

Office Opening Hours:

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

# headspace Dubbo

Term 3, 2016



Follow us  
on Facebook

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

## Hello Dubbo!

Term 2 has been quite busy for **headspace** Dubbo. With the start of this financial year, **headspace** has transitioned over to the Primary Health Network (PHN), and we very much looking forward to working with their organisation.

We saw the release of #thebigstigma campaign, which aims to reduce one of the major barriers that affect young people accessing assistance for mental health issues.

We have been conducting a range of different mental health literacy campaigns with young people and professionals in Dubbo and the surrounding areas such as Wellington, Narromine and our very first visit to Nyngan.

Term 3 will see groups resuming, the celebration of **headspace** turning 10 years old, and preparation for Mental Health Month in October.

- **headspace** Dubbo team

### Staff:

- Rachel Thomas—Program Manager
- 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 Manager
- Dr Ferres—General Practitioner (GP)
- Peter Rohr—Youth Services Manager



### WELCOME ZENZO!

Zenzo has begun his placement with **headspace** Dubbo for his social work degree! Zenzo will be learning all about **headspace** Dubbo and the work we do in the community. One of his major projects while on placement is finding out the barriers for Culturally and Linguistically Diverse young people in the community, so keep an eye for Zenzo around the office!



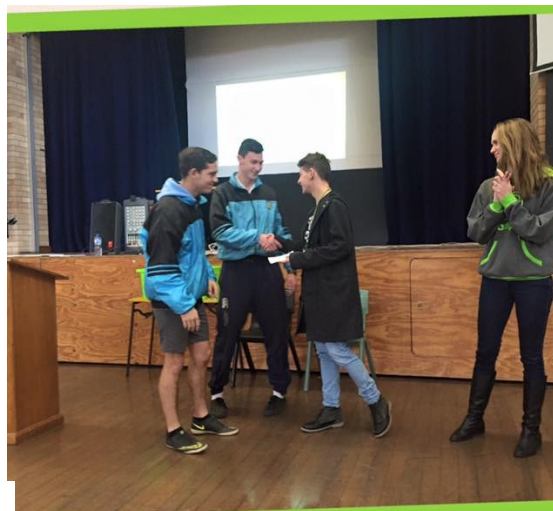
# Donations

Although **headspace** Dubbo is partially funded by the Federal Government, we still rely on donations from the community for the ongoing work we do within the community and surrounding areas.



In March 2016, the Dubbo Folk Club held '50 Shades of Folk', with proceeding of the event split between **headspace** Dubbo and the Starlight Foundation. Jock Webb, former President of the Folk Club, attended the centre and present the cheque to staff.

Also, in June 2016, Coonabarabran Junior Rugby League and Netball Club wore green socks during their matches to raise funds for **headspace** Dubbo. The day raised over \$1000, and the team recently went travelled out to the school and delivered mental health literacy to Years 7 – 11 around a variety of different topics, and to thank the Club for their efforts and support.



## RAFFLE!

Thanks to the generosity of Scott's Aboriginal Art, who donated an artwork and culturally decorated shoes to **headspace** Dubbo.

Over the course of a month, **headspace** Dubbo team volunteered their time on weekends to sell raffle tickets, with all proceeds going to the centre.

On National Sorry Day, May 26th, at the 'Building Kinnections' Forum, the raffle was drawn. The winners were Martin Cook (painting) and Cindy Nielson (shoes) - congratulations .

In the end, we raised over \$1000 to go towards clinical services at the centre, so thanks to all who purchased a ticket or two!







# Connections to Wellbeing' conference



In April 2016, **headspace** Dubbo were invited to present at the 'Connections to Wellbeing' conference, a joint initiative between NSW Education and NSW Health. Staff delivered a session to over 100 professionals around working with Key Target Groups. Staff also had the pleasure of delivering the same session at the Dubbo College Staff Development Day first day of Term 3.



In July, Nic participated in 'Stars of Dubbo' - a local fundraiser for Cancer Council NSW. Along with the other stars of the night, the event raised in excess of \$107,000 for Cancer Council, doubling last years tally. Massive shout out to Church Street Café for jumping on board, and assisting Nic.

## Stars of Dubbo

# 'Quit B Fit' Tour



Together with Tackling Indigenous Smoking and Wellington Aboriginal Corporation Health Service (WACHS), **headspace** Dubbo tagged along to the 'Quit B Fit' tour in Wellington and Gilgandra to discuss the effects of tobacco on young people.



# Our events planned for 2016...



## Recommendation

e-couch is a self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.

It provides evidence-based information and teaches strategies drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity.



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

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



- ◆ Wear It Purple Day (26th August)
- ◆ **headspace** Day celebrations (26th August—2nd September)
- ◆ Youth Reference Group Recruitment (August 2016)
- ◆ Mental Health Month (October 2016)
- ◆ Pride March (October 2016)

## How to make a referral:

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

## Recruitment for Youth Reference Group

Know a young person who is motivated in making change within the community?

Encourage them to apply for the Youth Reference Group.

The YRG allows young people to build confidence and skills within themselves, and be part of an effective team that assist **headspace** Dubbo in a range of different activities.



*Want to be part of an exciting team making change in the community?*

*Want to share your ideas and thoughts about mental health and headspace Dubbo?*

Applications are now open for young people aged 12 to 25 years to be part of **headspace** Dubbo's Youth Reference Group.

Application forms are now available at 23 Church Street, or email Nic on [nic.steepe@marathonhealth.com.au](mailto:nic.steepe@marathonhealth.com.au)

**Applications close 01 August 2016.**

