

headspace

Ipswich

September Newsletter



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A-SIMMO Tournament Trophy Winners with local Elders at the big event.



## A-SIMMO Forum and Football Match

### hYPA Update

For those who haven't heard of hYPA, it's our headspace Young People's Advisory group. This group meets regularly and both inputs into how to make the centre more youth friendly and gets involved in local projects and initiatives that both raise the profile of headspace and promote breaking down the stigma of engaging young people to talk about mental health.

hYPA members have been busy helping out at various events such as the Ipswich Junior Rugby League Finals and the A-SIMMO event. hYPA member Bridget led, with the support of Kitty, an Art day in the centre with an external facilitator, which was a success with over 17 young people. This was attended by other hYPA members and clients and will no doubt be repeated.

We have welcomed a few new members and are currently close to submitting our entry into IFFY and preparing for some

Close to 400 people gathered at Briggs Rd. Sport Complex on Friday 25<sup>th</sup> September 2015 to participate in a local event co-ordinated by headspace Ipswich in partnership with local Elder Aunty Narella Simpson, Open Minds and Ipswich City Council. This event, which was run during Suicide Prevention Month culminated in 80 Aboriginal and Torres Strait Islander young people attending engaging workshops around Cyber Bullying, Yarnsafe, Deadly Choices and Cultural Identity.

They also witnessed 20 local Elders and community leaders receive their certificates for completion of the Aboriginal Mental Health First Aid accreditation.

Forum attendees got a deadly free shirt, designed by a local artist, Selwyn Simpson.

They enjoyed a free BBQ delivered by Boystown, with support from Salvation Army and meats funded by Cr. Bruce Casos. There were 14 teams participating in the Touch Football Tournament, including teams from Cherbourg, Logan and Toowoomba. The Grand Final was between a team from Logan and a local Ipswich team, with the A-SIMMO Ipswich team winning the tournament.

It is hoped that young people who attended this event will be able to use the knowledge and skills they have learnt and teach others and affect real change in their community. Coming away with strategies to build resilience and protect themselves was a priority for the day.

Organisers would like to thank the sponsors, workshop facilitators and supporters who made the event a success. Many connections were made in the local community and all involved had an awesome day!!





## Calendar of upcoming events

- ◆ 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
- ◆ Getting Ready for the NDIS: MH Week Forum and Breakfast: Thursday 9th Oct. 7.30-9am at 52 Merthyr Rd. New Farm. RSVP: 36208850.
- ◆ Free Baby Play and Learn Playgroup, every Friday morning during Term 4 from 10-11.30am at Leichardt Community Centre: 1-17 Denman St. Leichardt with morning tea provided. RSVP: ecw@lcginc.org.au. P: 38121270.
- ◆ Ipswich Book Affair: St. Pauls Anglican Church Hall: 124 Brisbane Rd. Ipswich: 8-11th October 9-4pm.
- ◆ DVAC, IIYS, Focal Extended, Ipswich Women's Shelter and Ipswich Housing and Support Services are having a joint AGM on Thursday 22nd Oct. from 7.30am over breakfast at Brothers Leagues Club (Wildevy St. Raceview). RSVP via Eventbrite: (Search Combined AGM).
- ◆ Australia Day Awards: Various categories. Please nominate someone: Call ICC on 3810 6086, go to [www.ipswich.qld.gov.au](http://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.**
- ◆ 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

### Centre and Group Update

We have had a fantastic month with a record number of young people accessing our service. We have been running lots of different workshops, including an art day which was a great success! 5 members of our clinical team just attended Dialectical Behavioural Therapy, which will be useful for our clients.

We have lots of new groups starting up soon too.

On Mondays we have a free yoga group from 6:00-7:15PM at the center.

We have a Wellness group starting on the 12th of October from 5-6 which will run over 12 weeks. If you want to be involved in this group, you will need a current Mental Health Care Plan.

We also have group personal training on Wednesday afternoons from 4:30-5:15 with our fantastic personal trainer Colin.

If you need anymore information about these groups, please contact reception on 3280 7900.

## MENTAL HEALTH WEEK UPDATE

Mental Health Week is from 4-10th October. The West Moreton Mental Health Collaborative along with a variety of organisations have organized a lot of fun events for everyone.

On Tuesday 6th Oct, there will be a mini conference from 9-12 which will focus on recovery.

Wednesday is the Mental Health Week Walk which is meeting at Riverlink (sidewalk area by Good-

Life at 9.30am and finishing at the Art Gallery with a free morning tea provided.

On Thursday morning, there will be a Community Showcase which is at The Park in Wacol. We will be having a bus leaving from the headspace centre at 8:30AM which can take 6 people. If you are interested, please get in contact with the centre. There is a silent art auction from 5-7pm on 8th October at the

Ipswich Community Art Gallery. The youth event of the week will be at 5:30PM Thursday 8th Oct. There will be suitcase information stalls at Gasometre (near Limelight Cinema). There will be a lot of information, interaction and fun!

On Friday from 8AM there will also be a free breakfast at Queens Park. If you have any questions, please get in touch with us. E: Gillian.marshall-pierce@aftercare.com.au.

