

LIFELINE NORTHERN BEACHES MEDIA RELEASE

FOR IMMEDIATE RELEASE

3 November 2021

Drop In for Youth aims to raise awareness of local mental health support services

Drop In for Youth Skate Event at Mona Vale Skate Park – 11 December 2021

Northern beaches mental health and community services have joined together to host a COVID-Safe skate event in Mona Vale on Saturday, 11 December.

This is one of the first community events on the northern beaches since lockdown began, and is a great way to finish off the year.

“The idea behind the event is to showcase mental health services available for young people across the northern beaches while having fun,” says David Thomas, CEO of Lifeline Northern Beaches. “Everyone is welcome.”

The skating is fun for all ages – with prizes and giveaways to be won for the youngsters and a cash prize pool for skaters competing in the Open and Masters divisions. \$15 entry fee to cover event costs.

Local skate prodigy Ruby “Rockstar” Trew is headlining the event where she will be competing in the open vert comp.

At 14-years-old, Ruby is an accomplished and competition-winning skater and surfer. In skateboarding, Ruby represented Australia at the 2019 World Skateboarding Championship in Barcelona, Spain. At age 10, she took out the silver medal in the Open Women’s Vert Skateboarding category. In surfing, Ruby was the 2019 NSW State Champion for Under 12 Girls and she has won the Australian Oz Grom competition for Under 12 Girls at Lennox Head, NSW.

“Lifeline Northern Beaches has a youth counselling service for anyone aged 15-years-old and over at the Avalon Youth Hub,” says David. “The event aims to bring skaters of all ages together and gives Lifeline an opportunity to inform the wider community about the mental health support services available.”

“The Avalon Youth Hub is dedicated to supporting the mental health of young people across the Pittwater area,” says Justene Gordon, CEO of the Burdekin Association. “The Hub has a number of support services including counselling by Lifeline Northern Beaches, Mission Australia and KYDS as well as workshops, community information sessions and events, and specialised support groups to meet the needs in the community.”

“Sometimes we can all struggle with our mental health, and Lifeline is here to support you. Lifeline’s 24-hour phone line – 13 11 14 – and text service – 0477 13 11 14 – are complemented with face-to-face counselling services for ongoing support in Avalon, Balgowlah and Mosman” says David.

Lifeline Northern Beaches has been supported by the Avalon Youth Hub, Monster Skate Park, Rotaract Northern Beaches, the Business Education Network, Hurley, Globe, Skater HQ, SB NSW, and Modest Eyewear. [CHECK ALL SPONSORS]

EVENT DETAILS

JOIN Ruby "Rockstar" Trew at DROP IN for YOUTH 2021 SKATE VERT COMP + Skate Park Fun - BEST Limbo, Highest Ollie, Board Jump and Trick Jam

OVER \$10,000 in CASH - PRIZES - GIVEAWAYS to be WON!

DJ - FOOD TRUCKS - CAFE

SATURDAY 11 DECEMBER 2021 9:30AM, MONA VALE SKATE PARK, 1604 Pittwater Road, Mona Vale

SKATE VERT COMP Kicks off 10:30am

Divisions:

- 6 & Under - Girls and Boys
- 8 & Under - Girls and Boys
- 12 & Under - Girls and Boys
- 16 & Under - Girls and Boys
- Open Women's - All Ages
- Open Men's - All Ages
- Masters 45+ - Women's and Men's

Skate Park Fun - BEST Limbo, Highest Ollie, Board Jump and Trick Jam competitions are for everyone to have some fun!