

headspace
Ipswich

February 2016 Newsletter

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What's going on?

headspace Ipswich turned 3 this week! We were way too busy to host any kind of big party like we did last year for our birthday, so we just had rainbow cake in the centre. Thanks to Ellen, our Service Manager for organizing this great cake for us. It feels like we have come a long way and a lot has happened since our 2nd birthday last year. Thanks so much to those who have supported us and been with us on this journey since our last birthday party.

We would like to welcome some new Private Practitioners to the team: Sacha Boyce (Social Worker), Nicci Flanagan (Psychologist) and Natalie Gunn (Psychologist). We also have Social Work Masters student John Byrne with us for the next few months. Our group fitness sessions are running every Tuesday and Wednesday afternoon from 3.30 to 4.15pm at the centre. Call us on 32807900 to confirm if you're coming so we have enough equipment for everyone. Yoga is happening on Monday nights from 6-7pm, yoga mats provided, bring comfortable clothes. We have a Legal Aid workshop happening on the 7th of March at the centre from 3.30pm on Cyber Bullying, knowing your rights, court processes etc. To register your interest, please call or email. We are excited to be involved in a Steering Group delivering a regional Youth Mental Health Forum for young people in the West Moreton region, hosted in Lowood. Watch this space!!

Introducing Nicole Martin

I have been working as a psychologist at headspace in Ipswich for almost a year now seeing clients in one on one sessions as well as in groups. I'm passionate about youth mental health and about young people being able to access quality mental health services. This love this job because I get to see amazing young people every day who are working on improving their lives and mental health.

When you see a psychologist I think that it's really important that feel comfortable enough with that person that you can talk to them about whatever is bothering you.

When I feel stressed out I try to do things that I know make me feel better like riding my bike and listening to music. I also have people in my life that I can talk to about what's going on. These people can be either friends or other professionals.



Join our Flash Mob!!

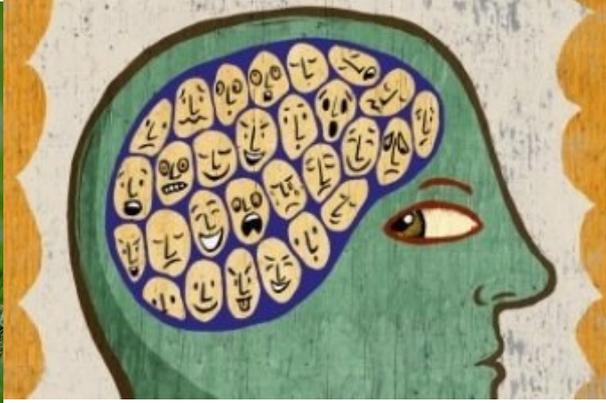
headspace Ipswich is coordinating a Youth Mental Health Flash Mob for Youth Week (8th-17th April). We have an awesome Choreographer from the Academy of Brothers (an awesome dance troupe that was on Australia's Got Talent): Robin Peters. We will be delivering local workshops for young people who register in advance: Weekly from Tuesday 1st March from 4.30-5.30pm and every Tuesday for 7 weeks, same time at the Ipswich Flexi School. Participants have to attend at least 3 workshops to be able to perform on the day, but ideally all workshops should be attended. The performance will be at a secret location and secret date during the Ipswich Festival. To register, you have to be 14-25 and email headspace.ipswich@aftercare.com.au with your name, if you have any dance experience (not required) and why you're keen to join the crew by 29th February.



Have you heard about our Hearing Voices group? They run every Monday 4.30-5.30 for young people who experience this or hallucinations to have a safe space to share and talk about coping strategies and support one another. P: 3280 7900 if you're interested or email: headspace.ipswich@aftercare.com.au

Calendar of upcoming events and activities

- ◆ Antenatal classes by True Relationships with midwives to help prepare for labour, birth, breastfeeding and early parenting: 2 x2 hour sessions: P32814088.
- ◆ Harmony Day Springfield is on 12th March from 3pm-8pm at Robelle Doman, Springfield on Education C'ty Drive to celebrate cultural diversity.
- ◆ Harmony Day Ipswich is on 17th March at Tafe South West, Mary st. and River Rd. Bundamba from 10.30-2.30pm, with art, food, media, performance and a sport zone.
- ◆ Lowood Playgroup: Every Wed 9.30-11.30am from 27th Jan. Lowood C'ty Centre: 1 Peace St. No RSVP required.
- ◆ Toogoolwah Friendly Crafters: 10-1 on the 1st and 3rd Thursday of every month at Community Connection Point: McConnell Park, Cressbrook St. Toogoolwah. P; 54244000 for more info.
- ◆ Somerset Council have organised: Braking the Cycle in conjunction with ICYS: An opportunity for 16-25 year olds on a Learner's permit to get up their logbook hours.. Call 54244000 for more info.
- ◆ Youth Mental Health First Aid Training: 26th and 27th March 2016. Cost is \$58.24 . E: caron.cahill@health.qld.gov.au
- ◆ Oz Tag at PCYC is every Wednesday from 3.30-5pm. This is free, fun and great way to stay active after school and you can rock up.
- ◆ Leichardt C'ty Centre are running various parents training and playgroups. P: 38121270 E: ecw.LCginc.org.au for more.
- ◆ Women's Rising: DVAC are inviting people to celebrate International Women's Day on the 7th March from 5-8pm for a free event in Salvation Army Hall at 27 Smiths Rd., Goodna.



Dealing with Trauma

By John Byrne

It is important to understand about trauma that it is a normal response to an overwhelming situation. It may be that a friend or family member of yours has been assaulted or it could be that they have witnessed the death of someone that they care about. It is normal to have a reaction (the trauma) to this situation (the trauma causing event) but there are some things you can do to help. Probably the most important thing you can do is help them to

feel safe again. It may simply be saying that you are here to be with them and ask them to give you a call if they are feeling distressed. Having social supports can be very important in situations of trauma. It may be that you know there is someone that they trust as a friend or family member. Getting them in touch with this person can be very important. There are a few strategies that you can employ if the person you are caring for is beginning to

panic. It may also be helpful to focus their attention on something that they can touch, see or hear or alternatively ask them very factual questions that distract from their emotional situation. Asking factual questions might involve some of the practical things that they need to work through. A question might be as simple as what is the number of your work so we can call them and let them know what happened or what were you planning to do today. Ensure your friend is seeking professional help if they need and want it.