



headspace

Dubbo

TERM FOUR 2018 EDITION



RHINOS, ROYALTY, REWARDING YEAR

Wow! Where has the last 6 months gone? Term 3 is a total blur, however recounting via our Facebook page (<https://www.facebook.com/headspacedubbo>), we certainly have squeezed a lot in!

When we last left you we were heading into the school holidays and spreading ourselves across the region in celebration of NAIDOC and acknowledging inspiring women within our communities with the "Because of Her We Can" theme.

We participated in events at Narromine High School, Delroy High School as well as Dubbo Senior Campus.

During the July school holidays we delivered a jam packed list of activities including Kindness Rocks, An Aboriginal Art Experience, Drama Club and UNO Tournament.

Summer Blues Concert drew a large crowd and we were on hand with free water, condoms, lollipops and information about the service, and managed to raise just under \$100 for the centre from donations.

MENTAL HEALTH LITERACY, NATIONAL DAYS OF SIGNIFICANCE & FUNDRAISING

On 25th July we were honoured to be chosen by the Dubbo RSL Club for their BIGGEST BOXING CLASS fundraiser, and were delighted to receive just under \$200 from the proceeds.

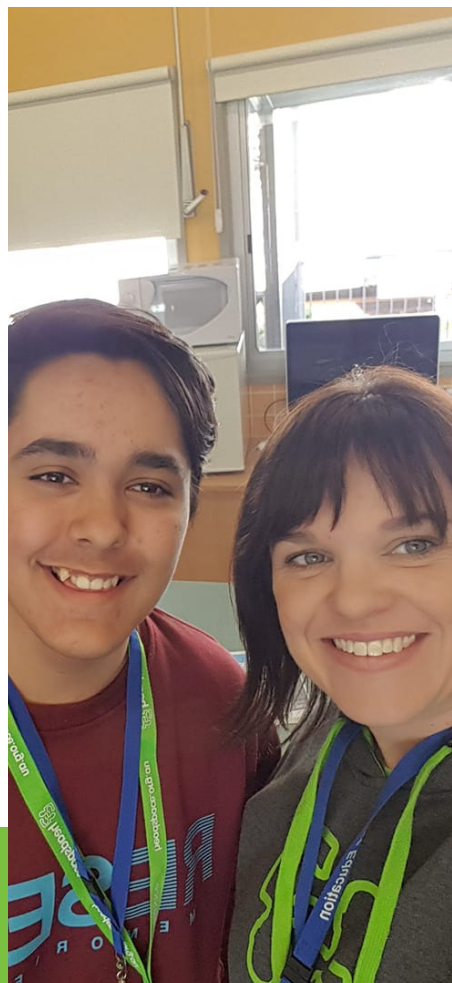
Throughout the year headspace has supported a number of students, albeit in Year 10 doing work experience, completing a TAFE certification and school or completing a university degree. The involvement of students in the centre affords us opportunities for input from young people around current issues, areas of need and ideas on best ways to provide support. .

The centre was honoured to receive a donation from Dubbo West Rotary Club (\$2,000), The centre relies heavily on donations and in-kind supports to continue offering groups and activities for the young people in our community. In the spirit of Christmas we have put together our Christmas Wish List (further over), if you or someone you know can help us out with any of these items we would love to hear from you.

Amy was honored to be asked to speak at Wear It Purple Day at Dubbo College South Campus on 31st August as well as attending R U OK? Day at Warren Central School on 13th September.

Other school mental health literacy opportunities included Tullamore Central School, Peak Hill Central School and Coonabarabran High School.

In 2019 we will be working closely with a new program being run by Benevolent Society and Bila Muuji called Rural Youth Mental Health program which will see much needed support for young people in rural and remote areas. For more information on this program and their service areas email rymh@benevolent.org.au or call 0401 673 747.



