

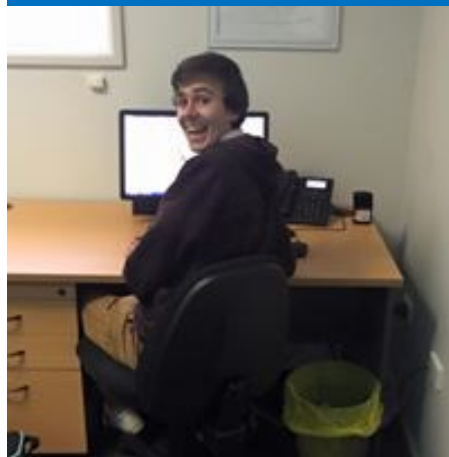
Office Opening Hours:

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

**headspace
Dubbo
Term 2**



You might have seen Pat's face around the office or out in the community before, as Pat has been a long time member of the Youth Reference Group. However, Pat recently started at **headspace** Dubbo as a School-Based Trainee one day a week—and we are very excited to have him on board as he studies his Cert III in Community Services.



Welcome Patrick!

Hello Everyone!

Welcome to Term 2!

The first few months of the year are always the busiest!

We have had an influx of referrals into our centre, with February being the busiest on record for new young people accessing our centre.

We have achieved many things already, with celebrations for Safer Internet Day, our Second Birthday, Youth Week, visits to surrounding towns including Brewarrina for the first time, Yeoval and Wellington.

We have also built strong partnerships with Legal Aid NSW who will be conducting clinics at the headspace office in a few weeks, a partnership with CSU to offer tutoring support, as well as Fletchers International who have recently joined our Consortium.

We don't expect our service to slow down anytime soon, and we wouldn't have it any other way! So keep the referrals and requests for community development coming!

- **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 Reid—General Practitioner (GP)

Peter Rohr—Youth Services Manager

Catherine Robinson—Vocational Specialist (IPS)

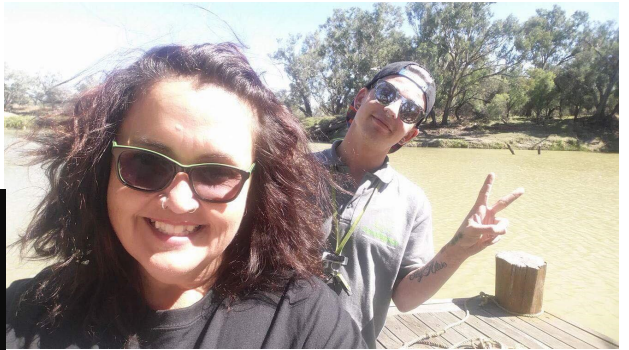
Kevin Saul—Senior Vocational Specialist (IPS)



Thank you to Dubbo Regional Council for providing us with some funds to run a new group program! We can't tell you too much, but it will be a partnership between **headspace** Dubbo and Yummy Yarn and Co! We hope to have this group up and running by Term 3, so keep a look out for more details!

Brewarrina

For the first time ever, **headspace** Dubbo visited Brewarrina to help them celebrate Youth Week! Despite the long drive, Rach and Nic had a blast talking and interacting with the kids down by the river! It may have been the first time, but it certainly won't be the last! Thanks for having us!



Thank you DRC! Happy Birthday headspace Dubbo



The 22nd of April was the 2nd anniversary of the **headspace** Dubbo centre launching our service, and to celebrate, we help a Mad Hatter Tea Party. The event consisted of tea cups rides, food, services, prizes and of course—cake! The community members and services providers who attended reported that they had a blast! Massive shout out to all the business' who donated to the event to make it possible, Uncle John for doing the Welcome to Country, and to Michael Kniepp from Dubbo



Regional Council for speaking at the event! We look forward to many more birthdays in the years to come! For more photos, please check out our Facebook page!



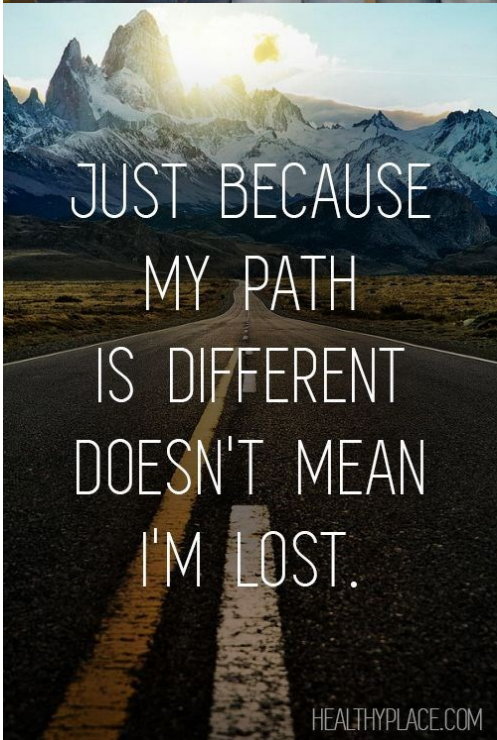
Welcome Fletcher's International

During March, **headspace** Dubbo presented to staff within Fletcher's International around mental health, identifying signs, and responding to mental health issues within the workplace! We received a lot of positive feedback, and as a result, Fletcher's International have joined our Consortium to further develop the partnership between our two organisations!

Can't even visit Dubbo.. What's this then?



On the 8th of April, coinciding with Youth Week, TAFE NSW and Dubbo Regional Council brought a special guest to Dubbo—None other than Steven Oliver as part of his RUOK? Ambassador role! Steven delivered powerful messages about suicide prevention, and shared some insight into his journey and rise to stardom! The event was proudly supported by **headspace** Dubbo, Opportunity Hub as well as Base Art! Thanks for making the trip all the way out here!



Youth Week 2017

To celebrate Youth Week for 2017, **headspace** Dubbo ran a number of different events! We kicked off Youth Week with our Trivia Night in partnership with HITFM, conducted Hump Day and Pee for 3 again in partnership with Dubbo Youth Council, Dubbo Sexual Health and Family Planning NSW! Massive shout out to the Youth Reference Group who help plan and coordinate the events!





Our events planned for 2017...

- ◆ International Day Against Homophobia, Transphobia and Biphobia (IDAHOT) (May 17th)
- ◆ Legal Aid NSW starting clinics at headspace Dubbo (May)
- ◆ National Sorry Day (May 26th)
- ◆ National Reconciliation Week (May 27th— June 3rd)
- ◆ Men's Health Week (June 12th-17th)
- ◆ Mental Health Month (October)

Recommendation

Practice the basics of meditation and mindfulness with Take10, Headspace's free introductory series. With 10 sessions of 10 minutes each, you'll learn how to train your mind for a happier, healthier life.

How to make a referral:

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



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

<http://headspace.org.au/>



Check out one of our Youth Workers, Paul, at the Charles Sturt University Wellbeing and Wellness Expo!

To stay updated, make sure you check out our amazing Facebook page! We recently hit over 3,000 likes! :)



Follow us
on Facebook