

headspace Edinburgh North Newsletter

September 2015



Centre Update

This month has been particularly busy with events and presentations in the local community. With multiple celebration weeks and days in the last month headspace Edinburgh North have been very active in the community.

Community Connections

headspace Edinburgh North is continuing to connect with the community by delivering presentations within our local community and schools, attending local events, and running programs and training for young people, parents/carers and service providers.

In the past month the youth work team have delivered several PASS! Presentation to schools and community groups including Modbury Primary school, Mission Australia, Kapunda High school, Parafield Gardens High School students, and Mallala Primary school. PASS! Stand for Promote Access and Support Seeking. PASS! Presentation are delivered on a variety of things including what is headspace and general mental health, body image and self esteem, bullying and cyberbullying and depression and anxiety. If your school or community group is interested in headspace coming out to present please contact Georgie Brown at the office on 08 7073 7080 or fill out the online form at <https://headspace.typeform.com/to/XXKMRR>

What's been happening at headspace Edinburgh North over the last month?

With Celebration days and weeks like R U Okay Day?, Suicide Prevention day and Child protection week we have been busy out and about supporting these great organisations and causes. Thursday during the day we went along to a Families SA child protection week event at Civic Square in Salisbury. With lots of other service providers there and some Port Adelaide football players the day was very successful with local school choirs to get us all moving. In the evening we attended an Out of the Shadows into the Light event in Nuriootpa. A good turnout of around 70 people came to walk in remembrance of those affected by suicide. Friday we got to hang out at Bunnings Parafield making stress balls and handing out information.





Staff Profile

Name: Daniel Niutta

Position: YAC Member

What do you enjoy about working/ Volunteering at headspace? The fact that I can help people. I may not directly talk to clients like the staff members, but everything that I do for headspace helps people and that is amazing.

Who would you most like to meet? This changes quite a bit, but it's Chris Pratt at the moment.

If you could have any super power what would you have? This is a very loaded question for me, I could probably write an essay on this. If I was one of the very few people in the world who had powers, I would choose telekinesis. (Being able to move things with your mind)

One word to describe yourself: Geeky.

Favourite things to do: Read comic books, books and manga, play video games, go for walks and watch movies/tv.

Rainbow Mates

Rainbow Mates is a group aimed at young females who are bisexual/ same-sex attracted or are questioning their sexuality, and young people who identify as transgender or gender diverse between the ages of 12-25.

The group meets in Salisbury at Twelve25 Youth Enterprise Centre on a fortnightly basis afterhours. A light dinner is also provided with refreshments. The purpose of the group is to provide young people with a safe and respectful place to explore and express their identity

free from judgment and stigma. The content is driven by the needs of the participants which can include areas such as guest speakers discussing various health related topics, community event planning, discussing current events and media content as well as providing a generalised supportive environment and relaxed atmosphere.

For more information, please contact Keira or Georgie at the headspace office on **08 7073 7080**.

Rainbow Mates headspace salisbury north

Are you aged between 12-25 years old?
Are you a female that identifies as a lesbian, bisexual, queer or transgender person?
Are you questioning your sexuality or gender identity?

COME ALONG TO RAINBOW MATES!

headspace Edinburgh North and Salisbury Twelve25 are working together to provide young people a safe space to talk about sexuality and gender, without fear of being judged or criticised.

Contact headspace on 7073 7080 for information regarding times and dates or for a chat about coming along!

This group is a joint project between Twelve25 Salisbury Youth Enterprise and headspace Edinburgh North



CARNIVAL

IN THE NORTH

GOOD MENTAL HEALTH RULES

A **FREE** community event celebrating
Mental Health Week.

Carnival in the North showcases the talents and
achievement of people with mental illness in our community.



