headspace Penrith Newsletter

October 2025

headspace Day

Every year we celebrate National headspace Day in October, a day dedicated to supporting the mental health and wellbeing of young Australians. This year's theme, "Make Space," encouraged everyone to slow down and focus on what truly matters.

To celebrate, headspace Penrith hosted a creative and relaxing afternoon where young people could make their own DIY self-care kits. Activities included decorating tote bags, colouring bookmarks, making stress balls, and creating friendship bracelets. We were also lucky to have several members of our Youth Advisory Committee (YAC) helping out on the day, running the different activity stations and engaging with attendees.







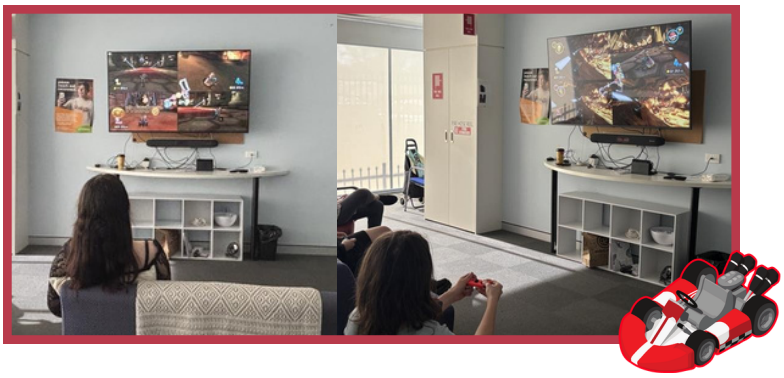




Alongside the craft activities, we also set up a chill-out space where young people could relax, listen to music, and enjoy free snacks, drinks, and pizza. This area included a few fun games, including the popular headspace crossword, which proved to be a challenging (but enjoyable!) activity throughout the day for those wanting to test their minds while taking a break.

The creativity shown by attendees was impressive, as shown in their tote bag designs. Overall, it was a wonderful event where young people were able to make space for self-care, connect with others, and express their creativity.

Games Group



This month, we hosted a Games Group open to all young people, where they raced each other in Mario Kart on the Nintendo Switch! The session was filled with laughter, friendly competition, and social connection. Attendees also enjoyed free snacks while having fun and making new friends. It was a fantastic way for young people to relax, compete, and connect with others.

Mindful Connections

For Mental Health Month, Penrith Library hosted their Mindful Connections event, inviting local services, including headspace, to host stalls. This free and inclusive community event brought together interactive stalls, professionals, and local supports to promote mental health and wellbeing.

The headspace Penrith team ran a table with tote bag decorating, stress ball making, and colouring activities, along with headspace resources and information. It was a great opportunity to connect with the community and promote positive mental health in a welcoming space.



Youth Aware of Mental Health Workshops

Youth Aware of Mental Health (YAM) is a school-based program where young people learn about and explore the topic of mental health. It's an evidence-based program delivered in classrooms around the world, encouraging students to engage through role-plays and student-led discussions. This program has been adopted by the Department of Education in NSW and is delivered in schools across the state.



headspace Penrith was invited to attend and support in some of these workshops at Jamison High School for year 10 over 3 sessions throughout the month. Our team engaged with students as they explored topics around mental health, coping strategies, and seeking support. It was a great opportunity to connect with young people and promote open conversations about wellbeing.

For spooky season, Pride Place featured a movie screening of Tim Burton's The Nightmare Before Christmas, complete with free popcorn and Halloween-themed colouring in. This free, inclusive drop-in session runs every month in partnership with Breakthru, providing a safe and welcoming space for LGBTQIA+ young people to connect and have fun.





Early Psychosis

Team Spotlight: Sureen, Community Development Coordinator

Hi everyone,

I'm Sureen Hasan, the Community Development Coordinator for the headspace Early Psychosis Program across Penrith, Parramatta, and Mount Druitt. My role involves working with young people, families, and community organisations to promote mental health awareness and wellbeing in our local area. I'm passionate about early intervention, cultural inclusion, and creating programs that help young people feel supported, connected, and understood.

