



IDIOM

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

headspace

headspace is the National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds.

headspace is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

Research shows that 75 per cent of mental health disorders emerge before the age of 25. By treating these issues early and providing a holistic model of support, the risk of them developing into more serious problems, including suicide and self-harming, is greatly decreased.

Driving young people and their families to a single front door through headspace ensures they get the support they need, regardless of the mental health issue the young person faces.

Since it was established in 2006, headspace has supported tens of thousands of young people and their families through direct clinical services and thousands more through health promotion and community awareness activities.

The success of headspace has been recognised internationally, with the model being replicated in other countries.

headspace is funded by the Australian Government Department of Health under the Youth Mental Health initiative.

If you feel that headspace can help you, contact Bassendean Youth Services.



Driving is more complex than we think

Driving requires perception, comprehension, prediction, decision making and situational awareness, which many experienced drivers may feel is 'automatic', but for young drivers it can be daunting.

With road crashed cited as the leading cause of accidental death in the country, it is crucial to discuss driver distractions when preparing a young person to drive. Any number of things inside and outside the vehicle can distract a driver such as; mobile phones, eating and drinking, adjusting and using controls, passengers, animals, and signage. All these distractions increase mental workload.

It is estimated that distractions contribute to over a third of road deaths and serious injuries in Western Australia because they cause longer reaction times, reduced awareness, missed traffic lights, reduced field of vision and an inability to stay in the lane or maintain an appropriate speed. Studies show that using a mobile phone while driving increases the risk of crashing by up to four times.

The internet is a great resource for gathering information about eliminating driver distractions. School run programs like Keys for Life are also great programs.

Parts of this article were originally published in the February edition of SDERA News





Youth Advisory Council

The Bassendean Youth Advisory Council (YAC) is a group of young people who meet monthly to discuss current issues that interest or affect them.

The Bassendean YAC has been heavily consulted on the planning and construction of the Town's popular Skate Park and annual Youth Events. It has also given feedback to Local, State and Federal Governments on issues affecting young people including State Law reform, the National Novice Driver Review and the National Drugs campaign.

If you are between the ages of 12 and 25 years and either live, work, study or recreate in the Town of Bassendean (Bassendean, Ashfield or Eden Hill) then you are eligible to join the Bassendean YAC.

For further details on the YAC, contact the Youth Development Officer at the Town of Bassendean.

Dudley Robinson Youth Grant

The aim of the Dudley Robinson Youth Grant is to support individuals to strive toward developing their potential in their chosen pursuit.

Individuals can apply for a grant to represent the State or Commonwealth in a recognised sporting, performance arts, academic achievement event, or to attend youth leadership activities.

The grant will provide up to \$300 for international representation and \$200 for National representation. For Youth Leadership Activities the limit is set at \$250. To be eligible you must reside in the Town of Bassendean and be aged between 12 and 25 years.

If you would like more information contact the Town's Youth Development Officer on 9279 2329 or download the application form from the Town of Bassendean website at www.bassendean.wa.gov.au

Bassendean Youth Services

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

The Youth Centre is open for young people to 'drop-in' between 3pm and 6pm Tuesday to Friday, and to 10pm every second Friday. The Centre offers a broadband internet and computer game café, PS3s, band room, pool table, and 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 activities most weeks. Structured activities are also offered every school holidays. Past activities have included: Adventure World, Go-Karting, Outdoor Rock Climbing, and Paintballing. Most of these activities only cost a few dollars per person.

During the next school holidays the Youth Service will run a number of activities. Come into the Youth Centre to find out what's happening next, or check out our website for more information - www.bys.net.au

