



**CARINDALE PCYC
R.A.G.E
YOUTH GROUP**

Queensland Police Citizens Youth Welfare Association

CARINDALE P.C.Y.C

27 Narracott St

Carina, QLD, 4152

Telephone: (07) 3324 9652

Facsimile: (07) 3324 9653

Email: manager@carindalepcyc.org.au

www.carindalepcyc.org.au

ABOUT R.A.G.E YOUTH

The aim and objectives of our youth program are all depicted within the name of the group, to Respect each other and the community; to Achieve our best and excel; to Give back to the community and the PCYC; and to Excite by having a great time in all we do.

On a monthly basis we head offsite to a social outing of the group's choice, such as laser skirmish, beach days, rock climbing and more of the like. In their self designed and created youth space they "hang" and enjoy each others company. This space also provides a place for meetings, get togethers and simply a space to call their own.

Monthly meetings provide a platform for our young people to present ideas, needs, wants and desires. They are then empowered to make that happen in conjunction with their peers and resources PCYC can offer.

Being young members of the community they are also involved in a variety of fundraising events and community days. So as well as getting the opportunity to have some fun at low to no cost, RAGE members give a little back into their local neighbourhood.

An extension of the regular monthly happenings, there are development programs offered (detailed across the page), camps, road trips, competitions as well vocational and training prospects.

In a nutshell we provide options and opportunities for young people in relation to healthy leisure pursuits and personal development.

For all the details of our up coming events please visit our website
www.facebook.com/rage.pcyk
or call Stacey Clift for more information.



CARINDALE P.C.Y.C

27 Narracott St
Carina, QLD, 4152

Telephone: (07) 3324 9652 Facsimile: (07) 3324 9653

Email: manager@carindalepcyc.org.au



R.A.G.E YOUTH PROGRAMS

THE DUKE OF EDINBURGH

Fondly known as "Dukes", the internationally recognised award scheme allows RAGE members to gain points toward their Queensland Certificate of Education (QCE). Taking part across three criteria, Physical Activity, Service and Skills qualifies them for this award and has been tied into the youth program through the PCYC. They also plan their own Adventurous Journey to the location of their choice. Participants must be 14 years of age to begin at Bronze level. If done efficiently the three levels (Bronze, Silver and Gold) can be completed in two years earning a total of four QCE points. However this award is not limited to high school age kids but for those up to 25 years of age. We currently have 14 participants completing the award and collaborate with various other PCYC's for the Journeys.

GIRLS WITH A PURPOSE

Girls with a Purpose (GWAP) is an 11 week program that helps young women (like you) develop self worth, a positive identity and sense of purpose. It covers topics like communication, relationships, sexual health, teamwork, goal planning, help-seeking and self-esteem. The latest national survey of young Australians found that the top three issues of concern nationally were body image, family conflict and coping with stress, does this sound right? GWAP is a great tool to help change these worrying trends. In essence it will develop self worth, help build and tighten current and new friendships and give purpose. It's time to enjoy the best years of your life!

URBAN GYMNASTICS

Urban Gymnastics class is a mix of Parkour, Tricking and Freerunning which are relatively new sports. Parkour is an activity with the aim of moving from one point to another as smoothly, efficiently and quickly as possible, using the principal abilities of the human body. Tricking is a combination of gymnastics, martial arts and break dancing and is focused on saulting, flips and twisting. And Freerunning is a combination of Parkour and Tricking with movement from one point to another incorporated with aerial stunts. This 10 week program offers workshops from each discipline mentioned above as well as strength, conditioning and flexibility exercises. The Urban Gymnastics class is a great foundation tool for all other sports through its teaching of body awareness, strength and flexibility.

STATE YOUTH LEADERSHIP PROGRAM

SYLP is a personal development and leadership training program for young people aged 14-17 years who are involved with PCYCs throughout Queensland. The program consists of a five-day residential camp. It provides fun and challenging information and activities in a safe environment and is designed to prepare young people for a more active role in their PCYC. It also helps build skills for school, life, community and future work; you'll be able to extend yourself and your confidence through these experiences, become more involved with your PCYC branches and use what you've learnt in real life situations.



CARINDALE P.C.Y.C

27 Narracott St
Carina, QLD, 4152

Telephone: (07) 3324 9652 Facsimile: (07) 3324 9653

Email: manager@carindalepcyc.org.au



MEMBER QUOTES

Rage members say it best, so here's what they say about being involved:

"It is fun, encourages people to face their fears, helps out with the community and gives teens a chance to get away from home/school."

"Becoming a member of RAGE is something I will never regret. It's a place where I always feel safe and accepted. It gives me the chance to get out of my comfort zone and try new things with the support of my new lifelong friends. It has given me the courage, determination and faith in myself and others and gives us a chance to give back to the community. RAGE is an extremely important part of my life which I wouldn't give up for the world."

"I love RAGE because of the support and friendships I have gained that have helped me through the worst parts of my life..."

"...it has shown me and taught others the common aspects and necessities to live in this world. ... it has formed a community in itself...RAGE has taught us to work together, to help the community, to do the right thing and to use common sense to help someone ...it has become, for me, something of a life preparation. I have helped and learned, I have watched the others grow and RAGE helped this by bringing us together, helping us to learn to work together, to live, together."

"I love RAGE youth group SOOOOOO much, I look forward to every single thing I do at RAGE. I love the activities and projects but most of all I love the other members..."

"RAGE is extremely fun and provides teens with things that they might not have, that teens need to get through life in a safe, fun environment with people they can trust and talk to."



CARINDALE P.C.Y.C

27 Narracott St
Carina, QLD, 4152

Telephone: (07) 3324 9652 Facsimile: (07) 3324 9653

Email: manager@carindalepcyc.org.au

