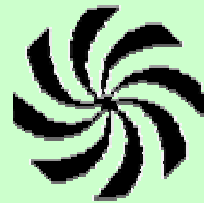




SHA'n'Ks



**BY KYLE SCOULLER, SHAnKs MEMBER
& David Kalmund, SHAnKs volunteer.**

WHAT DOES SHAnKs STAND FOR?

SAGE HILL ADOLESCENTS 'n' KIDS.

Target Group

*young people 6-16 years of age,
where a family member has
significant mental health issues or
concerns*

EDUCATIONAL COMPONENTS

Education is aimed at improving each members' understanding of Mental Health Issues and how they affect people.

It is about helping each SHAnK to know that they are not the only ones, who have someone in the family who suffers a Mental Health Issue.

SOCIAL ACTIVITIES

Attending the Archie Graham Center for
BBQ's, Fun and Swimming.

Going to Mini-Golf.

Going Bowling.

Having overnight Camps.

**IT'S ABOUT HAVING FUN AND
HELPING EACH OTHER!**

SHAnKs Group Goals

- **PROVIDE MUTUAL SUPPORT FOR MEMBERS**
- **IMPROVE MEMBERS UNDERSTANDING OF MENTAL HEALTH ISSUES AND ILLNESSES**

GOALS cont . . .

- **FOSTER MEMBERS' LEADERSHIP QUALITIES & SKILLS**
- **POSITIVELY PROMOTE THE SHaNKs PROGRAM**
- **DEVELOP FELLOWSHIP AND FRIENDSHIP**

**Camps
&
Day trips**

CAMP 1, GEELONG

We stayed in cabins at a caravan park and went to see:

“WATER WORLD”

“SMORGIES”

“AUSTRALIA DAY FIREWORKS SHOW”

“ADVENTURE PARK”

CAMP 2, PLATYPUS PARK

During this overnight camp we did our own cooking, went on a night walk in the National Park, explored some volcanic lava flows and caves and looked at the Nigretta Water Falls

We also went to a chocolate factory in Coleraine and after that we went to see a Native Tree arboreal and checked out all the Australian gum trees

CAMP 3, MELBOURNE

This is our most recent camp and we went to:

- **The Melbourne Aquarium**
 - **Southbank**
 - **Science Works Museum**
- **We also had a one hour tour of the City in horse drawn carriages**

**DAY
TRIPS**

TRIP 1, PORTLAND

- **We went to Cape Bridgewater and saw the blowholes and a petrified forest**
- **We also drove around the Aluminium smelter and saw thousands of ingots**
- **We walked through a nature reserve and saw many native birds and animals**

TRIP 2, CAMPERDOWN

- **We went to the Camperdown show**
- **Soaked Peter and Dave at lunch time with water (it was a very warm day)**
- **Played in the Apex park for about 2 hours**

In Conclusion

The Sage Hill Adolescents and Kids (SHAnKs) program is an initiative of the Sage Hill Carers Service.

We welcome enquiries from potential new participants.

Phone Peter McMahon, 5561 5261