

headspace Penrith Newsletter

September 2025



Cranebrook High School

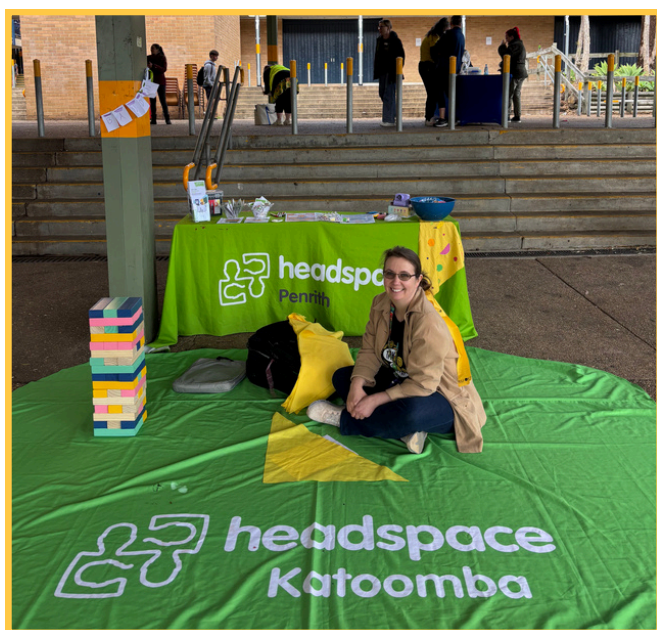
We were invited to be part of Cranebrook High School's R U OK? Day celebrations, a national day that encourages us to check in with others and start conversations about mental health and wellbeing. During lunch, our team ran a stall with a spinning wheel of mental health questions, headspace resources, and fun goodies. It was a busy and engaging session, and a great chance to connect with students and spark conversations about looking out for each other.



Blaxland HS Wellbeing Expo

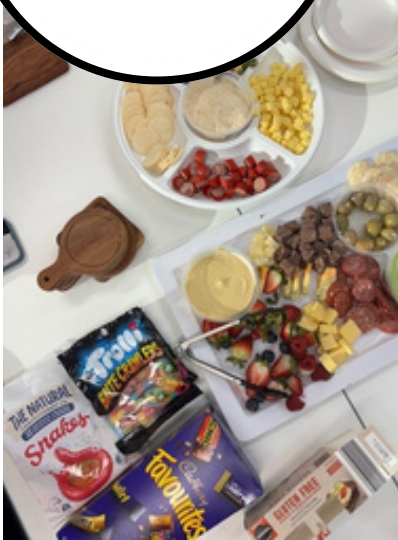
For R U OK? Day, our team also joined headspace Katoomba to run a shared stall at Blaxland High School. Students had the chance to personalise their own yellow bandanas as a way of showing support for the day, and could also access headspace resources and mental health information.

The giant Jenga game was a huge hit, and plenty of students stopped by to grab some lollies while having a chat. Alongside us, there were a number of other local services involved, giving young people the opportunity to connect with different supports in their community in a fun and relaxed environment.

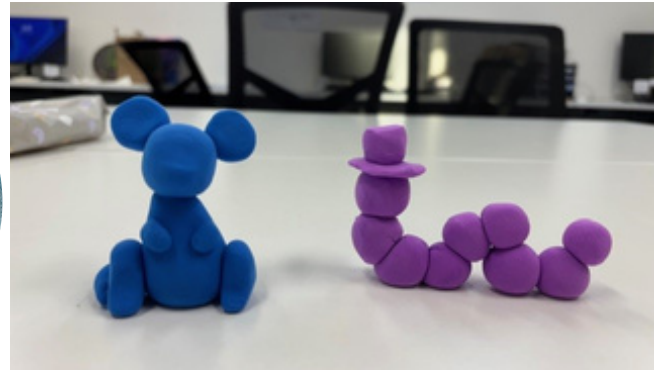
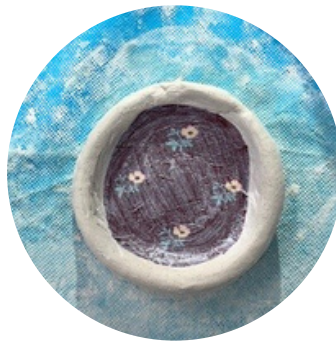




This month at Pride Place we revisited a favourite activity with quick dry clay creations. To celebrate the start of spring, we provided fresh flowers for young people to press into their clay pieces, adding a seasonal touch. We also introduced a creative idea using patterned napkins. With a little glue, the designs from the napkins can be transferred onto the clay, giving each piece a colourful and unique finish.



