



headspace
Ipswich

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Summer Newsletter
2015/2016



End of year wrap up!

2015 has been a big year for headspace Ipswich and we have been the busiest we have ever been. Thanks for sharing the year with us.

We have certainly had a busy year, with the number of local young people accessing the service significantly increasing over the past 12 months. This is reflective of both the fact that more people in the community know that we exist and what we provide and also, great work is being done in the local community to break down the stigma around seeking help particularly for mental health challenges.

Some highlights from the year include:

- * The celebration of our second birthday, thanks to all who attended.
- * Youth Week activities, including taking a headspace team to the ICYS Youth Homelessness sleepout.
- * Launching new partnerships with FSG, USQ, Ipswich Jets, Ted Noffs, Ipswich Junior Rugby League Referee Association and Deadly Choices.
- * Representing at an array of popular local community events, including Busy at

Busy at Work, the Ipswich Lantern Parade, Ipswich Jets games, USQ Ipswich and Springfield Orientation Days, NAIDOC, RUOK? Day.

- * The A-SIMMO Aboriginal and Torres Strait Islander forum and Touch Football carnival for young people was a great success. We had 80 young people attend the forum and 14 teams participate in the mixed Touch Football carnival (for all young people), attracting hundreds of people. We hope to work with a local network to deliver this again next year.

- * We have run a variety of groups this year, including an LGBTIQ group and had group fitness classes delivered from the centre. We are currently running DBT (Dialectical Behavioural Therapy) groups which are proving to be very effective and a Wellness group (Cognitive Behavioural Therapy based).

- * hYPA had a great and active year, including producing a short film.



L-R: Bridget, Maddy, Zia, Jodey and Sarah.

hYPA Activity and recruitment planning

headspace Young People's Advisory Group had their short film: Daniel vs the Black Cloud made it to the final of the Ipswich Film Festival for Youth which was exciting. Congratulations to all involved, particularly Madeleine and Zia who both put in a lot of hard work. Some hYPA members are participating in a headspace centre tour coming up on the 10th December, visiting Nundah, Meadowbrook, Woolloongabba centres and connecting with youth reference group members from these centres which will be fun. The current group is gearing up to begin supporting the recruitment process for new members in the new year as it's a 12 month commitment.



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School Holiday Timetable

Group Fitness

Come join us for fun and fitness during the summer holidays! Classes include elements of boxing, agility and kettle bell exercises.

Days and Times: Monday 10.30am, Tuesday 3.30pm
Wednesday 9.30am and 3.30pm

Art and Drumming

Kool Kids Tutoring will be running a fun and creative workshop including painting, drawing & drumming

Date: Monday 14th December **Time:** 2pm – 4pm

Improvised Movement:

If you're into dancing, theatre and delving into a bit of fun, no holds barred performance in a safe and positive space, this is the workshop for you

Date: Tuesday 15th December **Time:** 9am – 12pm

Yoga

Power Vinyasa movements flow smoothly, almost dance-like, and help to develop physical power, strength and mental resilience. Mats provided

Date/s: Thursdays 7th, 14th & 21st January
Time: 10.00 – 11.00am

Board Games

We will be running two board game mornings over the school holiday for young people aged 12-15. Board games will include Jenga, Guess Who, Operation and Uno.

Date/s: Wednesday 13th January and Friday 22nd January
Time: 9.30-11.30am

Traditional Cooking

Deadly Choices will be running Good Quick Tukka sessions, creating delicious, quick and healthy meals.

Date: Tuesday 12th January **Time:** 10.30am-12.30pm

Traditional Games

Deadly Choices will also be running Traditional Indigenous games, making sure we are getting our daily physical activity in a fun way.

Date: Monday 18th January **Time:** 2.30 – 4.30pm



Where headspace Ipswich
26 East Street,
Ipswich

Contact 3280 7900

We have an exciting school holiday program this summer holidays!

All classes suitable for beginners. RSVP is essential for all so please get in early and let us know if you will be joining us!





Halogen National Young Leaders Day Conference



Brave Adrian who fundraised for us by shaving his dreads.

Calendar of upcoming events and activities

- ◆ Ipswich PCYC Christmas disco: \$5 entry, 6-9pm for Prep to Year 6 on Friday 4th Dec. 2015.
- ◆ Speak Easy: Communication for Carers free course: 8th Dec. 10-1pm at Mission Australia Inala: 37 Kulgung Circuit Inala 4077. P: 37235001.
- ◆ Australian Skateboarding Community Initiative and Somerset Council are delivering fun free Skate events across the Somerset region over the school holidays: Go to www.australianskateboarding.c
- ◆ Street Beats Skate Music Art Festival is happening from 14-19th Dec., 10-3 daily. Headspace will be there on the 16th with a stall in the Ipswich Mall.
- ◆ Free Aboriginal Basketball camp for 12-17 year olds: 14-16th Dec. All players get shirt and basketball. It's at Hibiscus Sport Complex: 90 Klump Rd. Mt. Gravatt. E: bker@basketballtekacademy.com.au or P: 0488690877 for more info.
- ◆ Imagination Library: Free family gatherings: Sat. 19th Dec. form 1-2 at Goodna Neighbourhood House: 33 Queen St. Goodna.
- ◆ West Moreton Young Carer's Camp: 16-19th January at Thunderbird Park. Spaces are limited. P: Ange: 38133895 or 0428748281.
- ◆ Enrol in a Cert 3 in Aged Care for free with Skilling QLD for Work: 12 weeks full time including compulsory placement. P: 3282 8000.
- ◆ Lowood Shop for Free day: 9th Dec., 11-3 at CWA Hall: Main St. Lowood. Donations welcome. P: Allison 54263432
- ◆ Youth Mental Health First Aid Training: 18th and 19th February 2016. Cost is \$58.24 . E: caron.cahill@health.qld.gov.au

TIPS FOR MANAGING HOLIDAY STRESS



Is there such a thing as “holiday stress?” Holidays should be a time of rest, recuperation and quality time with friends and family. But for some people it can be a cause of stress. This can be triggered by a variety of things including bringing back unhappy memories, being forced to be around tricky relatives, highlighting changes that have happened in your life over the past year and the buying of Christmas presents can bring on financial strain for some people. These are all valid concerns, but reflecting and prep-

aring yourself for the holiday season and the possibility of some challenges can be a big help. Consider alternative ways to see the people you actually want to see that won't cause you anxiety or stress, even if it means skipping out of big family events to catch up with people one on one or in small groups. It's great to manage your expectations, no ones family is perfect, but take the time to acknowledge the good bits in your holiday gatherings. Make use of distractions, absorbing

yourself in your favourite activities such as gardening, art/craft, reading, music. Look after yourself and try not to over-commit to things if you can acknowledge that you might be feeling a bit emotionally fragile. Other tips include having an emotional release: Cry, laugh, yell, dance. You can also write down negative thoughts and then list reasons why they may not be true. While some services close over the holidays, eheadspace is still operational. Go to www.eheadspace.org.au for support.