To the Drugs and Crime Prevention Committee — for inquiry, consideration and report no later than 12 March 2012 on locally based approaches to community safety and crime prevention, and the Committee is asked to consider:

Operation Newstart Victoria would appreciate the opportunity to discuss in greater detail the contents of this submission particularly relating to:

(d) whether institutional or other arrangements support or impede such local groups in engaging in the development of community safety initiatives;

(a) the breadth of locally based groups and organisations addressing community safety and crime prevention issues within Victoria, particularly with regard to local government and Neighbourhood Watch;

Operation Newstart Victoria (ONV) (www.ONV.org.au) represents 9 Victorian Operation Newstart programs. It was established in 2007 to provide governance, advocacy, management, funding and to be responsive to Victorian communities demands for new programs where the need is identified.

The Operation Newstart concept now comprises:

- Operation Newstart Southern (1997) - Frankston and Mornington Peninsula
- Operation Newstart Western (1999) - Greater western suburbs
- Operation Newstart Northern (2001) - Northern suburbs
- Operation Newstart South Eastern (2004) - Greater Dandenong
- Operation Newstart Shepparton (2007) - Greater Shepparton
- Operation Newstart Casey (2008) - Narre Warren and district
- Operation Newstart Eastern (2009) - Eastern suburbs including Yarra Valley
- Operation Newstart Central Victoria (2011) - Greater Bendigo, Castlemaine and Kyneton
- Operation Newstart Geelong (2011) - Greater Geelong and Bellarine region.

Operation Newstart is an equal partnership between Victoria Police and the Department of Education & Early Childhood Development (DEECD) providing early intervention for youth aged 14 to 17 and enrolled in Victorian State Secondary Colleges who are deemed to be at significant educational and social risk. The concept is unique nationally and internationally. Characteristically, participants demonstrate these risk factors:

1. Low level truancy
2. First contact with police
3. Emerging mental health issues
4. Experimentation with alcohol and other drugs
5. Family conflict
6. An unstable peer group

A comprehensive report by the Royal Children’s Hospital Integrated Mental Health Program (1999-2006) ¹ identified the following behavioural and emotional profile of participants:

¹ Operation Newstart Western Progress and Evaluation Report, 1999-2006, pp. 4-5
1. 46% were referred because of high school truancy
2. Participants averaged 12 days of absences per term
3. Participants averaged 2 days suspension per term
4. Students BASC² questionnaire’s indicated that participants reported ‘extremely’ poor attitudes towards school (82%), behaviour problems (68%), learning problems (62%), sensation seeking (52%) and study poor skills (21%).
5. 1 in 5 participants had been clients of the Department of Human Services
6. 1 in 3 participants had been clients of Child & Adolescent Mental Health (CAMHS)
7. 62% have experienced family difficulties
8. 51% are referred with ‘disruptive behaviours’
9. 70% are referred with ‘clinical levels of externalising problems’
10. 75% exhibit severe ‘conduct problems’,
11. 58% are classified as ‘extremely hyperactive’
12. 57% demonstrate aggressive behaviour
13. 77% have attention problems
14. 23% experience social withdrawal
15. 3% display extreme aypical behaviours.
16. Participants experience internalizing problems such as anxiety was rated at 38%, depression at 33% and somatization 13%.
17. 1 in 8 participants have significant deficits in adaptive skills such as social skills and leadership

Many of these ONW participants also had a previous history of involvement with the juvenile justice system including:

- 13% having contact with police officers
- 33% having been cautioned by police
- 15% having made a court appearance prior to the program.

This evaluation report also found the following outcomes post students involvement in the program:

---
² BASC – Behavioural Assessment System for Children
Developing Emotion and Behavioural Control, Self-Esteem and Self-Efficacy - Following the ONW program, participants reported significant improvement in their socio-emotional well being. This is reflected in:

1. significant decreases in depression \( F(1,69)= 7.98, p = .01 \)
2. decrease in their sense of inadequacy \( F(1,69) = 5.09, p = .03 \)
3. decrease in sense of being 'out of control' \( F(1,69) = 4.65, p = .03 \)
4. improvement in self esteem \( F(1,69) = 5.88, p = .02 \)
5. self reliance \( F(1,69) = 4.35, p = .03 \)

Following ONW, parents and teachers also reported improvement in several aspects of emotion and behavioural control. Both parents and teachers reported significant improvements in attention problems. Teachers report significant improvement in conduct, reduced hyperactivity and aggression, and lower levels of anxiety and depression.

