

Cobar Youth Development Plan 2012-2016



**COBAR SHIRE
COUNCIL**
outback nsw

2012-2016

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Cobar – Facts and Figures

Where We Live



Cobar Shire is situated in the centre of New South Wales encompassing an area of around 45,600 square kilometres, about 700kms north-west of Sydney and 650kms north of Canberra. Cobar is located on the crossroads of three major highways – the Kidman Way linking Melbourne to Brisbane, the Barrier Highway linking Sydney to Adelaide via Broken Hill and the Wool Track linking the Sunraysia area to South East Queensland.

Cobar Shire is home to around 5,000 residents, the majority of whom live in the town of Cobar. Other villages in the Shire are Euabalong and Euabalong West, Murrin Bridge, Mount Hope and Nymagee. Murrin Bridge, located on the banks of the Lachlan River, is an Aboriginal community, owned and operated by the Murrin Bridge Local Aboriginal Lands Council.

The Shire's prosperity is built around the thriving mining – copper, lead, silver, zinc, gold – and pastoral industries, which are strongly supported by a wide range of attractions and activities, that make it a major tourist stop-over point and a wonderful place to live, work and play in.

The local Aboriginal history is an important part of Cobar, or 'Kubbur', as the area was referred to by the Ngiyampaa people who inhabited the area prior to European settlement.

Who Are We?

Cobar's population has been reasonably steady for the past ten years at around 5,000. At the 2011 census, there were more males (52.3%) than females, with 62% of the population

being aged 18-64 years (working age population). The median age of the population was 35 years, 12.9% were of Aboriginal descent, and 84% were born in Australia.

Over a third of the workforce is employed in the mining and manufacturing industries, 9.5% are employed in agriculture and retail is the next largest employer in the Shire. Due to mining, the median weekly income is higher than the national average.

There are around 2,200 dwellings in the Shire with over 36% of residents renting, and only 30% of residents owned their home at census time. The employers in town are large holders of real estate, to ensure there is adequate housing available for their workforce.

Table 1 shows the historical age structure of the Shire compared to the Orana region. In 2011, 7.2% of the population were aged 12-17 years (down from 8.3% in 2006) and 9% were aged 18-24 years (up from 8.9% in 2006). These age groups are referred to as Youth.

Table 1 - Age Structure of Cobar Shire

Age age group (years)	structure Cobar Shire							
	2006			2001			Orana Region %	Change 2001 to 2006
	number	%	Orana Region %	number	%			
0 to 4	383	7.4	7.1	456	8.9	7.8	-73	
5 to 11	534	10.3	10.9	626	12.2	11.8	-92	
12 to 17	440	8.5	8.9	446	8.7	8.8	-6	
18 to 24	461	8.9	7.3	412	8.0	7.3	49	
25 to 34	692	13.3	11.0	792	15.4	12.7	-100	
35 to 49	1,195	23.0	20.9	1,180	22.9	21.3	15	
50 to 59	635	12.2	13.2	539	10.5	12.3	96	
60 to 69	473	9.1	10.4	383	7.4	9.2	90	
70 to 84	328	6.3	8.7	263	5.1	7.6	65	
85 and over	46	0.9	1.5	47	0.9	1.2	-1	
Total	5,187	100.0	100.0	5,144	100.0	100.0	43	

Source: ABS statistics 2006 census data. Note: At the time of writing, only the first stage of 2011 census data had been released.

Consultations

This plan was developed as an initiative of the Cobar Interagency, with Cobar Shire Council the lead agency. A workshop was held in November 2011 consisting of selected students (high school and primary age), teachers, government agencies and NGOs who service the youth of Cobar to start identifying the main issues affecting youth.

On 1 December 2011, youth forums were held at Cobar Public School (with students from St John's also attending) and Cobar High School. There were around 60 participants at each forum. The issues identified earlier were discussed in detail and participants were asked to identify some potential solutions. In addition, an online survey was undertaken during December 2011. The majority of the 43 participants were from Cobar Public School.

These consultations informed the development of this plan.

Current Challenges

At the time of writing this plan, the following is a summary of the challenges facing Cobar's youth, youth service providers and the Cobar community:

- Lack of organised youth activities
- Maintaining momentum within the Youth Council despite annual changes in membership and providing support to the group
- Progressing projects that have been started, with assistance from Cobar's youth – the skate park upgrade and the BMX track project at Morelli Park
- Under age drinking
- Safe use of technology, understanding how internet information is used, individual responsibility, legal issues and combating cyber bullying
- There is a spike in graffiti and vandalism in Cobar at present
- Transient population due to mining – the affect of friends leaving town, changeover in students in classes and ensuring students do not miss out on parts of the curriculum
- Significant demand for mental health services due to the issues listed above.

Things to do

Like everywhere, Cobar youth are always looking for something to do! This may be organised activities, getting together, or using community infrastructure and facilities to entertain themselves. Cobar has a great range of sporting organisations that cater for young people, from all codes of football, cricket, swimming, netball, horse sports, a range of gun and bowman clubs, dance, motor sports and more.

Art and cultural activities are provided on a more 'ad hoc' basis. There have been photography, art, film, drumming and theatre workshops and performances held, as well as the YALA community radio workshops at the radio station. Circus skills workshops are provided more regularly at the Cobar Youth and Fitness Centre. Cobar High School performed a musical at the end of the 2011 year which was very well received and rehearsals are underway for the 2012 performance. This is an excellent way to boost the self esteem of participants and allows all students to participate with volunteers required for backstage, sound and lighting, front of house as well as performers.

There is a range of Council and community provided community infrastructure in Cobar (see Appendix 1). The Cobar Youth and Fitness Centre provides for a range of indoor sports, a gym, a drop in centre, electronic games and canteen. However it is not funded to run activities, other than during Youth Week and some holiday activities. The Centre does try to attract partners to run programs and the annual Stormco visit is very highly valued with excellent participation rates. The Centre is free to use for community organisations. This said, there is great potential to return the Centre to more of a youth focus, rather than the current sport focus if funding can be sourced. The recent acquisition of a mobile inflatable movie centre is an example of how to build on the facility we have and to generate more activities from the centre.

Attached to the Cobar Youth and Fitness Centre is the skate park. This is popular all year round with a wide range of age groups. However, there is a desire by users to upgrade the park to a more challenging and complex centre. A Skate Park Committee has been formed and is facilitated by Council. A group of young people are guiding Council staff and community volunteers as to what features they would like in an updated facility and funding is being sought. A master plan is being developed for the site.

Drummond Park is a popular venue for all residents and visitors, however it does not really cater for the youth age group. It is used as somewhere to 'hang out' on weekends. The Town Hall Cinema is currently vacant, however the Youth Council has used it to host their Klub 812 (Midnight Café and underage nightclub) during 2012. In the past the cinema has been operational, but it is unlikely to be a profitable ongoing concern in the future (it is not able to show digital films – it is expensive to transport film rolls and the technology is likely to be phased out in the near future). The building has recently undergone renovations to provide disability access, to improve lighting and safety and could potentially be used as a youth venue in the future or for multiple uses, including as a cinema. The Railway Station is currently being occupied by the Cobar Radio Station and the Cobar Music Club. Both groups are actively seeking younger members and provide cultural opportunities for young people.

