

Stories from

1st Edition

SUNSHINE YOUTH SPACE

@ 28 WITHERS STREET

In Brief



THE SUNSHINE YOUTH SPACE OPENED ITS DOORS IN MAY 2018. WE WERE MOTIVATED BY HEARING ABOUT THE AREA AND THE NEEDS OF YOUNG PEOPLE.

THEN WE CONTACTED BRIMBANK YOUTH SERVICES AND SPENT QUITE A BIT OF TIME WITH THEM AND OTHER YOUTH FOCUSED SERVICES IN THE AREA ASKING - WHAT ARE THE NEEDS? WHERE ARE THE GAPS? WE ALWAYS HOPED THE LIST OF ACTIVITIES WOULD BE BROAD AND THAT WE WOULD BE FLEXIBLE ENOUGH TO GO WITH THE INTERESTS OF THOSE WHO WERE COMING

Reverend Ray Gormann



Welcome to the first edition of the newsletter. My thanks to all those who have contributed to this newsletter, wonderful volunteers and partner organisations who have worked with us to make Sunshine Youth Space a unique success. Stay safe and keep those ideas coming!

Samita

Sunshine Youth Space Coordinator

SPEAK UP AGAINST SLAVERY

The background of the entire image is a dark charcoal grey. Overlaid on this background are several large, semi-transparent, dark grey handprints. These handprints are arranged in a way that they appear to be reaching out or holding each other, creating a sense of solidarity and support. The handprints are slightly offset from each other, giving a layered effect.

Thanks to everyone who attended the online human trafficking/forced marriage workshop. Together, we can make a positive impact!

It's time to stand up and act against human trafficking



HAIR

Hair is one of the first things you notice about someone, everyone's hair is different and sometimes it can be hard to like, accept or embrace the hair that nature gave you. When I was younger I used to feel like this about my naturally red frizzy hair that people used to make fun of me for. So every day I would straighten it and I begged my parents for years to let me dye it. When my parents finally said yes, I dyed it every colour there was. My hair has been black, brown, blonde, purple, dark blue, bright red, orange, green and every other colour you could think of. Every month I would spend days thinking about what colour was next because I thought if I changed my hair colour people would stop making fun of me and like me better.

As I got older it got harder to keep up with, if I didn't have the time to go to the hairdressers my hair would grow and it would look really funny; just imagine having red hair at the top and purple at the bottom. After years of dying my hair every colour of the rainbow and struggling to keep my hair healthy, I started to realise that it really didn't matter what colour hair I had. It didn't matter if I had crazy coloured straight hair or naturally red frizzy hair, my hair colour didn't change the person I am and I actually didn't want to keep changing my hair. Now I haven't dyed my hair in years, I don't straighten it daily and I don't let what people think of my hair change what I think of myself because it doesn't matter, what really matters is who you are as a person.

Jasmin Drummond



Sechuan Beef Noodle Soup(Grandma knows best) by John Zhu Hang

Ingredients:

.
Beef Tenderloin 750g
 .
Pickled chillies 50g
 .
Ginger 100g
 .
Basil 2 pieces
 .
Star anise 3 pieces
 .
Lanxangia tsaoko 2 pieces
 .
Clove 7 pieces
 .
Cinnamon 1 piece
 .
Sechuan pepper 10 pieces
 .
Dried chillies 20g
 .
A teaspoon of cooking oil
 .
A cup of cooking wine
 .
Half a cup of soy sauce
 .
Salt two to three teaspoon
 .
Coriander 100g
 .
Noodle 150g

Method:

1.
Clean all the ingredients that is needed for this dish.
2.
Cut the beef tenderloin into small pieces and blanch it in boiling water to remove the impurity in the beef stock.
3.
Cut up the pickled chillies, dried chillies and ginger into slices.
4.
Heat up a pan with the cooking oi.
5.
Throw all the spices and the blanched beef into the pan, fry until the beef is brown.
6.
Chuck the beef into the pressure cooker.
7.
Add enough water to cover the beef.
8.
Cook the beef for around 30-45 minutes.
9.
Before the beef is ready, boil a pot of water.
10.
Depends on the noodle you will be using, cook up the noodles.
11.
In a different pot blanch, the coriander.
12.
Place the noodle and coriander into a big bowl, pour the broth and beef onto it.
13.
Enjoy it

Henna

Article and picture by Sehrish Ali

Henna [*Lawsonia inermis*, also known as hina, mehndi, henna tree, mignonette tree, Egyptian privet] is a flowering plant that grows 12-15 feet high and comes from the sole species of the *Lawsonia* genus. The English name "henna" comes from the Arabic term الحناء [al-ḥinnā]. The name henna also refers to the dye prepared from the henna plant and the art of temporary tattooing from those dyes.

