



Introduction from our Chair

BYA has had another vibrant quarter.

We were thrilled to welcome Youth Minister Dave Kelly and Warren Blackwood MLA, Jane Kelsbie, to Bridgetown early in September. Minister Kelly presented BYA with a Lotterywest grant for over \$297,000 to fund the refurbishment of BYA's youth space. It was wonderful to see so many of our supporters attending the presentation. Thank you to all who came to share this momentous occasion with the BYA Team. Now the exciting work begins!

In a media statement released by the Minister's office, Minister Kelly said:

"Once established, the stand-alone youth space will be the only one of its kind in the inner south-west of WA and will improve BYA's capacity to support young people in crisis.

Many young people report they find 're-telling their story' to different service providers very difficult, so the youth space hub model will enable 'warm handovers' between service providers and support staff, reducing the need for young people to repeatedly share their background.

It will be a welcoming, safe space for young people to gather or access youth workers, with a maker space, youth-only gym, life-skills programs, table tennis, pool and a basketball half court."

We can't wait to see this dream come to fruition!

Following this milestone event, BYA received a grant from the Bridgetown Rotary Club of \$30,000 to provide social and emotional support and case management to young people in need. This service addresses the social determinants of mental illness – education, training, employment – whilst also providing individualised support and education on how to maintain mental wellness and build resilience. We are enormously grateful for the ongoing support of the Rotary Club and our Bridgetown community.

Thank YOU for your ongoing support. I hope you enjoy this edition of the BYA Advocate.

Sarah Youngson
Chairperson



Rotary Club Presentation





YOUTH SPACE UPDATE



The presentation of the Lotterywest grant has taken place. Receiving the certificate was Dr Sarah Youngson, BYA Chairperson (left) from Minister Dave Kelly and Jane Kelsbie, Member for the Warren Blackwood (middle) and Lisa Burgess (right) Youth Services Coordinator for BYA.

This grant for just over \$297, 000 will enable BYA to create a youth friendly and safe place for the young people of the Warren Blackwood region.



There was a good turn out of community members, councillors and committee despite the weather.

BYA expects that the site works, and clearing should commence soon and we are sure the Bridgetown community is looking forward to seeing the transformation as much as BYA.



The things that go unnoticed...

Thank you to this group of young people who gave up time on their weekend to work on the Youth Space yard.

From the Editor

“What is the deeper meaning of community?”

A community is a group of people who share things in common, care deeply about each other, and work closely together towards a common purpose about which they care. Creating the conditions for community should be a goal of any organization.”

The word “community” has a strength to it. It is a word that creates a sense of belonging, togetherness and unity. A community is a group of people that form a narrative, to create a story, that enables them to work together with purpose to achieve goals and positive outcomes.

At BYA, we are very conscious of our BYA Community and strengthening relationships. How each young person, person, organisation, supporter and sponsors come together to support BYA achieve the objective which is to enable the young people of the Warren Blackwood region to #bethebesttheycan be.

In this edition we will introduce you to some new members of our BYA community, OIC Sergeant Dave White, En Khong and his team at Stirling Partners and the wonderful Georgie. We also have Henri's, with nearly 30 years of history in Bridgetown and is now working collaboratively with BYA to extend opportunities and areas of support.

In the June edition of the The BYA Advocate we shared information regarding the Pyramid Project and the submission that was made to the State Government for funding of this pilot. To date we have no updates but will keep you all informed of the outcomes.

July brought us Winterfest and Blackwood D&D weekend held at the Bridgetown Show Grounds. Great effort and funds raised go to BYA programs.

In August, BYA collaborated with Talison to present a "Women In Leadership" Breakfast at Linga Longa Bike Park. This was a very successful event in a beautiful location. We hope that the attendees, took something away from the morning and from the discussions with the diverse panel of women.

The theme for the breakfast was "What is Leadership" and the panel offered personal perspectives.

Thanks to the support of Talison, BYA was able to raise much needed funds.

“The greatness of a community is most accurately measured by the compassionate actions of its members.”



BYA would like to thank each of the panel members and offer these takeaways:-

Jayde Darin – Be Kind. Have opinions and if they don't agree with others, be respectful.

Nicola Banks – Push down any shame, be your own best supporter.

