UNISA WELCOME DAY

This week kicked off with the first day back at uni for the year. Thanks UniSA for having us as a stall holder at the welcome party. We had a great time chatting with students, playing games and eating free Zambreros and pizza!

If you’re just starting uni (or heading back) and are feeling overwhelmed, stressed or anxious, come and have a chat with one of the headspace workers. Don’t forget about your student association where there are student advocates who can help with everything uni-related.

JOINING FORCES TO PROMOTE YOUTH HEALTH

We are excited to announce a new partnership with Dr Try Medical Clinic to provide health services to young people.

headspace Mount Gambier Centre Manager Tasja Barelds says that she hopes the partnership will make it easier for young people to access health services, including anything from testing for STIs, to obtaining mental health treatment plans. Appointments for headspace clients will be bulk-billed under the new arrangement.

The doctors, nurse and admin staff at Dr Try’s all have a passion for ‘people’ not ‘patients’ and are enthusiastic about promoting health to young people in Mount Gambier.
INTRODUCING WAH REE PAW!

When Wah Ree stepped off the plane the first time she landed in Australia, she thought to herself, “this is my future, I’m leaving the darkness of the camp, and this is a bright future for me and my family.” With a big smile on her face, Wah Ree describes herself as “a mix of too many cultures!” Wah Ree has lived in Mount Gambier for six years, she graduated high school last year, is completing her Child Care course and is working as a trainee Settlement Officer at the Migrant Resource Centre.

Why is Harmony Day an important day for Australians?

It’s an important day to recognise that it doesn’t matter where you are from, and it doesn’t matter what your skin colour is. Australia is a multicultural place but at the end of the day we are all the same human race. It’s a day about acceptance. Harmony Day is also a great day to learn about the traditions of other cultures. At Mount Gambier High School on Harmony Day, we got to share our traditions and food with the other students, it made us happy as we are really proud of our culture.

What’s your message on Harmony Day?

I have a few messages. The first is to young people from diverse cultures. Don’t be afraid of telling people where you are from, it’s what makes you unique and special. You have your traditions, you have your clothes, your foods. Show Australian people where you are from and celebrate the things that make you unique!

To the Australian people, thank you for welcoming us to live in your country. I have experienced discrimination here, but I have also experienced true welcoming. Try to accept us for who we are, as we’ve been through a lot.

My future here is bright, and each day I try to focus on the positives. I love the freedom in Australia, the fair justice system, the schools, and an Aussie BBQ!

Orange is the colour chosen to represent Harmony Day. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. We encourage you to wear something orange on 21 March to show your support for cultural diversity and an inclusive Australia.
Awesome day out for Nature in Mind

Beach activities ✓ Nature walk ✓ Eating native bush tucker ✓
Chatting with a marine ecologist ✓ Snorkelling in Ewens Ponds ✓

Youth Worker at the Library

Imogen, headspace Youth Worker will be chilling at the Mount Gambier library in the Youth Space every Thursday from 3:30pm - 4:30pm.

Hang out, play games, chat about what’s on your mind or find out about local activities and supports.
WHAT’S ON IN MARCH?

5 MARCH - CLEAN UP AUSTRALIA DAY

In 1989 an ‘average Australian bloke’ had a simple idea to make a difference in his own backyard - Sydney Harbour. This simple idea has now become the nation’s largest community-based environmental event, Clean Up Australia Day.

We encourage everyone to participate in this day. Whether it’s just to pick up some rubbish on the street, or join one of the clean up sites around Mount Gambier. Click here to join a team.

2, 16, 30 MARCH - LGBTIQ+ SOCIAL GROUP

The LGBTIQ+ youth group now meets fortnightly from 5:30pm – 7:30pm!

If you want to check out what’s going on, but aren’t ready to come to a face to face meeting, we have a secret Facebook group! If you want to join, send the email address you use for Facebook to ImogenM@unitingcommunities.org.

16 MARCH - CLOSE THE GAP DAY

Most Australians enjoy one of the highest life expectancies of any country in the world — but this is not true for Aboriginal and Torres Strait Islander people. Aboriginal and Torres Strait Islander people can expect to live 10–17 years less than other Australians. The aim of Close the Gap day is to bring people together, to share information — and most importantly — to take meaningful action in support of achieving Indigenous health equality by 2030.

Pangula Mannamurna Health Service is hosting the Close the Gap day event in Mount Gambier. All of the activities on the day are linked to increasing physical activity, health literacy, improved nutrition and social emotional wellbeing. More details here.

20 MARCH - INTERNATIONAL DAY OF HAPPINESS

We are heading to Grant High School to hand out FREE ICE CREAM to students on International Day of Happiness! What could make us happier?! If ice cream isn’t your thing, check out the back page of the newsletter for 50 ideas to make you happy.

23 MARCH - SIT STILL MOVE MOUNTAINS

Do you need some time out for a bit of a breather? Want to have a dedicated time to switch off from technology, the business of the outside world, and just relax? We welcome you to join us for meditation once a month. Reduce stress, feel calm and focus. No prior experience necessary, this is a relaxed time of guided meditation. Monthly, Thursday 4-5pm at the Mount Gambier Library. Contact us for more details. Register online via the library calendar or call the library on 8721 2540.

31 MARCH – 7 APRIL - YOUTH WEEK

Friday 31 March kicks off Youth Week for 2017 – a highlight for young people in Mount Gambier each year. We are busy planning some AWESOME events, including an AMAZING RACE around Mount Gambier, hangs at Metro, yoga and many more activities. Keep your eyes out for more information soon.
OPENING HOURS
Monday: 9:30am - 5:30pm
Tuesday: 9:00am - 8:00pm
Wednesday: 11:30am - 5:30pm
Thursday: 9:00am - 8:00pm
Friday: 9:30am - 5:30pm

FACEBOOK
Keep in touch with what’s happening at the centre, and receive health and wellbeing updates by liking our headspace Mount Gambier Facebook page.