

Office Opening Hours:

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

**headspace
Dubbo
Review of 2016**



Hello People!

Welcome to 2017!

Before we hit the ground running, we thought we would have a review of 2016, and all the wonderful things that occurred, but also give you some hints about what to expect this year from us!

We had 366 new young people come through our doors for the first time, serviced a total of 507 young people and provided around 2350 face to face appointments to young people from Dubbo and the surrounding areas.

We completed over 200 community development activities, with more mental health literacy delivered to workers, teachers and young people than ever before. In addition, we also held and participated in a number of events including the very successful Central West Pride March, Orana Relay for Life, Walk Towards Hope and the celebration of our 1st Birthday.

We had a wonderful year, and we are looking forward to making this one even better!

- *headspace Dubbo team*

Staff:

- Rachel Thomas—Program Manager
- Ann-Maree Hartley—Clinical Leader
- Paul Rich—YAAW
- Nicholas Steepe—YAAW
- Christina Rodgers—YAAW
- Arna Keerklan—Mental Health Social Worker
- Annie Fraser—Psychologist
- Melanie Tonniges—Admin Manager (maternity leave)
- Melissa Medway—Admin Manager
- Dr Ferres—General Practitioner (GP)
- Peter Rohr—Youth Services Manager



Check out this ray of awesomeness! Her name is Melissa and she is our new Admin whilst Melanie is on Maternity Leave.

Fun Fact: her favorite flavor of ice cream is rainbow! Yum!

Welcome to the team :)

Welcome Melissa!

VANFEST!

At the end of November, headspace Dubbo, Orange and Bathurst travelled all the way to Forbes to attend VANFEST for the first time ever! We had a chill out zone for all the attendees to have a rest, free water and sunscreen, as well as free merchandise and information about the services we offered! We had a lot of fun, and are hoping to return this year!



We might not celebrate every key date with an event, but we certainly do mark in it our own special way! Above is staff at headspace Dubbo marking National Pajama Day!

Youth Reference Group



Our dedicated YRG volunteers have joined us on this ride this year, and we could not thank them more. Countless events, meetings and ideas have come to fruition from these young people, and to thank them, headspace Dubbo took them for a bowling/pizza party! With Nathan and Amber heading off to University, there are now spots available on the YRG, which I'm sure will be filled quickly!



Dubbo Chamber of Commerce Rhino Awards



Winner Winner Chicken Dinner! Staff attended the annual Rhino Awards back in October, and were successful in winning the 'Best New Business' Rhino Award! We were also highly commended for Community Involvement, and Ann-Maree Hartley was a finalist in the Business Executive Award. Congratulations to all the other winners and finalists.

Community Presentations



Community development is a huge part of what we do here at headspace Dubbo—spreading the word about our service, breaking down the stigma surrounding mental health, and providing education in a range of different areas. We focused a lot on mental health literacy presentations during 2016, and delivered a range of different topics to services, organisations, business' and schools in Dubbo, Narromine, Wellington, Nyngan, Coonabarabran, Peak Hill and many more!

"If opportunity doesn't **knock**, build a **door**."

Milton Berle

Back in early November, Annie and Paul visited Bondi Junction to receive training in SSFC, and how this could be applied within headspace Dubbo. They could not rave more about the training, and are looking forward to implementing this within headspace Dubbo to provide meaningful family meetings as part of the overall package delivered to young people.



Single Session Family Consultation



Recommendation

Youth Beyondblue Website

This website has a wide range of information tailored to youth, to provide resources, information and support for young people dealing with mental health issues. Support provided via webchat or phone, or links to apps that can be downloaded.



For loads of information, resources and fact sheets, head over to our website to find out more:

<http://headspace.org.au/headspace-centres/dubbo/>



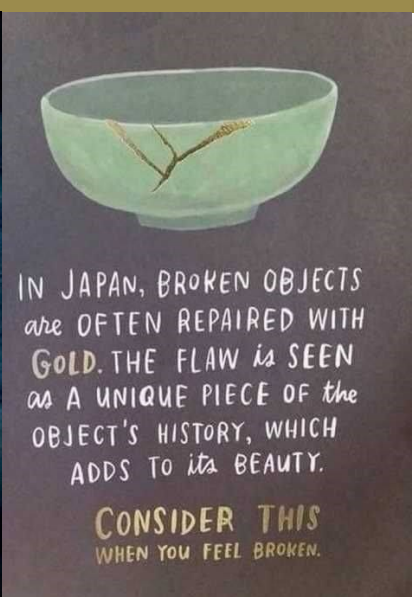
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Our events planned for 2017...

- ◆ Safer Internet Day (February 7th)
- ◆ Term 1 Group Programs (early February)
- ◆ Day of Action Against Bullying and Violence (March 17th)
- ◆ Harmony Day (March 21st)
- ◆ Youth Week (31st March—9th April)
- ◆ Second Birthday (April)
- ◆ Mental Health Month (October)

How to make a referral:

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



To stay updated, make sure you check out our amazing Facebook page! :)