Juvenile Justice Measures - Data was analysed for 168 referrals accepted into the ONW program, of which 132 completed the program and 36 did not. Overall, those who did not complete ONW had more frequent encounters with the law including field contact, court appearances and charges. ONW participants have made significantly fewer court appearances \( F(1,166) = 7.582, p = .007 \), indictable charges \( F(1,166) = 7.327, p = .008 \), and total charges \( F(1,166) = 6.823, p = .01 \).

Intervention is facilitated by a full time police officer and a full time outdoor education teacher who together, and in conjunction with a number of external agencies, provide multi-layered outdoor, recreational, vocational and therapeutic experiences during a complete school term (approximately 10 weeks).

The primary objectives of the partnership between Victoria Police and DEECD are to:

1. Remove barriers that prevent students fulfilling their objective
2. Provide unique learning experiences in challenging environments
3. Assist in the acquisition of skills that promote individual achievement
4. Enhance confidence and self-esteem
5. Allow students to develop life skills and to practice social skills within a safe environment

Outcomes sought by both partners are:

1. Improved behaviour
2. Improved engagement at school and within family
3. Reduced likelihood that participants will engage in, or become victims of, criminal activity.

This is an intensive program for students who are at real risk of becoming totally disengaged from schooling, their families and their communities. Such young people have a heightened risk of committing crime, reckless driving, becoming victims of crime and involvement in reckless risk-taking behaviour.

“Operation Newstart participants do not necessarily fall into the low academic achievers category that many label those students who fail to make it in the school environment. In fact, many of the participants have proved to be 'gifted' but as a result of a variety of circumstances have been unable to demonstrate this characteristic consistently in the formal school setting. One of the main aims of this program is to find the key to unlock the individual from his/her current situation and allow him/her to move on to the positive next phase in either their secondary schooling or post-secondary schooling stage. The program is very much based on the notion of finding a more innovative way of letting young people help themselves.” (John Burrell, past principal Mount Erin College, 1998)
Operation Newstart programs are established in response not just to a community need (every community will have such a need) but significantly in response to an initiative taken at community level - the initiative of a local police officer, a student wellbeing coordinator, a teacher, parent, social worker in the local CAMHS, a youth worker employed in local government. Once taken, the decision to form an Operation Newstart program involves literally dozens of local stakeholders. From an interest meeting to the formation of a local Committee of Management (usually about 6 months), the program quickly becomes truly a community-based enterprise. I attach for your reference a Graduation Ceremony for Operation Newstart Shepparton demonstrating the extent to which community bodies in that region marshal their resources to provide for the special needs of their disengaged youth. There are no fewer than 40 generous and committed contributors listed. It is a sustainable, whole of community approach underpinning the success of this, and every program.

As well, many other community partners contribute financially and through the provision of services. These include,

- Save the Children Australia
- Royal Children Hospital
- Child and Adolescent Mental Health Services (CAMHS)
- Local Learning and Employment Networks (LLENS)
- TAFEs
- Extensive range of training providers
- Country Fire Authority
- SES Search and Research Units
- Waverley Industries (Sheltered Workshops)
- Centre for Adolescent Health
- Doxa Youth Foundation
- Freemasons Victoria
- Rotary International
- Mazda Foundation
- Newsboys Group
- Jack Brockhoff Foundation
- Variety Club
- NAB Schools First
- An extensive range of outdoor education service providers

Operation Newstart programs effectively drive down youth anti-social behaviour and reduces recidivism in respect to offending and victimisation. In 2010 ONV was one of 5 projects which was recognized at a national level as a winner of an Australian Crime and Violence Prevention Award, as adjudged by the Australian Institute of Criminology. The Award was presented in Canberra by the Australian Government Attorney General\(^3\) with a prize of $10,000.00. This not only recognized that Operation Newstart programs are national leaders in preventing crime, violence and recidivism, but also enhanced the reputation of the principle partners Victoria Police and Department of Education and Early Childhood Development and indeed all communities organizations associated with the individual programs.

Operation Newstart empowers communities to be directly involved in how they assist their youth at risk. The alternative is that these young people often become further disengaged from their communities and become entrenched in criminality and dysfunctional lifestyles, devaluing their communities both socially and financially. The evaluation of the Operation Newstart Shepparton conducted by the Nous Group (August 2010) demonstrates that the SROI (Social Return on Investment) for this cohort is $3.68 for each $1.00 invested in the program.

(b) the approaches adopted by these groups to promulgating community safety and crime prevention practices, programs or initiatives;

Research strongly indicates that greatest success in early interventions is to be gained in addressing issues pre-primary school. However, from a policing perspective it is not until 10 years of age that a child becomes involved in the judicial process as an offender. ONV strongly supports early intervention to reduce youth offending and victimization and importantly from a policing

---
\(^3\) Australian Crime and Violence Prevention Awards  
Occupational Health and Safety perspective to also reduce the risk of the number of occasions police are required to confront violent situations involving youth such as that of Tyler Cassidy. We cannot achieve this by one program alone, so Operation Newstart is one of a range of interventions.

