



# CASE STUDY: **Health and Wellbeing Youth Programs**

**MDSI promotes health and wellbeing for refugee and migrant youths.**

## **HYPE helps young people excel**

Macarthur Diversity Services has designed an eight-week youth program called HYPE (Helping Young People to Excel) to help young people excel in areas such as education, employment, training, health and fitness.

The program supports young people aged 12 to 24 from multicultural backgrounds, including new arrivals, to obtain new skills and knowledge, increase self-esteem and make social connections. It expects to enhance their academic, physical, social and mental wellbeing.

During a recent HYPE Youth Program at Ambarvale High School, ten students had the opportunity to learn about healthy living and wellbeing, goal setting, cyber safety, drug and alcohol, mental health (anxiety and depression), and pathways to education and training. They also attended a sport clinics run by Wests Tigers.

School holiday activities: Young people had the opportunity to go to different places to have fun and improve their fitness and wellbeing at the same time.

## **AT A GLANCE**



### **Target Participants**

Migrant youths from a refugee background



### **Aim**

To provide opportunities for young refugees and migrants to engage in sports.



### **Organisations Involved**

Macarthur Diversity Services (MSDI)



### **Location**

New South Wales



### **Funding**

MDSI

*MDSI was initially established in 1983, as an outreach project of the Liverpool Migrant Resource Centre, to provide settlement and re-settlement services for migrants and refugees residing in the Campbelltown, Camden and Wollondilly Local Government Areas.*

**For More Information Visit:**

[www.mdsi.org.au](http://www.mdsi.org.au)





# CASE STUDY: Health and Wellbeing Youth Programs

**MDSI promotes health and wellbeing for refugee and migrant youths.**

## **Youth Health and Fitness Workshops during May 2017.**

12 Young people from migrant and refugee background participated in eight sessions where they learned new skills and had the opportunity to practice different sport such as cross fitness, boxing, kickboxing, self-defence and flexi core.

In addition, young people learned nutrition and functional smart fitness tips and tricks to develop health habits they can continue on their own anywhere anytime. MDSI worked in partnership with The Pitt Martial Arts Studio.

## **MDSI YOUTH GROUP at PCYC Campbelltown.**

Macarthur Diversity Services develop a health and wellbeing program to young people from refugee background aged 12-25. This program provided PCYC membership to young people which give them the opportunity to access the centre at any time. Also, they had the opportunity to learn how to play archery and had sport clinics with Wests Tigers team who cordially work in partnership with MDSI.

### **AT A GLANCE**



#### **Target Participants**

Migrant youths from a refugee background



#### **Aim**

To provide work experience, mentoring and access to education and training opportunities.



#### **Organisations Involved**

Macarthur Diversity Services (MDSI)



#### **Location**

New South Wales



#### **Funding**

MDSI

*MDSI was initially established in 1983, as an outreach project of the Liverpool Migrant Resource Centre, to provide settlement and re-settlement services for migrants and refugees residing in the Campbelltown, Camden and Wollondilly Local Government Areas.*

**For More Information Visit:**

[www.mdsi.org.au](http://www.mdsi.org.au)