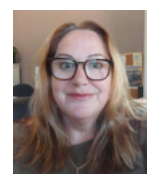
Jess Wright – Be your authentic self and stand with people to lead not behind or ahead

Felicity Lukins – Communication and listening, put yourself in someone else's shoes.

Eliza McDonald – Lead in whatever you are given even if it is not exactly what you want, be a leader and show your best no matter what.

We hope you are enjoying the Advocate editions.

Thank you, Kaye





It was a wintery weekend in July when the Blackwood D&D Winterfest took place at the Bridgetown Show Grounds. The cold did not deter the enthusiast. Participants came from all over the south west and from far and wide to join in this event. All ages combined to make this Dungeons and Dragons a huge success.

The 2021 Blackwood D&D Winterfest team put in a huge effort organising this event, and because of their hard work it was very successful and enjoyable for all taking part. The BYA volunteers were kept busy manning the BBQ to feed everyone over the two day event.

Congratulations and thank you to all who participated and we look forward to seeing everyone in 2022.

The Legends - Blackwood D&D Winterfest Team



Supported by



coles

BYA would like you to meet En Khong. After completing the 2021 Rotary Tour of the Blackwood and learning more about BYA, En, the Director from Stirling Partners Accountants in Nedlands, wanted to offer more. BYA are happy and grateful to introduce our newest sponsor and supporter.

1. Was 2021 the first Tour of the Blackwood that you and your team have ridden in?

First year was 2020 but the ride was cancelled due to COVID-19. Nevertheless, I drove down with the family and rode solo that year. Originally signed up for 40km but did the 65km. Managed to raise \$1,355 that year.

2. What did you enjoy about the ride?

Bridgetown is beautiful and has so much to offer. What I love most about the ride is:

- The Scenery – riding through the hills/valleys reminded me of our trip to Switzerland. Bridgetown is a beautiful place.
- The hospitality – the locals and organisers are amazing. They were so supportive and made us all feel so welcomed!

3. Will you be competing in 2022 Tour in March?

YES!! Team Rookie has already booked accommodation and have more riders for 2022!



4. What was the thought behind a successful accounting firm in the city wanting to help a youth service in Bridgetown?

People. Its all about people and we believe in people. We participate in many charity events but at BYA, we can see the massive impact of the little we do. We want to personalise this work and create an opportunity for us (and our clients) to give back a little of that we have been blessed with.

5. Please explain what is involved in the sponsorship of BYA?

We are currently sponsoring Xero subscription and any bookkeeping services required by BYA.

*From Editor: For those not aware Xero is a bookkeeping program which will assist BYA significantly.



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6. Are you looking forward to this being an ongoing relationship?

YES! we have a few things on our mind:

1. Crank Stand. We have developed a bicycle stand which we would like to dedicate a percentage of proceeds to BYA. Stay Tuned!
2. Further Support – \$15,000 staff. We are still looking to do this by sourcing for sponsors.
3. Bookkeeping Training. We hope perhaps to come and organise a day or two training sessions to people in the region to get Xero qualification, or even employ some to “work-from-Bridgetown”

7. Can you tell us a bit about your work team?

Stirling Partners have five staff and 4sight Bookkeeping have three staff. We are all family orientated and believe in a good work-life balance. More importantly, we believe in PEOPLE, PASSION & PROFESSIONALISM.



PEOPLE • PASSION • PROFESSIONALISM

Bridgetown and BYA welcomes new Officer in Charge at Bridgetown Police.

BYA would like to welcome to our town and to the BYA committee OIC Sergeant Dave White.

Dave leads the team of five officers and one part time customer service officer.

The Bridgetown Police Station services the areas of Bridgetown–Greenbushes, south of Balingup, Yornup, Maranup Ford Road and halfway to Boyup Brook.

Sergeant White came to policing 23 years ago after stints as a delivery driver, building Holden cars in his home state of South Australia and eight years in the Airforce as an aircraft technician.

A highlight of his career was being part of the development team for the successful Mental Health Co-Response Pilot Program which was done over a two-year period. The Program involved two police officers and a clinician who would be involved in attending incidents where issues with mental health was a contributing factor. This could have been a person suffering from a diagnosed mental illness or in some cases where a person was drug or alcohol affected. After the completion of the two-year pilot there are now four teams in the metro area and there is a possibility of similar program roll outs in regional areas.