To keep everyone fueled while creating, an antipasto spread of cheeses, crackers, cold meats and dips was served. It was a relaxing and creative afternoon with plenty of space for self expression and connection.



Early Psychosis

Staying on Track with School, Uni, and Work

Psychosis can make study or work feel overwhelming, but you don't have to give up on your goals.

It's normal to find it harder to concentrate, remember things, or keep up with classes or shifts when your mind feels all over the place. That doesn't mean you can't get back on track.

The headspace Early Psychosis (hEP) team at headspace Penrith can help by:

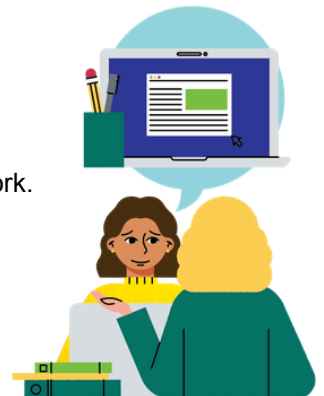
- Working with your school, TAFE, uni or workplace (only if you want us to)
- Helping you create a flexible plan so you don't fall behind
- Finding ways to manage stress and balance your time
- Supporting you to build confidence again

Psychosis is just one part of your journey, it doesn't define your future.

With the right support, you can still chase your goals and succeed at school, uni, or work.

Your dreams don't stop here. And neither do we.

Reach out to the hEP team at headspace Penrith



Good News Story



Over the past couple of months, we have received some wonderful feedback highlighting the positive impact our staff have on young people and families.

A parent shared their appreciation for our Private Practitioner, Natalie:

"You have been great with young person (YP) and no matter how busy you are, you are always so bubbly and have a smile. She loves the way you conduct yourself during sessions and YP's care throughout your time with them."

We also received messages of gratitude for our Enhanced Care Clinician, Jamie:

"She has had two sessions with the psychologist and is responding really well. I think that's testament to the way you connected with her early and maintained that alongside open dialogue."

And another message added:

"I should be the one thanking you and headspace for all your efforts and support throughout the last year. I've felt incredibly grateful and a big part of that was thanks to you. May you continue to change people's lives for the better."

St John Ambulance Cadets

This month, we were excited to present to St John Ambulance Youth Cadets in Blaxland. These cadets are young people who learn first aid, develop leadership skills, participate in community activities, earn badges, and gain experience in healthcare. As part of their training to achieve their Mental Wellbeing Badge, they invited headspace Penrith to run a workshop on mental health and self-care. Our two fantastic Enhanced Care Clinicians, Dee and Jamie, generously volunteered their time to deliver the session, engaging the cadets in meaningful discussions both during and after the presentation.



Upcoming Events!

headspace Day October

Headspace Day is coming up for Mental Health Month in October! This is an annual headspace National event that celebrates and promotes the mental health and wellbeing of young Australians. At headspace Penrith, we are inviting young people aged 12–25 to join us for a fun, hands-on afternoon where they can create their own DIY self-care kits. Activities include tote bag decorating, stress ball making, friendship bracelets, and more. There will also be a chill-out space with music, snacks, and opportunities to connect with peers in a relaxed and supportive environment. This free event is open to all young people, and you don't need to be a headspace client to attend.





headspace
Penrith

headspace Day!

Date: Wed 8th October

Time: 3:30PM - 5:30PM

Location: headspace Penrith

DIY
SELF
CARE
KIT



Tote Bag decorating

Stress Ball making



Create your own
bookmark

Friendship Bracelet
making



Free extra fidgets, goodies
and food!



