



CLIFTON MAMID

Youth Social Emotional and Wellbeing Worker

What is my role at Headspace?

My role is to help young people improve their Social and Emotional Wellbeing which really just means to help them find ways of living a healthier, happier life. This includes assisting young people to access services that can help them in difficult times like counselling and medical services but also to help them engage in the positive things that are part of a healthy and happy lifestyle.

How do I do this?

I do this by making contact with the young people through organizations involved with youth, youth events and activities and other community programs. This also involves taking them out fishing, playing sports and at times help, with looking for a job etc. This helps me get to know them and form a professional working friendship/ support role.

Where am I from and where have I been?

My family is from Both Wyndham and Broome. Between the ages of 7 and 14 I lived in Wyndham, my mother then moved our family back to Broome where I have spent most of my life. I had a lot of travel experiences and opportunities which involved travelling around Australia and around the world to places like Paris (France), Toronto (Canada) and Auckland (New Zealand); But Broome is home and where I prefer to be.

What have I studied?

Since I finished school I've done a chef apprenticeship, after qualifying I continued cooking for about 10 years. Working with youth I did my senior first aid, bronze medallion, cert 4 in community service work and other short courses related to my field of work; I also have a broad life experience and I am really passionate about sharing some of the things I have learned on the way with the young people I meet and hope to help them on their own journey.

What do you love about what you are doing and what are some of the challenges?

The saying goes you are as old as you feel; and working with youth keeps me young at heart.

Even though at times it is hard to work with youth and to engage them I am passionate about helping young people with any of the issues that can make it hard for them to live a healthy, happy fulfilled life. It is a very rewarding experience to be able to encourage, support and share my own stories, opportunities and experiences to the younger generation of today to help guide them to make choices for a better tomorrow.