Open space is also highly valued by Cobar's youth. Bike riding (both pushbike and motorbike – although use is unregulated and a safer, supervised venue would be more ideal, such as the auto club) is popular, as is horse riding, the use of the water areas (the Old Res and the Newey) for barbeques and other social occasions and bush activities in the commons and private property areas surrounding Cobar.

Organised Sport

Cobar has strong participation in organised youth sporting activities. The provision of sporting facilities for team sports is good and includes Ward Oval (including netball courts), The Cobar Youth and Fitness Centre, the Cobar Memorial Swimming Pool facility, Tom Knight Oval and facilities, Alisa Fitzsimmons Oval and facilities and the Dalton Park Horse Sports Complex. There is the continued drain on volunteer resources to run these facilities and sporting competitions, and continued community financial support to maintain facilities and run competitions is also required.

The Cobar community needs to ensure these facilities and sporting opportunities are maintained and strengthened.

Organised Activities

Cobar's youth have identified a number of ideas for organised activities. Most of these require an organising committee, such as the Cobar Youth Council, or the Cobar Drug and Alcohol Team. Barnardos is very supportive of organised activities for young people and provides supervision and other support to a number of events.

Organised activities could be provided more regularly if an activities officer, such as a Youth Engagement Officer, was available – to both coordinate activities and to assist and build the skills of those young people currently organising events and activities.

Cobar's youth have identified a number of activities that they would like to see happen or expanded, including:

- movie marathons – although the cinema has now closed, it could be used for such events and the Cobar Youth and Fitness Centre now have an inflatable, mobile movie theatre for indoor and outdoor use. These nights could be themed and different nights held for primary and high school aged children.
- discos – to date, the Bluelight Committee and the Cobar Community Drug Action Team have organised several a year. The pool discos are very popular for all age groups. It is often more difficult to attract the older age groups to discos.
- Midnight Café / underage nightclub – the Youth Council have been organising Klub 812 in 2012 on an 'ad hoc' basis.
- Arts, crafts and games – held on an ad hoc basis by a number of organisations, mostly during school holidays. Other activities may include face painting, multi sports days at the Cobar Youth and Fitness Centre, photography workshops, theatre sports etc.
- More MADD (music, art, dance and drama) nights – held at the Cobar High School, with teachers and students participating.
- More productions. In 2012 there is a very good selection of productions on offer in Cobar with Cobar High School staging Footloose, the Western Studio of Performing Arts putting on Hairspray the Musical and the Cobar Theatrical Society staging Sussical the Musical. All three organisations do not always have an annual performance, although the Western Studio of Performing Arts is annual.
- More events, including concerts, drumming workshops, karaoke nights, music nights, techtronic nights. These could be run by a variety of organisations, including youth run groups, Council, schools, community groups and businesses.
- Workshops at the community radio station with adult supervision to build skills around using the equipment, rules of radio etc.
- Run skills workshops at the Auto Club and run open sessions to provide a safe practice venue for young people on motor bikes.
- Hold a town swimming carnival complete with novelty events and some healthy competition.

Avondale College visits Cobar annually, as part of their Christian outreach program, with their Storm Co visit. The senior students from Avondale run programs at the primary school in the morning, undertake community activities early afternoon (such as mowing lawns, helping out at the Lilliane Brady Village etc) and then run activities for everyone at the Cobar Youth and Fitness Centre in the afternoon. This is a very popular week during the June school holidays, with excellent participation rates. In recent years, senior Cobar High students have assisted in the running of the program. It is hoped to expand the Storm Co program to make it permanent in some form in Cobar. The program builds a sense of community in participants and also creates more organised activities for young people with the older students running programs for the younger students.

Community Infrastructure

Young people have a range of infrastructure that they would like to be available in Cobar. This includes a games arcade, facilities at the Old Res, a motorcross or go-cart track, a BMX track, an abseiling or rock climbing wall, an improved skate park and an all-year-round pool.

In the past, Peak Gold Mine has assisted in the planning of a BMX track at Morelli Park. The park is adjacent to a housing estate where many Peak houses are located. It is currently a disused park. A masterplan has been developed for the park and discussions have been held with Peak Gold Mine staff to determine an action plan for implementing the plan. An employee of the mine has volunteered to develop a design and costing for the BMX track to allow further planning and discussions to be held.

A community-run Skate Park Committee is facilitated by Council. This Committee has discussed a master plan and project plan for developing and expanding the current skate park. The young people involved in the Committee have also agreed to undertaking fundraising of their own and Council will assist in seeking grant funds.

During consultations a number of other infrastructure projects were identified and prioritised by participants. Further refining of priorities is required to assist the community and Council to allocate resources to bring these projects to fruition.

The Cobar Youth and Fitness Centre provides sporting infrastructure, including basketball courts, squash courts, a gym, aerobics and dance rooms, as well as drop-in areas for children and youth. There is a TV/lounge area, games room and a canteen. There are no regular planned activities run out of the Centre. There is a strong feeling in the community that there could be more of a youth focus at the centre, however Council does not currently have the resources to do so. Suggestions for improvement included: improved food choices at the canteen, more regular and organised activities, a greater focus on the youth demographic, somewhere to have a music/DJ/Karaoke area.

It is also important to ensure that families view existing infrastructure as being safe places to send children to. Increased supervision can provide the necessary safeguards and make parents feel comfortable about sending their children to these venues.

Education

Cobar has three schools – Cobar Public School (CPS) with around 320 students, St John’s Primary School with 150 students and Cobar High School with around 235 students. The village of Euabalong West in the southern part of the shire also has a primary school with 19 students in 2012 (from K-year 6). There are relatively limited bus routes in the Shire due to the vast distances between many properties and Cobar. Students in outlying areas of the Shire can choose to board in town, to study via distance education (which operates out of Dubbo), or go away to boarding school.

Transient Population

A major issue for the schools, as well as the students, is the transient nature of the population due to mining and some of the social affects generated by mining. For instance, in 2011 Cobar Public School experienced a whole student turnover of approximately 50%. This included one class that had 100% turnover during the year – none of the faces in the class at the end of the year were there at the start of the year. This trend was also evident for the two years prior. This has a major impact on the ability of teachers to ensure students complete their whole curriculum, on students fitting into new classes and on existing students who constantly see their friend base changing. This has created a need for resilience programs to build the coping skills in students. Programs around making and

breaking friendships help students to cope. In addition, some teachers at Cobar Public School have been trained in grief, loss and accidental counselling.

Attendance rates at all schools are impacted on by a number of factors, including the geographic isolation of Cobar, mining rosters with families going away when the mine worker has time off rather than on set weekends and school holidays, and the need to travel long distances to access a number of medical services.

Quality Education

During consultations, the responses to the question of education differed greatly between age groups (primary and high school), as you would expect. Younger students did not focus on the issues around quality of education and subject choice, however this was a focus for high school students. High school students also focused more on student/teacher interactions, discipline and the learning environment.

A Matter of Numbers

Despite good enrolments at the primary schools, the student population at Cobar High School has been gradually falling as can be seen below.

Cobar High School enrolment changes from 2006 – 2012

Year	Male	Female	Total
2005	150	179	329
2006	160	148	308
2007	143	145	288
2008	145	142	284
2009	142	137	279
2010	137	129	266
2011	123	123	246
2012	107	127	234

In 2012, there are around 460 students in primary schools in Cobar, and 234 in high school.

