**YOUTH VOLUNTEER ACHIEVEMENTS**

**Ally Finnis – headspace Youth National Reference Group**

headspace volunteer Ally Finnis recently spent 5 days at headspace National (hN) in Melbourne, after gaining a position on headspace’s national youth platform – the headspace National Youth Reference Group (hY NRG). hY NRG is made up of approximately 20 young people from all over the Australian headspace network, and works to ensure young people’s voices and opinions remain front and centre of service decisions, discussions, and developments.

Ally, along with her hY NRG counterparts, will collaborate with headspace to make sure that any new initiatives will make a positive difference in the lives of young people, and the resources headspace receives from government and corporate partners are put to best use.

As a hY NRG member, Ally is able to initiate projects and ideas, and is already involved with a few working groups. Ally is passionate about several issues, including mental wellbeing and service access in regional areas, being young and LGBTIQA+, reducing stigma around help-seeking, and the intersection of disability and/or chronic illness and mental health in young people. She is looking forward to working with young people in the South East and headspace over the next 18 months.

“Ally has something valuable to say on behalf of young people here in the region, and is now putting the local voice of young people on the national platform. Congratulations on this fantastic achievement Ally.” – headspace Centre Manager, Tasja Barelds

**Kyra Sykes – SA Health Mental Health Excellence Award**

Congratulations headspace volunteer Kyra on winning one of this year’s SA Health Mental Health Excellence Awards, in the category of Mental Health Promotion.

This award recognises excellence in the promotion of mental health and wellbeing of South Australia. Kyra won the award for her two art exhibitions, Scribblings of a Madman and Reflection of a Madman. Kyra says that she reaches for a pen and paper when she is in a state of panic, and the result is the bold artwork. The exhibitions are brave and powerful, and have a profound impact on viewers.
CELEBRATION!

On Thursday October 26 the headspace LGBTIQ+ youth group celebrated its first birthday!

The youth group is a safe space for young people aged 12-25 who identify as sexually or gender diverse or are unsure about their sexual or gender identity. The group meets fortnightly on Thursday night from 5:30pm-7:30pm. This group is a fun social group where young people can hang out, get to know each other and do fun activities including movie night, cooking creations, art and craft activities and board game evenings. For more information contact Imogen at headspace.

DR LEOPOLD’S LIFE LESSONS…

REASONS TO EAT SEASONAL PRODUCE

Health benefit: Seasonal fruit and veg isn’t processed and it hasn’t travelled long distances. It’s also most delicious when it’s in season!

Supporting local: Your money goes directly to local farmers.

Helping the environment: The produce needs fewer chemicals, and there is less environmental damage from shipping and refrigerating the food.

Save money: Produce in season is generally cheaper… at least that’s what my human says!

IN SEASON

Spring fruits: Avocados, apples, grapefruit, lemons, loquats, blood-seville oranges, mandarins, pears, rhubarb, strawberries, tangelos, tangerines.

Spring vegetables: Asian greens - bok choy & choy sum, beetroot, broccoli, cabbage, carrots, cauliflower, celery, garlic, kohlrabi, leeks, salad & spring onions, parsnip, peas, potato, pumpkin, silverbeet, spinach.

OUTREACH SUPPORT

Do you live outside of Mount Gambier and need some support? Our Uniting Communities Youth Outreach Worker can help. Amy is available for counselling appointments with young people aged 12 to 25, who live in the Wattle Range, Kingston, Naracoorte, Lucindale, Tatiara and Robe District Councils. Call headspace, 8725 0443 for more information and to book an appointment.
A huge thank you to Ryan Judd, Brady Wilson and Brayden Lockwood for holding a BBQ fundraiser for headspace Mount Gambier on Saturday 28 October. The trio raised $275.75 which will be used for running client activities at headspace.

We welcome anyone who would like to hold a fundraising event to raise awareness and funds for headspace Mount Gambier. From a BBQ to a concert, all levels of support are greatly appreciated.

Fundraising activities that have supported headspace in the past include:

Non-uniform days, charity auctions, movie nights, workplace raffles, concerts, fun runs, green clothing days, cycling events, talent shows, quiz nights.

For more information or to discuss your idea, please contact Mikarla on 8725 0443.

COPING WITH END OF YEAR STRESS

The end of the uni and school year is in sight, and although it’s exciting, it can be a crazy stressful time for some students.

Coping with end of year pressure can feel overwhelming, so we want to remind you of some really simple tips for coping during this period:

- Eat healthy and varied food – good for your brain and your mental health
- Move daily like walking or playing sport – can help release tension and help you concentrate
- Sit quietly – meditation can give your brain a break and help you focus
- Slow, deep and proper breathing – relax!
- Proper sleep
- Turn your phone on aeroplane mode while you’re studying
- Listen to calming music

Ask for help – if you are not coping and need to talk to someone, chat with your school or uni counsellor, a trusted family member of friend, or make an appointment at headspace.

Applications Now Open for the Headspace Mount Gambier Youth Ambassador Program

Are you aged between 18 and 25 and live in or around Mount Gambier? Are you passionate about mental health and educating other young people?

Our youth ambassador program brings together passionate young people and provides them with training to provide peer to peer mental health education to local high school students.

Sound like you? For more info and to complete the application form visit https://headspacemtg.typeform.com/to/D6ykQt
PHOTO HIGHLIGHTS FROM SEPTEMBER AND OCTOBER

Thank you to the following groups and individuals who our events during September and October: Mind Australia, Rubys Reunification program, HYPA, Kaye Ballintyne, Natural Resources South East, Millicent Field Naturalists, The Red Cross, Stephen Esnouf, Anna Coke, Kyra Sykes, Foodbank, Tony Pasin MP, Copenhagen, Oatmill Cinema and the headspace Youth Reference Group.

UPCOMING EVENTS

11 NOVEMBER - WOMEN’S WELLNESS EXPO - NARACOORTE

Sat 11 Nov, 10am - 4pm at the Naracoorte Town Hall, gold coin entry. Uniting Communities Outreach Worker, Amy, will be giving a workshop on anxiety. The day includes wellness products and information, healthy foods, and interactive workshops.

NOVEMBER 24 - WHITE RIBBON BREAKFAST

The Limestone Coast Family Violence Action Group is proud to be supporting local White Ribbon Ambassadors in Australia’s campaign to stop violence against women. White Ribbon Day aims to raise awareness about men’s violence against women and the role communities play in creating positive change. This could be your mother, your sister, your daughter or your friend, so come along and support the prevention of violence against women in your community and enjoy a freshly cooked hot breakfast. Free hot breakfast and Metro coffee at Frew Park, 7:30am—9:30am, Fri 24 November.

NOVEMBER 28 - SOCIAL INCLUSION WEEK DINNER

Save the date - Tuesday 28 Nov, 5pm - 7:30pm for a shared dinner for young people at headspace. Social Inclusion Week is about encouraging communities to reconnect and be inclusive of all cultures, age groups, nationalities and the disadvantaged. 2017 theme is CONNECT COLLABORATE AND CELEBRATE! More details coming soon.

FACEBOOK Keep in touch with what’s happening at the centre, and receive health and wellbeing updates by liking our headspace Mount Gambier Facebook page.