Outside of work, I rotate my hobbies, sometimes it's cooking, sometimes writing, walking in nature, or knitting with a cup of chai nearby.



Vocational Specialist



NAME : Katie

GOOD NEWS STORIES!

1 xyoungpersonstartedajobasaDisability Support Worker

1 x young person started a job in Bush Regeneration

5 x YP started roles in Hospitality & Retail

1 x YP started a job as an Amazon Delivery driver

Vocational Specialist



NAME : Caity

WHATS ON NEXT MONTH?



Q. What should I wear to a job interview?

Button up shirt or blouse for office roles, Black T-shirt or long sleeve for hospitality and retail roles. Try to wear closed-toe shoes, and long black pants. For more creative roles you may be able to let your personal style shine more! **Tip:** check the company websites or socials to see photos of what staff normally wear!

ACHIEVEMENTS!

- 8 new job starts this month
- Supported 2 YP to enrol in study
- Received 6 new referrals
- Reviewed fidelity results and implemented a targeted action plan to enhance program delivery.
- Have gained a regular attendee at our monthly drop-in session!
- Supported YP with 6 job interviews
- 2 YP have applied to be in the YAC
- Supported 5 YP to get new clothing for jobs and interviews
- 2 YP have had job trials
- 18 occasions of benefits counselling support

When searching Youtube for videos to watch for interview preparation - make it specific!

"Interview preparation for hospitality"

or

"Interview tips for young people aged 17"

LOCAL JOB VACANCIES!

Are you are interested in a new role?

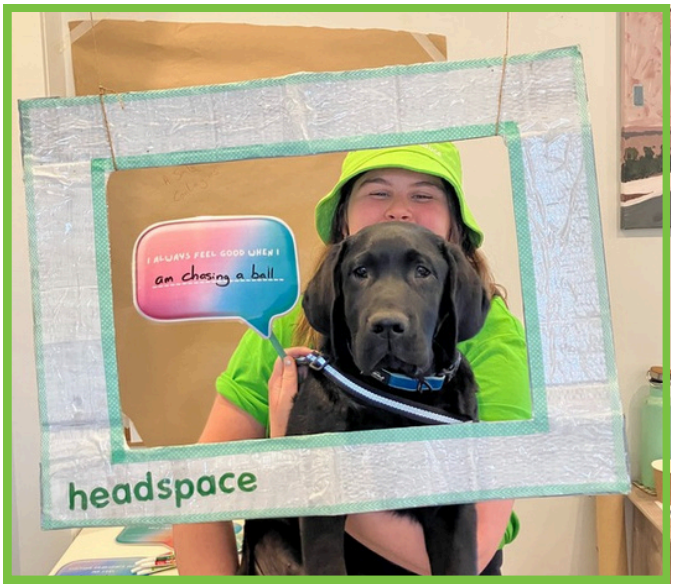
- Sushi Musa is looking for waitstaff
- Palermo Perfumes is looking for Xmas Casuals
- Priceline is looking for Sales Assistants

Interested? Ask the Vocational Specialists!

headspace Katoomba

October 2025

headspace Day



Our headspace Open Day was an amazing celebration of youth, creativity, and community! Young people, families, and local partners joined us for a fun-filled afternoon designed to promote wellbeing and self-care.

Wellways set up an outdoor space where visitors could relax, enjoy snacks, and paint rocks, while the Blue Mountains Police Youth Team led engaging activities including stress ball and lip scrub making, and trail mix creation. Seven lucky participants won prizes from our scavenger hunt, adding extra excitement to the day. Flinn from MYST helped young people create their own personalised self-care kits, and Hamish from BANC captured memories in our photo booth.

“Thanks for having us! We enjoyed ourselves and there was some great activity and fun 😊.”









Senior Constable Kyle Turner, our local GLLO, shared, “Thanks for having us! We enjoyed ourselves and there was some great activity and fun 😊.” Everyone moved between rooms at their own pace, exploring creative stations like Wreck This Journal, self-care bag decorating, and our photobooth station.