The following charts drawn from the published Victoria Police Crime Statistics for 2009/2010 indicate the rates of offending by youth. The first chart is expressed as a percentage and the second chart shows the actual number of offenders.

- 10-14 year olds accounted for 6.42% of the total number of offenders,
- 15-19 year olds made up 24.3%.
- 15-19 year olds made up the highest age category for those processed for Crimes Against the Person - Robbery, 52%, Assault, 22%, Rape, 20%.
- 15-19 year olds made up the highest age category for those processed for Crimes Against Property - Theft of motor car, 51%, Theft from motor car, 40%, Theft of bicycle 41%. Property Damage, 37%, Arson, 33%, Theft (shop steal) 26%, Theft (other) 25%, Burglary (other) 33%, Burglary Residential, 25%, Aggravated Burglary 25%, Handle Stolen Goods, 20% (see Appendix A – Alleged Offenders Process – Age Distribution 2009/10 Crime Statistics).

---

### Victoria Police Crime Statistics 2009/2010

#### % of Total Offenders by Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Crimes Against the Person</th>
<th>Crimes Against Property</th>
<th>Total Crime</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 10 - 14</td>
<td>5.32</td>
<td>9.3</td>
<td>6.42</td>
</tr>
<tr>
<td>% 15 - 19</td>
<td>23.5</td>
<td>28.7</td>
<td>24.3</td>
</tr>
<tr>
<td>% 20 - 24</td>
<td>17.04</td>
<td>15.07</td>
<td>17.15</td>
</tr>
</tbody>
</table>

#### Number of Offenders by Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Crimes Against the Person</th>
<th>Crimes Against Property</th>
<th>Total Crime</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 10 - 14</td>
<td>1922</td>
<td>7655</td>
<td>10961</td>
</tr>
<tr>
<td>No. 15 - 19</td>
<td>8484</td>
<td>23535</td>
<td>41534</td>
</tr>
<tr>
<td>No. 20 - 24</td>
<td>6161</td>
<td>12368</td>
<td>29256</td>
</tr>
<tr>
<td>Total Persons</td>
<td>36156</td>
<td>82051</td>
<td>170614</td>
</tr>
</tbody>
</table>
The following charts also drawn from the published Victoria Police Crime Statistics for 2009/2010 relate to victims.

A similar differential applied to victims between the 10-14 & 15-19 age groups where

- 10-14 year olds accounted for 1.93% of total victims, whilst
- 15-19 year old accounted for 7.12%.

Operation Newstart programs cater for youth predominately in the 14 – 17yr age bracket. Over 50% of youth participating over the last 12 months in the Operation Newstart South Eastern, Southern and Casey programs were 14 years of age.
Since inception of ONV in 2007 in addition to establishing new programs in areas where the concept has been driven and embraced by local communities (see above), the need for additional mental health support and ongoing evaluation has been addressed. ONV gained $300,000 funding from the Mazda Foundation and a further $50,000 from the National Australia Bank to employ mental health clinicians, whilst Save the Children Australia is providing funding for additional youth workers to support programs in Shepparton, Geelong and Central Victoria.

In respect to evaluation ONV

- gained the support of Save the Children Australia to provide $30,000 towards an independent evaluation of Shepparton Newstart by the Nous Group, (August 2010) http://www.nousgroup.com.au/database/news/1290750780document_stc_-_operation_newstart_evaluation.pdf,
- Implemented an internationally recognized evaluation tool in each program, the Strengths & Difficulties Questionnaire (SDQ) http://www.sdqinfo.org an analysis of which was completed by the Royal Children’s Hospital Integrated Mental Health Service, (August 2010)
- is a partner in a longitudinal study, conducted by Melbourne University, the Centre for Adolescent Health and the Murdoch Children’s Research Institute, (Outdoor Youth Programs Research Partnership) Ref: http://outdoorcouncil.asn.au/doc/OYP_Research_Partnership_Prospectus.pdf

This is a truly community wide response to re-engage youth in education, which research acknowledges significantly reduces the risk of offending/re-offending and or victimization and risk taking behaviour.

“Early school leaving costs Australia an estimated $2.6 billion a year in higher social welfare, health and crime prevention costs and lower tax revenue, productivity and GDP. This does not include the human costs that result from the continuing cycle of disadvantage that follows from the non-completion of school.”

“One of the key factors consistently shown to be a strong influence on youth offending is schooling and particularly retention (or non-retention) in schools.”

