

Office Opening Hours:

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

**headspace
Dubbo**
Term 4, 2016



headspace Dubbo have a team for Orana Relay For Life this year! Our wonderful staff and Youth Reference Group members will be there on the 5th and 6th of November fighting cancer!

If you wish to join our team, and/or donate, head over to the Relay website:

fundraising.cancer.org.au/

Please support our team at Orana Relay For Life



headspace Dubbo

Hello Dubbo!

Term 3 has been our busiest yet, with an increasing number of referrals, group participants and events.

We have delivered more mental health literacy into schools, services and local business' to assist in promoting a more mentally healthy community.

We have been proud to be a part of local events in Dubbo and the surrounding areas, particularly NAI-DOC events.

We held yet another successful Pride March, with more participants this year and the rain held off long enough to enjoy the Community Fun Day afterwards.

Going into term four, we are looking forward to continuing to work with everyone in the community in whatever capacity we can—oh, and we are looking forward to Christmas!

- *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—Administration Manager
- Dr Ferres—General Practitioner (GP)
- Peter Rohr—Youth Services Manager



Central West Pride March

On the 8th of October 2016, Dubbo and the Central West came together to put on the most fabulous event—the Central West Pride March, which celebrates and supports the diversity that exists within the Dubbo community and surrounding areas for those that identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Questioning or Asexual (LGBTIQA+). The Committee, chaired by headspace Dubbo and Connected Communities Project Rainbow Alliance, and made up of representatives from Family and Community Services NSW, Central West Transgender and Gender Diverse Group, Community Corrections, 93.5 Star FM Dubbo, Marathon Health, Dubbo & Orange Sexual Health, Community Mental Health, as well as local Dubbo community members did an excellent job in the organization of the event.

The event was a success, with over 500 people marching and attending the Community Fun Day afterwards. The theme of the March was Carnivàle.

We would also like to thank the following organisations and business' who have contributed to ensure this event is a success. ACON, Mental Health Association NSW, Quality Inn Dubbo International, Dubbo Ignite, FACS, Western NSW PHN, Westpac Dubbo branch, Ginas Pizzas, Spotlight Dubbo, Stepping Out Dance Factory, M&D Smash Repairs, Athenian Takeaway, West Dubbo Barbers and Dubbo Traffic Control.

For more photos, check out Imajenit Photography, Speaking One Thousand Words, or Photography By Morgan who captured the day.



For the second year in a row, headspace Dubbo partnered with NSW Police Force to celebrate Wear It Purple. We were joined by Dubbo Sexual Health and local organisations and community members for a BBQ at the Church Street Rotunda. Wear It Purple is all about sending a positive message to young rainbow people that it is okay to be who you are—that you are supported.

Wear It Purple



YOU'RE A DIAMOND,
DEAR



THEY CAN'T BREAK
YOU.

Dubbo Chamber of Commerce Rhino Awards

It's award season again, and headspace Dubbo are a finalist for 2 categories in the Rhino Awards. Annie Hartley, our Clinical Leader, is also a finalist in the Business Leader of the Year category. Our Lead Agency Marathon Health was also successful in being a finalist. Congrats to all the other nominees. The team will be attending the Awards Night on October 21st.

Happy Birthday headspace

Did you know that headspace services have been around for 10 years this year? To celebrate the ongoing support of young people, headspace Dubbo decided to give back to the community by doing a chocolate drop to the local schools. We encouraged everyone to use the hashtag #headspaceDubbodelivers and upload a photo of their free chocolate and merchandise. Happy birthday headspace!



headspace Dubbo were proud to participate in a range of NAIDOC activities in Dubbo and the surrounding areas such as Trangie and Nyngan. NAIDOC is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and is an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.



NAIDOC Celebrations



Recommendation

MoodGYM is a self-help interactive program where young people are able to learn cognitive behaviour therapy skills for preventing as well as coping with depression.

The website is nationally recognized, and produced by the Australian National University.



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

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

Our events planned for 2016...

- ◆ School Sculpture Competition—28th October
- ◆ Violence Prevention Month—November
- ◆ Relay for Life—5th & 6th November
- ◆ Christmas Break—24th December to 3 January

How to make a referral:

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

smile **OFTEN**
think **POSITIVELY**
give **THANKS**
laugh **LOUDLY**
love **OTHERS**
dream **BIG**

WORRYING
DOES NOT
TAKE AWAY
TOMORROW'S
TROUBLE, IT
TAKES AWAY
TODAY'S
PEACE



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