A huge thanks to all the staff, and community partners who helped bring the event to life. The day was a vibrant, welcoming celebration of mental health, self-expression, and connection—perfectly showcasing what headspace is all about. 💚

headspace Supports Blue Mountains Writers' Festival School Workshops





headspace Katoomba is proud to support the Blue Mountains Writers' Festival school program — helping young people explore creativity, storytelling, and wellbeing.

After visiting Varuna earlier this year to discuss more youth-focused opportunities, we're excited to support the first year of school-run workshops with hands-on activities about writing, journaling, and mental health.

We joined the Blue Mountains Writers' Festival at:

- 📍 Katoomba High – Wed 29 Oct
- 📍 Springwood & Blaxland High – Thu 30 Oct
- 📍 Winmalee High – Fri 31 Oct

Young people enjoyed:

- ✨ Make a Wreck-It Journal
- 🧠 Learn how writing supports wellbeing
- 📚 Find out how to join your local library
- 🎡 Spin the wheel for tricks or treats!







Young people loved the chance to spin our Trick or Treat Wheel and provide suggestions for other events and groups headspace can bring to young people in the Blue Mountains.

2025-11

november

Coming Soon

"16 Days of Activism" is an international campaign to end gender-based violence that runs annually from November 25 (International Day for the Elimination of Violence Against Women) to December 10 (International Human Rights Day). Follow us on Socials to see what's happening.





Reclaim the Night

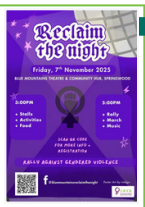
7 November from 3 pm
Springwood





Blue Mountains Writers Festival

headspace will join the BMWF at workshops at local High Schools. There are also seveal free events on the weekend. Check https://www.bluemountainswritersfestival.com.au/ or contact headspace or your high school for details.

	Mon	T	ved	Thu	Fri	Sat
	27 	28				
2	3 	4 	5 	6	7 	8
	10 	11	12 	13 	14 	15
	17 	18	19 	20	21 	22 
23	24 	25	26 	27 	28 	29

Youth Reference Group Meeting

16 Days of Activism

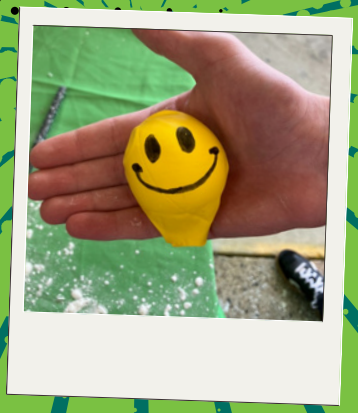
headspace Katoomba School Workshops

1. "What I Wish I'd Known" – Year 7 students create zines for incoming Year 6s to support the high school transition.
2. "Stepping Up" – Builds confidence and connection for students starting high school.
3. "Happiness Now" – Helps Years 9–10 find motivation and meaning at school.
4. "Thriving Through the HSC" – Supports senior students with stress management and balance.
5. "Getting Into Life After School" – Prepares school leavers for wellbeing and independence.

Each workshop is tailored to your school's needs with flexible delivery and co-design options. For more information, ask your school or contact headspace Katoomba.

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

KATOOMBA HIGH SCHOOL

BREAKFAST CLUB



START YOUR DAY GREAT

TERM 4

GAMES
CRAFTS
FUN

FREE

BREAKFAST PROVIDED BY THE WELLNESS TEAM

EVERY WEDNESDAY BEFORE SCHOOL IN THE ATRIM
8:20 - 9:00 AM

headspace Katoomba

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@HEADSPACEKATOOMBA

SPRINGWOOD HIGH SCHOOL

LUNCH CLUB



GAMES
CRAFTS
FUN

FREE

TERM 4

FIND US EVERY
MONDAY DURING
LUNCH BREAK
WELLBEING HUB

12:40 - 1:20 PM

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