

# BUNINYONG Youth Resources Booklet



BUNINYONG YOUTH  
ADVISORY COUNCIL

Welcome to the **Buninyong Youth Resources Booklet**. Created by us, the **Buninyong Youth Advisory Council**. We are ten local students, just like you. We joined the Council to talk honestly about being youth in Ballarat. We attend local schools and have local jobs. We live and work here, just like you.

During our first meeting we asked *“Do all youth know the resources available to them locally?”* From this discussion we identified ‘access’ as our 2020 theme. These are the numbers you need to know. The resources in this booklet are designed for youth.

We all need to ask for help sometimes, we’ve all been there, **just like you.**

I’m a  
young  
person in  
Buninyong,  
where do  
I start?

## LOCAL YOUTH SERVICES

City of Ballarat  
Keeping Youth In The Loop  
City of Ballarat Youth Services.  
[linktr.ee/ballaratyouthservices](http://linktr.ee/ballaratyouthservices)

Highlands Llen  
Community based education, training  
and employment. | [highlandslen.org](http://highlandslen.org)

## FOOD SECURITY

### Food Is Free

Food Is Free Inc. is a community led not-for-profit group benefitting all Ballarat (Australia) citizens with a focus on those experiencing disadvantage and has a core purpose of assisting and promoting food security and community cohesion and inclusion.

[foodisfree.com.au](http://foodisfree.com.au)

### Food Is Free Laneway

Corner Ripon St Sth & Warrior Place, Ballarat

Food Parcels & Food Vouchers are available from the following organisations

Anglicare **p:** 5333 0600

Salvation Army **p:** 5337 0600

Uniting **p:** 5332 1286

St Vinnies **p:** 1800 305 330

PROUDLY SUPPORTED BY

## Michaela Settle MP

STATE MEMBER FOR BUNINYONG

15 Main Road, Bakery Hill VIC 3350 **P:** 03 5331 7722

**E:** [michaela.settle@parliament.vic.gov.au](mailto:michaela.settle@parliament.vic.gov.au)  [MichaelaSettleMP](https://www.facebook.com/MichaelaSettleMP)



I've started working, what should I know?

## YOUR RIGHTS AT WORK

It's hard to always know what we need to when we start working. These organisations help us know our rights.

**Ballarat Trades & Labour Council**

**p:** 5332 3666 | **e:** balltlc@outlook.com.au  
**balltlc.org.au**

10 things you need to know before you start work. | **balltlc.org.au**  
24 Camp Street, Ballarat

**Young Workers Centre**

The Young Workers Centre is a one-stop-shop for young workers who want to learn more about their rights at work or who need assistance in resolving workplace issues.

**p:** 1800 714 754 | **youngworkers.org.au**

**headspace**

Support for young people ages 12-25. Work & Study Services.

28 Camp Street, Ballarat | **p:** 5304 4777

**e:** info@headspaceballarat.org.au

**headspace.org.au/headspace-centres/ballarat**

## YOUR LEGAL RIGHTS

**Youth Law Australia**

Providing free, confidential legal information & help for young people under 25.

**p:** (02) 9385 9588

**e:** advice@lawmail.org.au

**yla.org.au** (website provides Quick Exit)

**Young Workers Legal Centre**

Free legal advice for young workers who have issues in the workplace.

**p:** 5332 3666 | **balltlc.org.au**

If I'm under 18 do I have legal rights?

I'm behind at school & need some help but I can't afford a tutor. Is there any help available?

## TUTORING

**Regional Education Support Network**

RESN is a not-for-profit which provides free, online tutoring for regional and rural students provided by a team of passionate VCE, HSC, QCE and IB graduates. | **resn.org.au**

## DRIVING

Learning to drive can be tricky if there's no one to take us out on our Ls! This program offers a volunteer service to give us lessons or build our driving hours.

**TAC L2P | Ballarat Foundation**  
**ballaratfoundation.org/community-impact/programs/l2p**

How do I learn to drive if I have no one to teach me at home?

I'm struggling. I'm too embarrassed to ask for help.

## MENTAL HEALTH

**headspace**

headspace supports young people 12 - 25, with mental health, physical health, drug and alcohol support, and educational and vocational support. There is a drop-in service.

That means you can walk in anytime and tell the person on duty that you need to talk or that you need some help. We know it's a hard thing to do.

The staff are so lovely, so friendly. It's safe to go there and talk.

28 Camp Street, Ballarat

**p:** (03) 5304 4777 | **e:** info@headspaceballarat

Who can help me with my tax and Centrelink?

## LIFE SKILLS

**Youth Law Australia**  
**yla.org.au**

(website provides Quick Exit)

## SEXUAL HEALTH

**Sexual Health Clinic**  
**Ballarat Community Health**

Our team of qualified health professionals pride themselves on a non-judgmental, welcoming clinic that provides services to people of all genders and ages. We do not discriminate—lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) clients are welcome.

**p:** 5338 4500

**bchc.org.au/service/sexual-health-clinic/**

Website provides an online 'make an appointment' option.

**Ballarat CASA**

Ballarat CASA offers free, confidential and professional services to people who have experienced sexual assault, their partners, family, and friends.

Cnr Vale & Edwards St, Sebastopol

**24hr Crisis Care - 1800 806 292 | p:** 5320 3933

**e:** casa@bhs.org.au | **ballarat.casa.org.au**

(website provides Quick Exit)

**headspace ballarat**

Support for young people ages 12-25.

▪ Sexual Health Services ▪ GP

**p:** 5304 4777 | **e:** info@headspaceballarat.org.au

28 Camp Street, Ballarat

**headspace.org.au/headspace-centres/ballarat**

**ZAQUE**

ZAQUE@headspace Ballarat is a support and engagement group that provides a safe space for young people aged 12-25 who identify as or wish to support the LGBTIQ+ community.

ZAQUE runs at headspace Ballarat @4pm every second Thursday. **p:** 5304 4777

I need to talk to people like me.