Bridgetown is very lucky to have someone that has such an understanding of challenges in the mental health area and how it affects policing within the community and the community itself.

When asked about how Sergeant White is finding the town his response was that “He was happy to have been accepted for the Bridgetown Station position and is glad to be here. People have been warm and welcoming.”

Sergeant White and his team will continue to work towards enabling Bridgetown to be a safe community. Helping people to be responsible for their home security and encouraging the roles that family, friends and neighbours play in creating safe places.

It is important to note that in this world of social media that putting a post of facebook is not the same as contacting the police should unusual behaviour be observed.

Bridgetown Police are available if they are needed and can be contacted on 13 14 44 and in an emergency please call 000.



OIC Sergeant Dave White

BYA would like to introduce our readers and supporters to one of our newest "community members". This is Georgie and this is her story.

Me, Myself, and Non-Binary

I remember being 11 and being told “you need to start wearing a bra”, up until this point it didn’t matter if I was a girl or a boy, I just was.

I remember being 14 and ripping my favourite pair of school pants, I reattached the fabric with multiple safety pins to look edgy. As cool as it looked, I didn’t want to wear shorts or even worse, a skirt. Was I rejecting the body I was in? I had all the female parts but the insides didn’t match.

I remember being 16 and realising I was also attracted women. I hadn’t been exposed to people like me before and I went down the rabbit-hole. Sapiosexual, demisexual, pansexual, asexual... I didn’t know where I belonged. I was attracted to everyone but what would other people think? Would I be rejected? I wasn’t brave enough or sure enough of myself to come out until I was 20.

I remember being 22 and meeting my best friends. Two gay men who shared my love for travel, music, and living life to the fullest. I was in awe of them living their truths, the life they had created together, and the things they had to overcome to be who they are. They’re queer, kind, generous, and have taught me so much about life & love. I didn’t know how important it was to be part of an LGBTQIA+ community until I met them; they’re my safe space.

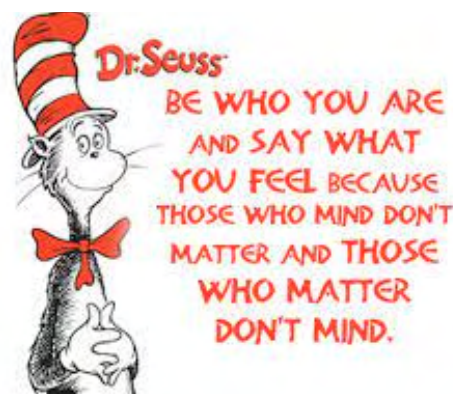
I remember being 23, going through a breakup and cutting all of my hair off. Was it the heartbreak or the non-binary in me fuelling this decision? Either way, the short hair has stayed.

I remember being 24 and knowing the name “Amy” wasn’t for me. I started small, asking my closest friends to call me Georgie, and eventually putting it on social media. The reactions I got were heart-warming, but there are still people to this day who refuse to call me by my chosen name. They don’t get me down anymore, like Dr Seuss says “because those who mind, don’t matter and those who matter, don’t mind.”



I’m now 26 and my pronouns are she/they. I love having long nails and short hair, a collared shirt, and a skirt I can twirl in. I don’t fully know who I am, as I learn & grow, I will change, and that’s perfectly okay. The future me is different to the me I am now, and that’s exciting. But right now, I just am.

Georgie



“One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals.” – Jean Vanier

Let us introduce you to Henri's. Henri's was established to try and fill some of the gaps in the provision of support services in the inner southwest region.



Henri's
'...Support Programs for Positive Change...'

Henri's, generally known as Henri Nouwen House was established in 1992 as the SW branch of Holyoake. Soon after the house, at 16 Hester St, was leased to the organisation and has been known as "Henri's" home ever since.

Henri's offer a low cost self-help personal development program that supports people who may be struggling with difficulties such as grief and loss, relationship breakdowns, dependency issues, or any other personal or family crisis.

Staffed by trained volunteers and supported well by the community, the service receives some financial help from the Shire of Bridgetown Greenbushes. Local community groups and individuals give support through donations while room hire and fundraising add to the financial support.