In respect to juvenile recidivism the NSW Bureau of Crime Statistics and Research (BOSCAR) has conducted a number studies to refine the factors to indicate the risk of re-offending. The studies identified 12 factors. However, only four factors are required to predict juvenile re-offending to a sufficient degree of accuracy, being:

- the age of a juvenile at the time of committing 1st offence (younger higher the likelihood)
- whether or not the juvenile is at school at time of first offence
- whether or not the juvenile has been suspended or expelled from school at time of 1st offence
- the number of prior contacts the juvenile has had with the justice system

---

4 Doxa Youth Foundation http://www.doxa.org.au/

A review in 2007 into repeat juvenile offending in South Australia conducted by that state’s Commission for Social Inclusion found that poor school engagement was a chief reason and significant risk factor for involvement in serious criminal offending by young people. In the Final Report of the Enquiry, Commissioner Cappo states:

“The need to better engage these young people is critical. Through my discussions with young people it has become clear that the mainstream approach to schooling is not the most effective way to encourage young offenders to participate in learning. There is now a growing body of evidence that indicates through the use of more flexible learning approaches we can engage these young people in learning and have an effect on their involvement in offending.”

This research is being acted upon in various jurisdictions around the world. Clearly, achievement of outcomes that significantly reduces the risk of offending/re-offending and or victimization and risk taking behaviour are as much part of policing responsibilities as they are of the Department of Education and Early Childhood Development and all the community partners involved in Operation Newstart. Indeed achievement of these outcomes goes back to the very basics of policing where Commissioner Charles Rowan wrote as a forward to the first instructions for the London Metropolitan Police in 1829;

“It should be understood, at the outset, that the principal object to be attained is the Prevention of Crime. To this great end every effort of the Police is to be directed. The security of person and property, the preservation of the public tranquillity, and all the other objects of ‘a police Establishment’, will thus be better effected, than by the detection and punishment of the offender, after he has succeeded in committing the crime. This should constantly be kept in mind by every member of the Police Force, as the guide for his own conduct” (Reith, 136 1956).

Furthermore, this type of interdisciplinary team approach is being adopted by Victoria Police (and indeed internationally) as an effective means of working collaboratively to achieve both common and individual agency goals. The latest examples being the development of the Sexual Offences and Child Abuse Investigation Teams (SOCIT), Police Ambulance & Crisis Assessment Team Early Response (PACER) and Police and Community Triage Teams (PACT).

| (c) the extent to which these organisations are effective in engaging with local and state agencies in the development of policy; |

Each Operation Newstart program fosters close relationships with local government. In 2010, at the request of the Shire of Melton (Youth Services), Operation Newstart Western hosted a program in Melbourne’s outer-west as a response to a need in the local secondary colleges. This is their response:

---

6 Ibid p. 20
7 Ibid p. 35
8 Youth Crime Prevention in Wales: Strategic Guidance
http://www.juvenilejusticepanel.org/resource/items/Y/o/YouthJusticeBoardYCrimePWales08_EN.pdf
“Melton Shire Council – Youth Services had the marvellous opportunity to work alongside Operation Newstart Western.....A youth worker had the chance to experience the complete program and its success with the young people involved, their schools, families and broader community with such incredible results. This program offers many valuable skills for young people and the community that can easily be transferable in everyday life.”

In the City of Casey, Mark Bekerman, Co-ordinator of the Youth Support program, sits on the Management/Governance Committee of Operation Newstart Casey, providing productive pathways for participation between Operation Newstart and the City of Casey. All Newstart Casey graduations are held in the City of Casey Council Chambers. During each program Newstart participants are also linked to Casey youth services to provide an ongoing engagement with their local municipality.

In both Operation Newstart South Eastern and Casey, participants are actively working in environmental areas under the auspices of various departments within local government, especially at Myuna Farm.

In 2011 the City of Greater Geelong contributed $17,000.00 towards the bus used in delivering the program, as well as rent-free accommodation for Operation Newstart Geelong.

All programs receive support from their respective Courts in their local communities, with each program visiting Courts and police stations. The courts also support Newstart with funding through the diversion process, where people eligible for diversion can nominate Newstart as the recipient of an amount agreed upon as part of the conditions for diversion. Operation Newstart Casey and Southeastern also receive financial support from the Dandenong Magistrates Court fund. All programs also visit the Malmsbury Youth Justice Centre where they engage with the youth detainee peer educators.

ONV has always been aware of the importance of involving its facilitators in enhancing operational police members’ interactions with youth. This has been most highly developed in Operation Newstart Western where every newly appointed constable (Probationary Constable Extended Training members) spends 2 weeks on the program. At the end of each program each member provides a critique and is also assessed by the facilitators on their participation and input. Operation Newstart Casey has recently been approved to implement a one day training program for a range of operational members. This is an area where ONV can envisage facilitators having an expanded role, with benefits including, less complaints against police, better outcomes for youth in critical incidents and as part of a strategy to reduce levels of disengagement from Victoria Police by operational police members.

