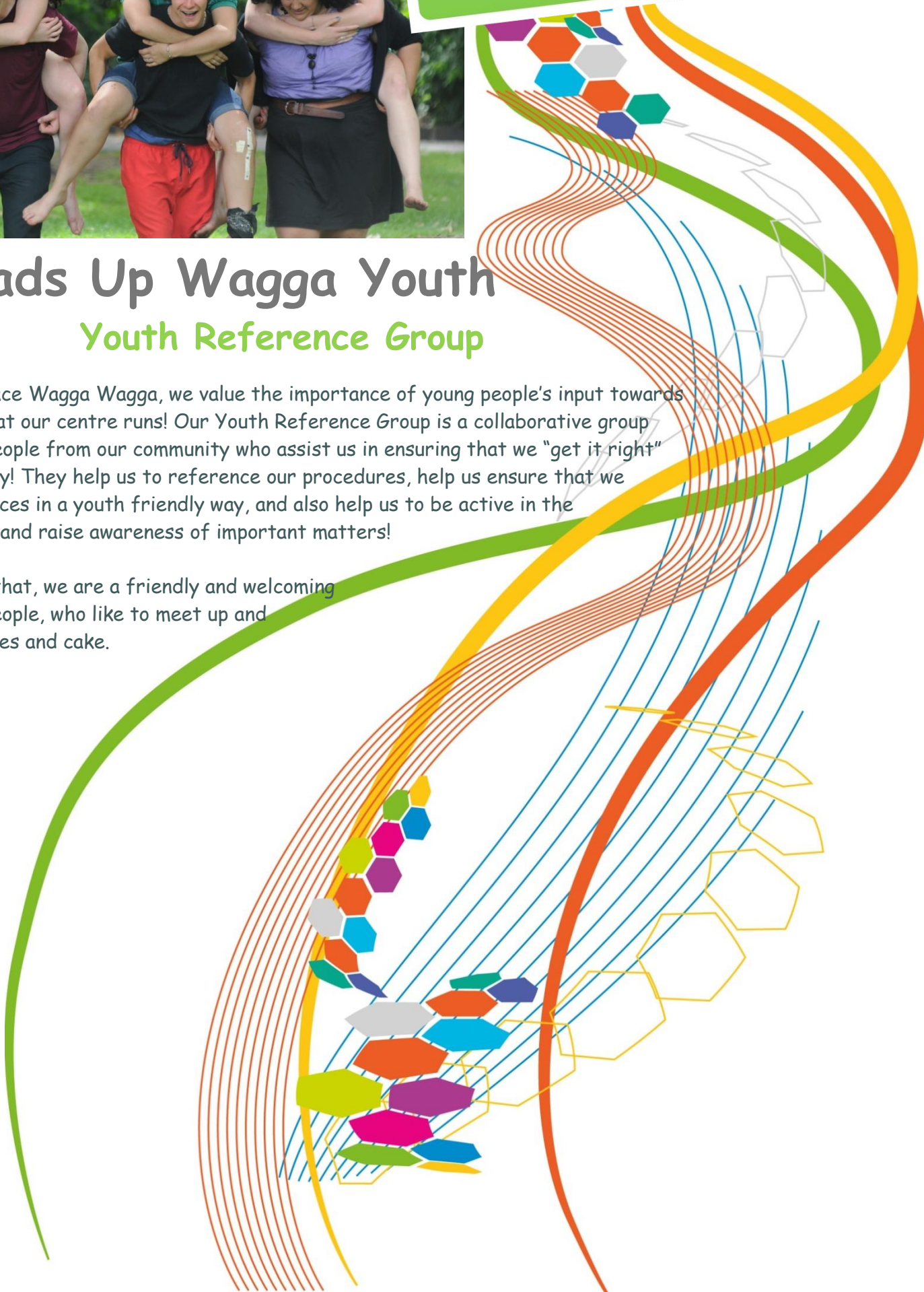




Heads Up Wagga Youth Youth Reference Group

At headspace Wagga Wagga, we value the importance of young people's input towards the way that our centre runs! Our Youth Reference Group is a collaborative group of young people from our community who assist us in ensuring that we "get it right" in every way! They help us to reference our procedures, help us ensure that we offer services in a youth friendly way, and also help us to be active in the community and raise awareness of important matters!

On top of that, we are a friendly and welcoming group of people, who like to meet up and share stories and cake.





Heads Up Wagga Youth Information Pack

What can you expect from being part of the Youth Reference Group?

We are a friendly group of young people from the local area, aged between 16 and 25 years old. We all strive to provide a safe and friendly group for people to join, have fun, and help work towards our common interest of promoting Youth Mental Health. We value every one's unique experiences and interests, and hope to provide an area that each person can be innovative in promoting their areas of interests!

We endeavour to:

- Ensure that headspace Wagga Wagga is providing "youth friendly" services, in every way
- Provide feedback and evaluations of the staff and services
- Provide input about the things that matter to young people
- Support the promotion of their programs and key messages
- Be active in the community in raising awareness about youth mental health
- Develop community events and promotions
- Attend community events
- And most importantly, make new friends, have fun and eat lots of cake!

Being a member of the YRG is a voluntary role that offers an opportunity to have your say and improve health services for young people in your community. YRG members gain valued skills and experience which will be sure to serve you well in a wide range of future endeavours.

We currently meet weekly from 5.30 Tuesdays for a meeting to discuss the projects that we are working on. Although we discuss important things, our meetings are casual and food is provided (most weeks we have cake as well!). Aside from our weekly meeting, we also attend some community events or the events that we plan.

So how do I get involved?

So that we are able to make sure that you are getting the most out of the group, and that you're having fun, we need to find out a little bit about you! If you are interested, simply complete the application form and return it to huwy@mml.org.au or you can post it or drop it into our centre at 2/185 Morgan Street, Wagga Wagga, NSW 2650. If you have any questions at all, please don't hesitate to contact Maja on (02) 6923 3170.

You can also check us out at www.headspace.org.au/waggawagga
or facebook.com/waggawagga



Heads Up Wagga Youth **Application Form**

Name: _____

Address: _____

Phone number: _____

Email address: _____

Preferred way to be contacted: ☐ Text ☐ Email ☐ Other: _____

Date of birth: _____ Favourite Cake: _____

A little bit about me:

Below are some of the services or key areas that headspace Wagga Wagga focus on. Please tick any that you are particularly interested in:

- | | | |
|--|--|-----------------------------------|
| <input type="checkbox"/> Mental Health | <input type="checkbox"/> Sexual Health and Relationships | <input type="checkbox"/> Bullying |
| <input type="checkbox"/> General Health | <input type="checkbox"/> Family and Carers | <input type="checkbox"/> LGBTIQ |
| <input type="checkbox"/> Alcohol and Other Drugs | <input type="checkbox"/> Homelessness | |
| <input type="checkbox"/> Other: _____ | | |

What I want to get out of HUWY is:

☐ I'm happy for my contact details to be shared with the HUWY Team once I have joined

Please return form by emailing to huwy@mml.org.au or by posting or dropping into headspace Wagga Wagga, 2/185 Morgan Street, Wagga Wagga, NSW 2650.