

# Fostering Independence

## Supporting young people to grow & thrive as young adults

Young people between the ages of 10-24 years, make up 17% of Wangaratta's population. If we assume 5% of this population need help in independent living, that's just over 150 young people needing assistance.

NESAY supports over 500 young people a year across all programs, often including an element of independent living skills.

132 of the 500 young people were directly experiencing homelessness.

Source: [https://quickstats.censusdata.abs.gov.au/census\\_services/getproduct/census/2016/quickstat/SSC22667](https://quickstats.censusdata.abs.gov.au/census_services/getproduct/census/2016/quickstat/SSC22667)



Last year, L2P supported young people complete:

◆ **681 hours** ◆

of driving logged by learners

◆ **41 hours** ◆

of professional driving lessons

Resulting in

◆ **6 young people** ◆

gaining the P plates.



NESAY created the Healthy Eating & Living program, which has been running for the last 10 years, across Wangaratta, Benalla and Wodonga. HEAL is a five week program that includes living skills such as cooking, menu & budget planning, shopping for healthy food. Information is provided on sexual health, mental health, financial health, drugs and alcohol, along with where to access local community services.

NESAY creates and runs programs to enable young people to thrive independently and live their best lives. These programs educate and support young people in practical, social, emotional, psychological and technological skills so they have the tools and resources available to make informed decisions.

Fair Feed provides meals to young people in socially inclusive ways, while increasing engagement with the wider community, friends and family and the young person's worker.

## Useful Contacts

### Education

**NESAY Inc**  
(03) 5720 2201  
[nesay.com.au](http://nesay.com.au)

**GOTAFE**  
1300 468 233  
[gotafe.vic.edu.au](http://gotafe.vic.edu.au)

**The Centre for Continuing Education**  
(03) 5721 0200  
[thecentre.vic.edu.au](http://thecentre.vic.edu.au)

### Employment

**Personnel Group**  
(03) 5721 4011  
[personnelgroup.com.au](http://personnelgroup.com.au)

**Sureway**  
1300 787 392  
[sureway.com.au](http://sureway.com.au)

**Workways**  
(03) 5141 6407  
[workways.com.au](http://workways.com.au)



Last financial year, our Fair Feed program supported:

◆ **76 young people** ◆

by providing:  
**366 meals**

[nesay.com.au](http://nesay.com.au)



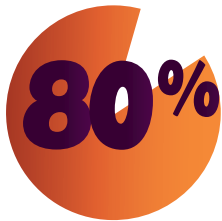
## Personnel Group

The Personnel Group are passionate about helping individuals onto the right path to finding them a suitable job/education where they will thrive. They specialise in

- **Disability Employment Services** for people who have a disability or mental health condition that creates a barrier to employment/education
- **Transition to Work program** for young people, who have left school before completing year 12 from ages 15-24 years old



Ben Watts - Client Attraction Officer  
M: 0421 065 020



Current stats show that 80% of young people are likely to have a job/course within the first 5 weeks of service.

**“A POST-PANDEMIC SOCIETY CAN BE BETTER THAN THE ONE THAT PRECEDED IT - BUT ONLY IF WE EMBRACE OUR YOUNGER GENERATIONS’ TENACITY AND WILLINGNESS TO CHANGE, AND WORK WITH THEM.” - SKILLSROAD**

42.3%

of working youth have become unemployed or stood down because of COVID-19.

55%

of youth are open to changing their plans if it means optimising career stability and future financial security.

\*SOURCE: SKILLSROAD. (2020). Creating a Better “Normal”. The SKILLSROAD 2020 COVID-19 Youth Review.

## Five simple career guidance tips for everyone - by Imogen Smith, GOTAFE

**1. Be role models** – lead by example, be open about your journey and highlight how education and training has been important for you

**2. Be observant** – are there learning difficulties, disabilities including mental health that are holding them back. These are not barriers to study they can be accommodated in TAFE with student support and across any formal training with reasonable adjustment.

**3. Support curiosity** – if they show interest in studying or in talking to someone about options encourage, organise the meeting, offer to help in any way you can.

**4. Guide don't lead** - how well do any of us deal with being told what we should do. You can make a suggestion, describe the benefits and negatives, ask about hesitancy and listen with your eyes, ears and body language.

**5. Talk to a Careers Advisor** – GOTAFE can provide support and assistance to businesses. Imogen Smith, Career Advisor Wangaratta & Benalla  
E: ismith@gotafe.vic.edu.au  
T: 03 5760 4530