



headspace

Dubbo

TERM TWO 2018 EDITION



NEW TEAM, NEW GROUPS, NEW VIBES!

It was a jam packed Term 2, with the new team hitting the ground running and introducing RAGE and Managing the Bull as well as breathing new life into the Toolkit & Kaleidoscope groups. As well as these therapeutic groups there was a focus on 'Nutrition & Physical Exercise' which saw a "Healthy Family Cook-Off" community event, in-house education sessions on Body Image, Nutrition, Food & Mood as well as a partnership with Marathon Health and Anytime Fitness with the "June is Just for You"

campaign encouraging young people to take some time for themselves and address both their physical and mental health needs.

The Youth Reference Group rallied hard to recruit new members and recently celebrated with their 4 new members at "\$6.50 Schnitty night".

The team showed their support of the HIT FM 'Give Me 5 for Kids' campaign wearing their PJs to bed and raising much needed funds for the Dubbo Base Hospital Children's Ward.

BIRTHDAYS, PRESENTATIONS, DONATIONS & MORE.

The centre celebrated it's 3rd birthday and tied this in to the 'Green Colour Run' as part of Youth Week. The YRG had such fun organising the event and throwing green powder on all the young people who attended. A beautiful cake was donated by Fletchers Internatioal Exports.

The Community Development Team presented on Bullying, Resilience and Stress Management, visiting Dubbo College Senior Campus, Girls Academy, Narromine High School, and Dunedoo Central School.

As we go to print we are finishing the term on a high with visits to Delroy High School & Coonamble High School as well as participating in NAIDOC events around the region.

The centre was honoured to receive donations from Dubbo South Rotary Club (\$500), Dubbo Senior Campus SRC (\$400) and from the Stand Together Music Event (\$500). The centre relies heavily on donations and in-kind supports to continue offering groups and activities for the young people in our community.

If you would like to make a tax-deductible donation to the centre, or would like to assist us with some much needed resources for our groups and community events - please contact Amy on 5852 1900 to discuss or email amy.mines@marathonhealth.com.au

We are currently taking bookings for Term 4 for presentations in schools, community groups and organisations. Various topics are available - contact Amy to discuss.



FOLLOW US ON FACEBOOK & INSTAGRAM



DID YOU KNOW?

headspace is supported through in-kind services from Centrelink, Legal Aid, Child & Adolescent Mental Health, Drug & Alcohol, Tenancy Support, Sexual Health and a local GP, Dr Ferres, so that young people can access all these services in the one safe place. Appointment days and times vary, so contact Tayla on 5852 1900 to find out more. As well as these supports we are collaborating with several other organisations to offer 'pop-up' information sessions in order to get young people the information they need without the overwhelming task of navigating the vast array of services on offer in the wider community. If you have a service you offer young people and are interested in engaging those attending the centre, contact Marijka Brennan, Program Manager to discuss.

The support of agencies such as Sexual Health, Child & Adolescent Mental Health as well as the local community were certainly felt recently on International Day Against Homophobia, Biphobia, Intersexism and Transphobia (IDAHOBIT) with our young LGBTIQ+ community members being embraced as the unique inspiring individuals they all are.

This same community spirit was felt in both Trangie & Narromine during their Youth Week events which we were proud to attend, and captured the spirit with a beautiful canvas painting donated by local Aboriginal Artist, Nathan Peckham, with his 'Beucause of Her, We Can' NAIDOC inspired painting, with community thumb prints forming the leaves on the femininely shaped tree. This was donated back to the Trangie Community Cultural Centre.



LOOK WHAT'S ON FOR TERM 3!

Groups will continue to run (refer to timetable attached for details) with the introduction of 'Code Club' and 'Anime/CosPlay' groups for more social activities. Aboriginal Art Therapy will also be on offer with the 'Dubbo in My Eyes' project commencing in Term 3.

There is a focus on 'Life Skills' to equip young people in readiness for leaving home - with workshops such as 'Budgeting, Energy Saving, Shopping & Cooking on a Budget, Interview Skills and more.

The YRG are in the midst of organising a 'Arcade Gaming Night' with all proceeds coming back to the centre. And the interim have organised a JAM PACKED School Holiday Program with many of them leading these groups themselves. Stay up-to-date follow us on Facebook and Instagram

headspace National are launching their 'headcoach' campaign on 25th July, and we will be focusing on young men aged 18-25 yr old and will be attending several sporting events to educate and encourage men to check in with their mates and seek help for their general and mental health needs.

SCHOOL HOLIDAY PROGRAMS

For young people 12-18 years | Phone 5852 1900 to register

Tues 10th July

Kindness Rocks Project

10am - 12noon

Paint kind messages on rocks to place around the community during Mental Health Month

Morning tea provided, registration required.

Tues 17th July

Anime/CosPlay Day

2pm - 4pm

Bring your Cosplay gear

Afternoon tea provided, registration required.

Wed 11th July

Code Club @ The Library

10.30am - 12noon

Meet at headspace and walk up to the Library with your friends. Continue practicing your skills back at the centre from 12-2pm.

Wed 18th July

Code Club & Makey Makey @ The Library

10.30am - 12noon

2.30pm - 4.00pm

Why not try your hand at "Augmented Reality" on your own device - we'll show you how!

Thur 19th July

Drama Club

10am - 2pm

Come along and join in improvisation, street theatre and other drama based activities. Take your new skills to the street for a Street Theatre Performance @ The Rotunda from 12.30-1.30pm.