A very active and participatory volunteer management committee and a band of dedicated volunteers were heavily involved with fundraising around town. To this day Henri's is still very much supported by volunteers govern the organisation and others who facilitate groups, provide lectures, provide emotional support, cooking, cleaning, gardening and maintenance to keep our "House" loved at all times. A generous grant from Lotterywest allowed Henri's to renovate the building and upgrade IT furniture and equipment.

Henri's support programs for positive change:

Currently, Henri's STEPS program, (Self Awareness, Thoughts, Emotions, Preparation, Solutions) are run on Tuesday mornings but can run at other times in evenings, or Saturdays if interest is there. If a client is enrolled in the program but needs further assistance, one on one counselling is provided by a qualified counsellor.

Sue Truell is the Program Co-ordinator, and anyone that is interested in enrolling can contact her (0436 482 027) or just come along on Tuesday at 10am.

Community Drug Service Team Counsellors are available every Wednesday from 10am. Enrolments are through Bunbury office 9721 9256 but should there be enquiries Henri's are happy to assist.

SMART Recovery (Self-Management and Recovery Training) is run on at Henri' on Thursday and is an evidence led, globally recognised addiction treatment program.

AccordWest also use the building offering parenting programs.

A **psychologist from Mindlink** is available for counselling but each client must be referred through GP on a Mental Health Plan.

Recently a **Massage Therapist** and **Naturopath** began operations from the premises complementing our services.

Henri's are expanding the areas of support and are looking forward to working collaboratively with Big Picture in Manjimup and BYA to run their STEPS program focusing on the youth.

For more information regarding the support services Henri's provide please call 97612027 or 0436482027 or visit 16 Hester Street, Bridgetown on Tuesday and Thursday 9am – 3pm.



Blackwood Youth Action's Youth Advisory Group (YAG) was formed in December 2019. The young members aged from 12 to 19 inform the Youth Services Coordinator of issues being faced by youth in the town and surrounds. Our YAG also organises and delivers events and activities relevant to young people.

BYA's YAG has had some new recruits recently, so a weekend Team Building, and Leadership camp was organised to ensure good communication and cooperation within the team moving forward.

What are some of the qualities of a good leader?

- A leader is a clear communicator
- A leader provides encouragement
- A leader sets a good example
- A leader has clear goals
- A leader has integrity

These characteristics and others were discussed on the camp, coupled with challenging trust exercises, a high ropes course, questionable pizza toppings, extremely difficult hide and seek games (teenagers can get into some crazy spots), and late night ethical scenario chats, made for some interesting conversations and plenty of laughs. A good time was had by all, and the team was built.



YAG BRAG



**YAG Group meets at 33 Steere Street,
Bridgetown**

**All enquiries regarding this group
please call Lisa on 0400939266
Monday - Thursday 9am - 4.00pm
or email bya@westnet.com.au**



BYA's very own Youth Worker and family therapist Lisa Burgess has kindly offered to share her thoughts and insights with our Advocate supporters. Should anyone wish to contact Lisa please email bya@westnet.com.au

One of the hardest lessons I had to learn...

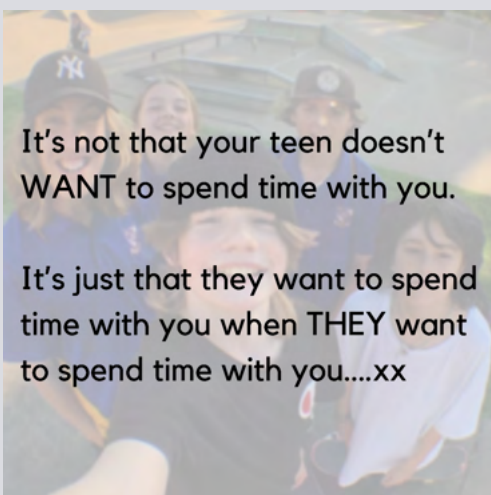
I remember a conversation I had with my son when I felt we weren't spending enough time together. I told him, "I know you're growing up and your friends are way more important to you now, but you don't seem to want to spend hardly any time with me. I don't want to put pressure on you but... I really miss you."

That's when he walked up to me, gave me a hug and said, "Mum, it's not that I don't want to spend time with you, it's just that I want to spend time with you when I want to spend time with you."

