

'Sailing On'  
the e-news  
of YaFT



# 'Sailing On'

December 2014

## Setting Sail *on the Gippsland Lakes*

The 8 day sail in April this year, on the Gippsland Lakes in Victoria was the culmination of hard work for a group of courageous teenagers from Melbourne and Neerim South. The group began life together in Warburton river sledding down the Yarra River in February.

The leaders, Robert, Adrian, John, Zia, Rob and Rachel created a safe group space where the young people set personal goals and group goals around the theme of 'Reflection'. The theme was chosen after the group formed and it became apparent that they were a reflective group.

The first three days were quite tough, with quite a lot of rain and cool temperatures. The group pulled together, supported one another, learnt how to sail, set up camp and cooked together under a big tarp. It was a hard but good beginning.

We begin each day with brekky, reading a narrative therapy story and spending some time in personal reflection. Each day there was personal time for art therapy work around each person's own goal and how their experience of the day. We then prepared to sail, choosing crews and type of yacht to sail in.

The choice was between two 6 metre yachts, a 4.8 metre Corsair or three Tryaks.

Robert would like to thank Ken, Adrian, Rob, Zia and Rachel for giving their time and energy to these eight terrific young people.

Thank you to Maggie who kindly loaned us her Careel and to Ken who loaned his Farr for the 11th year in a row! Ken is also our witty and wise sailor who has himself volunteered enough times to now be called 'Kendalf the Grey'. Xplore Tryak Adventure Ministries loaned their Tryaks as well as their intrepid Rob. To avoid confusion Rob became known as R2D2 distinguishing him from Robert

who was known as ... 'Rob'. Zia came along as a volunteer Art Therapist and her input into daily reflections was a much valued addition to the crew. John, as Chaplain of Neerim South Secondary College brought along 5 young people. Five young people from Eastern suburbs Melbourne also joined them. Adrian, Senior Wilderness Worker from EACH brought his much appreciated experience and resources.

### Sailing on Gippsland Lakes



Fortunately, the weather improved as did everyone's sailing skills as they rose to their personal and trip challenges. The growth seen in each young person on this trip was inspirational. Fantastic work everyone!

The Careel, Tryaks and Corsair with volunteer, R2D2 sailing on the Gippsland Lakes, Victoria in April. A beautiful day for sailing!

The Gippsland Lakes cover an area of 354 sq kms and are a network of lakes, marshes and lagoons.

### No Limits group on top of Mt Erica

## No Limits: *South East Melbourne*

This year saw YaFT facilitate five No Limits Phase One processes and two No Limits Phase Two processes within South Oakleigh and Keysborough Secondary Colleges. It was a highly engaging year for the 73 young people involved in accepting the challenge to grow their self concept and dream their potential into the reality of goal setting and achieving their goals over the many weeks of each process.

3fold Community Development has sponsored No Limits financially as well as releasing three of their staff from 3 Fold Resources to volunteer their time and presence on a



*Thankyou to those who supported YaFT by coming along to the 3fCD Dinner Dance in November. Delicious Sri Lankan and Western buffet was enjoyed along with music and company of our generous family and friends.*

weekly basis. Mimi, Peter and Daniel all contributed greatly to the processes including the day trips and overnight hike to Mt Erica on the Baw Baw plateau. YaFT Director Robert Coller, Chaplains Chris, Simon, Geoff and school nurse Renee and volunteers, Peter, Mimi and Daniel were also challenged to reach outside their comfort zone, modelling the reciprocal relationship of care and growth in all ages and arenas of our lives.



Hike to Mt Erica, Baw Baw Plateau, September 2014, using equipment from One Planet purchased with generous donation from Living Streams.

YaFT thanks each of these people for helping to create a safe and therapeutic environment to support the growth of each young person in each group. YaFT also acknowledges the role of each school and their Principal and Wellbeing Teams in welcoming No Limits into their schools. The outstanding growth and positive changes made in each young person's life through No Limits speaks for itself.

Sharing our time with one another is a practical way of saying to someone 'you matter'. Listening, caring, understanding and laughing together as a young person faces challenges they set themselves is another step in the direction of teaching young people how to relate well in a healthy and dynamic relationship.

No Limits is underpinned by the principles developed in V.I.T.A.L. proJeX(' values integrated through action-based learning') and has at its' heart helping young people discover their potential and worth through action.

Parents, family, volunteers, youth workers and teachers are invited along to Phase Two graduations where a certificate is presented to each young person succeeding in this process. There are moments of tears, laughter and justifiable pride in their teenagers achievement.

YaFT is now aiming to run Phase Three for those students who are ready to take a further step in personal growth and discovery. This involves participation in a 6 month Bush Adventure Therapy program and a further 6 months in community work with a mentor.



No Limits  
Graduation  
December 2014  
Keysborough  
Secondary  
College both  
campuses.

## Teaching Youth Workers: *Passion, Commitment & Care and yet: Why care so much?*

What is it about young people who care about other young people? What is it about older people who care about young people? Commitment and care are key to working with disengaged and marginalised youth.

A commitment to the potential and wholistic growth of each young person is at the basis of many peoples' passion for youth work. Babies and children may be cute and endearing. Learning to walk is full of stumbles and near falls where a young child will reach out and fall into the ready arms of an older person; their parents, siblings and other family or close friends. Learning to communicate is a long process of several years involving the physical practise of making sounds as well as learning to read others' facial and spoken language. Being heard and understood is vital to the growth and wellbeing of young children. Learning to empathise with others' needs is also a slow process of first receiving understanding to know what it is to be understood.

Why then do we think that it all stops once a child becomes a teenager? For some young people, that initial grounding in communication and care is interrupted or nonexistent. Families may face all sorts of difficulties that impact on a young person's growth to becoming a fully participating young adult in our community. Families may not always be able to give a young person what they need and this is where community steps in for a time.

In 2014, Robert was able to introduce 'No Limits' to the Certificate 4 in Youth Work/ Alcohol and Other Drugs course at Holmesglen TAFE. Since the introduction of No Limits and Individual Counselling the attrition rate has fallen from around 50% to around 10%. This is an exciting addition to the course and is appreciated so much by the students that they have requested Phase 2 to be included in the course. YaFT and TAFE are now developing Phase 2 for Semester 2, 2015 for the TAFE setting.



TAFE students on a day trip to Gilwell Park in September.

---

## In Thanks

Robert and Karen are extremely grateful to TLC Support Inc., 3fCD, Living Streams, Dean Mason of enakt, Xplore Tryak Adventures and One Planet. YaFT also values the many youth agencies and schools YaFT partners with to deliver quality support to young people.

YaFT also acknowledges the invaluable contribution given by volunteers and individual supporters who have given their time, expertise and skills and to those who have supported YaFT financially and prayerfully. We would like to thank them all for their support and contributions to YaFT without which, YaFT could not operate as well as it has this year. To the young people who participated, thank you, for trusting and taking a risk; you're worth it all.

We wish for all a joyous and peaceful Christmas and a safe summer season.

Robert and Karen Collier