As outlined above ONV has sought to work collaboratively with all partners and will continue to do so in the future. It is clear when reviewing the research into youth offending that over the last 14 years Victoria Police at a local operational level through Operation Newstart has been at the international forefront of community crime prevention initiatives. ONV now seeks to be given the opportunity to be able to demonstrate this at a corporate level within Victoria Police, so that the concept and programs can collaboratively continue to evolve to make a positive difference to the safety and well-being of our local communities and further enhance the reputation of and confidence in Victoria Police. As has been demonstrated most strongly in the last four years, with the establishment of five new programs in that period Operation Newstart is highly scalable and empowers communities to actively engage in crime prevention and educational interventions which in turn contributes to those communities perceptions of safety. Further development of policy support at corporate levels in both Victoria Police and the Department of Education and Early Childhood Development would benefit local communities and the respective agencies.

The Newstart model for the introduction of innovative initiatives into communities has application, not only in respect to community safety and crime prevention but for any new program. It involves a demonstrated willingness for communities to develop a program and then that being supported at
higher levels in the principle agencies involved rather a program being imposed in a top down approach.

Attached to this submission is a copy of the Operation Newstart Southeastern program for Intake 27, 2011. See below

(d) whether institutional or other arrangements support or impede such local groups in engaging in the development of community safety initiatives;

To the Operation Newstart teams committed to early intervention – teachers, police officers, psychologists, social and youth workers, it is the recognition that it is everyone’s responsibility to deal with young people such as those we assist. It is not possible to separate out of the equation those aspects of a child’s behaviour that are properly matters for police and those that are properly matters for teachers or social workers. Operation Newstart clearly demonstrates that an INTERDISCIPLINARY TEAM APPROACH provides better outcomes, not only for the participants themselves, but also for parents, educators, police and community health workers. The combination of the two major partners to address each participant’s problems is very compelling.

It has, however, been asserted in some Victorian police regions where the provision of a full time police officer beyond 2011 is in doubt, that the primary responsibility for these students rests with their schools and thus ultimately with DEECD. However, the research highlighted above suggests that it is open for Victoria Police to come to a very different decision. It is also not in line with international research, policy and practice.

Information provided to ONV indicates that withdrawal of the current level of support to Operation Newstart will provide Victoria Police with “an opportunity to refocus our resources on initiating and supporting programmes which will give us a better, earlier and more effective return in terms of driving down youth antisocial behaviour and addressing recidivism much earlier than we have been in the past.”

It may be useful for this Committee to consider a recent UK Home Office publication – A New Approach to Fighting Crime – which asserts this:

“Crime cannot be cut by focusing solely on catching and convicting those who have already committed crimes, vital though that is. It is also cut by preventing crime in the first place by tackling the risk factors that can drive it across society: from poor parenting and education to dealing with drug abuse and problem drinking.....The Government is providing a £2 billion Early Intervention Grant to local areas to support this work.”

Any unilateral decision by any partner affects the basic Operation Newstart concept. However, Operation Newstart only exists because of the local collaborative approach adopted. ONV has continually sought to further develop the concept in collaboration with Victoria Police and the Department of Education and Early Child.

There is considerable demand/pressure for the establishment of many more Operation Newstart programs throughout Victoria. ONV has met with, or been contacted by Victoria Police and/or Department of Education representatives in the following regions in 2010/2011.

1. Mildura
2. Benalla/Wangarrata
3. Bairnsdale
4. Morwell
5. City of Kingston
6. City of Bayside
7. City of Glen Eira
8. Ballarat
9. Warrnambool

It is only funding constraints that limit the expansion of Operation Newstart to regional Victoria.

As outlined above Newstart programs have the support of a wide range of community agencies and organisations as well as the Department of Education and Early Childhood Development. This support has been developed through the dedicated efforts of a large number of people including the Victoria Police facilitators. Due to the very nature of developing such a wide community collaborative approach this takes considerable time and needs to be continually nurtured. Any initiation and support of alternative programs will require similar dedication and time. ONV provides an opportunity to take these well established connections and further evolve in accordance with the needs of all partners rather than having to commence this process from scratch. It provides an excellent model, honed over more than 14 years and having dealt with more than 1300 young people.

ONV would be very keen to be involved in any independent evaluation of Operation Newstart programs, particularly in respect to the rates of recidivism of Newstart participants and overseen by an appropriately qualified Victoria Police researcher.