The teen years are what I call "the self-absorbed years." It's almost as if our kids feel as though we've been calling the shots for years and now it's their turn. They want what they want when they want it, they're selfish with their time and so often they aren't willing to bend – even if it means saying "no" to our requests to hang out, go shopping, go to lunch or just talk.

It's NOT that they don't love us, it's not that they don't want to be with us, it's not that they don't care. They DO. It's just that it has to be on their terms, not ours. That's why it's so important to keep asking... no matter what, keep asking.

Ask them to go on a walk. Ask them to run an errand with you. Ask them to go to a watch a movie together or help in the garden or visit the beach or have a picnic ... ask, ask, ask. They WILL surprise you and say yes... when it's on their terms, not yours.



Until next time, Lisa



SAVE THE DATE

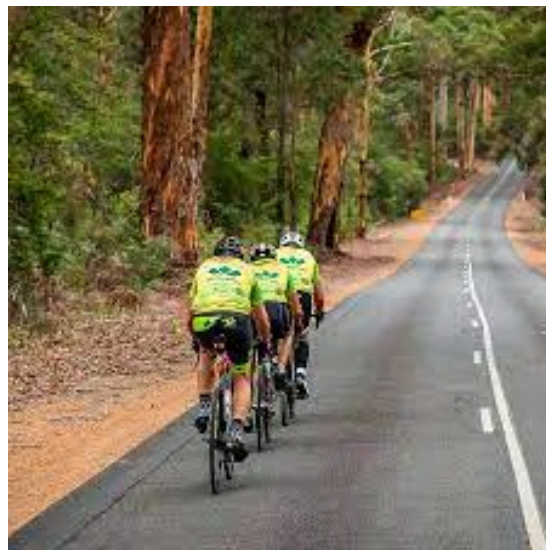


The Rotary Tour of The Blackwood

March 12th, 2022 Tour

It is time to venture out into spring skies and start training for the 6th Rotary Tour of the Blackwood. Planning is underway and Blackwood is looking forward to welcoming everyone on the 12th March, 2022.

The funds raised from this event deliver much needed services that BYA can provide for young people in the Warren Blackwood Region.



Regular Happenings at 33 Steere Street Bridgetown



Monday Art Club 3 - 5 pm

Dungeons and Dragons

Ages 13-15 Tues 3-5pm

Ages 15-17 Wed 4-6pm

Ages 17 and up Thurs 4-6pm

LGBTQIA+ Support Group

15-25 Monday 5-6pm

Must Register

Call Emily for information

0400958055

Music Jam

Bridgetown Courthouse (next to Police Station)

