

headspace Bondi Junction School Newsletter 16



New Youth Reference Group (YRG) members

We are excited to welcome 11 new and enthusiastic members to our Youth Reference Group (YRG). The YRG meets twice a month and ensure that we stay youth friendly, they provide advice on the service, and support community engagement activities.

Yoga is back

Yoga is on Thursdays during term time 4-5pm, up to 12 December. It's free for anyone aged 16-25. Call reception to book – places are limited.

Individual Placement Support in Education

Welcome Katie! Katie is our newest staff member, providing Individual Placement Support (IPS) in Education. She will be supporting headspace clients who are at risk of, or have, disengaged with education, to re-engage in suitable studies.

Good luck HSC students!

For tips to manage exam stress, see <https://headspace.org.au/young-people/how-to-reduce-stress-and-prepare-for-exams/>

NSW Health Volunteer of the Year award

Inaugural YRG member Isabelle Wilson-McGarry (4 years on the YRG) won the NSW Health Volunteer of the Year award – congratulations Isa, and thanks for everything you do!



Above: NSW Health Secretary Elizabeth Koff, Health Minister Brad Hazzard, Isabelle Wilson, Rebecca Wark (Health Infrastructure Chief Executive), Amanda Larkin (South Western Sydney LHD Chief Executive).

Engaging with schools

headspace staff and YRG members can do talks on a variety of topics. To request a talk, email liesl.homes@health.nsw.gov.au. Liesl (Community Engagement Officer) spoke on kindness at Kincoppal Rose Bay's student-run wellbeing week school assembly. Clinical lead Louise and ex YRG member and Batyr speaker Adry spoke at a Batyr event (see below).



Donations – a BIG THANK YOU

A number of other groups have provided donations lately, and we are very grateful! Kincoppal Rose Bay donated, The Kensington Colleges held Jam in a Jar, Fun-Lad had their Day of Fun, and Criterion had a staff karaoke night. Donations go to providing additional services such as extra GP time, our yoga and basketball groups, more community engagement activities, and resources for counselling.

Jam in a Jar run by The Kensington Colleges

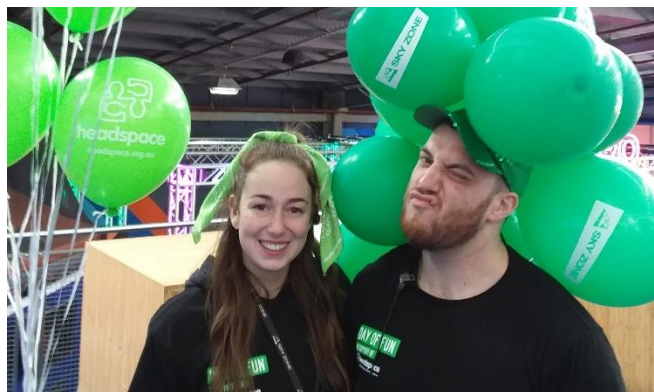
The Kensington Colleges annual fundraiser was an awesome evening – great music, great awareness raising, and a lot of fun - great work team!



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Fun Lab Day of Fun

Corporate partners Fun-Lab put on a great Day of Fun. Many thanks to Skyzone Alexandria and Archie Brothers (below) for their support!



Above: Elvis and Liesl at RUOK? Day event in Barangaroo – Liesl also had a table at Brigidine College and Rose Bay Secondary College RUOK? Day events.

Youth Mental Health First Aid

We will be running several free Youth Mental Health First Aid courses – one at Matraville High and several at headspace – contact Liesl for information.

Free Dental Checks – day change

Free clean and check - now on Fridays!
2-4.30pm on **FRIDAY** 8 November and 6 December.
No dentist in January. Call reception to book in.

Mental Health Month Activities

October is mental health month, and we were busy!

- YRG member Andrew joined Camperdown headspace on a stall at UTS's Mental Health Awareness Fair
- New YRG member Kira shared her story to UNSW School of Materials Science and Engineering – see photo below of Kira, Liesl and Michael Ferry – the Head of School
- We held a stall at the UNSW Kensington Colleges Mental Wellbeing lunchtime event (photo of Kira and Gagan – a materials science student)
- YRG member Sean spoke at a TAL fundraiser for headspace Sunshine
- Liesl had a table at lunchtime events at Randwick Girl's High School info day and at Randwick TAFE who held a poetry slam, BBQ and Beyond Blue speaker.



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headspace Beach Day

We were excited to partner with the Bondi Surf Bathers Life Saving Club to hold a BBQ and stall for headspace Day. Thanks to Lululemon for running the yoga and for prizes, and Chatime for drinks. See <https://headspace.org.au/tips/> for tips and to build your toolkit for a healthy headspace!



Photos: top to bottom, left then right:

All set up in front of SLSC; Liesl with Brett and Marty from SLSC; YRG members Anjhali, Rosani and Kira; Yoga run by Lululemon; YRG members Gabby, Sean with staff member Katie; Gabby and kids in front of stall; SLSC members having a well deserved sausage.



End of year closure

We will be **closed** from 1pm on Tuesday 24th December and will **reopen** on Monday 6th January. If you need support in this time, please contact:
Lifeline (24x7 phone support): 13 11 14
NSW Mental Health Line: 1800 011 511
Kids Helpline (for people under 25): 1800 55 1800