(e) whether there is a cost benefit to the community for current crime prevention strategies;

Evidence suggests that those who disengage early from school tend to be significantly more disadvantaged in later life with:

1. Increased likelihood of experiencing unemployment
2. Lower lifelong income
3. Poorer outcomes in health, accommodation and social status
4. Greater risk of offending behaviour
5. Greater susceptibility to the influence of drug and alcohol misuse
6. Higher chance of being homeless
7. Greater risk of anti-social behaviour\(^\text{10}\)

The evaluation of the Operation Newstart Shepparton conducted by the Nous Group (August 2010) demonstrates that the SROI (Social Return on Investment) for this cohort is $3.68 for each $1.00 invested in the program. We have no reason to doubt that the research if undertaken on all 9 programs, and any future programs established, would yield similar results.\(^\text{11}\)

(f) whether alternate models for such organisations may improve outcomes; and

\(^{10}\) The Nous Group, Evaluation of Operation Newstart Shepparton, August 2010, p. 34

\(^{11}\) Ibid.
(g) local community safety and crime prevention arrangements in other jurisdictions, particularly within Australia, New Zealand and the United Kingdom.

Operation Newstart facilitators presented at the 4th and 5th International Adventure Therapy Conferences in Rotorua, NZ (2006), and Edinburgh, UK (2009). There was considerable interest from attendees. Following the 5th conference, police facilitators met with London Metropolitan Police (Youth Affairs)2.
Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.

**Intake 27, 2011**

**All start and finish times are at the Dandenong Railway Station**

---

**Arrival at the train station each day before 9.00am is vital.**

Please do not bring mobile phones or iPods to the program. They will be collected each morning and returned at the end of the day if you do.

Energy drinks such as Red Bull, V and Mother are banned from the program. Snacks for the day should avoid items that are high in sugar. Bring fruit each day please. You are responsible for your rubbish; you are not to leave it on the bus or on the ground.

---

**Week 1**

**Monday 14th February**  
Students to attend School

**Tuesday 15th February**

**Activity:** Introduction / Pre Program Fitness Test / Hike Camp Preparation / Swimming 1.

**Venue:** Operation Newstart Office / Oasis Swimming Pool

**Description:** Lots to do today, the busiest day of the program. You will be getting to know others, doing a lot of listening, running and jumping, climbing and getting a lot of equipment ready for tomorrow’s camp. In the afternoon you will be doing a swimming test so, make sure that you have your bathers.

```
Start: 9:00 am
Finish: 3:00 pm
Equipment: Comfortable clothes, running shoes, bathers and towel, lunch and drink.
```

**Wednesday 16th February**

**Activity:** Hike Camp to Wilsons Promontory

**Venue:** Operation Newstart Centre / Wilsons Promontory

**Description:** A three day hiking camp to Wilson’s Promontory. You will walk 30 kilometres and have overnight camps at Oberon Bay and Tidal River.

```
Start: 9:00 am
Finish: 4:00 pm on Friday 18th February.
Equipment: Refer List, Cut lunch on day1 and money for lunch on Friday.  
*Ensure that you have everything on the list.*  
**You MUST bring a two litre water bottle.**
```
Week 2

Monday 21st February Students to attend school

Tuesday 22nd February

Activity: CPR Certificate / Water Safety Awareness
Venue: South Melbourne Surf Life Saving Club
Description: Today’s session will knowledge of Basic Life Support in emergency situations. This is a very important skill and a great qualification to hold.
You will complete a survival swim among other tasks at the beach to receive your Outdoor Water Safety Certificate.
Start: 9:00 am
Finish: 3:00 pm
Equipment: Comfortable clothes, towel, bathers. Lunch, drink and snacks.

Wednesday 23rd February

Activity: The 1000 Steps / Mini Solo / Indoor Rockclimbing
Venues: Ferntree Gully / Hardrock Indoor Climbing Centre
Description: We travel to Ferntree Gully to tackle The 1000 Steps and learn a little bit about the Kakoda Trail. We then travel to Nunawading to learn the basics of Rockclimbing and belaying as practice for the Grampians expedition later in the program.
Start: 9.00am.
Finish: 3:00 pm.
Equipment: Clothes suitable for hiking and climbing. Lunch, drink and snacks.

Thursday 24th February

Activity: Run the Gauntlet
Venue: Gilwell Park, Gembrook
Description: First you will work with the group to work on a series of initiative activities that require you to use your brain and work well as a team member. Next you will complete an obstacle course that presents a variety of physical challenges
Start: 9:00 am
Finish: 3:30 pm
Equipment: Wear old clothes, they will get wet or muddy. Very old shoes and a plastic bag. Bring a spare set of clothes and a towel.
Lunch will be provided today.

Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.
Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.