In 2012, Cobar High School has the following mix of student numbers:

Year 7 – 50

Year 8 – 47

Year 9 – 40

Year 10 – 40

Year 11 – 31

Year 12 – 26

A total of 71 students were in Year 6 in Cobar in 2011 (47 at Cobar Public School and 24 at St John's). However, in 2012 there are only 50 students in Year 7, meaning that 30% of Year 6 students did not go through to commence high school at Cobar High. The 'lost' students either go to boarding school, or families leave town once their children reach high school age.

The fall in student numbers influences the schools ability to run a wide range of subjects. Cobar High School student numbers have fallen from 329 in 2005 to 234 in 2012 (a fall of

around 30%). Other than the reasons outlined above, student enrolments are also falling as students leave school early to take up apprenticeships. Generally speaking, students can study English, maths, biology, visual arts, music and history at Cobar High School. Vocational Education Training (VET) subjects are regularly run and are popular. These include metal engineering, construction, hospitality, sports coaching and business services. In 2011, 65% of Year 12 students undertook a vocational education course.

Innovative Ways to Solve a Problem

A common problem identified by the community with the high school is a lack of subject choice. As student numbers fall, the school does not have the funding (based on numbers) to run as many subjects locally. However, students can do a full range of subjects via distance education at Cobar High School. If this occurs, the school does not receive any funding for these students despite them still studying at the school, further exacerbating the local problem.

To increase the studying options of students, Cobar High School has implemented a number of initiatives. Xsel is a virtual selective High School for the Western NSW region. It allows students in Years 7- 9 to study English, Mathematics and Science through blended learning. Students apply through the normal selective high school process which is statewide. Xsel began in 2010 with students in Year 7 and will continue to expand until it covers years 7 – 12.

Western Connex is a strategy where needs are identified and then negotiated across the region to expand student subject selection and increase student cohort numbers in high level subjects such as extension English and Mathematics. Year 11 and 12 geography, music and visual arts are also available through this program.

Ixtend is for students in Years 5 – 8 who are identified as gifted and talented. Students complete project work with the support of the school.

The Cobar High Homework and Tutorial Centre is now available. It has been sponsored by CSA Mine and operates two days per week – Wednesday (English and Science) and Thursday (Maths and HSIE) from 3.30-5pm. The Centre is staffed by teachers at the school. In addition, students can seek assistance in any subject through the Highly Accomplished Teacher who liaises with the relevant staff so the concerns of each student are addressed.

Increasing the Appreciation for Education

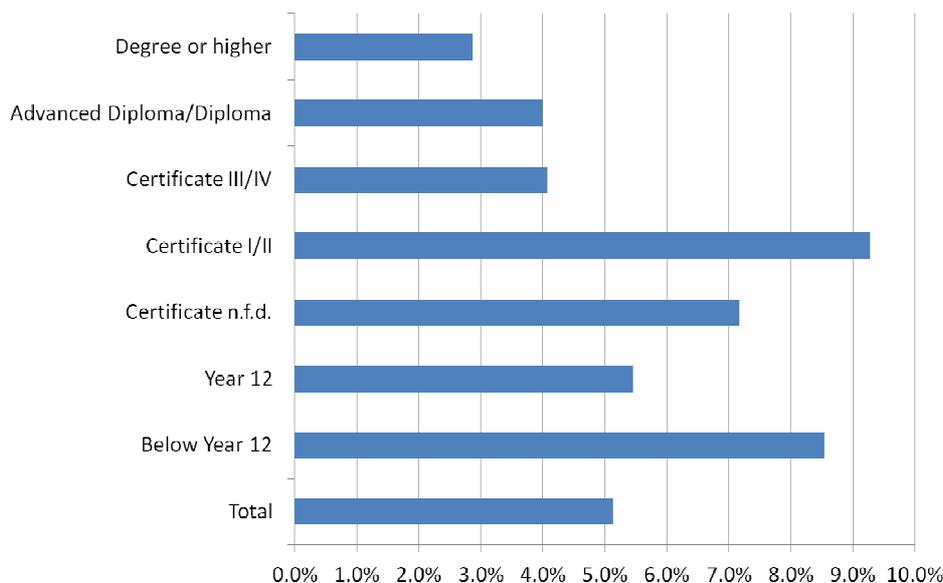
Cobar is a mining town and today's students can see that good money can be made by working in the mining industry with many students believing there is not a need to undertake additional education. This has created serious challenges for the educational and business sectors in Cobar. A first year apprentice can earn \$45,000 in a mining job. Students see role models earning good money in often relatively unskilled mining jobs. Often students do not appreciate the need for a good education in order to complete apprenticeships and then struggle when they need to pass their TAFE. This has tended to create a very lax attitude to the need for an education by some students which can translate into a lack of respect for teachers, the school and education.

The lax attitude increases the difficulty for teachers to engage with their students and to get the most academically out of them while they are at school. It also has seen a large number of students leave school before getting to year 12. In 2010, 17 students left Cobar High School to take up apprenticeships, with only three having completed year 12. The remainder left in year 10 and 11. The mines have also tried to increase their academic requirements and look at taking school based apprentices to encourage students to remain at school and increase the quality of apprentices, but this has not been successful. In 2011, six students sought university entry and all were offered a placement.

There has been good success with school based traineeships. In 2012, five students are undertaking these traineeships which allows students to complete a VET subject (Cert II) as part of their studies whilst gaining practical experience in the workplace. A further two students are undertaking school based apprenticeships.

The need for a good education is demonstrated in the graph below. One of the most effective actions we can take to reduce the chances of our young people becoming unemployed is to encourage them to complete Year 12 or a post-school qualification. The graph shows that by having a Cert III or higher qualification, your unemployment rate halves. Nationally, the unemployment rate for persons who have not completed Year 12 and have no post-school qualification is over 8%. For those with a Certificate III or above it is 4% or less. In the 2006 census, 28% of those over 15 in Cobar had a Certificate III or higher qualification. While employment opportunities for unskilled workers are good during the current mining boom, this will not always be the case. Having no qualifications also limits young people’s ability to move to other areas where unemployment rates are higher than Cobar and where the demand for skilled workers is higher. Hence, there is a need to generate a greater emphasis for our young people to increase their qualifications.

Unemployment Rate by Qualification, Australia, May 2011



Source: ABS Education and Work Australia, May 2011, catalogue 6227.0.

Student Teacher Relationships

During the consultations, there were two main schools of thought in the high school students regarding getting a quality education– those that really wanted to go to school and do well. They were concerned about their chances of doing that because of subject choice, lack of advice on subjects, not having the skills to get a job, that disruptive students were reducing their ability to do well, and that there was lack of up-to-date equipment and people to teach them how to use it. The other group did not want to be at school, were the disruptive ones and often had issues at home, such as not being able to talk to their parents or wanting to move out. These students raised issues around relationships with teachers, how discipline is dealt with, finding the perpetrator and not someone else and being judged from outside activities undertaken or associations made out of school.

A common theme by both groups of students was the need to improve the relationship between students and their teachers through respect for each other. When students can relate to their teachers, they are less likely to be disruptive in class and become more engaged in learning, resulting in better educational outcomes for the whole class. If students are able to appreciate an education, these relationships will be further improved. Parenting programs can assist families where communication and other issues exist, however these are best provided when children are younger. Barnardos Better Parenting program could be expanded and offered more broadly to assist families to build relationships. When children are happy at home they are more likely to be happy at school.

