

headspace

Ipswich

August Newsletter 2015



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Meeting with Mayor Paul Piasle to promote A-SIMMO event.



Centre update

hYPA Update

hYPA meetings have been a bit inconsistent lately because we are in the thick of filming our short film entry for the Ipswich Film Festival for Youth (IFFY): Daniel Vs the Black Cloud. We've had an awesome crew on board and our very own Madeleine Broady from hYPA is Directing. We have one final scene to shoot and then in post production, editing and preparing for submission. It's been a very fun project to be involved in and a film that we hope to use at headspace Ipswich into the future. A few hYPA members have been training for the Bridge to Brisbane and there is interest in forming a headspace team for the A-SIMMO Touch football competition on the 25th August at Briggs. Rd. Sporting Complex. As mentioned Bridget and Madei attended the Rally for Marriage Equality with other headspace young people which was an awesome chance to connect and learn about other young people's advisory groups in other centres. Another potential cool project that the hYPA group may lead is the Zombie Walk that headspace Ipswich was involved with last year with Orion at Springfield: Watch this space!

Well it's been a busy month so far for headspace Ipswich. Bridget and Madeleine (hYPA members) pictured above joined with other youth advisory group members from headspace centres around Brisbane at the Rally for Marriage Equality on Saturday 8th August. They worked on this beautiful banner in our boardroom. Great work! What a topical issue, it's not a matter of whether but when hopefully.

The clinical team and reception at headspace Ipswich have been extremely busy. We are getting a lot of community referrals, which is great. We currently have a 2 week wait to see a psychologist, but less than that to come and see Intake. Casey Piper, Rainbow Counsellor from Relationships Australia will be delivering LGBTIQ specific counselling every Monday morning starting 24th August. We are seeking other Private Practitioners, so please get in contact if you are or know someone who is interested in working with young people here in Ipswich. From next week we will be opening late every Monday until 8pm. If an after-hours appointment is preferable to you or a young person you may want to refer, please get in contact. This is particularly ideal for young people who may live or go to school further out of Ipswich.

Planning, preparation and promotion is ramping up for the Bridge to Brisbane and the A-SIMMO forum and touch football event. We had a successful meeting with Mayor Paul Piasle who has offered his support. A few of us were lucky enough to duck down to cold Melbourne to attend training on delivering professional development around Youth Advocacy to our hYPA members as well as other potential audiences. Very interesting content that can be integrated into school presentations and workshops. Colin has been busy with running PT sessions for both groups and individuals and is still available upon appointment to see young people wanting to strengthen and get fit. Given it's popularity, the running club will continue on beyond the Bridge to Brisbane event, at headspace Ipswich at 430pm every Wednesday.

We managed to get in the QLD Times again with an article about our partnership with the Ipswich Junior Rugby League Referee Association. Find it on our facebook page. Speaking of which, please find and like us on facebook, it's a great way to keep in touch and connect with cool stuff going on!



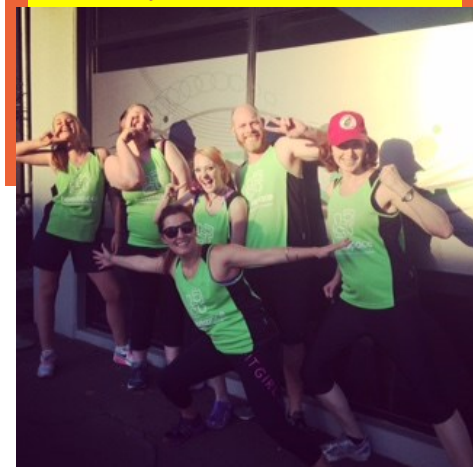
Calendar of upcoming events

- ◆ Pasifika Spring Festival: 3-8pm Saturday 29th August. This will be a fun multicultural event with food stalls and music for the whole family. Evan Marginson Park Woogaroo St. Goodna.
- ◆ Bridge to Brisbane: headspace Aftercare services are entering a 5k and 10k team in this year's Bridge to Brisbane on the 30th August. There is still time to enter. Call 3280 7900 or E: Gillian.marshall-pierce@aftercare.com.au for more information and to register.
- ◆ Hearing Voices Group: Run at Floresco Centre: Lvl 1/3 Wharf St.. 2-3pm Every Monday. Call PHaMs: 3280 5640 to enquire.
- ◆ RAGE: Floresco are running 6 week Anger Management Courses for men and women separately. Call 3280 5670 to express interest.
- ◆ POPPY Group: Parents Opportunity to Participate in Play with their Young. Dealing with Behaviour, health, fitness, reading and relaxation. This will be at Leichardt Primary School. Weekly: 9-11am on Tuesdays P: Marian for more info.: P: 0437468891 e: marian.teunissen@aftercare.com.au
- ◆ Child Protection Week Symposium: 2nd September at Wivenhoe Business Centre: 2470 Brisbane
- ◆ CPW Symposium: 8th Sept. USQ Springfield campus Auditorium. 10-2. Call Sgt Webster on 38171351 for more info. Bookings essential.
- ◆ RUOK? Day: Wednesday 9th September USQ Ipswich.
- ◆ PFlag Ipswich have meetings at 6pm on the last Wednesday of every month at Relationships Australia: 14 Brisbane St. Ipswich. E: pflagipswich@outlook.com for more information or to RSVP.
- ◆ Art Perspectives: Every Monday 10-12pm, free Art Therapy for people with mental health issues at Floresco Centre. Call Khrys: 0417291673 or E: khrysw@fsg.org.au
- ◆ Saturday 12th September: Out of the Shadows: Walk for Suicide Prevention: 9-11am. Japanese Garden Entrance: Queens Park. E: Karen.prestidge@uccommunity.org.au

Introducing new staff: Tegan and Anna

Tegan and Anna have joined our Intake team. **Tegan** is an animal lover with 2 dogs and 2 cats and loves live music gigs including dancing enthusiastically (but not well according to her). Bjork is her no. 1 fave artist. She comes to us with 10 years experience working with young people in the Disability sector, including with Aftercare at Woolangabba.

Anna is a budding athlete, competing in triathlons in her spare time. She comes to us with Counselling experience working at Lifeline. Secretly Anna is a budding barista, making incredible coffee art (on the froth) and one day would love to own her own café and display people's artwork on the walls as a cool place to hang out. Anna enjoys connecting and working with young people particularly. You may see these friendly faces, when you visit the centre.



BRIDGE TO BRISBANE: GET THE GREEN SEEN

We are so excited about the Bridge to Brisbane this year on Sunday 30th August 2015!

We have been working with headspace centers from Meadowbrook, Nundah and Woolloongabba to help organise one of the most energetic Bridge to Brisbane team.

We already have an amazing team running in our fantastic green shirts and we are looking for more people to get involved.

You can run, walk, hop, skip or jump the 5k or 10k track and if you don't feel like that, you can volunteer!

Not only are we running, walking and volunteering on the day, but we have a ton of exciting things still happening beforehand too!

We are holding a running group every Wednesday at 4:30pm at the Ipswich headspace center.

We are so excited for this event, and hope you are too! If you would like to get involved in any of the events we have going on, please let us know by contacting the center and we can tell you lots more about it.

PS: Did I mention if you volunteer you get a free shirt? So if you want to join the team, come to running club or volunteer, please get in touch with us: E: Gillian.marshall-pierce@aftercare.com.au P: 3280 7900 for more information.