Thursday 4 - 6 pm

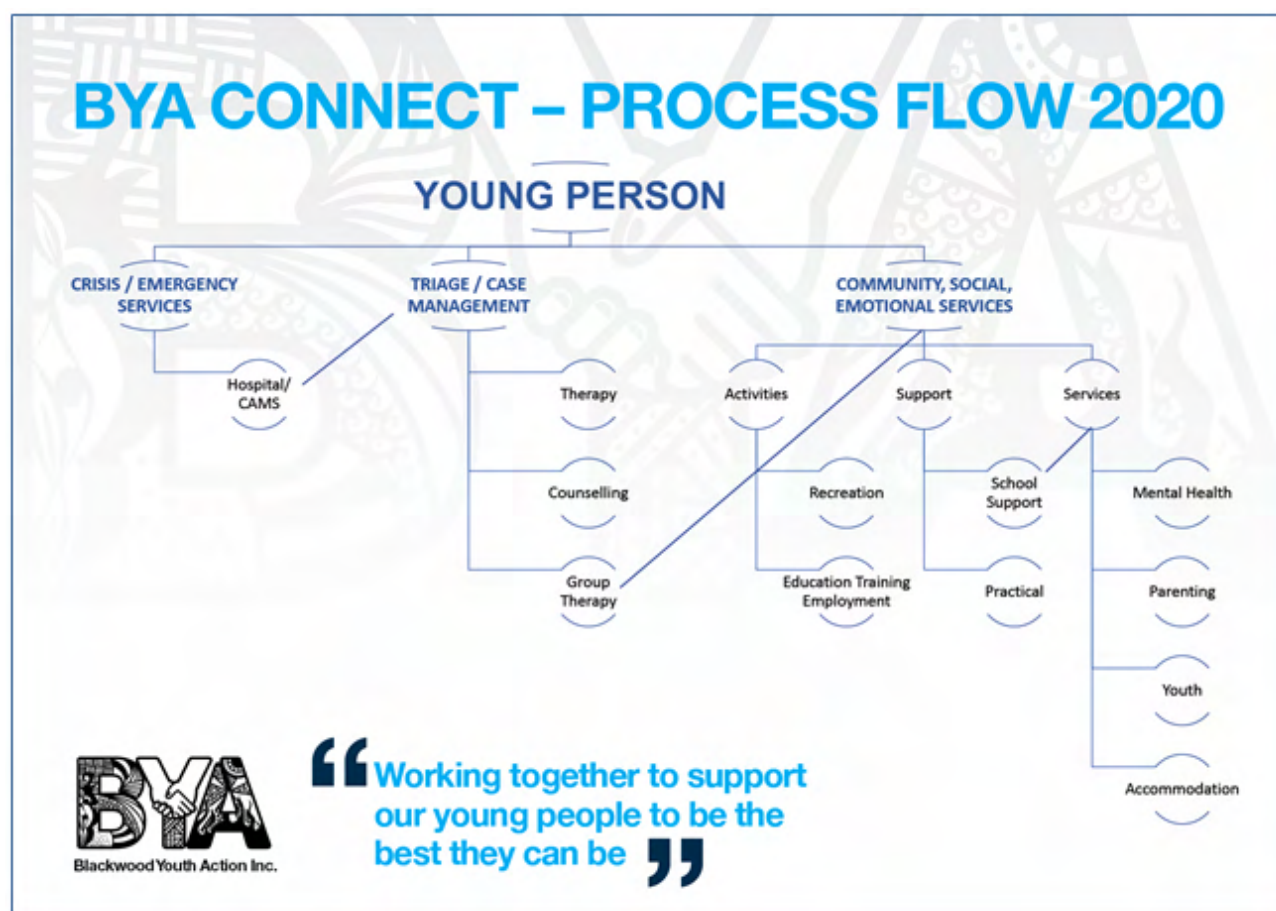


Did you know??

Thanks to the support of Rotary Club of Bridgetown, BYA provide the Connect Service which is a “single entry” point for young people aged between 12 and 25 looking for support. The psychologist will triage each young person’s needs and link directly to services, agencies and professionals within the community. This will ensure the young people have the best opportunity for increased wellbeing, immediate support and positive outcomes.

Delivering:

- Triage
- Case Management/referrals
- Psychological Therapy
- Links to agencies/services



Blackwood Youth Action (BYA) Inc
33 Steere Street
Bridgetown WA 6255
PH: 08 97993364

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in the subject.



If you would like to donate to Blackwood Youth Action then follow the link to our My Cause page.
<https://www.mycase.com.au/charity/2018/BlackwoodYouthAction>

GALLERY



Helpful contacts and websites

There are many organisations dedicated to providing support for young people. If you don't feel comfortable talking to anyone you know you might feel better calling a helpline or trying an online program.

Blackwood Youth Action Youth Services Coordinator is Lisa Burgess and you can contact her on 0400939266 or bya@westnet.com.au

BYA Connect is available to young people aged 12-25 years old. The call will be answered by a psychologist to assist the young person to receive the help that they need or to put them in touch with agencies in their region where required.

BYA Connect 0417173558



beyondblue

www.beyondblue.org.au www.beyondblue.org.au/who-does-it-affect/young-people
1300 22 4636



Lifeline Australia
www.lifeline.org.au
13 11 14



Kids Help Line
www.kidshelp.com.au
1800 55 1800

A number of children and youth may also need emotional. Kids Help Line is a free and confidential telephone counselling service for 5 to 25 year olds in Australia.

Suicide Callback Service
1300 659 467

The Suicide Callback Service is a free nation-wide telephone support service available to support people at risk of suicide and their carers, and is well suited to people who are geographically or emotionally isolated.

Henri's
16 Hester Street, Bridgetown – Support programs for positive change. 08 97612027

