

Media Release

Tuesday 11 June 2019

Get active with Council's Youth Empowerment Project

Young residents are encouraged to lace up their running shoes and get active, with two exciting sporting opportunities offered as part of Camden Council's Youth Empowerment Project.

They include:

- **StreetgYm every Tuesday, 3.30-5.30pm, at Birriwa Outdoor Youth Space, Mount Annan.** This program provides residents aged 12 to 18 years with the opportunity to get active and speak with YMCA NSW youth workers, volunteers and local community leaders in a safe space; and
- **Late-night basketball on the last Friday of each month, 9pm-midnight, at Mount Annan Leisure Centre.** This healthy competition is designed to help young people aged 16 to 25 years meet peers and develop their sports skills. It includes full-court basketball games, three on three matches, three-point shootouts and dunk contests.

Mayor of Camden, Cr Theresa Fedeli, said the NSW Government's Family and Community Services committed \$50,000, through the Youth Opportunities Funding Program, to make the Youth Empowerment Project activities possible.

"We have more than 16,000 residents aged between 12 and 25 years old in Camden – more than 20 per cent of the population," Cr Fedeli said.

"We want each and every one of our young residents to have the opportunity to come together in safe, supported and inclusive environments, to be supported to become active change-makers for Camden, to celebrate and embrace our differences and to be able to discuss, and find help for, issues affecting them, like mental health."

Council runs, and supports, many other physical activities for young residents, including:

- Skateboarding clinics held once a month, on a Saturday, at Kirkham Skate Park, Hilder Street, Elderslie, 10am-noon;
- Female Wellness Programs and Youth Boot Camp at Mount Annan Leisure Centre; and
- School holiday and Youth Week programs which include various sporting activities at Mount Annan Leisure Centre.

For more information, visit camden.nsw.gov.au and search 'Youth Empowerment Project'.

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