Cobar High School is undertaking a number of initiatives to build better relationships. Positive Behaviour for Learning is being implemented with the three key words being Respect, Excellence and Safety. A leadership team consisting of student, parent and staff (teaching and non teaching) representatives is guiding the implementation. Every two years a musical is produced and the alternate year a MADD (Music, Art, Dance and Drama) night is held. Students and teachers work together to bring these performances to the stage for peers and parents to enjoy.

Youth Leadership

There are a number of opportunities for young people to get involved in leadership activities, however through the consultations, the need for further opportunities was also identified. Young people are able to get involved in Scouts, Girl Guides, Cadets, the school SRC's and Cobar Youth Council.

At Cobar High School, students are also able to participate in the Premier's Student Volunteering initiative. In 2012, two Stage 5 students (years 9 and 10) achieved the second highest level in this scheme with 120 hours volunteering. The SRC is engaging well in the school and participate in the School Education Group and state and regional activities. The Youth Council undertake annual planning activities and host activities such as Klub 812 and leadership workshops. They have some funding and mentorship from Cobar Shire Council.

In addition, community groups are providing mentoring opportunities for young people, with Rotary now asking the Cobar Youth Council to provide regular presentations on their activities, and also assisting with sponsorship of activities of the Youth Council. The Cobar Business Association is also working with the High School to improve the 'job ready' skills of

students through mock interviews and advice regarding presentation for interviews etc. Storm Co are looking to expand their annual program to have a permanent program here where senior students would undertake community work and provide some activities for younger students.

The Murdi Paaki Regional Assembly has always strongly advocated for a regional Young Leaders program. The program which is managed and supported through employment of a project officer by Murdi Paaki Regional Enterprise Centre (MPREC), identifies and supports young Aboriginal leaders across the Region through a range of mentoring, training, peer support and personal development programs. This in turn helps empower these Young Leaders to participate in local community decision making. The Cobar Community Working Party (CWP) would like to see this program revitalised locally to build the depth of Aboriginal leaders and ensure they continue to input into the future of Cobar.

Beyond High School

To progress to tertiary education or to broaden career opportunities, young people often have to leave Cobar to access appropriate university and TAFE courses or job opportunities. Due to Cobar's isolation, this will force young people to move a long way from their families and established friendship networks. Most students live at home while they are at school and once they leave home need the skills of budgeting, running a household and becoming established on their own. Students identified a need to improve their skills in these areas.

There seemed to be significant demand from high school aged students in accessing more advice regarding appropriate subject choice and getting assistance to help decide what to do after leaving school in terms of study and careers. The high school does have a Careers Advisor and this position could be used to increase the awareness of students and their families on subject availability, means for studying subjects and the consequences of subject choice.

Improving employment pathways for students into the workforce is also an opportunity. At the time of writing, CentaCare was working with Cobar High School to implement a project that would see a greater link between the high school and local employers. An example could be a project that aims to employ a facilitator to work with the school, students and their families and employers and training organisations to improve educational outcomes, the aspirations of students and the ability of students to transition from school to the workplace.

The Cobar Business Association identified the need to better prepare students for the workplace, particularly in terms of resume writing, interview skills and presentation. The Association is working on initiatives to achieve this, as well as an initiative to broaden the perspectives of students on what type of work or study is possible and to motivate students to grab their opportunities and aim high in their careers through a series of local motivational speakers.

Through NSW TAFE's new initiative, TAFE Western Connect, young people are now able to access a greater variety of subjects and courses. As a result of video conferencing technology, courses can now be run if numbers are accessed from across the western area

meaning the subject is not dependent on having numbers just in Cobar, which has been the case in the past. This initiative should further diversify the options for further study.

Health and Social Issues

Bullying

One universal concern, both at school and outside of school, was the issue of bullying, particularly around cyber or internet/facebook bullying. Cyber bullying (or online bullying) is using modern communication technology to deliberately and repeatedly harass, humiliate, embarrass, torment, threaten, pick on or intimidate someone. There is a clear need from our young people that greater education is required around the issue of cyber bullying, the consequences for all parties and how to deal with it. With over 90% of forum participants using facebook and the high priority placed on this issue, this is an area for urgent action.

Cyber bullying happens in lots of different ways including by mobile phone, text messages, email, or through social networking sites such as Facebook. Examples include sending anonymous threatening emails, spreading rumours on the school e-bulletin board to break up friendships, or setting up an unkind or unpleasant fake social networking account using real photos and contact details.

Cyber bullying can leave teenagers with low self-esteem, less interest in school and a deep sense of loneliness. Some feel they have no safe place, because the bullying can happen anywhere there's internet or mobile access. It can also happen at any time of the day or night.

Cyber bullying education needs to be further expanded to include educating youth on the consequences of using the internet and putting 'private' information into the public domain, such as the impact on employment prospects and future relationships. Education around the legal consequences of actions, such as placing pictures of friends in compromising situations, is also required.

The Police School Liaison Officer visits the high school regularly, as does the Aboriginal Legal Services. The ALS has been providing support for Aboriginal girls in particular. Mobile phones have also been banned from school which has assisted in reducing cyber bullying. Further programs may be required.

Mental Health

Cobar Interagency has identified the high demand for mental health practitioners to service Cobar, particularly youth. A list of available services is at Appendix Three. The need for these services stems from a variety of reasons, including cyber bullying, the large number of young people who cannot talk to parents, a lack of sleep by young people and peer pressure around smoking, alcohol and, to a lesser extent, drug use. There is also the issue of a transient population and the pressures young people face as they lose their friends or as they face moving away. The mental health needs of young people are met by a mix of

government provided practitioners based in the public schools, services operating out of Community Health and Bila Mujii and private practice. These service providers meet every month under the banner of the Cobar Mental Health Network.

At this stage it is believed that the existing services are adequate to meet the need for early intervention (although some additional expertise for primary aged children is warranted). However, there is a need to increase the services for more intensive mental health therapy, where early intervention has not occurred or has been inadequate. Whilst the percentage of the population requiring these services is small, the effects for the individuals are large, including the real likelihood of future prison stints and a life of crime. Greater work also needs to be done to encourage young people to recognise they have issues and to access the services that are available.

All Year Advisors at the high school have been trained in the program Mind Matters and they are devising a program to be implemented throughout Cobar High School. This program provides proactive activities and guidance to assist with bullying and mental health.

The Cobar Mental Health Network discusses new programs and projects that are available and develop joint initiatives. This works well and means there is no duplication of effort or programs, resources are shared and each agency has been able to refer clients to other services.

Barnardos run a number of very valuable programs with school students, in particular the Strengths Program to increase the coping skills, increase students resilience and build team skills in boys, Love Bites to build relationship skills and parenting programs to assist parents to guide their children through life. These programs are targeted and there is always a need for expansion of such programs to the broader community if funding is available.

Cobar Public School runs programs in-house to build resilience in students and coping skills. Barnardos and Mission Australia run programs in terms 3 and 4. These programs have worked well at reducing suspension rates.

Underage Drinking

A significant proportion of participants in the youth forum at the high school identified activities associated with underage drinking as their favourite weekend activities. Apart from the obvious health issues, underage drinking also increases the likelihood of future alcohol dependence, engaging in risky behaviour such as other drug use, drink driving and unsafe sex, and lower grades at school.

