

headspace News

A Regional Newsletter

MARCH 2024 · ISSUE 09



Team Picture from 15th Birthday Anniversary. From left to right: Sarah, Nat, Chidera, Emma, Brenton, Rachel, Bec, Mac, Hannah, Sophie, Suzanne, Aninna & Lucy.

15th Anniversary Party Event

On February 22nd, we held our 15th Birthday celebration at the Murray Bridge office. This event saw around 60 guests, representing our valued partners throughout the Murray Bridge community.

The day was a celebration of our service and its many achievements over the past 15 years. It was a great day and a wonderful time to see the past and present leadership of our service.

Our Youth Reference Group did an amazing job in helping to organize and run the event.

It was a proud moment to hear from the young people who spoke about how they have benefited from the work headspace does.

Youth Week with headspace

SA Youth Week is South Australia's biggest celebration of young people aged 12 to 25.

Held each year, SAYW, recognises the talents and contributions of young people and includes a wide range of events and activities created for young people to enjoy.

This year headspace will engage in multiple events in the Murraylands. These include supporting The Station for a Skate Park event on March 16, school visits, attending 'Pooling Around' event on March 20, and many more.

To learn more contact the headspace team on 8531 2122 to speak with Community Engagement worker, Chidera.

Extended Opening Hours

To provide increased accessibility for clients and families to headspace services we have commenced new opening hours which includes more after-hour appointment times. Our new opening hours are:

| | |
|-----------|-----------|
| Monday | 9am - 5pm |
| Tuesdays | 9am - 7pm |
| Wednesday | 9am - 5pm |
| Thursday | 9am - 7pm |
| Friday | 9am - 5pm |

Join Our Free Gym Group!

At headspace we have a lot of programs and one of them is a free gym group for young people aged between 12-25.

Join us at Snap Fitness every Wednesday morning at 10:30am and a headspace worker will be there along with gym staff to help you get fit and enjoy some time at the gym.

If you are interested contact our office on 8531 2122 to learn more.



Contact us on 8531 2122 to join our gym group or email at headspace@ireach.org.au



To learn more information about our multicultural cooking group give us a call on 8531 2122.

New Multi-Cultural Cooking Group

headspace is starting a multicultural cooking group where you will learn new dishes from different cultures. Here you will meet new people, learn to cook and experience some fresh and exciting flavors.

At the group, participants will learn how to cook meals. Different community members will also attend and share their food knowledge. You will learn more about healthy foods and how to use ingredients effectively.

This group is free and is for young people aged between 12 and 25. This program is open to all young people from all different cultures and backgrounds.

If you or someone you know is interested give the office a call on 8531 2122 and speak to Chidera or email us: headspace@ireach.org.au



At Hangout we play games, cook, watch movies and spend time together in a youth friendly space.

Program: Hangout Space

Hangout space is one of our many social groups at headspace where young people aged between 12 and 25 can come together to meet new young people and 'hangout' in a safe space for youth.

Each week on a Thursday night from 4pm during the school term young people can come to headspace and enjoy a variety of different activities. These range from playing video games, playing board games, arts and crafts, karaoke to playing outdoor soccer or football games.

We provide snacks and drinks at hangout for participants to enjoy. Hangout is for young people and designed by young people with help from our Youth Reference Group volunteers. One of the best things about hangout is that it's free!

To learn more about the group, give us a call on 8531 2122.

Suzanne's Trip Away

Suzanne was awarded a Churchill Fellowship in 2022 and was able to travel in 2023 across the world visiting youth mental health services. The focus was on services that provide timely access for young people and families. We know young people and families are facing many demands and levels of distress are high. We celebrate that young people reach out for support in greater numbers than in previous generations and headspace is pleased to be here to provide this.

Suzanne visited services and leaders in the field of Single Session Therapy and Drop-In programs in Canada, America, the United Kingdom, Holland, and Italy. A key observation noticed was providing these services at the front of mental health programs ensured timely access that was driven by young people's most pressing needs at the time. Suzanne's travels also enabled her to speak about our service in Murray Bridge at the Canadian Family Therapy Conference and the Single Session Symposium in Rome.

Suzanne hopes to explore the possibility of incorporating some of the innovative ideas around the delivery of youth mental health services to further enhance our programs. We also are excited to be partnering with Flinders University to contribute to research in the field of youth mental health services.



Suzanne and her mentor Pam at a conference in Rome

Rainbow Rhythms

A group for like minded individuals to connect socially in a safe, fun and inclusive environment.

Every Second Tuesday 4pm - 6pm during the school term.

To register your interest, please call us on 8531 2122



Gym Group

Join headspace workers Wednesday mornings from 10:30am at Snap Fitness for some free gym sessions.

Wednesdays at 10.30am.
Snap Fitness, Murray Bridge
3/15 Swanport Rd, Murray Bridge.

In collaboration with Snap Fitness.
Call 8531 2122 to book a spot.



Hangout Group

Come along to hangout after school every Thursday 4pm-6pm during the school term

Where: 10 Second Street,
Murray Bridge

Call 8531 2122 to book a spot



Family & Friends Group

headspace has grown through listening to the voices of young people, family members and community.

We hear you and want to hear more about what you want from your headspace service.

Call 8531 2122 or email us on headspace@ireach.org.au to register for this group to get invited to any future meetings.



Book & Movie Club

Join our Book & Movie Club to watch a movie that was once a book at headspace and chat about it afterwards.

Give us a call on 8531 2122 to learn more or to register.

Group is on the last Wednesday of every second month from 4pm. Check our socials to keep updated.



Multicultural Cooking Group

Do you love to cook or do you want to learn how to cook new and exciting dishes?

Give our new multicultural cooking group a try at headspace.

Where: 10 Second Street,
Murray Bridge

Call 8531 2122 to learn more or to book a spot



All social groups are for 12-25 year old's.

*Except for family and friends group.