Northern Health Network

headspace Edinburgh North Newsletter

October 2015

headspace Edinburgh North

Centre Update

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

Again this month has been busy with events and presentations in the local community. Celebrating Mental Health week was one of the more important events for our team this month.

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.

With our biggest event of the year this month (the annual Carnival in the North event held at the Playford Civic Centre), the YAC's and staff were busing preparing for the (more details page 3).

Our centre has also been continuing to keep connections with local schools by attending events including wellbeing days. We attended Salisbury High School's annual wellbeing day on October 30th , with us presenting to staff and students, and providing information and a mindfulness colouring 'chill out area'.

This months presentations included a general PASS! to North Eastern Mental Health Waves program and Year 9 students at Salisbury High School. We also provided an Anxiety, Depression and Transitioning to High School presentation to Year 7's at St Thomas Moore Primary School and a general chat and presentation to the connectivTEA group at the Edinburgh RAAF base.

Upcoming Events:

- Minister for Youth Meeting—9th November
- Playford Alive Community Day—21st November
- Ice forum—25th November (more info page 8)
- Domestic Violence snapshot—26th November (more info page 7)
- Pride March—14th November
- Picnic in the Park—29th November
- SafeTALK Training—2nd December (more info page 6)

For more information on any of our upcoming events or if your school or community group is interested in headspace coming out to present or having a stall at a community event please contact Georgie Brown at the office on 08 7073 7080 or fill out the online form at https://headspace.typeform.com/to/XXKMRR

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative

Staff Profile

Name: Georgie Brown

Position: Youth Worker

What do you enjoy about working at headspace? I enjoy knowing that where I work is a safe place for young people to come to. I also enjoy the people I work with.

Who would you most like to meet? Katy Perry for sure.

If you could have any super power what would you have? Invisibility or teleportation, then I could sleep in!

One word to describe yourself: Fun!

Favourite things to do: Work around my house and go shopping.

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.

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Carnival In the North

Carnival in the North is an annual Mental Health Week event held at the Playford Civic Centre. Often with a good turn out this year was no different. With many different interactive activities like Mindfulness colouring in, Blindfolded Tea Tasting, Mandala Rice Art, Superhero sumo wrestling, Build your own kebab, Photo booth, drunk driving PlayStation, Job interview dress ups and many more. With special guests Ryan and Marlee from the popular TV renovation show House Rules, they came along to share their stories around their mental health journey.

Two local comedians also graced the stage during the day to entertain the crowd. With people coming from all different local areas the turn out and diversity of the community was great.

'I had a fantastic time learning about all of the different services in our community, whilst also having the opportunity to try sumo wrestling and mandala rice making!' - Steve Wright

'Carnival in the North was a good opportunity to get to know all the services available in the community. It was great to hear Ryan from House Rules honestly and openly talk about his experience with mental health issues as well as participate in activities such as tea tasting and hula hooping!' - Valeria Nilova

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More from Mental Health Week...

headspace Edinburgh North released balloons to celebrate the closing of mental health week.

Movember - Get Moving

MOVEMBER has arrived...

Our team are putting in a big effort this year to 'Move for Movember' and raise funds for the Movember Foundation.

We are going to be doing something each day to 'get moving' and be physically active.

To help us with a donation, join our team or watch our progress check out our team page at:

http://mobro.co/headspaceedinburghnorth

Get into Move for Movember as well by signing up for your free 30 day gym pass at:

https://www.goodlifehealthclubs.com.au/movember

PLAYFORD ALIVE

COMMUNITY FUN DAY

WITH SPECIAL GUEST

SAMANTHA JADE

+ MC ANDREW 'COSI' COSTELLO

SATURDAY 21 NOVEMBER 2015 10AM – 3PM

PLAYFORD ALIVE TOWN PARK, CORNER PEACHEY ROAD AND THE PARKWAY, MUNNO PARA

FACE PAINTING / LOCAL MUSICIANS / COMMUNITY STALLS / BBQ AND DRINKS

Proudly sponsored by: Munno Para *my place.*

Proudly brought to you by: PLAYFORD ALIVE COMMUNITY REFERENCE GROUP · City of Playford · RenewalSA people ▸ partnerships ▸ progress · Government of South Australia

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African Nations Cup

On the 24th and 25th of October the African Nations Cup kicked off at the Burton FFSA Sports Centre with Sierra Leone winning the soccer tournament. The competition comprised of 16 male teams from Adelaide representing their countries of birth, origin or community from all over the African continent. As an ambassador for the event I was able to meet and discuss Headspace services with country captains, players, various community leaders, spectators from all the different African communities. I was also able to give out our fantastic merchandise and help support the Congolese team with water bottles as it was a hot weekend. The event was attended by more than 2000 people and players, next year headspace will look to have involvement again.

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1/2 day workshop
Using technology to improve young people's mental health

headspace Edinburgh North is proud to present a 1/2 day workshop focussed on applying e-mental health with young people. This course provides a comprehensive introduction to the role of technologies in young people's lives, and how they might be used to support young people's mental health.

