



IDIOM

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

Bassendean Youth Services

Bassendean Youth Services are situated underneath the McDonald Grandstand at Steel Blue Oval on the corner of West and Guildford Roads.



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, band room, table tennis, and DVD movie projector.

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

The centre also runs LAN parties, band rehearsals and entertaining activities most weeks. Saturday activities are also offered although limited places are available. In the past activities have include a visit to Adventure World, Go-Karting, Outdoor Rock Climbing, and Paintballing .Most of these activities only cost a few dollars per person.

During the April and October school holiday periods the Youth Service runs a camp. We have been on snorkelling and skateboarding camps as well as bush activity camps in Margaret River where young people can experience abseiling, horse riding and caving.

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 people aged between 15 and 21 who face personal and social barriers to employment, education or community participation. - also operates from the centre, as does the RAP Program which can provide counselling and other assistance to families and young offenders.

Youth Health - Depression

We all feel sad and low from time to time. This is normal. In a normal day people can go through a range of emotions. Having low feelings and depressive thoughts for a long time is different however.

Different people describe depression differently. About 25% of young people suffer depression by the time they are 24, but very few seek help. Some symptoms may include an unusual sad mood that does not go away, lack

of energy or tiredness, feeling anxious, empty or numb or even feeling lonely or unloved or crying and not knowing why you're crying. If you feel so depressed that you want to harm yourself, it's important to talk to someone now. Tell a person you trust, or speak to a health care professional.

What causes depression?

- Sometimes there is a family tendency to experience depression.
- Sometimes there are reasons like a family break-up, child abuse, ongoing bullying at school, rape, the death of a friend or family member, a relationship break-up or family conflict
- Sometimes there is no obvious reason.
- Sometimes there can be a lack of certain chemicals in the brain that regulate your mood.

What to do...

- Talk to a friend or person you trust.
- Counselling could help you understand the reason for depression.
- A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well.
- Exercise. After only 30 minutes of exercise people get an increase of good feelings.
- Do creative things like writing and drawing - different forms of expression other than talking.

What not to do

- Some people use alcohol or other drugs to block out the depression. These don't make things better, and can have very bad side effects.

How can I help my friend?

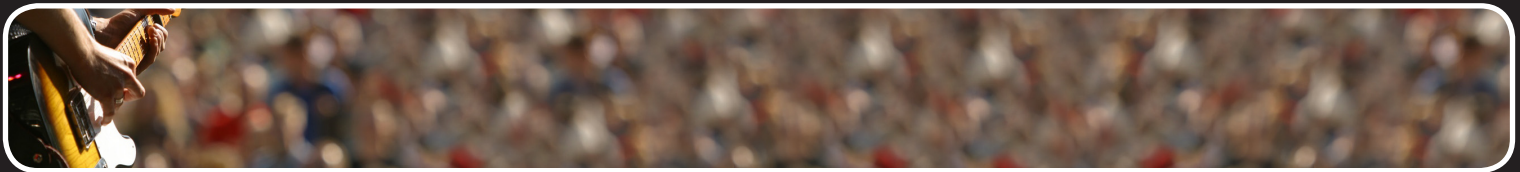
- Take your friend's feelings seriously, let them know you're there and really listening. You don't have to try to 'fix' it. Listening and caring is the most important thing.
- Offer to go with your friend to see a doctor or counsellor.
- Spend time doing things that your friend want to do.





What is the Bassendean Youth Advisory Council?

The Bassendean Youth Advisory Council is a group of young people aged 12-25 who represent the Bassendean community and come from a variety of backgrounds and cultures. Youth Advisory Councils were set up by the state in collaboration with Local Governments and they allow young people to advise the Local, State and Federal Governments about issues that affect young people.



Why join the Bassendean Youth Advisory Council?

Have your say on issues that affect you.

Learn new skills such as Leadership, Decision Making, Working as a team, Event Organisation.

Learn how the Government works.

To get involved in organising of youth events which happen in your community.

What happens at meetings?

The Youth Advisory Council;

Discuss issues that are relevant to young people

Plan community events and projects.

Provide recommendations to the Local Council.

Act as a focal point for community members to bounce ideas off.

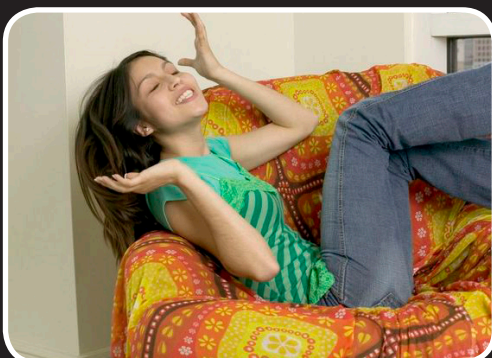


When are the meetings?

The Bassendean Youth Advisory Council generally meets on the first Tuesday of every month, but you can check the council meeting calander on the Town of Bassendean's Website for the latest information.

How do I join or get more information?

Contact the Town of Bassendean's Youth Development Officer on the details below and they will be able to send you out an application form or give you more information.



Contact Details

Bassendean Youth Advisory Council
Contact the Youth Development Officer - Town of Bassendean
phone: 08 9279 2329 fax: 08 9279 2234
email: bassendean@iinet.net.au
postal: PO Box 87, Bassendean, WA, 6934