

headspace

Ipswich

October Newsletter 2015



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Mental Health Week Walk: 2015

Spring has sprung

hYPA Update

This month in hYPA we were very busy with many events. On the 28th of September, we had our first School Holiday Art Workshop at the centre which was a huge success with around 17 young people attending, proving we could hold more in the future, possibly over the Christmas break. Our film was submitted on the 2nd and we are eagerly waiting to see if we get to the finals of the Ipswich Film Festival for Youth. Mental Health Week commenced, which ran from the 5th of October until the 9th of October. headspace Ipswich held an event in which we held a screening of *Inside Out* for young people and gave out information for community services themed with mental health. Our upcoming events include the Orion Zombie Walk in Springfield Orion Shopping Centre on the 31st of October with registrations starting at 1:30pm and the walk going from 2-5pm. Three hYPA members recently attended Professional Boundaries training for volunteers and we loved it so much we thought it would be beneficial to bring it to the whole group. This will be happening in the next month. Finally, as the year comes to a close, we start recruitment for new members of hYPA for the New Year. Keep your eye out in early January for more information and application process.

We had a busy week for Mental Health Week (4-10th October), which included a youth specific event which was a free film screening of *Inside Out* and a suitcase display from local services, which went really well. Thanks to those who attended and supported these activities. Our Service Manager: Ellen Heathwood delivered Teen Mental Health First Aid to a group of Young Carer's in the last month. Our free yoga class on Monday's (6-7.15pm) is almost full and proving quite popular. It's great to see some young people bringing their parents along.

We are extending our opening hours again in November to include Thursday evenings to 8pm, (as well as Monday's) which will be great for young people in the region.

We are excited about the upcoming dread and beard auction by Ipswich local Adrian who has 10 year old dreadlocks and a beard which he is

cutting off as a fundraiser for headspace Ipswich. He will be performing the great hair removal on Friday 30th Nov., check our facebook page for more details and how to donate.

We are looking forward to hosting a Career Information Evening on Wednesday 4th Nov with USQ for parents/carers and young people from 5.30-7pm. P: 32807900 to register your interest.

Our Wellbeing group has proven popular, this is a ten week program for young people on a Mental Health Care Plan, exploring strategies relating to shifting ways of thinking. This group is bulk billed and in addition to one on one appointments and will be run regularly. To express your interest, please call us on 3280 7900.

We are looking forward to the launch of Phase 2 of the Yarnsafe Campaign, beginning 22nd Oct. Check out headspace National website. Good luck to those in exams in the coming month!! Spring has sprung!!



Calendar of upcoming events

- ◆ Free Assessment of Mood Disorders Training: Thursday 26th/Friday 27th November at Queens Park Education Centre: 8.30-4.30. Spaces limited, EOI: Caron.cahill@health.qld.gov.au, P: 3818 4800 by 30th October.
- ◆ Parenting For Men: Free workshop at Mercy Community Services Goodna: Every Wednesday 9.30-1.30pm. P: 32713692 for more info.
- ◆ Baby Play and Learn: Every Friday 10-11.30am at Leichardt One Mile Community Centre. P: 38121270 for more info.
- ◆ Ipswich PCYC is running an engaging, free program for 15-24 year old job seekers who are either ineligible for Aust. Govt. Employment Services or who have been unemployed for over 6 months. It will be Mon-Wed for 4 weeks starting November 2nd. Call Angela on 0433769407 for more info.
- ◆ Day for Daniel Walk: ICC and other local organisations are inviting people to attend this walk which will be a fundraiser for the Daniel Morcombe Foundation: 30th October 9.30-12pm. The walk will begin in the grassed area of the Ipswich Mall and complete at 10.30 with activities to follow. Please wear red. For more info, contact Tania: tappleton@ipswich.qld.gov.au.
- ◆ headspace hosting free career info night: 4th Nov., 5.30-7pm. P: 3280 7900.
- ◆ Ipswich City Council are running an exciting Youth Forum on 7th Nov. at Ipswich PCYC: , 1c Griffith Rd. Eastern Heights from 5pm-10pm for 12-25 year old locals. Themed: Ipswich: Your city your future, with free pizza, live entertainment and youth service expo. RSVP: 3810 6671 or E: youth@ipswich.qld.gov.au
- ◆ Australia Day Awards: Various categories. Please nominate someone: Call ICC on 3810 6086, go to www.ipswich.qld.gov.au or pick up a form from any Ipswich Library, Ipswich City Council Customer Service Centre (in the Ipswich Mall) or your local Councillor's office. Deadline: **13th Nov.**
- ◆ Ipswich Marriage Equality Rally: Sat. 14th Nov.: 12pm at d'Arcy Doyle Place: 116 Brisbane St. Ipswich including Senators Glenn Lazarus, Larissa Waters and local MP: Jennifer Howard. For more info, E: rallyinfo@pflagipswich.org.au.
- ◆ 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

HOW TO TACKLE EXAM STRESS

This time of year is when exams start to cause some stress for young people. There are a few things that you can do during exam time to help reduce your stress and focus on studying.

One of the most important things to do is to look after yourself by building activities into your day. Fun things like hanging out with friends, watching television, cooking meals and relaxing will help you to break up your study.

Another great thing you can do to help you reduce stress during exams is to exercise. This helps reduce stress, keep you focused and maintain the level of energy you need to study.

In order to stay focussed during your study periods, try to switch your phone off and take a five minute break after every hour of study.

Sometimes it might be helpful to have a healthy snack such as fruits/nuts/dairy in this break.



Zombie Walk is happening on Saturday 31st October at Orion Springfield Shopping Centre. \$5 entry goes to headspace Ipswich.

Dare to scare with trick or treating, kids entertainment and prizes for scariest costumes. Registration begins at 1:30pm outside Coles and the Zombie Walk will go 2-5pm. Find Orion Zombie Walk on Eventbrite to register.



Don't hesitate to invite friends and family to support and encourage you to stay focussed and perhaps study together and motivate each other. Nothing beats a nice cup of tea being bought to you while you're cramming!

On the day of the exams, try and have a healthy breakfast and some exercise in the morning. This will help you be focused for your exam. Good luck for your exams and remember to follow these simple tips to help reduce stress and increase grades!