**Friday 25th February**

**Activity:** Surfing  
**Venue:** YCW Beach at Phillip Island  
**Description:** We learn the basics of catching a wave and about rips and currents. By the end of the session you should be able to stand on the board while catching a wave.  
**Start:** 9:00 am  
**Finish:** 3:30 pm  
**Equipment:** Bathers, towel, plastic bag, sunscreen and a cut lunch. There will be access to shops today at San Remo over lunchtime.

**Week 3**

**Monday 28th February**  
Students to attend school

**Tuesday 1st March**

**Activity:** Police Station Visit / Magistrates Court / Police Academy  
**Venue:** Dandenong / Glen Waverley  
**Description:** We visit the Police Station at Dandenong and also the Law Courts and then go to the police Academy where Sharon did her basic training as a Police Officer.  
**Start:** 9.00 am  
**Finish:** 3:00 pm  
**Equipment:** Suitable clothing for the day, no hoodies, hats, no scruffy torn jeans or offensive T-shirts. Drink and snacks. Lunch will be provided today.

**Wednesday 2nd March**

**Activity:** Environmental Work / Alcohol and Other Drugs  
**Venues:** Dandenong Area / Newstart Centre  
**Description:** We head out to do work for the City of Greater Dandenong Council, either pulling weeds out, planting trees or picking up rubbish. In the afternoon you have a chat with about alcohol and drug matters.  
**Start:** 9:00 am  
**Finish:** 3:00 pm  
**Equipment:** Lunch, snacks and drink.  
*Parents are to attend an evening discussion.  
**Update on student progress and Guest Speaker.**  
The evening program runs from **6:30 pm to 8:00 pm** at the Newstart Centre. This will be an Information Session on alcohol and other drugs that students
Intake 27, 2011

are faced with. The Guest Speaker will be Chris Walters from the South East Drug and Alcohol Services.
Light refreshments will be available.

Thursday 3rd March

**Activity:** Caving
**Venue:** Labertouche Caves
**Description:** This is a highly adventurous day that we spend finding our way through the caves at Labertouche. You will be lowered six metres into a cave and then navigate your way through under and over rocks and tight squeezes. Getting across the “Leap of Faith” can be interesting. You’ll get muddy and your feet wet.

- **Start:** 9:00 am
- **Finish:** 3:30 pm
- **Equipment:** Old Long sleeved clothes for both arms and legs, old shoes. Spare set of dry clothes and shoes, 3 X new AA batteries, plastic bag. Lunch, drink and snacks.

*You MUST be well prepared for this day!

Friday 4th March

**Activity:** TAFE Taster 1, Panel Beating
**Venue:** Chisholm TAFE, Dandenong Campus
**Description:** Today you meet George, one of our best instructors. He will show you how to turn a bit of flat metal into a hubcap using Panel Beating techniques.

- **Start:** 9:00 am
- **Finish:** 3:00 pm
- **Equipment:** Leather work boots and overalls. Lunch, drink and snacks.

Week 4

Monday 7th March

**Students to attend School**

Tuesday 8th March

**Activity:** Malmsbury Detention Facility
**Venue:** Malmsbury
**Description:** A long bus trip to Central Victoria to visit a detention facility for 17 to 21 year old male offenders. A specially selected group of young offenders will speak to the group about their experiences and circumstances.

- **Start:** 9:00 am
- **Finish:** 3:30 pm

*Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.*
Intake 27, 2011

Equipment: Suitable clothing for the day, no hoodies, hats, no scruffy torn jeans or offensive T-shirts.
Lunch, drink and snacks. There will be access to shops in the small country town of Malmsbury mainly bakeries.

Wednesday 9\textsuperscript{th} March

| Activity: Rubicon Adventure Camp. |
| Venue: Royston House, Rubicon Valley. |
| Description: High Ropes, Rafting and Mountain Bike Riding are usually on the program for this camp but activities might vary according to the season. |
| Start: 9:00 am. |
| Finish: 3:00 pm on Friday 11\textsuperscript{th} March |
| Equipment: All clothes and toiletries for 3 days (see list) |
| 2 X Evening Meals. Accommodation has a basic kitchen and cooking equipment. |
| Printout of the Phonetic Alphabet! Learn it for a free Buxton Burger on Friday. |

Week 5

Monday 14\textsuperscript{th} March

Labour Day Public Holiday

Tuesday 15\textsuperscript{th} March

Activity: Country Fire Authority Fire Awareness Day Computer Diary
Venue: South East Training Ground, Carrum / Newstart Centre
Description: A great day that will teach you the basics of fire safety; you will put out fires and search for bodies in the ‘Temple of Doom’. What you learn in the Tar Pit could save your life. The CFA put on lunch for us. One of your best Certificates for this great day. Back to the Newstart Centre after lunch to work on your Computer Diaries
Start: 9:00 am
Finish: 3:00 pm
Equipment: Comfortable clothes and suitable footwear. Fire fighting clothes and footwear will be provided. Lunch will also be provided.

