

# CESSNOCK CITY YOUTH WEEK 2023

**20-30 APRIL 2023**

**CONNECT • PARTICIPATE • CELEBRATE**

**JOIN US FOR A RANGE OF FUN, INCLUSIVE ACTIVITIES**



Scan the QR code or visit  
[www.cessnock.nsw.gov.au/YW2023](http://www.cessnock.nsw.gov.au/YW2023)  
for more information on events,  
booking, transport and accessibility.

 **CessnockYouthCentre**

 **cycos\_cessnock**



YOUTH WEEK 2023 is proudly presented by  
NSW Government and Cessnock City Council.



## ACKNOWLEDGEMENT OF COUNTRY

Cessnock City Council acknowledges that within its local government area boundaries are the Traditional Lands of the Wonnarua people, the Awabakal people, and the Darkinjung people.

We acknowledge these Aboriginal peoples as the traditional custodians of the land on which our offices and operations are located, and pay our respects to Elders past, present and emerging.

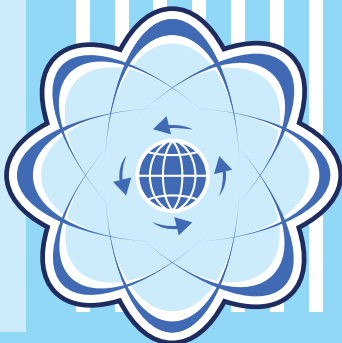
We also acknowledge all other Aboriginal and Torres Strait Islander people who now live within the Cessnock Local Government Area.



## INCLUSIVITY AND ACCESSIBILITY

The Youth Week Planning Group welcomes all young people of different abilities, backgrounds and communities to participate in the 2023 Youth Week Program.

All events welcome the LGBTQIA+ community, their families and allies. If you would like more information on inclusion and accessibility, contact Cessnock Youth Centre & Outreach Service (CYCOS) on (02) 4993 4355 or [youthcentre@cessnock.nsw.gov.au](mailto:youthcentre@cessnock.nsw.gov.au).



• CONNECT • • PARTICIPATE • • CELEBRATE •

## MAYOR'S MESSAGE



I am pleased to support the Youth Week 2023 program. This is an initiative that celebrates the energy, creativity, and diversity of our youth. Investing in our young people is investing in our future, and we are committed to providing opportunities to grow, learn, and thrive.

The theme for this year's Youth Week is 'Connect. Participate. Celebrate.' Let's focus on coming together, building connections, and celebrating the achievements of our youth. Through art, music, sports, events and community projects, we can empower our young people to make a positive difference in our community.

I am inspired by the resilience and determination of our youth, and I believe that this year's Youth Week will be an amazing opportunity for them to shine. So let's join together, support each other, and make the most of this exciting program. Thank you, and I wish everyone a fantastic Youth Week 2023!

*Cr Jay Suvaal, Cessnock City Mayor*

## ABOUT YOUTH WEEK 2023

Youth Week 2023 is officially taking place from 20 - 30 April 2023, however this year we are going **BIG**, running events from the 5 April right through to 5 May - that's an entire **MONTH** of cool things to get involved with!

There are events to suit all abilities and interests from locations across the Local Government Area (LGA).

This program was created in consultation with the 2023 Cessnock Youth Ambassadors as well as young people living, working or studying in our community. The young people contributed their time, creativity and resources to help create a diverse program. Thank you to all young people involved, and all organisations that contributed to planning and hosting events.

# CESSNOCK CITY YOUTH WEEK 2023

05 APR

## BIG BREKKY - CESSNOCK HIGH

8.30am - 9am at Cessnock High School

Free brekky for all students! Headspace will be joining in the fun with the students who can get creative and design their own tote bags to fill with self-care essentials.



CLOSED EVENT



13 APR

## FOOD MOOD

11am - 1pm at CYCOS

Learn the basics of a healthy diet to fuel your mood and body. Then prepare an easy and nutritious meal with Coalfields Healthy Heartbeat cooking class.



ALL AGES



19 APR

## MR STINK LIVE ON STAGE

12.30pm and 2.30pm at PACC

David Walliams' award winning book comes to life! Book at [mypacc.com.au](http://mypacc.com.au), use the code YOUTH for discount tix.



ALL AGES



20 APR

## ESCAPE ROOM: THE UPSIDE DOWN

10am - 11am at Cessnock Library  
2pm - 3pm at Kurri Kurri Library

Solve the mystery of Barb's murder and escape the Upside Down at the library!



ALL AGES



20 APR

## GUIDED MEDITATION

11am - 12pm at CYCOS

Get zen with the CYCOS crew and Heart of the Hunter. Learn how to calm your busy mind. Only 20 spots available so get in quick!