To register scan the QR code
or reach out at
headspacepenrith@uniting.org

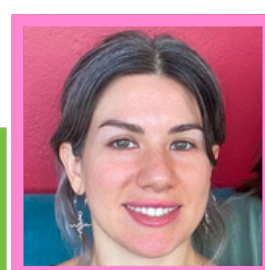
VOCATIONAL SPECIALIST



NAME : katie



VOCATIONAL SPECIALIST



NAME : caity

GOOD NEWS STORIES

1 x young person started a job as a trainee beautician

1 x young person started a job as a salon assistant

1 x young person started a job as a production worker



WHAT'S ON THIS MONTH



WORK AND STUDY GROUP

If you are 12 - 25 years and looking for some help to get your dream job, come join us.

3RD WEDNESDAY OF EACH MONTH

**WED 15TH OCTOBER**

**3:30 - 5:30PM**

**HEADSPACE PENRITH**
606 high street, penrith

**NEED MORE INFO?**
speak to Admin, your VS or Clinician



APPLYING

We can help you write a resume and cover letter aimed at your dream industry. We can set you up with profiles on the right sites.

INTERVIEWS

We can help you prepare for an interview. We can help you practice your answers and guide you on what to say.

JOB HUNTING

We can help you work out what job might suit you best. We can help you plan your career. We can also connect you with the right employers.

STUDY

We can help you find a qualification or short course that can help you get jobs. We can help you enrol and prepare for study.

YOUR RIGHTS

We can help you work out if you're being paid properly. We can help you sort out issues at work including shifts and entitlements.

SERVICES

We can help you sort out Centrelink issues and connect you with services that can help with finances, clothing needs and more.

Register here to attend: 

IN W&S THIS MONTH WE...

- got 7 new referrals for young people (YP) to join the program
- delivered 4 x Info sessions to YP
- **helped 5 x YP get the job they wanted!!**
- helped 8 x YP apply for jobs in person
- supported **lots** of YP to apply for jobs online
- helped 2 x YP apply for traineeships
- helped 2 x YP reach a milestone in their new job (1 was 4 weeks / 1 was 13 weeks)
- helped 1 x YP return to study after an extended absence
- took 1 x YP to Dressed for Success for new clothes and 4 x YP got Thread Together packages

WE ALSO...

had our Fidelity Review!

Which is when an external reviewer comes onsite to ensure we are delivering the program properly.

We scored:

121

out of a possible 125.

This means we are rated **Exemplary!!**

Amazing job everyone

ASK YOUR VOCATIONAL SPECIALISTS

Q. How do I ask for feedback after an interview?

A. You can email the person who interviewed you directly and ask them politely to give you some tips or feedback on how you went.

We recommend you don't ask for feedback until you know if you are successful or not. Getting the job is the best feedback you can get. If, however, you don't get it, when they let you know is the ideal time to say thanks for the opportunity and then politely ask if they can tell you why you weren't successful. Just be aware that some places state at the beginning that they don't do feedback.

More questions? Come chat to us!

JOB VACANCIES...

Are you are interested in a new role?

- Lone Star is looking for waitstaff
- Bonds is looking for Xmas Casuals
- Connor is looking for Xmas Casuals

Interested? Ask the Vocational Specialists



headspace
Katoomba

When: Wed 15th October

Time: 2:30PM - 4:30PM

Location: headspace Katoomba

37 Waratah Street

Come join us for... headspace Day!

**Build Your Own Self
Care Kit**



**Games and
Scavenger Hunt**



**Grab Some Snacks
and Nibbles**



**Meet Our Staff and
Explore Our Centre**

**Giveaways and
Prizes**



**Meet Wanda, Wellways Carer
Gateway's mobile support service**

 **Carer
Gateway**
An Australian Government Initiative

wellways



2025-10

October



headspace Day

Join us as we celebrate
headspace Day on Wednesday,
15 October. All welcome.



