

**Office Opening Hours:**

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

**headspace  
 Dubbo  
 Term 4**



Taylor will be a new face around the headspace Dubbo office, after starting her new role with us as the Administration Manager. Taylor is fun and bubbly and will welcome you to the office when you first come in! Make her feel welcome.



**Welcome Taylor!**

# Hello Everyone!

The office is as busy as ever, coming into Mental Health Month, Term 4 and the end of the year.

We have much to celebrate as a centre, including 6 Dubbo Chamber of Commerce Rhino Award nominations between the team.

Referrals are still coming in strong, from Dubbo and the surrounding areas—from organisations, family, friends and young people referring themselves.

Our in-kind services such as Sexual Health, Tutoring, Legal Aid, Centrelink, GP, and employment are receiving a high number of referrals, ensuring that young people receive assistance with whatever they need—we truly are a one-stop shop.

Looking to the future, we have a few events coming up in the next month, including #headspaceday on the 9th of October.

- *headspace Dubbo team*

## Staff:

- Rachel Thomas—Program Manager
- Ann-Maree Hartley—Clinical Leader
- Paul Rich—YAAW
- Nicholas Steepe—YAAW
- Christina Rodgers—YAAW
- Annie Fraser—Psychologist
- Dr Reid—General Practitioner (GP)
- Catherine Robinson—Vocational Specialist (IPS)
- Kevin Saul—Senior Vocational Specialist (IPS)
- Tayla Matthews—Administration Manager
- Pat Saul—School Based Trainee
- Peter Rohr—Youth Services Manager



# Dubbo Chamber of Commerce Rhino Awards

headspace Dubbo have been lucky enough to be the finalist in 6 awards for the Dubbo Chamber of Commerce Rhino Awards, following on for our success in the previous two years in the category of Presentation and Marketing and Best New Business. The awards are:

- ◆ Excellence in Innovation
- ◆ Excellence in Social Enterprise
- ◆ Young Business Executive - Nicholas Steepe
- ◆ Apprenticeship & Trainee of the Year - Patrick Saul
- ◆ Employee of the Year - Rachel Thomas
- ◆ Business Leader - Annie Hartley

The awards will be on the 13th of October, so wish us all luck!



On the 4th of September, the RUOK? Convo Convoy visited Dubbo, one of their many stops throughout Australia. It was great to be apart of this event, hearing stories from Riverbank Frank, Dan Conn and other about the importance of RUOK? Day and the message behind the day. Remember, keep the conversation going all year round!



## RUOK? Convo Convoy

On the 10th of September each year people around the globe demonstrate a worldwide commitment and action to prevent suicide. headspace Dubbo partnered with organizations such as NALAG for the annual Walk Towards Hope. The event was well attended, promoting awareness of suicide prevention, with a remembrance ceremony for lives lost to suicide. We are looking forward to participating next year.

## Walk Towards



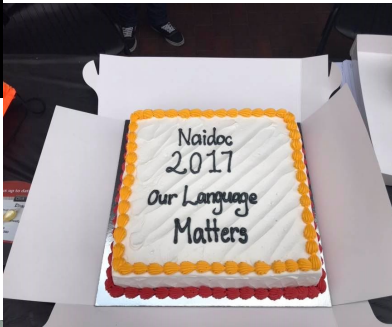


## Coonabarabran Visit

headspace Dubbo visited Coonabarabran again this term, one of the many towns that we provide mental health literacy in. The presentations were around bullying, mental health, and how to cope with stress. A massive shoutout to the school for donating over \$400 to headspace Dubbo, which will go towards clinical and community services!

## NAIDOC Week

headspace Dubbo were proud to be a part of NAIDOC Week 2017 in Dubbo (and a sneaky visit to Trangie School for their event). The theme for this year is 'Our Language Matters', emphasising and celebrating the unique and essential role that Indigenous languages play in cultural identity.

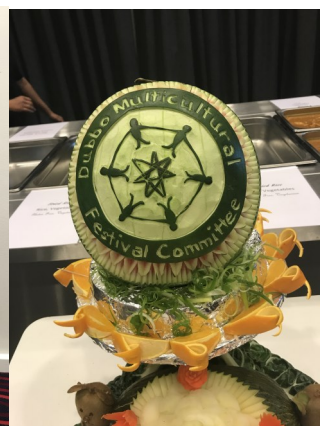
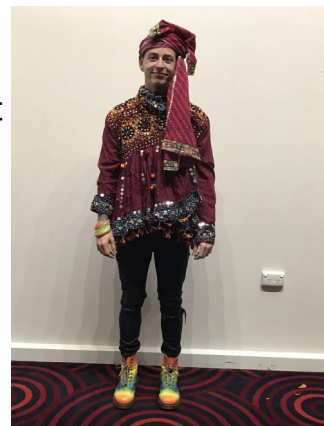


## Multicultural Festival

Engaging the CALD community is a big part of what we do at headspace Dubbo, because mental health does not discriminate; regardless of background, gender, sexuality or culture. headspace Dubbo were proud to be on the Multicultural Festival committee, and



believe the event was an all-round success!





## ReachOut Breathe

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

Using simple visuals, ReachOut Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. This means that you can actively address the onset of physical stress symptoms such as shortness of breath, increased heart rate and a tightening of the chest.

This app can be downloaded from the app store.



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

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



**Follow us  
on Facebook**

To stay updated, make sure you check out our amazing Facebook page! We recently hit over 3,100 likes! :)

## Our events planned for 2017...

- ◆ headspace Day (9th of October)
- ◆ Mental Health Month (October)
- ◆ Orana Relay for Life (28th/29th October)
- ◆ Young Guns and Old Codgers fundraising event (29th October)
- ◆ Central West Pride March (18th November)
- ◆ World AIDS Day (1st December)
- ◆ International Day for People with a Disability (3rd December)
- ◆ Christmas Day (25th December)



## 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