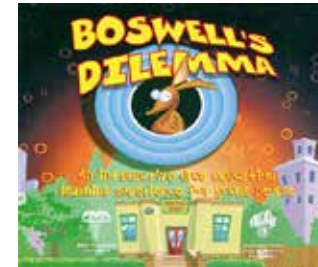
Bethany Taylor, Geelong Advertiser, May 27, 2017 10:00am

Boswell's Dilemma Run Out

We still have limited stock available of the wonderful interactive CD-Rom. It is still an excellent resource for primary and lowwv secondary students and is designed to inform students about the safe and appropriate use of Over The Counter (OTC) and prescription medications, Introduce them to the consequences of using substances such as tobacco, alcohol and caffeine, and provide information about illicit drugs and encourage discussion about why people experiment with substances of any kind.

The CD includes teacher support materials and a student workbook developed in conjunction with State and Territory education authorities.

As a special we are offering a buy one get two for the same price od \$29-95 inclusive of GST and postage. An order form is on the back page or on our web site.



New Project Fact Sheets

You will see attached to this issue of the newsletter two new fact sheets covering two of our projects, Tune in Not Out and Fresh Faced Friday. They are designed to be removed from the newsletter without destroying the rest if it by simply tearing that page off.

It is planned to prepare more of these fact sheets and put them in upcoming issues of the newsletter. An electronic version is available by emailing the Foundation on aldaf@bigpond.net.au.



ALDAF COMMUNITY INITIATIVES PROJECT

1. Small grants up to \$1000 are available to Lions Clubs, schools and community groups wishing to conduct local cross-generation activities which engage young people. Go to www.aldaf.org.au/grants to download and Expression of Interest form.
2. SMARTER ABOUT DRUGS – a conversation pack – curriculum materials for Global Politics and Health Education teachers. Designed in partnership with Australia21 to help educators and Lions Clubs to facilitate informed discussions about drug and alcohol issues. Download your e-pack on <http://australia21.org.au/product/smarter-drugs-conversation-pack/#.Wf9jwd-WbIV>

NEED MORE HELP??

Contact Brenda Hosking, ALDAF Education Consultant & Community Initiatives Project Co-ordinator on (mob) 0418 859 007 or (email) brenda@professionalsolutionsplus.com.au



Helping young people lead **HAPPY & HEALTHY** lives

PROJECT PROFILES

ALDAF runs a number of youth focused health and wellbeing projects. Today we introduce to you to...

www.tuneinnotout.com

Overview

Tune In Not Out (TINO) is an award winning portal style health and wellbeing website full of information to help young people navigate life's challenges, from mental health, relationships, alcohol and other drugs, self esteem, body image, to work and school life and much more.



What does TINO Deliver??

- A simple and easy website to navigate from a mobile, tablet or desktop computer
- Content from across Australia delivered in one central location (we've done the searching for you!)
- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist
- A teachers and youth educators section with worksheets full of activities across a range of topic areas



Case Study

The TINO music section was started in conjunction with Music Therapist Dr Carmen Cheong-Clinch as part of Tune Your Mood - an initiative to promote young people's understanding of how music can affect their wellbeing, both positively and negatively.

Dr Cheong-Clinch uses the TINO website to explore related topics and promote help-seeking with young people who are inpatients at a number of QLD hospitals. They then create music playlists which positively help them manage their situation and consider their intentional music listening.



This project has grown so much it now has its own section on TINO featuring a number of playlists as well as music submitted by other young people visiting TINO.

Be sure to check out this innovative way of bringing information and coping tools to young people.

How can Lions get involved??

- Visit the website and take a look around, the About Us page has a short video tour that is great to watch
- Contact us for some promotional postcards and drop these at your local school and youth services
- Request a copy of our PowerPoint presentation and script to present TINO at your Lions meeting

tuneinnotout.com
crew@tuneinnotout.com
03 6265 8732

Find out more about this project and others at aldaf.org.au