

## What is Tumbelin?

A Ngarrindjeri word meaning "Awaken and Live".

Tumbelin GO provides young people with a fun and engaging way to focus on increasing their:

- Self awareness
- Ability to participate in healthy relationships
- Hope and skills for the future
- Motivation to engage in education, employment and/or training

**Tumbelin GO is voluntary:**

**"We're here because we're choosing to be here."**

Based on the principle of 'Challenge by Choice', "We'll put out the challenge, the choice is up to you!"

**Tumbelin GO focuses on relationships and changing behaviours through:**

- Group Based Experiential Learning
- Restorative Practice
- Motivational Interviewing
- Person Centred Approach
- Reflective Practice
- Career Coaching
- Connecting young people to community

## Eligibility.

Young people aged 15-24 years who meet **one or more** of the following criteria:

- have been unemployed for 4 weeks or more; or
- have left school prior to completing Year 12 or an equivalent qualification level; or
- have been exposed to risk factors associated with long-term unemployment, such as homelessness or housing instability, disability or illness that reduces their capacity to participate in education or employment, being in or leaving out of home care, being a young parent, having a history of family joblessness, and/or having a history of criminal offending.

## Case management

Individualised (1:1) case plans are developed for each young person and include;

- Personal goals
- Strategies and supports
- Referral and exit pathways

## Tumbelin GO Expression of Interest Form.

Please fill out this form and send it to us.  
Please see the back panel for contact details.

Self referral

Other Person Referral (must be 18+ years of age)

Young Person's name:

.....

Young Person's consent for Other Person to send expression of interest (Young Person's signature required):

.....

Young Person's contact number:.....

Young Person's contact email:

.....

Address: .....

.....

Date of birth: .....

Other Person's name: .....

Other Person's relationship to Young Person:

Family Member/ Carer

Agency Worker/ Teacher

Other (please specify) .....

Other Person's contact number:.....

Other Person's contact email:

.....

Once an Expression of Interest Form is received a Tumbelin GO Case Manager will be in contact with the young person to arrange a time to meet, listen to them and answer any questions they have.

## Tumbelin GO Streams.

### 1. Group Adventure Therapy (GAT)

For young people who are keen to begin making changes to their self-esteem, self-confidence, social skills, and motivation. The program helps them to get their lives back “on track” and to make better choices.

- Up to 8 participants
- An exciting 10 week adventure based program featuring 3 day activities, an overnight camp, a 3 day/2 night expedition and a celebration
- Adventure activities can include; bushwalking, abseiling, rock climbing, mountain biking, caving and kayaking
- Upon completion of GAT participants may go onto the Career Coaching Stream
- Cultural Learning, connection with country and Aboriginal Community Elders may be an element of the program

### 2. Career Coaching Stream

A flexible, small, peer support program for young people looking to continue their journey of change in relation to employment, education and training.

- Up to 10 participants
- Engaging and fun group activities
- 1:1 sessions with experienced Career Coaches
- 10 week intensive program
- Up to 4 adventure activities
- Support in seeking work experience as required
- Follow up review and ongoing support
- Celebration of achievements

## Who are we?

Beginning in 1913, Baptist Care SA has grown to over 1200 dedicated staff and volunteers, working tirelessly to help South Australians achieve their full potential. We're committed to working with the State's most disadvantaged, championing local issues and connecting with people to enable positive change.

It isn't easy tackling such tough issues, but our clients' successes mean it's often extremely rewarding.

Learn more about us at  
[www.baptistcaresa.org.au](http://www.baptistcaresa.org.au)



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# Tumbelin GO “Begin your career adventure”

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