ALL AGES



20 APR

## FOOD MOOD

1.30pm - 3.30pm at CYCOS

Learn the basics of a healthy diet to fuel your mood and body. Then prepare an easy and nutritious meal with Coalfields Healthy Heartbeat cooking class.



ALL AGES



20 APR

## CYCOS POP-UP @ WOLLOMBI TENNIS CLUB

2.30pm - 4.30pm at Wollombi Tennis Club

Join us for an arvo of tennis, tunes and treats! Proudly supported by Home in Place.



ALL AGES



21 APR

## WAYAPA WUURK FOR TEENS

11am - 12Pm at Kurri Kurri Library  
2pm - 3pm at Cessnock Library

Join Sarah from Rainbow Crow Cultural Collective for this wellbeing event, which also features some traditional bush tucker!



ALL AGES



# CESSNOCK CITY YOUTH WEEK 2023

21 APR

## KURRI KURRI POOL PARTY

10am - 3pm at Kurri Kurri Aquatic Centre

Wind down the holidays with a Pool Party at Kurri Kurri Aquatic Centre. Free entry for under 18's between 10am and 3pm with the inflatable making a special appearance.



ALL AGES



21 APR

## FREE MOVIE SCREENING

11am at PACC

Kick back with a FREE screening of The Bad Guys at Performance Arts Culture Cessnock (PACC). Book at [mypacc.com.au](http://mypacc.com.au).



ALL AGES



22 APR

## PCYC SKATE COMP

10am - 1pm at PCYC Cessnock

Scoot, skate or ride your heart out! Free PCYC memberships on offer along with a BBQ lunch and prizes.



ALL AGES



24 APR

## ABORIGINAL AND TORRES STRAIT ISLANDER CREATIVE SESSION

11am - 1pm at CYCOS

Try your hand at some deadly keyring making. All supplies provided along with food and drink to fuel your creative energy.



ALL AGES



26 APR

## BIG BREKKY - KURRI KURRI HIGH

7.30am at Kurri Kurri High School

Free brekky for all students! Headspace will be joining in the fun with the students who can get creative and design their own tote bags to fill with self-care essentials.



CLOSED EVENT



27 APR

## CV WRITING WORKSHOP

At Kurri Kurri High School

Writing expert Keith Whelan will be presenting a CV Writing Workshop on behalf of Cessnock Library.



CLOSED EVENT



27 APR

## EMPLOYABLE SKILL BUILDING

10am - 12.30pm at Kurri Kurri High School

From interview questions and career goals, to how to dress to impress. Special appearance from Newcastle Knights players and BBQ lunch.



CLOSED EVENT



28 APR

## BIG BREKKY - MT VIEW HIGH

8am at Mount View High School

Free brekky for all students! Headspace are joining in the fun with the students and getting creative, painting an artwork to promote a healthy headspace.



CLOSED EVENT



# CESSNOCK CITY YOUTH WEEK 2023

28 APR

## MY SCHOOL RULES

11am - 1pm at Cessnock High School

Local school teams battle it out in this culinary challenge, judged by a panel of independent local tasters.

ALL AGES



28 APR

## SILENT DISCO

3pm - 5pm at Mai-Wel Cessnock

Dance your way into Term 2 with memories of Youth Week's silent disco! Select your tunes, snacks available to purchase to fuel you up. Boogie the afternoon away!

ALL AGES



 Mai-Wel

28 APR

## BOOT CAMP FITNESS SESSION

3.30pm - 4.30pm at The Centre at Kurri Kurri

A fun, free one-hour fitness session. Places are limited, book via the Youth Week QR Code.



AGES 12 - 17



28 APR

## BBQ LUNCH ALESCO SENIOR COLLEGE ABERMAIN

12.20pm at Alesco Senior College Abermain

Headspace are joining in the fun, get creative and work together on a collaborative artwork!

CLOSED EVENT



29 APR

## GAMES 2 U

11am - 2pm at Turner Park

Fancy yourself a gamer? Laser skirmish more your thing? What about a giant hamster ball? CYCOS and the Games2U crew take over Turner Park.



ALL AGES



02 MAY

## DRAG BINGO WITH TIMBERLINA

4pm - 5.30pm at The Centre at Kurri Kurri

Be entertained by Drag Queen Timberlina at this family friendly event. Free and open to all young people aged 12-20 and their families.

AGES 12 - 20



05 MAY

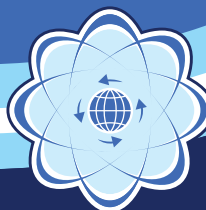
## POP UP OP-SHOP

10am at Alesco Senior College Abermain

A pop-up Op Shop full of FREE clothing and other items!



CLOSED EVENT



# CESSNOCK CITY YOUTH WEEK 2023

20 - 30 APRIL 2023

**THANK YOU TO EVERYONE WHO HAS  
MADE THIS YEAR'S EVENT POSSIBLE:**

