

# headspace News

A Regional Newsletter

DECEMBER 2023 • ISSUE 08



Team photo from our healing day on country - left to right: Isaiah, Aninna, Isobel, Lucy, Steph, Emma, Sarah, Bec, Nat, Chidera, Brenton and Mac.

## Healing Day on Ngarrindjeri Country

Our healing & wellbeing day brought us all together on country as staff and community went to Camp Coorong and Bonney Reserve for a day filled with culture and connection.

We invited staff, young people, Elders, and local Ngarrindjeri community for a day of cultural and creative workshops and cultural tours held in a place of natural beauty and cultural significance.

The day started with local Aboriginal people performing a Welcome to Country and Smoking Ceremony, and a cultural tour of Camp Coorong. We did wood carving, painting, bushwalking, weaving and workshops, storytelling and art around an open fire with a shared lunch.

Our hope was for all participants to leave with an enhanced sense of wellbeing and we look forward to continuing this event in the years ahead.

## RU Okay Day BBQ Fundraiser

On September 14 we held a gold coin community fundraiser for RU OKAY day. The donations raised at this event will go towards a workshop targeting young men on how to feel more comfortable and confident in having difficult conversations around mental health.

At this event we saw the Murray Bridge community coming together to recognise RU OK Day, it was a wonderful afternoon filled with food, fun and story sharing. Great job on the BBQ Steph & Brenton!

Keep an eye out on our Facebook and Instagram for this upcoming workshop hoping to be implemented next year. headspace supports youth mental health, so give us a call on 8531 2122 to learn more or to book an appointment.

### Join us at our Christmas Movie & Pizza Night

At headspace Murray Bridge we had another great year of Hangout and the Book and Movie Club. These groups are social groups for 12-25 year olds to connect and be together in a safe and youth friendly environment.

Hangout enjoyed lots of events including, painting, video games, UNO and hanging out together. Our Book and Movie club enjoyed watching movies together including "Tiger Eyes" and "Percy Jackson and the Sea of Monsters".

To end 2023, we are having one last event which will combine both these groups, our Christmas Movie & Pizza Night. Come along to headspace on December 14 from 6pm to 8pm, we will be watching the holiday movie, "Christmas with the Kranks", while munching on pizza. This is a free event so please feel free to bring your friends and family.

Thank you to everyone, including our YRG volunteers, for helping support headspace and we look forward to an exciting year ahead.



Christmas Movie & Pizza night is on Thursday December 14 6pm- 8pm at headspace Murray Bridge.



headspace Murray Bridge wishes you a merry and safe festive season.

### Season's Greetings and Christmas Closure

The end of the year is dawning upon us which means our holidays hours are coming up. This year our office will be closed from 11:30am December 21 and reopening on January 2 at 9am, 2024.

headspace Murray Bridge wishes you a Merry Christmas and a wonderful end of year celebrations. We hope you and your family get to connect and celebrate during the festive season.

Christmas can be a difficult time for some people so if you need support during this time you can contact: eheadspace online or call 1800 650 890, LifeLine on 13 11 14, KidsHelpLine on 1800 551 800 or Rural & Remote Emergency Mental Health (24 hours) on 13 14 65.

We will see you back in 2024 for another year full of joy, promise and adventure.



headspace Day was filled with good times, connecting and sharing with our Murray Bridge community.

### What a fun headspace Day!

On October 10th we celebrated headspace day with our community at Edwards Square in Murray Bridge. We had our smoothie bike, face painting, live music, and a BBQ. Multiple young people spoke about how headspace has helped them and their families with mental health support.

This year's headspace Day focus was about 'Ditching Impossible Expectations' placed on young people to better equip them for life's ups and downs. headspace is united to breakdown the stigmas, debunk societal expectations and promote positive mental health.

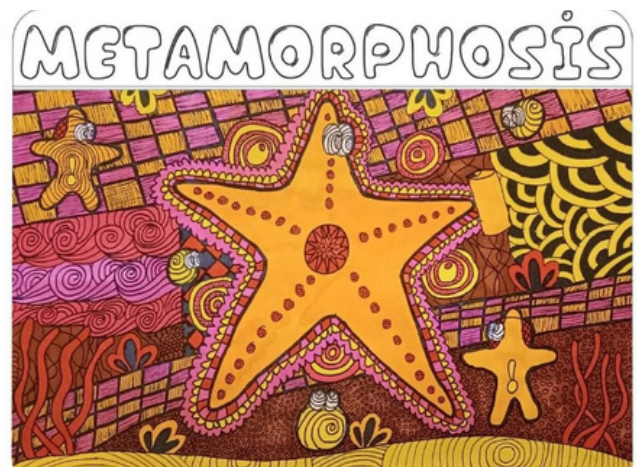
We had large attendance with a mix of young people, families and community organizations coming down and sharing the day with us.

Thank you to all those who helped on the day, we cannot wait for what next year will bring.

### Work & Study: Good News Story

The Work & Study team would like to say a big congratulations to Louise for completing the first term of their Certificate IV in Visual Arts at the TAFE College of the Arts! Below is just one of the pieces she has been creating.

If you're looking for work or thinking about studying, the headspace Work & Study team can help you get to where you want to go!



Art work by Louise during their studies at TAFE College of the Arts. Looks great!

### Lolly Jar!

Our lolly jar has returned and this time it was filled with more sugary goodness. A big congratulations to Lawson, the winner who guessed the closest number.

Next year, keep an eye out for the next goody jar on display at our office. We hope to bring a bit of fun and happiness into headspace when young people and their families come to visit us.

### 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



### 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.



### 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



### Family & Friends Group

headspace has grown through listening to the voices of young people, family members and community.

We hear you and want to hear more about what you want from your headspace service.

Call 8531 2122 or email us on [headspace@ireach.org.au](mailto:headspace@ireach.org.au) to register for this group to get invited to any future meetings.



### Book & Movie Club

Join our Book & Movie Club to watch a movie that was once a book at headspace and chat about it afterwards.

Give us a call on 8531 2122 to learn more or to register.

Group is on the last Wednesday of every second month from 4pm. Check our socials to keep updated.



### Christmas closure

Our office is closed for Christmas break from 11:30am Dec 21, reopening on Jan 2, 2024.

If you require assistance at this time you can contact:

Lifeline: 13 11 14  
Kids HelpLine: 1800 55 1800  
ehespace: 1800 650 890  
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 old's.

\*Except for family and friends group.