

# Heartland

Your Community News



## Heartland Your Diary

### 65 Roses breakfast

MAY 28: 65 Roses breakfast raising funds and awareness for Cystic Fibrosis Hunter Valley and John Hunter CF Paediatric Unit. Albion Hotel, 7.30am. Seats are limited. Cost per person \$30. Door prize, raffle. Reservations ring Ruth on 0403 404 460.

### Mental health support

MAY 28: Singleton Support Group for Carers and Consumers of Mental Illness, meets at Singleton Library 12-2pm. Lunch \$5. Enquiries phone 6571 2275.

### Country dance

MAY 29: Whittingham Hall Inc, 8pm. Ray Boys music. All welcome. Enquiries: 6572 1984.

### Boer War service

MAY 30: A small ceremony will be conducted at the Boer War Memorial in Burdekin Park at 12.30pm.

### Support group

JUNE 1: Bears of Hope Pregnancy and Infant Loss Support Group is holding meetings on the first Tuesday of each month. Meetings are held at the Community Health Centre, Boonal Street Singleton from 10am to 12pm. RSVP to Toni@bearsofhope.org.au or call 0400 475 012.

### Helicopter Support meeting

JUNE 1: The Singleton Volunteer Support Group monthly meetings are on the first Tuesday of each month from 7.30pm at Club Singleton. New members always welcome. Further information contact Jayne Eather on 6572 1980.

### Singleton Bush Poets

JUNE 2: The next meeting for the Singleton Bush Poets and Writers will be held at 7pm at the Heights RSC. All welcome to come along, read a poem, recite, get hints on writing and performing or just sit and listen. Informal and inclusive. Further information Isabella Bailey (w) 6571 2669 or (h) 6573 3873.

### Luncheon for cancer

JUNE 3: The Singleton Women with Cancer Support Group will hold a luncheon at 11.30am to 12 noon the Uniting Church hall in Church Street to support the group. Tickets, \$15, on sale now at Mine R Monkeys and Lillies in the Valley.

### Poetry at the showground

JUNE 5: A night of bush poetry will be held at Singleton Showground, 7pm for 7.30pm. \$20 and guests invited to bring a basket supper and BYO in plastic cups. Further details phone Isabella or John Bailey on 6571 2669. Also a poetry workshop from 8am to 3pm at Heights RSC.

## Set for success

Every young person needs someone to lean on and for Sam Smith that support is coming through the Max Potential program and his mentor Carey Duggan. Sam spoke to journalist Kate Morris about the program and how much it has helped him towards reaching his goals.

MAX Potential is not somebody's name, it is a program designed to 'maximize potential' and bring out the best in an individual.

For Singleton High School student Sam Smith it has been the best thing ever, helping him achieve the things in life that he identified as being important to him.

Sam is one of eight Singleton High School students taking part in the Max Potential program that connects community leaders with emerging young leaders.

His mentor is Singleton Council's youth programs coordinator, Carey Duggan, and they have been working on a plan to improve Sam's grades at school.

The one-on-one coaching sessions are held every few weeks between the mentor and the individual and there are also regular get-togethers with others who are doing the program.

This provides the opportunity to brainstorm ideas and share stories.

Although Sam's plan was simply to improve his grades at school, he said he has noticed improvements in all areas of his life.

Sam is currently in Year 11 and is looking at an extra busy year next year with his HSC.

He said after the School Certificate in Year 10 he found it difficult to find the motivation to get involved in his study and his grades were not what he wanted.

He now has a planned program that includes visualisation techniques, time management, motivation and goal setting.

"I have to think exactly why I want to do better in my life," he said.

"It helped me with all my subjects and not just maths and chemistry where I needed help, but all of my subjects," he said.

"I just want to do the best I can in the HSC."



POTENTIAL: Sam Smith hopes to make an impact on the music industry with an idea of providing local bands with a resource tool on local recording studios. His Max Potential mentor Carey Duggan will be assisting him with this project through the program.

Sam said some of the things that work for him are as simple as marking due dates for work on the calendar, planning a study timetable and using post-it notes to remind him of homework.

"I set my phone to go off when it is time to start on my homework and I am just in a routine now," he said.

"It is really satisfying and gives you a sense of achievement when you cross things off the list," he said.

"I suppose I am a lot more confident about my work... I am succeeding more and just not doing so bad... so I am more confident about the HSC."

As part of the Max Potential program students are required to make a video of their experiences.

A community service project is also part of the program that is designed to encourage the entrepreneurial spirit and build a 'can-do' attitude.

Sam is planning to create a music industry resource booklet for his community project.

The aim and purpose of Max Potential is to stimulate accelerated learning and develop an awareness of intellectual and physical resources, thereby enhancing self-esteem.

The course explores new breakthroughs in brain/mind techniques that help individuals reach their potential.

## Local people bringing you local news



Julie  
Corrigan  
Administration

Bryson  
Kempster  
Paper Boy

Jayden  
Rohan  
Paper Boy

Adam  
Sneddon  
Paper Boy

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