



IDIOM

defn: (noun) the language particular to a people or district, community, or class.

Bassendean Youth Services

Bassendean Youth Services are situated at 85-87 Old Perth Road Bassendean, on the corner of Whitfield Street.

The Youth Centre is open for young people to 'drop-in' between 3pm and 6pm Tuesday to Friday, and offers a broadband internet and computer game café, XBOX, mini skate ramp, guitars, amps and drums, table tennis, squash courts and DVD movie projector.

Everything going on in the afternoons is free, and the centre is available for young people aged 12 to 25.



There is also stuff going on at the centre like LAN parties, band rehearsals and entertaining activities most weeks.

Once a month, there is an activity on a Saturday and this year we have been

ski-biscuiting on the Swan River, snorkelling at Rottnest Island and we plan to spend a day at Adventure World in December. Most of these activities only cost a few dollars.

During the April and October school holiday periods the youth centre runs a camp. We have held surfing and skateboarding camps as well as bush survival camps in the Avon Valley and Byford.

The Youth Service is open during the day for young people needing support with accommodation, legal problems, employment assistance and medical issues etc.

A JPET program – which helps young people who are homeless or at risk of homelessness - also operates from the centre, as does the RAP Program which can provide assistance to families, young offenders and refugees.



Youth Health...

With all the recent talk about Australia's growing obesity problem, here are a few good reasons for young people to stay physically active...

- You feel fit, energetic, strong and healthy. This can help you feel positive about life.
- Physical activity releases endorphins - these are the body's natural "feel good" chemicals.
- Physical activity reduces stress and tension, making you feel relaxed.
- Exhilaration - enjoy the thrill of some activities, like climbing a rock wall, skating playing indoor sports or even just riding your bike.
- Social enjoyment, like making new friends, enjoying the fun of a social team game together, or chatting while you walk.
- Increased skills - practice means getting better at what you do.
- More physical activity means you can eat more without gaining weight and your muscles become stronger.
- You have a better night's sleep when you are regularly active and feel less tired.
- Being healthy = looking your best, increasing self-esteem and positive self-image.
- You can use strenuous physical activity as an effective way of reducing your anger.
- Physical activity helps to keep calcium in your bones, keeping them stronger for longer.
- Physical activity = strong heart and lungs - they'll last longer and so will you!
- It keeps your blood pressure and cholesterol down, so you'll stay healthy longer.



Young people and the law... Security Guards

Security guards act on behalf of the owners/managers of schools, shopping centres and other businesses.

Security Guards are well within their rights to ask you to leave the property, and you must go.



You do not have to answer to questions asked by Security Guards.

Security Guards can arrest you if they believe that you have committed a crime or you are about to commit a crime.

If Security Guards believe you have committed a crime they can hold you until the Police arrive.

This is general information only and it should not be considered legal advice. Please contact the Youth Legal Service on 9202 1688 for further information.



Resources for Adolescents and Parents (RAP)

We are a youth and family program which offers individual counselling for young people on issues such as self-esteem, depression, abuse, peer or family conflict etc. Family mediation and family counselling sessions are also available with young people and their caregivers who are experiencing family conflict. We provide two workers to assist with:

- Practical assistance
- Advocacy
- Informal advice/ counselling
- Family counselling
- Mediation, or
- Referral to an appropriate service

You can access our programs for free if you:

- Are between the ages of 10 and 18 years
- A caregiver with a child between these ages
- Received this in your letterbox

For more info call Gerri on 0417 911289 or Sue on 0407 424 312.

'Slick 06'

The Bassendean Youth Advisory Council will host yet another event for local young people aged 12-25 on Saturday 25th November from 6.00pm till 10.00pm.

Entertainment will include a spectacular light show, a pumping DJ, an Aero-bungee, air-brush body art, a cover band, a mechanical bull ride, awesome break-dance battles including beatboxers, a graf art exhibition and a stack of other fun stuff. This is bound to be a fantastic night for all local young people who attend. The event will unfold at the rear of the McDonald Grandstand, Steel Blue Oval, Bassendean.

Skatepark for Bassendean

The Town of Bassendean is building a skatepark at the corner of Guildford and West Roads in Bassendean – behind the McDonald Grandstand, near the existing skate ramp. Convic Skateparks Pty Ltd has been contracted to design and construct the facility with completion scheduled for April 2007. All bladers, skaters and bike riders will be welcome to use the facility. Check out Convic's website at www.convic.com where you can view photos of the world's biggest skatepark – built by Convic!



Room for NOISE!!!

Bassendean Youth Services has a music rehearsal room for budding young artists to 'jam' in. We have a couple of guitars, amps, and a drum kit for young people to use from Tuesday through to Friday between 3.00pm and 6.00pm. It's also open until 9.00pm every second Thursday – bookings are essential only for these Thursdays. Why not come on down to the youth centre and have a go? You can even bring your own instruments along too if you like.

'Young Blokes'

Bassendean Youth Services is running a group for young men on Friday 17th November 2006. Following the success of the 'Femme Fatale' young women's group a few months ago, this group will explore health and lifestyle issues specific to young men. Also, there will be stacks of other really cool stuff for guys to do – things like skating, roller-blading, DVD's and LAN games as well as ping-pong, fooze-ball, quizzes, music, pizza, popcorn and more!

For more info on any of these, please call Evan Hillman, Youth Development Officer on 9279 2329.

