

Term 1 2019 headspace Community Engagement Request Form

Disclosure:

- We require at least 2 weeks' notice for all requests to be considered
- Our ability to meet your request is dependent upon the resources we have available
- This form must be completed and returned for your request to be processed for consideration
- Please mark with an 'x' the option most relevant to your community engagement request needs

<input type="checkbox"/> School Talk 	<input type="checkbox"/> Service Talk 	<input type="checkbox"/> Centre Tour 	<input type="checkbox"/> Event Support 	<input type="checkbox"/> Resources
Options <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Mental Health Intro	Option <input type="checkbox"/> Intro to headspace services	Option <input type="checkbox"/> Dandenong <input type="checkbox"/> Narre Warren	Option <input type="checkbox"/> Promotion Table	Options <input type="checkbox"/> Education Pack
Only available to <input type="checkbox"/> Youth Groups <input type="checkbox"/> Secondary Schools	Only available to <input type="checkbox"/> Sports Clubs <input type="checkbox"/> Service Providers	Only available to <input type="checkbox"/> Open to all	Only available to <input type="checkbox"/> Sports Clubs <input type="checkbox"/> Service Providers	Only available to <input type="checkbox"/> Sports Clubs <input type="checkbox"/> Youth Groups
Days available <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thurs	Days available <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thurs	Days available <input type="checkbox"/> Tues <input type="checkbox"/> Wed	Days available <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thurs	Day available <input type="checkbox"/> NA
Times available <input type="checkbox"/> 10am-12pm <u>or</u> <input type="checkbox"/> 12pm-2pm	Times available <input type="checkbox"/> 2pm-4pm <u>or</u> <input type="checkbox"/> 4pm-6pm	Times available <input type="checkbox"/> 10am-12pm <u>or</u> <input type="checkbox"/> 12pm-2pm	Times available <input type="checkbox"/> 2pm-4pm <u>or</u> <input type="checkbox"/> 4pm-6pm	Time available <input type="checkbox"/> NA
Time we require <input type="checkbox"/> 45 mins	Time we require <input type="checkbox"/> 15 mins	Time we require <input type="checkbox"/> 15-30 mins	Time available <input type="checkbox"/> 1-4 hours	Time we require <input type="checkbox"/> NA
Maximum numbers <input type="checkbox"/> 30 max	Maximum numbers <input type="checkbox"/> 50 max	Maximum numbers <input type="checkbox"/> 20 max	Maximum numbers <input type="checkbox"/> 0-1000+	Maximum numbers <input type="checkbox"/> 1 pack per request
Our requirements <input type="checkbox"/> Provide projector	Our requirements <input type="checkbox"/> Provide projector	Our Requirements <input type="checkbox"/> NA	Our Requirements <input type="checkbox"/> Provide table	Requirements <input type="checkbox"/> NA

School/organisation:	
Contact name:	
Contact number:	Contact email:
Date requested:	Specific time requested:
Attendance address:	Audience size:

Thank you for taking the time to complete this form. We aim to process your form and advise you on the outcome of your request within 5 working days upon receiving the completed form. Forms can be returned via one of the following

Option 1: email: Request.Headspace@each.com.au

Option 2: in person: [headspace Dandenong – 211 Thomas St](#) or [headspace Narre Warren – 66 Victor Cres](#)

Staff use only

Date completed form received	
Request approved	Yes/No (provide reason if no)
Person providing follow up	

Introduction to the

DRUMBEAT

Program



DRUMBEAT is an innovative and evidence-based 10 session program that combines group drumming with discussions to:

- **build resilience**
- **manage emotions**
- **develop social skills**
- **build self-confidence and more**

We are offering a **FREE 45-50 min** introduction to the **DRUMBEAT** program covering:

Session 1 - 'The Rhythm of Life':

- **What is rhythm?**
- **What happens when we have no rhythm in our lives?**
- **What are healthy and unhealthy rhythms in our lives?**

Available to:

- * Secondary School aged students

Program deliver location:

- * Delivered on school premises

Program availability:

- * Wednesdays 12-2pm (strictly)
- * During school terms
- * For up to 8 students
- * 45-50 min session

Program instructor/s:

- * Delivered by accredited instructor/s

Cost:

- * **FREE** of charge

Program requirements:

- * School to provide suitable room or space for the drumming program

Enquiries or bookings:

- * Troy Bryden
- * email: Troy.bryden@each.com.au

