

headspace
Ipswich

January 2016 Newsletter



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National Youth Mental Health Foundation

Do you want to lead
the way in youth
mental health?



Howdy in 2016!

We hope you all had safe, happy and healthy holidays and have returned in 2016 refreshed and rejuvenated for a great year.

After such a big year in 2015, all of us at headspace had a bit of a well deserved break over the festive season and we hope you did too. We are all looking forward to a big year supporting young people in the local community.

We now have 2 part-time GP's working in the centre which is exciting news for us as we have been on the hunt for some time. We have a Hearing Voices group starting on the 22nd February 4.30-5.30 and every Monday, same time thereafter. This is for local young people who have had unusual sensory experiences and would like the opportunity to share and explore these experiences in a safe space. If you would like to join this group or know someone interested, please don't hesitate to call us on 3280 7900.

January has been a very busy month so far and our current wait time to see an intake person is approximately 3 weeks. In saying this, we would like to remind all current clients that it is very important to give ample notice of any cancellations where possible. This allows us to provide an opportunity for another young person to see a practitioner

instead. Our Christmas holiday activities at the centre were great fun, with Improvisation, Board Games, Yoga and Deadly Choices coming in. We would like to build on this idea for future holidays, so please let us know if you have any great suggestions for fun school holiday activities that could be run in the future, please email headspace.ipswich@aftercare.com.au.

The other Ipswich Aftercare service across the road from us is the Floresco Centre and they are running some awesome groups and activities over the next month. They support people aged 18 and over. Please call them on 3280 5670 to get a copy of their February activity calendar. Another quick thing to flag is that PCYC are seeking members for their Youth Management Team, starts 8th Feb. and will be fortnightly. Call Angela on 3281 2547 for more info.

Finally, we would like to acknowledge that some of our readers and clients may have been affected in some way by some tragic events that affected young people locally over the school holidays. Our thoughts are with you and you know where we are. You can find useful info. relating to grief at: <http://headspace.org.au/get-info/grief/>.

headspace Ipswich is currently recruiting new members to our headspace Young People's Advisory Group: hYPA. hYPA is a group of 15-25 year old local young people passionate about youth mental health and keen to provide advice, guidance and support for the running of our youth service and implement projects in the local community to break down the stigma around mental health and help seeking with young people in the local community through campaigns, events, projects, media opportunities, policy and advocacy and the opportunity for awesome professional development.

If you have an interest in Psychology/Social Work/Community Development/Youth Work or have a lived experience of mental health challenges and have the time and capacity to be part of a proactive group of local young leaders, then this is the group for you.

We encourage diverse young people to apply including LGBTIQ and Aboriginal and Torres Strait Islander local young people. It's a 12 month commitment, initially meeting fortnightly then monthly. To apply please email Gillian.marshall-pierce@aftercare.com.au. P: 32807900. Applications due by 15th February 2015.



hYPA 2015 member Bridget Hayes was nominated in the ICC Young Australian of the Year Awards. Congratulations Bridget!



headspace staff would like to remind all young people that it is important to call with plenty of notice if you need to cancel or change a booking.

Calendar of upcoming events and activities

- ◆ Antenatal classes by True Relationships with midwives to help prepare for labour, birth, breastfeeding and early parenting: 2 x 2 hour sessions: P32814088.
- ◆ ICC are recruiting for voluntary members of the Ipswich Says No to Violence working group and also community allies, volunteers, sponsors and champions. E: Tappleton@ipswich.qld.gov.au, P: 38107437.
- ◆ Lowood Playgroup: Every Wed 9.30-11.30am from 27th Jan. Lowood C'ty Centre: 1 Peace St. No RSVP required.
- ◆ Toogoolwah Friendly Crafters: 10-11 on the 1st and 3rd Thursday of every month at Community Connection Point: McConnell Park, Cressbrook St. Toogoolwah. P: 54244000 for more info.
- ◆ ICC Aboriginal and TSI People's Accord event: 15th Feb at Ipswich Art Gallery, d'Arcy Doyle Pl. E: dkinchela@ipswich.qld.gov.au .
- ◆ Youth Mental Health First Aid Training: 18th and 19th February 2016. Cost is \$58.24 . E: caron.cahill@health.qld.gov.au
- ◆ Oz Tag at PCYC is starting up again on the 10th Feb with a BBQ. This is free, fun and great way to stay active after school.
- ◆ Mercy Community Services are running an array of free or low cost courses for children, teenagers and parents. P: 3280 8000 to be sent the full schedule..
- ◆ Leichardt C'ty Centre are running various parents training and playgroups. P: 38121270 E: ecw.LCginc.org.au for more.



It's that time of year again! Going back to school can be a time of mixed emotions and a different experience for everyone. Some young people experience anxiety or stress due to leaving their families, making new friends, dealing with bullying and some may worry about their appearances, grades and performance at school. It is normal for a young person to experience 'butterflies' or anxiety going back to school due to the changes and 'newness' in the transition: new teacher, new challenges, new classmates etc.

Before beginning the new school year, establishing a routine at home can help young people to adjust. Your routine might include a checklist to help with organisation to ease anxiety and avoid rushing out the door or missing the bus! Make sure you don't skip breakfast – as research suggests that eating breakfast in the morning can assist with learning in the classroom and sustain energy levels to avoid 'burn-out' during the school day. Look after yourself during the school year: Self care is especially important when you have big

Homework tests STUDYING
 science projects curriculum choices
 essays
 peer pressure BEDTIME
 report cards OUTSIDE ACTIVITIES
 school supplies

demands in your life - that way you have the energy to commit to what you need to accomplish. Build activities you enjoy and that bring your stress levels down into your study plan, such as sport, spending time with friends, internet, etc. Remember to get some exercise every day as this helps you to keep focused and energetic. Ask for help: If you are feeling overwhelmed with school stress or anxiety; ask for help from a Teacher or Guidance Officer. If you are having difficulty talking with someone at your school, headspace is always here to provide support.