Unprotected Sex

The other significant health issue identified by young people was unprotected sex and the need for education on the consequences of engaging in unprotected sex and pregnancy options. Young people were seeking more information on Sexually Transmitted Infections (STI's) and would like the information in easy to understand, non medical language that is readily available. The statistics on STI infection rates in Cobar's young population backs up the need for this information.

Some information is currently available in PE classes at the high school, however engaging an external provider to run more in-depth and hard hitting sessions at all age groups for the high school could be trialled. This issue is also related to the need to improving self esteem.

Lack of Sleep

A common complaint of many high school aged students was a lack of sleep. This is of concern as a good night's sleep can assist in reducing stress, increasing the level of alertness and increasing the ability of young people to learn while at school. Sleep improves the memory and can reduce depression. Worse still, over time chronic sleep deprivation may lead to an array of serious medical conditions including obesity, diabetes, heart disease, and even early mortality.

There are a range of reasons why young people are not getting enough sleep, including the increased use of electronic devices. Education around the effect of electronic devices on sleep patterns, an appreciation for a good night's sleep and an awareness of the impacts of a lack of sleep is required. An external provider, such as Community Health or Barnardos could be engaged to provide educational activities through the schools for all age groups.

Action Plan

1. Activities and Infrastructure

STRATEGY			
Increase the capacity of existing organisations to run more organised activities			
Action/Activity	Responsibility	Expected Outcome	Timeframe
Develop a youth interagency or youth working group to implement this plan and coordinate activities. Include youth representatives, NGOs, schools and agencies.	Cobar Shire Council	Interagency/working group formed. This plan is implemented using existing resources where possible Duplication of resources limited	2013
Assist youth groups, such as the SRC's and Youth Council to organise activities for youth.	Cobar Shire Council Schools Non Government Organisations	The capacity of young people to work together to develop and run activities is grown and more activities are run.	2012
Provide support to senior students to put together a program for younger students, possibly with the assistance of community groups, such as a reptile club, science club, astronomy group, cultural dance/music lessons etc.	Community and schools	Identified senior leaders group is formed and participate in the program. A program is developed for younger students and is implemented.	2013
Organisations such as Bluelight, Community Drug Action Team and others to continue running events for young people such as discos, youth week activities and drug action week activities.	Community Drug Action Team Bluelight	Greater membership of organisations achieved. Successful events are run with strong participation.	2012
Build on existing funding to allow Barnardos to run more programs for all young people, such as their circus skills program.	Barnardos	Circus skills workshop held in January 2013 school holidays with strong participation All young people able to participate in confidence-building workshops	2013

STRATEGY**Increase the capacity of existing organisations to run more organised activities**

Action/Activity	Responsibility	Expected Outcome	Timeframe
Seek funding and form partnerships to hold more organised activities during school holidays.	Cobar Shire Council	Increased funding allows a full school holiday program to be run utilising the Cobar Youth and Fitness Centre, library and other venues	2013
Work with the Cobar Music Group and others to develop music workshops, karaoke groups, DJ sessions etc	Youth Council Mentors Cobar Music Group	A variety of workshops held, increased skill level of young people who can then run their own activities with their new skills and teach others	2013
Seek funding to allow regular organised youth activities to operate out of the Youth Centre and have a dedicated Youth Engagement Officer available to work with local youth	Cobar Interagency	Funding secured and Youth Engagement Officer engaged. Adequate funding sourced to allow Officer to run programs and work with youth, with stand alone funding or partnerships developed.	2013
Cobar Community Working Party and the Aboriginal Education Consultative Group to work with other organisations to develop Aboriginal language classes	Cobar Working Party, Aboriginal Education Consultative Group, Cobar Public School and St John's School.	A language component to the curriculum for each primary school is developed and taught. Language classes may also be available to all residents, such as through classes at the library. Increased awareness of the local Ngiyampaa Aboriginal language.	2013
Aboriginal and other cultures in the community are celebrated and explored through dance, art and tool making workshops and visits to important areas such as Mt Drysdale and Mt Grenfell.	Cobar Working Party, Cobar Local Aboriginal Lands Council, community groups	Workshops are held with strong community participation and a greater understanding of the cultures present in Cobar.	2013

STRATEGY

To strengthen the administrative capacity of sporting bodies and ensure there are adequate human and financial resources for our sporting organisations.

Action/Activity	Responsibility	Expected Outcome	Timeframe
Acknowledge the support of the business community to community groups and encourage greater business involvement in these community groups. This may include the provision of administrative assistance such as a business volunteering to fill the position of Treasurer to strengthen the compliance of key organisations. Also find more members for organisations such as CDAT and Bluelight.	Community and sporting groups Cobar Business Association	Increased ability of community groups and sporting organisations to fill committees and have strong governance measures in place which ensures their survival and ability for residents to participate. Increased commitment by businesses, not just of a financial nature, to community groups.	2013
Hold a workshop to assist young people to get involved on sports committees	NSW Sport and Rec	More young people involved in the running or sport and community groups to ensure their survival.	2012
Hold a coaching workshop for parents and interested young people to teach basic coaching skills for all sports to give parents the confidence to coach their kids, to get more people involved in coaching sport and get older youth involved in coaching junior sports	NSW Sport and Rec	Increased skill of young participants, a greater ability and confidence of parents to play with and teach their children basic sports skills. Increased number of parents involved in the coaching of team sports.	2013
Run coaching clinics of a high standard for both players and coaches to ensure talented participants are able to reach their full potential.	Individual sporting groups and governing associations. Far West Academy of Sport	More young sporting stars are identified and coached so they are able to reach their potential while remaining in Cobar. Increased interest in sport as locals see what is possible.	2013

STRATEGY

Involve the youth of Cobar in developing their future infrastructure needs and how to improve current facilities.

Action/Activity	Responsibility	Expected Outcome	Timeframe
Support the Skate Park Committee to master plan the site and facility and to raise funds to bring the project to fruition.	Cobar Shire Council to support the committee. Local young people and interested community members to drive the project.	A plan for Cobar is agreed on by assessing other facilities to determine what Cobar needs and can afford. Adequate funds are raised and the project is completed, providing enhanced facilities for Cobar's youth.	2014
Develop a design for the BMX track for Morelli Park and adopt a master plan for the site, based on the current plan developed by Peak Gold Mines. Use this to attract funding for the project.	Cobar Shire Council to continue to work with Peak and other organisations such as the CWP and youth groups.	A design is agreed to and adopted. Funding is sought for each element of the adopted master plan. The BMX track and other elements of the Morellie Park Master Plan are implemented.	2016
Establish a rock climbing and abseiling wall in Cobar, possibly in the Cobar Youth and Fitness Centre	Cobar Shire Council in conjunction with the Youth Council	Increased activities available for regular use in Cobar by having a fully functional rock climbing wall erected and available for use all year round.	2013
Rework the stage in the Town Hall Cinema Building to allow it to be used for performances by community groups	Cobar Shire Council	Increase the utilisation and viability of this key piece of community infrastructure. Provide a venue for stage performances and get the building used for what is designed for.	2013