GUEST PRESENTERS: Reality TV
Renovators Ryan and Marlee

Playford Civic Centre
10 Playford Boulevard, Elizabeth
Wednesday 7 October 2015
11am - 2pm

Come and experience: sumo wrestling,
mindful activities, interactive stalls,
lunch and much more



A City of Playford event in partnership with Northern Health Network, headspace, Job Prospects,
Uniting Communities, Youth Advisory Committee, Neami National, UnitingCare Wesley Bowden

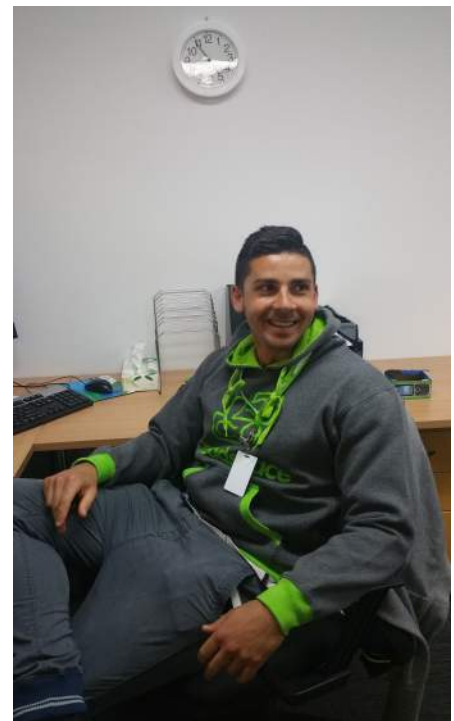


Meet Elle

Elle has come from headspace Newcastle. Elle travels around Australia to all the headspace center's heading out and about with all the staff. Since being here at headspace Edinburgh North we have taken Elle on a great adventure around, Elle came along to our Youth work team planning and building day where we finished of the day at BOUNCEinc. Elle also attended the mental health week event 'Carnival in the North'. So where will Elle be of to next?

New team member alert!

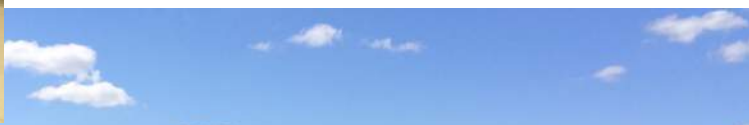
Meet Vince, Vince has recently joined our team as a youth worker. Vince has a passion for sport and positive health choices and a grounding in youth studies and working with newly arrived communities to Australia. Vince plays state league soccer for local side Salisbury United.



Principals Breakfast

On September 8th headspace held a breakfast for all principals and school wellbeing staff from Catholic and private schools. The aim of the morning was the familiarize the staff with headspace School Support and our local headspace center. It was a very successful morning with schools from the area being represented. Both headspace school support and headspace Edinburgh North look forward to working more closely with the schools in the local area.

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Youth Advisory Committee (YAC)

Our Youth Advisory Council (YAC) is a group of young people aged 12-25, who are actively involved with **headspace** Edinburgh North in a number of ways. Young people on the YAC help make **headspace** Edinburgh North more youth friendly, through having a say in how our centre looks and feels, as well as our community awareness projects and centre promotions.

In addition to having a great time and meeting new friends, young people will be rewarded for their involvement wherever possible and are provided with training opportunities to expand their knowledge and skills.

If you're interested in joining the YAC, or have a question please contact Trepina Gartley, **headspace** Edinburgh North Youth Worker, on 7073 7080 or tgartley@northernhealth.net.



The Youth Advisory Committee (YAC) has been busy rolling up our sleeves and digging into planning fun activities for Carnival in the North— a local community event raising awareness of mental health. So far, in between having fun and eating pasta, the YAC has been busy organising local comedians, sumo suits, mindfulness colouring, origami, mandala art and blindfolded tea tasting activities to remind us of fun ways we can de-stress and look after our mental health during tough times. If you'd like to meet your match for a sumo wrestle, come along to Carnival in the North from 11am-2pm at the Playford Civic Centre these school holidays, on Wednesday, October 7 and say hello to the **headspace** YAC team! - Trepina

Contacting **headspace**

You can call us on: **(08) 7073 7080**

Check out the website:

www.headspace.org.au/edinburghnorth

Email us:

enquiry@northernhealth.net

Chat with a counselor anonymously online:

www.eheadspace.org.au

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