

# Quarterly Newsletter

SEPTEMBER 2014



edventures wa  
foundations for youth



## What's New?



CommonwealthBank



### Funding Success for 2015 Young Women's & Men's Programs

Edventures WA is delighted to announce our success in receiving funding from St Vincent de Paul Society under their non-denominational Social Innovation funding initiative, the grant funding is in place to support 'at risk' young people that are experiencing disadvantage in our community. St Vincent de Paul Society will be replacing Impact100WA as our Primary Program Partner in 2015 for the Edventures Young Women's & Men's Program. The funding provided will be used to expand our Young Women's and Men's program into a fourth school in 2015, bringing our total program delivery to 160 young people in the South East Metro Corridor every week.

We wish to acknowledge the exceptional and visionary work St Vincent de Paul is doing in our community and confirm that we share the mutual objectives of assisting people to overcome adversity, develop support networks and make positive life choices. Edventures would like to express our gratitude to St Vincent de Paul for recognising the benefit Edventures is achieving in our WA community through our programs.

The Edventures Board would also like to thank the Commonwealth Bank of Australia and its staff for sponsoring Edventures WA's Young Women's Program for 2015. The Commonwealth Bank of Australia's emphasis on supporting the health and wellbeing of Australian children is incredibly important and we commend the Community Grants team for all the effort that goes into the funding process that makes these opportunities possible for Australian charities.

**"The Edventures WA Board is delighted and privileged to receive financial support from quality organisations like St Vincent de Paul and CBA. Our strategy and objectives continue to resonate with our team, community, government and business"**

**~ Adam Boyd Edventures WA President**

### POSITIVELY INFLUENCING YOUNG LIVES

In 2015 Edventures WA will be conducting the Young womens & Young Mens program with the support of ...





## Young Women's & Men's Program

Term 3 Young Women's & Men's Program has been the most inspiring and rewarding term yet. We have pushed our cohort to explore challenging and self-reflective topics. This has provoked them to consider how their actions and behaviour affect their lives and others. Their ability to assess the positive and negative impact of their actions to form immediate and future perspective has improved significantly. Watching these young people learn to consider and understand the consequences of their behaviour has been very rewarding for our Program Co-ordinator team.

Edventures WA Program Coordinators continue to focus on the development of supportive and trusted relationships with and between our young people this year. Building positive and consistent relationships founded in respect, thoughtfulness and support has encouraged our young cohort to form positive bonds with their fellow participants and facilitated the de-construction of negative peer judgement. Our young people have developed an appreciation of supportive friendships and now maintain an attentive approach to the guidance and information they are being presented with by the Edventures WA Program Coordinator team.

Edventures WA Program Manager, Alwyn Birch said "Some of the young people that were fractious and constantly misbehaving have now started to make noticeable changes. The young people can see we care about them and know we won't give up on them, they have responded to that by making an effort to engage and respect this opportunity" he said.

Some examples of topics this term include:

### Resilience

Teaching about how to keep going when things get hard

### Protective Behaviours

What to do if someone is mistreating or abusing us

### Talent Show

Overcoming our fear of judgment



"This program is so important for young people that are struggling with their emotions and life challenges, it gives them a place to feel together" ~ PARENT

Next years Young Womens & Mens Program will include a short period of mindfulness and meditation at the commencement of each weekly program session. We are excited about the personal and scholastic benefits our cohort will experience.





## New Program Content — Mindfulness Meditation

The 2014 Young Women's & Men's Program included Mindfulness Meditation sessions. For 2015, we plan to initiate each weekly session with a fifteen minute meditation to focus our program participants to be consciously present and calm during program sessions.

Highly regarded institutions like, Harvard, Oxford and Monash Universities have been developing clinical studies into the positive impacts of Mindfulness Meditation proving that regular practice helps reduce stress, improves focus & scholastic retention and increases resilience. Mindfulness Meditation is also used in the treatment of anxiety, depression and other challenging conditions. By adding these practices to each weekly program session we are arming our young people with a new tool to help manage challenging circumstances and identify & pursue positive opportunity.



"Meditation is a lifelong gift. It's something you can call on at any time. I think it's a great thing." ~ **PAUL McCARTNEY**

## Thanks to our Partners and Supporters

Edventures is fortunate to receive funding and collaborative support for our programs and events from businesses and organisations that share the Edventures WA objective of developing programs that support and guide youth to make positive life choices. Our Partners enable Edventures WA to help more people in our WA community.

If you would like to become an Edventures WA Partner, please contact our President **Adam Boyd** on: **043 969 3556**

**A big thank you to our sponsors for continuing to support and enhance WA's community and future prosperity.**



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