STRATEGY			
Through activities and education, reduce the amount of graffiti and vandalism in Cobar.			
Action/Activity	Responsibility	Expected Outcome	Timeframe
Through an increase in organised activities, it is hoped that graffiti and vandalism rates will fall. To build on this, the Police Liaison Officer to visit the schools and discuss the problem directly with all students.	NSW Police with local schools	A reduction in the amount of graffiti undertaken around Cobar. Students to have an increased understanding of the costs of graffiti and the consequences of being caught.	2012 and ongoing
Anyone caught doing graffiti to undertake a beautification project	NSW Police and Juvenile Justice	Young people to gain a real understanding of the consequences of their actions and to contribute to the beautification of Cobar as a result of their crime.	2013 and ongoing
Develop a mural at Fort Bourke painted by students as part of graffiti action day.	Cobar Shire Council with outside sponsorship and local schools	Graffiti at Fort Bourke is reduced and tourists go away with an improved impression of Cobar	2013

2. Leadership

STRATEGY			
Council to work with local youth to build their leadership skills, to ensure they have a voice and are heard.			
Action/Activity	Responsibility	Expected Outcome	Timeframe
Support the Cobar Youth Council to ensure it continues operating, is able to provide input into decision making and is a forum for participants to improve their leadership and administration skills.	Cobar Shire Council	Through mentorship and training, the skills of CYC members are built on to allow them to plan, manage and run events successfully CYC members are able to speak on behalf of their peers and input into decision making undertaken at the Council level.	Ongoing
Annual workshops or surveys of young people to	Cobar Shire Council	Young people are inputting into the future activities and	Ongoing

ensure their priorities are taken into account when developing Council budgets and workplans		functions of Council and Council is listening to the needs and wants of young people in Cobar.	
Annual workshops, such as the FRANK team visit of 2012, are offered to provide training to groups including the Cobar Youth Council and Student Representative Councils to give them the skills to run their own events.	Cobar Youth Council	Event management and planning skills of young people in Cobar are increased, along with their confidence. As a result, more events and activities are held and run by young people.	Annually

STRATEGY

Student Representative Council participants are well engaged and active within the schools and continue to build their leadership skills.

Action/Activity	Responsibility	Expected Outcome	Timeframe
Student Representative Council (SRC) to organise a school disco each term, fundraising activities to implement a project each year and provide a conduit between the principal and students. SRC to meet twice a term.	Student Representative Councils Principals at all three high schools	Students increase their skills and confidence to organise events and to provide input into decision making at the schools. The good work of young people is promoted in the community and the relationship between students and principals grows.	Ongoing
Cobar High School Student Representative Council representatives participate in regional and state initiatives.	Cobar High School and Student Representative Council	Greater opportunities are provided to student leaders and their leadership skills grow. New networks are formed.	Ongoing
Student Representative Council to work with local organisations such as Rotary and Cobar Shire Council to outline what their priorities are and what activities they are undertaking.	Student Representative Council	Young leaders are inputting into the decision making processes in Cobar. Leaders are identified and grown. Youth priorities are included in local plans.	Ongoing

STRATEGY

Support community leadership organisations, such as Cadets, Scouts and Girl Guides to continue to provide opportunities for young people to build their leadership skills.

Action/Activity	Responsibility	Expected Outcome	Timeframe
Reinvigorate the Murdi Paaki Young Leaders Program in Cobar. The Community Working Party is to identify 3-5 young people and get them involved in the program through the Regional Assembly.	Community Working Party and Murdi Paaki Regional Enterprise Corporation	Potential young Aboriginal leaders are developed and encouraged to input into local decision making. Their leadership skills, confidence and self-esteem grows, providing a local voice for Aboriginal people and issues.	2013
StormCc to expand their program to have a permanent presence in Cobar with Cobar youth undertaking community projects and leadership activities.	StormCo (through Avondale College)	A permanent local program is established, with the support of the StormCo team. The confidence of young people grows, community work is undertaken and the community values the contribution made by Cobar's youth. Older young people start developing programs and mentoring younger students.	2013
Local organisations such as Cadets, Scouts and Girl Guides continue to have strong membership and provide a range of leadership programs as per their charters.	Cadets Girl Guides Scouts	Young people can choose from a variety of organisations to participate in to develop skills and confidence and undertake community service.	Ongoing
Reinvigorate the Murdi Paaki Young Leaders Program in Cobar. The Community Working Party is to identify 3-5 young people and get them involved in the program through the Regional Assembly.	Community Working Party and Murdi Paaki Regional Enterprise Corporation	Potential young Aboriginal leaders are developed and encouraged to input into local decision making. Their leadership skills, confidence and self-esteem grows, providing a local voice for Aboriginal people and issues.	2013

3. Health and Safety

STRATEGY			
Provide programs and education to reduce the rate of underage drinking and the damage it causes.			
Action/Activity	Responsibility	Expected Outcome	Timeframe
The Cobar Mental Health Network to run education programs on the negative affects of underage	Cobar Mental Health Network in	Young people aware of the dangers of binge drinking and underage drinking.	Annually and

drinking. Programs may include the Save a Mate and Talk Out Loud programs run through the schools.	conjunction with the schools	The rate of underage drinking falls.	ongoing
Run programs for teachers so they are able to follow up on any programs run for the students to allow them to monitor students and to continue to reinforce the messages.	Cobar Mental Health Network	Teachers monitor students and seek assistance for those they believe may need it.	Annually and ongoing
Run a 4-6 week Drug and Alcohol Education program with years 7-10 at Cobar High School.	Bila Muuji Social Emotional Well Being	Greater awareness of the consequences of drug and alcohol use by young people and the use of both is reduced.	Annually from 2013 and ongoing
Put every year 12 student through an RSA course to educate them on responsible service and use of alcohol with the added benefit of increasing their ability to gain a job at the completion of school.	Cobar Liquor Accord and Cobar High School	Students use alcohol in a responsible manner, binge drinking is reduced, students act responsibly when they are 18 and in licensed premises. The employability of students is enhanced.	2013 and ongoing

STRATEGY

Education to improve the knowledge of young people on the consequences of using the internet to display personal information or to bully others.

Action/Activity	Responsibility	Expected Outcome	Timeframe
As part of the high school curriculum, ensure there is adequate education on cyber bullying, how to deal with it and the consequences for all those involved. Resources used may include the Best Enemies film for girls and the Six film for boys.	Cobar High School in partnership with organisations such as the Cobar Mental Health Network, the NSW Police Liaison Officer and Barnardos.	Young people understand the consequences of cyber bullying, the legal consequences are well understood, students have the skills to deal with bullying when it occurs to them and the overall incidents fall.	2013 and ongoing
External providers, such as the NSW Police School Liaison Officer and Cobar Business Association, to provide speakers to reinforce the dangers of putting personal information in the public arena and what it	NSW Police Cobar Business Association Cobar High School	Students gain the skills to safely use the internet, to protect their privacy and to understand how information on the internet can be used against them, even in the future.	2013 then annually and ongoing

can be used for.			
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STRATEGY			
Regular educational activities are undertaken to inform young people on the issue of unprotected sex and the resulting consequences.			
Action/Activity	Responsibility	Expected Outcome	Timeframe
Cobar High School to engage the services of an external provider, such as Community Health, to deliver an integrated program as part of the curriculum focusing on information provision (unprotected sex and the consequences, choice etc), sexual health awareness including STIs, improving body image and self esteem and increasing individual pride for all age groups but focusing on year 10 students.	Cobar High School and Community Health	A reduction in the rate of teenage pregnancy and STIs in Cobar. Greater self esteem by young women and improved image of their bodies and what their choices are.	Annually
Free STI clinics held at Cobar Community Health and promoted through the schools	Cobar Community Health	An increase in the number of screenings undertaken, a reduction in the rate of STI's in young people.	Biannually

