

Helping find the answers

It's an issue that comes up for school leavers and other young people at this time of year.

"What am I going to do next?"

The tools to help you answer that question could be found at workshops being held in Narrabri next month.

The Career Directions workshops are being run by Narrabri Shire local Helen Dugdale, of Australian Brain Coaching.

Mrs Dugdale said they focused on building the confidence of young people.

"A lot of school leavers are scared of the unknown," she said.

"They really don't know what they want to do, they get themselves all churned up and they feel that 'I'm the only one in the world going through this'. It might be in relation to money, or 'am I good enough?' or leaving home or those sorts of issues.

"These workshops will give them confidence, communication skills and skills for coping with difficult situations."

Participants would be given real-life

examples and would go through a few career choices and what might suit them, with goal-setting and action plans, all in a friendly non-threatening group situation.

"I try to make it fun and interesting over the three hours and they learn a little bit about themselves too," Mrs Dugdale said.

"It's very rewarding to be able to help young people and help them with their sense of direction."

One young man who has taken part previously said: "I would really like to thank Helen Dugdale for helping me start a new chapter in my life, re-finding my confidence and drive to change what I thought was an impossible task at the time.

"As a young rural bloke, I couldn't recommend anyone more highly than Helen, to help out young rural Australians or anyone for that matter, who are stuck in limbo, who need some drive and direction."

For more information on the sessions, see the advertisement on this page.

Inspired visit for Abby

By PUBLICITY OFFICER

About 150 senior high school students attended the NSW Constitution Convention at Parliament House on Monday, November 7.

Selected from schools across NSW, Wee Waa High School 2017 captain Abby Downes was delighted to have been selected to take part in this auspicious day.

Conducted in the Legislative Assembly, often referred to as the Green Room, the hall was filled to the brim of enthusiastic students eager to learn more about referendums and plebiscites.

Guest speaker for the day was Ann Twomey, Professor of Constitutional Law at Sydney Law School, who Abby described as inspirational.

The day was designed to assist students studying Legal Studies.

Students worked in groups where they studied previous plebiscites and referendums.

Abby said that the opportunity



CONSTITUTION CONVENTION: Wee Waa High School 2017 captain Abby Downes at Parliament House in Canberra last week.

provided her with an amazing learning experience.

She also agreed with Professor Twomey's point that the really positive aspect of a referendum or

plebiscite was that no matter what the outcome, you know that that is what the majority of the population wanted, not just the government of the day.

From the Mayor's desk Storm clean up brings out the community spirit

CR CATHY REDDING
Narrabri Shire Council Mayor



The wild storm over the weekend certainly unleashed a lot of damage across the district, in particular around Narrabri.

I would like to thank all the volunteers for their assistance in the clean-up. Efforts will be continuing this week.

advised that the Volunteer Grants for 2016 are now open and will close on December 20, 2016.

Grants between \$1000 and \$5000 are available for not-for-profit community organisations or groups to help support their volunteers.

The federal government has invested \$10 million in the Volunteer Grants 2016 funding round.

I would encourage any not-for-profit organisation to have a look at the application pack which is available from the Department of Social Services website.

Sydney, I have been fortunate enough to secure a four-hour workshop at Narrabri in December for Council's planning staff and Councillors with Mr Whites.

The survey will be widely distributed and I encourage everyone across the Shire to get involved and Think Big about our future.

NSW Planning Department of the immense opportunities within Narrabri Shire ahead of the proposed New England and North West Strategic Plan being developed by them.

Ahead of the development of the Community Strategic Plan, Council is preparing a number of community engagement workshops where you will have your chance to put forward your views and ideas that will help shape the future of Narrabri Shire.

There will also be a survey which will be widely distributed and I encourage everyone across the Shire to get involved and Think Big about our future.

future.

I had the pleasure of attending the Remembrance Day Service in Narrabri on Friday, November 11, and do the reading of the 'Commemoration of the Fallen' at the RSL. The school captains, Olivia Bange and Harry Russell of Narrabri High School and Martha Harvey and Rory Taylor of St Francis Xavier provided a very thoughtful and well researched recollection of the events which lead to the 11th hour of the 11th day of the 11th month.

It was a very moving service with a large number of wreaths and poppies being laid at the Memorial.

As always be mindful of the trucks travelling around and through the Shire during this busy harvest time. Enjoy your week.

WEE WAA News
Wee Waa, Narrabri and Arguing

PUBLISHED TUESDAY

OFFICE
60 Maitland Street, Narrabri 2390 (P.O. Box 70, Narrabri)

PHONE
(02) 6792 1011
Robbie Barclay 0428 532 040

FAX
Advertising (02) 6792 4779
Classified (02) 6792 3476

EMAIL
Display: wwads@nwcourier.com.au
Classified: wwclassifieds@nwcourier.com.au
Editorial: wwnews@nwcourier.com.au

ADVERTISING DEADLINES
Classified: 5pm Monday
Display: 2pm Monday

INDEMNITY: Advertising agencies and advertisers accept full responsibility for the contents of all advertisements and agree to indemnify the publishers against any claim or proceedings out of the publications of such advertisements. Provision of material or copy for publication constitutes acceptance by advertisers and advertising agents of this condition. Printed and published by The Courier, 60 Maitland Street, Narrabri. ABN 67 000 207 750

WHERE THE FUN BEGINS

MONDAYS AND FRIDAYS 11.30AM

BINGO

WEDNESDAYS
starts at \$10,000
Jackpots by \$1,000 each week
Between 6pm and 8pm
Members must be present at the club to claim jackpot

RAFFLES
Wednesday Friday and Saturday
Directors meat raffles from 6pm

COURTESY BUS
Wednesday, Friday and Saturday
Call the club to make a booking - Picking up and dropping off within a 5km radius of the club

End of month Bonus members' rewards Earn points & WIN PRIZES!

WEE WAA BOWLING CLUB
69 Alma St, Wee Waa | Phone 6795 4401 | www.weewaclub.com

Career Directions

A workshop for people under 25 years old

It may seem like there are so many options for a career that you are unsure where to start.

This workshop will discuss some career options; goal setting; confidence building and action plans to help you on your path.

SET YOUR OWN DIRECTION

Choice of 2 dates:
Saturday 3rd December, 2-5 pm or
Sunday 4th December, 10-1 pm
Venue: 69 Maitland St Narrabri
Cost: \$50, includes light refreshments, and work folder

Please contact Helen Dugdale on 0417064507 or email: helen@australianbraincoaching.com.au

"A goal without a plan is just a wish"