

headspace News

A Regional Newsletter

SEPTEMBER 2023 · ISSUE 07



Team photo in our Tranquility Garden. From left to right: Jennifer, Brenton, Bec, Amalie, Isaiah, Sarah & Chidera.

headspace 15 Year Anniversary and Office Decorations!

We are thrilled to announce we have been operating for 15 years, first opening our doors in 2008. We have accomplished a lot in that time, gaining different and experienced staff that have helped improve the mental health and lives of young people and their families, within our community.

To celebrate this anniversary, our staff have decorated their doors to showcase what they were like when they were fifteen years old. Have a look next time you're in the office.

We are planning to have an anniversary celebration with the community, so keep your eyes posted on our website and facebook for upcoming event details.

Garden and Outdoor Space Upgraded

At headspace Murray Bridge we have an added addition to our site, we got brand new sails around our building and a sun shade sail in our back garden providing more shaded options outside.

This has dramatically improved our tranquility garden into a beautiful and sheltered haven for staff and young people to enjoy. The sails around our front will also provide a shaded area for any young people who would prefer to wait outside.

Have a look next time you're driving past our office, you wont miss us with our big green sails.

headspace Staff Profile

Name: Hannah

Favourite Film: Rebel Without a Cause

Fun Fact: Fascinated by Ancient Egypt

Hannah is one of our administration and office support workers at headspace Murray Bridge, who helps support staff, groups and young people. Hannah has worked with us for over three years and is one of the first people you see when you first walk into our headspace office. Let's get to know Hannah!

In the past, Hannah has worked in retail with her first job being at Blockbuster Video store. Since then, Hannah is a huge movie lover. Hannah has had volunteering experience working in mental health and community organisation's and after high school Hannah graduated from the University of Adelaide studying Bachelor of Media (Journalism).

Hannah's typical workday at headspace starts with making a cup of coffee then answering phones, booking appointments, and helping staff and groups with administration duties. Hannah does a lot of the media at headspace where she coordinates and writes our newsletter, updates the website and posts on social media. Hannah also assists in our social groups and along with our community engagement worker Chidera, helps run our Book and Movie club.

Hannah's advise for young people looking to attend headspace is "We are very friendly here, so please come on in and we can book an appointment for you or give you a tour around our site. We also have a few social groups here, so you are more than welcome to join us!"



Hannah from headspace



iREACH and headspace staff chose between painting, yoga or sound bath activities on the day.

A Fun Staff Wellbeing Day

On Wednesday June 28 our head office iREACH Rural Health invited all staff from iREACH, headspace Mount Barker, headspace Victor Harbor and headspace Murray Bridge to an all staff wellbeing day.

Staff from all locations came together at iREACH and did wellbeing activities and training in how to better advocate for young people and also manage their own wellbeing in mental health care.

Clinicians had an educational seminar about medication and psychiatry treatments for clients, non-clinical workers had a self-care workshop with psychologist Fiona Meade providing tips in maintaining healthy work skills.

In the afternoon after a lovely lunch, staff got to choose between different activities from silk painting to yoga or experiencing a sound bath.

A big thank you to all involved with attending and running the day.



Book and Movie club is every second month from 4pm at headspace Murray Bridge

Book and Movie Club Returns!

After a short hiatus, our Book and Movie club at headspace has returned as of August this year.

This group involves reading a book if you have not already read it, then watching a movie with other young people at headspace then chatting about it afterwards. What makes this group special is we only watch movies that were once books. If you don't get a chance to read the book you are still welcome to watch the movie. It's a great way for movie and book lovers to meet new people in a friendly and quiet environment.

This group is for 12-25 year old's and is run by community engagement worker Chidera. We are open to suggestions so if you have a movie or book recommendation, let the team know and we may be able to watch it together.

Book and Movie club is on the last Wednesday of every second month starting from 4pm. We have a cosy environment with couches, bean bags, popcorn and snacks. Check our socials to keep updated.

If you or someone you know is interested, give us a call on 8531 2122 or email us at headspace@ireach.org.au

Jelly Bean Jar Winner

This winter we decided to have some extra fun at our headspace centre and decided to create a jelly bean jar counting competition.

This competition involved guests in our waiting room to guess how many jelly beans were in a jar and the person closest to the magic number at the end of July got to take the jar home.

Thank you to everyone who got involved. We will start a new competition soon for young people to enjoy!

Cultural Program

Our Cultural Team at headspace Murray Bridge consists of Natalie (Nat) Kartinyeri, our youth aboriginal workers Aninna and Isaiah.

The Cultural Team supports our First Nations youth in an outreach capacity including at school, individually and in a group environment.

This team works in a culturally safe environment with aboriginal staff.

If you or someone you know is interested, give us a call on 8531 2122 or email us at headspace@ireach.org.au to learn more.



Our cultural team at headspace is culturally safe with aboriginal workers

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



New GP & Nutritionist

We have a new GP here at headspace Murray Bridge. Dr. Mrytle is an experienced GP. Contact us on 8531 2122 to learn more.

Please note: a valid Medicare card is essential for GP service and is for young people aged between 12 and 25, and is bulk billed.

Our Nutritionist, Zoe, has started with us working once a day on a fortnightly basis. Contact us on 8531 2122 to learn more.

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.



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 to register for this group to get invited to any future meetings.



All social groups are for 12-25 year old's.

*Except for family and friends group.