STRATEGY			
Improved mental health in young people.			
Action/Activity	Responsibility	Expected Outcome	Timeframe
Provide information regularly to all school students on why adequate levels of sleep are required and the consequences of not getting it. This is to include information on the effects of electronic devices on sleeping patterns.	Cobar Mental Health Network in conjunction with Cobar Community Health.		2013
Run programs at school to reduce the rate of bullying and to give students the skills to deal with bullying.	Schools and the Cobar Mental Health Network	The rate of bullying falls and students enjoy school more and better educational and social outcomes are achieved.	Ongoing
Run Mental Health First Aid courses for anyone who	Bila Muuji Social	Adults who work with children have the skills to identify	Annually

works with youth (including parents) to improve the ability of the community to identify young people who require mental health assistance early on.	Emotional Well Being	young people at risk of mental illness and to get them early intervention.	
Run a Body Think program each year to encourage positive body image by teenagers.	Barnardos and the Cobar Youth and Fitness Centre	Increase the confidence of young women, reduce the incidence and consequences of unprotected sex.	Annually in Term 4 school holidays.

3. Education, Employment and Life Skills

Outcome: Increased number of students at Cobar High School, greater Year 12 completion rates and improved rates of students going on to further study (including vocational courses).

STRATEGY

Build stronger relationships between students towards each other, between young people and their families and between students and teachers to increase respect between them and improve the educational and social outcomes of all students

Action/Activity	Responsibility	Expected Outcome	Timeframe
More sporting and social occasions, such as Music, Art, Dance and Drama (MADD) nights.	Cobar High School (teachers, students, Student Representative Council and Parents and Citizens committee)	Through better relationships, students are more willing to seek assistance from teachers, to work with teachers in class and for all students to be able to concentrate and learn in class.	Ongoing
Get local businesses to take students on site or have more work experience, including traineeships, so students learn concepts of respect, work safety, and increase their own expectations of self and to re-engage disengaged students	School with business community	Students gain an understanding of the expectations of a work place in terms of looking after other employees and oneself. These skills are also required in the school setting. Get all students to appreciate the need for education and that education is a lifelong requirement.	2013 and ongoing
Bring a presenter (such as Michael Carr Greig, Maggie	Cobar Mental	Students have the skills to negotiate their way through	Annually

Dent or Peter Slattery) to Cobar to hold workshops with students on topics such as bullying, goal setting and achieving goals, workshops with parents to help them support their children through high school and with teachers to help them guide students through the issues they face in high school.	Health Network	social issues at high school and their teachers and parents are able to support and guide them. It is hoped this leaves to more students staying at school, students remaining engaged whilst at school, and better education results are achieved.	and ongoing, starting 2013.
Continue to provide the Restorative Practices Program through St John's school.	St John's School	Students gain coping and resilience skills and respect each other, teachers and parents. Students remain engaged in school and enjoy a lifetime of learning.	Annually and going.

STRATEGY

To generate interest in professional career choices in high school.

Action/Activity	Responsibility	Expected Outcome	Timeframe
Promote and build on scholarships from local mining companies in professional careers such as engineering, administration and accounting where the students are also encouraged to work in the local mines during holidays	Business with the support of Cobar High School	With the support of local employers, students are guided through subject choice, gain an understanding of employment opportunities and are financially assisted through further studies. Students are encouraged to look at a range of professional career options and to return to Cobar during training and once the course is completed. All students who take up a scholarship pass their course and find full time employment in their chosen field.	Annually and ongoing
Instigate a 'mentors for students project' (starting in year 9 and supporting them through to year 12).	Local businesses in partnership with Cobar High School	Students are supported to complete their studies and to gain a broader appreciation of the types of careers open to them and how to access further studies, scholarships and resources. Increased interest in university study by Cobar High School students.	2013 and ongoing
Hold annual workshops to educate students and their families on how the HSC works, advice on subject choice and the consequence of choosing subjects or	Cobar High School	Students and their parents are more confident in subject choice and parents are more able to advise children. Families have an increased knowledge of the HSC system	Ongoing

groups of subjects.		and the consequences of doing various subjects.	
Hold mock interviews and presentation workshops for all year 10 students	Cobar High School and Cobar Business Association	Students have the skills to get the job they want once they leave school	Ongoing

STRATEGY

To support young people to reach their full potential whilst studying in Cobar.

Action/Activity	Responsibility	Expected Outcome	Timeframe
Support the homework and tutorial centre at Cobar High School, staffed by teachers, to improve the academic results of students and increase students self expectations	Cobar High School	Improved academic results are achieved and students expectations of their own achievements increases.	Ongoing
Provide motivational speakers to the school to encourage students to strive higher, understand the work and study possibilities available to them and improve the link between studies and the workforce	Cobar High School Cobar Business Association Rotary Community groups	Increase the number of students going on to tertiary studies. Increased appreciation for the need for an education by students and a greater understanding of education being for a lifetime, not just while at school.	Ongoing
Make available positive parenting workshops (such as the Empowering Parents Program) for all parents to given them the skills and confidence to support their children and to get the best educational and social outcomes possible.	Barnardos	Parents are better equipped to support their children at home and understand what is needed to support them through school, keeping children engaged at school and educational outcomes are improved.	Annually
Run the Book of Me art journal program annually to help develop resilience and build family relationships.	Barnardos	Develop resilience in young people, promote ways of expressing themselves and increase self confidence and self esteem in young people.	At least once a year as an after school program.
Run the Strengths Program annually at both primary schools to develop goal setting, resilience and fitness in students.	Barnardos	Primary aged students develop improved resilience skills, are better able to cope with changes in life, are healthier and are able to express themselves in appropriate ways.	Annually

Run a Train the Trainer program at the primary schools to further develop a resilience program and build on the work of Mission Australia and Barnardos.	Barnardos and Mission Australia	Once the program is run it is incorporated into the curriculum and is implemented with programs every day.	2013 and ongoing
Run an annual Love Bites workshop for all Year 10 students to educate young people about respectful relationships and reduce the incidence of relationship violence.	Cobar Mental Health Network	Young people have greater respect for each other and can form good relationships throughout life. The rate of domestic violence falls.	2012 and ongoing
Run financial management courses for young people	Barnardos Community groups	Increase the ability of young people to manage their own finances sustainably and reduce the rate of credit default and social issues associated with it.	2013 and ongoing

STRATEGY

A wide choice of subjects available at Cobar High School and taught by high quality local teachers.

Action/Activity	Responsibility	Expected Outcome	Timeframe
Continue to collaborate with other schools, such as Nyngan, to provide subjects with fewer student numbers (eg physics).	Cobar High School	Increase the subject choice available locally and promote more students to continue their studies at Cobar High School	Ongoing
Local businesses, including the mines, to continue to support senior classes (such as physics, chemistry, business studies, mathematics) by providing suitable employees to work with students in the classroom and the work environment to help translate theory to practice and generate greater interest in the academic subjects and demonstrate career opportunities	Businesses to work with Cobar High School	Business and the high school identify opportunities and implement a program that aims to increase the number of students in targeted subjects. A greater range of practical experience is available to students studying the targeted subjects.	2013 and ongoing

Appendix 1 – Facilities, Activities and Community Groups in Cobar

Listed below are the facilities currently available in Cobar and the activities regularly run at each facility. More information can be gained from the clubs themselves. For contact details and more information, see Council's community database at www.cobar.nsw.gov.au.