Coming Soon

Bookshop Take Over, Paint & Boba, Art
Space and Katoomba Walk and Sip.



Sun	Mon	Tue	Wed	Thu	Fri	Sa
	29 	30 SCHOOL HOLIDAYS	1 SCHOOL HOLIDAYS	2 SCHOOL HOLIDAYS	3 SCHOOL HOLIDAYS	4 SCHOOL HOLIDAYS
5 	6 	7 	8	9 	10 Family Fun Day Bullaburra	11
12	13 	14 Lunch Club Starts Back	15 	16 	17 	18
19	20 	21	22 	23	24 	25
26	27 	28	29 	30 	31 Blue Mountains Writers Festival	1



In Term 4, look for us at...

headspace Katoomba will be at high schools up and down the mountains
supporting the Blue Mountains Writers Festival Workshops. Come say "Hi."

- Monday
 - 📍 Springwood High School • Lunch Club – open to all students; now nomadic and moving around the school
 - 📍 Springwood – 5:00 PM • Walk + Sip – relaxed social walk for 16–25s (more details to come)
- Wednesday
 - 📍 Katoomba High School • Breakfast Club – with a regular headspace table and support
- Thursday
 - 📍 Neuro-Space.--Fortnightly Hangout Hub for Young People with Neurodiversity, Neurodiversity Hub, Katoomba--
Lower Ground Floor, 33-35 Waratah Street, Katoomba, 2780
- Friday
 - 📍 Winmalee High School • Lunch Club – creating connection and support at school

11am - 3pm
Thursday 9th October

**INDOOR
PICNIC**

&

**BOARD
GAMES**

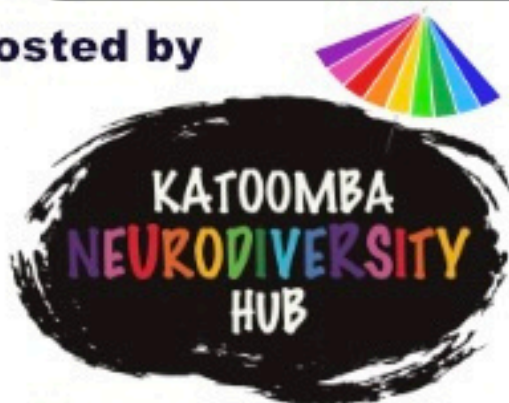
**for
high
schoolers**

**FREE!!
no NDIS
needed**

**holiday
activity**

limited places- registrations essential
email hello@kndhub.com

hosted by



33 - 35 Waratah St
Katoomba
(underneath Centrelink)

in partnership with



headspace
Katoomba

**Register via
Email Now!!!**

headspacekatoomba@uniting.org
or
hello@kndhub.com

Location:
Neurodiversity Hub Katoomba
Lower Ground Floor, 33-35 Waratah Street,
Katoomba, 2780



Scan me

**A Hangout Hub for Neurodiverse
Young People**

Katoomba head
Neuro-Space
Diversity Hub Katoomba

**Alternate
Thursdays
@ 3:30 - 5:30**

**FREE -
NO NDIS NEEDED**

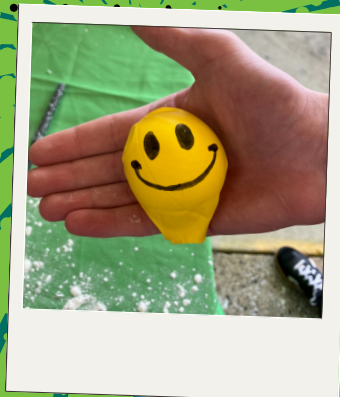
**Starts
16th October**
Week A - Katoomba High Timetable

**12-18
year olds**



For more information, call headspace Katoomba 1800 478 626 or the Katoomba Neurodiversity Hub 47822132

HANGOUT HUB



Every Monday
3:00 - 4:30 PM
at Springwood Library

For more information, please email:
headspacekatoomba@uniting.org
or ring: 1800 478 626



16–25
year olds

“A secret chapter unfolds
after hours...”

