

the month that

july edition 2026

WAS

key dates

Centrelink Onsite

- headspace Gosford | 14 July
- headspace Lake Haven | 15 July
- headspace Wyong | 16 July

quick stats

This month we:

- Supported 45 young people
- Assisted 1 into study
- Engaged with 51 local employers

was spotlight

What does a Vocational Specialist do?

We support young people to achieve their work and study goals by helping them:

- Find and keep meaningful employment
- Explore education and training pathways
- Build job-ready skills, including resumes and interview preparation
- Navigate Centrelink and other support services
- Balance work, study and mental health

good news stories

Driven by Curiosity

When this young person first engaged with the **Work and Study program**, they were feeling uncertain about their future and unsure which career path to pursue. Together, we explored a range of options before discovering an interest in mechanics—not because of a passion for cars, but a genuine curiosity about how they work. Enrolling in a local short course proved to be a turning point. Since then, they have achieved a perfect attendance record, successfully passed every class, and have even chosen to complete the final week simply because they are enjoying the course and eager to keep learning. Reflecting on their journey during their final appointment, they shared:

"When I first started seeing the clinician, I was a bit lost about what I was doing, but now I'm really excited about where I'm going, so I didn't have anything to say to her anymore."

It's been fantastic to see their confidence, motivation, and direction grow. We are now supporting them to explore first-year apprenticeship opportunities, and we look forward to seeing where this exciting new chapter takes them.



shout outs corner

We're proud to share that our **Work and Study** team has achieved an **Exemplary** rating in this year's IPS Fidelity Review—the highest score achieved by a Central Coast Work and Study team since the program began. This recognition reflects our team's commitment to delivering high-quality, evidence-based support and helping young people achieve their work and study goals.



opportunities and job board

Bunnings is Hiring – Seasonal Casuals!



Looking for a job with one of Australia's most recognised employers? This is a fantastic opportunity to gain retail experience, develop valuable customer service skills, and work in a supportive team environment.

With flexible rosters, paid on-the-job training, competitive retail pay and team member discounts across Wesfarmers brands, it's easy to see why Bunnings is such a popular employer for young people. Check out the vacancies on the Bunnings website link below and apply today, but hurry—applications close 17/07/2026!



[Click here to see Bunnings jobs](#)



Disclaimer: All job vacancies included in this newsletter were current at the time of distribution. Availability may change without notice. We encourage you to check with the employer for the latest vacancy status.

community connections and collaboration

headspace Forum 2026 – Brisbane

Our Work and Study team recently attended the headspace Forum 2026 in Brisbane, joining colleagues from across Australia to share ideas, strengthen connections and explore innovative ways to support young people.

The Forum provided valuable professional development through workshops, keynote presentations and collaborative discussions, with a strong focus on youth mental health, vocational pathways and inclusive practice. It was also a great opportunity to reflect on the incredible work already being delivered across our Central Coast centres and to bring back new ideas to further enhance our services.

We're excited to build on these learnings and continue creating meaningful opportunities that support young people to thrive in work, study and life.

coming soon!

There are plenty of exciting opportunities on the horizon! Keep an eye out for upcoming Central Coast Career Expos, as well as our fantastic range of **FREE** headspace groups open to all young people—no referral or headspace client status required.

Whether it's making new friends at our **16+ Social Club**, getting creative at **Art Group**, connecting through our **Shelf-Care Book Club**, or taking centre stage in our new **Drama Group** starting 20 July at Lake Haven, there's something for everyone. Contact your local centre today for more information.

Know a young person who could benefit? Please help us spread the word!



acknowledgment of country

headspace Work and Study proudly supporting young people of the Central Coast on Darkinjung land.



YOUTH IMPACT COUNTER 2026

YTD: YP Supported = 50 | Employment Outcomes = 7 | Study Placements = 15