Facility	Owner	Regular Activities Run
Ward Oval	Council	Cricket – junior and senior Soccer AFL Netball Little Athletics Cobar Show
Cobar Youth and Fitness Centre	Council	Junior and senior sports including: Gym Squash Basketball Indoor netball Indoor soccer Squalleyball Tennis Dance – many forms, run by the Western Studio of Performing Arts Boxercise Pump aerobics Nice and easy aerobics Playgroup
Tom Knight Oval	Crown Land, managed by the Cobar Rugby League Club	Rugby League – junior and senior
Cobar Memorial Swimming Pool	Council	Swimming Club Yabbies (Mens swim club) Beach volleyball Water aerobics FitKidz program
Alisa Fitzsimmons Oval	Cobar Rugby Union Club	Rugby Union – junior and senior

Facility	Owner	Regular Activities Run
Cobar Auto Club	Cobar Motor Cross Club	Flat track racing Motor Cross racing
Dalton Park Horse Complex	Crown Land managed by Cobar Shire Council and leased out to clubs and individuals	Pony Club Cobar Miners Race Club annual meet Cobar Rodeo Club annual meet Cobar Dust Devils Trail Horse Riding Club – various locations
Cobar Amateur Pistol Club	Cobar Amateur Pistol Club	Range of pistol events Junior and senior events
Cobar Bowman Club	Private property, area managed by the Club	Archery practice and events Junior and senior events
Cobar Rifle Club	Cobar Rifle Club	Range of shooting events Junior and senior events
Cobar Clay Target Club	Crown Land managed by the club	Clay target practice and events Junior and senior events
Cobar Public School	NSW Government	Judo
Cobar Tennis Club	Crown Land managed by the Club	Regular competitions, junior and senior
Cobar Bowling and Golf Club	Cobar Bowling and Golf Club	Golf competitions Lawn bowls competitions
Cobar Memorial Services Club	Cobar Memorial Services Club	Lawn bowls competitions
Cobar Railway Station	NSW Govt, leased to Cobar Community Radio Inc	Community radio broadcasting Cobar music group meets
Cobar Library	Council	Holiday activities Book group Internet café online tutoring
TAFE Western – Cobar College	NSW Government	Courses Workshops
Cobar Town Hall Cinema building	Council	Hired out to community groups, particularly groups that involve young people. Has been used for Klub 812. Once stage is altered, could be used for performances. Cinema equipment in working order – has been used as a cinema in the past.

Youth development groups that operate in Cobar include the Cobar Girl Guides, the Cobar Scout Group and 221 Army Cadet Unit. Cobar Rotary sponsor local youth to participate in development activities.

In addition to the above, the Cobar Theatrical Society run an annual musical performances, the PP Organisation run regular fundraising variety nights, the Cobar Arts Council run workshops and activities, the Cobar Drug and Alcohol Action Team run discos and other events, the schools run fetes and events and there is a full range of community organisations always looking for volunteers!

In addition, Council owns or manages (Crown Land) the Newey and Old Res water areas and surrounding common land. A range of water sports including skiing, swimming and fishing are undertaken on an ad hoc basis, as well as walking, bike riding and picnicking. There are no regular organised activities.

Appendix Three – Mental Health Network Members

Person And Organisation	Field	Availability	Target Group	Contact For Appointments	Cost
Leon Smith GWAHS	Mental Health Worker	Monday PM and Tuesday AM Weekly	18+	Cobar Community Health 6830 2100	Free Self or GP Referral
Tarra Moore GWAHS	Child and Adolescents Mental Health Worker	Monday, Wednesday and Thursdays	0 To 18 Years	Cobar Community Health 6830 2100	Free Self or GP Referral
Psychologist Royal Far West	Child Psychologist	5 Times A Year	0 To 18 Years	Cobar Community Health 6830 2100	Free Self or GP Referral
April Motton Department Of Education	Psychologist School Counselor	Cobar Public School Cobar High School	School Aged Children Attending Cobar State Schools	Cobar Public School 6836 2039 Cobar High School 6836 2705	Free to Public School Children. Teacher, Staff, Family or Self Referral
Nicole Baker Bila Muuji Social Emotional Wellbeing	Bila Muuji AOD Coordinator, Counsellor	Monday Fortnight	All Ages	Bila Muuji SEWB: 6836 4584 BAHS: 6872 3088	Free Self or GP Referral
Katrina Ward Bila Muuji Social Emotional Wellbeing	Supervisor Counsellor	Weekdays	All Ages Aboriginal And Non Aboriginal	Bila Muuji SEWB: 6836 4584	Free Self or GP Referral
Mellissa Shennan Bila Muuji Social Emotional Wellbeing	Aboriginal Administration Officer	Weekdays	All Ages Aboriginal And Non Aboriginal	Bila Muuji SEWB: 6836 4584	Free Self or GP Referral
Marie Murphy Bila Muuji Social Emotional Wellbeing	Psychologist	Three Weeks A Month	All Ages Aboriginal And Non Aboriginal	Bila Muuji SEWB: 6836 4584	Free Self or GP Referral
William Grech Bourke Aboriginal Health Service	Psychologist	Fortnightly (Alternating)	All Ages Aboriginal And Non Aboriginal	Bourke Aboriginal Health Service 6872 3088	Free Self or GP Referral

Ian Murray Division Of General Practice Outback	Mental Health Nurse	Fortnightly	18+	Cobar Primary Health 6836 5500	Free (Medicare) Visits Your GP And Get A Referral
Abigail Baker Centacare	Mental Health and Youth Worker	Visits Cobar Monthly From Bourke	All Ages	Centacare Bourke 6872 1551	Free Self Referral
Liz Lawrence Richmond Fellowship	Mental Health Support Workers and Case Management (psychosocial support)	As Required	16 To 65 Years Mental Health	Richmond Fellowship Bourke 6872 4501	Free Self Referral or Health Professional Referral
Dave Pearson Outback Division General Practice	Mental Health Worker	Fortnightly (opposite to Ian Murray)	18 +	Cobar Primary Health 6836 5500	Free (Medicare) Visit your GP and get a referral
GWAHS Bourke Danielle Leigo	Sexual Assault Counsellor	As Required	All Ages	Bourke Community Health 6872 2145	Free Self, Agency, GP referrals
Grahame Skinner Outback Division General Practice	Mental Health Worker	Fortnightly (same as Ian Murray)	18 +	Cobar Primary Health 6836 5500	Free (Medicare) Visit your GP and get a referral
Zanette Clements Amanda Jeffery Barnados	Reconnect, Brighter Futures, Arts In The Dust, Debt Relief	Weekdays	All Ages	Barnardos Cobar 6836 2511 0428 463 600	Free Self Or Other Referral
Alanna Josephson Inspiration House	Case Management related to Domestic and Family Violence	Mondays – Thursdays 8:30am – 3:30pm	Women and Children	Inspiration House 23 Marshall Street Cobar 6836 4360	Free Self, Police or Other Service/Agency Referral

Version Control

No.	Date Adopted	Minute No.	Date Commenced	Date notified in Local Paper
1	22 November 2012	298.11.2012	23/11/2012	N/A