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, Financial Counselling, Family & Carer 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 reception 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.

headspace also relies heavily on involvement and volunteering from members of the community, young people 12-25 years can become apart of the Youth Reference Group and assist with development and implementation of community events, youth resources and mental health literacy. Family, friends and carers of young people as well as members of the broader community can contribute by joining the Family & Friends Reference Group and assist with fundraising ideas, volunteering at events, input into service policy, procedures, focus groups etc. If either of these groups appeal to you, please contact Amy Mines on 5852 1900 or amy.mines@marathonhealth.com.au for more information.



HOLIDAY & SCHOOL TERM ACTIVITIES

2018 saw the introduction of some new after school activities and some interactive school holiday groups, we are hoping to continue you this in 2019 with the introduction of groups specific to young men, young parents, LGBTIQA+, Aboriginal culture, young migrant support, tutoring support as well as our social groups such as Anime/Cosplay and Artrageous.

In the January school holidays we will be offering our 'Chill Zone' for young people who need a nice cool

place to hang out, chat, watch a movie or just a safer alternative to roaming around down town. We will also have some more structured activities in the lead up to going back to school to make sure our young people start the year on the right foot. More information can be found attached to this newsletter. Please circulate amongst your networks.

If you have a group you would like to run or a one off workshop you can offer our young people, please contact Marijka Brennan, Centre Manager on 5852 1900 to discuss.

MENTAL HEALTH MONTH, PRIDE MARCH & YEARLY WRAP UP ...

October was a busy month for headspace as we chaired the Mental Health Month committee for Dubbo and coordinated the calendar and social media posts for activities happening in the community for Mental Health Month.

October also saw the Royal Visit, with Marijka, Pat & Jade fortunate enough to be selected to meet their Royal Highnesses on 17th October in Victoria Park. Despite the wet weather, the staff was elated at the opportunity and encouraged that the messages of support from Prince Harry aligned entirely with the ethos of the headspace service and what we strive to achieve in the community

On the same day we were lucky enough to welcome Deputy Premier John Barilaro into the centre for a tour and a coffee chat about the headspace service, the needs of the young people in our region and the wish list of our service, our clinicians and the young people we receive input from throughout the year.

Later that week, headspace was acknowledged in 3 categories at the Dubbo Chamber of Commerce Rhino Awards, and whilst we did not take away any awards, we enjoyed a great night out for the team, before popping on our rainbows, tutus and cheer for the 2018 Central West Rainbow Alliance "Unity" PRIDE March.

headspace Dubbo would like to take this opportunity to thank the community for their support of our new team in 2018 and all the events and causes we have supported this year. We are excited to see what is in store in 2019 and look forward to working with many of you to create better outcomes for our young people. We wish you all a very Merry Christmas and a safe a prosperous New Year!

headspace Dubbo will be closed from Monday 24th December 2018 and will reopen at 9am on Wednesday 2nd January 2019. If you or a loved one requires assistance in the meantime please call Mental Health Hotline on 1800 011 511 or contact eheadspace.org.au In the case of emergency, please dial 000 or visit your local emergency department.

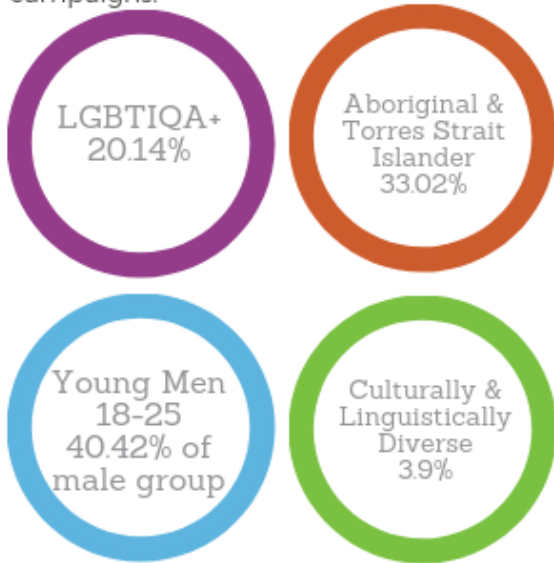


2018

SNAPSHOT

HEADSPACE FOCUS GROUPS

In 2018 headspace Dubbo experienced growth in all 4 focus group areas, mainly due to broadened community engagement and social media campaigns.