FREE

walk + sip

Meet outside the
Library Every
Monday from 5
pm

Springwood
Neighbourhood
Centre
Cooperative

In the Blue
Mountains
Theatre And
Community
Hub

Hot Drinks
provided



**Katoomba
Walk + Sip
COMING
SOON**

an event by
 **headspace**

Under 16? Ask a guardian to fill in consent form
available on our website.

headspace.org.au/headspace-centres/katoomba

P 1800 478 626 • Jo 0432 833 348
headspacekatoomba@uniting.org



long weekend hours



headspace
Katoomba

Saturday, 4 October 2025 Closed

Sunday, 5 October 2025 Closed

Monday, 6 October 2025 Closed

- Hangout Hub and Walk and Sip in Springwood will also be cancelled due to the Public Holiday.

Immediate danger call 000, or go to nearest hospital

Lifeline (24 Hour telephone counselling) 13 1114

www.lifeline.org.au

Suicide Call Back (24 hour ages 15+) 1300 659 467

www.suicidecallbackservice.org.au

Kids Helpline (24 hour ages 5-15) 1800 55 1800

www.kidshelpline.com.au (8am-12am)

MensLine (24 hour, men of all ages) 1300 78 99 78

www.mensline.org.au

Qlife (3.00pm - midnight LGBTQI) 1800 184 527

[www.qlife.org.au](http://www qlife.org.au)

my.headspace.org.au



Family Fun Day Bullaburra

9th October, 2024
10am – 1pm



Village Green, Noble Street, Bullaburra
Join family and friends and enjoy a day out in the park.

Activities provided by ACRC and Belong Blue Mountains.

Bring a picnic rug and enjoy a chat with other families .

Free BBQ and entertainment.



To find out more contact
Belong or **ACRC**



02 4759 2592



info@belongbm.org.au



belongbm.org.au



02 4782 6569



familyandyouth@acrc.org.au



bmacrc.org.au



BELONG
BLUE MOUNTAINS
COMMUNITY AND NEIGHBOURHOOD SERVICES

FIRST TUESDAY OF EVERY MONTH

Community Support Hub

Junction 142

If you need help or advice on your personal circumstances, but don't know where to start, then please stop by the Community Support Hub.

With more than 20 service providers available, we can link you with:

- housing support
- financial information
- disability support
- general advice
- and answer your tenancy questions.

All are welcome, including Link Wentworth residents.



Find out more

If you're not ready to talk yet, then that's ok. We'll be here when you need us.

In the meantime, please scan this QR code to learn more about the Hub and how you can keep in touch.



Community Support Hub

Linking you to the support you need

When **First Tuesday of every month**
11:00 am - 1:00 pm

Where **Junction 142**
142 Katoomba Street
Katoomba



**Link
Wentworth**

Community Support Hub

Services you can talk to

Service provider	What they can help with
Anglicare	Food and emergency relief
Barnardos	Children's services
Correction Services NSW	Reintegration into the community
Flourish	Support for people with mental health challenges
Gamble Aware	Supports with Gambling and/or Financial Counselling and Peer Support
The Gender Centre	Support for gender diverse people
Hearing Australia	Hearing health awareness
HOMES	Assisting you to find your home
Junction 142	Food, hot showers and laundry
LikeMind	Mental health information
Link Wentworth	Help you to find a home, sustain a tenancy, and advice about your existing Link Wentworth property
Lives Lived Well	Drug and alcohol recovery
Mary Mackillop	Financial assistance, education and counselling
mas	Connecting women to trades

Service provider	What they can help you with
max	Disability employment services
ParentsNext	Employment support for parents with children under 6
Plus Community	Staying Home Leaving Violence
Revenue	State Debt Fines
The Salvation Army	Financial Counselling
Services Australia	Centrelink & Medicare
Services NSW	ID's & Savings Finder
Services Our Way	Support for Aboriginal and Torres Strait Islander people
Uniting	NDIS information and linkages to supports
WHOS	Drug and Alcohol Recovery Service



13 14 21



linkwentworth.org.au



enquiries@linkwentworth.org.au