Wednesday 16\textsuperscript{th} March

Activity: City Bike Ride.
Venue: Dandenong to Melbourne via Yarra Bike Trail
Description: Using the programs bikes (or yours if you have a road worthy one), we ride from the Newstart Centre to Dandenong Station and take the train to Hughesdale. From Hughesdale we follow

Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.
bake paths all the way into the city. The last part of the trail follows the Yarra River. On the way back we take the train from Richmond to Yarraman Station. All up a 25km. ride.

Start:  9:00 am
Finish:  3:00 pm
Equipment:  Comfortable clothes to ride in, back pack, BYO lunch or money to purchase, plenty of water.
Lunch, drink and snacks. There will be access to shops in the small country town of Malmsbury mainly bakeries.

Thursday 17th March

Activity:  Community Service Placement 1.
Venue:  Waverley Industries, Glen Waverley
Description:  Today you will volunteer some time to a community based organization. Today’s placement is working at a place of employment for people with a range of disabilities. You will work alongside the disabled for the day completing a range of factory assembly tasks.
Start:  9:00 am
Finish:  3:00 pm
Equipment:  Clothes suitable for your placement, covered shoes (no thongs or sandals). Lunch, snacks and drink or money to purchase at canteen.

Friday 18th March

Activity:  Snorkelling
Venue:  Sorrento Back Beach
Description:  We travel to Sorrento Back Beach to learn the basics of snorkeling.
Start:  9:00 am
Finish:  3:30 pm
Equipment:  Bathers and a towel and a wetsuit if you have one.
BYO lunch, snacks and a drink.

Week 6

Monday 21st March
Students to attend school

Tuesday 22nd March
Activity:  Myuna Farm / Hand Brake Turn Visit
Computer Diary
Venue:  Dandenong Region

Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.
Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.
Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.
*Students must make their own way to and from the Graduation.

CLOTHING AND EQUIPMENT LIST

CAMPS 1, 2 & 3

It is the responsibility of the student, not the parent, to ensure that they are both adequately and safely equipped for each activity. We emphasize that if this standard is not observed students may either be excluded from that activity or sent home.

Cooking and Eating

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two Litre Water Bottle</td>
<td>T-towel and Scourer</td>
</tr>
<tr>
<td><strong>Students without a 2 litre water bottle will be left at the station!!</strong></td>
<td></td>
</tr>
</tbody>
</table>

Toiletries

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toothbrush and Toothpaste</td>
<td>Roll On Deodorant / Roll On Insect Repellent</td>
</tr>
<tr>
<td>Brush or Comb / Toilet Paper</td>
<td>A few Band-Aids and Elastic Bandage</td>
</tr>
<tr>
<td>Small packet of baby wipes (your shower)</td>
<td>Personal Medications</td>
</tr>
</tbody>
</table>

Clothing appropriate for the season may include

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Pair of Long Pants</td>
<td>1 Long Sleeved Shirt (protect arms)</td>
</tr>
<tr>
<td>T-shirts/Tops for 3 or 4 days</td>
<td>Underwear for 3 or 4 days</td>
</tr>
<tr>
<td>1 Pair of Shorts</td>
<td>Bathers</td>
</tr>
<tr>
<td>Socks for 3 or 4 days (not ankle socks)</td>
<td>1 Wool Jumper or Polar Fleece Top</td>
</tr>
<tr>
<td>1 pair of sturdy Walking Shoes /Boots or Runners</td>
<td>1 pair of thongs or sandals</td>
</tr>
<tr>
<td>1 Sun Hat</td>
<td>1 Woolen Beanie</td>
</tr>
</tbody>
</table>

Must Bring

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunscreen</td>
<td>2 Heavy Duty Garbage Bags</td>
</tr>
<tr>
<td>2 New AA Batteries for Torch (good quality).</td>
<td>Cut Lunch for the first day.</td>
</tr>
</tbody>
</table>

*Bring the above items in a small bag to be transferred to your backpack on day 1.

**Program participants are not permitted to bring any electrical equipment including walkmans.

WE WILL SUPPLY

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tent</td>
<td>Backpack</td>
</tr>
<tr>
<td>Sleeping Bag</td>
<td>Sleeping Mat</td>
</tr>
</tbody>
</table>

Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.
Please ensure that students have breakfast each day, and bring a cut lunch and snacks as well as a drink bottle to the program each day. Students are also asked to bring a hat and sunscreen for all days.