



YOUTH REFERENCE GROUP

INFORMATION FOR YOUNG PEOPLE

What is headspace Bathurst Youth Reference Group?

headspace Bathurst Youth Reference Group is made up of young people between the ages of 16-25 who are passionate about mental health and wellbeing. The group aims to:

- Provide young people with the opportunity to have input into **headspace** Bathurst services and develop projects
- Allow a way for the voice of young people to be heard and acted upon
- Provide opportunities for skills and leadership development
- Provide experience in media, marketing, communication and advocacy skills
- Support young people to lead projects locally
- Improve the lives of local young people by ensuring **headspace** Bathurst meets their needs

What will my role in the Youth Reference Group involve?

headspace Bathurst Youth Reference Group Members are involved in the planning, decision making and direction of **headspace** Bathurst.

Your voice will help -

- Guide **headspace** Bathurst in the development and review of programs, groups and resources
- Inform collaborative planning undertaken by **headspace** Bathurst Consortium
- Ensure young people in Bathurst have the opportunity to initiate and be involved in community awareness raising activities and events
- Create positive youth media that promotes young people, their experiences and stories
- Ensure **headspace** Bathurst continues to be a youth friendly centre that meets the needs of local young people

headspace Bathurst Youth Reference Group members:

- Attend fortnightly meetings on a regular basis
- Work with a Youth Care Coordinator to develop a personal wellbeing plan.
- Attend monthly meetings with a Youth Care Coordinator to develop your ideas between meetings.
- Volunteer time to design projects and attend events
- Are involved in online groups or contactable between meetings so that we can progress your ideas and keep the momentum going.

headspace Bathurst, 102 Keppel Street, Bathurst NSW 2795 Tel 02 6338 1100 Fax 02 6338 1199

Find out more at headspace.org.au/bathurst or keep up to date with what's happening at facebook.org.au/headspacebathurst

headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health and Ageing under the Youth Mental Health Initiative Program.

What's the time commitment?

The appointment of **headspace** Bathurst Youth Reference Group members is 12 months. There will be fortnightly meetings organised at a time that suits members. Meetings go for 1.5 hours.

You will also have meet with a Youth Care Coordinator to develop a personal Wellbeing Plan. After this, your Youth Care Coordinator will be your Mental Health Mentor, helping you to develop your ideas and ensure you have access to the information you need to succeed.

In between meetings and events, contact will be maintained through facebook, email and telephone. There will be an expectation that young people participate regularly in these discussions. It will also be expected that young people take part in focus groups and project work related to their area of interest. You can expect to spend an additional 2 hours a fortnight on these projects.

What's in it for you?

This is your chance to -

- Link in with other young people and have a positive impact on your community
- Build your skills! Depending on your interests you could learn more about:
 - Leadership and communication
 - Project management
 - Mental health
 - Mental illness
 - Alcohol and other drugs
 - Talking to the media
 - Public Speaking
- Advocate on behalf of your peers and community
- Get some experience in marketing and promotion
- Participate in training opportunities
- Tick up a whole heap of experience for your resume

How do I apply?

Simply complete an application form and return it to **headspace** Bathurst, 102 Keppel Street or PO Box 175. You can also email it to jake.byrne@marathonhealth.com.au

If you're under 16 years of age you'll need the approval of your guardian to get involved. If you think this is going to be a problem please let us know.

Once your application has been received our Community and Youth Engagement Coordinator Jake Byrne will make contact to arrange an interview. Your interview will take place at **headspace** Bathurst, 102 Keppel Street. If you have any questions about this process you can call Jake Byrne on 6338 1100.

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