Learn what online help and courses are available for young people, and get ideas on how to incorporate these programs into your client interventions with suggestions of online resources and apps.

The content includes demonstrations of how to use evidence-based web programs and apps to treat anxiety, depression and substance abuse, apps to address depression, anxiety, safety plans, mindfulness, self-harm, and OCD.

A major component of the workshop is aimed at training workers to use online resources and apps to help young people manage their own wellbeing, thus preventing the development of more serious psychological problems. The training provides didactic and interactive opportunities.

Date:	**8th December, 2015 9 am—12:30 pm**
Suitable for :	**Mental health workers, GPs, school counsellors, teachers, and youth workers**
Location:	**headspace Edinburgh North, 2 Peachey Road, Edinburgh North, SA 5113**
Cost:	**$70.00 per participant (limited participant numbers are available)**

Registration Response: Please contact Georgie Brown at headspace on (08) 7073 7080 or email gbrown@northernhealth.net by Friday 4th December 2015 to register.

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Awareness in the courtyard Drug and alcohol event UniSA Mawson lakes

Welcome to Australia Walk

On Saturday the 31st of October headspace Edinburgh north along with 7000 others attended the Welcome to Australia walk. The walk started at the Festival Plaza and concluded at Whitmore square. Walk Together is an annual national celebration of Australia's diversity, designed as a tangible expression of the welcoming, fair and compassionate society we're committed to building.

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safeTALK

Workshop Details

Date: 03/12/15

Time: 5 – 8:30 pm

Trainer: Vanessa Boully

Venue: Gawler Sport and Recreation Centre
89 Murray St, Gawler SA 5118

Eligibility: must be aged over 15

RSVP: Please register to attend by 27/11/15 by contacting Georgie at headspace Edinburgh North on (08) 8209 0700 or gbrown@northernhealth.net

What is safeTALK?

safeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive.

safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources. Since its development in 2006, safeTALK has been used in over 20 countries around the world.

Suicide alert community members are better prepared to become a vital link in connecting persons at risk with further help.
safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks. safeTALK helps expand the reach of suicide intervention skills in communities around the world.

It is intended that safeTALK participants will be better prepared to:

- recognise that invitations to help are often overlooked;
- move beyond common tendencies to miss, dismiss and avoid suicide;
- notice and respond to situations in which thoughts of suicide may be present;
- apply basic TALK steps (Tell, Ask, Listen, and Keep Safe);
- connect the person with thoughts of suicide to suicide first aid help and further community resources.

phn COUNTRY SA
An Australian Government Initiative

headspace Edinburgh North

Gawler

Northern Health Network

headspace Edinburgh North and the Northern Health Network gratefully acknowledge the funding provided by phn Country SA for this event

DV Snapshot and speak out

headspace Edinburgh North is lucky to have a YAC member, Liam, who has a strong passion for raising awareness of domestic violence. Liam has the opportunity to speak at the upcoming conference run by DV Snapshots. The Edinburgh North youth work team will also be heading along to support Liam with this fantastic opportunity. If you are interested in coming along to the conference please visit www.dvsnapshot.org

NORTHERN COMMUNITY ICE FORUM

Methamphetamine — Understanding the Impact

Wednesday 25th November

10.30am-1.30pm
The Mawson Centre
2-8 Main Street, Mawson Lakes

Topics will include:

- What is methamphetamine and who uses it
- Patterns and trends of use and responses
- The latest epidemiological and treatment research
- Best practice treatment and intervention options
- Available services in the northern region
- How we can improve responses to methamphetamine use within our community

Who's invited:

- Community members
- Service providers
- Health professionals

This free community forum will look beyond the headlines and provide real information about Ice use and other vital areas of prevention, treatment and support.

Information about referral options and helpful resources will be available.

Light refreshments will also be provided.

To register:

Book online at www.eventbrite.com.au
or call (08) 8209 0700 before
Tuesday 17 November 2015.

Facilitated By

Emma Rebellato
Senior Journalist
ABC News

Panel Members

Rin Minniti
Clinical Psychologist
Drug and Alcohol Services South Australia

Roger Nicholas
Senior Researcher
The National Centre for Education and Training on Addiction, Flinders University

Sam Raven
Senior Policy and Projects Officer
South Australian Network of Drug and Alcohol Services

Charlotte de Crespigny
Professor of Drug & Alcohol Nursing
Comorbidity Action in the North Project, University of Adelaide

Imelda Cairney
Clinical Trials and Research Officer
Comorbidity Action in the North Project
Coordinator, University of Adelaide

Detective Chief Inspector Tony Crameri & Sergeant Christopher Gill
South Australia Police

Supported by

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City of Salisbury

The Mawson Centre — Your Learning, Cultural and Community Hub

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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 center looks and feels, as well as our community awareness projects and center 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 Trephina Gartley, **headspace** Edinburgh North Youth Worker, on 7073 7080 or tgartley@northernhealth.net.

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

Like us on Facebook

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