COMMUNITY ACHIEVEMENTS

Guest Speaker at Schools, Rotary Meetings and Service Meetings.

RHINO AWARD Nominees including Young Employee of the year for Christina Rodgers, Youth Care Coordinator

headspace Dubbo Client Satisfaction score in line with National average!


Average Visit Frequency increased, particularly in young men 23-25yrs!

Resilience & Bullying were the topics highest in demand for literacy.



Supported 5 students over the year, 1 graduating CSU with Social Work degree, 1 completing HSC with a Cert III in Community Services & early access to UNI.

SOME FAVOURITE MOMENTS FROM 2018

			
April/May 2018 Youth Week & headspace 3rd Birthday in Victoria Park - "Green Colour Run"	June/July 2018 School Holiday Programs, especially Aboriginal Art Experience & Street Theatre group	Aug/Sept 2018 R U OK? Day @ WarrenCS Stress Workshop @ Tullamore CS and Coonabarabran High	Oct/Nov 2018 Live @ The Laneway The Royal Visit!! CWRA PRIDE March Rhino Awards

96%

Was the score headspace Dubbo received in their National accreditation, which was one of the highest scores across the 110 centres Australia wide.

436

Serviced Young People
56.06% Female
43.02% Male
0.92% Non-Binary

1,901

Occasions of Service delivered since January. With only 15% failing to attend their appointments.

Christmas Wish List

Here at headspace Dubbo we rely heavily on support from the community to provide much needed resources and funding for our young people.

If you can help us out with any of these items below, or a monetary donation, please pop into the centre. Donations over \$2 are tax deductible as headspace is a charity organisation.



Weighted blankets, sensory items e.g. lava lamps, ceiling decal (mobiles), artwork, squishies etc.



Popcorn maker, picnic rugs, coffee pod machine.



Blackboard paint, arts and crafts supplies, corkboards (for vision boards), journals/exercise books for clients.



Yoga balls, yoga mats, oil diffusers.



Floor rugs, colourful artworks, cushions, quirky items for decorating clinic rooms.



23 Church Street, Dubbo NSW 2830

Ph: 5852 1900

hs.dubbo@marathonhealth.com.au



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IS CURRENTLY SEEKING:

12-25 YR OLDS

Looking to **make a difference** in the lives of young people?

Looking to be apart of a team of **like-minded young people?**

Looking to benefit from volunteering, networking and training in a **fun and vibrant environment?**

Applications are now open for headspace Dubbo's Youth Reference Group.

Forms are available at 23 Church Street or Email - amy.mines@marathonhealth.com.au

Applications close Friday 11th January 2019

First meeting scheduled for Wednesday 16th January 2019 from 4.30-5.30pm

Choose to donate your return earnings to headspace Dubbo at your local return station and help fund much needed resources for our young people.



Return & Donate!

Donate your drink containers

GET BACK TO SCHOOL TIPS WEEK!

MONDAY 21ST - FRIDAY 25TH JANUARY 2019

10AM - 12NOON

Mon 21st Jan: Healthy Lunchbox Ideas

Come get some fresh ideas for your lunchbox that are quick easy and cheap to make!

Tue 22nd Jan: Self Care & Exercise

Stay on top of your physical and mental health in 2019 with some tips on self care, exercise and fun ways to stay active. This group will include a group exercise activity so come dressed for a workout!

Wed 23rd Jan: Study Skills & Stress Less Tips

Start the year off on the right foot with a study planner, vision board and tips on how to manage your workload.

Thur 24th Jan: Sensory Workshop

Come along and create some great sensory tools for yourself including stress balls, sensory play dough and have a try at some mindfulness.

Fri 25th Jan: The Last Hoorah Pool Party

Blow off the holiday steam with one last party with friends and the headspace crew at the Dubbo Aquatic & Leisure Centre. Entry just \$5 and includes 1 hour of FREE waterslide. Live Music and FREE BBQ. 2-5pm

