

# headspace News

A Regional Newsletter

JUNE 2024 · ISSUE 10



Cooking group at headspace Murray Bridge with Community Engagement worker Chidera preparing a meal.

## Cooking Group at headspace

We have successfully concluded our multicultural cooking program (pilot program) which ran over six weeks on Fridays every week, from the 1st of March to the 12th of April.

This initiative was to engage young people from diverse backgrounds and to give young people who may not be comfortable in large groups but are interested in cooking, a space to thrive, feel comfortable and share their culture. Out of 10 spots for this pilot program we had 9 young people who registered and attended the group.

Delicacies include Jollof rice, butter chicken, tacos, sushi, traditional Italian biscuits, and sausage rolls.

Thank you to everyone who helped run and attended this group, it was a blast.

## Tuning into Teens Workshop

Parenting can feel like you are on 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.

Tuning into Teens is a workshop for parents and caregivers of young people to help strengthen their relationship and understanding through emotional coaching. At headspace, we are seeking expressions of interest for this 6-week program.

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.

If you are interested, please email us at [headspace@ireach.org.au](mailto:headspace@ireach.org.au) or call us at 8531 2122 and let us know your availability.

## headspace Staff Profile

**Name:** Holly

**Favourite Film:** Shutter Island

**Fun Fact:** Loves coffee

Holly is one of our newly started Mental Health Social Workers at headspace Murray Bridge, where she helps support young people and their families. Holly started working at headspace in March this year so let's get to know her.

Holly has previously worked in a school wellbeing team supporting students as a Pastoral Care Worker for nearly 6 years and before that Holly worked in retail and customer service in Adelaide and then Murray Bridge. Holly graduated from Flinders University and is passionate about young people having a safe space and a trusted person to talk to and letting young people know their voice matters.

For any young people thinking of connecting with headspace Holly suggests - it's so worth pushing through the nerves of meeting someone new in a new environment to get the support you need. Nothing is too big or too small to talk about with one of us and we are here for you every step of the way. You'd also be surprised how many other young people you already know are accessing support so you are not alone!



Holly from headspace



Visit our headspace office to see the variety of books you can exchange or borrow and return.

## Book Exchange

Our new Book Exchange at headspace is an initiative to encourage more young people to get into reading.

Next time you visit our center you have the option to borrow a book and return it once you've finished reading it, or you can swap it for a book you already own.

Reading a book you like is not only interesting, but it has scientifically based evidence that helps reduce stress, increases your brain power, helps you sleep, and can even lower your risks of Alzheimer's disease. This is because reading allows your brain to work a lot, which is a very good thing, especially for a growing young adult.

Cognitive Neuropsychologist, David Lewis says "It really doesn't matter what book you read, by losing yourself in an engrossing book you can escape from the worries and stresses of the everyday world and spend a while exploring the domain of the author's imagination."

All this sounds incredible, so pop into our office to have a look at our library and read a book.

### Work & Study Month

**March was Work & Study Month!**

To celebrate the Work & Study team in Murray Bridge hosted an Employer Breakfast. Young People from the program cooked a BBQ Breakfast for local employers and service providers.

It was a morning full of conversations, connection, and -of course- coffee. The breakfast was a chance for local community members to visit the center and find out about the variety of services offered at headspace. Attendees also had the opportunity to share their advice for young people who are looking for work or thinking about studying.

If you're 14 to 25 years old and looking for work or thinking about studying the Work & Study team can help you to get where you want to go! They can help with resumes, job applications, career exploration, enrolling in study, and more!

To learn more contact us on 8531 2122.



Work & Study month finished with a BBQ breakfast at headspace run by young people.

### Exciting partnership for headspace Murray Bridge and headspace Victor Harbor

We are joining forces with Flinders University to embark on a research partnership with a Masters and a PHD student to explore the experiences of young people and families attending our headspace centres for Open Door session.

Open Door is a program we have been offering for the last 3-4 years at each site. This program is based on the evidence that many young people access mental health support only once or one at a time sessions. Many people report that one session was enough and that access to timely support is very important. Offering more intensive or regular sessions are important to some young people and what we and international services have found, is also available more readily if you operate a single session or drop in model of service delivery. Those wanting just one session or one session at a time takes the burden off intensive mental health programs, ensuring the right fit of service for all. Our services have experienced this and have no waiting lists for any parts of our service currently and over the last 3-4 years.

With our Flinders partnership we hope to explore the feedback young people and families have provided to us over our 3-4 years of operating this model. We then hope to embark on a specific research project inviting young people attending open door sessions to complete some pre and post mental health measures and interview 3 months later to explore the impact of this single session over time. We are currently awaiting ethics approvals prior to this research commencing.

As always we invite young people, families and community members feedback at any time.



### Rainbow Rhythms

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

Every Second Tuesday 4pm - 6pm during the school term.

To register your interest, please call us on 8531 2122



### 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.



### Hangout Group

Come along to hangout after school every Thursday 4pm-6pm during the school term

Where: 10 Second Street,  
Murray Bridge

Call 8531 2122 to book a spot



### Family & Friends Group

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](mailto:headspace@ireach.org.au) to register for this group to get invited to any future meetings.



### Book & Movie Club

Join our Book & Movie Club to watch a movie that was once a book at headspace and chat about it afterwards.

Give us a call on 8531 2122 to learn more or to register.

Group is on the last Wednesday of every second month from 4pm. Check our socials to keep updated.



FREE

### GP & Nutritionist

We have a GP here at headspace Murray Bridge. Dr. Mrytle 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.

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

\*Except for family and friends group.