



Youth Reference Group
Want to find out more? Contact Karen Golland
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or 02 6338 1100

Why does headspace Bathurst have a Youth Reference Group?

We want to make sure that **headspace** Bathurst continues to meet the needs of young people in our region. To achieve this we need the inside scoop on what the hot topics are, advice on where we should focus our attention, youth input on how we can improve the experience of young people who walk through our door and ideas on how we might reach young people in our community when they need us. We also need to know what's working, and what isn't, and a plan to make sure we're regularly asking these questions.

headspace Bathurst is always looking for new ways to celebrate the skills and knowledge young people have, and we believe a Youth Reference Group will prove a great way of utilising the strengths, abilities and capabilities of our youth community.

What will my role in the Youth Reference Group involve?

By being a member of **headspace** Bathurst Youth Reference Group you're signing up to be 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.
- 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.

What's in it for you?

This is your chance to -

- Link in with other inspired young people and have a positive impact on your community.
- Build your skill set! You can focus your attention on the skills you most want to develop. This could range from lending a helping hand at community events, project management, or increasing your knowledge of mental health.
- 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.

What am I committing to?

If you're a member of **headspace** Bathurst Youth Reference Group you'll be ready to -

- Attend monthly meetings on a regular basis. You'll also need to be acknowledge that there will be times you won't be able to make it, so being prepared to keep in touch when you're not around will be important. The dates and times of these meetings will be decided by members.
- Volunteer your time to develop projects and attend events.
- Be involved in online groups or contactable between meetings so that we can progress your ideas and keep the momentum going.

How do I get involved?

- To get you application rolling we just need a few details from you. You'll find an application form on the **headspace** Bathurst website or you can pick up one from our office at 130 Havannah Street.
- 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 completed, simply return the application form to Karen Golland, by email karen.golland@marathonhealth.com.au, by mail PO Box 175 Bathurst NSW 2795 or drop it in to 130 Havannah Street.

headspace Bathurst, 130 Havannah 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

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