

headspace News

A Regional Newsletter

APRIL 2025 • ISSUE 12



Attendees and headspace staff at the Chatty Bench Launch at headspace Murray Bridge

Chatty Bench Launch!

On March 28 we launched our new chatty bench at headspace with a small morning tea.

This bench is part of the chatty bench project. This project is a worldwide initiative aimed to reduce social isolation and loneliness by improving connection and conversation in the community.

headspace Murray Bridge invites you to pause, chat and connect with someone and share a smile.

A big thank you to the Murraylands Community Men's Shed and the Murray Bridge Council.

headspace's Walk-in Clinic

At headspace Murray Bridge we have a walk-in clinic between 1pm-3.30pm Monday to Friday.

headspace supports young people aged 12 to 25 years who are going through a tough time.

A Mental Health Clinician will be available to be as helpful to you as possible, just come in and see us during this time. This provides timely support when you need it.

To learn more please contact us on 8531 2122 or visit our centre at 10 Second Street, Murray Bridge.

headspace Staff Profile

Name: Nina

Favorite Book: "Shatter Me" by Tahera Mafi

Fun Fact: Trained in the circus for 4 years!

Nina is our new community engagement worker at headspace Murray Bridge where she supports and runs our social programs. Let's get to know Nina!

Having a background studying social work at Flinders University, Nina has experience working in disability, hospitality and as a health coordinator with veterans. Nina is passionate about connecting youth with support and raising awareness for mental health.

When not at work, Nina enjoys crocheting and binges television shows while snuggling up with her pets. Nina also has a passion for music, and has experience training in the circus for around 4 years.

Nina said she is the person "in charge of fun" and is excited to expand the social groups at headspace.

If you would like to speak with Nina or our team, give us a call on 8531 2122!



Nina from headspace



Cultural group with Gerry, Isobell & Aninna at Raukkan

Yarn Space Fridays!

Piltenggi Mi:mnar Ko:rnar Mi:wi (Strong Women & Men Spirit) introduces Yarn Space as a culturally enriching initiative that fosters connection, support, and learning for First Nations young people and families.

Through shared stories and experiences, the program creates a safe and welcoming space where participants can strengthen cultural ties, celebrate community, and access resources in a relaxed environment.

Some activities might include cultural experiences out on Country, visiting significant Ngarrindjeri places, and having Elders/Leaders share stories of our past and our ways. We also explore Ngarrindjeri Ya:yun (Food) and learn about bush foods and medicines during day camp-style settings.

We have strong relationships with other services, which sometimes join in with us. At times, we engage in water activities such as kayaking, stand-up paddleboarding, fishing, and other water-related sports.



Tuning into Teens Returns with a New Workshop

Tuning into Teens will return at headspace Murray Bridge starting May 12 for a 6 week program every Monday for parents and caregivers with young people aged 10-18.

Parenting often feels like an emotional roller coaster that we are ill equipped to ride, particularly in the Teen years! But don't worry, you're not alone, and we're here to help!

The emotion coaching tools from this Tuning into Teens program might just make the ride a little smoother, and ultimately support your relationship with your teen.

Located at headspace at: 10 Second Street, Murray Bridge. Tuning into Teens is a free workshop with food provided on the day.

Can can register at:

<https://forms.office.com/r/hhjuVA95zb>

or for further info call us on 8531 2122.



Tuning into Teens workshop starts May 12. Contact us at 8531 2122 to register

Work & Study “Ignite Your Future” in Murray Bridge!

On April 15, headspace attended “Ignite Your Future” event as part of youth week in Murray Bridge at The Station. An event supported by headspace, Local Jobs Program, mteSA & The Rural City of Murray Bridge.

With free pizza and fun activities young people in Murray Bridge were able to connect with job and local businesses in the area.

Sarah and Shane from headspace held a stall where young people learnt more about our work and study team, and made smoothies on our smoothie bike!



Shane & Sarah at Ignite Your Future

Join our Youth Reference Group at headspace!

Applications for our Youth Reference Group (YRG) are now open.

If you would like to be involved in how our centre looks and feels, what our centre provides and help with community events... then why not be a YRG member.

If interested and are 16-25, give us a call on 8531 2122 or email: headspace@ireach.org.au

Rainbow Rhythms

A group for like minded individuals to connect socially in a safe, fun and inclusive environment.

Every Second Tuesday 3:30pm - 5:30pm during the school term.

To register your interest, please call us on 8531 2122



Yarn Space

headspace cultural program invites all First nation's young people 12-25 to join us at Yarn Space every Friday from 11:30am-1pm

Activities include:

Aboriginal art, bead making, cooking and social wellbeing.

Call 8531 2122 or email us on headspace@ireach.org.au to register.



Hangout Space

Come along to hangout after school every Thursday 3:30pm - 5:30pm during the school term

Where: 10 Second Street, Murray Bridge

Call 8531 2122 to book a spot



Family & Friends

headspace has grown through listening to the voices of young people, family members and community.

We hear you and want to hear more about what you want from your headspace service.

Call 8531 2122 or email us on headspace@ireach.org.au to register to get invited to any future meetings.



GP & Nutritionist

We have a GP here at headspace Murray Bridge. Dr. Myrtle is an experienced GP. Contact us on 8531 2122 to learn more.

Please note: a valid Medicare card is essential for GP service and is for young people aged between 12 and 25, and is bulk billed.

Zoe our Nutritionist visits headspace once a month. Contact us on 8531 2122 to learn more.



Gym Group

Join headspace workers Wednesday mornings from 10:30am at Snap Fitness for some free gym sessions.

Wednesdays at 10.30am.
Snap Fitness, Murray Bridge
3/15 Swanport Rd, Murray Bridge.

In collaboration with Snap Fitness.
Call 8531 2122 to book a spot.



All social groups are for 12-25 year old's.

*Except for family and friends group.