

Tumbelin Go

“Begin your career adventure”

Tumbelin Go is an exciting adventure therapy, case management and career planning program for young people living in Southern Adelaide and Port Lincoln.

Tumbelin is a Ngarrindjeri word which means “Awaken and Live”. As workers, our aim is to journey alongside young people as they discover how to get up and “Go” towards a career that makes them feel “Awake and Alive”.

Tumbelin Go is based on our belief that young people who can discover and experience connection with themselves and others, and develop and maintain their capacity to build positive, healthy relationships, will be more likely to secure training and/or employment.

Tumbelin Go Streams

Group Adventure Therapy (GAT)

Day activities and camps for small groups of young people who are at or near the start of their career journey, including rock climbing, abseiling, bushwalking, kayaking and mountain biking. GAT helps young people discover personal strengths, address life barriers, develop teamwork skills, and build confidence and capacity to connect with trainers and employers. GAT is also a great way to build motivation to look for work and attend job interviews, and learn through adventurous experiences what it takes to keep engaged in the workplace, and seek feedback on performance.

Career Counselling

Can be undertaken after GAT, or as a separate standalone program for young people who are already actively seeking training or employment. Group and individual sessions will address the skills needed to obtain and maintain employment and connect with the community.

Cultural Learning including connection with country and Aboriginal Community Elders, can be incorporated into the program.

Eligibility

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

- i. have been unemployed for 4 weeks or more; or
- ii. have left school prior to completing Year 12 or an equivalent qualification level; or
- iii. have or be 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.

How does it work?

Once registered, participants will be assessed on their barriers and assisted to develop a Career Plan.

Participants will have the opportunity to participate in 6 x 2 hour group activities, which may include discussions, adventure-based experiential learning and skills development. Where required, participants will be provided with one-on-one counselling and/or career coaching

sessions. Where appropriate work experience placements will be organised. From there, participants will undertake a one-on-one review of their Case Plan and Career Plan and be assisted to develop an agreed exit pathway plan. Where required, participant can access further support to address their Vocational Barriers or Non-Vocational Barriers.

How we can work with you

1. Complete Intake Referral Form
2. Meet to align expectations for participant / client
3. Meet regularly to discuss Career Plan and progress

Contacts

Southern Adelaide	Port Lincoln / Eyre Peninsula
Chris Lemm Team Leader Tumbelin Go Wardli Centre, 13 McKinna Rd, Christies Downs Mobile: 0438 260 268 E Mail: clemm@baptistcaresa.org.au	Sue James (Port Lincoln / Eyre Region) Career Coach Tumbelin Go 14 Edinburg St, Port Lincoln Mobile : 0438 969 129 Email: sjames@baptistcaresa.org.au
Sue Mowbray Career Coach (Southern Adelaide Region) Tumbelin Go Wardli Centre, 13 McKinna Rd, Christies Downs Mobile: 0429 085 904 E mail: smowbray@baptistcaresa.org.au	
Shea Callaghan Adventure Therapy Case Manager (Southern Region) Tumbelin Go Wardli Centre, 13 McKinna Rd, Christies Downs Mobile: 0418 646 146 E mail: scallaghan@baptistcaresa.org.au	

About Us

Beginning in 1913, Baptist Care SA has grown to over 1,200 dedicated staff and volunteers, working tirelessly to help South Australians reach 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: baptistcaresa.org.au