Henna has been used for centuries to dye skin, hair, and fingernails, as well as fabrics including silk, wool, and leather. Henna has many properties such as:

Medicine: Henna is considered an herb and has long been known to have healing qualities. It is used topically and usually not ingested or inhaled. In ancient times it has been applied to the skin surface for healing headaches, stomach pains, burns [including sunburns], open wounds, fevers, athlete's foot and even the prevention of hair loss

Sunblock: Henna has been used on the noses of animals to prevent sunburn. It will also leave tan lines after a suntan if used as body decoration.

Insect Repellant: It is often applied to goat skin bags, and other leather, after they have been salt-cured. It "insect-proofs" or "moth-proofs" the bags by making the skin poisonous/inedible for those creatures.

Anti-Fungal: Because of its well-known anti-fungal properties, in ancient Ayurveda medicine, henna paste is applied on the skin to reduce athlete's foot and other fungal diseases.

Henna stain lasts for at least week and it can be removed many home remedies such as rubbing oil and washing it off with a soap.



Jaydah's guide to Uni life

My name is Jaydah and I am currently in my second year of my Bachelor of Youth Work. I graduated high school in 2017 and I will be graduating from university in 2020. My tips for first year university success are.

1:

Do what you love- Study what you have an interest in or are passionate about... Otherwise university can be boring and unsatisfying.

2:

Do your research- Most universities provide the same course, but some offer it better.

3:

Study Load- Different universities offer different ways of studying... for example; Victoria University offer the block model, which makes it easier by focusing on one subject at a time.

4:

Student support- Most, if not all universities provide support. Free counselling, tutors and even free food and fun activities on certain days.

5:

Do a tour- Most universities offer free tours of the campus, attending can give you a feel of the campus. Attending orientation days can help you meet new people and understand how university runs.

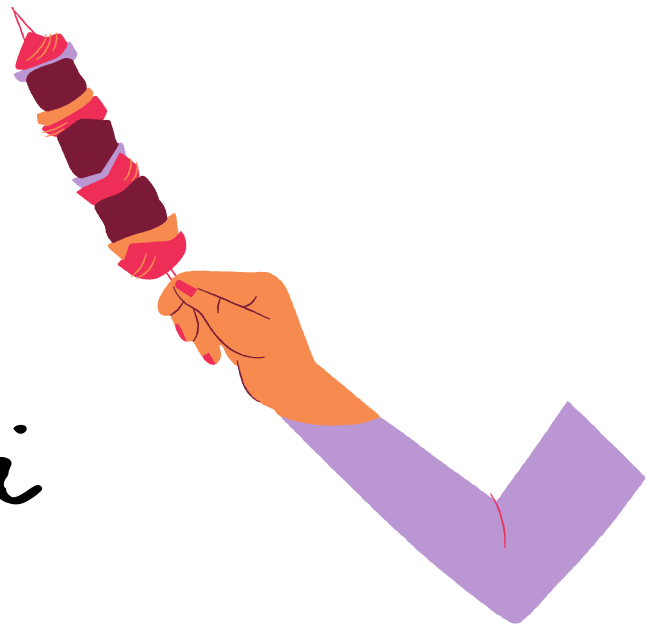
5:

Join a club- Universities have MANY clubs. There are cultural clubs such as Aboriginal, Greek and African Clubs. There are also random and wacky clubs such as the 'friends club' at VU that gets together and watches friends while making friends.

6:

Apply for scholarships- Scholarships are always readily available through universities and external bodies, make sure you always search around and apply for scholarships for free money, etc

Jaydah Turner



Farsi

Hi	Salam (سلام)
How are you?	Chetor hastid (چطور هستید)?
I am fine, thank you.	Khoobam, mamnoon (خوبم ممنون).
My name is	Esme man hast (اسم من هست).
Nice to meet you	Khoshbakhtam (خوشبختم).
Goodbye	Khodahafez (خدا حافظ).

By Sami Ighaniyan



National Volunteer Week

My name is Aurora and I am a Master Trainer, Fitness Instructor and Yoga Instructor. I have had over 7 years experience in the Fitness Industry. Yoga and Pilates work on posture and injury prevention as well as strength and flexibility and to calm the mind and de stress from everyday life. It focuses on teaching and helping people to maintain a healthy lifestyle long term easily and efficiently

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The youth space has been a great place for me to get to know people within my community, through a wide range of activates such as basketball, boxing, netball and badminton. Many of these sports I hadn't played since I was in high school, so it was great to get back into them all these years later.

As a young personal trainer being able to come in each week and see people's skill improve in the youth space is great, because everyone learns at different rates and seeing that moment when they get to master a skill that they have been working hard on goes to show anyone can achieve their goals with some hard work.



**Send your contributions to
sunshineyouthcoordinator@gmail.com**