

Office Opening Hours:

- M: 9am–6pm
- T: 9am–5pm
- W: 9am–7pm
- T: 10am–7pm
- F: 9am–3pm

**headspace
Dubbo
Term 2, 2016**



WELCOME CHRISTINA!

Christina recently finished her psychology degree, and has moved from the big smoke to DubVegas! She has worked in community work for the past 8 years, and is passionate about helping young people and families.

Christina is a Youth Access and Awareness Worker, who you will be seeing around the office from now on!

Hello Dubbo!

Term 1 has brought us many successes as a service, and we are proud to showcase some of them in this edition.

We welcomed a new staff member, Christina, who is filling in for Jess while she is on maternity leave, and she is doing a wonderful job at this.

As a youth service for 12-25 years of age, Youth Week is a very important event that we marked with various events in the community, in collaboration with other services and our Youth Reference Group.

We celebrated our first birthday since we launch our service, in a well-attended Carnival themed party on the 22nd of April.

Referrals are still coming in from family, friends and community organisations, with wait times currently sitting around two weeks for an initial appointment.

Term 2 will see groups resuming, more mental health literacy delivered into schools, and continued service delivery to young people and their families with Dubbo and the surrounding areas.

Staff:

- Peter Rohr—Operational Manager
- Rachel Thomas—Team Leader
- Ann-Maree Hartley—Clinical Leader
- Jessica Woodley (maternity)—YAAW
- Paul Rich—YAAW
- Nicholas Steepe—YAAW
- Christina Rodgers—YAAW
- Arna Keerklan—Mental Health Social Worker
- Annie Fraser—Psychologist
- Melanie Tonniges—Administration
- John Ridgeway—Administration
- Dr Ferres—General Practitioner (GP)



Happy birthday headspace Dubbo!

On the 22nd of April 2015, we were joined at the Rotunda to launch headspace Dubbo, surrounded by friends, family, community members, organisations and most importantly, young people.

12 months later, and we have had much to celebrate. And what better way to do that than to have a Carnival! The event was well supported by the community, with an estimated 250 people in attendance.

A massive shout out to all the local business' that contributed to the event: Thikkabilla Vibrations, Coates Hire, Macquarie Credit Union, Dubbo Jumping Castles and Party Hire, Drive Cross Fit, Dubbo RSL, Supre, Flip Out, Dubbo Ten Pin Bowling, Early Rise Bakery, Reading Cinemas Dubbo, Old Dubbo Gaol, The Body Shop, Brow Couture, Taronga Western Plains Zoo, Pastoral Hotel, Coffee Club, Bunnings, and the Sportsman's Warehouse.



RAFFLE!

Thanks to the generosity of Scott's Aboriginal Art, who has donated these two amazing artworks featured above and below. Scott has close to 30,000 likes on his page, and headspace Dubbo was fortunate enough to be chosen. Scott is a very grounded, genuine artist and individual who regularly donates to various organisations.

headspace Dubbo are holding a raffle, which will be drawn on the 26th of May, coinciding with National Sorry Day.

Tickets are \$5, and can be purchased from the offices of headspace Dubbo or Marathon Health Dubbo. All proceeds go to headspace Dubbo.



Check out more photos on our Facebook page! :)

ROAR! Festival

In celebration of Youth Week, headspace Dubbo held a number of events to mark the occasion. These included a 'Chill Out Zone' at the ROAR! Music festival, providing free water, zooper doopers, and a safe environment for attendees to have a break from dancing.



'It Takes A Village'

Through a partnership with The Schizophrenia Fellowship of NSW, a Youth Week Forum dedicated to early intervention and the role of those

who support young people, including family and friends, and professionals. Topics discussed on the night included drug and alcohol, mental health, and getting through senior study. The key note speaker of the night was Tony Trimmingham, the Vice President and Co-Founder of Harm Reduction, and the CEO of Family Drug Support.



Youth Week 2016



To celebrate 'Hump Day', a day to encourage consistent condom use amongst young people, headspace Dubbo partnered with Western Area Local Health District, Family Planning and Dubbo City Council to hold a pop up photo booth in the main street of the rotunda, with various activities and information provided.

Pop Up Photo Booth

Our events planned for 2016...



Recommendation

eheadspace

eheadspace is an online webchat and telephone service for young people to talk to a trained professional about what is going on for them.

In addition, there is also a section for parents and carers to get advice and assistance.

Opening hours are from 9am to 1am, 7 days a week. It can be accessed from www.eheadspace.org.au

Family & Friends Reference Group



headspace Dubbo

Family & Friends Reference Group

headspace Dubbo is dedicated to the health and wellbeing of young people aged 12 to 25 and believe that families and friends of those seeking support must be included in the discussion about the social and emotional issues affecting young people.

By sharing your insight into local issues and your own experiences of being a family member or friend of a young person accessing our service, you will be guiding headspace Dubbo in project development and improving the way we support young people in the Dubbo community.

We will meet once a term!
If you are interested get in touch with Annie at ann-maree.hartley@marathonhealth.com.au



Follow us
on Facebook

- ◆ International Day Against Homophobia, Transphobia and Biphobia (17th May)
- ◆ National Sorry Day (26th May)
- ◆ Stars of Dubbo, fundraiser for Cancer Council (1st July)
- ◆ NAIDOC Week (3rd—10th July)
- ◆ Mental Health Month (October 2016)



How to make a referral:

- ◆ Email - hs.dubbo@marathonhealth.com.au)
- ◆ Phone - (02) 5852 1900
- ◆ Fax - (02) 5852 1999
- ◆ Pop in - (23 Church Street)

We just hit over **2,500** likes which makes us #1 nationally. Check it out :)