

headspace News

A Regional Newsletter

NOVEMBER 2022 · ISSUE 04

headspace Day Open Mic Night

This year for headspace Day on October 6th we celebrated it with a community Open Mic Night, where young and old all came together to share, listen and engage in how mental health has impacted us voiced through creativity. We shared stories, poetry, music and even some rap songs while outside in our new Tranquility Garden.

headspace Day is a national day of support for the mental health and wellbeing of all young Australians. We got to celebrate this special day with the community and ate some delicious food with each other.

Thank you to headspace national office for supporting this event and to our community engagement worker Sally and headspace worker Aninna for their efforts in organising this amazing event.



Community engagement worker Sally singing Coldplay song for Open Mic Night



headspace team photo: From left to right: Steph, Brenton, Sally, Aninna, Hannah & Emma

A New Garden for the Community at headspace!

After many months of planning, creating, and installing our wonderful new outdoor space is finished. Our new garden, created by Employment Options and a few headspace volunteers, is a wonderful new addition to our office in Murray Bridge.

"The Tranquility Garden" is a safe space for clients to have sessions and for staff to enjoy a quiet moment surrounded by native plants, fresh air and beautiful flowers. There is also lots of seats and a little vegetable patch to enjoy.

This garden is already being used by clients, young people and staff. Our group programs also use this outdoor space for painting and to enjoy the sunshine.

Thank you to Country SAPHN who provided funding with a suicide prevention grant and Employment Options for their dedicated, resourcefulness and hard work in creating and bringing the project to life.

headspace Staff Profile

Name: Emma Rance

Age: 27

Favorite Film/Book: "Shawshank Redemption"

Fun Fact: Has a fear of birds

Emma Rance is an Allied Health Professional at headspace who works with young people for one-on-one counselling appointments. Emma has worked at headspace for a number of years, first starting as a youth volunteer in 2016, she also has experience working in child protection. Emma has done tertiary study where she completed a Bachelor of Psychological Science and completed a Master's degree in Social Work at Flinders University.

In Emma's spare time she likes to spend time outside or playing netball. Emma also likes to play board games and has a bit of a travel bug. However, you won't see Emma go bird watching as she has a fear of birds. Emma expressed her favorite part of working at headspace, saying "I enjoy seeing clients as they come in for their first appointment, meeting someone new and hearing someone's story. You can often hear so much resilience as well as different strengths and skills that people have."

Emma also shared the most difficult part of accessing our service is walking through the front doors for the first time. "Reaching out for help and talking with a counsellor for the first time about something you have been struggling with is often a difficult, nerve-wracking process that requires a fair amount of courage. If you can bring a friend or family member, or something that helps provide some comfort for the first appointment, that can be helpful. Otherwise, you can also come in and check out our center, maybe even play a game of table tennis before booking an appointment with a worker".

To learn more or to book an appointment here at headspace call us on 8531 2122.



Emma from headspace Murray Bridge



Sarah and Brenton from Work and Study at headspace

Work & Study at headspace

If you are looking for work or thinking about study, our Vocational Specialists Sarah and Brenton are here to help!

The Work and Study team at headspace offer a range of supports in the job seeking journey including career exploration, resume tips, interview preparation, study support and more.

This quarter they have helped 9 young people to gain meaningful employment in the local area. Just one of those stories is Adol; a 21-year-old psychology student who has achieved her goal of gaining employment as a Support Worker.

Upcoming Forum in Melbourne



headspace Murray Bridge will attend this years headspace forum in Melbourne

In early December headspace Murray Bridge will be attending the national headspace Forum where most centers across Australia come together and showcase their hard work and achievements. The headspace Forum in 2020 was a video conference, but this year is in person and will be buzzing.

headspace Murray Bridge will showcase our Open-Door program, our community engagement team and our Work and Study team. Our YRG member Isaiah Janiak will also be joining us in Melbourne to perform his songs. Stay tuned for more in the next newsletter.



Artwork by Hangout participants at headspace

Hangout Space in Murray Bridge

Hangout at headspace Murray Bridge is a fun, inclusive and bubbling part of our service. It provides a social space for young people aged between 12-25, here they meet new people and get to paint, draw, watch a movie, play some video games, or enjoy some sports together in a youth friendly setting.

This year we have done lots of art projects, young people are encouraged to paint on rocks, paper, or canvas. Our community engagement staff Sally and Aninna along with other headspace staff enjoy interacting with our young people with a focus of empowerment and engagement.

Our Program Support worker Hannah has said; "Every hangout looks different, sometimes, we watch a movie or paint but every hangout is filled with laughter and good times. We make sure to make headspace a safe place for all young people, so if you know someone interested, don't be afraid to pop in and check out our space."

Hangout is on every Thursday from 4pm-6pm during the school term. If you want to learn more about hangout, give us a call on 8531 2122.

A Happy Work & Study Client Tells His Story

Hi, I'm Kaleb. Through the help of Brenton and Sarah at the IPS program at headspace, I managed to learn skills and techniques I never thought I needed to help me gain employment.

I always thought gaining employment was a difficult process but with the help of a very chilled out, relaxed and understanding environment from the IPS team, I realised it's not as bad as my mind had made it seem.

With the help of Brenton and Sarah, I have gained casual employment with full time hours in Monarto, assembling cupboards and helping my small team with whatever tasks they may need assistance with. The hours are long, and the work is sometimes a bit of a pain but the pay day and the positive outlook I now have is worth it all.

If you would like either Sarah or Brenton from the Work & Study team to assist you in finding work or study, just call 8531 2122 to arrange an appointment.



Kaleb with Sarah and Brenton from Work & Study at headspace Murray Bridge

Book & Movie Club



Are you a bookworm?
Or a movie nerd?

Then join the club!

4.00-5.00 pm, Last Wednesday of
every month

Bookings essential. To register your
interest, please call Sally on 8531 2122



Rainbow Rhythms

A group for like minded individuals to
connect socially in a safe, fun and
inclusive environment.

Every Second Tuesday 4pm - 6pm
during the school term.

To register your interest,
please call us on 8531 2122



Hangout Group

Come along to hangout after school
every Thursday 4pm-6pm during the
school term

Where: 10 Second Street,
Murray Bridge

Call 8531 2122 to book a spot



Tuning Into Teens Workshop

headspace is offering a FREE, one-day session of
the acclaimed Tuning into Teens program,
where you'll learn 'emotion coaching' tools to
make the parenting ride a little smoother and
ultimately strengthen your relationship with
your teen.

Monday 12th December 2022
9.15am (for 9.30 start) - 4.00 pm at headspace
Murray Bridge

Bookings essential. To register your interest,
please call Sally on 8531 2122 or email at
headspace@mmgpn.org.au



Gym Group

Join headspace workers Wednesday
mornings from 10:30am at Snap Fitness
for some free gym sessions.

Wednesdays at 10.30am.
Snap Fitness, Murray Bridge
3/15 Swanport Rd, Murray Bridge.

In collaboration with Snap Fitness.
Call 8531 2122 to book a spot.



Christmas Closure

Our office will be closed for Christmas
break from mid-day Dec 21 and reopening
on Jan 3.

If you require assistance at this time
you can contact:

Lifeline: 13 11 14
Kids HelpLine: 1800 55 1800
eheadspace: 1800 650 890
Rural & Remote Emergency Mental Health:
13 14 65

We hope you all have a safe and wonderful
Christmas and a Happy New Year.



*All social groups are for 12-25 year olds.