Lunch provided, registration required.

fri 13th July

Dungeons & Dragons

11am - 3pm

Come join our online adventure in The Sunless Citadel, where the fruit is magical and the monsters are many.

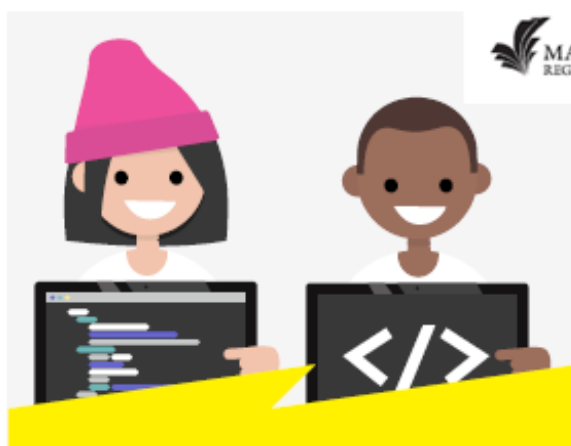
All resources are provided.

Limit of 8 places - So be sure to register!

Lunch provided.



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



Coding

Create your own animations and computer games with Scratch.

Wednesday 11 July 2018

10.30am - 12.00pm

Wednesday 18 July 2018

10.30am - 12.00pm

TECH WORKSHOPS

Free workshops for ages 13 to 18

Dubbo Library

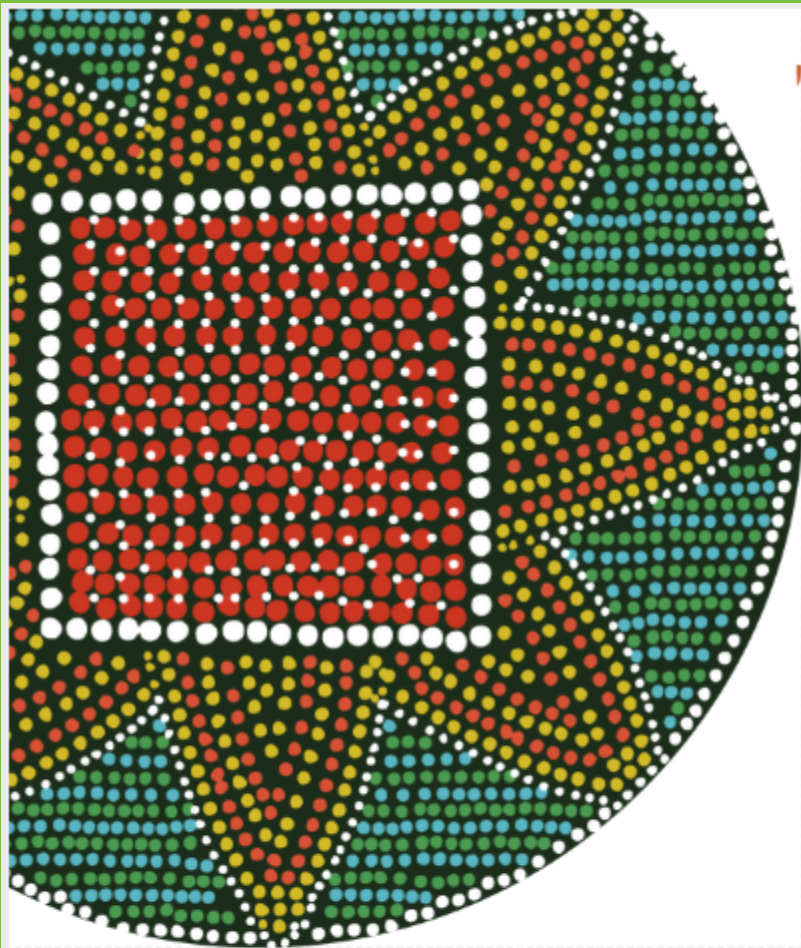
Bookings required: 6801 4510

Makey Makey

Turn the whole world into your keyboard with Makey Makey.

Wednesday 18 July 2018

2.30pm - 4.00pm



"AN ABORIGINAL ART EXPERIENCE"

TUESDAY 17TH JULY

10AM - 1PM

Come join local Aboriginal woman and artist Cassandra Gibbs for a yarnning circle off the back of NAIDOC Week, identifying inspirational local women followed by a 'concepts to canvas' session you can take home or display in the centre.

All materials & catering provided.
Registrations required as limited places, to book, please phone Amy on 5852 1900.



BECAUSE OF HER, WE CAN!
8-15 JULY 2018

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UNO TOURNAMENT

Tuesday 10th July
2-4pm

Bring a friend or come and meet some new ones and verse our Game Master in a competitive game of UNO. **Prizes for winner!**

Limited places, phone 5852 1900 to register.



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Term 3 Activities

You don't have to already be a client at headspace to access these groups. Registrations requested on 5852 1900.

MON. Tutoring Support 4-5pm

TUES. Kaleidoscope 4-4.45pm

WED. Code Club 4-4.45pm

WED. Toolkit 5-5.45pm

THUR. Life Skills 4-5pm

THUR. Anime/CosPlay 5.15-6pm

* Managing the Bull, RAGE (Anger Management) groups will run as needed. Pop-Up interest groups will run throughout the term, so stay tuned!

